

- **Journal** – write a letter to your child, telling what’s in your heart, perhaps some unfinished business, or some new blessing that has enriched your life – keeping connected. Tell what’s in your heart.
- **Explore some new physical activity** – walk the Appalachian Trail (2100 miles), try karate, hit golf balls, set up a croquet set, get violent with badminton, enroll at the local gym.– or just walk the dog around the block.
- **Keep the memories alive** – think of a way to “share your child with the world” – making sure their memory lives on, scholarship, writing, good deeds.
- **Count your blessings** – number the positive things in your life. Keep a “Gratitude Journal,” reminding yourself of the good things in your life. Don’t take them for granted. Don’t let yourself forget.
- **Give and get plenty of hugs** – 4 a day for survival, 8 a day for maintenance, 12 a day for growth.
- **Hold on to Hope** – that powerful tool for the grieving. With hope you can heal. With hope you can venture forward. With hope you can have a meaningful life again. With hope you can find a way to carry that child that you love so much in your heart.

TENER AL SEÑOR

Deacon Ray Ortega

Tener al Señor en tu vida significa sentir paz y consuelo en tu corazón al descender por el camino de la vida con todos sus altibajos.

Significa que puedes ofrecer tus plegarias a un Padre amoroso y compasivo, que siempre esta presto a escucharte y nunca deja de comprender los Dolores y los temores que se esconden en los rincones de tu alma.

Tener al Señor en tu vida significa tener la seguridad de que no hay dificultad que pueda sucederte que tú y El, uniendo fuerzas, no puedan enfrentar y al final conquistar. A pesar de las lágrimas, del dolor y de los malos tiempos que conocistes y que sin duda volverán de vez en cuando tú sabes que El está presente en todo y que las cosas acabarán siempre por arreglarse.

Tener al Señor en tu vida significa que puedes estar plenamente convencido, sin duda alguna, de que te dará la fuerza de soportar cualquier cosa que te suceda, y que de experiencias amargas saldrás reforzado. Aunque todas estas bendiciones son esenciales para nuestra existencia diaria en la tierra, son pequeñas cuando las comparas con la promesa de pasar la eternidad en Su presencia. Por eso, lo que significa tener al Señor en tu vida es conocer la bendita esperanza del futuro !Y la gloriosa promesa del paraíso que El ha preparado para nosotros!.

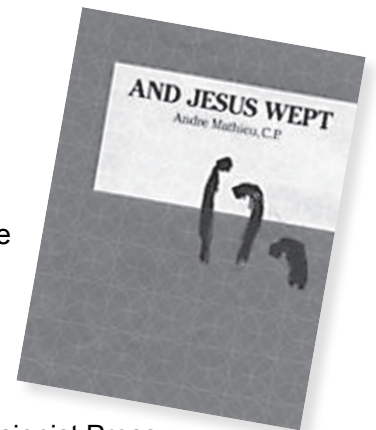


Deacon Ray Ortega was ordained in 1979 for the Archdiocese of Miami. He is a certified Pastoral Bereavement Specialist from the World Pastoral Care Center and a member of the South Florida Chapter of ADEC. He is Master of Ceremonies for the Auxiliary Bishop, the Most Rev. Felipe de Jesus Estevez. Ray currently serves on the NCMB Board.

BOOK REVIEWS

AND JESUS WEPT

The book review for *And Jesus Wept* by Brother Andre Mathieu, C.P., appeared in the 2006 Spring Journey. There was no mention of the cost of the book or how to obtain copies. We include this information in this issue. The cost is \$10.00. Call or write to Passionist Press, 526 Monastery Place, Union City, New Jersey 07087. Phone: 201-867-6400. Email: www.crossplace.com



LETTERS TO HEAVEN — WORDS OF COMFORT FOR THE GRIEVING

Letters to Heaven is an extraordinary resource authored by Thena Smith and Lynne Carey to help us express words of sympathy and heartwarming condolences. Included are poems of inspiration, encouragement, comfort, losing a child, parents, military, friends...you’re sure to find a poem that resonates with any particular situation. In times of loss it is so difficult to find the right words; let this book ease that burden. When store-bought condolence cards don’t do justice to the depth of your emotions, turn here for original poems to grace handmade notes, sympathy cards, memorial books, scrapbook pages, and other personal gifts that will show how much you care. 152 pgs. Bluegrass Publishing Pb. Color \$14.95

