



From Us to You

Welcome to Newsletter No. 2

April ~ May ~ June

Spring Greetings!

“Spring is a lovely experience. The whole world comes afresh after a winter in which it seemed that everything was tired. The world comes filled with colour and the scent of lovely greenery. The world that seemed so dull and cold has come alive again. Little did we know that beneath the cold hard ground the plants and trees were preparing for rebirth. Spring gives us hope for rejuvenation in our own lives as well. Spring is a time to renew the excitement and zest for life that lives inside”

Finding excitement and zest for life after a loss may seem impossible, but just as the world comes alive after a long winter, we too can find renewal and purpose in the midst of life's changing seasons.

Hugging Them In Your Heart

Our missing can hurt so very much sometimes every minute of everyday. We hurt just to feel their touch and feel their hug. Oh what an indescribable feeling of joy it would be to be able to do that again wherever and whenever we want.

We dream about it, we yearn for it. We'd love to turn back the clock for just a tiny moment in time. We'd love to wake up in the morning and find it was all a huge mistake and everything was as it once was. If only we could. If only there was one more hug, one more hello, one more “I love you”.

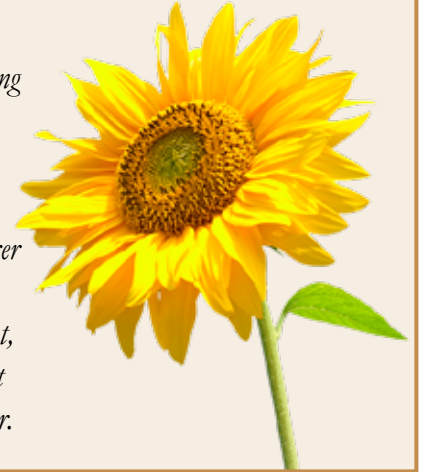
There can be no changing what has happened. There can be no going back, but there are ways we can keep them close, near us, by us. We never have to let them go. We keep them in our lives in the ways and moments that are beyond their physical presence alone. In those moments we surround ourselves with their essence, their memory, and their love. And for a moment in time we are hugging them again.

These are the moments that will come to us. These are the moments we will cherish, and these are the moments we will clasp tight to our hearts and never let go. These are moments that will bring them into our lives once more.

“May the love hidden deep inside your heart find the love waiting in your dreams. May the laughter that you find in your tomorrow wipe away the pain you find in your yesterdays.”

A Smile

*A Smile Costs Nothing
But gives much.
It enriches those
who receive,
Without making poorer
those who give.
It takes but a moment,
but the memory of it
sometimes lasts forever.*



Remembering Section

The Lasting Valentine

Farmer creates Heart-Shaped Meadow as a Tribute to his late Wife

One of the most beautiful and heartwarming tributes ever created might have remained a secret for years had it not caught the eye of a hot air balloon traveller. When Winston Howes from South Gloucestershire lost his wife 17 years ago, he wanted to create a lasting memorial to her where he could sit and reflect on their years together. He planted 6,000 young oak trees on a 6 acre field, and left a perfect heart shape in the middle.

This heart-shaped meadow can only be accessed from a trail leading to the tip of the heart. It cannot be seen from the road and was only discovered after a hot air balloonist flew overhead and took a photograph.



Let's get Sharing

Thoughts I had on Mother's Day

from Sue

It's true that she's always in the back of my mind,
but she's not always on my mind.
When I think of her now, I remember her warmly.
I rarely cry anymore out of hurt or anger,
but there are times when something
can throw me back to that very day
and the depth of my feelings of loss and pain
once again equal the depth of my love for her,
and I cry, and I hurt,
but it reminds me all the more
that she will be always be part of my life,
and that she's special enough to care about.
Time has healed me
but time has not made me forget.

From Doreen

Doreen (Salter)

I have only just read your first Newsletter as I was unable to come to your January coffee morning due to not being well. Such a lovely idea and combined with the coffee mornings a feeling that we are helping each other through difficult times.

I lost my Husband just over two years ago ... getting easier ... but I still have my "off" days.

His lovely garden (which was his pride and joy) is just coming to life ... with snowdrops, crocuses, daffodils and primroses, telling me that Spring is really on its way. I have had such a great deal of help with this big garden from my Sister (a very keen gardener) and friends being on hand to put me right.

I am trying to overcome some "silly" things. On my first lonely days a friend let me borrow a radio already tuned in to Radio Solent and I still cannot listen to this station or any music which we both enjoyed listening to or even going to places we visited together. I am sure I will be able to overcome these things in time.

Thank you both so much for sharing your thoughts with us all. It really is very much appreciated.

We welcome your stories of coping, understanding and growing through grief to help others who are hurting. If you would like your story printed or would like to contribute in any way, please let us know at Jonathan Terry Independent Funeral Directors on **023 8043 4444** or email as at info@jonathanterry.co.uk

Volunteering Section

Do you Knit, Crochet or Sew?

Knitting/Crochet/Sewing for charity can be a really satisfying way to use your skills to help all sorts of charities.

Would you like to knit for a good cause? There are lots of charities, local, national and international that need your help, whether you knit, crochet or sew.

The Donkey Sanctuary, based at Sidmouth, Devon, needs donations of knitted donkeys to sell in their gift shops.

Battersea Dogs and Cats Home urgently need knitted blankets as well as knitted mice toys.

Teddies for Tragedies is a central contact point for charities who send teddies to children in need.

Preemies UK is a small group of volunteers that knit and crochet clothing for premature babies.

.....and many more. Patterns are available.

Christine (Jay) knits for charity and would be delighted to know if anyone has any wool or half finished garments taking up valuable space. If so she would be happy to take them off your hands.

Dates for 2015

Don't forget our visit to the Flower Festival at Winchester Cathedral on Wednesday 24th June.

Please note this visit will replace the Coffee Morning on that date. The time and place of departure will be confirmed at our Coffee Morning on Wednesday 27th May.



Jonathan Terry Est. 1998

Independent Funeral Directors and Monumental Masons

101 Peartree Avenue

Bitterne, Southampton SO19 7JJ

Tel: 023 8043 4444 • Fax: 023 8042 1811

3 College Place

London Road, Southampton SO15 2FB

Tel: 023 8023 4533 • Fax: 023 8023 6858

email: info@jonathanterry.co.uk

www.jonathanterry.co.uk