



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.

September - October 2013

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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:

September 17th October 15th

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 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:

September 24th October 29th

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. ©2013

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

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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 508/620-0613
 Mitchell Greenblatt 508/881-2111
 Judith Cherrington 508/473-4087
 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
 Rick Mirabile
 11 Ridgewood Crossing
 Hingham, MA 02043
 Phone (781) 740-1135
 Email: Rmirabile@comcast.net

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

Mrs. Dorothy Pisapia in loving memory of her son **Matthew Pisapia** on his birthday September 30th.

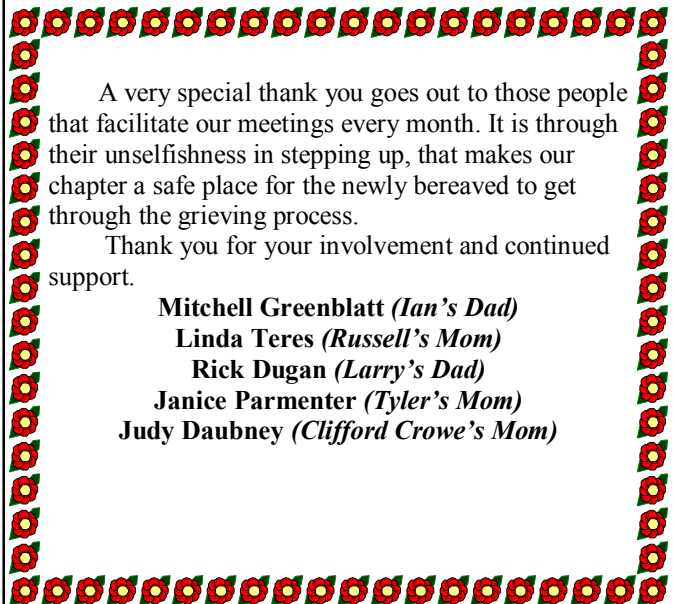
Mrs. Virginia Noonan in loving memory of her daughters **Susan A. Quinlivan** on her birthday August 12th and **Jennifer L. Goldworthy**.

Mr. & Mrs. Arthur Holbrook in loving memory of their son **Chad Arthur Holbrook** on his anniversary September 4th.

Mr. & Mrs. Arthur DiGregorio in loving memory of their son **Chad Michael Gillis DiGregorio** on his birthday October 25th. Chad, "we miss you, we love you and we are proud of you."

Mr. & Mrs. Richard Parmenter in loving memory of their son **Tyler Ray Parmenter** on his birthday September 4th. We miss you and will love you always. Love, Mum & Dad.

Merci



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)



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 September and October. 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

September

- CHAD ARTHUR HOLBROOK
- KATHY A. BURNS
- NICHOLAS MICHAEL LEONI
- GARY S. POWELL
- DONNA M. McHUGH
- CHRIS GRIFFITHS
- KELLI S. DONOVAN
- GREG BRUNO

October

- MIKHAIL (MIKE) LOMAKINA
- JOHN PATRICK McGUE
- ALYSSA A. HEDEN
- RICHARD J. LaJOIE
- WILLIAM E. DeLORIE JR.
- JENNIFER KIZNER GOLDFARB
- MARC R. PEARLMAN
- CLIFFORD CROWE

Birthdays

September

- TYLER PARMENTER
- KAI PARKER REZENDES
- WILLIAM BRUSE-TAGOE
- MIKHAIL (MIKE) LOMAKINA
- RUSSELL J. TERES
- AARON STEVEN GRAY
- MATTHEW ALLEN BERTULLI
- EMMA FRANCES DALTON
- DANIEL R. ADILETTO
- MATTHEW PISAPIA

