

Giving Hope

Favourite quotes or expressions:

• "Never deprive someone of hope – it may be all they have."
~Author Unknown

• "To live in the hearts of those left behind is not to die."
~Epitaph on Frances Bavier's (Aunt Bee) headstone

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By Janelle Breese Biagioni
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Thanks everyone... it's a title!

Thank you to everyone who responded to my query as I searched for a new title for my upcoming book.

Originally, the title was *Giving Hope: Transcend Grief and Loss through Awareness, Reflection and Support.*

A couple of people (whose opinions I truly respect) reviewed the proposal for this book and suggested a name change...something

with more pizzazz and marketability.

The winning title, which quickly took the lead when I queried professionals, family, friends, and fellow writers, is: **The Mourning Sun: Hope for those Living with Loss.**

The runner-up was the more clinical-sounding title *Life Goes On – How Will You?*

I reflected for some time on these titles, hoping that

an 'east meets west' solution would surface. It didn't.

The theme of this book is about supporting the unique journey of people and giving them hope. It is not prescriptive and I feared the second title sounded rather arrogant.

The title of this newsletter will remain as *Giving Hope*, for this is my intention with all my work.

Thank you again!

Hope – What is this intangible thing we call hope?

What is this intangible thing we call *hope*?

Webster's New Explorer Dictionary defines it as a *desire accompanied by expectation of fulfillment.*

I think *hope* can feel quite differently, depending on the situation and what is happening in our lives. However, I think there is a constant theme in the desired outcome, regardless of the circumstances.

For me, when life is challenging and difficult choices are before me,

hope is my inner reliance and trust that the decisions I make are the best for all concerned. If things in life are going my way, *hope* feels more like a constant sense of anticipation for exciting things to come. When a death or loss has occurred in my life, *hope* is that unseen thread of survival that I use to get myself out of bed and put one foot in front of the other.

While the feeling in each scenario varies, the outcome is always the same – I hold a thought,

an intention or a prayer that I am safe and that my life will have meaning and purpose and that no matter how painful the situation is, I will once again have the capacity to experience joy.

I would be interested in learning what hope feels like for you. Does the feeling of hope change in different circumstances? How has hope helped you overcome obstacles or difficult and painful times in your life? Send your response to soulwriter@shaw.ca

Rainbows – A Healing Program for Children



“When you are sorrowful look again in your heart and you shall see that in truth you are weeping for that which has been your delight.”
~Kahil Gibran
(1883-1931)

When a change takes place in a family, especially a painful change, it has a profound effect on everyone, including children.

It's often said that children are resilient and adapt to anything. While I think that is true to a certain extent, we can't dismiss their need to find safe and appropriate ways to express sorrow and sadness.

I'm delighted to tell you about **Rainbows**, a unique peer-support program that serves this purpose.

Rainbows is a program for children, teens and adults who are grieving a death, divorce, separation or any other transitional loss in their family.

Rainbows is offered by trained volunteers through churches, schools,

synagogues and social agencies.

I have volunteered in a secular *Rainbows* program for nearly three years and find it to be an exceptional and rewarding program.

For more information on *Rainbows*, or to locate or start a *Rainbows* program in your area, visit the following website: www.rainbows.org

Join Us Now by Del Spicer

This poem is a tribute to Rod Reuther, written by his brother-in-law Del Spicer on December 30, 1993, just after he learned of Rod's death.

Join us now, what did you say? You're telling me he's gone? He left us today? I'm sorry to say you just can't be right. I was remembering a joke he told me last night.

Join us now, it's

time to go. The journey isn't long, no reason to be slow. I'm not just saying you'd tell me a lie, but why does the Lord let ones so young die?

Join us now, in this place of grace. Rod stands in the light of God's radiant face. With all our love and thoughts, all we can bring. Rod auditions for God, for the Lord he will sing.

Join us now, the way is made clear. We all will remember, and smile, and shed a small tear. Join us now, Part of the Family of God, "Let Him Bless You and Keep you, See Ya Later...Brother Rod!"

Please send poems, tributes and photos for the next issue by email to soulwriter@shaw.ca

Other Books by Janelle Breese Biagioni

A Change of Mind: One Family's Journey Through Brain Injury is a 176 page paperback book that poignantly takes the reader through the personal trauma of brain injury. Gerry Breese, a husband, father and

constable in the Royal Canadian Mounted Police was injured on May 19, 1990. This book offers a unique view into the emotions experienced by a wife and mother of two young children as she was thrust into the complex

and confusing world of brain injury. Very few authors have written with the frank honesty and directness of Janelle Breese Biagioni. To order email soulwriter@shaw.ca or visit Lash & Associates at www.lapublishing.com.