



The Compassionate Friends

MA/CT Border Towns Chapter
Supporting Family After a Child Dies

P. O. Box 187, Pascoag, R.I. 02859

NEWSLETTER

The Compassionate Friends are here for you. Our mission is to assist families toward the positive resolution of grief following the death of a child of any age and to provide information to help others be supportive.

Our chapter meets the second Thursday of each month at 7:00 p.m. at St. Anthony of Padua Church, 22 Dudley Hill Road, Dudley, MA

Chapter Leader/ Facilitator: Becky Adams
Putnam, CT. 401-225-4687
E mail: BeckyAdamsAuthor@gmail.com

Treasurer: Melissa Lagesse
Pascoag, RI 401-651-0630

Newsletter Editor: Anne Mathieu
Charlton, MA 508-248-7144
E mail: ampm1259@charter.net

Webmaster: Sylvia Gaumond

Chapter e mail: BordertownsTCF@yahoo.com

Chapter Website:
<https://tcfborder.wixsite.com/tcf-ma-ct-border>

Regional Coordinator: Dennis Gravelle
Leominster, MA 978-660-7906
E mail: dennisgravelle78@gmail.com

TCF National Office Toll Free Tel: 877-969-0010
National WebPage: www.compassionatefriends.org

Our Next Sharing Sessions

Thurs., April 10, 2025

Thurs., May 8, 2025

Thurs., June 12, 2025

You are always welcome to join us, even if it's been awhile since you've been to a meeting.

If you are newly bereaved, feel free to bring a supportive friend or relative. Share your feelings, or say nothing and just listen; but please come.

"You need not walk alone"

Please Note: Our mailing address has changed but our meeting location remains the same. Also, note that Becky Adams has a new telephone number.

TELEPHONE FRIENDS

Having a bad day? Sometimes it helps to talk with someone who understands your pain. Please don't hesitate to call one of us.

"You Need Not Walk Alone!"

Becky Adams 401-225-4687
Email: BeckyAdamsAuthor@gmail.com

Melissa Lagesse 401-651-0630
Email: MLGLTLJL@gmail.com

Anne Mathieu 508-248-7144
Email: ampm1259@charter.net

Sylvia Gaumond 508-764-6170
Email: jurwithme@charter.net

LOVE GIFTS

What is a "love gift"? A love gift is a very thoughtful way of remembering your child at special times such as birthday, anniversary, or at any time, with a donation to your local chapter of The Compassionate Friends.

With your donations, we are able to keep our chapter functioning.

Your tax deductible donations may be brought in to a meeting or sent to:

The Compassionate Friends

P.O. Box 187, Pascoag, R.I. 02859



Thank you for love gifts received this quarter from:

Martha Clarke in loving memory of her son
Zachary Jeneral

Thank you also to those who leave
donations anonymously in our basket at
meetings.

Since there are no fees or dues to belong to
The Compassionate Friends, your donations
keep us functioning and we appreciate them
very much. No amount is too small.

Thoughts on the Month of May

The spring flowers on your grave
Express the time of year.
It used to be a busy time...
Lots of happy days and cheer.

I still have all the Mother's Day cards
Made of construction paper and glue.
Verses written on a slant
That said, "Mom, I love you."

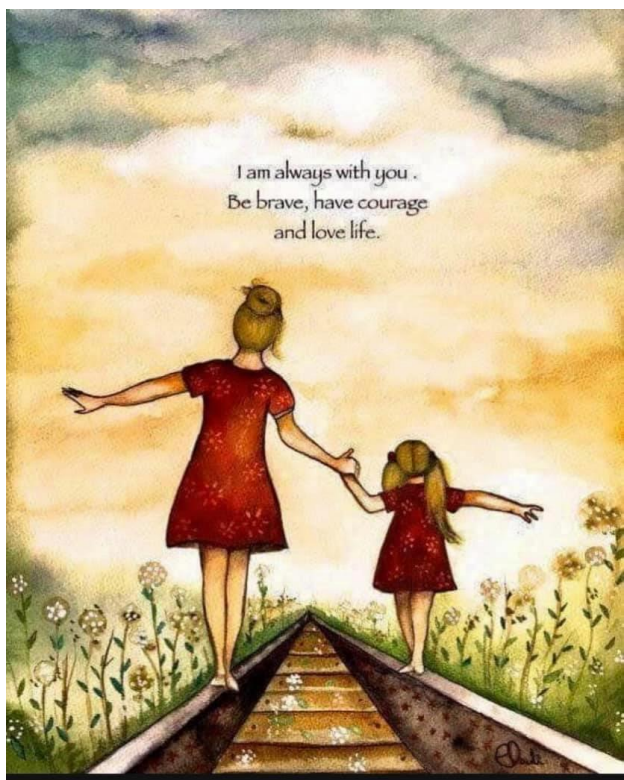
I'll make no birthday cake this May
Nor see the graduation of your class.
The parades, ice cream socials and such
Are all a part of the past.

And though these weeks bring sadness,
When I remember them I have to smile.
May was really very special
And I'm glad we had it for a while.

Norma Herzog TCF, Cincinnati, OH



**GOD PUT ME
ON THIS EARTH
TO BE A
MOTHER.
I JUST WISH
I WASN'T A
GRIEVING
MOTHER.**



FATHER'S DAY

Warm and sunny day in June
 Father's Day
 Children, small and grown
 Give gifts to father
 Say I love you.

But there are fathers
 Whose children are not here,
 To give gifts and say thanks
 And say I love you .

Remember the fathers
 Whose children are gone,
 Because they will always be
 Fathers at heart.

~Sascha

*Remember those
 who paid the ultimate price*



Memorial Day

For each grave where a soldier
 lies at rest

For each prayer that is said today
 out of love

For each sign of remembering
 someone who died

Let us also give thought to
 the mothers and fathers
 the brothers and sisters
 the friends and the lovers
 who death left behind.

