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March 06th, 2014		Volume 11 Issue 3	

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Grief 101: Some Common Facts and Characteristics of Grief



Grief is what you experience when you have suffered a loss. "Loss" is the key word here because grief not only applies to the way you feel after the death of a loved one but also to the way you feel whenever you suffer the loss of something valuable to you. For example, grief often follows a divorce, separation or breakup of a relationship,

loss through fire or theft, loss of a job, the shattering of a life-long dream, the loss of one's youth, loss of control, the loss of one's role as a parent when children leave home, and the loss of one's health, eyesight or hearing. In looking at and understanding grief in a broader sense, you may be grieving for something almost your entire lifetime. Fortunately, the grief you experience over your many losses differs in intensity and longevity.

Understanding the grief process, insofar as there is such a thing, will help you understand what you and your loved ones may be going through right now. But you must appreciate that grief is different for everyone for the following reasons:

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- The importance of the loss will vary with the importance of the relationship that has been severed.
- Individual support systems and resources differ. Do you have friends and family members who encourage you to talk about your feelings? Are there support groups or specialized counselors that you can talk to?
- Individual coping styles are different. Some people just cope better than others.
- Gender differences. Men and women express their feelings differently. Even though I know many men who are comfortable showing their emotions, I know many more who have a need to work out their feelings, burying themselves in their work or in projects around the house.
- Cultural and religious differences can play an important role in how you approach your grief. Within the different religions and cultures different rituals and customs are practiced.
- Life is not always a smooth ride allowing you to work through one event at a time. Things pile up and your experience with grief will depend on what else is going on in your life. Sometimes grief has to go on hold because other things are demanding your immediate attention.

Grief takes a long time. It will take as long as it takes and it is important for people to not only have patience with themselves but with others as well. Grief is an emotional roller coaster. It is an up and down ride. If you have a couple of good days and then a bad one, don't think of this as a setback. This is normal for grief.

Grief is a high stressor. Stress affects our immune system. Common complaints are colds, lingering flu, back and neck pain, headaches, stomach upset, dizziness, insomnia and new flare-ups of pre-existing illnesses. It is always a good idea to let your physician know when you are suffering a major loss so he or she can monitor your health.

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Strong feelings of grief return on holidays, birthdays, anniversaries--and especially the yearly anniversary of the loss. This is normal and usually the anticipation of these days is worse than the actual day. Let people around you know that such a date is approaching and ask for their understanding and support.

Characteristics of Grief

It is difficult for the person experiencing grief to function 100%. Thus, this is not the time to make major decisions or changes in your life like selling your home, moving to another city, or taking a new job. If possible slow down and allow yourself time to adjust to your loss. Avoid adding to your losses by making major adjustments to your life.

- **FORGETFULNESS**-- Because appointments may be missed, keys locked in the car, purses left behind, work reports left at home, etc., write things down. Don't leave important things to memory. Develop a check list to review before leaving the house.
- **DISORGANIZATION**-- You may find that it takes longer to finish a task. Time may not be managed as well. All this is normal; you aren't losing your mind!
- **INABILITY TO CONCENTRATE AND RETAIN INFORMATION**-- It may be impossible to stay focused on a task. It may be difficult to read a book or even stick with a favorite TV program. Reading may take longer and it might help to highlight important points, outline or even read "out loud" rather than to yourself. Since mistakes or errors may increase, routinely double check your work or ask someone to do it for you.
- **PREOCCUPATION WITH THE LOSS**-- This is a time when one's mind wanders and it is hard to stay on a task. Unplanned thoughts of the loss may enter your head at any time or at any place. Be extra careful while driving your car. This is so often the place where your mind wanders anyway, and concentration is not what it should be. I know of dozens of people who have reported going through red lights, just not seeing them or bumping into the car in front of them, not seeing the brake lights go on. Being aware of this, have someone else drive you, if possible. If you must drive, use extra caution, and stay out of the fast lane!

