



THE COMPASSIONATE FRIENDS OF METROWEST

NEWSLETTER



The mission of The Compassionate Friends is to assist families in the positive resolution of grief following the death of a child and to provide information to help others be supportive.

July-August 2021



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Vol. 26 Issue 4

YOU ARE INVITED

The Compassionate Friends - Metrowest Chapter meets twice a month. Evenings on the third Tuesday from 7:30 to 9:30 pm in the library of St. Mary's Parish Center, Route 16, Washington St., Holliston. The parish center is located between the church and the rectory. will be on:

July 20th. & August 17th.

The **Tuesday** afternoon meetings will be held on the last Tuesday of the month next to St. Mary of the Assumption Church in Milford at the parish center. **Please call Ed or Joan Motuzas at (508) 473-4239 by the last Monday or earlier if you plan to attend.**

Directions....On Route 16 (Main St.) going north through downtown Milford (Main St.) at the Town Hall on the right take a left at the lights onto Winter St. The parish center is the last building before the church.

Going south on Route 16 (East Main St.) after Sacred Heart Church on the left, bear right on Main St., continue past Dunkin' Donuts on the right, proceed to the next set of lights and take a right onto Winter St. There is parking on both sides of the street. Look for Compassionate Friends signs to meeting room.

July 27th. & August 31st.

WHO ARE WE?

The Compassionate Friends is a nonprofit, nonsectarian, mutual assistance, self-help organization offering friendship and understanding to bereaved parents and siblings.

Our primary purpose is to assist the bereaved in the positive resolution of the grief experienced upon the death of a child and to support their efforts to achieve physical and emotional health.

The secondary purpose is to provide information and education about bereaved parents and siblings for those who wish to understand. Our objective is to help members of the community, including family, friends, employers, co-workers, and professionals to be supportive.

Meetings are open to all bereaved parents, grandparents and siblings. No dues or fees are required to belong to the Metrowest Chapter of The Compassionate Friends.

The Compassionate Friends Credo

We need not walk alone. We are The Compassionate Friends. We reach out to each other with love, with understanding, and with hope.

The children we mourn have died at all ages and from many different causes, but our love for them unites us. Your pain becomes my pain, just as your hope becomes my hope.

We come together from all walks of life, from many different circumstances. We are a unique family because we represent many races, creeds, and relationships. We are young, and we are old. Some of us are far along in our grief but others still feel a grief so fresh and so intensely painful that they feel helpless and see no hope.

Some of us have found our faith to be a source of strength, while some of us are struggling to find answers. Some of us are angry, filled with guilt or in deep depression, while others radiate an inner peace, but whatever pain we bring to this gathering of The Compassionate Friends, it is pain we will share, just as we share with each other our love for the children who have died.

We are all seeking and struggling to build a future for ourselves, but we are committed to building a future together. We reach out to each other in love to share the pain as well as the joy, share the anger as well as the peace, share the faith as well as the doubts, and help each other to grieve as well as to grow.

We need not walk alone.

We are The Compassionate Friends. ©2021

Weather Cancellation

In the event of inclement weather on meeting days or nights, if in doubt call:

**Ed or Joan Motuzas at
(508) 473-4239**

THE COMPASSIONATE FRIENDS OF METROWEST



Chapter Information

Co-leaders

* Ed Motuzas 508/473-4239
* Joan Motuzas 508/473-4239

Secretary

* Joan Motuzas 508/473-4239

Treasurer

* Joseph Grillo 508/473-7913

Webmaster

*Al Kennedy 508/533/9299

Librarian

Ed Motuzas 508/473/4239

Newsletter

Ed Motuzas 508/473-4239

Senior Advisors

*Rick & Peg Dugan 508/877-1363

Steering Committee *

Judy Daubney 508/612-0259
Janice Parmenter 508/528-5715
Linda Teres 508/366-2085
Mitchell Greenblatt 857/225-7135
Carol Cotter 774/219-7774
Wendy Bruno 508/429-7998

The chapter address is:

The Compassionate Friends
Metrowest Chapter
26 Simmons Dr.
Milford, MA 01757-1265

Chapter Web Page
www.tcfmetrowest.com

Regional Coordinator

Dennis Gravelle
638 Pleasant St.
Leominster, MA 01453-6222
Phone (978) 660-7906
DennisGravelle78@gmail.com

The Compassionate Friends has a national office that supports and coordinates chapter activities. The national office can be reached as follows:

The Compassionate Friends
P.O. Box 3696
Oak Brook, IL 60522-3696
Voice Toll Free (877) 969-0010
Fax (630) 990-0246

Web Page:
www.compassionatefriends.org

TRIBUTES, GIFTS AND DONATIONS

There are no dues or fees to belong to *The Compassionate Friends*. Just as our chapter is run entirely by volunteers, your voluntary, tax-deductible donations enable us to send information to newly bereaved parents, purchase pamphlets and books, support our outreach program, contribute to the national chapter and meet other chapter expenses.

