

*Safe Haven For Widowed
Giving support to widows, widowers, and youth
going through the grieving process from the loss
of a loved one.*

Live chatrooms and forum 24/7 at our secured website

[Http://www.Safehavenforwidowed.org](http://www.Safehavenforwidowed.org)

[Http://www.Safehavenforwidowed.com](http://www.Safehavenforwidowed.com)

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August 27th, 2013

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The Monthly Heaven

Safehavenforwidowed.org

Kathleen Anne Burns Never Forgotten



Never Forgotten Always In Our Hearts

Safehavenforwidowed.org family is extending their deepest sympathy to Kathleen Burn's Family and Friends. For you in your loss. And hoping, too, That comfort and peace May come to you

Some of us have never had the pleasure of knowing Kathleen (Kate) in person, but we have spent time with Kate at Safehavenforwidowed.org website or other widowed grief support websites and we have been left with a very clear impression of the kind of person that she was.

Kathleen wasn't one to fuss much so I won't go on for too long, and I will be keeping to her more recent past because that is something you will all be more familiar with.

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Kathleen Anne Burns Never Forgotten



Kathleen met Dean and they got married in June 2012 which was the happiest time for both of them true love and companionship match made in heaven.



On August 22, 2012 devastation came Dean was called home with the angels breaking Kathleen heart and crushing her world in grief with total devastation and loss that only those that are experiencing this type of loss can really relate to the pain and hurt an effects it has. Grief is a powerful emotion.

Kate was a well-loved and respected; she had many widowed friends and regular friends. She always shared in our laughs, tears, encouraging and supporting others on this journey of grief. Kate use to like to do many things two she mentions in her user profile were “camping and going to the ocean” Kate’s life was Dean and her family. Dean was her world and everything losing him made the burden of grief so heavy for her that at times it becomes unbearable, the feeling of emptiness that you can’t imagine a future without the other person at times.

Kathleen And Dean Burns

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Kathleen Anne Burns Never Forgotten



*Kathleen Anne Burns
Never to be forgotten
Always in our Hearts*

Kate still was supporting others and encouraging many other's widowed who are walking this path. Even when her own heart is torn apart in pain and broken she was helping others and caring for.

July 22, 2013 Kathleen disappeared from her home in Mission, BC and couldn't be found. A missing person alert was activated a search was in effect for her right away. Family, friends, police, coast guard, widowed group friends, facebook friends continued their search and prayers for her safe return and her family and friends.

On August 19th, 2013 Kathleen Anne Burns body was located by a hiker in Mission BC on a hiking trailer, we know she will be greatly missed by everyone who knew and loved her.

Kathleen you have left this world with an empty hole that will never be filled again in all of our hearts and you will always be in our hearts and never forgotten our dear friend.

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The second year of grief

The second year of grief is one of learning to deal with the truth that our loved is gone and not coming back and is in heaven now, and that there is nothing you can do about it. No matter how well you deal with your grief, no matter how you rise to the challenge of life without them, they are not coming back. You knew this, of course, but now it has seeped deeper into your consciousness, and you feel it with every breath you take

Because of this, the second year (or at least parts of it) can be worse than the first. What makes the second year even harder to face is that you've used your grief card. Some think you should be over your grief, and they have little patience for your continued tears. They urge you to get on with your life, but they don't understand that this is how you are getting on with your life. And this is normal.

Think of the grieving process as a roller coaster

Sometimes it is best not to think of grief as a series of stages. Rather, we might think of the grieving process as a roller coaster, full of ups and downs, highs and lows. Like many roller coasters, the ride tends to be rougher in the beginning; the lows may be deeper and longer. The difficult periods should become less intense and shorter as time goes by, but it takes time to work through a loss. Even years after a loss, especially at special events such as a family wedding or the birth of a child, we may still experience a strong sense of grief.

Since grief is so stressful, it helps to take good care of yourself. Eating and sleeping well, and getting adequate exercise are essential. Sharing your feelings with a close friend, in a journal, through support groups, website support groups can be very helpful. In addition to the resources found on our website

<http://www.safehavenforwidowed.org>

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Is There A "Right" Time To Stop Wearing Your Wedding Ring?

