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POWER AND PASSION



Dr Janet Hall's newsletter



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Facing the Grief at the First Christmas After the Loss of a Loved One

This year there are two families who have really touched my heart in counselling them after the death of their loved one. One Mum and 4 children are facing their first Christmas without their husband/Dad who died in a tragic drowning. The other Mum, Dad and 2 kids have recently lost their 19 year old daughter in an horrific car crash.

The first of what should have been a happy celebratory time in the first year after the death can be tough - anniversary, birthday and Christmas. I hope that all who read this will gain some strength in the story of one father's loss of his son which follows...

Today should have been my son's 15th birthday. Instead I am writing about life after Tom.

Tom died in his sleep in October this year of an undiagnosed heart-related condition.

He had been fit, active, healthy, doing well at school, bright and happy. We were not, in any way, prepared.

This is not about my wife or my daughter.

Other than saying that they will always be everything to me, their story is for them.

This is about me and Tom. It is about the living and the dead.

For at this moment, the two are wrapped around each other in an embrace that is tight and total and painful. I would not have it any other way.

[Full article by Paul Clabburn](#)

May you share love with your loved ones and hold them close.

The holiday grass is often greener on the other side of the fence. Some people grumble about "having to" spend time with family while others are hurting because they don't have family to be with. Whatever your circumstances, remember to express gratitude for what you have, and look for opportunities to



be of service to others.

I am so grateful for all who support me to work to support others.

Have a peaceful and enjoyable holiday season.

Dr Janet Hall

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