~Sascha Wagner

Birthday Remembrances

***We celebrate the day they
were born and hold them in
our hearts forever.***



APRIL BIRTHDAYS

Sarah Arnold - Jane Baron - Doreen Salvas -
Wil Sweny

MAY BIRTHDAYS

Amanda Keith - David Seaver - Samuel
Tharp -

JUNE BIRTHDAYS

Joseph Angel Garcia - LEEANNE Sharolow

We do our best to print an accurate accounting of birth and death dates. If we've missed someone or if you notice an error, please let us know so we can correct our records.

In Memory of our Children

***As long as we live,
our children too shall live,
for they are part of us in our
memories.***



APRIL ANNIVERSARIES

Matt Alsfeld - Kelly Marie Ondrasek - Michael
Sprouse -

MAY ANNIVERSARIES

James Garcia - Jordan J. Howe

JUNE ANNIVERSARIES

Joseph Angel Garcia - Tara Hogan - Samuel
Tharp – Christopher James Westgate

We do not need a special day
To bring you to our minds
For days that we do not think of you
are very hard to find.

They say that time heals all
sorrows and helps us to forget.
But time so far has only proved
how much we miss you yet.

We found the strength to fight it,
and the courage to bear the blow,
but what it meant to lose you,
no one will ever know.

Author Unknown

Father's

Fathers do have feelings
yet they feel they must maintain
an image
and put up a "manly" front.
He must appear to have control and
ably bear the brunt of problems
that the family has to face.
Fathers especially tend to suffer guilt
over failing to keep their child safe,
failing to prevent his/her death.
After all, men are often taught that
protecting the family is their
primary role.
Men often believe that they should
not cry
they should be "strong".
Unfortunately these unrealistic
beliefs
may keep men from working thru
their grief.

A Mother's Tear

A single tear trickles down my cheek
It tells a tale I cannot speak
Of days gone by that have been stilled.
It tells of dreams left unfulfilled.
It's wetness holds "what might have
been."

Not going to the Senior Prom.
No more "I love you Mom."
No cap and gown on Graduation day.
No wedding bells in the month of May.

No more family birthday celebrations,
No voting for the leader of our nation.
Gone, the dream of horse and farm,
Never mine, to hold her babies in arm.

You've followed the path of my lonely
tear,
It speaks of one that I hold most dear.
Now you will hear this mother's cry,
"Why God?"
Why did my daughter die?

By Karen Bell
Bereavement Magazine

*When nights are cold
And stars are few,
I close my eyes
And think of you.
A silent hope,
A silent tear,
A silent wish that
You were here.*

As posted on Facebook 1-15-13

Some Ways To Help A Grieving Spouse

- Assign top priority to your marriage and relationship.
- Cultivate transparency, openness, and honesty.
- Accept the pain that you feel. Be willing to share it and to listen to your spouse's expression of the pain he or she is feeling.
- Be patient with your spouse and with yourself. Recognize that your spouse is probably not at the same place in the grief process as you, and that is ok.
- Don't expect your spouse to be your only source of healing.
- Keep working at communicating. Give special attention to your affection for each other. Learn and practice the gestures of love. Remember to stay in touch physically; the importance to human touching and hugging is hard to over-estimate.
- Allow or create space in your relationship. Everyone is entitled to a degree of privacy with their feelings, including their grief.
- Allow yourself to enjoy life and each other. Be willing to laugh together, as well as to cry together. Work at finding some fun things to do together.
- Help each other to remember that life is more than this child who has died. As important as your child is to you, and as much as you feel pain over his or her death, your marriage and

relationship involves far more than your child

Howard Cupp
TCF Norman, OK

Scribblings

**The scribbling of a child
How precious can they be.
The scribbling of a child
It depends on where you find them.**

**Sometimes on the table,
Sometimes on the floor,
Sometimes on the bottom
Of a dresser door.**

**The scribbling of a child
What joy comes to my soul
When on a certain given day
In an unsuspecting way,
The scribbling I discover
Are of a child who'll write no more.**

Mary Pauley TCF, LaGrange, IL

While it's true that eventually the grief of losing a child tempers and becomes a bit more gentle, it's also true that this grief will never, ever leave. A parent will always and forever miss their child. That pain will never go away.

**Silent Grief –
Child Loss Support**

**Tears are how our heart
speaks when our lips cannot
describe how much we have
been hurt.
Amen!**

Life Lessons By Anne Past's Video



A BUTTERFLY LIGHTS

A butterfly lights beside us like a sunbeam
And for a brief moment its glory and beauty
Belong to our world
And although we wish it could have
stayed...
We feel lucky to have seen it.

Author Unknown



Acbaka



Save Up to \$95 per Registration with Special Opening Rate through April 18th!

The Compassionate Friends (TCF) 48th Annual National Conference will be held in Bellevue, WA! TCF's National Conference is an enriching and supportive event for many newer and long-time bereaved parents, grandparents, and siblings. Attendees come and find renewed hope and support, as well as strategies for coping with grief, all while making friendships with other bereaved people who truly understand the heartbreaking loss of a child, sibling, or grandchild. Lifelong friendships are often formed and rekindled each year at TCF conferences.

This year's conference will be held at the Hyatt Regency Bellevue. **Reservations can now be made online at TCF's dedicated [reservation link](#).** Our discounted room rate with the Hyatt is \$165 per night plus applicable taxes and fees. Please note that each attendee can

reserve a maximum of two rooms. Many attendees arrive on Thursday since the conference begins early on Friday morning. We also have pre-conference

activities that are offered on Thursday evening, that attendees find beneficial. We look forward to seeing you in Bellevue!

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.

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