



**The Compassionate Friends**  
MA/CT Border Towns Chapter  
Supporting Family After a Child Dies

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

**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**

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[www.compassionatefriends.org](http://www.compassionatefriends.org)

# NEWSLETTER

## Our Next Sharing Sessions

**Thurs., Jan. 8, 2026**

**Thurs., Feb. 12, 2026**

**Thurs., Mar. 12, 2026**

*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 see NOTE on Page 6**

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## 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.**

**Becky Adams** 401-225-4687

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## I am Here

Look for me when the tide is high  
And the gulls are wheeling overhead  
When the autumn wind sweeps the cloudy sky  
And one by one the leaves are shed  
Look for me when the trees are bare  
And the stars are bright in the frosty sky  
When the morning mist hangs on the air  
And the shorter darker days pass by.  
I am there where the river flows  
And the salmon leap to a silver moon  
Where the insects hum and the tall grass grows  
And sunlight warms the afternoon  
I am there in the busy street  
I take your hand in the city square  
In the market place where the people meet  
In your quiet room – I am there  
I am the love you cannot see  
And all I ask is – look for me

Iris Hesselden

## NEW YEAR'S RESOLUTIONS FOR BEREAVED PARENTS

- 1. I RESOLVE THAT I WILL GRIEVE AS MUCH AND FOR AS LONG AS I FEEL LIKE GRIEVING.**
- 2. I RESOLVE THAT I WILL GRIEVE IN WHATEVER WAY I FEEL LIKE GRIEVING, AND I WILL IGNORE THOSE WHO TRY TO TELL ME WHAT I SHOULD OR SHOULD NOT BE FEELING AND HOW I SHOULD OR SHOULD NOT BE BEHAVING.**
- 3. I RESOLVE THAT I WILL CRY WHENEVER AND WHEREVER I FEEL LIKE CRYING, THAT I WILL NOT HOLD BACK MY TEARS JUST BECAUSE SOMEONE ELSE FEELS I SHOULD BE "BRAVE" OR "GETTING BETTER" OR "HEALING BY NOW".**
- 4. I RESOLVE THAT I WILL TALK ABOUT MY CHILD AS OFTEN AS I WANT TO, AND THAT I WILL NOT LET OTHERS TURN ME OFF JUST BECAUSE THEY CAN'T DEAL WITH THEIR OWN FEELINGS.**
- 5. I RESOLVE THAT I WILL NOT EXPECT FAMILY AND FRIENDS TO KNOW HOW I FEEL, KNOWING THAT ONE WHO HAS NOT LOST A CHILD CANNOT POSSIBLY KNOW HOW IT FEELS.**

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- 6. I RESOLVE THAT I WILL NOT BLAME MYSELF FOR MY CHILD'S DEATH, AND I WILL CONSTANTLY REMIND MYSELF THAT I DID THE BEST JOB OF PARENTING I COULD POSSIBLY HAVE DONE.**
- 7. I RESOLVE THAT I WILL NOT BE AFRAID OR ASHAMED TO SEEK PROFESSIONAL HELP IF I FEEL IT IS NECESSARY.**
- 8. I RESOLVE THAT I WILL TRY TO EAT, SLEEP AND EXERCISE EVERY DAY IN ORDER TO GIVE MY BODY THE STRENGTH IT WILL NEED TO HELP ME COPE WITH MY GRIEF.**
- 9. I RESOLVE TO LET MYSELF HEAL AND NOT TO FEEL GUILTY ABOUT FEELING BETTER.**
- 10. I RESOLVE THAT I WILL REACH OUT AT TIMES AND TRY TO HELP SOMEONE ELSE, KNOWING THAT HELPING OTHERS WILL HELP ME TO GET OVER MY DEPRESSION.**
- 11. I RESOLVE THAT EVEN THOUGH MY CHILD IS DEAD, I WILL OPT FOR LIFE, KNOWING THAT IS WHAT MY CHILD WOULD WANT ME TO DO.**

**NANCY A. MOWER  
TCF, HONOLULU**

## **LOVE GIFTS**

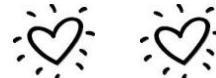
What is a "love gift"? A love gift is a very thoughtful way of remembering your child at special times such as birthday, anniversary, or at any time, with a donation to your local chapter of The Compassionate Friends.

With your donations, we are able to reach out to other bereaved families, purchase pamphlets, and cover printing and postage costs .

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 from:***

Martha Clarke in loving memory of her son Zachary Jeneral

Suzy Lavallee in loving memory of her son Joey Doucette

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

Many thanks to all who provided refreshments for our December meeting/candle lighting.

