



Within His Loving Hands

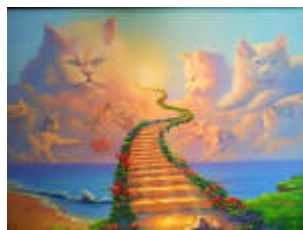
Upon this earth you walked
Seeing good and bad.
Yet, God created you to be
Happy and not sad.

So when you were in need
I firmly took you in
And loved and cared for you
Becoming your dearest friend.

I grieve for you this day
That you are no longer here with me.
And yet, there is a place
That God says you can be.

Within his loving hands
Encircled in his loving embrace
I'll always remember you
And your sweet loving face.

By Marilyn Marinelli
Copyright Sept. 2005



*Mary Rose Dunne,
Licensed Funeral Director*

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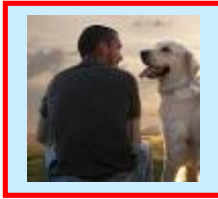
The Loss Of Your Pet



How To Get Through This Time



Healing After The Loss Of Your Pet



We love our pets. They're part of our family. You may not feel comfortable talking to others about your grief from a pet loss, but the grief is real because the love is real.

Our relationship with our pets is unique and we form special bonds. They are like no other relationship we have. Our pets offer us unconditional love and support. They are always there for us, no matter what kind of mood we are in.

While some people may not understand the depth of feeling you had for your pet, you should never feel guilty or ashamed about grieving for an animal friend.

A pet is not "just a dog" or "just a cat." Pets are beloved members of the family and, when they die, we feel a significant, even traumatic loss. The level of grief depends on factors such as your age and personality, the age of your pet, and the circumstances of their death. Generally, the more significant the loss, the more intense the grief.

Listen to God with a Broken heart. He is not only the doctor who mends it, but also the father who wipes away the tears.



Everyone Grieves Differently

The grieving process... It can't be forced or hurried—and there is no "normal" timetable for grieving. Some people start to feel better in weeks or months. For others, the grieving process is measured in years. Whatever your grief experience, it's important to be patient with yourself and allow the process to naturally unfold.

Feeling sad, frightened, or lonely is a normal reaction to the loss of a beloved pet. Exhibiting these feelings doesn't mean you are weak, so you shouldn't feel ashamed.

Trying to ignore your pain or keep it from surfacing will only make it worse in the long run. For real healing, it is necessary to face your grief and actively deal with it. By expressing your grief, you'll likely need less time to heal than if you withhold or "bottle up" your feelings. Write about your feelings and talk with others about them.

Tips For Coping With The Loss of A Pet

Don't let anyone tell you how to feel... and don't tell yourself how to feel either. Your grief is your own and no one else can tell you when it's time to "move on" or "get over it." Let yourself feel whatever you feel without embarrassment or judgment. It's okay to be angry, to cry or not to cry. It's also okay to laugh, to find moments of joy, and to let go when you're ready.

Create a legacy... Preparing a memorial, like planting a tree in memory of your pet, compiling a photo album or scrapbook, or otherwise sharing the memories you enjoyed with your pet, can create a legacy to celebrate the life of your animal companion.

Look after yourself... The stress of losing a pet can quickly deplete your energy and emotional reserves. Looking after your physical and emotional needs will help you get through this difficult time. Eat a healthy diet, get plenty of sleep, and exercise regularly to release endorphins and help boost your mood.

If you have other pets, try to maintain your normal routine. Surviving pets can also experience loss when a pet dies or they may become distressed by your sorrow. Maintaining their daily routines or even increasing exercise and play times, will not only benefit the surviving pets but may also help to elevate your outlook too.

A New Pet

A new pet should be appreciated fully for its own sake, not as a direct replacement. That may mean choosing another type of pet or a different breed.

Whatever you decide, give yourself time to grieve the loss of your old friend and follow your instincts. You will know when it is right to bring a new animal companion into your life.

