

BirthMom Buds Bulletin

BirthMom Buds



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Special Points of Interest

- **A twist on the 12 Days of Christmas, beginning on page 1**
- **Someone Is Always Missing, in Inspiration, page 3**
- **Best of the Blog, page 5**

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Announcements

Save the Date - Save the date for the 11th annual BMB Retreat scheduled for May 1-3, 2015 in Charlotte, North Carolina. More information and registration coming in January 2015!

Go Fund Me Retreat Fund - We have created a Go Fund Me Page for the BMB 2015 Retreat. Please consider donating to help make this retreat a reality for as many birthmoms as possible. Also, please consider passing along the link to friends and family members as well. Visit the Go Fund Me Page [here](#).

Mentors Needed - We are always in need of mentors for the Pregnant and Placing Program with a special need for mentors who were over the age of 25 at the time of placement or mentors who were parenting other children at the time of placement. You must be at least one year post adoption in order to mentor. To be considered as a mentor, please email our Pregnant and Placing Coordinator, [Natasha](#).

Bloggers Needed - BMB is currently looking for a couple of new bloggers. If you are interested in being considered as a blogger please [email Coley](#) for more information.

BMB on FB - Don't forget to like [our fan page](#) on Facebook. This is a great way to stay up to date on the latest blog posts, retreat news, give your input into periodically asked questions, and more.

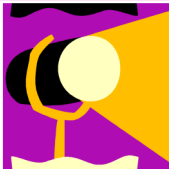
Adoption Spotlight

12 Days of Birth-Mom Christmas
By Amy Schumaker

It is the holiday season...what are you to do for your birth child?? Do you send him or her a little gift of what you think they would like or do you ask to see their wish list? Whether you are creative or practical...here is a fun idea to think of doing for the holiday season.

Think of doing a play on the 12 Days of Christmas. This is a project that you could do if you live near or even not so near your child. So when should you start this project? Well there are two different times you can start this. The original 12 Days of Christmas reflects the celebration of "Old Christmas" which is celebrated on January 6th,

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Adoption Spotlight continued from page 1...

Have fun with this and make it your own. There are many variations of this online to take a look at as well. You can either get everything together and send it all in one box or send a few boxes to space the gifts out. If you have a closed adoption, think about doing something similar for yourself and pamper yourself this holiday season, or do this activity for a close friend.

Start with a note that explains that there will be something for each day and to only open up one item per day. Each day have a note that states the day with a little saying like below and with a corresponding gift. This could be something small and as inexpensive as you would like.

Here is a simple template you can follow...but please feel free to make it your own as your child may be younger or older than mine.

“On the 1st day of Christmas, my birth mom gave to me:

An ornament for my Christmas tree. Hang this ornament on your tree to remember me.”

“On the 2nd day of Christmas, my birth mom gave to me:

2 pairs of gloves to keep my hands warm through the winter season.”

“On the 3rd day of Christmas, my birth mom gave to me:

3 bags of popcorn for a simple healthy treat.”

“On the 4th day of Christmas, my birth mom gave to me:

4 pairs of socks to keep my feet nice and toasty.

“On the 5th day of Christmas, your birth mom gave to you:

5 cans of my favorite soup.”

“On the 6th day of Christmas, my birth mom gave to me:

6 small items of my favorite candy.”

“On the 7th day of Christmas, my birth mom gave to me:

7 pieces of gum to practice blowing bubbles with good bubble gum.”

“On the 8th day of Christmas, my

birth mom gave to me:

8 packets of hot chocolate, to keep you warm on the days that are cold and blustery.”

“On the 9th day of Christmas, my birth mom gave to me:

9 songs on a cd that will surely keep you dancing.”

“On the 10th day of Christmas, my birth mom gave to me:

a list of 10 things that remind you why I love you.”

“On the 11th day of Christmas, my birth mom gave to me:

11 pictures of the last time we were together.”

“On the 12th day of Christmas, my birth mom gave to me:

Now that the 12 days are finished, please send me a note with these 12 self-addressed stamped note cards.”

Ideas and Insights

Honoring Your Child and Yourself on Christmas

By Amanda S.

Christmas time is often very hard for us. I know, personally, I have a really hard time doing things normal people do, such as opening presents, or being with family, without letting my mind wander to what I am missing with my daughter. One of the struggles over the years is how to cope with that sense of loss. So I decided to make a list this year of ways to honor your child during Christmas. And, also, something we often forget to do: Honoring ourselves as mothers. So here goes.