THANK YOU to the friends who help keep our chapter going with their contributions.

Love Gifts

Ms. Betty Myers in loving memory of son **William Bruce-Tagoe** on his anniversary July 6th. Mr. & Mrs James Loughran in loving memory of their son **Christopher James Loughran** on his birthday August 6th.

The Long View

A few weeks after my son Arthur died I met a nurse. She conducted an assessment for me for a procedure that I had scheduled months ahead of time. She ran down her list of routine questions. One of them was "Are you in pain now?"

Jess, my stepdaughter, was with me because she was my ride home after the procedure. We just looked at each other.

I hesitated and answered honestly, "Well, emotional pain," and then explained it. The nurse stopped and looked at both of us. She said soothing things that I don't remember. Then she said, "Someday, you will smile again, just not now."

She was right. That's the long view of it. At the time Jess and I had no idea that would happen again. Our fresh grief was way too huge and painful to imagine smiling again.

To the tender newer members of TCF I wish you a someday when you will smile again. You will feel a spark of joy. This will come again.

The Compassionate Friends support group anchored me from one month to the next. I met people who were further down the road than me who had experienced child loss. They smiled, even laughed and they were authentic. They were my role models.

Now as a TCF chapter co-leader, when I see a newer member spontaneously reach out to someone who is at their first or second TCF meeting, I breathe a sigh of relief for both of them. One is helping the other and both will feel that healing on their grief journeys. This is how we work and it works very well.

Monica Colberg
TCF Minneapolis, MN
In Memory of my son Art



Our Children Remembered

As a regular feature, the newsletter acknowledges anniversaries of the deaths of our children/siblings and their birthdays. This issue covers the months, July and August. If information about your loved one is missing, incorrect or our chapter files are in error, please send the correct data, including your name, address, and telephone number, the name of your loved one and the birthday and date and cause of death to the newsletter editor, Ed Motuzas, 26 Simmons Dr., Milford, MA 01757-1265.

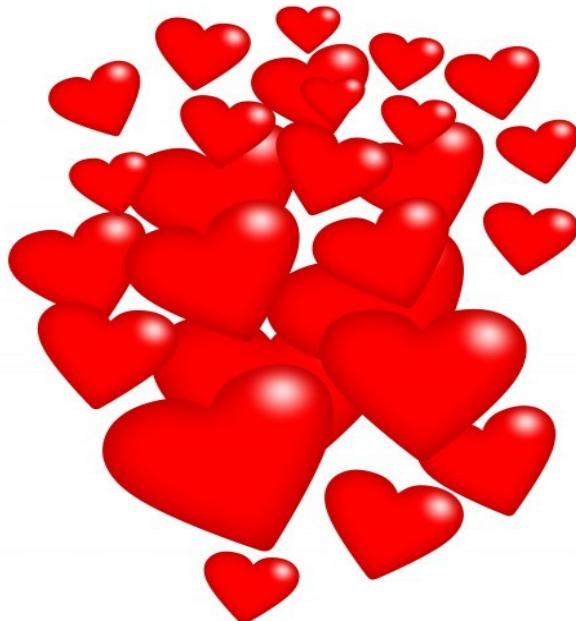
Anniversaries

July

KARL DAYTON JANISCH
THERESA LAUREL SWINDELL
WILLIAM BRUCE-TAGOE
SCOTT F. MOTUZAS
ANDREW RYAN WEGLINSKI
SHERIL SEARS JONES
DIXON BERGMAN

August

JULIE A. SLOCUM
MICHAEL JOSEPH McALLISTER
MATTHEW DENICE
LISA SOO KANE



Birthdays

July

PATRICK WALKER EVENS
ROY RANDALL
ISAIAH MAURICE LUSSIER
CHRISTINA CASHELLE DISHMAN
MIRANDA E. DeGUGLIELMO
MICHAEL J. SMITH
KELLEIGH M. WASHEK LYNCH
MIRA TUTEJA
ELISSA DAON
CORINNE CECILIA SCIARAPPA
KAITLYN KENNEDY
BRIAN F. ALLARD

