

Julie & John Karami

By Pat Hammond

LIFE MOVES ON

Dedicated to Julie & John Karami murdered 20/7/2000

Some things happen to us in life, from which we never recover and they disrupt the normalcy of our lives, that's how life is. Sometimes loved ones are taken from us prematurely and suddenly we are changed forever. Human nature has a tendency to try to reconstruct old ways and pick up where we left off. If we are wise, we won't continue to go back to the way things were, (we can't anyway). We must forget the old normal and accept 'a new normal'.

Make a list of all the loved ones you still have and all the things you can still do. Instead of thinking of what used to be, try and discover what you have now. It is so easy to focus heavily on the loved ones we have lost that we forget about the loved ones we still have. Don't waste the future over things of the past we cannot change as we don't get to stay long on this earth anyway.

When we come to the realization that we cannot change the past and that life is precious we have started the healing process.

Life moves on with or without us, please participate for your loved ones.

Loving submitted by Pat Hammond (TCF, Qld) and the Hammond Family