

JANUARY 2022



Heart to Heart ADOPTIONS

NEWSLETTER OF HEART TO HEART ADOPTION AGENCY

Happy New Year.

Dear Friends,

I cried the day after Christmas. Ugly crying. In private. I have enough pride not to ugly cry in a group. The extreme emotional state resulted from too little sleep, too many meetings, too many airline flights, too little food, but mostly a concern for my children.

I'm not ashamed of these tears triggered by feelings. But I do often wonder where our tears come from, and why do humans shed them?

Data supports the theory that crying initiates social bonding and human connection. Most animals are born fully formed. Humans come into the world defenseless and unequipped to survive on their own. Of course, we get physically and emotionally more competent as we age. But adults never entirely lose the intermittent attack of vulnerability.

Children make us vulnerable. Loving a child creates incredible human connections. Some of the most significant social bonding occurs in families.

We recognize this at Heart to Heart, and we see the joy—and tears—creating a family generates.

Despite the difficulties we have all been facing this year—and the occasional tears—I pray you and yours are doing well.

The tears and the COVID-related challenges have not stopped us from pressing forward as we support women experiencing crisis pregnancies, as we help beautiful babies who need loving, forever homes, and as we care for families who weep with bonding emotions as they cling to a newborn baby.

Happy New Year to all of you. And remember, it's okay to cry. Contact us if the emotions get overwhelming.

With all my care and love,

Donna, Heart to Heart Adoptions

