



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.

May - June 2017



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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. Our next two meetings will be on:

May 16th & June 20th

The **Tuesday** afternoon meetings will be held on the last Tuesday of the month at St. Mary of the Assumption Church in Milford parish center at 17 Winter St. **Please call Ed or Joan Motuzas at (508) 473-4239 by the last weekend or earlier if you plan to attend.**

Directions....On Route 16 (Main St.) going north through downtown Milford (Main St.) at Tedeschi's Market on the left, 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. Our next two meetings will be on:

May 30th & June 27th

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. ©2017

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 508/529-6942
- Janice Parmenter 508/528-5715
- Linda Teres 508/366-2085
- Mitchell Greenblatt 508/881-2111
- Carol Cotter 774/219-7774

The chapter address is:

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

Chapter Web Page
www.tcfmetrowest.com

Regional Coordinator
Tom Morse
66 Atwood Avenue
Middleboro, MA 02346
Phone (508) 572-3038
tjmorse521@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, 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

Mr. & Mrs. Richard Parmenter in loving memory of their son **Tyler Ray Parmenter** on his anniversary March 30th. "Forever loved and missed."

Mr. & Mrs. John Brovelli in loving memory of their son **Christopher J. Brovelli** on his birthday April 28th and his anniversary July 18th. "Always missed and forever loved."

Mrs. Sheila Casey in loving memory of her son **James David Simonis** on his birthday April 6th.

Mrs. Nancy Carpenter in loving memory of her son **James S. Carpenter VI**.

Mrs. Gloria Dewar in loving memory of her son **Keith G. Dewar** on his birthday June 3rd.





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 of May and June. 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

May

BETSY CHICK-GRANT
COREY S. VAUTIER
ADAM SCOTT COLE
LEA M. SIEBERT
LISA RANDALL
ROBERT L. LOMBARD Jr.
MICHAEL PATRICK MURPHY

June

JOHN B. DOWD
DANIEL R. ADILETTO
CHRISTOPHER MARC DULLEO
RUSSELL J. TERES
JUSTIN MICHAEL MOFFI
DANICA SCHNAIBLE
MAJ. ROBERT M. RANERI
IAN GREENBLATT
MATTHEW MOSHER

Birthdays

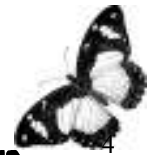
May

MICHAEL P. McLAUGHLIN
ALISSA ZALNERAITIS
MAJ. ROBERT M. RANERI
LILY ANN HALEY
MICHAEL PATRICK MURPHY
WILLIAM C. LEWIS
MARC P. LEWIS
ANTHONY V. BOTTCHER
MONICA MICHELLE CURRAN
TARYN MARIE NORTON GAVELIS
JOHN B. DOWD
KATHLEEN ANN STETSON

June

ADAM N. YOUNIS
ERIC L. BOTTCHER
JOSEPH MICHAEL McGRATH
SCOTT MOTUZAS
LAURA PARADIS
JUSTIN MAYER
STEVEN GRILLO
NICHOLAS L. BOUDREAU
NICHOLAS DANIEL PENZA
MOLLY ELIZABETH ANDERSON





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.

THE AFTERMATH OF SUICIDE

I had never experienced the death of a close loved one before my brother died. When David died, my world came crashing down around me, shattering me into a million pieces. My brother and I were close, but I had no suspicion that he was contemplating suicide and had been for a long time. The night my sister called to tell me he was dead is etched in my memory forever. If I shut my eyes, I can go back to that time and place almost three years ago and still hear her voice. It is a very painful memory and one that I don't call up, but it is there nonetheless.

The overwhelming feelings of shock, disbelief, numbness, despair, and sadness are very vivid. At the same time, I was outraged at what he had done to us, to me. How dare he do this! I couldn't even begin to guess how many times I said, "I can't believe this is happening."



