



## **....In The Meantime**

**With**



**24 hour confidential hotline: 1-800-537-6066 or 874-1973**

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## Give up the Ghost: Rosie Golan

### [Verse 1]

Come here  
It's all worth the fight when it's you, dear  
We're hitting our heads on the wall  
Here, we don't have to hold on so tight-ly  
Slow down  
We're losing the meaning of words, now  
Quiet the noise 'cause we made a  
Mountain of minuscule things

### [Chorus]

Can we just give up the ghost?  
Remember what we love the most?  
Untangle our hands  
Unravel ourselves and let go  
Can we just give up the ghost?

### [Verse 2]

Hold on  
'Cause what's said is said  
And what's done's done  
Oblivious clocks on the walls, run  
'Cause time doesn't owe us a thing  
We are  
The sum of our parts and we both see  
The palms of our hands where the lines  
meet  
It's fortune that favors the brave...ones

### [Chorus]

Can we just give up the ghost?  
Remember what we love the most?  
Untangle our hands  
Unravel ourselves and let go  
  
Can we just give up the ghost?

### [Bridge]

All that we know  
All that we are  
All that we were  
All that we have been  
All that we know  
All that we are  
All that we were  
All that we have been  
All that we know  
All that we are  
All that we were  
All that we have been  
All that we know  
All that we are  
All that we were  
All that we have been

### [Chorus]

Can we just give up the ghost?  
Remember what we love the most?  
Untangle our hands  
Unravel ourselves and let go  
Can we just give up the ghost?  
Can we just give up the ghost?

Hello,

If you are familiar with the idiom: *give up the ghost*, you know that one variation of its meaning is to *stop doing whatever it is we're doing that consistently hasn't work*. One interpretation of the Rosie Golan song lyrics on the previous page is that it speaks to an intimate partner relationship where the parties have 'lost their way' or forgotten what's important, if you will. For example, the lines: *It's all worth the fight when it's you dear; Remember what we love the most*; as well as the heavy reliance on the 'we' pronoun, all indicate a relationship that is in disrepair. We can therefore infer that this couple has 'hit a rough stop' and perhaps are trying to get back on track with reminders of when things were going well and their relationship was on-track: (Bridge) *All that we know. All that we are. All that we were. All that we have been.*

