

*Love Finds Joy in Living
Love Finds Joy in Giving
Love Finds Joy in Sharing
-Anonymous*

February is the month of love. No matter how long it's been since your loved one is gone, the feelings of that empty place in your heart will never fill. We miss them always. There are ways to keep the memory of that love alive.

Love Finds Joy in Living

We can always show how much we still love our departed friends and family by living. If we use their death as a reminder that we still have a life to live we are showing a kind of love that is personal and all our own. We are the only ones cherishing this love and it can still remain intimate and private. One of the best ways to continue our love is to honor them with enjoying the things in life that are important to us.

Love Finds Joy in Giving

We can honor and respect our loved ones by continuing work in their favorite charity or organization. You can always start a scholarship, which will keep their name and the essence of them alive. Giving back to the community can be very rewarding. Knowing we are giving in our loved one's name, whether it is monetary or time, is a way to keep their memory alive.

Love Finds Joy in Sharing

The best way to spread your love for them and /or their love for you is to share them. You can share their childhood, their personality, their quirks, your life together or your life without them. Sharing stories about them will give you the feeling that they are still around you. Letting others know how special they are to you will help your grieving heart.

While others around you are planning a day of love with their spouses, children and friends, you can continue to show your love for the one you miss most all year long. By choosing to live, give and share in your loved ones name will keep your special love for them alive forever.

Hugs and Kisses,
Barb