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- **LACK OF INTEREST OR MOTIVATION**-- You may find that things just don't matter as much now. It is difficult to be interested in anything. Life has taken on a temporarily different meaning. All this is normal.
- **LOWERED TOLERANCE LEVEL**-- Your patience may not what it used to be. Your fuse may be shorter and you may lose patience more quickly. Minor irritations may have become bigger and more quarreling within your family, at work or with friends may go on. Try to have patience with those around you and explain to them when you are having a bad day and what you need from them to help you get through it.
- **CHRONIC FATIGUE** -- Grief is exhausting and in addition to that you may not be sleeping, eating or exercising as you should. Try to have patience with yourself and gradually get back on the routine you had before the loss.

HELPING YOURSELF THROUGH GRIEF

Basic Health Concerns: Grief is exhausting and it is important to be aware of your daily health routines and keep them up.

1. Try to eat regular, nourishing meals. If it is too difficult to eat three regular meals, try four or five small ones. Have nourishing food available to nibble on rather than chips, candy, etc. Drink plenty of water to remain hydrated.
2. Rest is important. Try to develop regular bedtime routines.
3. Continue with your exercise program or develop a manageable routine.
4. Make sure your family doctor knows what has happened to you so he or she can help monitor your health.

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OUTSIDE SUPPORT: Grief does not have to be as isolating as it seems.

1. Look for a support group, lecture or seminar that pertains to your situation.
2. Meditation is often helpful to help people get the rest they need.
3. If it has been a source of support to you in the past, continue attending your religious services and stay in contact with that part of your "family."
4. Let your friends and other family members know what your needs are.

ON FEELINGS

1. Read some books or articles of the process of grief so you can identify what you are feeling and have some ideas on how to help yourself.
2. Allow your feelings to be expressed appropriately.
3. Crying is good. Almost always you feel lighter after you have had a good cry. Consider sharing your tears with other loved ones.
4. Find friends or family members to share your feelings with.
5. Be careful not to use alcohol, drugs, or tranquilizers to avoid the pain. These will only mask the pain and could lead to problems.
Holidays, anniversaries, etc. need special planning. They are impossible to ignore. on dealing with the holidays

6. Keeping a journal is a good way to identify feelings and also to see progress.

Holidays, anniversaries, etc. need special planning. They are impossible to ignore. Look for a workshop on dealing with the holidays and make plans with your family and friends.

HELP FOR YOUR MARRIAGE and/or RELATIONSHIPS

1. Strive for good communication.
2. Talk about what is helpful to you.
3. Be sensitive to the needs of each other.
4. By reviewing past crises in your relationship you can gain an understanding of how to handle this one.
5. Avoid competition about who is hurting the most.
6. Consult each other regarding birthdays, holidays, and other family events.
7. Try not to expect too much from each other.

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8. Read and educate yourself about the grief process.
 9. Be aware that there are gender differences; there are differences between men and women and the way they deal with grief.
 10. Avoid pressuring each other about decisions that can wait.
 11. Take a short trip to "re-group."
 12. Appreciate each other's grief and way of coping with it.
 13. Ask each other what is helpful to him or her.
 14. If you think it will help, seek professional guidance. Don't let this crisis destroy your relationship if it can be saved.
- BE KIND TO YOURSELF**
1. If you desire some alone time, take it.
 2. Give yourself small rewards along the way, things to look forward to.
 3. Look for small ways to pamper yourself, such as, bubble baths, new cologne, a new outfit, luxurious pajamas, new hair cut, mountain climbing, biking, swimming, etc.
 4. Short trips are good breaks from grief, but be aware that upon your return the pain of grief will be waiting for you. However, you will have had a rest and the knowledge that you can enjoy some things in life again.
 5. Look for some new interests, perhaps a new hobby or picking up on an old one.
 6. Carry a special letter, poem, or quote with you to read when the going gets tough.
 7. Try to enjoy the good days and don't feel guilty for doing so.
 8. Reach out to help someone else.
 9. Remember, grief takes time. Learn to have patience with yourself.
 10. Know that you will get better and there will be a time when you can look forward to getting up in the morning and be glad you are alive and that your life is continuing.

