

Surviving Valentine's Day

A widow's guide to celebrating love—alone—and keeping a positive attitude.

By Alina Larson

For kids, Valentine's Day is a time to exchange funny cards and eat boxes of chocolate. For adults, it's often much more than just an occasion to send flowers and buy jewelry, chocolates and cards—it's a time to rededicate your love to one special person.

But when you're a widow or widower, Cupid's arrow can pierce your heart in a very different way on February 14th. What was once a holiday of "warm fuzzies" can turn into a day of sorrow.

Red hearts and sappy songs on the radio can highlight loss as easily as they can inspire ardor. If you are facing this Valentine's Day by yourself, perhaps for the first time, Here are 6 tips that might make the day easier to navigate.

1. Prepare in advance.

Maybe it's true that ignorance is bliss. Even if you wanted to forget about the existence of "V-Day," though, our consumer-driven culture wouldn't let you. "You wish you could just hide under a rock until the last conversation heart has disappeared," says Aldrich. "Survival requires looking deep inside yourself to determine what you might do to make this holiday less painful. There is no secret formula—we're all different—but try to focus on the fact that it's just one day."

2. Know what to avoid.

Unless you're joined by friends or family, stay away from restaurants. The empty place across the table will cast a pall on any pleasant feelings you've managed to work up. Along those lines, avoid any of the 'old favorites' that might be painful. Order take-out or cook at home, but don't fix that special dinner you used to make with the person you loved." Another no-no? A romantic movie. Choose a comedy.

3. Stay busy.

Chances are you've heard advice like "Get out of the house! He wouldn't want you to stop living your own life." And while such insights might not always be what you want to hear, they have more than a grain of truth. If you're dreading the rush of painful emotions and memories that Valentine's Day will bring, plan an activity that will take your mind off of things. Schedule some quality time with friends and family. Play some board or card games. Focus on a new project that you really enjoy, such as redecorating your home

Avviż importanti : "Jekk tixtieq li naqgħulek ismek u l-indirizz tiegħek mid-database tal-grupp tagħna, u għal daqstant ma tirceviz in-newsletter tagħna, jekk jgħoġbok ikkuntatjana u ahna nhassru ismek u dettalji personali tiegħek minn fuq id-database tagħna. Ahna nroddulek l-ispejjeż tat-telefonata li tkun għamiltalna minn fuq linja fissa għal linja fissa (kif stipulat skond l-Att Dwar il-Protezzjoni u l-Privatezza tad-Data

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Gheżież ħbieb,

Frar qiegħed magħna u dalwaqt nibdew naħsbu għall-elezzjoni tal-kumitat il-ġdid li jkun jista jopera fis-sena 2013/2014. F'dan iż-żmien tajjeb li naħsbu f'it x'mar tajjeb din is-sena u x'seta' mar aħjar. Dan biex sena oħra ma nirrepetux l-istess żbalji filwaqt li niċcelebraw is-suċċessi. Li tkun f-kumitat mhijiex faċli. Hemm hafna xogħol xi jsir u sintendi kull wiehed u waħda minna għandu l-hajja personali tiegħu, tax-xoogħol u tal-familja. Hija diffiċli li dejjem tipprova tivvinta xi haġa ġdida u nteressanti u iktar u iktar sakemm torganizza u tibbukja – u hafna drabi ssib il-kuntrarju ma wiċċek! Imma b'xi mod jew iehor s'issa mxejna.

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Niringrazzja wkoll lilkom il-membri talli tikkoperaw magħna u hafna minnkomm laqgħu it-talba tagħna meta nitlobukom tagħmlu xi haġa għall-grupp – bħal xi attivita', fund raising, xi talk, xi logħob eċċ. Għalkemm xi kultant inhoss li xi whud qatt m'huma kuntenti u jsibu xi jmaqdru – u dawn lili jaqtgħuli qalbi u jtini li nirriżenja – hemm hafna oħrajn li juru l-apprezzament tagħhom u jagħmlulna kuraġġ. Lill-dawn il-membri niringrazzjahom minn qalbi. Anke lill-dawk li joffru kritika kostruttiva niringrazzja għax minn hemm nistgħu niringaw.

Nixtieq nappella lill-dawk il-membri li mhajrin johorgu għall-kumitat biex javviċinawni ħalli nkunu nafu fejn qegħdin għall-elezzjoni. Mhux ġenerali!

Dejjem Tagħkom

Maria

Valentine's Day For Singles

Valentine's Day is normally a fun and romantic occasion for you if you're in a loving relationship, yet it can be an off-putting and frustrating day if you're single. A day that celebrates couples often challenges singles. The good news is that you can not only endure Valentine's Day, but actually enjoy it as a single person.