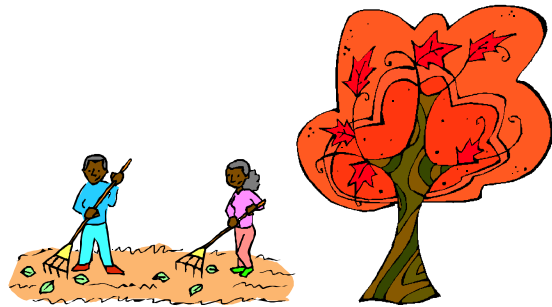
October

- KATHY A. BURNS
- COREY S. VAUTIER
- DENNIS M. HENNIGAN
- KRISTIN L. McGRATH
- DONNA M. McHUGH
- PATRICK JORDAN FISCHETTI
- MARINA E. KEEGAN
- NICHOLAS MICHAEL LEONI
- CAREN KING-FIRTH
- DONNA M. KIELION
- CHRISTINA M. ROSSETTI

CHAPTER TID-BITS

Al Kennedy has graciously volunteered to make up picture buttons of our loved ones. The buttons are 2 1/4 inch diameter. If you have a photo of your child, you can e-mail it as an attachment to aksound@comcast.net or bring it to the next meeting. Al has a tool that will cut out the 2 1/4 inch diameter picture to fit it in the button. The circle is an approx. diameter of the button. A special thanks to *Al Kennedy.*

Ed Motuzas





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.

***(This is a Sibling Story)
It's a Family Affair***

When a child dies, grief is a family affair. It hits mom, dad, and siblings with equal despair. Mom cries and cannot get out of bed. Dad holds in emotions and leaves much unsaid. Sister and brother simply cannot understand why death came and dealt this kind of hand. No one acts as they should and nothing is the same. The family wants to draw together but seems to only share pain. Someone must be responsible when a child dies. Each family member thinks in some way it's them, and cries.

But no one is responsible for things we cannot control. So reach out to each other and keep the family whole.

Don't let the differences in how each grieve change the love in your family or its belief. Be strong when you can and weak when you must, and love each other with kindness and trust. So treat the family with love and you will survive. For we who have been there and made it through together can say that holding on to each other makes love last forever.

***Jackie Roxen
TCF, Broward, FL***

Two Viewpoints

The following letter, signed "Sibling," appeared in the Louisville, KY newsletter. It is a poignant expression of love and pain that is typical of siblings' reactions. It is hoped that, for those of you with teenagers, it will offer clues leading to freer communications and sharing of feelings.

Dear Parents of "Compassionate Friends":

I am writing to let you know how I feel and maybe how some of the other siblings feel. There have been times when my parents start really getting extra down about my brother. I usually leave the room. I feel that no matter how hard I try, I will say or do something that will hurt them more, or that they won't understand what I'm really trying to say. They already feel enough pain. I really love them and I understand enough about how they hurt, but I'm just not good at saying what I feel. It seems like it never sounds right. I also hold my emotions back from them. I always hear it is best to let it out, and I do, but not in front of my parents. I'm afraid they might try to hold their emotions back in front of me, so I won't get upset. I've had rough times for the past couple of years, and I'm still having hard times, so I'm always afraid they will hold back if they see me getting upset. I know that would just hurt them more when they try to hold it back. I love to talk about the good times my brother and I had, but I'd just rather be alone when I cry for him. Just once in a while my sister and I can talk about him, but that's the only person I can really talk to. I hope and pray with all my heart that my parents will understand, but I just can't talk to them. I miss my brother a lot, more than I think they really realize. I love and care for them too much to go and upset them even more. Maybe I'm wrong, but please parents, understand how I feel. May we always be close.

***Love,
Sibling***



THE COMPASSIONATE FRIENDS OF METROWEST



A Glimmer of Hope

We are haunted by the “why.”
Why him? Why her? Why now?
It doesn’t matter how;
our children are gone;
gone before their time.

We are left to struggle through the days
with a cloud of grief pressing down upon us.
Its rain the tears we shed as we mourn our losses.
The road we travel is long and the destination is unclear.
This cloud has no silver lining – or does it?

Trying to make sense of the senseless,
we search to make meaning
to fill the empty holes within us,
to honor their memories,
to give purpose to our shattered lives.

Using our unique gifts,
we are finding ways to make a difference.
Little acts that are life-giving
to those who receive and
to those who give.
We are finding ways
to make our lost children's lives matter,
to make our own lives matter.