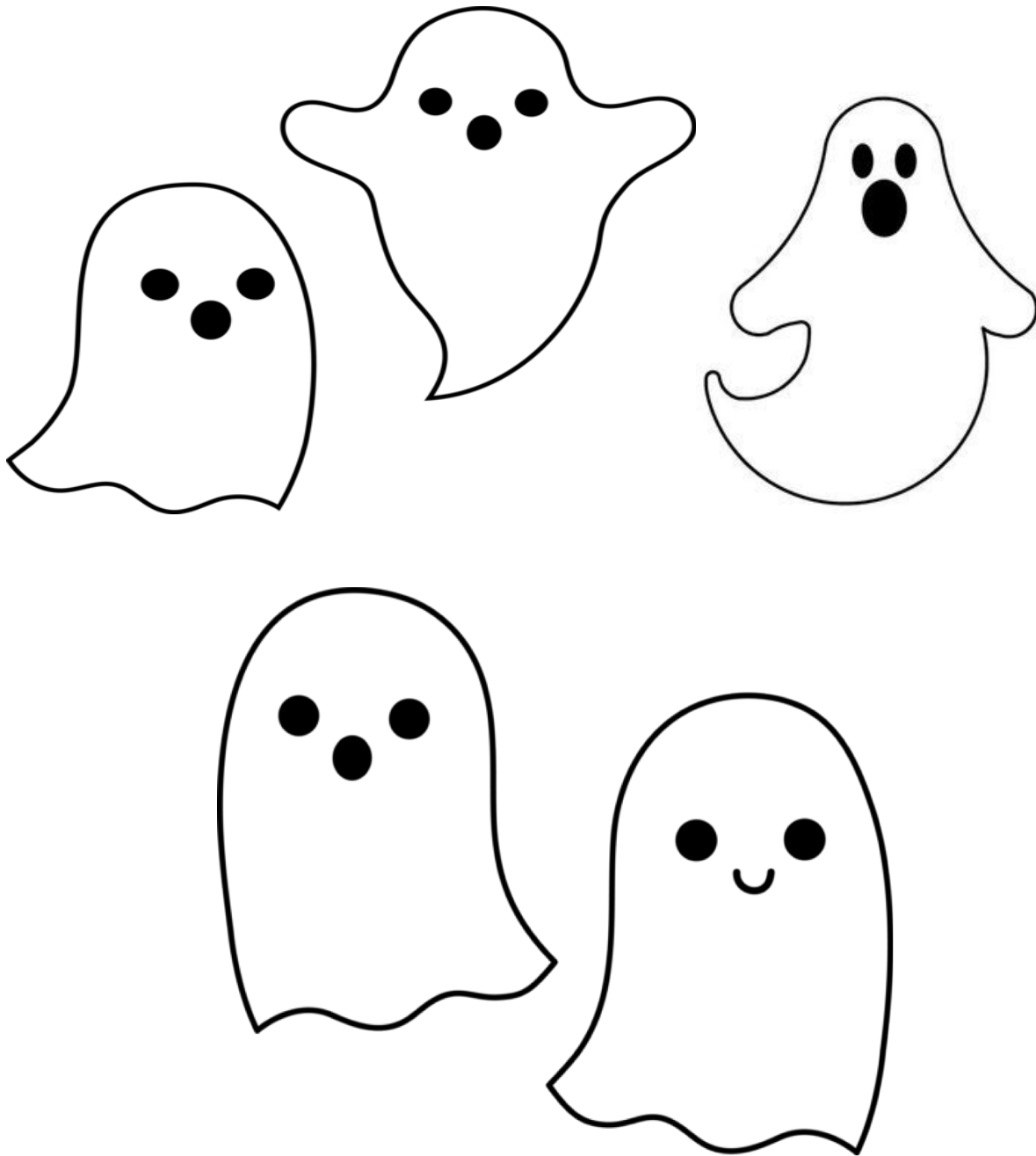
Nonetheless, upon further examination of the lyrics, as well as repeated listenings (not a real word), it starts to sink in that maybe there is more to Golan's reminder of 'getting back on track' that goes well beyond an intimate partner relationship, or at the very least, includes the broader scope of *the individual*...stuck-in-a-rut, struggling, repeating old patterns or habits all the while hoping for different outcomes, but to no avail. In this sense, the 'we' would be referencing the 'collective we'...and asking each one of us to slow down and take stock of our lives--who we are; where we are; where we come from; what we are doing with our lives and where we are headed. Moreover, with the aforementioned meaning of 'give up the ghost', there is the suggestion that we remove and distance ourselves from things, i.e., people, pursuits, habits, or ideas, that perhaps have us tangled-up in knots and so far removed from who we once were, that we've lost track of our core-selves and original goals. And when Golan urges us to "remember who we love the most", well...we can't help but take this is a subtle reminder that we should be loving ourselves the most, as self-love is the catalyst to an enriched life. And this point is further underscore and reinforced with the repetition in the *Bridge*, which builds momentum as the words are seemingly absorbed into our psyches and bloodstreams.

The directive of putting on our own oxygen masks on 1<sup>st</sup> when the plane is in distress (to better ensure our own survival, but also to be able to assist others with their masks) is analogous with Golan's reminder. And we would do well to remember these easy, yet sobering, cautions as we go about our lives. But as we all know, life is much more complicated and nuanced to just follow a simple 'recipe for success'. Nonetheless, if 'give up the ghosts' that have consistently derailed us, and shore-up our foundations of self-love, then the life we build atop it, while for sure will not be without its setbacks, losses, struggles, or challenges, will indeed be more solid, enriched, successful, and fulfilling.

Best,  
Monique  
&  
Nicolle



Are there things or people in your life that you have been *hitting your head on the wall* over? What ghosts can you lay to rest to be able to move forward?



## WRITING PROMPT

What is something you need to forgive yourself for and what have been some roadblocks to doing so?

The form is a large rectangle defined by a border of stars and lines. The top and bottom horizontal borders each consist of three stars, followed by a horizontal line, and then three more stars. The left and right vertical borders each consist of three stars, followed by a vertical line, and then three more stars. The corners are formed by the intersection of these lines and stars, creating a central white space for writing.

# for you

This is for the ones who are struggling right now. This is for the ones who have been having a rough day or week or even year. The ones who feel like this storm will never end.