Many widow/widowers may wonder when is the proper time to remove an engagement ring and/or wedding ring and, after doing so, what should be done with them. The only possible response to this question is do whatever makes you feel comfortable.

As there is no right or wrong way to grieve, there is also no right or wrong thing to do with your rings or a time frame that needs to be followed. You may choose to wear your rings for the rest of your life, or you may choose to remove them immediately after your spouse's death. Trust yourself to do what is best for you; there is no "proper" protocol only what feels right to each of us as individuals.

Some of the suggestions you may have gotten or heard:

Continue to wear your rings on your left hand

Move the rings to your right hand

Make the rings into other pieces of jewelry either for yourself or your children

Attach the rings to a chain worn around the neck

Put them away and pass them on to your children when they are ready to get married

You can get lots of opinions on what to do, but, in the end, listen to your heart and remember that there are no time limits.

It is impossible to make a wrong decision; it may take many years to decide on the final disposition of your rings.

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“Signs from Your Loved Ones”

You don't have to be a psychic medium to receive messages from spirit or loved ones who have passed over to the Other Side. We all receive signs and symbols from our loved ones on a regular basis and they come in many ways. It's purely a matter of opening the door and *listening* to those messages when they arrive and then saying "Thank you!"

Electricity

One of the easiest ways spirit can come to us is through electricity. It acts as a conductor for them. When lights flicker, computers and televisions randomly shut off and on, light bulbs burst, or even when fire alarms go off for no apparent reason, be sure to recognize the moment and ask yourself which of your loved ones might be trying to reach you. Telephones can be manipulated very easily by spirit as well. Did you leave the phone number of a loved one in your cell after they passed? Did their phone number ring you and there was nothing on the other end? That was quite possibly your loved one.

Dreams

Dreams are one of the best ways to connect with and receive messages from spirit. If you desire to connect with your loved one, simply ask them to come and visit you before you go to bed at night. Then, expect and intend that they will come. Trying too hard doesn't work, so trust they have heard you and will come when they are ready. Pay attention to colors, symbols, words and people that present in your dreams. You will know it is your loved one present in your dream because the dream is very vivid.

Feeling Your Loved One

Often you may feel the presence of the loved one. Do you get a warm feeling when you have a thought of your loved one? Do you get the chills or feel a light touch on your shoulder to turn and find no one there? I like to refer to these touches from spirit as "butterfly" kisses.

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“Signs from Your Loved Ones”

You can find assurance in knowing that this offering of touch is one of their ways of saying hello.

Smell

This is one of the most powerful ways spirit can communicate with us. Do you smell your loved ones cologne or your grandfather's pipe? Do you smell these powerful scents at the most unlikely times or places? There is a reason for this. Your loved one is trying to get your attention.

This is particularly the case when the smell presents at the seemingly oddest time.

Thinking of Them

Recall a time when out of the blue you began thinking of your loved one at a particular moment in your day. Were you ever curious why that thought popped into your head so randomly? It's quite likely this loved one is also thinking of you at that very moment and coming to let you know they are nearby and helping you with your daily life.

Our loved ones on the Other Side know exactly what they are doing and they have the ability to be at the right place at the right time.

Mother Nature

What flower, insect or animal has surprisingly presented that was not indigenous of the area you are in? Was it your favorite bird, flower, rainbow, deer that came at this most unusual time? Understand that your loved one is not becoming that bird or flower but do know your loved ones are very aware of your favorite animals and it is at these moments that they are trying to say hello! Perhaps you have not experienced this and you want to. You can send a message to your loved one to tell them you are ready for any sign they want to show you that they are near. The trick is to ask and not demand a sign. Just let them know you are ready to receive the message when they are ready to deliver it.

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Coincidence & Synchronistic Events

Often we are presented with what we might call uniquely synchronistic events. Be aware or you'll miss the message.

Coincidence is nonexistent. There is simply no such thing. Have you ever been thinking of your loved one and reminded of the very special favorite song you two shared, then later that day you heard it on the radio? Indeed, this was your loved one. These visits are special gifts through and through.