No longer needed to love and protect our lost ones,
we still have a job to do.
What we are called to do now is up to us to figure out.
We can still be the givers of life.
Although it may be different than before, it is no less
important.
Amidst the darkness of death,
we will find a glimmer of hope.

***Joan Scott
In memory of my son, Danny
April, 2013***

The Value of My Son’s Life

Yesterday an attorney called me to let me know that the wrongful death suit filed by my former daughter-in-law had been settled for a nice seven-figure amount. My first thought was about my son’s children; I hoped that they would be treated fairly in the disposition of the settlement.

My second thought took me back to a cold Sunday in December, 2002, in Lakeway, Texas. It had been three days since my son was killed.

The mother of my former daughter-in-law patently broached the subject of the dollar value of my son’s life to his wife. She talked about future potential earnings in the millions and millions of dollars. She brought up his MBA, his success in the corporation, his rising star. All that was Todd was encapsulated in dollar value, not love. My son was reduced to a number.

Still in shock, I listened as patiently as I could. She talked about lawsuits, her daughter’s right to maintain the lifestyle that she and Todd had recently attained. She talked about my son as an object. Her comment that “only women” can be realistic at times like these set me back. “Practical thinking about my daughter’s future is all we can do now,” she said.

Todd’s memorial service was scheduled for the next day, and Christmas was only 3 days away. Why would she quantify the life of my only child in the cold terms of money now? I will always remember that conversation, that moment in my life. The crisp air stung my lungs as I continued to deep breathe to keep from hyperventilating. The sky was cloudy, portending a storm in my soul for all of eternity. I couldn’t say a word; I ached physically as I looked at this woman from a new perspective. I hadn’t grasped the purely narcissistic nature of this family’s value system until that moment. Eventually she stopped talking. I went for a quiet walk, thinking thoughts of my beautiful child who had grown to be a wonderful father and patient husband who worked so hard and worried so much about keeping his family balanced and on track.

So, today I sit and wonder of what might have been. Not the amount of money he might have earned, but the impact of my son’s life on those for whom he was the unique one who could never be replaced. The loss is still overwhelming to me; it always will be.

While others worship their golden idol in the money gained from my son’s death, in my heart there is a gaping hole, a hole that will remain until my death. I never saw my son as a “wage earner”, a “meal ticket”, a “stellar player” in the big corporate money game. Todd knew that less was more. He was planning a change from corporate stresses and a return to the basics.....enjoying his children, looking forward to work he truly liked, having time for family and hobbies and living his life in joy and contentment.

As I reflect on the casual cruelty of that narcissistic moment, I wonder how many other parents have experienced a cruelty inflicted by another human being after the death of their child—a cruelty so deep that words do not measure it. Whether this cruelty devalues our child with talk of money, behavior, lifestyle, critiques of our parenting, a minimization of our loss or a trivialization of our grief by making their agenda and discomfort the subject, the net result is the same.



THE COMPASSIONATE FRIENDS OF METROWEST



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It is this devaluation of our deceased children that continues to shatter us. We talk of these things, sharing each other's pain....pain inflicted by the selfish, the thoughtless, the weak, the uncaring. We do this to ease the burden of each and every parent who suffers.

In talking with others in The Compassionate Friends, I find that I am not the only one who has chosen deeper relationships. We seek friends who value our children and, minimally, respect our loss. We find peace with those who stand by us in our lifelong pain. We distance ourselves from those who cannot be supportive-family, friends or acquaintances. For our children are our treasure. All who would demean our loss are forever footnotes in our lives.

Annette Mennen Baldwin
In memory of my son, Todd Mennen
TCF, Katy, TX

But Your Son WANTED to Die - Mine Didn't

I cringed as once again I heard this remark, repeated so often since Warren took his life 3½ years ago. Even now, when I thought I had steeled myself to the harsh meaning of the words, they still left me hurt and demolished. Is it all that simple? Could anyone 'feeling good' just choose to die like that . . . if they knew the pain and suffering that then engulfs their surviving family?

