

## Mother's Day Madness - Day 3

### When We Remember

Last Saturday I attended the Memorial Celebration of my sweet friend Connie. One of her co-workers read this beautiful poem, and it's perfect for what I want to share with you today.



#### "When We Remember"

You can shed tears that they are gone, or you can smile because they have lived.  
You can close your eyes and pray that they'll come back, or you can open your eyes and see all that they've left.  
Your heart can be empty because you can't see them, or you can be happy for tomorrow because of yesterday.  
You can remember them and think only that they're gone, or you can cherish their memory and let them live on.  
You can cry and close your mind, be empty and turn your back, or you can do what they'd want...Smile, open your eyes, love, and go on.

(Author Unknown)

We have so many memories about our child that we want to retain, but most of them eventually get pushed back into the far reaches of our memory and we lose them. This would be a good time to pull them back out and remember. I'd encourage you to reminisce about your child. Write about their personality, what about them brought a smile to your face? Jot down some of those tender moments you shared with them as an infant. Remember what their favorite food was, favorite color, the blanket they carried around with them until it was in shreds, or their hobby that they enjoyed so much. Did they collect things when they were little like bugs, rocks, or the Happy Meal toys from MacDonalds? Who were the important people in their life? What will you remember about your precious child?

Today your memories may bring you tears. Tomorrow they will bring you joy.

Click on this link to the [Hope, Healing and Help Radio Program](#) facebook page, look for this post, and share one of your special memories about your child. Visit the website for the [Sac-Placer County Chapter Bereaved Parents](#) to view and print the articles in pdf format.