



# THE COMPASSIONATE FRIENDS

Supporting Family After a Child Dies

December 2009 Newsletter  
Volume II; Issue 4 WNY Chapter #2303,  
Batavia, NY 14020

## THE MISSION

**The mission of The Compassionate Friends 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.**

We are pleased, yet saddened, to have you join us at our meeting of The Compassionate Friends. We hope sharing your stories of the aspects of your journey through grief will enable you and your families to find a "new normal" in your life. We wish that you would eventually reach a state of peace where the wonderful memories you have of your children are more in the forefront of your heart and mind than the pain of your loss.

### Upcoming Meetings

December 17, 2009  
January 21, 2010  
7 PM at Richmond Memorial Library  
19 Ross Street, Batavia, NY 14020

**National: The Compassionate Friends, Inc.**  
PO Box 3696 ☎ Oak Brook, IL 60522-3696  
Toll Free 877-969-0010 ☎ Fax 630-990-0246

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

**Join us for the Compassionate Friends Worldwide Candle Lighting on Sunday December 13, 2009 by lighting a candle in your home**

Co-Founder, Treasurer, Newsletter Editor:

Margi DuBois ☎ 3233 Pratt Rd., #7312, Batavia, NY  
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Our Regional Contact, Al Visconti

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Visit our local web site: [www.tcfofwny.org](http://www.tcfofwny.org)

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*The Compassionate Friends is about transforming the pain of grief into the elixir of hope. It takes people out of the isolation society imposes on the bereaved and lets them express their grief naturally. With the shedding of tears, healing comes. And the newly bereaved get to see people who have survived and are learning to live and love again."*

—Simon Stephens, founder of The Compassionate Friends

**To include your child or children** on our web site, bring a photo along with a short story about them to the meeting. Pat will forward the information to our Webmaster so that your child or children can be remembered.

**Our Birthday Table ~ Parents/Grandparents:** you may bring photos and other mementos to the meeting during your child's birthday month. You may also bring a birthday cake or your child's special treat to share with those attending.

The chapter is here for everyone. Please let us know what you are struggling with at this time. We will use that as our topic for the next available meeting.

If you know of someone who has suffered this ultimate loss, please let us know. We will send them our newsletter and invite them to share their grief with those of us still walking that path.

**We Need Not Walk Alone.  
We Are The Compassionate Friends.**



Let us remember our children  
who have left us too soon.

December Birthdays

Christopher Claus young son of Laurie & Eric Claus

December 2

♥ Michael Pittarason infant son of Margi DuBois

December 6

♥ Reed Vogel young adult son of Reed Vogel

December 10

♥ Patricia adult, daughter of Genevieve Mahoney

December 15

Please contact Margi DuBois if any of your child(ren)'s information is incorrect or missing. Phone 343-2590, email her at [margi\\_d@yahoo.com](mailto:margi_d@yahoo.com) or mail her at 3233 Pratt Rd., #7312, Batavia, NY 14020

There are no dues or fees **to belong to The Compassionate Friends. Your voluntary tax-deductible donation is our only source of funds and is used within our Community for outreach and support of bereaved families. All gifts, including office supplies such as stamps, envelopes and printing cartridges are greatly appreciated. They may be given at the monthly meeting or mailed to Treasurer Margi DuBois, 3233 Pratt Rd., #7312, Batavia, NY 14020.**

#### **TCF "Online Support Community" Offers Opportunity for Grief Sharing**

The **Compassionate Friends** national web site offers "virtual chapters" through an Online Support Community (live chats). This program was established to encourage connecting and sharing among parents, grandparents, and siblings (over the age of 18) grieving the death of a child. The rooms supply support, encouragement, and friendship. The friendly atmosphere encourages conversation among friends; friends who understand the emotions you're experiencing. There are general bereavement sessions as well as more specific sessions. These include "Pregnancy and Infant Loss," "Bereaved 2 Years and Under," "Bereaved 2 Years and Over," "Men Only Sharing Session," "No Surviving and click "Online Support" in the "Resources" column.

#### ***A Holiday Memorial Candle Light Service by Beverly Mitchell-Angel***

We come together for an evening of celebration to all children whose lives ended too soon. You lit up our life, sweet children. You taught us about love and life, that pain and joy are not far separated, and that with much wisdom is much sorrow. We smile through our tears and grow through our pain, taking solace in the knowledge of our coming reunion in a joyous heaven. We love you! We gather for an evening of comfort, caring, sharing, tears, laughter and love. Thank you all for coming to remember.

#### **The Promise**

By Genesee Bourdeau Gentry

Your birth brought me star shine, the moon and the sun:  
My wishes, dreams gathered 'round my little one.  
My life became sacred, full of promise and light.  
All wrapped in the child who brought love at first sight.  
The years of your living filled with laughter and tears,  
Excitement, adventure, some boredom and some fears.

But ended too quickly, ahead of its time.

The loss so horrendous, such heartbreak was mine.  
But from the beginning. One thought rose so clear;  
Never would your death erase the years that you were here.