The trick is first to put your thinking straight about what being single or in a relationship truly means, and second to adopt a constructive behavior. This simple Valentine's guide for singles will show you exactly how.

1. Know you're not alone

On Valentine's Day, it's common for a single to feel like they're the only single person out there and everybody else is with their significant other. However, that's just an illusion, largely created by all the emphasis put on couples on Valentine's Day through a variety of communication channels: articles, billboards, commercials, gossip, etc.

The reality is that there are a lot of single people out there. Being single does not make you an exception. It actually makes you a member of a large segment of the population, which is steadily getting larger. This is something important to bear in mind.

2. Don't romanticize being in a relationship

Another tendency to be on a lookout for is the tendency to feel like you're worse off than others simply because you're single.

This is what happens when you assume that a relationship per se makes your life better. An idea that's much closer to the truth is that whether a relationship makes your life better or not depends entirely on the person the relationship is with and on its dynamic. Believe me, there are plenty of people in relationships that make them feel miserable and take away more than they add to their life.

It's in your grasp to have a happy and fulfilling life as a single. All you need to do is recognize the wide range of options you have to make yourself happy and to employ them. This leads me to my next point.

3. Do something for yourself

You may not have a significant other in your life, but you do have yourself. As a single person, Valentine's Day is a good moment to remind yourself that you are important to you.

How? By doing things you enjoy.

The last thing you want to do is to stay at home and sulk for being single. Instead, reflect on the things you enjoy the most that don't entail a relationship and how you can make some of them happen fast. Then, make them happen. Maybe you want to go to a spa, or get a massage, or buy yourself some nice clothes, or watch a movie. Anything that gives you pleasure goes.

As a rule of thumb, the more you take care of your needs, the less you feel the necessity

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Attivitajiet għax-xahar ta' Frar

Il-Ġimgħa 1 ta' Frar: Project House 8.30 p.m. Quddiesa ċcelebrata minn Fr Saviour Chircop għar-ruh l-għezież mejtin tagħna! Ladarba Frar huwa x-xahar tal-mahbubin niftakru fil-mahbubin tagħna li ltaqgħu mal-Mulej qabilna.

Is-Sibt 2 ta' Frar: Project House 8.30 p.m. Se mmorru Chinese il-Mellieha. Meta morna dejjem hadna gost u fuq talba tal-membri se nerġgħu naghmluha. Booking f'idejn Paul Ciangura – Mob - 79962319

Il-Ġimgħa 8 ta' Frar: Project House 8.30 p.m. Talk minn Dr. Rita Micallef fuq is-sugġett "Pożitivita' – Inkunu pożittivi u ngħinu ruhna". Żgur li din it-talk issibuha nteressanti bħal ma kienet it-talk ta' Dr. Micallef nhar International Widow's Day. Nispera li jkollna attendenza tajba.

Il-Ġimgħa 15 ta' Frar: Project House 8.30 p.m. Illum se tidhqu! Silvio, Connie u Mark ivvintaw hafna loghob li żgur se tiehdu gost bihom! Kunu ppreparati għal kollox! Ejjew! Nisa kontra rġiel ha nidhku iktar! Titilfuhix!

Il-Hadd 17 ta' Frar: Illum, jekk it-temp jippermetti, se naghmlu picnic il-Mistra. Ġibu l-ikel u x-xorb magħkom. Ejjew għal nofsinhar. Niltaqgħu fil-bajja tal-Mistra u nimxu minn hemm. Jekk ikun il-maltemp jithassar kollox.

Il-Ġimgħa 22 ta' Frar: Project House 8.30 p.m. Illum niċcelebraw il-birthdays ta' dawk li għalqu sninhom fi Frar. Se naghmluh bhas-soltu. Kbar €6, Tfal €3. Booking għand Paul Ciangura – Mob 79962319

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for somebody else in your life. You may still seek that person, but without feeling a desperate requirement for them.

4. Mingle with other singles

Valentine's Day is not an all couples day; or at least not anymore. Because there is a plethora of singles who don't want to be ignored on this day, a growing wave of events and activities for singles on Valentine's has emerged.

There are even bars and clubs that have special singles' nights or parties on Valentine's Day, urr, Night. So, get in touch with some of your single friends, go out and enjoy yourselves. If you don't have single friends, this is an excellent moment to make some. For instance, you can go to a singles' event or something and meet other singles. On this day, they'll be particularly excited to meet new people.

Conclusion

At the end of the day, it's not your relationship status that makes the real difference in your life or on this day. Rather, it's your ability to capitalize on any type of situation and to live with passion.

So, whether you're single or in a relationship, have a happy Valentine's Day!

You may not have a significant other in your life, but you do have yourself.