



## Inspirational Quote

As I sit in heaven and watch you every day, I try and let you know with signs I never went away. I hear you when you're laughing, and I watch you as you sleep, I even place my arms around you, to calm you when you weep. I see you wish the day away, begging to have me home, so I try and send you signs, so you know you're not alone. Don't feel guilty that you have life, life that was denied to me. Heaven is truly beautiful, just you wait and see! So live your life, laugh again, enjoy yourself, be free. Then I'll know with each breath you take, you'll be taking one for me.



I was out to dinner one evening when I met a couple sitting next to me. They seemed very nice and friendly, and we started to talk about our backgrounds. I found out he was a contractor, and as I needed some work done, I hired him. This took place just before Christmas. [Mail is one of the best ways](#)

I was devastated when just after Christmas I was told his son had been hit by a car while he was riding his motorcycle and died. It was just three days after his twenty first birthday. [15](#)

He had written a letter to his son but had forgotten to give it to him. Please read his story and feel free to contact me at any time if you would like to share your story with me or here in my newsletter.

Warmest regards,

*Linda McDonald*

## Grief Support



**Linda McDonald, GC-C, CIC-CSp**  
Lectures & Private Sessions

## Sharing Our Stories

### Nathan

I have been writing you a letter for the last several months. I never did send it to you, even though I finished it just before your birthday, and I didn't think to bring it to you when we met up for lunch last week. I figured it was no big deal and I could mail it to you or give it to you the next time I saw you.

All of the words I wrote now feel a little empty but the ones I wish I got to tell you one more time are...I Love You, and...I am so proud of you. I believe you have heard me scream and cry those words so many times over the past twelve days.

I can't wait to take another road trip, walk on a trail or simply hug you again. Until then, I am so proud of you and I Love You.

Dad

**Contact me if you would like to share your story with me.**

**Send email to**  
[info@lindamcdonaldauthor.com](mailto:info@lindamcdonaldauthor.com)