

## SPECIAL HANDLING, PLEASE

**I was handed a package the other day.  
 It was wrapped securely to be mailed away.  
 Attached to the outside as plain as could be  
 was a simple note for all to see:**

*Please rush through the holiday season;  
 Too painful to open for any reason!*

*Contained within, find one bereaved heart -  
 Fragile, broken, falling apart.*

*Tried to go shopping the other day;  
 The hype of the season blew me away.*

*Sat down to write cards, that was insane.  
 Couldn't find the list or think of my name.*

*People say, "Come over," " Be of good cheer.  
 "Celebrate the holidays," "Prepare a New  
 Year."*

*But my grief overwhelms me like waves in the sea.  
 Can they cope with my crying; an unsettled me?*

*I don't have any holiday cheer,  
 Decorations, traditions, big family meal,  
 I can't do it this year. Do you know how I feel?*

*Guilty and frustrated! I've let everyone down!  
 Our holiday celebrations used to be the best in  
 town!*

*So just ship me away; address unknown  
 When my grief is over, I might fly home.*

*Signed,  
 Bereaved Heart.*

**I just couldn't send Bereaved Heart away, so I jotted a  
 note and left it that day.**

*Dear Bereaved Heart:*

*The death of your loved one has forced you to start  
 A new type of living that's hard on the heart.*

*Undecorating your life of its angers and fears  
 Is not easy to do without shedding tears.*

*And untying your guilt can release a bundle of strife.  
 Questions are stirred up about living and life.*

*Don't be concerned now with invitations, big meals  
 See how the little stuff handles and feels.*

*Let the love of your family, neighbors and friends  
 Uphold and sustain you when you're at loose ends.*

*Most are eager to be there, willing to share.  
 Tell them your needs, and they'll show you they care*

*They'll take you shopping, write cards, even cook.  
 Let that stuff go now. Get yourself off the hook.*

*You need time for healing. You've much work to do.  
 Your heart needs mending - Give that gift to YOU.*

*Take a walk, read a book. Try something your style  
 Make sure it's relaxing, makes you pause, rest awhile.*

*When holiday invitations knock at your door,  
 Don't say "yes" to five when you only want four.*

*If you wish to remember your loved one who dies,  
 Plant a tree, give a gift. Let your heart be your guide.*

*This season of wonder can bring you relief  
 If you're willing to unwrap your tears and your grief.*

*Please listen, Bereaved Heart, stay close & please dare  
 To open your package and let others care.*

*Signed,  
 Your Friend*