

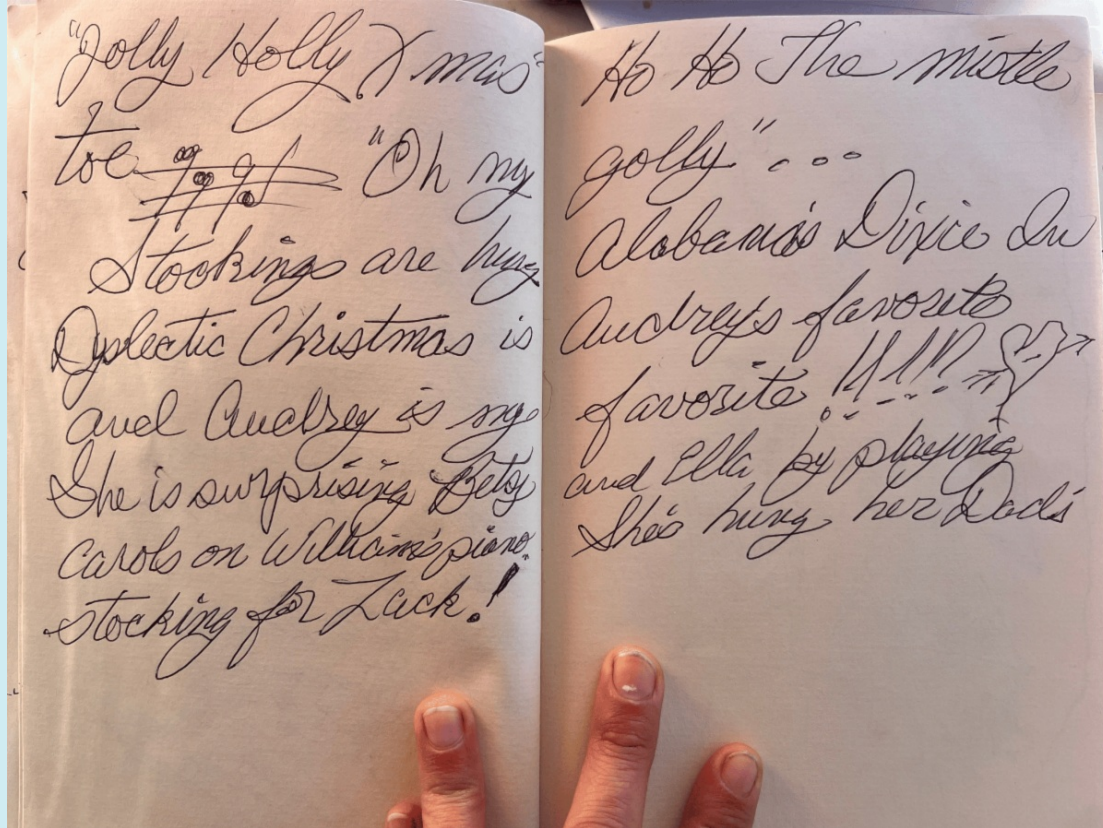
Forwarded this email? [Subscribe here](#) for more about Captain Scott B. and The Great Adventure film.

No longer wish to receive these emails? Unsubscribe at the bottom of the newsletter.

Celebrating Scott Abroad and Navigating Holiday Grief at Home

A note on navigating the holidays

I've felt disregulated the last few weeks, an anxious frenetic energy spinning me in circles. When I finally sat with it, I realized my desire to stay in motion was coming from the heaviness I feel during the holiday season, the deep missing that surfaces during this season when families gather to celebrate, which spotlights my dad's absence. Instead of continuing to run from the pain, I got down my dad's journals, reading his familiar cursive scrawl and letting myself feel the full weight of missing him. He loved lights and put them up everywhere. He lit the old Post Oak in front of my parents' adventure outfitter shop in over two miles of white twinkle lights, transforming the tree into a spectacular, sparkling wonder. He lit the old cedar behind my parents' house in classic-colored Christmas strands. He lined the split rail fence in white glass bulb lights and wrapped the porch railings to welcome people to our home. He decked out our Charlie Brown Christmas tree that we cut down from the forests around our log cabin. I look for him in the lights, desperately wanting to feel his warmth, his vibrant spirit, his effusive essence. The lights remind me that even in the darkness, he is with me.