The first six months was a confusing and emotionally draining period for me. I was obsessed with wanting to have answers, especially from him. I read many books on suicide and finally after reading Iris Bolton's book "My Son, My Son," I came to realize what she said was true: "You can ask why a million times but you finally have to let it go, because the person you need the answers from is not here to give them to you. If only for the sake of your own sanity, you have to stop asking why."

Our family drew closer together from this tragedy, and it made me more aware of how much I value and love them. I also had the support of a good friend who was willing to spend hours talking and crying with me.



I still get very angry at my brother for changing our lives so irrevocably. That anger inevitably turns into sadness. I cannot see his smiling face, or hear his laughter, or watch him grow into adulthood. Yes, I had dreams for him, too. He was an intelligent, warm, sensitive and caring young man, and I was eager to see what direction his life would take. I can't help but wonder what he would be like today. I miss him very much.

I will never agree with his solution, but it was his choice to make and I have to learn to live with it. I am absolutely certain beyond a shadow of a doubt that I will see him again. Only then will I get answers to my questions. I have no choice but to wait until that time.

*Nicki Wright
TCF, MO-KAN, Ks*

Life Is Something That Comes and Goes

*Life is something that comes and goes
As silently as the gentle wind blows - one day here, the
next day gone.*

You try to understand the reason of it all,
Why some remain when others are called.
The purpose is there if only you see
That only God knows what will be.

*Life is something that comes and goes as silently as the
gentle wind blows.*

I pray and pray for the day
When I will hear my brother say,
"I love you kid sister, I'll see you soon.
Think of me when you look at the moon."
I look outside and see the moon so bright,
As full as can be, shedding its light.



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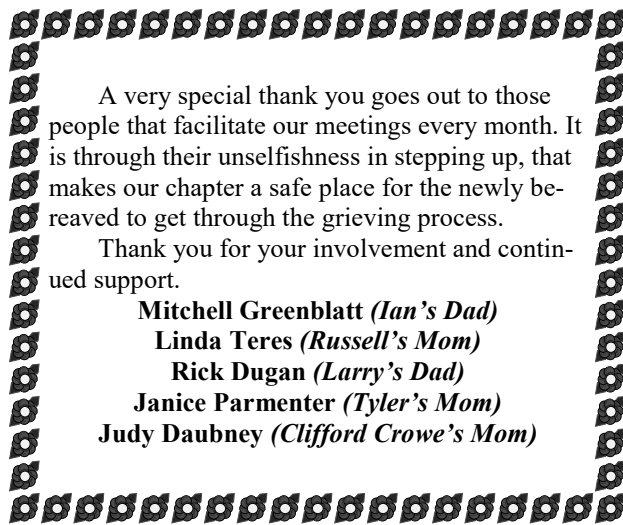
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I stare at the stars and the heavens above
And remember my brother so full of love.

He was my friend, my father, my keeper,
And since he died, the road seems steeper.
But I must have faith in Jesus, My Lord,
Who helps me understand the truth of His word.

*Life is something that comes and goes
As silently as the gentle wind blows - one day here, the
next day gone.*

**Breta Dodd, Age 16
TCF, Grand Junction, CO**



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)**
- Rick Dugan (Larry's Dad)**
- Janice Parmenter (Tyler's Mom)**
- Judy Daubney (Clifford Crowe's Mom)**

Mother's Day or Mothering Sunday

As we approach this special day, so painful for so many bereaved mothers, we send our loving thoughts to all those experiencing the loss of their precious child or children this year. Somehow these formerly lovely days, like Christmas, are so full of treasured memories that they become especially sad.

In the early days of bereavement, in our often anguished response to Mother's Day, it is easy to overlook our other children (if we are fortunate enough to have any), who desperately need our love. It is easy to forget too our own mothers, or lonely older relatives and friends who also need our love and concern.