How can I explain why he died when I do not really know myself? How can I make anyone understand his emotional pain, increasingly obvious to us, so skillfully masked from others? Our son was so handsome, intelligent and sensitive. It is still incredible that he shot himself one morning after returning from the hospital 'cured' of his terrible depression. Our beautiful first-born baby grew into a perfect son, but somewhere, somehow, our masterpiece had a flaw as cruel and as tenacious as any disease that strikes any other young person.

So, until research proves otherwise, we have to go along with the words of Professor Erwin Ringel that "SUICIDE CANNOT REALLY BE CHOSEN – since an intense and overwhelming inner compulsion renders any free choice null and void."

Our loss is as great as any other parent. We grieve just as deeply. Remember this and do not judge, we beg. We, and all the Survivors of Suicide suffer too much already from a horrendous tragedy that can, and does, happen to anyone.

Our Kids Loved Us – And We Love Them!

Maureen Hargreaves
TCF Melbourne, Australia
In Memory of my son, Warren

Grief and Intimacy

During my interviews with bereaved parents, I've heard most say that the death of a child changes everything. So of course it's not a surprise that many report changes in their sexual relationship after their child dies. These changes might be brief or might last for months, even years. But as with other aspects of the grieving process, it can help couples to know what other bereaved men and women have to say about their experience. Grief has profound effects on a couple. One or both partners may feel fatigued or low in energy. One or both may feel too depressed to care or to have the motivation to do anything, let alone something that requires as much energy as a sexual relationship. Some feel numb in ways that make it impossible to get interested. Some say they feel too fragile, breakable, easily injured, or unconfident.

Rosa: It basically killed sex. That part of our relationship died and it's still not back to where I'd like it to be. Part of it was your grieving. It was really hard to get you excited [laughs] about anything for a long time. And if I pushed or tried to seduce, it made you run away.

Some parents describe a feeling of "this is how we made our child," that makes intercourse feel inappropriate, uncomfortable, painful, even repulsive.

Bruce: We went without contact for months. Even the physical act became frightening and nauseating to me. It was such a gruesome experience for both of us. I don't recall exactly when we did resume. My guess is probably six, seven months following his death we started having intercourse. But all the time we weren't, we were very much in love, hugging and touching.

For some, the child's death makes relationships a sacred act, so sacred they hesitate to approach one another.

Glenda: For a long time it was like, That's how we got him. Get away! I couldn't. Remember how I cried? [Ken: Ooh, yeah.] I think more for me it was very painful emotionally for a while. [Ken: Yeah.] It was like, We created him this way; we can't do this.

Some bereaved parents are afraid they might become pregnant; they feel too vulnerable to risk making and possibly losing another child. Or they feel they have nothing to give; they don't have the necessary energy or the capacity to focus on a baby.

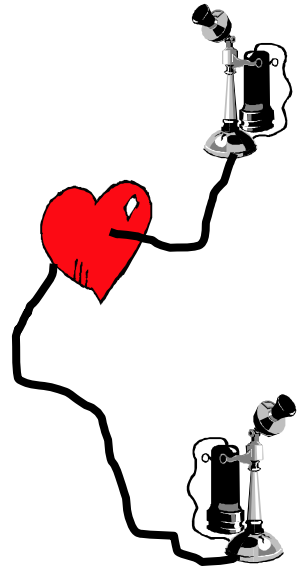
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Phone Friends

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
- Judith Cherrington,...**Jeffrey**, age 48, Cancer,(508)473-4087
- 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.

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Amy: Even though I knew it was hard to get pregnant, I did not want to get pregnant again right away. There was no way. Whatever birth control we were using at that time, you can't make a mistake. I didn't feel like I needed to [take the risk].

For a lot of bereaved parents, intercourse seems wrong or strange because it is pleasurable in their grief, pleasure seems wrong, maybe even sinful.

Some grieving parents feel too distant, angry, upset, or frustrated with their partner to want to be intimate: How can I be close with him when he's so unsupportive? When she's not grieving the way I think she should grieve? When he's partly responsible for the death? When . . . ?

