



April 2003

Volume 1, Issue 6

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Announcements:

The next TACH Group I meeting will be held on April 23, 2003 at 7pm.

Adoption

Statistics:

- In the US there are about 5,000,000 births each year. Approximately 118,000 are adoptions (around 2.36% new adoptees each year).
- 2.3% of the US population are birthmothers.
- 2.3% of the US population are birth fathers
- 4.7% of the population are adoptive parents.

Total that up and you have about 11% of the US population who are triad members.

The Newsletter of The Adoption Counseling Home

Has Spring Finally Sprung?

As of this writing, Spring is overdue. But, no matter what the weather, Passover, Easter, Mother's & Father's Day will arrive on schedule.

These celebrations of renewal of life, recognition & honor can be very painful to those of us who have experienced family loss. Families gather at this time of year to rejoice in togetherness. This can be a very difficult time for those of us who are missing a person who was an essential part of our lives.

But, life goes on. The sun

will shine, the flowers will color our world again. This evidence of a hopeful future should warm us & bring forth our own renewal.

- Remind yourself, & celebrate what you **do** have instead of what you **don't**.
- Surround yourself with relationships that help you feel good and positive about yourself.
- Care for yourself physically, emotionally and

spiritually.

- "Mother" yourselves: find time for our own personal pleasures, eat well, rest well & get some exercise... especially walking in that sunshine, when it comes, smelling the sweet fragrance of the flowers & enjoying the beauty of the season.

AAC Conference in Atlanta

The report from the recent AAC conference in Atlanta is unfortunately lukewarm. Because of fear of flying & the economy, the meetings were poorly attended. Many workshops were necessarily cancelled. Not only was attendance down, some of the key presenters were no-shows at the last minute.

While the hotel was 1st class...especially the "heavenly beds"...there was only one restaurant, forcing those of us on a

tight budget to spend more than we intended.

However, Nancy Verrier was wonderful, as always. Her new book should be out in July. She will announce the exact date on her web site, "Primal Wound".

A very inspiring Opening Keynote was given by Dr. Jalya John, author of "Black Baby White Hands: A View From the Crib". The tape of this address is now in the TACH library.

Some of the well-known

presenters in attendance were: Annette Baran, Fr. Tom Brosnan, Betty Jean Lifton, Penny Partridge, Adam Pertman (his book, "Adoption Nation", signed, is another new addition to our library), Carol Schaefer, and Ken Watson.

Wise Words re: Our Current Mental Health

(not necessarily adoption related...but, relevant)

Christine Northrup, M.D. sends us a very important message concerning our fears & anxieties caused by war with Iraq. She tells us that these emotions are the biggest health challenges that we face right now. If we hold on to these feelings of anger & fear, she says, we create a vicious cycle that produces more pain, more fear & more anxiety. This can wreak havoc on our minds, bodies & spirits. And, it doesn't have to.

Briefly, Dr. Northrup suggests:

- Use your thoughts wisely.
You could be contributing energy that creates war by assuming an "embattled" mentality towards our leaders. "The split in our nation right now about war is actually

creating more energy of war. It's not possible to 'fight' for peace without creating war,"

- To create peace, you have to be peaceful. The only way to stop war is to start within your self.
- Avoid watching the news and reading the newspapers. Headlines are designed to keep you afraid and disempowered so that you will buy more papers or watch more TV. Then you get "hooked" on the news because you're waiting for some official "guidance" that will keep you safe and secure.
- The only lasting safety and security come

from the peace that you create within yourself.

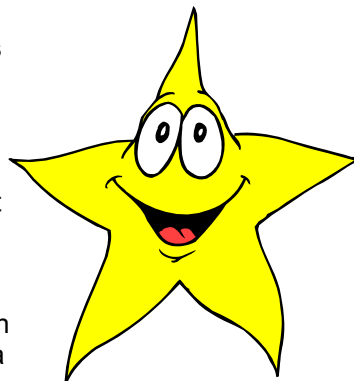
- Finally, know that when you are tuned into your heart, your Inner Wisdom, and God, then your energy lightens up and your vibration literally changes. You become a beacon of light and peace. You become an uplifter and a peacemaker.

And remember the words of the great M.K.Gandhi, "When in despair, I remember that all through history the way of truth and love has always won; there have been tyrants and murderers, and for a time they can seem invincible, but in the end they always fail."

"Then you get 'hooked' on the news because you're waiting for some official 'guidance' that will keep you safe and secure."

Group Update

The Original Pittsburgh TACH Support Group has elected to extend their sessions. The members have all agreed to meet twice a month for three months. It was found that even with "transitioning homework", the momentum was somewhat sacrificed when the group met only once a month.



The 1st meeting will take place on April 23.

Those interested in joining a group should call Dee @ 412-665-1726. The fee is \$55 for 6 sessions. Newly formed groups will receive a free individual session prior to the 1st meeting. Otherwise, individual private counseling is \$75/hour.