Although we are deeply grieving and will always feel a special sadness on this day as we remember the hug we are not getting, the bright face which should be greeting us, the events which "might have been" we must also try to remember our vital and essential place in our families and in the lives of others. On this Mother's Day, I will be remembering Rhys who next month would have been twenty one. The life I shared with him was incredibly precious and now seems like a beautiful dream.

However, now almost ten years later, other facets have appeared to make my life meaningful again. The fog of grief has passed and now I can look forward to the future once again, treasuring memories, yet growing from my past sorrow. Please believe that it will happen for you too.

**Margaret Harmer
TCF, Melbourne, Australia**

The Grief of a Parent Who Has Lost An Infant

To experience the loss of an infant is to grieve for what never was. After all the months of anticipation and preparation, the actual birth of a child brings the feeling of hope and fulfillment. Should the child be stillborn, or die hours, days or even months later, the unrealized dreams become a source of pain for the parents. No parent ever expects to outlive his child; the death of an infant is often the loss of a child unknown even to his parents. The expected stages of grief (guilt, disbelief, anger, etc.) can have new directions for the parents who have lost an infant:

SHAME AND GUILT - Especially if the infant was stillborn or had a birth defect, the mother may feel she has failed as a woman. "Other women have live, normal babies, why can't I?" Should an infant die months after birth, parents find it hard to resolve feelings that it was their fault.

NO MEMORIES - Parents may only have "souvenirs of the occasion" (birth certificate, I.D. bracelet) by which to remember their child. If the infant is older, they may have pictures and a few belongings, but feel they hadn't really gotten to know their child.

LONELINESS IN GRIEF - It is hard for friends and relatives to share your grief for a child they never knew. If the child is newborn, they may give the impression you are grieving unnecessarily over a non-person. They hope you can "forget this baby" and "have another one."

NEGLECTED FATHERS - Too often the sympathies of professionals and friends are directed mainly to the mother. It is important to remember that the father had made plans for this baby, too.

MOTHERS VS. FATHERS - Since the mother has bonded with her child during the pregnancy, her grief may be much deeper than the father's, who only came to know this child after birth. It may be difficult for a father to understand why his wife's grief is so profound and so prolonged.

**Claire McGoughey & Sue Shelley
Infant Group, TCF, St. Louis, MO**



THE COMPASSIONATE FRIENDS OF METROWEST



Random Thoughts from This Mother's Heart about My Son, Raymond

(February 3, 1976 – September 30, 2016)

Was my son perfect? Goodness, no – he was human, just like the rest of us! However, he was a blessing to all of us.

Raymond was very kind and loving, and always generous to everyone in need. He would have given you the shirt off his back if he felt that that was what you needed, even if he himself would have been left cold without that shirt.

My husband was in the delivery room when Raymond was born. Just as soon as the nurse handed him to his father, Raymond smiled at him. So, we felt blessed at the very start of his life.

After my husband died, Raymond continued to make it a point to always help me with everything that needed to be done. If he couldn't do it himself, he would hire someone who could.

We had so many lovely chats over the years. He had wonderful dreams for our future. He and his wife were going to have me move in with them as I aged. He wanted to build a house that would have given us all plenty of room. They were going to have their bedroom at one end of this house, and I at the other. In the center was to be the kitchen, living room, etc., where we could all be together. In fact, it was his intent to actually physically build this house himself.

I miss Raymond terribly, but realize I cannot bring him back. He was sick and suffering, and I am therefore grateful that that is no longer the case.

Raymond was a gift from God, as indeed are all of our warm and loving relationships. Raymond was a very special person, unlike anyone else I have ever known, and will always be missed by me, as well as by many others who knew him. May God bless his soul through eternity.

I look forward to the day we meet again in heaven. In the meantime, I suspect my dear son is now enjoying time with his late father, as well as with many others who are no longer visible on this earth.

So, I end this writing with a prayer.

