

JENNIFER SILVERA



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My newsletter is designed to bring healing and hope.

If you have experienced heart breaking loss and need to find a place to connect please visit my blog archives.

My greatest wish is for comfort to find you today.

[Blog About Loss and Love](#)

[Blog About Dating Again](#)

[Blog About Remarrying](#)



Livestock is a fun-filled, FREE music, celebration, and giving event in St. Peter, MN designed for families and individuals alike. Mark your calendars for this year's Livestock event set for June 4, 2011! Check out our [FAQ's page](#) for details and information.



Jennifer and Steven have been asked to speak at Camp Widow this year.

They would love for you to enjoy them at this intimate event in August. If you register here you will receive the special group rate for Jennifer's subscribers.

Camp Widow™ is a weekend long gathering of widowed people from across the country, and around the world.

It's goal is to provide practical tools, valuable resources, and peer-based encouragement for rebuilding your life in the aftermath of the death of a significant other...all in a fun, uplifting, laughter filled atmosphere.

August 12-14, 2011
San Diego, CA

Journal Tip



What dream am I afraid to start? Who could I invite to dream with me? When will I ask them?

"In every community, there is work to be done. In every nation, there are wounds to heal. In every heart, there is the power to do it."

-Marianne Williamson

Note from Jennifer...



Dear Friends,

Have you ever wanted to give up on something before you even started? That's how I felt my first month stationed in Honduras with the Peace Corps, again when I wrote my first book and the first time I ran a 5K.

How do we accomplish big dreams and conquer big fears? Build a dream support team. Tell someone today about your dream. Ask them to be on your team. You will be amazed at what can be accomplished when doing something with someone else.

Sweet dreams,

- Jennifer

We Can Do This

I am not a runner. I never set out to be a runner. Never thought about being a runner. Never really wanted to be a runner. Still, I run. I try to run.

Last night I ran with a courageous group of women from *Moms on the Run*. Across the metro, these women have joined together to better themselves and meet a personal goal of finishing a 5K race. The most humbling honor? They are training for the [2011 Officer Shawn Silvera Memorial Run](#).

What I realized during our warm-up, jogging for a minute, walking for three, was that many of these women don't see themselves as runners either. What a tremendous sight to witness fifty women running together, doing something they may have never believed they could do--something they would have never done alone.

There is the key--women coming together for a shared purpose. There is a kinship created when we commit to something with someone else. All of a sudden there is an accountability that binds us. A spirit of *we can do this*.

Founder and Head Mom of [Moms on the Run](#), Karissa Johnson, was one of those strong spirits of support that I met after my husband died. She sat with me countless times when neither of us knew what to say. She had no answers except one--one she never spoke but rather repeated through caring actions, "You will not do this alone."

So, last night I ran. I ran with fifty women. I ran with spirits telling me, *walk or run, sit or stand, we can do this!* I ran with the support and energy of a group of gals doing their best--together.

Still, I run. I try to run. Most importantly I run with other moms like me.



Moms On The Run- It's not too late to join for this year!



If you've been waiting for the motivation to get your start as a runner, this class is for you! Programs available for walkers, beginning and intermediate runners. Run your first 5K, improve your time, or stay motivated in your walking routine! The group is for all women, not just moms, but jogging strollers are welcome. This class will focus on interval training to burn more fat. We'll start out slowly and walk/jog/run our way up to the [Officer Silvera Memorial Run](#) in August.

[Join us!](#)

Minnesota Police Week Ceremonies

Home Depot Recognizes National Law Enforcement Week

To promote community recognition of National Law Enforcement Week, [Home Depot](#) in Plymouth is hosting an event honoring fallen officers as well as those still working the streets.



The event will take place on **Saturday, May 14 from 10:00 am to 2:00 pm** at the [Home Depot](#) in Plymouth. Meet law enforcement personnel, members of the Law Enforcement Memorial Association, a full array of public safety vehicles and there will be a special exhibit of a Bald Eagle. Any questions please contact LEMA President Mike Servatka at mike.servatka@co.ramsey.mn.us

Minnesota Law Enforcement Memorial

A 24-hour vigil will be held at the [State Capitol Law Enforcement Memorial](#) in St. Paul from 8pm on Saturday, May 14 through 7:30pm, Sunday, May 15. At 7:25pm on Sunday the Parade of Honor Guards will march to signify the beginning of the 7:30pm Candlelight Vigil.



Featured Resource of the Month:



[Two Kisses for Maddy](#)

Matt and Liz Logelin were high school sweethearts. After years of long-distance dating, the pair finally settled together in Los Angeles, and they had it all: a perfect marriage, a gorgeous new home, and a baby girl on the way. They welcomed Madeline, beautiful and healthy, into the world on March 24, 2008.

Just twenty-seven hours later, Liz suffered a pulmonary embolism and died instantly. Though confronted with devastating grief and the responsibilities of a new and single father, Matt did not surrender to devastation; he chose to keep moving forward-- to make a life for Maddy.

In this memoir, Matt shares bittersweet and often humorous anecdotes of his courtship and marriage to Liz; and of relying on his newborn daughter for the support that she unknowingly provided.

Closing Quote:

"Friendship is born at that moment when one person says to another, 'What! You too? I thought I was the only one.'"

- C.S. LEWIS

Contact Info

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