

*“People think I am disciplined. It is not discipline. It is devotion.
There is a great difference.” ~ Luciano Pavarotti*

EMPTY NEST

SUPPORT SERVICES

THIS NEWSLETTER CONTAINS:

🍷 My Story 📖 Books 🎬 Movies 🎵 Music 🍴 Food 🏠 Favorite Activity 🗣️ Tip of the Month 🗣️

Being an empty nester or anticipating the empty nest you will be able to relate to the story of where I failed to let it go. Here's my story.

“OBSESSING”

I tried to pull myself together. My inner critic said, “Stop it already. Take a hint.”

I guess I needed cream of tartar like cooks use in egg whites, to help me “hold my shape,” as I was mixed with I want what I want now and letting it go.

I don't even want to write the subject of what I obsessed over. OK, I will.

I wanted to talk with my

continued, next page

HERE ARE THIS MONTH'S RECOMMENDATIONS

MUSIC

Diana Krall
Dixie Chicks
Sufjan Stevens
Deep Dish

BOOKS

The March
History of Happiness
Truth and Beauty

RENTAL MOVIES

Clan of the Cave Bears
White Palace

FOODS

Ethnic: kebobs and humus and wine from Africa

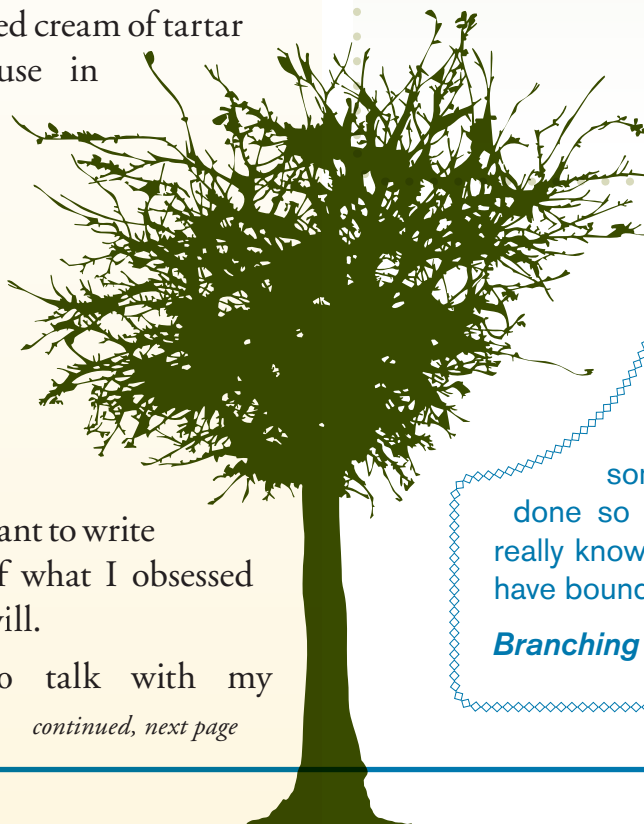
ACTIVITY

Reading newspapers with black coffee

TIP OF THE MONTH:

Practice shifting your perception of a situation; example “Nothing has come together for me as far as someone really helping me out and I have done so much for them.” New perception, “I really know I am doing the best I can and people have boundaries. I am not being rejected.

Branching out to you, Natalie



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"My Story", continued from first page

daughter. I had one of those sniffing moments of wanting to just hear her voice. My misty eyes were brought on by my watching *The Gilmore Girls*, a show about the relationship between a daughter in college and a mother. Rachael and I traditionally watched it in bed or the den as we cooked dinner.

I was feeling the cozy, crisp, colored fall sprinkling through. I had seen moms with their daughters hiking and shopping where we hike and shop. Emails and phone calls came into my office from parents talking about going to visit their kids at College Parent Weekend. I was on the fence about making that trip back east since I had just gotten home from a business trip to my home on the west coast.

Rachael and I kept missing each other's calls and emails. Texting on the cell phone works but words are brief. She is three hours ahead and that, too, is a challenge along with her schedule: senior year, two nights a week rehearsals for a capella, photo internship during the week and weekends, working as a waitress once a

week, classes and studying, and her social life, college kids don't sleep.

I thought she was on instant message so I wrote and got no response, I felt embarrassed that maybe someone was using her computer. I hung up on my cell because I hate when people leave

long messages. Then, I called back and said, "I love you," I sent an email. I sent a text about her grandmother still worrying about her weight at age 86, just for a laugh.

Then I did the further obsession...I called one of her friends and pretended to just be saying hi. OMG I just hoped they would offer up some story about just seeing Rachael and how much fun they are having. That didn't happen. I felt awkward even if they didn't notice it. I imagined them

saying, "Your mom called me." Rachael replying "why, what did she want?" I couldn't be there to defend my loony moment. Matter of the heart not the logical head, is what I would say.

PLEASE TELL ME YOU HAVE HAD THESE FAILED CONNECTIONS AND OBSESSIONS.

So my tip for "obsessing": We are going to be fools because of love.

Reaching Rachael was easier the first two years of college. Junior year became a signpost that read, on her computer away message, "BE RIGHT BACK". I never saw her come back on her away message and senior year often says, "OUT" or some letters I can't interpret being of another generation.



Send your story to me:

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REMINDERS:

- 📧 Send your story to me: natalie@emptynestsupport.com
- 📧 Invite me to speak in your community
- 📧 Write to me if you want to know how to start a support group in your neighborhood.
- 📧 Call or email me if you are interested in attending an empty nest retreat: natalie@emptynestsupport.com or 1-800-446-3310
- 📧 Forward this newsletter to a friend