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Can Spirit Visit Us In Our Dreams?



When we sleep we enter a space between our Earthly reality and the Spiritual world. Our subconscious is open to ideas that our rational minds would not normally see or allow. Put simply, as our 5 senses slow down for the night – our sixth sense is given a chance to shine...and it does, in spectacular style!

Every dream we have sadly is not a visit from the other side, even if the deceased appears, often it is just a dream. If you look at a dream as being a movie, our subconscious adds supporting actors which might be our dear departed playing a role. It could just as easily be a living friend or relative playing this part, it is simply a case of our mind slotting in the person who 'fits the bill'.

If the movie you are playing out in your dream state requires a person of great heroism, then perhaps a lost grandparent who used to pick you up when you fell from your bike and tended to your grazes would appear as the hero. In the same way, your living sibling, the person who you probably fought with as a child, may appear as the villain! You are the director of your own 'midnight movies' and you choose the characters and who will play them.

But what about the dreams that mean more? How can we tell the difference? There are quite clear signs to look out for. If we are being visited by a spirit the dream itself would be so vivid and real, to the point where on awakening you'd be left wondering if it really happened. The dream would stick with you for days, months, a lifetime even. An event like this is not easily forgotten!

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Can Spirit Visit Us In Our Dreams?

It is not easy for a spirit to visit us but when they do, they do so in most cases to reassure you, let you know that they are fine and at peace and they want for you to be happy.

There are times when the spirit will visit you to convey a message or warning, but they do this in a comforting and supportive way. Unfortunately, it is quite unlikely that your beloved Grandma will pop into your dream for a bit of a natter – as wonderful as that would be, it is just too difficult for the spirit to appear so when they do, it is for a purpose...and then they are gone again.

When a spirit does enter your dream, he or she will become the ultimate focus. Perhaps be shining brighter than other parts of your dream, ensuring they will not be mistaken or missed. If you are left wondering whether your dream was a visitation or just a normal dream, then it was just a normal dream!

You will know when it has happened, you just need to listen to your heart and believe what it is saying. The most amazing event has just occurred and you will be left feeling uplifted and completely loved and at peace.

You can of course ask for a loved one to visit you in dream. Before you sleep, in meditation or deep thought, think about the deceased who you wish to see and ask them to come. There is no harm in asking but don't be discouraged if they don't come. It takes an awful lot for a spirit to come through.

The last thing Spirit wants to do is to scare you and as much as we adored our loved ones in life, to see them once life has gone can be a pretty unnerving experience! So they will wait until invited most of the time. However, if they know you need them, they will be there regardless. Even if you can't see them, know that Spirit is always with you.

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8 Characteristics of Visitation Dreams



During this time, our rational mind and our ego are not engaged. Things can happen in our dream world that we would normally stop or discount while awake.

For example, when someone who has died comes to visit us in our dreams, we aren't as likely to have the "rational thought" that this person is actually dead and shouldn't be in our dream.

Deceased loved ones who have crossed to the Light can and *do* visit us in our dreams. These types of dreams are often referred to as "visitation dreams," and they can provide us with great comfort.

When they appear, we accept that person's presence without argument.

Is every dream a visitation dream?

Why do deceased loved ones come to us in our dreams?

Although we would love to say that you are having a visitation dream every time your beloved loved ones appear in a dream, this is not the case. Why?

It is actually easier for spiritual entities of *all* kinds (e.g., deceased loved ones, guides, angels) to communicate with us while we are sleeping. Why? Because when sleeping, we are in that "in between place" between our Earthly reality and "the other side of the veil" (the spiritual world).