Please, God, continue to wrap Your arms of love around my son. Please let him know he will never be forgotten, and that he is greatly missed. Please let him know that although I miss him terribly, I appreciate greatly all that he ever did for me and everyone else around him. Thank You, God, for all of Your many blessings. In Jesus' blessed name I offer You this prayer of thanksgiving. Amen

Verna Hobson

TCF, Metrowest, Holliston, Ma. 6

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 Martha Berman
(781) 337-8649.....mmartha1@comcast.net

Worcester Chapter
Chapter Co-Leaders: Lisa Holbrook
(774) 482-3073.....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

Sex and Bereavement

Sex and how it is affected by our grief is rarely discussed at meetings. Yet I am sure it is a problem with many. Perhaps this information taken from the book "Help for Bereaved Parents" by Mildred Tengbom will be of some help to those who have this concern.

All the men questioned expressed that they felt the need for sexual relations to continue. "But it was different," one of the men said thoughtfully. "It wasn't as much of a physical drive or urge as before. Rather I was hoping to find some way to tell my wife how much I loved her and how much I cared and it seemed to me that this was the most deeply meaningful way I could do so."

Most wives had misinterpreted their husband's motives. "I felt used," one said. "It was completely, absolutely, entirely without feeling of any kind," another remarked. ("How can you respond when you don't have any feelings?" "I was too tired, absolutely worn out as it was," a third woman stated.) ("To me it seemed that my husband was trying to pretend that life should continue as it had before and how could it?" "I felt my whole life had been wrecked and I hated him for doing what I thought was playing pretend," another woman explained.)

"We all need to be needed," one man explained. "A husband has a profound need to feel needed at a time of great crisis. When your wife doesn't want to have sex, you feel rejected and not needed."

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THE COMPASSIONATE FRIENDS OF METROWEST

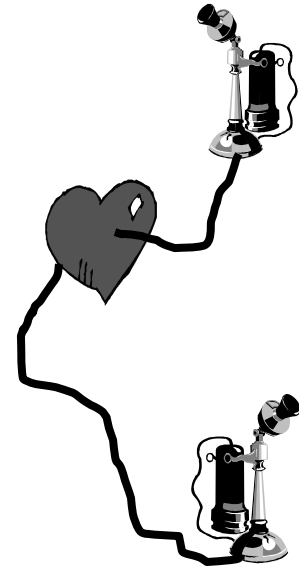


Phone Friends

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)620-0613
- Mitchell Greenblatt,...**Ian**, age 18, Automobile Accident,..... (508)881-2111
- Sandra Richiazzi.....**Bryan C. Plunkett**, Automobile Accident,.....(508)877-8106

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.



(continued from last page)

“I actually told my husband I didn’t need him in that way now,” one of the wives remembered. “His face looked as though I had slapped him. I realized, but not clearly enough, that I had dealt a stinging blow to his self esteem.”

“I know,” another woman said. “I kept on saying. Let me alone. Don’t touch me!” “Before we always cuddled. Now I didn’t want him near me. And yet I did want him near me. I was all mixed up in how I felt about him.”

Many couples said it was months before they could begin to have anything that approached normal relationships. Some talked about it together. Some simply gave up for awhile. The men seemed to feel the pressure more than the women.

The following are some points made on a TCF tape, “The Sexual Adjustment of a Bereaved Couple” by Clare Schultz.

1. Death and sex are both taboo subjects and it is difficult for some people to admit that sex is altered by grief.
2. Grief is stressful so it can affect sexual feelings, thus causing a marital problem.
3. It can be more of a problem if it affects only one of a couple.
4. Sometimes a partner says that they want sex but get no satisfaction and this can be confusing.
5. A person needs to “let go” for sex and this is difficult when grieving.

