

SENDING BALLOONS TO HEAVEN

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

BY MARILYN ROLLINS, adapted from the book,
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Self care articles for the bereaved

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I'm sending balloons to heaven,
I'm pushing them your way.
Reach out, Sweetheart, and catch them,
For a celebration on this day.

For on this day, a child was born,
We wouldn't keep her long.
In 16 years upon this earth,
She taught us to be strong.

I think she knew she'd have to go,
And didn't want us sad.
And we all know that she is safe,
After all, she's with her dad.

Happy 23rd Birthday, Sara!
You are missed so much.

AUTHOR NOTE:

I wrote this poem for my granddaughter Sara on
her 23rd birthday.