

## 2019 Winter

**From the Editor:**

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Welcome to winter everyone, a time of crisp mornings, bracing winds and the hunt for that pocket of sunshine to warm your body and soul. Wherever you are, may you be blessed with a smile to brighten your day, wisdom to discern your path and hope in all that is to come.

### **WELCOME NEW TRAINERS**

In May we gained four new trainers. Maya Jelley (Vic), Fiona Labuschagne (Tas), Anne Chambers (Qld) and Donna Gordon (Qld) completed Rainbows Registered Trainer Training via Skype. The sessions were facilitated by Gemma Schooneveldt, Sr Margaret Henderson and Debbie Holmes across two different Skype meetings.

We welcome the new Trainers to the Rainbows' Family as we continue to grow in numbers to support children who have experienced grief and/or loss.

“There are two things we can hope to give our children. One of these is roots; the other, wings.”

Hodding Carter 111



### **DEEP LISTENING**

A word from Sr Margaret:

I have often thought of my *Rainbows* connection when I reread this poem by John Fox. It may remind us in *Rainbows* of how precious sincere listening can be.

#### **When Someone Deeply Listens to You**

When someone deeply listens to you  
it is like holding out a dented cup  
you've had since childhood  
and watching it fill up with  
cold, fresh water.

When it balances on top of the brim,  
you are understood.

When it overflows and touches your skin,  
You are loved.

When someone deeply listens to you,  
the room where you stay  
starts a new life  
and the place where you wrote  
your first poem  
begins to glow in your mind's eye.  
It is as if gold has been discovered!

When someone deeply listens to you,  
your bare feet are on the earth  
and a beloved land that seemed distant  
is now at home within you.



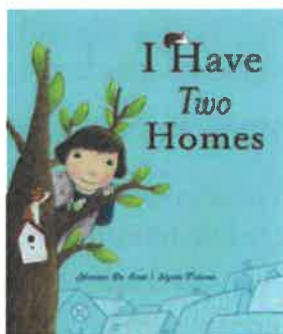
## RESOURCES

### I Have Two Homes

*Marian De Smet, illus. by Nynke Talsma*

In this sensitive story translated from the Dutch, a rosy-cheeked girl named Nina talks matter-of-factly about her parents' divorce. "One day, our home became too small for the two of them," she says. "So there had to be two houses: One for Mom. One for Dad. And two for me." Talsma's paintings convey Nina's perspective on the adult world: her mother rides away on a bicycle, precariously balancing her possessions, and the two vibrant homes are separated by indistinct, sparsely drawn houses.

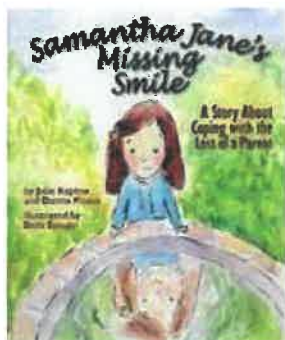
As Nina spends time with both adults, she expresses what many children of divorced parents likely feel: "I have two homes. It's strange. But it is nice, too." Ages 3-5.



### Samantha Jane's Missing Smile

*By Julie Kaplow and Donna Pincus, illustrated by Beth Speigle*

This is a story about coping with the loss of a parent.



Since Samantha Jane's dad died, she has been sad and quiet, keeping to herself. One day, her neighbour Mrs Cooper gently asks her about her missing smile, and Sammy Jane begins to open up about her

grief, her worries, and her confusion. Sammy Jane's mother joins her daughter and helps her further with accepting and responding to her profound loss. Ages 5-8.

## NEW RAINBOWS SITE

Good Samaritan Catholic College is a new Brisbane Catholic Education school built at Bli Bli on the Sunshine Coast which opened in January, 2019. With a current enrolment of 182 students across Prep to Year 3 and Year 7, it is envisaged that the total student number will be 340 in 2020.

In January this year all staff were trained as *Rainbows* facilitators. Welcome to the team everyone!



## A GRATITUDE REFLECTION

### Gratitude

May the gift of compassion awaken in us a mindfulness of how we can support *Rainbows* and its families.

As we are called to serve, we are grateful for the difficult and challenging times, as it is during those times that we grow.

We are thankful for our limitations, for they give us opportunities for improvement.

We acknowledge mistakes made, as they teach us lessons.

As we meet each new challenge, we give thanks for the opportunity to grow in strength and character.

We are thankful when we are challenged by uncertainty and the unknown; for it gives us the opportunity to learn.

We show gratitude even when we are tired and weary, for it means we have made a difference. Without gratitude for the wonder that our lives are, we cannot enliven the spirit within ourselves or those in our communities, we can nurture for *Rainbows*.

May we be blessed with a wellspring of inspiration, a passion to continually strive to do our best and a graciousness to lead with vision, humility and integrity.