... but I'm Your Birthmother

I can't tell my adoptive mother about you,
the news would be too much for her to bare
*But, each time your adoptive mother looks at you,
your face reflects a biological mother who cares.*

You can come to the wedding,
but need to blend in with the guests.
*Shall I change my appearance and wear a wig
In the hopes of going unnoticed, at best?*

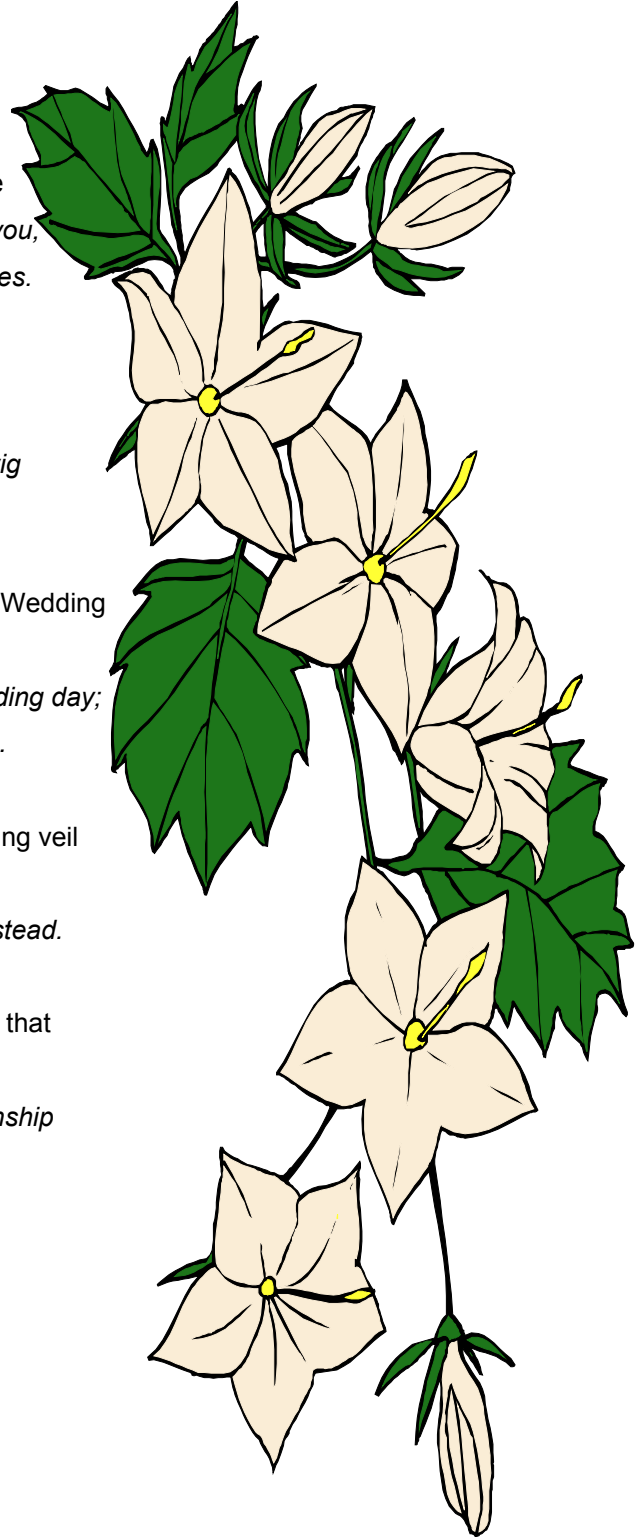
I have changed my mind and you cannot attend my Wedding
because it would make me nervous.
*I acquiesce, because I do not want to ruin her Wedding day;
instead pictures to see would be ingenuous.*

Here's a picture of my mother adjusting the wedding veil
on my head.
My spirit solely longed to be with her that day instead.

I'm expecting a baby, but she must never know that
we're biologically related.
*My joyous heart has been pierced. The relationship
orders have been mandated.*

*.....but, I'm your birthmother, I cry within
Does that not mean anything to you?
Although our future looks grim,
time will never erase my love for you.*

By Janet Smith



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We're on the Web!

See us at:

www.geocities.com/adoptionhome

Search Tip: Military Records

From the early colonists, to the men and women currently serving in America's armed forces, most of us can claim at least one relative or ancestor who has served our country in the military.

So what about those, who don't know if there is a military person in their birth family?

Here are some resources where you can find out:

- Military service records
- Pension records or veteran's claims
- Draft registration Cards and Records
- WWI and WWII Records

Visit the US National Archives and Records Administration (online) for more details and where to obtain military records:

http://www.archives.gov/research_room/genealogy/research_topics/military.html

Mission Statement..

TACH's mission is to provide support to all whose lives have been touched by adoption -- birth parents, adoptees, adoptive parents, extended family members, those considering adoption and adoption professionals.

This goal is accomplished by listening, learning, speaking and supporting each other with kind understanding and professional guidance in a safe and comfortable

environment.

Adoption is a lifelong issue that creates various challenges, which emerge at different times in our lives.

Our clients derive the strength and help required to meet these needs, thoughts and feelings by consistently attending support group meetings, contributing to these sessions and/or engaging in individual counseling, as

needed.

We honor each person's uniqueness and the desire for personal growth and empowerment.

This organization advocates "Open Records" and "Open Adoptions" in order to prevent the perpetration of harmful secrets. In so doing, we promote the pathway to and the preservation of healthy families.

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