



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

YOU ARE INVITED

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 7:30 p.m. at St. Anthony of Padua Church, Dudley Hill Rd., Dudley, MA

CHAPTER INFORMATION

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Our Next Sharing Sessions

Due to the Pandemic Meetings are

Discontinued until further notice.

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

*If you are newly bereaved, bring a friend
or a relative if you wish. Share your feelings, Or
say nothing and just listen; but please come.*

"You need not walk alone"

With COVID numbers going down and more of us getting the vaccine, I am hopeful that we will soon be able to resume our regular meetings. I will let you know as soon as I get word that we are able to do that. Meanwhile, please continue to keep yourselves safe and healthy. Anne

TELEPHONE FRIENDS

Sometimes it helps to talk with someone who understands your pain. If you're having a bad day, please call one of us. "You Need Not Walk Alone!"

ANNE MATHIEU

E mail: ampm1259@charter.net

Charlton, MA 978-618-5671

SYLVIA GAUMOND

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Birthday Remembrances

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



APRIL BIRTHDAYS

Ava Auger - Larry Carey, Jr -
Kasia Jurczyk - Alejandro Lorente -
David Powell - Doreen Salvas -
Erin Williamson

MAY BIRTHDAYS

John Barnett - Anne Dugas - Jacqueline
Gustafson - Amanda Keith - Brian Romero -
Scott Ruth - David Seaver - Samuel Tharp -
Christopher Tripp

JUNE BIRTHDAYS

Jason Bileau - Ryan French - Michael Martin
- Joseph Meszaro - Leanne Sharolow

***We do our best, but if we've missed your
child, or listed your child incorrectly,
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

Katelyn Barrows - Samantha Deiter -
Kelly Marie Ondrasek - Leanne Sharolow -
Michael Sprouse - Ryan William Woods

MAY ANNIVERSARIES

Larry Carey Jr. - Dylan Thomas Mainville -
Niles Alexander Scott Seary - Christopher
Tripp

JUNE ANNIVERSARIES

John Barnett - Jason Bileau - Brian Foley -
Jayce Garcia - Russell Harrington -
Tara Hogan - David Piekarczyk - Dylan Riel -
Brian Romero - Samuel Tharp

From My Heart...To Yours

The newly bereaved parents looked around the group at the meeting and hoped and prayed they wouldn't still be attending TCF meetings 20, 30 and 40 years from now. Well actually, we at TCF hope you will be. You see, the bereaved parents who answered the call in their hearts to continue to open the door for monthly meetings and to go each and every month with arms open for hugs and tissue boxes passed around, are the one reason why you had a place to go and pour your hearts out, cry your eyes out, and feel justified in what you were experiencing since your child died.

If it were not for these bereaved parents who buried a child decades ago, there might not be anyone there to sit around and take the time to care about you, to listen with understanding, to offer support, to know what you are going through. It might have been many years ago, but those shoulders were dragging at one time too.

Thank goodness someone in your area listened to the voice in their heart to start a TCF group, to organize meetings, to put out a newsletter, to answer your phone call, to share their own story. Because of that, you feel safe to share your pain. And every time you share your feelings, every time you cry with someone, every time you work through your pain, healing is slowly and silently creeping into your heart.

One day you might feel you don't need to attend any more TCF meetings. We know that time will come. We will be happy for you. But if it should happen that a little voice in your heart continues to whisper..."Now it's your turn to help someone else," be sure to listen, because someone else is going to have to take the place of those who have been there for so many years before you arrived.

So, look around at those who have opened the doors for you and helped you. Then listen to your heart...always listen to your heart.

Cathy Heider

TCF, North Central Iowa Chapter

LOVE GIFTS

What is a "love gift"? A love gift is a very thoughtful way of remembering your child at special times - 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, postage costs and other materials.

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

The Compassionate Friends

***P.O. Box 431
Charlton, Ma. 01507***



Thank you for love gifts received from:

Martha Clarke in loving memory of her son
Zack Jeneral

While it's true that eventually the grief of losing a child tempers and becomes a bit more gentle, it's also true that the 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

Their Song of Love



Remembering on this Mother's Day

**The melody your child etched
in your heart.**

**The sweet song of love
that only your child could place there.**

**As this special day brings
their song to you,
may the warmth of their eternal love
fill your heart once again,
for their song is never ending.**

**Patty Erdman
TCF Longview, WA**

Memories

The certain special memories
That follow me each day,
Cast your shadow in my life
In a certain way.

Sometimes the blowing wind
Or the lyrics of a song
Make me stop and think of you
Sometimes all day long.

Memories are good to have
To show and keep in my heart,
Just knowing that you're still inside
Makes sure we'll never part.

Collette Covington
TCF Lake Charles, LA

“There’s no way around grief and loss; you can dodge it all you want, but sooner or later you just have to go into it, through it, and hopefully come out the other side. The world you find there will never be the same as the world you left.”

Johnny Cash

Remember our Veterans on



May 31, 2021

I am a grieving mother.

*I will always be a
grieving mother.*



*A mother instinctively
protects her child.*

*A grieving mother
instinctively protects
her child's memory*

Forever in Our Hearts

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.

Unknown

Father's Day Revisited

Now I can look back upon that first
Father's Day, the first after the death of our
son, Jeff. I was a mess, a man without hope,
with little or no reason for living, deep in my
own depressive grief. I could not share any
joy with others. I look back now, wondering
how I could have treated my wife and
children as I did while they were trying to
celebrate in my honor. Inside I was crying

out "What are these useless gifts? Don't you
know the only gift I want is to have my son
back?"

But it was the love, caring, understanding
and nurturing of those loved ones which
brought me so far from that first Father's
Day. Now I can enjoy the joy of others, I
can laugh once again. There is a life worth
living.

For all those other fathers for whom this is
the first Father's Day without your child,
have the best day you can, with the under-
standing other father's are with you on this
day. One day, you too will be able to revisit
the first Father's Day.

I see the grief
behind your earnest eyes.
(You would give anything
to have your child again.)
I feel the helplessness
behind your silent anguish.
(You would give anything
to take this hurt away.)
I know you learned
to keep your tears in hiding.
And you were taught
few words to speak for solace.
– not yours, not mine.
I see the grief
Behind your earnest eyes
And I will know
to understand and trust you,
loving father.

--Paul Kinney
BP/USA, Louisville, KY



I would like to address the grief that siblings and Grandparents go through. We as parents are usually so distraught and caught up in our own grief that we sometimes forget that they lost someone too. They are also grieving and sometimes they are afraid to show it to us and they are not sure how to address their grief.

NOTE:

We want to be sure that everyone who wants a newsletter gets one. We publish quarterly (4 times a year).

Since newsletters are now only being delivered via e mail, if you know someone who has not received a newsletter but wants one, please remind them that they should send me their e mail address at ampm1259@charter.net

Thank you.

Anne

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.



Mother's Day and *Father's Day* are bittersweet and painful
for all bereaved moms and dads.
We hope that the joy of sweet memories helps carry you through the day.



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**P.O. Box 481
Charlton, MA 01507**



April – May – June 2021

NEWSLETTER

A self help organization offering friendship, understanding, and hope to bereaved families.