As I flip the pages of the journal I come to an entry with “Jolly Holly Xmas, Ho Ho the mistletoe... Oh my golly...” where he captures the true spirit of the holidays in his expression of love for my mother writing “Audrey is my favorite!!!!” This brings tears to my eyes while simultaneously filling me with joy, for it is a reminder that the love never dies. His commitment to cultivating joy reminds me to make joy my number one. This doesn’t mean that I won’t continue to feel the heart-wrenching longing but, what I have come to understand through losing my dad is that when I allow myself to experience the depths of sorrow, I increase my capacity to also feel joy. Even when sadness swallows me whole, I can ask myself what would bring me joy? What will make me feel my connection to my dad? What will resource me in this moment? It might be as simple as a hot cup of peppermint tea, or a hug from my sons. It might be pulling out the family cookbook and making the beloved Angel Biscuits (see recipe below). It might be a walk around the block to marvel at all the lights. And sometimes, it might be that before I can find the joy, I need to sink into the sofa and let the tears flow, knowing that salt water is one of the greatest healing forces in the world.

If you, your family or friends are navigating the holidays in the wake of losing a loved one, be gentle. Instead of telling yourself or your loved ones that it will be okay, simply let yourself and others know you are there. Your presence is the greatest gift you can give yourself, your family and your friends. Know that it is okay for things to be hard and that even in the hard, there will be moments of happiness akin to when the Christmas lights come on as darkness falls, shining brightly, even if just for a moment bringing a magical magnificence.

With love and light,
Betsy

Scott's Presence at the Monaco International Film Festival





I felt my dad so strongly with us on our adventure to the **Monaco International Film Festival**. His presence permeated every piece of the experience, especially in the awards the film received: **the Best Environmental Awareness film, Best Independent Spirit Documentary, and the prestigious Angel Peace award**. These accolades capture my dad's character, values, and his way of being in the world. When they announced the Peace Award, the presenter Janet Wood talked about how the film illuminated the importance of finding inner peace and how that creates a profound ripple effect. Her words resonated deeply for in a time when wars rage and violence plagues the planet, cultivating inner peace is a powerful call to action accessible to all. No matter the outer circumstance, we can choose to practice peace within, deepening our inhale, lengthening our exhale, finding gratitude and grace even during difficult times. When we have inner peace, we can more easily extend kindness to ourselves and others, smiling at the reflection in the mirror and the stranger on the street, remembering the sacred nature of life on this planet. My dad always recognized the interconnectedness with all living things, which highlights the importance of creating calm within that extends outwards in concentric circles that stretch out across time and space. It reminds me of the immortal words of Rainer Marie Rilke: "I live my life in widening circles."

The film festival reminded me of the critical role art plays in promoting peace and the importance of connecting across cultures and continents in an international effort. In a room full of people from all over the world at the Angel Film Awards, I felt awe in the power of shared values to transcend language barriers and borders and the importance of recognizing our capacity to be the change.