August

ERICA BLEAKNEY
THERESA LAUREL SWINDELL
CHRISTOPHER JAMES LOUGHREN
CHRISTOPHER L. DAVEY
JAMIE BLAU
ETHAN ANDREW BAGGE
JASON IADIEU
DAVID ALEXANDER SCHNEGG
CLIFFORD CROWE
GREG BRUNO
ADAM SCOTT COLE
JULIAN GEORGE CAYER

Softly...may peace
replace heartache and cherished
memories
remain with you always on your
child's birthday.



THE SIBLING CORNER



This page is dedicated to siblings together adjusting to grief thru encouragement & sharing

"Siblings Walking Together." We are the surviving siblings of The Compassionate Friends. We are brought together by the deaths of our brothers and sisters. Open your hearts to us, but have patience with us. Sometimes we will need the support of our friends. At other times we need our families to be there. Sometimes we must walk alone, taking our memories with us, continuing to become the individuals we want to be. We cannot be our dead brother or sister; however, a special part of them lives on with us.

When our brothers and sisters died, our lives changed. We are living a life very different from what we envisioned, and we feel the responsibility to be strong even when we feel weak. Yet we can go on because we understand better than many others the value of family and the precious gift of life. Our goal is not to be the forgotten mourners that we sometimes are, but to walk together to face our tomorrows as surviving siblings of The Compassionate Friends.

A SIBLING SPEAKS OUT

What happens to the children when a brother or sister dies? In some ways it is a very different experience from that which parents go through, while in others it is very much the same. Part of the reason for the difference is that the child who has died has a unique relationship with each family member. Part of the reason for the similarity is that all have suffered a loss.

One of the strongest desires expressed by siblings is that they are much more likely to want to return to a normal routine. They want to return to school fairly quickly and to go out with their friends. They want their parents to stop crying, not because they don't care but because they do care and want to see the hurt stop. Just because a child wants to go to a movie doesn't mean he isn't grieving. I think that children are much less exposed to socially "appropriate" behavior after someone has died and may do things that do not fit into an "appropriate" role.

Another strong feeling I see is that of guilt. As much as parents know about their children, there are some things they will never know. A child's private thoughts or an exchange between children may never come to the parents' attention. The source of a child's guilt is frequently the result of an argument, a hastily shouted "drop dead," or a similar fleeting thought. These incidents come back to haunt children as though one such incident had something to do with the death.

There are a few more concerns that may develop. One is how to take over for the dead child, for example, the household chores that were always done by him or her, but that now have to be done by someone else. Related to this concern is a situation in which a child always shared a particular activity simply because the sibling did it too.

After the death, the surviving sibling may feel compelled to continue the activity because to give it up would be to take away a reminder of the dead sibling.

Another concern is that whatever happened to the brother or sister may happen to the survivor. This is particularly acute if the sibling who died was older. As the child approaches the age of the sibling when he or she died, a feeling of anxiety may develop.

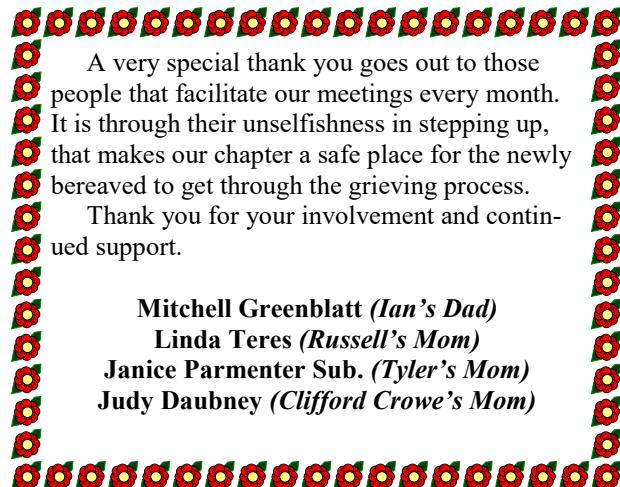
Many children realize this fear to be groundless but find themselves wondering if they will survive. Consequently, birthdays are often occasions with unexpressed conflicts.

