

CHAT ROOM



KATHIE O'DONOGHUE

A Valentine's Day gift - forgiveness

When he was finally able to sort it all out, he realized his friend had betrayed him.

"He's a jerk," he told me with flushed face, tears at bay. "I don't even want to talk to him anymore."

"It hurts, doesn't it?" I ventured. "But believe it or not, you will get over it. You know, there's a saying, 'time heals all wounds,' and some clever person changed it around a bit later on, 'time wounds all heels.'"

A small laugh brightened his face.

"Have you ever thought about forgiving him?" I asked. "You two have been friends for a long time."

"Forgive him? No way, not after what he did to me. You would really expect me to forgive him?"

I tried to explain a concept I hadn't completely mastered myself. "Well, I haven't actually begun to see that great blessings come from forgiving others - sometimes especially from those who hurt us the most. And often when someone hurts another, I don't think it's intentional - though it definitely feels that way."

"I'm too mad. Maybe I'll forgive, but I won't forget," he responded, indignation obvious.

Letting the dust settle

"You need some time to let the dust settle. But I can tell you from experience that keeping a file won't help."

"What do you mean, 'keeping a file'?" he asked.

"It's how I used to operate. When someone hurt me, I put it in a mental file with that person's name on it. Over time other infractions were added, and sometimes, when the file got too full, I stopped being friends."

"Isn't that OK?"

"No, because it's not a fair system. It takes so much energy to maintain the files, to keep track of each and every hurt but never openly deal with the situation. Then the focus becomes skewed; you can't see the good in you look only at the bad. You get stuck in a negative pattern of always feeling hurt, being sensitive only to transgressions, and never allowing the growth that comes from truly forgiving someone."

"Well, what do you do now?"

"Right away when someone hurts me, I say I forgive them, even if I don't feel it," I explain. "I don't have to tell the person face-to-face, but I have to at least say it to myself then let time put it into action in my mind and heart. It's not easy - the hardest part is letting go of the hurt and the very real human desire for retaliation."

"At times, I decide a certain person is not truly a friend or a relationship is not healthy to pursue. But when I set forgiveness in motion, I realize I am looking at the situation from a healthier perspective, and though I can't change the other person or what they did, I feel much better just forgiving."

Looking somewhat more relieved, my son agreed to "think about it."

Without conscious awareness, kids demonstrate volumes about forgiveness: they have a disagreement, and they're back together the next day. Who is really the teacher and who the recipient of the lesson of forgiveness?

As parents, consider how often we must forgive a child: constantly, chronically. By their very nature, children are self-centered, impulsive, dramatic, uncoordinated, immature. To love a child is to encircle him with the arms of forgiveness, unconditional acceptance, blind, immutable loyalty, and to realize most of our own parents exercised the requisite forgiveness we now extend to our beloved. By the near-miraculous nature of the parent/child relationship, we are somehow able to set these things aside, to consider the source, to love in spite of, to wipe clean the slate of our relationship and begin anew.

As with so many other adult issues, I ponder the virtue of forgiveness. I think about so many of us who don't

Valentine options keep growing

Treat your honey to a day at the spa. Or, still looking for Mr. or Ms. Right? Check out a special dating Web site.

BY DIANE GALE ANDREASSI
SPECIAL WRITER

Whether you're looking for someone to share Valentine's Day with or if you're searching for the right gift on the Internet and around town, there's something for everyone from sizzling hot and romantic to sweet and friendly.

Tamara's Institut DeBeaute in Farmington Hills offers a package made in heaven for the man and woman struck by Cupid's arrow - a relaxing evening out with a Couple's Delight package that includes a candlelit whirlpool for two complete with champagne, cheese and fruit tray followed by a Swedish body massage for both. The cost is \$180.

"The Couple's Delight package is popular this time of year," explained Cheryl Barth, Tamara's public relations representative. "You wouldn't normally think to do something like that, but it's an excuse to do something more romantic."

Or, you might want to consider a tube of chocolate body powder that comes with a large purple feather for \$12.50. If that's not what you had in mind to celebrate Feb. 14, let Tamara's create a custom-made gift basket with massage oils, bath beads and body gels. Or, just buy the people you love gift certificates and let them decide whether they want additional massages, manicures, pedicures, facial, makeup applications, aroma therapy massages, foot massages, herbal baths or seaweed wraps.

"If my husband gave me a day at the spa, I would love it," Barth said. "Any summer lover that's especially good for someone who doesn't know what to buy, or if you don't know the person's size. Everyone loves to be pampered."

Traditional standbys

If you're not quite that adventurous, there's always the traditional standbys - chocolates and flowers. And you can



STAFF PHOTO BY BILL BURGER

Something special: Candy Bouquet owner Janine Ball shows one of the pretty offerings available for Valentine's Day. The store is in the Village Mall in downtown Farmington.

have both in the same package at Candy Bouquet in the Village Mall in downtown Farmington.

"We make floral-like bouquets using chocolates, caramels and hard candies imported from around the world," explained Candy Bouquet owner Janine Ball.

The edible arrangements begin at \$20. But if your budget calls for something more affordable, Candy Bouquet also sells an assortment of candy-filled decorative containers; chocolates in a large variety of flower shapes; foil-wrapped chocolate lips and hearts, as well as novelty chocolates in an assortment of designs from butterflies to lady bugs and bumble bees.