- If you're a scrapbook person, this would be the perfect time to create a Christmas themed scrapbook for your child. Or, a scrapbook of meaningful quotes, lyrics and pictures of inspiration for yourself.
- Make an ornament for your tree with pictures of your child, your child's name, etc.
- TREAT YOURSELF! Go get that mani/pedi. Buy yourself a Christmas present you want. Go be with friends. Do something good for yourself to take you out of your headspace for a little while.

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Ideas and Insights continued from page 2...

- Make a special Christmas themed journal, documenting all your thoughts, emotions and anything else pertinent to what you're going through. You can do this for your child, so they know they're thought of, or for yourself as a way to vent what you're going through.

Remember, you are not alone. Christmas and other holidays are very hard for all of us! So, please, be kind to yourself this year.

For Amanda's story and other writings, please read her blog: [The Forgotten Mom—My Journey](#)

Inspiration

Someone is Always Missing

Anonymous

My life is full;
Family, friends, work, laughter, a nice home,
Hobbies and activities to keep me busy.
Looking from the outside in,
You'd think I have everything.

But something is always missing.
Someone is always missing
A huge chunk of my heart.
Some people in my life know why,
Others aren't close enough to be privy to that information.

Someone is always missing.
At every family gathering, there's a quiet moment where I think to myself,
"He should be here."
Add one more place setting to the Thanksgiving table,
And one more stocking to the mantle.
He should be here.
He should be celebrating with his family.
But he's not.

But he is with his family.
The family I chose for him.
The family who he's been with since day 3 of his life.
They have a seat for him at their Thanksgiving table,
His stocking is on their mantle.

No matter how many people fill my life,
No matter how busy I may be,
Someone will always be missing,
He'll always be a part of my family.

Birthday Celebrations



*If you'd like yours or your
(placed) child's birthday
shared in a newsletter, please
email it to
bmbulletin@gmail.com.*

October

4—Charlene's son, D
30—Heather Sabin's daughter,
Haley

November

10—Monika Z's daughter, Mack
12—Amanda Moody
16—Kristin R's son, Paul Matthew

December

7—Caitlin K
10—Angela Norris' son, Nicholas
11—Mandy M's daughter, Isabella
14—Mandy M
14—Heather Sabin

Best of the Blog



Guilt: <http://www.birthmom-buds.blogspot.com/2014/11/guilt.html> written by Chelcie, published on November 19, 2014

Can I Come In?: <http://www.birthmom-buds.blogspot.com/2014/11/can-i-come-in.html> written by Elsa, published on November 8, 2014

Fighting Fear with Peace: <http://www.birthmom-buds.blogspot.com/2014/11/fighting-fear-with-peace.html> written by Terri, published on November 6, 2014

BMB Reform Blog: The Reunion Roller Coaster: <http://www.birthmom-buds.blogspot.com/2014/10/bmb-reform-blog-reunion-roller-coaster.html> written by Amanda, published on October 31, 2014

Founder's Corner

With the Christmas holidays right around the corner, this quarter Coley and Leilani share their favorite Christmas songs with you and explain why each song is dear to them.

Coley: One of my favorite contemporary Christmas songs is [Grown Up Christmas List](#) by Amy Grant. As a child, all I wanted for Christmas was a new doll, bicycle, or a boom box but as an adult Christmas is so different. Sure, there are material things on my Amazon wish list but the things I truly wish for aren't things that can be wrapped in a pretty red box with a silver bow tucked underneath a pretty Christmas tree. This song reminds me what the true meaning of the holiday season is all about.

*"So here's my lifelong wish
My grown-up Christmas list
Not for myself
But for a world in need
No more lives torn apart
That wars would never start,
And time would heal all hearts
And everyone would have a friend
And right would always win
And love would never end
This is my grown-up Christmas list"*

~ Excerpt from [My Grown Up Christmas List](#)
by Amy Grant

Leilani: My favorite Christmas song is [Mary, Did You Know](#) by Mark Lowry. It became popular before my first child was born. When I had my son, my eyes were opened to the real meaning of Christmas and all God did for us through his son's life. As a young mother so full of unanswered questions, I could relate to the "did you know" questions the song asks. Prior to this, it was gifts and greed. Sure, I knew the story but never the heart of it all till my own child was born. I then learned what it was like to care more about someone else than myself. This song is dear to me because as soon as I hear it, I'm taken back to this time of my life and all I did not know.

*"Mary did you know
that your baby boy will make a blind man see?
Mary did you know
that your baby boy will calm a storm with his
hand?
Did you know that your baby boy
has walked where angels trod?
And when you kiss your little baby,
you have kissed the face of God. "*

~ Excerpt from [Mary Did You Know](#) by Mark Lowry



*Wishing each of you a holiday season
full of peace, love, and joy!*