Children also share some of their parents' feelings: the loneliness, the looking for comfort, the feeling that no one else really knows what they're going through. They also share the unanswerable questions: "If I could have" . . . and "What if?" . . .

A child's life is changed forever when a brother or sister dies. If I could advise parents, it would be to say, "children do not grieve the same way as parents do because of different relationships. Keeping these differences in perspective will help you understand why children sometimes do the things they do. It helps to consider a child's point of view when you are hurting so much. During such an emotionally draining time as grieving don't leave anything to chance; don't assume anything. Making sure you and your children are aware of each other's feelings will mean less confusion, less tension, more sharing, and more growing together as a family."

**Julie Peterson
TCF, Pawtucket, RI**

THE COMPASSIONATE FRIENDS OF METROWEST



A very special thank you goes out to those people that facilitate our meetings every month. It is through their unselfishness in stepping up, that makes our chapter a safe place for the newly bereaved to get through the grieving process.

Thank you for your involvement and continued support.

Mitchell Greenblatt (*Ian's Dad*)

Linda Teres (*Russell's Mom*)

Janice Parmenter Sub. (*Tyler's Mom*)

Judy Daubney (*Clifford Crowe's Mom*)

TCF Stepping Stone for New Life

When I attended my first TCF meeting in Seattle 12 years ago, I had totally lost the desire to live. As I sat in the meeting room at Seattle University, I thought, "What am I doing here?" Overwhelmed with grief over the recent death of my seven-year-old son, and only child, Daniel, I couldn't bear the pain any longer. I listened to each grieving parent sharing their story of loss. I kept thinking "Oh dear God, it's been many years for some of these families since their child died and they're still coming to these meetings! Is this what I have to look forward to—a lifetime of this excruciating pain and monthly meetings?"

Daniel and my five-year-old stepson, Isaac, were struck by a car, which sent them both to the ER comatose and on life support for six days. Isaac sustained brain stem damage and paralysis. He was hospitalized for a couple of months, followed by years of physical therapy, complications, and visits to doctors and neurologists.

A wrongful death lawsuit was filed against the 17-year-old who had hit my sons when driving 55 miles per hour in a 35 mph zone. A continual flow of appointments lasted eight months, meeting with attorneys and going through the courts and the trial. Through my frustration, I began lobbying for a bill to change the laws concerning reckless driving vs. vehicular homicide. It passed in the House of Representatives and in the Senate, but the Governor vetoed the bill due to a lack of jail space.

I was eventually forced to take a leave of absence from my job—which was somewhat of a relief, since I had become a non-functioning employee. Simple tasks at work had become overwhelming. The doctor had prescribed tranquilizers for me as my increasing anxiety attacks, depression, and stress mounted.

Alcohol seemed to calm my nerves and helped me to sleep. I thought if I drank enough, it would deaden the pain. Alcohol, being a depressant, only caused my depression to escalate. It also gave me the false courage to attempt suicide one night, in the early stages of my grief.

Marital problems from the accident compounded and seven months after my son's death, my husband and I divorced. A month later I spent my "first" Christmas alone in my dimly lit living room, begging God to please take me home.

That was in 1985, and now I understand why people return to TCF—it's healing. As time passes, to be able to still hear our child's name, to share with others who understand, acknowledge birthdays, special anniversary dates and their lives as it becomes a faded memory no longer talked about among family and friends. We don't want to "worry" others that we don't "seem" to be "getting over our loss." Bless them for they are unable to understand that we never fully "get over it."

A special comforting bond grows among the bereaved parents in which our children brought us together. Thank God for the "seasoned" TCF members, and close friends who have given me strength and courage to go on, who have listened tirelessly for hours, who let me "fall apart," cry, "lose it," and vent my anger and rage. Through their own pain, they let me know that I need not walk alone. What a beautiful, loving gift these TCF parents and dear friends have given to others who are hurting.

I listen closely to these "seasoned veterans." They've gone through their child's death and all that follows, yet they still came out on the other side. They've been down the path before me, and know what's ahead. They give us hope and understanding.

I never imagined that 10 years after my son's death, I would take that tragedy and volunteer to work with other grieving parents and siblings. A friend with the Los Angeles Police Department Crisis Response Team suggested that I take my own experience and apply at the department to take the training for the team. That was two years ago.

Our team members assist the police with death notifications to families. We are on 24 hour call and respond to natural deaths, homicides, suicides, rapes, and armed robberies to provide short-term intervention to the victims and their families.

