The Durham N.C. Chapter of Parents of Murdered Children celebrated National Day of Remembrance with a dinner and balloon release at Golden Corral. Approximately 30 people gathered to remember loved ones and share words of comfort and hope.

Fund Raiser at the Ball Park!
This August, the members and friends of POMC Durham worked concessions at a Durham Bulls Baseball Game to raise money for our chapter. We worked hard in that heat, selling hot dogs for $1! Special thanks to members of the DPD Homicide Division and members of the District Attorney’s Office for lending a hand. These individuals took time from their busy schedules to assist us in this adventure! As a result, we, the POMC chapter of Durham can continue to offer support to grieving families and individuals. Many thanks to all who helped!
Remembering…….

One of the most important things to remember around the holidays, experts say, is to celebrate the life of those who are gone instead of mourning their death. "The key is not focusing on the loss. They will always be with you, they are with you whenever you want them with you, and to remember them fondly brings much more joy in the mist of sadness. Focus on the warmth of their memory rather than the cold of their absence."

Embrace Your Treasure of Memories

Memories are one of the best legacies that exist after the death of someone loved, and holidays always make you think about times past. Instead of ignoring these memories, share them with your family and friends. Keep in mind that memories are tinged with both happiness and sadness. If your memories bring laughter, smile. If your memories bring sadness, then it’s alright to cry. Memories that were made in love, no one can ever take away from you.

Renew Your Resources for Living

Spend time thinking about the meaning and purpose of your life. The death of someone loved created opportunities for taking inventory of your life’s past, present, and future. The combination of a holiday and a loss naturally results in looking inward and assessing your individual situation. Make the best use of this time to define the positive things in life that surround you.

By Alan Wolfelt

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**Ways I can Treasure my Memories in my Heart**

- Telling stories about my loved one...
- Drawing...
- Writing a poem, story or song about my loved one...
- Planting a tree or flower in honor of my loved one...
- Making A Memory Book...
- Taking pictures of my loved one’s favorite things, places, etc....
- Putting special Keepsakes in my treasure box!

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**I am not gone…..**

I will let you know that I'm not gone
Sending you signs from Heaven above
But you must always be watchful
And remember those things 'I loved'

Maybe a tune on the radio
Or a familiar fragrance or sound
Those moments you feel 'You are not alone'
I just want you to know I'm around
Never be scared of 'My Spirit'
In life I would never harm you
It's exactly the same here in Heaven
Frightening isn't something I'd do
My messages of love will be subtle
Just to remind you I'll always care
You can talk to me as you always did
And know that I'm listening somewhere

Mary G

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**Thank You! for your generous donations to POMC Durham Chapter**

Mr. Greg & Dr. Stephanie Jenkins
Shannon & Rachel Gigliotti
Diane Jones
Frieda McDonald
Mina Hampton
Daphine Sparrow
Robert & Lori Gigliotti
Linda Brown
Janet and Valor Christanson
and all those who contributed to the "Penny Jar"
An Open Letter From Diane

Mina and I talk just about every night. We are always asking each other questions about how we think we are doing or are we making a difference. Every year Mina and I go through a “I am tired, I can't do this anymore” syndrome. Every year, just before we completely give in to our feelings of despair, we have a meeting or get a call and some one shares with us how much they appreciate our POMC chapter being here.

With all the thoughts we share, we realize that to be truly helpful we must be really committed and that fact alone can sometimes drain us. We understand that most people can't comprehend the impact this kind of death (murder) can have on them. Many have no clue, that in order to heal, you must be allowed, even encouraged, to mourn long after the death. Because of our experience, we understand that as a result of having lost a loved one, grieving is a natural thing to do. The quality and quantity of understanding and support you get during your grief does have a major influence on your capacity to heal. You cannot, nor should you try to do this alone. Drawing on other's experiences and encouragement of friends, fellow mourners or professional counselors is not a weakness but a healthy human need.

Unfortunately, our society places so much value on the ability to “carry on,” “keep your chin up” and “keep busy,” many mourners are abandoned shortly after the death. “It's over and done with” and “It's time to get on with your life” are the types of messages directed at mourners. These messages encourage us to deny or repress our grief rather than express it. We often hug each other and thank each other for God bringing us together in our time of need. I know for a fact, that if Nellie and Mina had not been there for me I probably would still be a crying mess.

It's been 20yrs for Mina, 17yrs for me, and yes, we both question just why in the world anyone in their right mind would want to do this kind of grief support? The answer is that if we can help just one person, just one heartbroken victim become a survivor, through our love and support, we have accomplished something.

We always agree on one thing and that is, our hearts still break whenever we encounter someone suffering from heartache and despair. That's when we reflect back on our own experience and realize once again that we can't quit.

.....We will be seeing you all next year!!!

Diane

"I am still determined to be cheerful and happy, in whatever situation I may be in:
for I have also learned from experience that the greatest part of our happiness
or misery depends on our dispositions, and not upon our circumstances."

Martha Washington
I will Light Candles This Christmas
by Howard Thurman

I will light Candles this Christmas;
Candles of joy despite all sadness,
Candles of hope where despair keeps watch,
Candles of courage for fears ever present,
Candles of peace for tempest-tossed days,
Candles of grace to ease heavy burdens,
Candles of love to inspire all my living,
Candles that will burn all the year long.

Holiday Remembrance Dinner
Whether you celebrate Christmas, Hanukah or Kwanzaa, this is a time to come together to honor our loved ones who were taken due to violence.
We always have such a nice time at this event, and we hope you will be able to be a part of it this year.
Don’t forget to bring a dish to share, and a photo of your loved one.
We hope to see you there!
December 9th in the Durham County Library Auditorium, at 6:00 P.M.

Mark your Calendar! Upcoming Meetings!
Jan. 13, 2014 Durham Main Library Main Branch 7:00PM
Main Conference Room, 3rd Floor
Feb. 10, 2014 Durham Main Library Main Branch, 7:00PM
Auditorium

Parents of Murdered Children
Durham, NC Chapter

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For the family and friends of those who have died by violence