In other couples, one or both take an antidepressant that suppresses sexuality. In a few couples, the gap in relations is linked to problems in communication, trust, or mutual respect that were there all along, but were magnified by the death. For those couples, staying together may require competent professional help.

Hannah: Things come to the surface that you wouldn't think about, unless something happened. Our marital problems have always been there, but they're more on the surface because of what we've been through. I don't know what's gonna happen. It's kind of a shame to throw away 30 years. The problems that we are having have always [Fred: Yeah.] been there. We just never dealt with them before.

Living with a Change

From the beginning, or after a while, at least one partner wants to return to something like normal marital relations. Some partners try to seduce their spouse. But seduction doesn't necessarily work. From another perspective, grieving couples have to deal with all sorts of differences, so it's no surprise that they might have to deal with differences in interest in sexuality. One basis for the disparity might be individual preferences in what each finds comforting. For some, maybe men more than women, intercourse is comforting, and in their grief they ache for that comfort.

In couples for whom conceiving a baby is still possible, one partner, usually the woman more than the man, might want to try to become pregnant. But her desire to make a baby or her uncharacteristic sexual aggressiveness may put off her partner, who may then resist her advances.



THE COMPASSIONATE FRIENDS OF METROWEST



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Tina: I think initially we were very close emotionally and sexually. As we moved a little bit further out from it, and then there was talk of being pregnant, it was like he thought the only reason I wanted to have sex was so I could get pregnant. And there was a lot of tension about that, a lot of fights. If he thought that we were gonna be close to being sexual, it was like he'd do everything in his power not to do anything. I remember, goin' through my mind. "That's it! We're done! I'm divorced! I'm leavin' him!"

Expressing Closeness

For some bereaved couples, touching, hugging, and cuddling continue. They can feel loved and the comfort of skin-to-skin contact without going further. In fact, many people think of touching, hugging, and cuddling, as sexual, so not having intercourse doesn't mean they stop being sexual. However, just as couples may experience a decline or a gap in relations, they may experience a decline in touching, hugging, and cuddling.

Brett: There were a lot of things I needed, but I didn't get from her. And there was a lotta, just even the hugging, the holding, even some talking about it. And it wasn't her job to fix me. There wasn't anybody that was capable of doing that.

Joan: I think there would've been times even when he wanted to hug me or he wanted to give me support, and I just didn't want it. I just felt like I wanted to deal with my grief myself.

Brett: That was so uncharacteristic, that you weren't there.

Brett and Joan eventually returned to being fully in contact, and that was the experience of most other couples who talked with me about a gap or decline in touching, hugging, and cuddling.

New Emotions

For couples who continue to have marital relations after a child dies, and for those who return after a gap, the experience is often different in important ways from what it was before the child died. What is most commonly reported is that relations are emotionally charged and immensely meaningful in new ways.

For many bereaved parents, sex becomes, at least when first resumed, a powerful, life-affirming experience, a symbol of healing and being back together as a couple. For many bereaved parents, the act has new meanings that bring up powerful new emotions. The emotions may be felt or expressed in different ways, but it is common for tears to be part of it all.

Joy: I can't even remember the first time that we made love after the accident, but I remember always just really crying after it, just sobbing, and just bringing so many emotions to the surface, and I used to think, "Aw, he's going to quit making love to me cause all I do is sob afterwards'."

Jane: One thing I've noticed, any time we were intimate, almost always, even though I wasn't sobbing or anything like this, just the emotion. Almost every time one or the other of us would say, and it just really didn't exactly relate, and yet we just really missed him. You just were emotional, and that was the biggest emotion in our lives. We just missed him and so frequently I would get tears in my eyes, or my husband would, and we would just say to each other, "I sure still miss him."

Patience

For bereaved parents, it may be helpful to know that our research indicates that a break or decline in a couple's sexual relationship or in touching, hugging, and cuddling is not so much a difficulty as one of the things that often happens when a child dies. It's not a sign of anything disastrous in the couple's relationship or a warning about future difficulties. As with other aspects of the grief process, declines or gaps in physical contact call for patience and understanding. In the long run, many couples move on to profound depths of intimacy and develop greater mutual understanding, empathy, and communication through the process of grieving and loving together.