The Compassionate Friends National Board President Rich Edler (LA/South Bay TCF Chapter) has begun working with us as a speaker during our L.A.P.D. training classes. He has compiled TCF packets that each team member can give to grieving families to aid in long-term support.

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THE COMPASSIONATE FRIENDS OF METROWEST



(continued from page 5)

We have also begun training new police recruits within the L.A.P.D. Harbor Division on the Crisis Response Team, helping them to become sensitive to the initial shock and grief of the victim's families and the need for our team members to assist the officers and grieving families.

The direction of my life changed dramatically May 8, 1985 and I'm grateful The Compassionate Friends has been the stepping stone to where my life has now taken me.

***Gay N. Kennedy
San Pedro, CA***

In Memory of my son, Daniel

A Mother's Grief

A mother's grief is physically intense and devastating to the mother's self-identity and yet, like all grief, contains the seeds for personal growth and greater meaning in life.

A mother's bond with her child begins before child-birth. Whether or not she ever holds the child to her bosom or nuzzles its head with her nose or puts her finger in its grasp, she begins the strongest physical bonding in human experience. When this bond is broken the process of mothering is abruptly interrupted.

Mother's grief, is hugely physical. And the pain of grieving mothers seems to be more intense and long lasting. A mother is unable suddenly to abandon her mothering, regardless of the child's age at death. In fact, cutting the grass around his grave feels to me like I'm manicuring his nails, just as I used to do when he was a little boy.

Even after the child is grown there is a definitive bond between mother and child. My connection to my 17- year-old son was forcefully demonstrated to me the day he died eleven years ago. I was in a restaurant having lunch when I felt an inexplicable rush of nausea that sent me outside for air, where I vomited for 20 minutes. That fateful night, I was told by police it was the exact moment my son fell to his death.

It is no surprise that mothers whose children die feel severe physical pain and have more physical symptoms than fathers during their grief. Mothers describe their pain as "being wounded," "violently torn apart," "kicked in the teeth," "as if every part of my body was broken," "blown apart and shattered." Mothers are so bound to their children that a child's death often feels to the mother as if a portion of her body has disappeared.

Often mothers define themselves through relationships with their children.

The closer a mother's sense of identity is bound to her dead child, the more devastating the loss and grief. Death of a child can bring on an identity crisis for a mother that shakes her very sense of self. Mothers can experience feeling like they failed to protect their child.

It is perhaps a miracle that a mother is able to survive the death of her child. In the beginning, most mothers do not feel they will survive; but somehow, they do. That a mother can change in positive ways, integrating aspects of her child into her own life, internalizing her relationship to her child and using it to find strength and wisdom, or finding the courage to live joyfully and fully again, is truly a testament to the power of mother love.

One of the distinctive features in the grieving mother's experience is that at the same time she continues to miss the physical presence of her child, she may feel every closely connect to her child, as if the child has once again become a part of her. Some mothers talk to their child. Some use the child as a teacher or guide.

Grieving mothers need to know that the relationship with the child will never die, that their child will always be part of their life, but the form of the relationship will change. Indeed those mothers who seem to heal most completely are those for whom the child has become an integral part of their inner lives.

Many mothers are frightened of their despair and want to stifle their suffering. Friends and family see grief as a bad thing to "be lessened." But negating her grief robs a grieving mother of an opportunity to become her most integrated and powerful self. Rather than trying to stop the pain of grief, compassion and acceptance of the mother and her despair, should be offered. Also the mother must patiently and compassionately feel and accept her pain.

Mothers focusing on their process rather than denying it, capture the potential for growth that lies in grieving.

Mothers do survive the death of a child, whether through hard work or a commitment to grow or just through the passage of time. Through that survival comes a deeper sense of compassion for others. And, though the intensity and character of grief continually changes over time, the depth of love of a mother for her child remains forever constant.



***By Nisha Zenoff
TCF, Palo Alto, CA***

THE COMPASSIONATE FRIENDS OF METROWEST



Phone Friends

Sometimes it helps to just be able to talk to someone; maybe at a time when pain or stress seems too much to bear. We maintain a list of Telephone Friends; people who are willing to listen, to commiserate, to give whatever support they can. In a time of need, feel free to call one of our Telephone Friends.