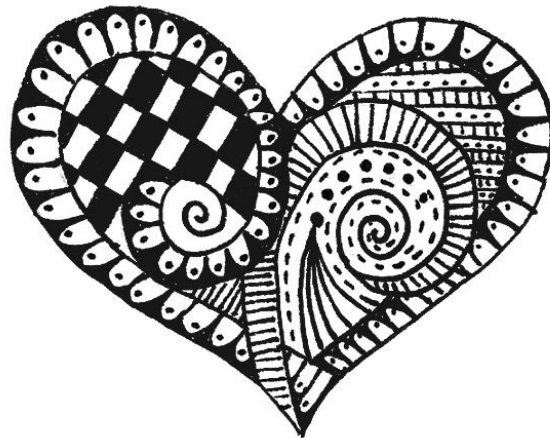
Keep fighting for *you*. Not for your friends, not for your family, but for *you*.

Keep fighting because deep down you hold a tiny voice that knows you were meant for far more than this sadness and pain you are feeling.

Keep fighting because the person you will be on the other side of all this is cheering for you so much.

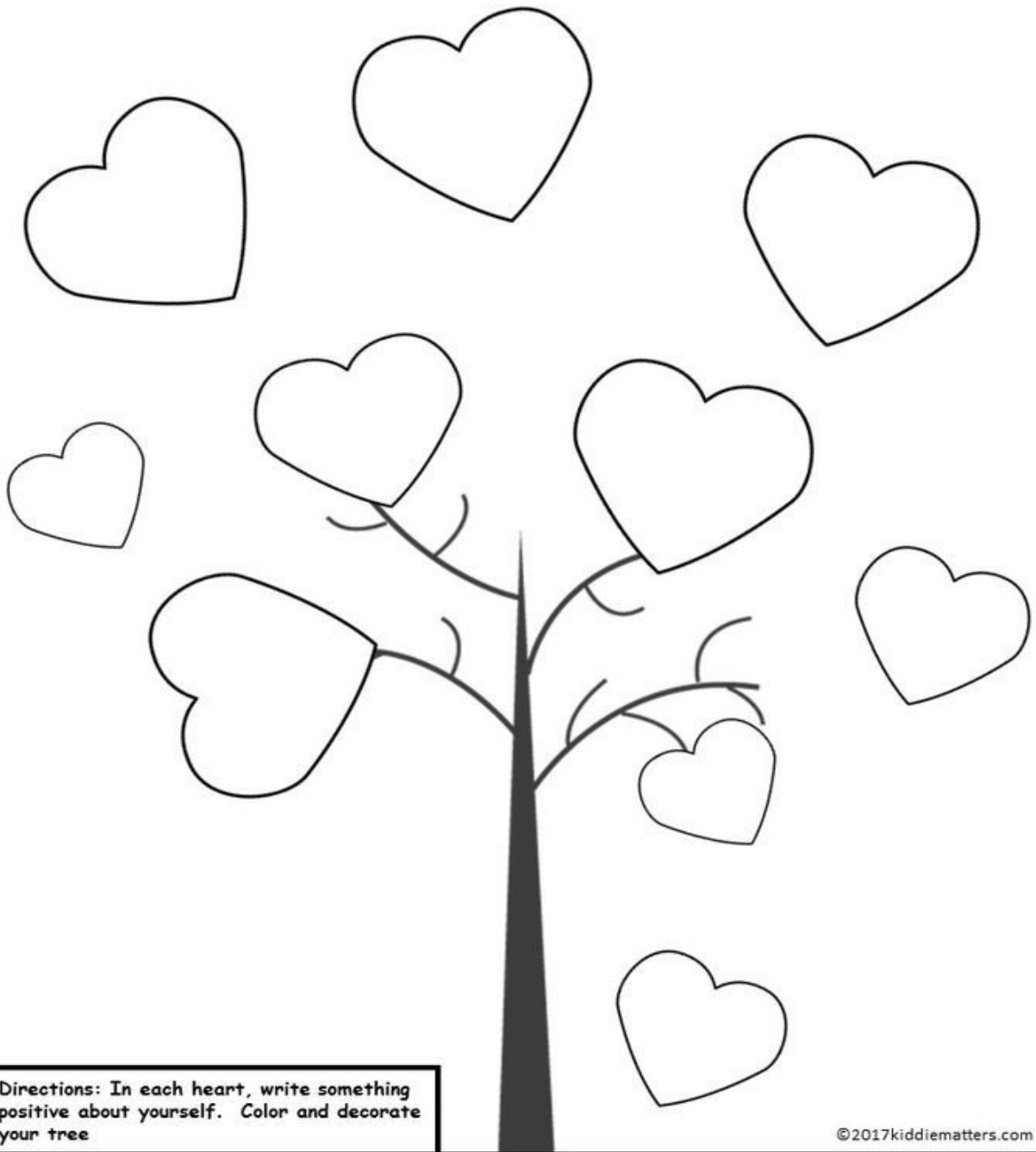
Keep fighting because you will get there.  
*And it will be worth it.*

Nikki Banas



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## I Love ME Because...