Paul C. Rosenblatt, Ph.D.

(Bio dated 2002) Paul Rosenblatt is the Morse Alumni Distinguished Teaching Professor of Family Social Science at the University of Minnesota. His research interests have long focused on the impact of grief on the family.

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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

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THE COMPASSIONATE FRIENDS OF METROWEST



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His grandson, Eli Rosenblatt, died at age two in 1990. Paul is the founder of the Grief and Families Focus Group of the National Council on Family Relations and the author of several books including "Help Your Marriage Survive the Death of a Child" and dozens of scholarly articles.

Some quotations in this article are from "Parent Grief: Narratives of Loss and Relationship, ©2000 by Paul C. Rosenblatt, and from the article, "Grief and the Sexual Relationship of Couples Who Have Experienced a Child's Death," by Annalies Hagemester and Paul C. Rosenblatt, published in Death Studies, © 1997, reprinted by permission of Taylor & Francis, Inc. Other quotes in this article are from "Help Your Marriage Survive the Death of a Child," ©2000 by Paul C. Rosenblatt, reprinted by permission of Temple University Press.

I can't help but see a symbolism in that tree that I can associate with. It is as if it stands as a monument to my grief, the ebb and flow of emotions that I have felt for the past nine years since Nina no longer walks this earth. When the tree is in full flower it seems much like family life "before". Of course there were short-term crises that now seem insignificant in comparison and life's speed bumps along the way, but all in all, pretty good. I mean, at least our family was intact. When the leaves were suddenly stripped of their branches and thrown to the ground in the furious hailstorm, it was like our lives after Nina's sudden death; thrown suddenly into a world of intense pain and sorrow, trying desperately to survive the unthinkable.



But, yet this morning, the tree stands, more barren and most definitely battered, but still hanging in there. Nine years later, those who love her, have weathered the tornado-like force of grief and loss. And nine years later, much like Nina's tree, though the storm has taken its toll, we will still manage to be upright; definitely bent, but still standing. And somehow, life roars on... With gentle thoughts,

Cathy L. Seehuetter
TCF, St. Paul, MN

In Memory of my daughter, Nina



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Chapter Leader: Carol Gray-Cole
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Bent But Not Broken

The beautiful flowering tree planted in Nina's memory on Memorial Day a year short of a decade ago (by her favorite cousins) looked so regal and smelled so delicious yesterday. I like to think it flowers this time of year as a special birthday message from my "baby girl". However, with the vicious storm we had last evening I watched the soft white petals drift and swirl to the ground, as if a deluge of tears from a breaking heart. Today, it sits almost bare - a few petals still hanging on for dear life, unable to let go, desperate to regain its former beauty.

Chapter Note

Mark your calendar, Alan Petersen will be making his **Final Tour** and he's coming to our chapter. On October 22nd. At 7:00 p.m.

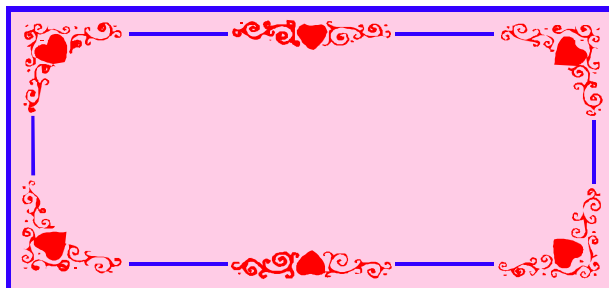
Please note that the location will be at Christ Episcopal Church, 14 School St. Medway Ma.

Those that are tech savvy. you can Google the address and get directions. And those who are not can e-mail me and I'll send you directions.

Allan's music and message have become very popular with grief organizations. Alan and his wife Denise, founded *The Angles across the USA Tour* and together they have to over 340 cities sharing a message of hope and offering support to families who have had a child die.

Alan's roots run deep when it comes to The Compassionate Friends. He has spoken and performed at more than 160 chapters in the U.S. In 2010 he was named "Professional of the Year" by TCF and currently serves on TCF's National Board of Directors.

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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.”*