Ed & Joan Motuzas,**Scott**, age 31, Kidney and Liver Failure,(508)473-4239
Janice Parmenter,**Tyler**, age 29, Chronic Addiction,(508)528-5715
Judy Daubney,**Clifford**, age 27, Suicide,(508)529-6942
Linda Teres,**Russell**, age 19, Automobile Accident,(508)366-2085
Mitchell Greenblatt,**Ian**, age 18, Automobile Accident,(508)653-0541
Sandra Richiazz-Natoli,**Bryan**, age 17, Automobile Accident,(508)877-8106
Sarah Commerford,**Timothy**, age 21, Homicide.....(508)429-9230

It is always useful to have more Telephone Friends; individuals who are willing to provide support and comfort via the telephone. The chapter provides guidance for those who want to help. When you listen and talk to the bereaved, you make a difference. A longer list of Telephone Friends increases the likelihood that someone will be available when needed. Call Ed Motuzas at (508) 473-4239 if you would like to be a Telephone Friend.



Support Resources

TCF Online Chat Groups:

WWW.compassionatefriends.org/resources/online_Support.aspx

- For questions, please contact Diana Jorden, 925-432-3854, who moderates the general grief and suicide loss rooms on Friday nights and Sunday. TCF online offers several specialized chat rooms, all moderated by moms who have been in chat for at least 2 years or more. We offer a sibling-only chat, loss under 1 year, loss over 2 years, loss of only child, suicide survivor, infant/pregnancy loss, and every night (and Monday mornings) there is a general loss room open to parents, step and grand, and siblings.
- You can sign up for the online TCF National newsletter at www.compassiontefriends.org
- You can reach our TCF National Facebook page through the link on the same home page of our national website. You will be asked to join Facebook if you are not already a member, and we hope you'll find our Facebook page as interesting as do the more than 11,000 fans who have already found us!

Other Grief Support Websites

- agast.org - *for grandparents*
- alivealone.org
- aliveinmemory.org
- angelmoms.com
- babysteps.com
- bereavedparentsusa.org
- beyondindigo.com
- childloss.com
- goodgriefresources.com
- parmenter.org - *children's bereavement*
- griefhealingblog.com
- griefwatch.com
- GriefNet.org
- healingafterloss.org
- Jeff's Place-www.jeffsplace.com
- opentohope.com
- pomc.com - *families of murder victims*
- save.org
- survivorsofsuicide.com
- Taps.org - *military death*
- webhealing.com
- Griefshare.org



THE COMPASSIONATE FRIENDS OF METROWEST



Suggestions To Aid Marriage

Don't expect a spouse to be a tower of strength when he or she is also experiencing grief.

Be sensitive to your spouse's personality style. In general he or she will approach grief with the same personality habits as they approach life. It may be very private, very open and sharing or someplace in between. Find a "sympathetic ear" (not necessarily your mate's), someone who cares and will listen.

Do talk about your child with your spouse.

Seek the help of a counselor if depression, grief or problems in your marriage are getting out of hand.

Do not overlook or ignore anger-causing situations. It is like adding fuel to the fire. Eventually there is an explosion. Deal with things as they occur.

Remember you loved your spouse enough to marry. Try to keep your marriage alive; go out for dinner or an ice cream cone; take a walk; go on a vacation. Be gentle with your mate.

Join a support group for bereaved parents. Attend as a couple, come by yourself or with a friend. It is a good place to learn about grief and to feel understood. Do not make it a pressure on your spouse to attend with you if it is not his/her preference.

Join a mutually agreeable community betterment project.

Do not blame yourself or your mate for what you were powerless to prevent. If you

blame your spouse or personally feel responsible for your child's death seek immediate counseling help for yourself and your marriage.

Realize that you are not alone. There are many bereaved parents.

Choose to believe again in the goodness of God and life. Search for joy and laughter.

Recognize your extreme sensitivity and vulnerability and be alert to the tendency to take things personally.

Read about grief, especially the books written for bereaved parents.

Take your time with decisions about your child's things, change of residence, etc.

Be aware of unrealistic expectations for yourself or your mate.

Remember there is no timetable. Everyone goes through grief differently, even parents of the same child.

Try to remember that your spouse is doing the best that he or she can.

Marital friction is normal in any marriage. Don't blow it out of proportion.

Try not to let little everyday irritants become major issues. Talk about them and try to be patient.

Be sensitive to the needs and wishes of your spouse as well as yourself. Sometimes it is important to compromise.

