

BEREAVEMENT SUPPORT

10 Times Grief Made You Cry this Holiday Season

It seems like the older I get, the more happy-sad life becomes. Happy-sad is my new favourite grief saying and hence forth it shall be used any time something is simultaneously beautiful and excruciating.

Happiness and sadness are not mutually exclusive and nowhere is that more evident than the holidays. Now I know some of you are feeling just plain sad-sad right now, but a day will come (if it hasn't already) when something makes you cry and smile all at the same time. When this happens, notice it and remember it, because this is happy-sad. This is your future.

After someone important has died, the holidays forever become a mix of happy and sad moments. With time, the sad moments become fewer and less intense, but they never completely go away. Ten years later a song or an ornament or a sentiment can still make you cry. To illustrate my point, I've put together an immutable list of all the times my...err...your loved one's death made you cry this holiday season.

1. When that Christmas card pushed you over the edge.
2. When you tried to make their favourite recipe.
3. When you burnt their favourite recipe.
4. When you heard their favourite holiday song.
5. When you heard their least favourite song.
6. When you couldn't face those carollers.
7. When you found a gift they would have loved.
8. When you found their special ornament.
9. When you sat across from their empty seat at the holiday celebration.
10. When you remembered the holidays would never be the same as before your loved one's death.

However you're feeling this holiday season - happy, sad, or happy-sad - just know you are not alone. Hang in there, take things one minute at a time, open yourself up to the possibility of joy, and remember **why** you celebrate whatever it is you celebrate, honour your loved one's memory, love others and let others love you.

by [Eleanor](#)

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My First Christmas in Heaven

*I see the countless Christmas trees,
Around the world below
With tiny lights like Heaven's stars,
All aglow.*

*The sight is so spectacular,
Please wipe away the tears
For I'm spending Christmas with
God this year.*

*I hear the many Christmas songs
That people hold so dear
But the sounds of music can't
compare
With the Christmas choir up here.*

*Have no words to tell you,
The joy their voices bring,
For it is beyond description,
To hear the angels sing.*

*I know how much you miss me,
I see the pain in your heart.
But I am not so far away,
We really aren't apart.*

*So be happy for me, dear ones,
You know I hold you dear.
And be glad I'm spending Christmas
With God this year.*

*I sent you each a special gift
From my heavenly home above,
I sent you each a memory
Of my undying love.*

*After all, love is a gift more
precious.
It was always most important
In the stories always told.*

*Please love and keep each other
And count the blessings not the
woes*

*So have a spiritual Christmas and
Wipe away those tears.
Remember, I'm spending Christmas
With the God, whom I've come to
know this year.*