Numbers

Do you see numbers repeat themselves?
Do clocks stop at a certain special time?
Do license plate numbers have a particularly important sequence? Do you see your loved ones birthday routinely showing up?

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Am I Paranoid, Or Are People Really Avoiding Me?

“No, you’re not paranoid, people really may be avoiding you.”

Even though you may feel like you’re slogging through emotional quicksand, in some respects you might have a heightened awareness of what is going on around you. In particular, you may sense people are avoiding you or changing the subject—away from the cause of your grief—if and when they do talk with you. As a result, you may feel as if you are being evaluated, judged, and criticized.

You may wonder why people who usually talk with you will avoid you or change the subject when you have been affected by a death. In part it’s because most of us were socialized to isolate when we were sad:

“Laugh and the whole world laughs with you, cry and you cry alone.” So, if it’s true that we need to grieve alone then it follows that others do also.

The problem is the idea that we should grieve alone is not correct to begin with. What is accurate is that grieving people need and want an opportunity to talk about “what happened” and about their relationship with the person who died.

How can I go on without them?

Therefore our own fear will cause us to avoid grievers altogether or not to mention their loss. Look at the combination we just outlined.

Grievers often avoid others because they are afraid and then isolate themselves. People avoid grievers because they are misinformed and afraid they will hurt the griever by bringing up the topic of their loss. No one is talking about what is most important to the griever.

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Am I Paranoid, Or Are People Really Avoiding Me?

The fact that grieving people need and want to talk about "what happened" and about their relationship with the person who died, doesn't mean that every griever will want to have a detailed conversation with every one they meet. We just want to make sure they have a chance.

If you are grieving, we suggest you bring up the topic of your loss so those around you can see that you are willing to talk about it. If you are the friend of a griever, instead of avoiding the subject of the loss, at least acknowledge it. A simple comment like, "I was sorry to hear about your loss," can be very helpful to a griever who may be questioning their own sanity because no one is even mentioning their loss. You may be surprised at the heartwarming conversations that follow.

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“Words From Our Administrator”

Our thoughts and prayers also go out to the following Moderators here that recently lost loved ones this month.

Pat Davis who lost her Uncle this past week who went home with the lord.

Nancy Quigg who lost her twin sister on August 15th, 2013 who went home with our lord.

We are looking for moderators here at Safehavenforwidowed.

Moderators will be volunteering to monitor the chat room. This position does require coverage for these rooms 24 hours a day 7 days a weekly, every day total of 168 hrs a week for the main room and approximately 100 hrs a week for youth room. The shifts run 4 hours, 6 hours or 8 hours a day.

If you would like to become part of our team and become a moderator and you think you could give manage the time moderating.

Please contact admin@safehavenforwidowed.org with the day of the week and time's you would be available to moderate the room.

We will try to fit you in with your choice's sometimes it's impossible being that time slot and day may already be taken.

We look forward to active participation

Sincerely,

Robert Greenfield

Executive Administrator

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“Words From Our Administrator”

We would like to welcome all the new members and are sorry for your loss.

We do get it and we all understand. Here at Safehavenforwidowed .org

We are a community,

Not by choice

But by circumstances

We reach out

To each other In love and understanding

With tolerance and patience

We are a community

We do not grieve alone.

Welcome again and we are here for you 24/7 with moderators and a very supportive group of members who all understand and get it. And resources of information helpful information.

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“Words From Our Administrator”

For your reference and guidance here is a list of who are moderators and who are Administrators here at Safehavenforwidowed.org.

Bill	Administrator / Moderator / Owner
Chris	Administrator / Moderator
Clarissa	Moderator
Helen	Moderator
Jo	Moderator
Judy	Moderator
LindaE	Administrator / Moderator
Nancy	Moderator
Patkd	Administrator / Moderator
Paul	Administrator / Moderator
Robert	Administrator / Moderator
Sue	Administrator / Moderator
Tony	Moderator
Tracy	Administrator / Moderator