Here is how most of our "everyday dreams" are created:

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Think of your dream as a play or a movie. Your subconscious mind is the director that must select who will play the different roles. For example, that role might need someone who is a businessman, so your beloved Father is selected because he was a successful businessman. Or perhaps the role requires a loving mother figure; then perhaps your Mother is chosen because she was a very loving presence in your life when you were a child.

Based on all the people you have known during your lifetime (even those you may not consciously remember and possibly even people from past lives), the director selects the best actor for that part. Sometimes the actor who is selected is alive; sometimes the actor has passed. But the actor is simply “the best person for the job” because he or she fits the requirements you need for that dream.

8 characteristics of true visitation dreams True “visitation dreams” are actually very easy to identify because they are very different than “everyday dreams.” Characteristics of most (but not all) visitation dreams include the following:

Characteristic #1: The most important characteristic of a true visitation dream is that it feels “real.” It will also be very vivid.

Characteristic #2: If you have to ask whether the visitation dream was really a visitation dream, then it probably was NOT a visitation dream. They are so real and vivid that you won’t have to ask this question. When you *do* have a visitation dream, you may wonder if it was truly real; but in your heart or gut, you will “know” it was real.

Characteristic #3: Because they are so real and so vivid, you will remember visitation dreams very clearly for days, months, years . . . probably for your entire lifetime!

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8 Characteristics of Visitation Dreams

Characteristic #4: The person (or animal) will almost always appear in the dream to be completely healthy and behaving in a loving manner. They will *rarely* appear sick or injured. They will *never* be angry, disappointed, depressed, or punishing. They *will* be “whole, complete, and perfect” because they are now reconnected with God/Source energy.

Characteristic #5: Whether or not they speak to you verbally in the dream, they will communicate very clearly.

(NOTE: As you’ll see in the next two examples, in neither of the dreams did actual verbal communication occur; the messages were conveyed telepathically and were completely clear.)

Characteristic #6: When they do communicate (either verbally or non-verbally), it isn’t because they want to engage in idle “chit-chat.” It isn’t easy for deceased loved ones to enter a dream. They come with a purpose, and they will convey the message and then be gone.

Characteristic #7: Most often, their messages fall into the category of “reassurance.” They come to let you know that they are fine and that they want you to be happy. Occasionally, they will come with a warning; however, when giving a warning, they will give you loving support and you will feel reassured by their presence.

Characteristic #8: After a visitation dream, when you wake up, you will often be filled with a sense of peace and love.

Can you ask for a visitation dream?

Yes, you certainly can! Before going to sleep, spend time thinking about the deceased loved one and ask him or her to come visit you in your dream state. You may also want to ask your guides or other spiritual helpers to assist this person to come to you clearly.

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However, please don't become discouraged if the person doesn't come to you. They want to, but there are many reasons why a deceased loved one may not show up when requested.

For example, the soul may be relatively new at entering dreams and may not know how to do it. Or your guides know that you want to know something that your deceased loved one can't tell you because you need to find the answer for yourself.

But there's no harm in asking for him or her to come visit with you! And when visitation dreams do occur, be sure to thank your deceased loved one for coming and send them love and gratitude for taking the time to visit with you.

You Have the Right to Grieve

There is no shame in grieving. We've managed to make the expression of grief disgraceful and unacceptable. We tell people to be strong and move on, to heal and get over it. We silence the mourners and hide them away because it's too terrifying to face the reality of death, despite it being real and not going away. You have the right to grieve, to speak about your loss, to be devastated by it, to break down, to be lost, to struggle, to never move on, to never heal, to love the dead, and to post tweets and status updates about your pain.

