

ARMS - Keeping in Touch

January 2021

Issue No. 7

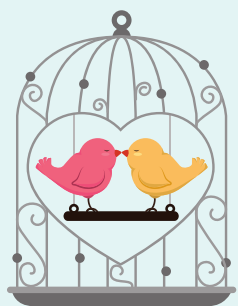
Introduction

In this first mail-out for 2021, we wish all ARMS members a very happy New Year.

Make sure you check this Bulletin for the two upcoming events and jot them in your diary now!



Dorothy



mothers must mother
each other too.
we must hold each other up &
surround each other strong &
in the ear
of every new mother
we must whisper
you belong
you belong.

--come together

vicki rivard @bravenewmama



Support Group Meeting

We are delighted to announce that we are able to hold our February support group meeting on **Saturday, 6th of February** back at the Centre For Excellence, 50 Market Street, Melbourne. We will be so happy to see anyone who can join us from 2pm - 4pm for some much needed support and friendship.

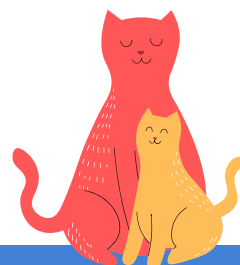
Contact details

As well as the ARMS telephone number **0400 701 621** the following committee members are happy to be contacted (between 9am and 9pm) on their personal phone numbers:

Faye Burnham 0411 865 836

Jo Fraser 0409 442 701

Dorothy Kowalski 0411 098 773 or 03 9889 3583





Julienne Lauer
17 August 1936 - 4 January 2021



It is with sadness that we acknowledge the death of our good friend and long standing member of ARMS, Julienne Lauer. Committee members regularly visited Julienne at the aged care facility she has lived in for the past several years and have also kept in contact with her daughter Marie who lives in South Australia. Julienne wrote submissions to inquiries, letters to newspapers and attended meetings on our behalf to maintain our voice in those forums. She rarely missed the monthly support meetings before going into care. The loss of her daughter had a profound impact on her and she would say of herself that she never recovered from that loss.

Vale Julienne.



One woman told me that she had intended to write a long letter to her birthmother about whom she had no conscious memory but for whom she had been thinking about searching. She wanted to explain how she felt about being adopted. She decided to write with her left hand, because she had heard that this would access her right brain and put her more in touch with her feelings. Taking pen in hand, she wrote: "Dear Mommy, Come and get me." After that, she told me, there seemed to be nothing more to say.

extract from The Primal Wound, page 9

A SILENT MEMORY
Of a baby long ago
Of kisses hugs and cuddles
Scratches tears and broken limbs
Football cricket video games
Girls motorbikes fast cars
A mature young man
Walking to meet me
Where did those years go?
Patricia Black



more poems...



UPON THE LOSS OF A CHILD TO ADOPTION

by Gary Coles

Well the onion layers of my tears
Heavy grief pulsating at the core
The past once lain deeply bound
Strong denial inside a steely trap

To unburden those hidden years
Buried solitary clogged and raw
Courage had need to be found
First the resolve second a map

The relief comes from afar inside
To make the soothing to my pain
Guilt that can no longer be denied
At last the releasing of the shame

My child blesses the mending of the years
Since I peeled the source of all my tears.



The Primal Bond

While mateship is what draws blokes together
Easy female understanding has a wider embrace

Family connections are defined by duty also blood
Sadly they may also provoke guilt or a lasting feud

Gary Coles

*You are
Stellar*



A big shout out and thank you to Gail for remembering the birthdays of ARMS mothers. Isn't it nice to receive a beautiful hand made card in the mail?! Please let one of the Committee members know your birth date so Gail can add you to her list.

The past is the past

From two comments in The Age in response to a report on the destruction of many statues representing, for example, people who supported slavery.

The following two responses could also be seen to reflect the experience of ARMS – coping with unchangeable reality and lobbying successfully for changes to unjust laws and for comprehensive Apologies for past adoption practices.

[However,] the past “is what it is”. It exists. It is unchangeable. But attitudes, values and beliefs are malleable. The question is, what can change them for the better to lead to tangible, beneficial change?

Our past is our past, we cannot change it. ... if we start altering our history, we are denying future generations the ability to reflect not only on where we came from and what societies of the past felt were important but the errors we as a society made.

ARMS (VIC) CALENDAR 2021

SUPPORT GROUP MEETINGS 1st Saturday of every month (except January)

6th February	Re-starting Support Group	2 pm Support Group
6th March	2020 postponed AGM	1.30 pm to 4.30 pm
3rd April		2 pm Support Group
1st May	Mothers Day	1 pm to 3.30pm
5th June		1 pm Winter start time – Support Group
3rd July		1 pm Winter start time – Support Group
7th August		1 pm Winter start time – Support Group
4th September		2 pm Support Group
2nd October		2 pm Support Group
6th November		2 pm Support Group
4th December	2021 AGM	1.30 pm – 4.30 pm

Meetings held at Level 5, 50 Market Street
(Centre For Excellence in Child and Family Welfare)
Near corner Flinders Lane & Market Street

Melway Reference 1A G8. Flinders St & Collins St trams: Both Stop 3



ARMS (Vic)

Warmly invites you to the 2021 Annual General Meeting
Saturday, 6th March from 1.30 pm to 4.30 pm

Level 5, 50 Market Street, Melbourne
Centre For Excellence in Child and Family Welfare
Near corner Flinders Lane and Market Street

We are delighted to have Margaret van Keppel as our Guest speaker.

In 1984 Margaret, together with Professor Robin Winkler, conducted and published 'Relinquishing Mothers in Adoption – their long term adjustment.' She works as a clinical psychologist with special interest in fertility issues and post adoption issues.

- 1.30 pm Welcome drinks and light refreshments
- 2.00 pm Annual General Meeting
- 3.00 pm Afternoon tea (catered by the ARMS committee)

***We look forward to seeing as many of our members and friends as possible
following a tumultuous year!***

Please RSVP by 1st March 2021 to the ARMS mobile phone 0400 701 621
or by email to arms@armsvic.org.au