
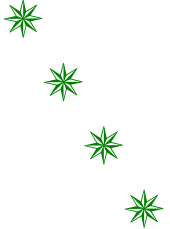




HOLIDAY COPING CALENDAR
December 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Find a project to keep you busy during the holidays: making a quilt or teddy bear using fabric from your loved one's favorite clothing; volunteering for a charitable organization.	Save a length of Christmas tree trunk to burn as next year's yule log.	Be someone's "secret" angel. Do a good deed: leave a bag of cookies at their door; buy a tree for someone who can't afford one; send an anonymous gift certificate to a needy family for holiday food.		Everyone loves a teddy bear. Give at least one every Holiday season. 	1 Choose a Christmas ornament that represents your loved one or decorate one in memory of your loved one. Make a list of others who lost a loved one in 2007. Send special cards to them.
2 If you are sending holiday cards, consider using a special symbol in your loved one's memory. A sticker or stamp is a quick and easy solution. Reach out to others who are hurting.	3 Feel free to excuse yourself from social engagements if you feel uncomfortable with them. Don't hold back your emotions. CRY EARLIER!!!	4 Write a love letter to your loved one. Tell him or her how much you miss them and wish they were here. Seal it in an envelope and put it in a safe place.	5 Shop for the holidays on one of those "good" days, choose gifts from a catalog, or have a good friend shop with or for you. Try to rest as much as you can. Hanukkah begins.	6 Cook meals in double portions and freeze half for a time when you are feeling tired or over-whelmed. Share a special recipe with others. Reach out to others who are hurting.	7 Bake a batch of holiday cookies and share them with a friend or neighbor in need. REACH OUT TO OTHERS who are hurting.	8 Hang a stocking for your loved one. Ask family to share written thoughts to or about your loved one and place them in the stocking.
9 Tie ribbons on a tree in memory of your loved one. World-wide candle-lighting, 7:00 pm , program starts at 6:30. Bring a friend.	10 Consider traditions. Are there some you want to keep? Some you feel you can't handle? Do something different this year. It's okay to make some changes.	11 Plan to decorate your loved one's grave site. A decorated tree or wreath, small toys, snow blanket, flowers, angels, gold or silver garland are a few suggestions.	12 Share your holiday plans with the extended family. Let them know what you need from them. Invite them to join you in memorial events if you feel comfortable with that.	13 Keep a written journal of your day-to-day feelings. Add to it every year. Be aware of how you change and grow as you learn what you need during the holidays.	14 You may wish to invite family and friends to bring an ornament in memory of your loved one to help decorate a Christmas tree. Serve spiced tea and cookies, or your loved one's favorite dessert.	15 Adopt a needy child from an Angel Tree to buy a gift for. Or visit a senior center and adopt a grandparent to buy a gift for.
16 Think of ways you want the family to remember your loved one during the holidays. Be willing to share your thoughts with them.	17 Order a silk or fresh flower centerpiece with candles that can be lit during your holiday dinner in memory of your loved one who died.	18 Reach out to another hurting or lonely person today. Visit a senior citizens home, volunteer with the needy, etc. Realize you are not alone.	19 If it hurts too much to use a particular decoration, pack it safely away for another year. In time, your heart will be ready to accept it again.	20 Plan to decorate the altar of your church with a poinsettia or other flowers in memory of your loved one on Christmas Eve or Christmas Sunday.	21 Expect tears in the days ahead. Be gentle with yourself; allow them to come. Be kind to yourself. Buy something for you. INDULGE YOURSELF.	22 Decorate the mantle around a picture of your child. Use greenery, twinkling lights, toys, angels, etc.
23 Display a photo album of your loved one on the coffee table. Let your family know it's okay to talk all about him or her. It's okay to share your tears, too.	24 Record the family sharing a favorite story of your loved one: "Remember when...?" Recall a special Christmas, the gifts given, or something that was said or done.	25 Do something special in memory of your loved one: light a candle; say their name out loud; hang an ornament; create a table center-piece; give a gift; share your love.	26 You may continue to burn your loved one's special candle if you wish. Close your eyes, take a deep breath, and listen to soothing music.	27 After the holiday rush you may feel either a great sense of relief or let down. Admit those feelings and share them freely.	28 Write a poem or story about your Christmas experience. You may wish to save it to share in a newsletter next year in memory of your dear loved one.	29 Spend a quiet moment with a picture of your loved one. Feel his or her presence with you. Reflect on what you might want to do differently next year.
30 Write this year's date on those ornaments bought or received in memory of your loved one, then lovingly wrap them in velvet or tissue paper.	31 You may wish to spend New Year's Eve alone, with your spouse or in a group of people. Resolve to reach for hope this year.	1 A warm and special New Years - here's to peace and hope for 2008. Invite other bereaved friends in to a "We survived the holidays" open house.		Feed someone's expired parking meter.	"The living are defined by whom they have lost." Anna Quindlen.	May the glow from our loved ones' lives illuminate our path so that we may add meaning to their lives by sharing our legacy of love with others in need.

We are not suggesting that you complete every one of these ideas, but we hope that you will be able to use them as a guide to tasks and thoughts that will help you survive the holidays.