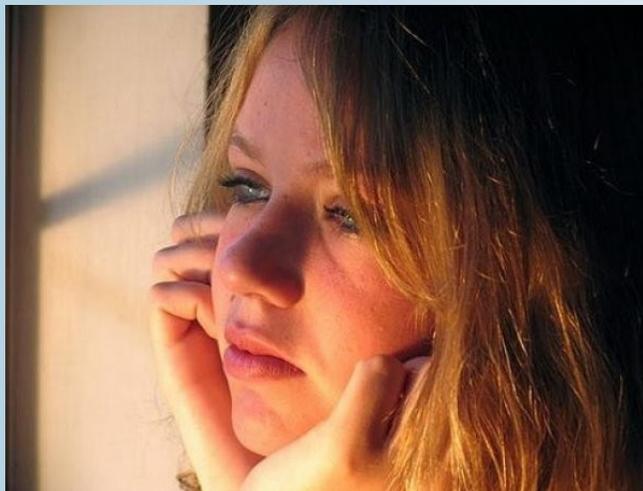
There is no such thing as "too much information" when it comes to loss because you can never say enough. Grieve excessively. Grieve as long as you need, even if it lasts

You have the right to grieve. When we defend our grief to others or when we have to hide or act like we are okay, grief will intensify and become worse. All this does is create more grief.

I did it much during the first few years of my grief. Over the last several years, this has changed. I grieve freely and openly. When I'm expressive, my grief flows. Grief needs a way to get out. Our tears, time alone, or perhaps writing in a journal all can help with the expression of grief. How were you taught about feelings and expressing them openly?

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Grief after Suicide



The death of someone close to us is one of life's most stressful events. When the death is from suicide, family and friends must cope with sadness at the loss plus all their feelings of confusion and sometimes even anger. It takes time to heal and each of us responds differently. We may need help to cope with the changes in our lives. But in the end, coping effectively with bereavement is vital to our mental health.

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If someone close to you has just committed suicide, we hope this article will help you understand that you are not alone in your struggle and that help is available. If you have a grieving friend or relative, this pamphlet may help both of you understand and cope with this difficult time.

HOW COMMON IS SUICIDE?

Approximately one out of four people knows someone who has committed suicide.

The deceased leaves behind a network of family and close friends who must cope with the same inner turmoil that you are probably trying to understand and cope with now.

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Grief after Suicide

AM I TO BLAME?

COULD I HAVE HELPED?

No, you are not to blame. After a suicide, family members and friends often go over the pre-death circumstances and events, blaming themselves for things they think they should or should not have done. "If only I had persuaded him to get help!" or "If only I hadn't told her I wanted a separation..." Even though suicide is an individual decision, it is a very natural and common reaction for survivors to feel guilt or responsibility. People who are left behind should seek out bereavement counseling or support groups to help relieve this feeling of responsibility.

WHAT ARE THE STAGES OF GRIEVING?

The emotions of suicide grief are endless. By trying to include them all, we inevitably would forget some of them. Instead, here are some of the major ones that people often experience:

Guilt

It's very common for survivors to feel guilty after a suicide death, where people wonder what else they could have done, or what could have made the outcome different. The reality is that, although we believe we might think it would have been different if we had done things another way, there's no way of knowing that. Guilt is an emotion that sometimes overwhelms people, but it's one that needs processing to let go and realize we did all we could to help them.

Coping with Guilt

"I keep feeling guilty that I didn't help enough....what can I do now? The guilt is eating me alive."

Know guilt is a common feeling after a suicide death. What helped me with my guilt was talking to other family members and friends who lost a loved one from a suicide death. Talking about my feelings of guilt helped me to understand where the feeling is in the grieving process.

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Grief after Suicide

The Whys?

One significant place on the suicide journey is the asking of the Why? Question. This can go on for some time as we try to place all the puzzle pieces together after a loved one has died. The reality is that the person who died often took some (or most) of the pieces with them, and we never will truly know why they ended their lives. But it's important that we ask ourselves this question as it is part of traveling on the road of suicide grief.

Relief

While not usually discussed, sometimes there is relief when a loved one has ended his or her life. If the person were severely mentally ill or struggled with everyday life, some families feel relieved that they don't have to worry about a loved one anymore. But with the relief comes guilt for feeling relieved that they have ended their lives. Know that relief is common and it doesn't make you miss your loved one any less if you feel that way.

