

# Friend to Friend Fathers Day 2011 Edition

**sids** and **kids**<sup>®</sup>  
SOUTH AUSTRALIA



## From the Counsellor's desk

Have you ever marvelled at what enables individuals, Mum's and Dad's and their families to keep on living and get on with life after the death of a loved one? What gives them strength, after they have suffered so much but they can still view life with dignity, graciousness, defiant humour and hope?

Perhaps they know the truth as stated by Kierkegaard when he said: "the door to happiness opens outwards" That is not let pain and suffering turn in on ourselves. The capacity to turn outwards, helping others through support and kindness, helping them with their suffering and in doing so not spending so much time focussing on our own and thereby not letting pain demoralise us.

This is a gift to find purpose in suffering. Those who have a *why* for life said Nietzsche can put up with any *how*.

Human beings are the meaning seeking animals but to preserve meaning in desperate circumstances we must be able, or be helped to do a number of things. First is the refusal to believe that we are victims of fate, second is the knowledge that there is more than one way of interpreting what happens to us - more than one way of *telling the story* of our life. Your fate is more than bereaved parents and families.

Events never carry with them their own interpretation, whatever may be said at the time does not have to be how your life is defined forever. Others may regard you in a certain way but you don't have to share the same opinion. Eleanor Roosevelt once said "no one can make me feel inferior without my permission" and it is a permission we can refuse to grant.

Third despite the fact Frankl focuses on the freedom that is within us, he insists that *meaning lies outside of us* It is a call from somewhere else. Whether we are religious or irreligious, there is something we are called on to do, something no one else can do - not here not now, not in these circumstances, for someone else. Discovering that task is not easy but once we have found it our life takes on meaning and we recover the will to live. We can transform our pain and suffering.

Viktor Frankl a neurologist who turned his insights into a systematic psychology after surviving the war. He was deported from Vienna with the rest of his family to a concentration camp in 1942.

September is the beginning of spring and renewal, new buds and blossoms; sunshine and warmer weather, so cast off those winter clothes. Discover new opportunities, Take time to reflect on the new season and your place in it. Reach out to family and friends.

**Maurissa**

## The Fallen Limb (Skye)

A limb has fallen from the family  
Tree. I keep hearing a voice that  
says, "Grieve not for me.

Remember the best times, the  
laughter, the song.

The good life I lived while I was  
strong.

Continue my heritage, I'm counting  
on you.

Keep smiling and surely the sun will  
shine through.

My mind is at ease,  
my soul is at rest.

Remembering all, how I truly was  
blessed.

Continue traditions, no matter how  
small.

Go on with your life, don't worry  
about falls

I miss you all dearly, so keep up your  
chin.

Until the day comes we're  
together again.



## When Tomorrow Starts Without Me (Thalia)

When tomorrow starts without me,  
And I'm not there to see;  
If the sun should rise and find your eyes  
All filled with tears for me;  
I wish so much you wouldn't cry  
The way you did today,  
While thinking of the many things,  
We didn't get to say.  
I know how much you love me,  
As much as I love you,  
And each time that you think of me,  
I know you'll miss me too;  
But when tomorrow starts without me,  
Please try to understand,  
That an angel came and called my name,  
And took me by the hand,  
And said my place was ready,  
In heaven far above,  
And that I'd have to leave behind  
All those I dearly love.  
But as I turned to walk away,

A tear fell from my eye,  
I didn't want to die.  
I had so much to live for,  
So much yet to do,  
It seemed almost impossible,  
That I was leaving you.  
I thought of all the yesterdays,  
The good ones and the bad,  
I thought of all the love we shared,  
And all the fun we had.  
There's no longing for the past.  
If I could relive yesterday,  
Just even for awhile,  
I'd say goodbye and kiss you  
And maybe see you smile.  
But then I fully realized,  
That this could never be,  
For emptiness and memories,  
Would take the place of me.  
And when I thought of worldly things,  
I might miss come tomorrow,  
I thought of you, and when I did,  
My heart was filled with sorrow.  
But when I walked through heaven's  
gates,  
I felt so much at home.  
When God looked down and smiled at  
me,  
From His great golden throne,

He said "This is eternity,  
And all I've promised you."  
Today for life on earth is past,  
But here it starts anew.  
I promise no tomorrow,  
But today will always last,  
And since each day's the same day  
There's no longer for the past.  
So when tomorrow starts without me,  
Don't think we're far apart,  
For every time you think of me,  
I'm right here, in your heart.



Dear Charlie,

I remember the night we found out your mum was pregnant. I was annoyed as your mum had wasted three pregnancy kits because she wasn't sure she was doing it right. We had actually been doing our tax return that night and we got an extra little bonus. I think I was in shock those first few months and wasn't allowing myself to get too excited.

When we went for the twelve week scan and we got your first picture I was beaming with pride and felt 12 feet tall. I think I showed everyone I knew that scan picture and kept it in my wallet. Your mum was also excited but was very sick in those early months and this meant she couldn't have her cup of tea and your mum isn't very nice when she hasn't had her cup of tea.

Your next photo opportunity was at your 20 week scan and your grandmother came over from New Zealand to see you and we were all a little emotional and excited about how we had reached the half way stage and our lives were all going to change. Shortly after this your mum began to feel you playing football with her bladder, I was jealous as I couldn't feel you yet but only had to wait a few weeks. When I first felt you kick it was the most amazing feeling I have ever had and it hit me that I was going to be dad.

I started to plan what we were going to do together, I was going to teach you all the important things in life how to ride a bike, swim and play football. I dreamt of reading to you at night and holding your hand when you were scared.

The next few weeks were the happiest of my life, your Mum was looking so beautiful and was so excited about being a mum. We just couldn't believe our luck because your Mum and I are so lucky just to have each other and soon we were going to have our first child.

I won't tell you too much about the birth because children don't need to know about all that pain, but you were born sleeping and it broke our hearts. You know this of course because a part of our hearts is always going to be with you wherever you are. I was shocked how big you were because you were bigger than me and your mum when we were born and at how much hair you had. You were held by your grandparents Mariane and Cliff, and you were also held by our special friends James and George. Your other Grandparents Gail, John and Julie all flew out from the UK, they all loved you so much.

Charlie I want you to know that you lit up my life and I will never be the same person again. I think about you every day and you will never be forgotten. I like to imagine that you were too beautiful for this world and that we will be reunited on a playground somewhere and we can kick that goal and ride that bike.

I Love you my son xxxxxxxxxxxxxxxxxxxxxxxxxxxx Daddy XX