Directions: In each heart, write something positive about yourself. Color and decorate your tree

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## HEALTHY RELATIONSHIPS

# MANIPULATION

When you confront a person, with what they did wrong, and they don't want to take responsibility for their own actions, they will manipulate you by putting the focus back on you. They will bring up something you did or need to do, using your imperfection as a way to avoid taking responsibility for their own actions. They actually like knowing your difficulties or imperfections. This gives them ammunition, and they have something to hold over your head to use against you. .(put the focus back on them where it belongs.)

Maria Consiglio

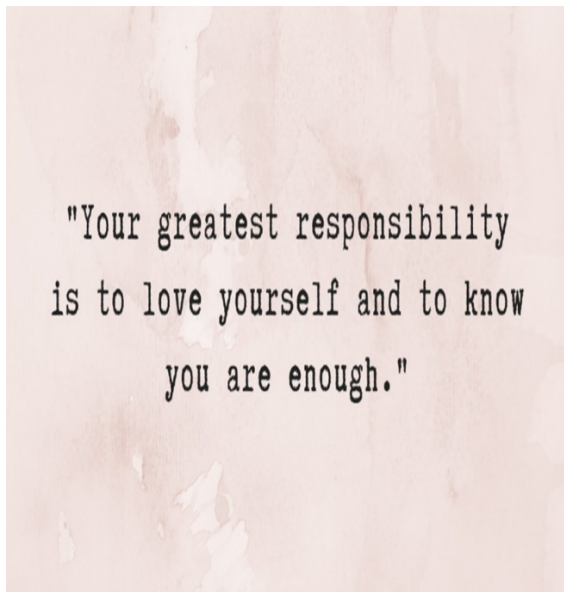
## **MOMS HELPING MOMS**

### **Raising Respectful Sons**

Young boys often receive mixed messages on how to behave. On the one hand, we want them to be *tough* and *athletic*, but on the other hand, we want them to be *polite*, *sensitive*, and *respectful*. And while all five mannerisms and behaviors can coincide, and happily so, oftentimes we unknowingly stress ‘toughness’ when it comes to raising sons. For example, while we may comfort our daughters when they are hurt and crying, we might also tell our sons to ‘toughen-up’ when they exhibit the same behaviors. While we may not even make note of our daughters playing with trucks, we may think of our sons as ‘sissies’ and worry they may become too feminine from playing with dolls. Our responses to our sons’ behaviors, preferences, and interests go a long way in helping in the formation their identity, pride, wellness, and confidence. It is therefore important for us to make note of our own biases so to not to inadvertently pass them on. Below are a few examples of how to nurture a respectful nature in our sons beginning when they are young boys.

- Communicate with our sons. Ask them questions about their days, which fosters closeness.
- Encourage our sons to explore and share their feelings...the good and the bad. And perhaps ‘bad’ isn’t even the appropriate word here. We all have bad days and experiences and bottling up our feelings of frustration, anger, and sadness only makes these feelings linger and worse and can lead us into thinking we are ‘bad for being mad’. Encouraging our sons to share their feelings can lead them to accept their feelings as well as sympathize with others who, too, might be having a bad day.
- Accept our sons for who they are...which in turn will foster respect for others.
- Encourage our sons to seek out good role models...and not just male athletes.
- As our sons grow and age, it may be our impulse to pull-back with our attention and affections...let’s not. Let’s stay connected, which will teach our sons the value of intimacy and close relationships.

## QUOTES





# MCEDV.

The Maine Coalition  
to End Domestic Violence

Help is just a call away.