It is important to keep the lines of communication open.

Work on your grief instead of wishing that your spouse would handle his/her grief differently. You will find that you will have enough just handling your own grief. Remember when you help yourself cope with grief, it indirectly helps your spouse.



As Harriett Schiff states, "Value your marriage. You have lost enough."

Hold onto HOPE. With time, work and support you will survive. It will never be the same but you can learn again to appreciate life and the people in your life.

Hope for Bereaved Parents, Syracuse, NY

Memories of our children are like a rose . .

When a child dies our memories are held tightly with lots of pain, just like the tightly folded petals of the rose bud with the many thorns to stick and prick causing pain.

As we talk about our child and share memories with others we begin to open ourselves to healing as the rose petals start to open ever so gradually.

Just as a rose becomes more beautiful as it blooms, so do the memories of our child.

Yes, the thorns are still there and will hurt when touched, but oh how beautiful the rose and oh, how beautiful the memory of our children!

Share the memory of your child so that memory can start to bloom to become as beautiful as the rose.

In memory of Doug.

**Julie Timmerman,
TCF, Tulsa, OK**



Other Area TCF Chapters

MA/CT Border Towns Chapter (Dudley, Webster areas)

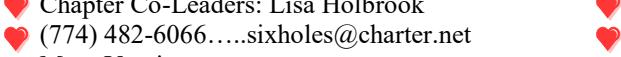
Chapter Leaders: Paul & Anne Mathieu (508) 248-7144.....ampm1259@charter.net

South Shore Chapter (Hingham, Weymouth areas) Chapter Leader: Mercedes Kearney (781) 749-3401..... mdkearney@comcast.net

Worcester Chapter Chapter Co-Leaders: Lisa Holbrook (774) 482-6066....sixholes@charter.net

Mary Vautier.... (508) 393-7348....mjvautier@msn.com

Central Middlesex Chapter (Needham, Concord) Chapter Leader: Carol Gray-Cole (781) 444-1091.....cgc603@aol.com





THE COMPASSIONATE FRIENDS OF METROWEST



NEWSLETTER MAILING LIST UPDATE (THIS PAGE WILL BE PRINTED EVERY OTHER EDITION)

We continue to update our mailing list. We want everyone who reads our newsletter to receive it; however, mailing costs make this update necessary. We want to send it where it is being read. Your donations allow us to print and mail this newsletter and to reach out to hundreds of parents and siblings.

Please fill out this form now if you wish to be added to or removed from our mailing list. This form should be filled out annually. If we don't hear from you in a year's time you will be notified through the newsletter that your name will be removed from our mailing list unless we hear from you.

If you are able to make a donation at this time, it will be gratefully received. Please mail to address below.

PLEASE FILL OUT THIS FORM AND RETURN IT AS SOON AS POSSIBLE

I (do) (do not) wish to continue receiving the TCF newsletter.

Name _____

Address _____

City _____ State _____ Zip _____

(Parent / Sibling / Grandparent) (professional)

(Donation included) Make checks payable to "The Compassionate Friends" or TCF

If there are any errors in spelling or other information in this newsletter, please call it to my attention so that I may correct it. Please use this page to send back information, reverse side is addressed for your convenience.

Mail to: TCF Metrowest, 26 Simmons Dr., Milford, MA 01757-1265

CHANGE OF ADDRESS?

**PLEASE ADVISE US OF ADDRESS CHANGES TO INSURE
YOUR RECEIVING THE NEWSLETTER, THEY ARE NOT
FORWARDED BY THE POST OFFICE.**

Fold & Tape _____

The Compassionate Friends
Metrowest Chapter
26 Simmons Dr.
Milford MA 01757-1265

Fold & Tape _____

THE COMPASSIONATE FRIENDS OF METROWEST



Memories

I am the unforgiven for I was not there
 I am the unforgiven when you needed me near
 I am the unforgiven for I could not stop the pain
 I am the unforgiven for my tears are the rain.
 As you walk, but not alone, for you held your brother's hand
 He brought you to the unknown, yet familiar land
 You were scared, but he showed you the way
 He showed you a more peaceful and brighter day
 You tried to look back; but some force would not let you see...
 For I stood alone and heartbroken, you both left me!
 The days left to wake up to are empty and gray
 Sometimes I find it hard to find my own way
 Trying to find a reason to live
 With a vacant heart, not much left to give
 A memory of a lingering light...
 A memory of a day turned bright...
 A memory of your smiling face...
 A memory...put away...in a very special place.