Blame/Anger

What is there not to be angry about? A loved one has left us. We feel hurt and that manifests itself into anger. As human beings, we have a tendency to look for someone and/or something to blame.

We usually do this in our anger because we're trying to make sense of what has happened. We are trying to understand why our loved one has left us. Often though, our anger and blame are misdirected and hurt the people we care about the most. It's okay to feel angry about the choice your loved one made to end his or her life.

Coping with Anger

"What a mess was left behind for me to clean up.....that makes me so angry."

Anger is such an integral part of the grief process. It comes at all stages in different doses. Anger is fear: we are fearful when we are left alone to clean up the "mess" that we so often have to do. Anger at the person who died, anger at ourselves for not detecting it, anger at others for various reasons. It is an emotion to be dealt with as are the others: shock, denial, bargaining, and acceptance. It is okay to be angry at someone who has forevermore disrupted our lives...and we had no vote in the final decision.

Sadness

Sadness is a fundamental part of grief. We feel sad that our loved one has chosen to end his or her life and is no longer with us.

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Sadness is a very common emotion of any grief journey because we must acknowledge that we don't have our loved one with us anymore.

Abandonment

In suicide grief, abandonment also can be a very common emotion. We feel like our loved one left us and didn't consult us. We might feel that to be left in this world without them (because they were so important to us) is painful and difficult.

Loneliness

Suicide grief is lonely. We all have to travel our own roads, even when we are part of a family or have many connections in our lives. We also feel lonely because someone significant to us is gone. And we feel lonely because often we don't have any to share the road with us. Our family members might not be in the same emotional place we are, our friends might not understand, and/or we just aren't sure how we can connect with others who have been through something like we have.

The Holistic Self

As human beings, we have a tendency to see ourselves in pieces. We forget that our body, mind, and all the other aspects of us work together. When we grieve the loss of a loved one, particularly after a suicide, we feel it emotionally.

We can't stop crying. We don't understand. We feel confused. But we also feel tired and exhausted.

Grief is hard work and we must process it in the many pieces that make us holistic beings. Often we talk about how we emotionally cope with grief, but it's much more than that. We also must be aware of ourselves physically to keep from getting sick as we travel our grief journey. It's important to eat balanced meals, and try to get sufficient sleep and exercise. It can feel overwhelming to think about these things when we feel like our world is crashing down, but it also can give us a much-needed focus.

And we should nurture our spiritual selves. Again, this can be like a burdensome task especially because we might be angry with God or our Higher Power. We might doubt that anyone exists beyond the here and now where we live. But asking these questions is part of the grief journey, especially after suicide when a loved one has ended his or her life. The questions feel larger, more difficult to answer. By reaching out spiritually we are allowing ourselves to find help and hope in ways we might not have thought of before.

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Routine

We often discount the importance of routine in our lives. When we have a suicide loss, it throws life as we know it out the window. We don't realize how much we miss our routine until it has been stripped away. We are creatures of habit and often we complain about our routines, about the seemingly flatness of daily life, because we are looking forward to the "big" parts of life— the holidays, the vacations. We forget that life is really about savoring the simple aspects and when our loved one dies, we often feel like we missed out on something.

IS ANGER OR RELIEF A NATURAL REACTION?

While all kinds of loss are painful, the issues are different when dealing with a death by suicide. The length of time it takes to work through the stages of grief also varies depending on the circumstances.

Feelings of anger, confusion and relief are natural. Do not deny them. If the deceased person had been depressed and/or had previously attempted suicide, there is nothing wrong in feeling relieved that the burden is gone or that you are angry because you have another burden to carry.

If you do not work through these feelings, you will prevent yourself from moving forward in the bereavement process. Not moving forward is dangerous; it can cause mental and physical illness and can tear families and friendships apart. It can stop people from coming to terms with the suicide. You must face your feelings before you can work them out.