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**1-866-834-HELP (4357)**

Maine Telecommunications Relay Service:  
1-800-437-1220

## MCEDV MEMBERS:

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### PENOBSCOT & PISCATAQUIS

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*Family Violence Project*

### HANCOCK & WASHINGTON

*Next Step Domestic Violence Project*

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### FRANKLIN & OXFORD

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### KNOX, LINCOLN,

### SAGadahoc & WALDO

*New Hope for Women*

### CUMBERLAND

*Through These Doors*

### YORK

*Caring Unlimited*

### CULTURALLY SPECIFIC SERVICES

*Immigrant Resource Center of Maine*



[mcedv.org](http://mcedv.org)

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## **MCEDV MEMBERS**

Aroostook County  
**Hope and Justice Project**  
[www.hopeandjusticeproject.org](http://www.hopeandjusticeproject.org)  
P.O. Box 148, Presque Isle, ME 04769  
Admin: 207-764-2977 Helpline: 1-800-439-2323

Penobscot & Piscataquis Counties  
**Partners for Peace**  
[www.partnersforpeaceme.org](http://www.partnersforpeaceme.org)  
P.O. Box 653, Bangor, ME 04402  
Admin: 207-945-5102 Helpline: 1-800-863-9909

Kennebec & Somerset Counties  
**Family Violence Project**  
[www.familyviolenceproject.org](http://www.familyviolenceproject.org)  
P.O. Box 304, Augusta, ME 04332  
Admin: 207-623-8637 Helpline: 1-877-890-7788

Cumberland County  
**Through These Doors**  
[www.familycrisis.org](http://www.familycrisis.org)  
P.O. Box 704, Portland, ME 04104  
Admin: 207-767-4952 Helpline: 1-800-537-6066

Hancock & Washington Counties  
**Next Step Domestic Violence Project**  
[www.nextstepdvproject.org](http://www.nextstepdvproject.org)  
P.O. Box 1466, Ellsworth, ME 04605  
Admin: 207-667-0176 Helpline: 1-800-315-5579

Androscoggin, Franklin & Oxford Counties  
**Safe Voices**  
[www.safevoices.org](http://www.safevoices.org)  
P.O. Box 713, Auburn, ME 04212  
Admin: 207-795-6744 Helpline: 1-800-559-2927

Knox, Lincoln, Sagadahoc & Waldo Counties  
**New Hope for Women**  
[www.newhopeforwomen.org](http://www.newhopeforwomen.org)  
P.O. Box A, Rockland, ME 04841-0733  
Admin: 207-594-2128 Helpline: 1-800-522-3304

York County  
**Caring Unlimited**  
[www.caring-unlimited.org](http://www.caring-unlimited.org)  
P.O. Box 590, Sanford, ME 04073  
Admin: 207-490-3227 Helpline: 1-800-239-7298

Serving Refugee and Immigrant Communities  
Through Culturally and Linguistically Sensitive Services  
**Immigrant Resource Center of Maine**  
[www.ircofmaine.org](http://www.ircofmaine.org)  
PO Box 397 Lewiston, ME 04243  
207-753-0061



### **Member Programs of the Wabanaki Women's Coalition**

**Tribal Domestic & Sexual Violence Coalition**  
[www.wabanakiwomenscoalition.org](http://www.wabanakiwomenscoalition.org)

**Aroostook Band of Micmacs  
Domestic & Sexual Violence Advocacy Center**  
[www.micmac-nsn.gov](http://www.micmac-nsn.gov)  
7 Northern Rd., Presque Isle, ME 04769  
Admin: 207-760-0570 Hotline: 207-551-3639

**Houlton Band of Maliseets  
Domestic & Sexual Violence Advocacy Center**  
[www.maliseets.com](http://www.maliseets.com)  
690 Foxcroft Rd., Houlton, ME 04730  
Admin: 207-532-3000 Hotline: 207-532-6401

**Pleasant Point Passamaquoddy  
Peaceful Relations Domestic & Sexual  
Violence Advocacy Center**  
[www.wabanaki.com](http://www.wabanaki.com)  
P.O. Box 343, Perry, ME 04467  
Admin: 207-853-0092 Hotline: 1-877-853-2613

**Penobscot Indian Nation  
Domestic & Sexual Violence Advocacy Center**  
[www.penobscotnation.org](http://www.penobscotnation.org)  
2 Down St., Indian Island ME, 04468  
Admin: 207-817-3164 x2 Hotline: 207-631-4886

**Indian Township Passamaquoddy  
Domestic & Sexual Violence Advocacy Center**  
P.O. Box 301, Princeton, ME 04668  
Admin: 207-796-6106 Hotline: 207-214-1917



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