6. Some feel the dead person can “see.” Others feel they should not experience joy - that it diminished the relationship with their child.
7. Reactions can differ if there is no sex and often a couple will stop trying and touch ing is avoided.
8. It is suggested that couples try to verbalize sexual desires.
9. An orgasm is often felt to be paramount and that intimacy without it has no value - BUT cuddling and holding IS necessary as the need for touch is increased with grief. (This need for touch is emphasized throughout the tape.)
10. The skin is the largest sense organ and the hands the chief pleasuring organ so there are many possibilities for comfort giving. An exercise devised by Masters and Johnson is explained.
11. Although some do not like to plan a date and time to be intimate, it is suggested this may be helpful if spontaneity is not occurring. Each is able to prepare mentally. Clare speaks of a couple who hired a baby-sitter and booked into a motel room on a regular basis.



From TCF, Newsletter, Winnipeg, Canada



THE COMPASSIONATE FRIENDS OF METROWEST



NEWLY BEREAVED

There is a wide variation in time for recovery, just as there is a wide variation in our grief experiences. How long it will take each of us to reach this point of being comfortable is impossible to predict, and different for each of us. I think much of the timing has to do with how effectively we have faced and worked through our grief. Because I did not grieve in a healthy way for many years after Arthur was killed, I had to begin to grieve properly six years after to reach a point where I feel no pain at the thought that Arthur is dead. My daughter, also a bereaved parent, had the support of TCF and reached a comfortable point in a much shorter time.

I know that what I have said is hard to believe. For that reason I would suggest that you accept this with blind faith for the time being. Then, when the pain becomes more devastating than usual, think of what I have said. Think of it as a rope hanging "out there" for you to grab onto. Think of it as a rope of hope. Recovery is the end of this terrible journey.

***Margaret Gerner
TCF, St. Louis, MO***

My pain helps me live with my loss

The morning our 20-year old daughter Lee took sick with her last illness, I was trying to write a letter of sympathy to a friend, wondering if it would make any difference.

Five days later, I knew. It made a difference. I discovered it was better to reach out than turn away, to say the wrong thing than say nothing.

But in living through losing Lee, I also discovered I had something to say to others who suffered the loss of someone they loved.

Pain is better than forgetting. It has been almost 18 years since she died, but Lee is still with us. The pain has not so much lessened as it has become familiar, like the pain that continues in the leg that has been amputated. Her death is part of us.

I steel myself pretty well for the expected moments of pain. Her birthday in March, her death day in August, Thanksgiving, Christmas, even, these days, listening to, an Albinoni oboe concerto knowing it is not she practicing in the next room.

But there is no protection from the blindside hit. Lee waves from a passing car. She appears ahead of me on a street in Siena, wearing a backpack; I rush to catch up with her but she turns a corner and is gone.

She stands in the shadows, just outside the living room. I hear her counsel when I have a problem and pay attention. At the concert I sit beside her in the center of the orchestra.

It is not all tears. We laugh at the same old jokes and some new ones. Every submarine sandwich I eat, I share with Lee. It was her favorite.

When I thought I was dying of a heart attack, Lee stood - in the blue jumper she had made - waiting at the end of a brightly lit tunnel, smiling.

But, I often say in a letter of sympathy, people will want you to get over it, snap out of it, buck up, forget. Of course we have to get on with life, to find salvation in routine that suddenly seems trivial, to fulfill our responsibilities to the living. But not to forget.

It is far better to remember, to mourn! To weep, to rage, than to allow the one who is gone to disappear.

In a way, I welcome the pain. I hurt; I remember. So, I say in my sympathy letter, they should learn to accept the pain, even in a way welcome it, by comparing it to the terror of forgetting.

And as an elder of the tribe who has experienced loss, I write for them to remember in their own way, to mourn in their own way, to do what would be appropriate for the person who has gone and, more important, to do what needs to be done for the living.

The night Lee died we went to a musical in which her sister was appearing in the chorus. Lee would have wanted that, no matter if others approved. We chose cremation because it was what we thought she would have wanted and it was, we discovered, what each of us wanted for ourselves. We paid no attention to the relative who said, "I don't know how you could burn her up."