HOW DOES SUICIDE AFFECT THE FAMILY?

It is important to realize that not all members of the family will grieve in the same way or go through the same stages at the same time. Every family member needs room and understanding to go through the bereavement process in his/her own way.

Be honest with children about the cause of death. Otherwise, they will go through the grieving process again when they learn the truth.

Be careful not to ignore or forget the grief experienced by children. They need help dealing with it but should not be "protected" from it.

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HOW WILL MY FRIENDS REACT?

Generally friends are well meaning. They want to give support and help but they may not know how. They may be afraid that they will overwhelm you or think that you want to be alone.

Guide them. Tell your friends you want and need to talk about your loss. By opening up, you will help yourself and help your friends help you. People who talk out their feelings are usually the people who recover most quickly from a loss by suicide.

If your friends seem uncomfortable talking about the death, or even being with you, it may be a reaction to your discomfort. If you are uncomfortable talking about the circumstances, don't. Your friends will already know. Let others simply respond to the death of your loved one.

AS A FRIEND, WHAT SHOULD I DO?

Try to understand and be patient with a grieving friend. Do not ignore or overwhelm a person who has suffered a suicide in the family.

NEVER BLAME ANYONE. Suicide is a decision made by one person, and judgments should not be made about the family.

Do not try to accelerate the process of

Do not try to accelerate the process of bereavement. It can take a long time for a person to work through the grief, to deal with the confusion and to come to terms with his/her feelings.

Treat your friend as you would treat anyone who has lost a family member. Be available to listen or to help out with the chores.

Acknowledge your friend's feelings of guilt; it will help him/her to come to terms with the fact that he/she is not to blame.

The grief journey we must travel after suicide often is treacherous because we aren't sure what to expect. Life never prepares us for the kind of grief (and the reactions that tumble after it) that suicide loss brings. We also don't realize that we don't have to travel it alone. There are many other people out there who are going through a similar journey (or are much further along on the road) and would welcome some company or a chance to help us.

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Poems

Missing You

by: Kristina
January 2014

My heart
Is broken
Someone, please tell me this nightmare will
Stop. There is a hole
In the center of my soul where you used to be and it will
Never be filled. I am left with only my
Grief.

You were and are precious to me. The
One who loved and accepted me as I am. I wait
Under the wings of The Lord until I see you again.

Meet You At The Gate

A beautiful garden now stands alone, missing the one who nurtured it
But now she is gone,
Her flowers still bloom, and the sun it still shines,
But the rain is like tear drops, for the ones left behind,
The weeds lay waiting to take the gardens beauty away,
But the beautiful memories of its keeper are in our hearts to stay,
she loved every flower even some that were weeds,
So much love she would plant with each little seed,
But just like her flowers she was part of Gods plan,
So when it was her time he reached down his hand,
He look through the Garden searching for the best,
That's when he found Karen, it was her time to rest,
It was hard for those who loved her, to just let her go,
But God had a spot in his garden, that needed a gentle soul,
So when you start missing Karen, remember if you just wait,
When God has a spot in his garden, She'll meet you at the gate....

by: Tracy

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Chatroom Logs

From time to time we are asked about what happens to the room logs and why we have them. These logs are taken daily and archived into storage and are only accessible by our Director, Assistant Director, Senior Administrator or Law Enforcement, by a court order with a subpoena in accordance to the **Electronic Communications Privacy Act, 18 U.S.C. § 2701, et seq. ("ECPA")**

(f) Requirement To Preserve Evidence.—

(1) In general.— A provider of wire or electronic communication services or a remote computing service, upon the request of a governmental entity, shall take all necessary steps to preserve records and other evidence in its possession pending the issuance of a court order or other process.

(2) Period of retention.— Records referred to in paragraph (1) shall be retained for a period of 90 days, which shall be extended for an additional 90-day period upon a renewed request by the governmental entity.

