

# MOTHER'S DAY

Marilyn's 37-year-old son Randy and 16-year-old granddaughter Sara died in a car accident in 2006

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## Self care articles for the bereaved

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There are so many who miss their mothers on Mother's Day. My mother died when I was twenty-one and pregnant, and it was the most devastating thing that had ever happened to me.

After that time, I always felt envious of those who still had their moms on Mother's Day. Then my own children grew and with that, Mother's Day became good again.

I received crayon colored paper plates, paper flowers that were colored and pasted together, homemade cards with misspelled words. We had wonderful homecooked meals, or they took me out to a local restaurant.

I can never forget the feel of chubby little arms around my neck or sloppy kisses covering my face as they wished me happy Mother's Day and said "Mommy, I love you so much!" I still missed my own mom, but the pain was offset by my being a mom.

Then in 2006, I lost a child, my oldest, Randy. To add to this tragedy, his sixteen-year-old daughter Sara, my oldest granddaughter, was killed in the same accident.

Now we realize that we might have to spend some Mother's Days without our mother, because that is how our lifecycle works. But how do you spend them without your child, or grandchild?

To be truthful, you don't. You just get through the day.

I have another son and I think I feel most for him. He tries to make the day nice and I usually end up crying. He tells me he understands because he now has children of his own and he misses his brother terribly. Yet, I still feel like I am robbing him of something.

I think the really sad part is that I seldom think of my own mother anymore on Mother's Day. She was a wonderful mother to me. She raised me with values and love.

I haven't been to her grave in a long time. The thing is, I know she understands. I also know that she spends every Mother's Day with Randy and Sara now. So, I think that this year, after I go to Randy and Sara's graves, I'll go to my mom's. I'll take her some flowers. "Thanks, Mom, for taking care of them."

I love you and miss you so much.