We did what we had to do. We could not handle a formal funeral, bringing the family from afar, after her quick dying, so we had a private service at the graveside.

I wept - frequently - and Minnie Mae did not. No guilt, no public measuring of pain. I dream of Lee and Minnie Mae does not. That does not mean that one of us mourns more deeply than the other. No guilt. No keeping score.

We love in our own way; we grieve in our own way. And in this terrible loss we have found strength. When we are tested by other events, we have a measure of our ability to survive.

And we are also reminded that life is fragile. In my letters reaching out I tell others what Lee's passing taught us: to listen to each other and to ourselves, to live the gift of life with caring and celebration. Today. Right now.

***By Donald M. Murray
SPECIAL TO THE BOSTON GLOBE***



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



Daddies Hurt, Too

Daddies hurt, too.
 We don't always see
 Just how much,
 The pain is so deep.

They are supposed to be strong
 And carry on,
 While we may show our heartache
 All the day long.

People care, but
 Do not seem as concerned
 About how Daddy's doing
 Since he learned...

That his child he loved
 And had vowed to protect,
 Died in the early morn,
 Complications from an auto wreck.

He is just as crushed
 And devastated, too.
 Why don't people recognize
 That Daddies hurt, too?

Allow him to be human
 And to show his grief.
 Be understanding...
 May he get some relief!

Sometimes Daddies feel as left
 Out as can be, like a fifth wheel.
 He feels this deep pain, too
 Can't you see?

Be a support to Daddies
 When they lose lassies and ladies.
 Just because he's off working,
 Never forget his love and loss.

Deep down inside
 Behind that strong man
 Is a loving Daddy
 Who hurts so he can barely stand.

Remember, please,
 Just how important he is,
 For he has a big load to carry
 To raise all the other kids.

So show your love,
 Appreciation and grace
 For this Daddy who has tried
 To keep his children safe.

Daddy carries this heavy burden,
 Feeling failure, at best,
 Because he could not keep his child
 From his final rest.

So, love him,
 Encourage and lift him up,
 So he'll know we're here for him
 As he drinks from this bitter cup.

***Linda Camper
 TCF, Norman, OK*** 11

FATHER'S DAY

As the day approaches, I wonder how I will react.
 Am I still a father? I will sit quietly, never allowing
 friends and family to see how I feel.

I miss my son, but I can't allow myself to "break".
 I must remain strong and always be the "rock".

I wish I could just let someone know how much I
 miss my little angel. How much I cry and how much I
 miss hearing, "Dad, I love you."

I am a father, but I wonder, "Will I just pretend, as
 usual that it doesn't bother me?"

Remember me, for I hurt, too, on this special day.

***Doug Hughes
 TCF, Tampa, FL***

OLDER GRIEF IS GENTLER

It's about sudden fears swept in by a strand of music.
 It's about haunting echoes of first pain on anniversaries.

It's about feeling his presence for an instant one day
 while dusting his room.

It's about early pictures that invite me to fold him in
 my arms again.

It's about memories blown on wisps of wood smoke
 and sea scents.

Older grief is about aching in gentler ways, rarer
 longing, less engulfing fire.

Older grief is about searing pain wrought into tender-
 ness.

***Linda Zelenka
 TCF, Orange Park, FL***

DO YOUR MOURNING NOW

Don't postpone or deny or cover, or run from your
 pain. Be with that pain. **NOW.**

Everything else can wait. An emotional wound re-
 quires the same priority attention as a physical wound.
 Set time aside for mourning.

The sooner you allow yourself to be with your pain,
 the sooner it will begin to pass. If you resist the mourn-
 ing, you will be interfering with the body's natural
 stages of repair.

If you postpone the healing process, grief can return
 months or even years later to haunt you.

TCF, Oklahoma City, OK

***Our prime objective is that those hands should meet,
 should touch, and hold firm.
 Because only together can we make it.***

Rev. Simon Stephens, Founder of TCF

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