If Safehavenforwidowed.org does not receive formal legal process for the preserved information before the end of the preservation period, the preserved information is deleted\purged from the servers and database when the preservation period expires.

These logs are for your protection from abuse also helps us to see if there has been any issue in the rooms with technical issues if we need to look back to see. But again can only be viewed upon by our Director, Assistant Director and Law Enforcement.

These logs are not public use or for moderators or others to view. Your privacy and your security is our major concern while you are on this site.

Hopefully this explains the logs and why they are activated any further questions please contact us at [Email:Admin@Safehavenforwidowed.org](mailto:Admin@Safehavenforwidowed.org)

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“Words From Our Administrator”

Please fill in your USER PROFILES

There's lots of new members on the site of late (and older ones too), please remember to complete your user profiles. The profiles are very private and also are confidential and secured here you do have the option also of hiding your email address that can only be seen by the admins and director.

This is also a requirement and in the rules and guidelines here at Safehavenforwidowed.org to have a completed profile on file for each member here.

Just like any other website or social group you may belong too that has profiles you must fill out no different here. Following are the instructions on how to do this and you may also ask any of the moderators for assistance too.

Steps in filling out your User Profile

1. GOTO the **blue** on the top left and click it **User CP**

Screen will open up to this screen click Profile. **User Control Panel**

Home
Profile
Settings
Status
Block list
Offline Msgs
Word Filter
Logs
[Close]

Welcome to user Control Panel. Here you can change your settings, send messages and configure and many aspects of Chat.

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Home
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[Close]

To hide your Email goto:

- User Control Panel then to settings, click on settings.

User Control Panel

Home	Welcome to your User Control Panel. Here you can change your settings, send messages and configure many aspects of Chat.
Profile	
Settings	
Status	
Block list	
Offline Msgs	
Word Filter	
Logs	
Close	

Password:

Retype Password:

E-Mail:

Name:

Location:

Hobbies:

Bio:

Gender:

Avatar:
[Upload]

UPDATE

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“Words From Our Administrator”

- Then go to Hide E-Mail and place a check mark in the box.
- When done click change on the bottom and done.

If you should have any questions on how to do this please ask and we will be more than happy to help you in getting this completed.

Home	Login Time
Profile	(hours): 175000
Settings	Refresh
Status	Rate 10
Block list	(seconds):
Offline Msgs	Time offset 0
Word Filter	(hours):
Logs	Time offset 0
(Close)	(minutes):
	Language <input type="text"/>
	Skin <input type="text"/>
	Disable Styles: <input type="checkbox"/>
	Disable Smiles: <input type="checkbox"/>
	Disable
	Sounds : <input type="checkbox"/>
	Disable
	Timestamps: <input type="checkbox"/>
	Hide E-Mail <input type="checkbox"/>
	Log Private
	Messages: <input type="checkbox"/>
	<input type="button" value="Change"/>

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For our new and old members that have not taken advantage of the memorial video tribute video for their loved ones that are in heaven that was released on February 14th 2014.

Being that those members also get a tribute webpage for their loved ones you still can memorial webpage done. To have one made got this form and fill it out and submit it <http://www.safehavenforwidowed.org/memform.htm> you can have up to 3 individual's pages only and must submit a form for each angel.

Include in the biography section one song for each page a song you would like for your background music and the artist for the page the cost is free to members at Safehavenforwidowed.org an Safehavenforwidowed.com only.

The video can be found on the forum and also by clicking this link here also for your viewing too <http://youtu.be/M26N8CedImo>

Don't forget our other resources on the site that are very helpful and are very informative and secured also.

1. Forum:
With many topics where you can post memorials, prayer requests, and expressions of love and honor for your loved ones or read information and resources on grief and related topics that will help you on your journey.
2. Light a Virtual Memorial Candle:
For your loved one who is in heaven, or a family member or friend that is sick.
3. Articles:
Different articles wide range that are added monthly

Plus more resources in a secured, confidential, environment