



Good Grief

MONTHLY NEWSLETTER



INSIDE THE OCTOBER / NOVEMBER EDITION:

MORE ABOUT YOUR AUTHOR | GRIEF SHARED PAGES

CHRISTMAS TRADITION STORY | CHRISTMAS COOKIES 101



More About Doreen, Your Author



Entrepreneur, Writer and Creative Dreamer

Wait one minute, is it really December already? How did this year go by so fast. Well... This is because, the days are long, and the years are short. I do love December though!! My birthday is December 10th, I love the aroma of Christmas baking, wrapping gifts while watching 'It's a Wonderful Life', and all the chaos of Christmas day. Christmas brings many emotions from incredible joy to incredible sorrow. My heart is with all of you in your joy and sorrow. Please hug those who you love dearly seven times during this holiday season, I hope this brings an abundance of comfort and joy to your heart and soul.



The Good Grief Newsletter will be delivered to your inbox every two months in 2023. I will use this extra time to focus on my writing, my website and to brainstorm on the many ways to market my book.



I would love to share an incredible story with you of a dream or a supernatural moment I experienced a few weeks ago. A beautiful gift straight from heaven, beyond anything I could have ever imagined. Here is my dream;

I was standing in a warm sunny space, close by a brick wall. Turning to move on, this beautiful lady was blocking my way, gazing upon me as if I should know who she was. I smiled and turned to go the other way.

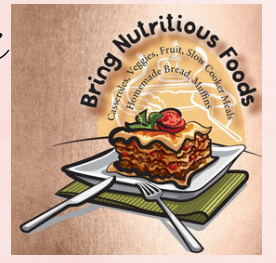
The next night in my dream or not a dream, I was in the same warm sunny location, when this same beautiful lady appeared again. She stared at me with her delightful hazel eyes, salon styled dark hair and dressed in a white floral dress. This second time I took notice, staring back at her, I almost crumpled to the ground. Catching myself I wrapped my arms around her with lightning-fast speed and gave her a hug like never before. This beautiful lady who didn't give up trying to get my attention, was my mother.

You can imagine how emotional this was for me. We seem to miss our loved ones even more at Christmas and to get a glimpse of my mother was deeply emotional and reassuring at the same time. Our loved ones are just beyond the vale, and if we are observant, they will find ways to get our attention. You just have to be on the look out!

A glimpse into some of the pages in my book *Grief Shared*, with insight on how to put love and kindness into action.



When you see me fading away, Bring Nutritious Foods
Nourishing a beautiful soul through listening and reacting with an abundance of loving kindness.



My Heart is with your Heart
Grief Shared is the gift that keeps on giving. This space is for a personal message from the heart.



My heart needs to find hope, Bring Gentleness
Our words and actions can heal wounded hearts with tender, kind and gentle actions.



When I forget how to play, Bring Bubbles
We do forget how to play & connect. Let's blow bubbles and send them soaring into the big blue sky.



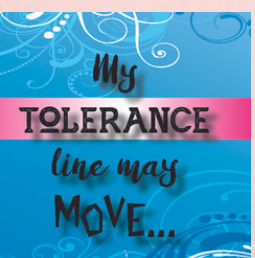
My journey needs your embrace, Bring Hugs!
Four hugs a day for survival, 8 hugs a day for maintenance & 12 hugs a day for growth!



When I act out of character, Bring a funny movie!
There will be a change of character in someone who is grieving, this is something to be watching for.



Just when you think you'll never smile again,
A good friend brings you chocolate covered coffee beans. I call this a deliberate act of kindness!



My tolerance line may move, Bring your dancing shoes
Dancing alongside someone on a grief journey, is the most graceful thing we can do for our loved ones.



My tears will be a cascading waterfall, Bring tissues!
To understand tears, is to have an abundance of courage, strength & wisdom.



Please consider this phenomenal little book *Grief Shared*, to help your family and friends through difficult times, with your heart embracing them like you will never let them go.



