

# PONDERINGS ALONG THE PATH

By Nadine Boyd



Dear Compassionate Friends:

The Christmas season is often called the season of light. It seems the whole world suffers through the dark, lonely winter days with hope and anticipation awaiting the light and celebration of Christmas. So it was for thousands of years as God's people waited for the Messiah to take them out of slavery and darkness. Scripture speaks often of light breaking through the darkness and the Savior was called the "Light of Light".

A single brilliant star was the first sign of that long awaited miracle to those wise men of long ago. They were curious enough to travel for thousands of miles and for months on end to witness the miracle and the long awaited prophecy of a Messiah themselves.

The minister at a celebration of a friend's life once spoke about the light shining to earth from a far off star-that even though the star might have burnt out long ago its light continues on to earth, bringing light and beauty. So too, even though our children have gone on before us their life and light continue on in our hearts and memories. Grieving families suffer through their own darkness, especially during this time of year when so much emphasis is put on family traditions and family memories. Sometimes grieving people may feel there is no place for us in this season of "Merry Christmas", "Joy to the World" and "Happy New Year". We may feel we will never be happy or merry or experience joy again, and we feel especially lonely in the darkness of our grief and loss.

This season take the opportunity to light a candle to celebrate the light your child's life brought you and continues to bring you. In the hushed quiet of the winter night light a candle to illuminate the darkness of our bitter loss and to bring hope and healing to our wounded hearts. We need to celebrate the light and love our children brought us, continue to bring us and the joy of that life. Participating in one of our Compassionate Friends' memorial services and being with Friends who understand and share your grief can be so comforting. Or if you are not up to fellowship with Friends, find a quiet place where you can just be still with your feelings, thoughts or prayers. Talk to your child or write them a letter telling them how much you love them and miss them. The Psalms promise that "weeping may endure for a night, but joy cometh in the morning".

This Christmas I wish you the blessing of comfort, healing, Friendship and the "peace that passes all understanding".

In friendship,

*Nadine*