I would not be defeated or diminished by your death,  
I would hang on; learn to conquer, if it took my every breath.

For if your death destroyed my life, made both of our lives a waste,

It would deny our life's meaning and all the love you gave.

I vowed that years of sadness would change, with work and grace,

To years of happiness, even joy, in which you'd have a place.

Memories of you, like shining stars in the patterns of my soul,

Are beacons flashing light and love, and with them I am whole.

In your honor I live my life, now living it for two,  
Through all my life, you will too.



**Winter song**  
By Sascha

Season of lights  
season of love and peace  
Season of shadow,  
Season of memories  
Season of warmth and joy,  
Season of secret tears;  
Give us courage to laugh again  
Give us the vision to hope again  
Give us the power to love again  
For all our new seasons  
And all our new years.

## **A Bereaved Parent's Wish List**

***I wish my child hadn't died. I wish I had her back. I wish you wouldn't be afraid to speak my child's name. My child lived and was very important to me. I need to hear that she was important to you also.***

***If I cry and get emotional when you talk about my child I wish you knew that it isn't because you hurt me. My child's death is the cause of my tears.***

***You have talked about my child and you have allowed me to share my grief. I thank you for both.***

***I wish you wouldn't "kill" my child again by removing her pictures, artwork or other remembrances from your home.***

***Being a bereaved parent is not contagious, so I wish you wouldn't shy away from me. I need you now more than ever.***

***I need diversions, so I do want to hear about you; but I also want you to hear about me.***

***I might be sad and I might cry, but I wish you would let me talk about my child, my favorite topic of the day.***

***I know you think of and pray for me often. I also know that my child's death pains you, too.***

***I wish you would let me know those things through a phone call, a card, note or a real big hug.***

***I wish you wouldn't expect my grief to be over in a short period of time. I wish you could understand that my grief will never be over.***

***I will suffer the death of my child until the day I die. Grief is a lifelong process.***

***I am working very hard in my recovery, but wish you could understand that I will never fully recover.***

***I will always miss my child and I will always grieve that she is dead.***

***I wish you wouldn't expect me 'not to think about it' or to "be happy".***

***Neither will happen for a very long time, so don't frustrate yourself.***

***I don't want to have a "pity party", but I do wish you would let me grieve. I must hurt before I can heal.***

***I wish you understood how my life has shattered. I know it is miserable for you to be around me when I'm feeling miserable. Please be patient with me as I am with you.***

***When I say "I'm doing okay", I wish you could understand that I don't "feel" okay and that I struggle daily.***

***I wish you knew that all of the grief reactions I'm having are very normal.***

***Depression, anger, hopelessness and overwhelming sadness are all to be expected. So please excuse me when I'm quiet and withdrawn or irritable and cranky.***

***Your advice to "take one day at a time" is excellent advice. However, a day is too much and too fast for me right now. I wish you could understand that I'm doing good to handle an hour at a time.***

***Please excuse me if I seem rude, certainly not my intent. Sometimes the world around me goes too fast and I need to get off. When I walk away, I wish you would let me find a quiet place to spend time alone.***

***I wish you understood that grief changes people. When my child died, a big part of me died with her. I am not the same person I was before my child died, and I will never be that person again.***

***I wish very much that you could understand my loss and grief, my silence and my tears, my void and my pain. BUT... I pray daily that you will never understand.***

## **Tonight I Hold This Candle**

**By Alan Pederson**

Tonight I hold this candle  
In memory of you  
Hoping someday somehow  
My love will shine thru  
I close my eyes Lost in the glow  
There are so many things I want you to know

### **CHORUS**

This candle says I love you  
This candle says I miss you  
This candle is saying  
I remember you  
When I'm holding it toward heaven  
It feels like you are near  
If you're looking down tonight  
And see this candle burning bright  
It says I'm wishing you were here

In the glow of this candle  
I can almost see your smile  
And it carries me away  
For a little while To another time  
Another Time  
Another place  
When all it took to light up my world  
Was your beautiful face

### **REPEAT CHORUS**

Some day some way I'll see you again  
I'll hold you  
In my heart  
Until then  
**REPEAT CHORUS**

### **First Christmas**

By Genesse Bourdeau Gentry

It can't possibly be Christmas  
Without her being here.  
Yet the world is singing round me,  
Joyful tidings and good cheer.  
Though I try to put on armor  
And brave the sights and sounds, a few moments worth of shopping and the  
Tears are spilling down.  
I pray for strength to do it  
Find a path through holidays,  
Look for shortcuts, good ideas, some directions through the maze.  
Then I find at last the answer:  
I'll include her symbolically.  
And the giving becomes perfect;  
Her love's flowing down, through me.

### **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.**

PLEASE NOTE OUR NEW MEETING TIME IS 7pm-8:30pm. We hope to see you at the candle lighting ceremony on December 17<sup>th</sup>. Again if possible please RSVP to Pat Wheeler at 585-219-4570 or Email at [wwpatsuww@aol.com](mailto:wwpatsuww@aol.com)  
We hope to see you there.