If chocolate doesn't satisfy your

taste, how about presenting the one you love with a candle? Not just any candle, but a passion aroma therapy scented one. And Sharon Horning, owner of the Candle Lady, found on the Internet at candlelady.com or by calling her in Farmington Hills at 471-1906, is determined to find exactly what you want.

"They're all handmade by different companies and they're all in the United States," Horning said.

The passion scented candles are a combination of rose, cyclamen and lilies and promise to burn 80 hours for \$12.50. Other romantic candles, like Musical Scents, offer something extra. Each candle comes in a tin and a musical CD that matches the mood set by

the candle's aroma.

"I will give individual consultations, home parties, sell wholesale and retail."

Internet love match

Maybe it's not a gift you're looking for. If you don't have anyone to spend the romantic holiday with you might consider something different, like meeting someone through an Internet link. If so, tap out DATING.com on your keyboard and start your journey to creating your own personal page that describes who you are, what you like and dislike.

And, of course, you'll have a chance

Please See VALENTINE'S DAY, B2

Quakers helped slaves to freedom

BY RUTH MOEHLMAN
SPECIAL WRITER

Many of the heroes of black history were not black. In the 19th century in Michigan there was a small group of religious, hard working Quakers. They knowingly broke the law because they believed that helping slaves escape was the right thing to do.

These heroes received no rewards, not even recognition, until almost half a century later. By this time, most of them had passed away.

Nathan Power of Farmington was one of the first Michigan branch of the underground railroad. The station was in his home, located near the current Grand River and Gill Road intersection.

He made his home in the former Quaker Meeting House. The building was converted to a home when the Quaker congregation had become too small to need a meeting house. The building has been further converted into a nursing home and greatly modified.

The underground railroad was a system of individuals who helped escaping slaves to freedom. They used railroad jargon, conductors, stations, pas-

sengers and trains.

The stations were stops usually 10 to 20 miles apart. The trains were the bottoms of farm wagons. Passengers were concealed under a load of hay or farm products. Many passengers walked.

The railroad ran from Ohio to Canada. The chief crossing spots were at Niagara, N.Y., and Detroit. The "president" of the railroad was Levi Coffin. He was a Quaker and a Cincinnati banker.

The underground railroad was in operation from before 1830 to shortly after the Civil War ended in 1865.

The Farmington branch consisted of a group of men, most related.

Power railroad link

There was Nathan Power, called Uncle Nathan by practically everyone in Farmington. Also involved were his brothers Ira and Abram Power and brothers-in-law Ethan Lapham, George Wilber, Abram Moore and Eliza Roberts. All were Quakers.

Other Farmingtonians who helped out were Chusney Green and John Thayer, who were Methodists and not related. Many other people aided Uncle



Nathan and his group.

The relatives involved extended to other parts of Michigan. Included were Nathan Power's brother and brother-in-law who lived in Adrian where Laura Haviland operated extensively.

Ethan Lapham's brother-in-law Robert Glasser ran an Ann Arbor station.

The people involved didn't talk about their participation. Few to no records exist because the underground railroad was an illegal activity after 1850. There were heavy fines for participation if caught. Those who participated transported the fugitives at great risk. They also fed, sheltered and provided transportation at their own expense.

Arthur Power was Farmington's first settler. He came to Farmington with his sons John and Jared and two hired men. Arthur Power had purchased land for each of his sons. Land was also promised to his daughter Mary who stayed in New York with Nathan to run the farm there.

The first log house was built on Nathan's land because he did stay behind. The first tree was felled in



Nathan Power: He helped runaway slaves escape to Canada. From "Farmington: A Pictorial History."

1824. The settlement was called Pow-

Please See QUAKERS, B2

Farmington genealogist earns state award

Beverly Lancaster received the Lucy Mary Kellogg Award as the first Michigan Genealogical Council seminar in Traverse City.

At its January meeting, the Farmington Genealogical Society presented her with a certificate of appreciation "for courteous and thoughtful assistance to genealogical researchers."

The Farmington group had nominated her based on her years of activity in the genealogical field. An elementary school teacher for 35 years, she retired in 1996. Over the years, she was involved with the publication of 16 cemetery and death records, and six Lancaster surname books.

She has donated copies of all these books to the Family History Library in Salt Lake City. She also maintains a database for the surname Lancaster (related and non-related) and is always willing to share this information with other researchers. Beverly with her husband, Jim, has taught beginning genealogy courses at Oakland Community College

and has participated in educational workshops presented by the Farmington Genealogical Society through the Farmington Community Library.

She's been active in the Pontiac Area Historical and Genealogical Society and served as treasurer, editor, and chairman of the membership and publications committees.

In her position as co-editor of the Farmington Genealogical Society newsletter, she contributes information to share with members. She is a delegate to the Michigan Genealogical Council and is local coordinator of the Michigan Death Index Project sponsored by the Michigan Genealogical Council. She is registrar for the society's annual antique appraisal clinic, and contributes many creative suggestions for current and long-range projects of the society. The Kellogg award is the highest state honor for genealogy. It was the second consecutive time the award has gone to a member of the Farmington Genealogical Society.



Honored: Sybil Rae-side gives Beverly Lancaster a certificate of appreciation. Lancaster received state honors last fall in Traverse City.