And, of course our thanks to Becky and Melissa who planned the event.

## **Birthday Remembrances**

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



### **JANUARY BIRTHDAYS**

Casey Bulger - Anthony Monopoli - Sean Seaver

### **FEBRUARY BIRTHDAYS**

Marcus LaPointe - Andrew Lauder -

### **MARCH BIRTHDAYS**

Kristine DeSerres - Michael Desrosiers -  
Timothy Lagesse - David Seibel - Mary  
Williams

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.**



### **JANUARY ANNIVERSARIES**

Cathy Allen - Jason Gaumond - Marcus  
LaPointe - Wil Sweny

### **FEBRUARY ANNIVERSARIES**

David Dion - Scott Ruth - David Seaver

### **MARCH ANNIVERSARIES**

Patrick Fischetti - Michael Hokanson-Dion  
Timothy Lagesse - Mary Williams

# Welcome New Members

We know how difficult the first meetings can be, and we hope you found comfort and understanding in the company of other bereaved parents and grandparents who truly understand your grief. Please come again and allow us to help you on this painful journey.

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## A Prayer for the New Year

Where there is pain,  
Let there be a softening.

Where there is bitterness,  
Let there be acceptance.

Where there is silence,  
Let there be communication.

Where there is loneliness,  
Let there be friendships.

Where there is despair,  
Let there be hope.

Ruth Eiseman  
TCF, Louisville, KY

## Thoughts on Winter

January...February...so cold, so crisp, so leafless. Beginning a year...a new year...A NEW BEGINNING. You never lived this year, and that is new. Sometimes new is painful. January is also the month of resolutions and the only resolution we must make is that we must learn to live without our child. What a profound sadness that is! To love them so deeply, so passionately, so completely...only to have us part.

My child, did I ever tell you enough how much I loved you? I've wondered. Do we tell those we love how very much their life has meant to us? Probably we did not. Somehow we just arrogantly believe that time goes on forever. It does. It's just that the people do not. We fail to recognize how entirely too brief some lives can be. You were not supposed to die. Death is reserved for others. How could you have disappointed me? Didn't you know that I had such plans for you? I didn't want to face my own mortality. How cruel life was...using you to prove to me that we do indeed come to an end.

I don't want to accept death...but what choice have I left? Have you any idea how angry that makes me? Oh, I'll mend...although mending sometimes means forgetting. I cannot put you aside, but already memories of you are fading. You know what I like best? When I'm given little tidbits of your life by those that knew you. What a bittersweet delight! Each piece of my jigsaw puzzle life will eventually fit together. You will be the only missing piece.

Dorothy Worrel, TCF, Palo Alto , CA

***The following poem is dedicated in honor of all bereaved parents and in loving memory of all our children.***

## **For Valentine's Day ~ S.W.A.K. (Sealed With A Kiss)**

Remember how we used to write to those we loved the best?  
Our letters we would fill with hopes and dreams and seal them with a kiss.

To you, our child, we write today – and wish we could impart, The hopes and dreams that once we had, now crush our breaking hearts.

The thoughts of what we had planned for you float through our wishful minds, Then burst like bubbles in the air, while dreams explode with time.

And yet we still have hope and still dream on, and think of all we'll miss, And wish with all our hearts we could write to you, and seal it with a kiss.

The grief we have for you is like a weight upon our chests, There's no way we can ignore it – it never gives us rest.

And no words could ever tell of our longings to express, To write a love letter to you, our child, and to seal it with a kiss.

And if we had but one chance more to write to you today, The words would come with no regrets and we'd like for them to say...

“To love and to be loved by you, our child...an honor and so blest, Our time on earth cut short, it's true...But We Sealed It With A Kiss.”

By Faye McCord, TCF  
Co-Chapter Leader Jackson, MS  
[Rexorfaye@bellsouth.net](mailto:Rexorfaye@bellsouth.net)

*I thought about you  
with love today,  
but that is nothing new,  
I thought about you yesterday  
and days before that too.  
I think of you in silence and  
often speak your name.  
All I have are memories and  
your picture in a frame,  
Your memory is my keepsake,  
with which I will never part,  
God has you in his keeping; I  
have you in my heart.*

**NOTE:** Our chapter is in need of someone to take over the position of Newsletter Editor. It is not a difficult job and I've found working on the newsletter has helped me a great deal with my own grief.

Newsletters go out quarterly so it doesn't take a lot of time and only computer skills are needed. I will be available to help you get started.

Please contact me at 508-248-7144 or [ampm1259@charter.net](mailto:ampm1259@charter.net) if interested.

## 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.  
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