Bette F. Lewis
TCF, Metrowest, Milford, MA

Summer Thoughts...

Summer is a time when things naturally slow down, a time when many are waiting for the orderly routine of their lives to begin again. For those of us in grief whose lives are already in limbo, it can seem endless if we let it. Seeing children, babies, and teenagers is not easy for us, and in summer we see them everywhere from shopping centers to beaches. Everyone is out living, loving, enjoying carefree activities with their children, and we want to scream, **“It’s not fair!”**

I was sitting on my patio one evening at dusk recently listening to the shouts of children outside playing, and I was crying as I remembered the sounds that my child used to make. I became very depressed as I thought what a long summer this was going to be.

In my reverie I was reminded of a recent comment I had heard at a TCF meeting: “My child was such a loving, giving person. He would not want me to waste my life being bitter.” I also remembered a good friend telling me to “count my blessings” and naming over all the things I had to be grateful for. I was furious at the time. Nothing that I had to be grateful for could compensate for the Now sitting in the twilight of this early summer evening, I began to see things differently. I determined that this summer would not be an eternity, that I would not let it be. I decided first of all to stay busy. I know I can find plenty to do if I only take the time to look.

I am also going to try to enjoy the simple things that used to give me so much pleasure, like working in my garden and flowers. I then decided to try to be truly grateful for the blessings that I have, like my husband, my surviving children, my job, my friends, etc.

It has been almost five years for me, and I know that last year this would not have worked. Of course, I still have times of sadness. I know I always will, but I have decided that in the process of grieving, we close so many doors that the only way to recovery is to reopen them gradually at our own pace.

I know I will never be the same person I was before the death of my child, but I hope eventually in some ways I will be a better person because suffering can be beneficial if we learn and grow through it. A year ago I didn’t feel this way, and I know I still have a long way to go, but in the meantime I know the greatest tribute to my child will be to enjoy this summer as he would have done.

Libby Gonzalez,
TCF, Huntsville, AL

TO A COMPASSIONATE FRIEND

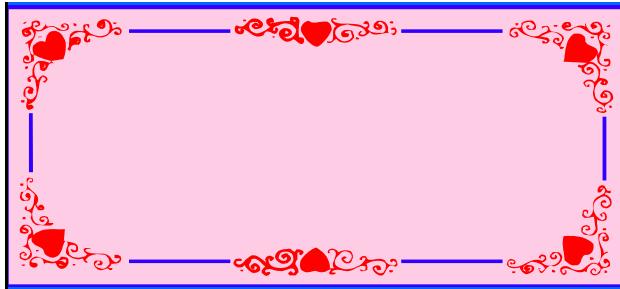
THEY told me life never gives you more than you can handle. Lies, I can’t handle this.
 THEY told me, in a year I would be my old “self” again, they were wrong, “it” died with my son.
 THEY told me to get my act together and start living again, all I see is his death.
 THEY said, if I was a true believer, this would be a time of joyous celebration.
 Damn them! I couldn’t give him life, now I can’t give him heaven.

YOU didn’t say, “You’ll handle this, you’re strong.” You said, “go ahead and cry. I’ll wait until you’re ready.”
 YOU didn’t say I’d be my old self again. Your old self died too. You helped me find my new self.
 YOU didn’t tell me to get my act together. You said, “Take things slowly, a day at a time. The pieces will fit when you’re ready.”
 YOU saw that my faith was shaken, you didn’t preach. You reminded me that He in whom I believe is patient and understanding. His love would preserve until I found my way back.

Thank you, Friend, for showing me Compassion. Perhaps I can do for someone what you have done for me.

Edith Fraser,
TCF, Winnipeg Canada

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Address Correction Requested

TO OUR NEW MEMBERS

Coming to your first meeting is the hardest thing to do. But you have nothing to lose and everything to gain. Try not to judge your first meeting as to whether or not TCF will work for you. The second, third, or fourth meeting might be the time you will find the right person - or just the right words said that will help you in your grief work.



TO OUR OLD MEMBERS

We need your encouragement and support. You are the string that ties our group together and the glue that makes it stick. Each meeting we have new parents. THINK BACK... what would it have been like for you if there had not been any "oldies" to welcome you, share your grief, and encourage you? It was from them you heard, "your pain will not always be this bad; it really does get softer."