Sonny, my mom and I loved every moment of our adventure and

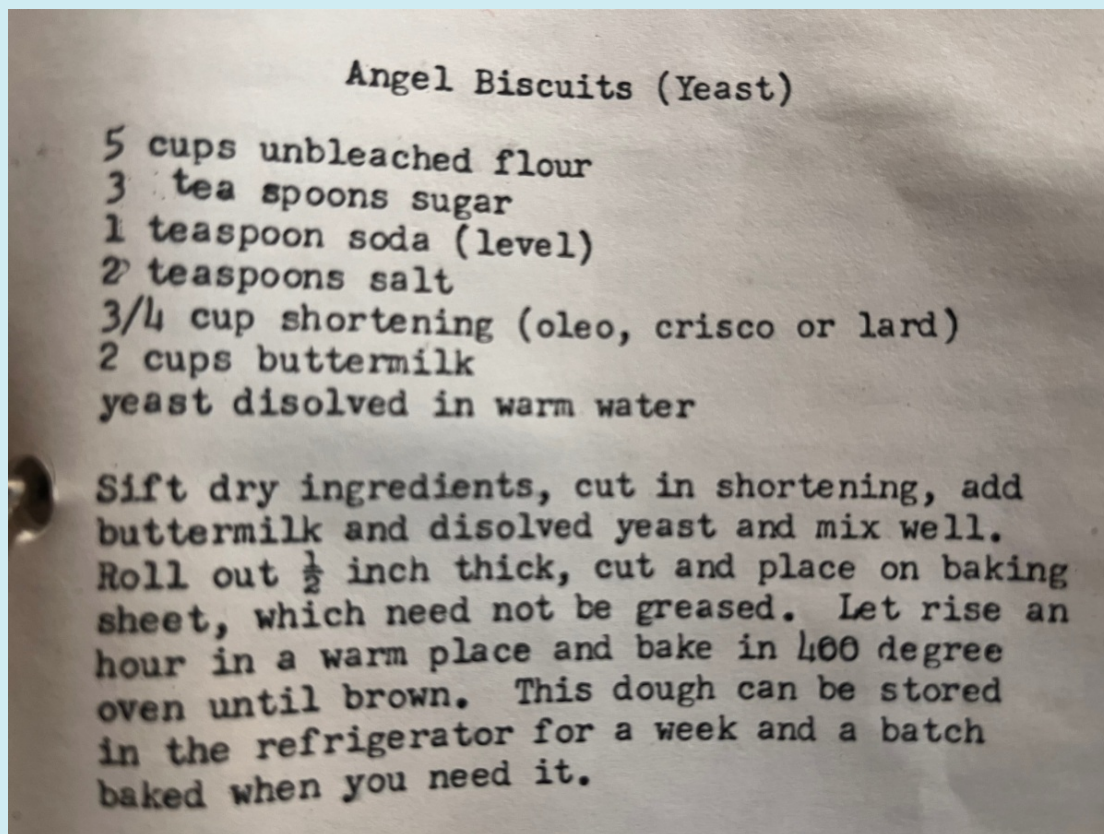
honored Scott's spirit with wonderful day trips to Italy where we ate every kind of cookie at the beautiful bakeries, and enjoyed homemade pasta and the best pizza I've ever tasted. We took long hikes on trails through gardens overlooking the Mediterranean Sea. We drank cappuccinos, read our books, and wrote in our journals at cafes by the water, delighting in a slower pace that supports the senses awakening in a whole new way.

Thank you to the Monaco International Film Festival for celebrating Captain Scott B and the Great Adventure. And thank you to everyone who has supported us on the journey.

The Grief Digest

One of Scott's favorite holiday Recipes

Angel Biscuits (Yeast) from my grandmother's cookbook



With love and gratitude,
Betsy

Do you have a favorite holiday family recipe to make?

Yes!

No, I think I'll try the Angel Biscuits!



Book a Screening

Captain Scott B and the Great Adventure's universal message around grief, loss and resilience brings people together in a collective, healing experience that reminds us to seek the wonder in the present moment. Bring the film to your community or organization for an in-person or virtual viewing experience through one of our screening packages customized to your audience. Explore our unique screening packages [here](#).

Book Now

Instagram

Keep up with us on
Instagram
[@scott_b_film](#)

Follow Us



Have you seen the film yet?

Yes

No

Follow The Journey

www.captainscottb.com

Captain Scott B and the Great Adventure Film | 314 Orange St, Beaufort, NC 28516

[Unsubscribe elizabeth.bertram1@gmail.com](#)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by elizabeth.bertram1@gmail.com powered by



Try email marketing for free today!