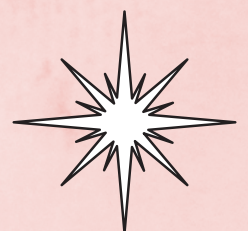
Silent Night



Our family Christmas tradition growing up, was to attend the Christmas Eve service with our mom, while dad stayed home to wrap the gifts. My little sister & brother and I dressed up in our holiday best, wrapped our small hands in each other's hands and made the short journey, two doors down, to the little church on the corner of our street. We stamped the snow from our boots, hung our coats when we arrived, and started our entry into the sanctuary. Our young eyes quietly searched for the brown paper bags filled with Christmas candies and the big juicy Christmas orange. Our eyes grew big seeing the many bags carefully placed in rows on top of a table near the door we entered to find our seats for the service. Us kids patiently waited for the last song, Silent Night to be sung out by the choir, along with the others who were here celebrating this One Incredible Moment in history. Snuggled up next to my mom, I would look up with my young wonderous eyes, to see my mom wipe away tears with the hanky she gently held in her hand as she sang Silent Night. I had always wondered why my mom cried when she sang Silent Night. In my late teen years I asked my mom, "Why do you cry when you sing or hear 'Silent Night'?" My mom answered with... "I don't know." This was not the answer I was expecting; however, I was not going to press her for the answer I was looking forward to hearing. Mom may have had an answer too difficult to discuss, or she simply did not know why, and I was okay with this. Silent Night holds a special place in my heart as each time I hear Silent Night, you guessed it, I cry. Perhaps now I am carrying on this tradition. I can see my mom and feel her warm heart with her three little ones close by patiently waiting to take her hand to receive a paper bag filled with treats by someone wishing us all a Merry Christmas.



Silent Night: A Song for the World
A song of Peace and Hope



- 1814 - Joseph Mohr writes a poem in German called Silent Night.
- 1818 - 204 years ago "Silent Night" was first heard by Austrian villagers attending Christmas Eve mass in St. Nicholas Church in Oberndorf. Performed as '**Stille Nacht Heilige Nacht**'. Joseph Mohr, the young priest who wrote the lyrics, played the guitar and sang along with Franz Gruber, who wrote the melody. Joseph & Franz had no idea they had just created history.
- 1839 - First time in the USA, Silent Night was sung by the famed European Rainer siblings outside Trinity Church in New York City
- 1914 - Soldiers sang the carol as part of the famed Christmas truce.
- 1934 - Bing Crosby sings Silent Night during his Christmas special, which becomes the 3rd most successful single of all time.
- Silent Night has been translated into 300 languages

May the spirit of Christmas fill your heart and home with an abundance of happiness this holiday season.

I just love the aroma of Christmas baking. My mother-in-law, Alma, made the best Christmas cookies ever!! I have made sure to continue Alma's Christmas cookie legacy. Coconut Orange Jumbles are by far my most favorite, I have also added a shortbread recipe I like to call my own signature cookies for the holidays... you can't just have one because they are dipped in chocolate and ground almonds. Both recipes are mouthwatering right!



Coconut Orange Jumbles



Prep Time: 15 minutes | Total Time 25 minutes

Ingredients

- 3/4 Cup Butter
- 1 1/4 Cup Sugar
- 2 Eggs
- 2 Cups Shredded Coconut
- 2 1/2 Cups Sifted Flour
- 1/2 teaspoon Baking Soda
- 1/4 teaspoon Salt
- 3/4 Cups Orange Juice
 - (approx, 3 large oranges)
- 3 Tablespoons Orange Rind

Directions:

1. Preheat oven at 350 degrees F
2. Cream butter and sugar together. Beat in eggs and coconut.
3. Sift flour and baking soda together then add alternately with orange juice to the creamed mixture. Beat until smooth.
4. Drop by teaspoonful on greased cookie sheet or add parchment paper to your cookie sheet (this is a must)!
5. Bake for 7 - 10 minutes (I bake for 7 minutes)

Chocolate Dipped Whipped Shortbread

Prep Time: 15 minutes | Makes 6 dozen | Total Time 25 minutes

Ingredients

- Cream 1 pound butter
- 1/2 Cup Corn Starch
- 1 Cup Icing Sugar
- 3 Cups Flour

Chocolate Dip

- 1 - 2 Cups Chocolate Chips
- 2 Cups Ground Almonds

Directions:

1. Preheat oven at 325 degrees F
2. Beat all ingredients until it resembles whipping cream.
3. Drop by teaspoonful on cookie sheet. (bite size)
4. Melt chocolate in a double boiler and grind almonds to tiny chunks.
5. Once cookies have cooled, dip each cookie into the hot melted chocolate and then dip in the ground almonds.



www.meaningfullittlebooks.ca



The best way to spread Christmas cheer is singing loud for all to hear.

Will Farrell, Elf