



The Compassionate Friends

Providence Chapter

Supporting Family After a Child Dies

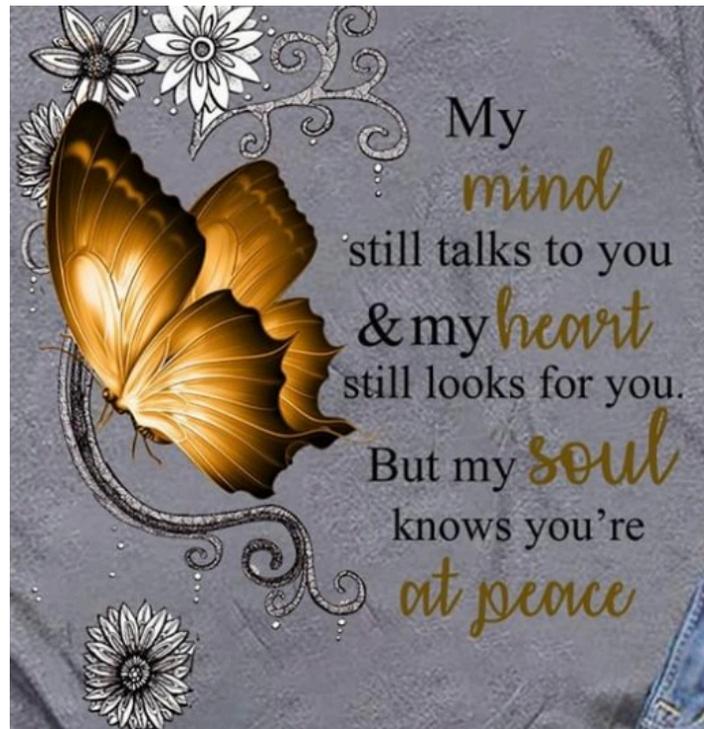
Fall/Winter 2020-21

It seems like eternity...

Is it a moment or an eternity? There are days I sit in silence as something deep within me screams out for one more day to find you sitting by my side. There are days where I struggle for my next breath. There are times I find myself having conversations with the sky because I have so much to say but you are not here to listen. There are days where I am lost in the emptiness since you've been gone. There are days where memories overcome me and storms rage deep within as I struggle to understand why this life gives us love and then forces us to let it go. There are days where I look to heaven and wonder if you are there looking down on the life you left behind. There are days where I wonder what do you hear and what do you see and what do you feel. There are days where the rain fills my face and days where I smile when I recall all the happiness you left in my heart. There are days I feel your presence and I know that you there. There are days I mourn your passing and days where I celebrate your life. There are days I see your reflection in the face in the mirror that is looking back at me and then there are days

where I struggle to become half the image of the life you were.

So much life that has gone before me and so much life that has yet to come. Sometimes I curse this world and sometimes I bow my head and give thanks for all the blessings that have been bestowed upon me. I know I was



blessed to have you in my life. I know that there is a greater purpose than the air we breathe and I know your life was more than the presence before me and that you had other canvases to paint. So I gently catch my breath as I breathe one more day without you. I try to live a life of purpose because you would expect nothing less. Years have passed and you

are always in my thoughts and in my heart. Life will cease but love lives on long after the candle has been extinguished. I breathe because you lived and nourished my soul with the seeds of hope that you planted in my life.

In loving memory of my son, Chris...

—*Lucille Valliere*



Birthday Remembrances

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

August

Mary Elaine Ackaway
Nathaniel Robert Asselin
Christopher Robert Boone
Sean J. Conley, Jr.
Robert Desmet
Gabriella Bella DiPalma
Christopher Mark Leahey
Tamara Suzanne Meyer
Monika Krystyna Prus
Jason Alan Smith
Joshua Spinelli
John Taglione
Matthew A. Viegas
Justin Wilks

September

James Avitabile
Michael Beirne
Christine Marie Bernier
Stephanie Lynn Blum
David D. DeMoura
Traci L. DeMoura
Craig Robert Fregeau
Brian Lang
Daniel M. Malo
Matthew Marandola
Jordan M. Neves
Nathan Parker
Joan Elizabeth Plante
Jamie Rappaneau
Tyler Anthony Williams

October

Jessica Ahearn
Cody Johns Craynock
Arianna Davis Griffin
Rebecca C. Hopkins
Bradley Lawrence
Kameron Montanino
Kevin Munroe
Tre Jordon Paquette
Amy Prada
Marissa Salabert
Rose Block Shatz
Ethan Simpson
Alfred "A.D." Silvia, III
Wendy Smith
Craig Robert Valliere
Kyla Vinacco

November

Caitlyn Marie Adler
Joseph Allard
Michael Barry
Steven Joseph Caito
Dante Cappelli
Karen M. Corrao
Anne & John D'Ercole
Easton DeResta
Miles Dodd
Madelyn Getter
Todd M. Hallworth
Benjamin Lavignw
Dino Ludovici
Christopher J. Meehan
Emily Otrando
Nicholas Pizetoski
Marrina A. Yeomans

December

Abby Aukerman
Taniya Bonilla
Alison Bowman
Kyle Cabral
Henry Clemence
Jon Converse
Erika Hall
Donna Lamb
Nichole LoDico
Charles McMahan
Erin Noble
Joseph A. Pari
Hayley Sanford
Kyle Saunders
Jeffrey Swanson
Diana Clavin Vallee
Samantha Walsh
Beau Wennermark

January

Matthew A. Cardillo
Luigi Civitelli
Dwight Furey
Christine Grinavic
Jamie Mayer
Jason G. Naylor
Martha Noble
Arthur Pelliccia
Marc Daniel Pinzon
Daniel John Quigley
Alexander Gonsalves Veiga
Karen Michelle Young
Amy Zimmerman Duggan

In Memory of Our Children

As long as we live, our children too shall live, for they are part of us in our memories. We lovingly remember the following children on Their Anniversary.



August

Joseph Allard
Steven R. Aubin
Patrick Avitabile
Donald Anthony Capasso
Matthew A. Cardillo
Cara Lynne Ciccone
Cody Johns Craynock
Gabriella Bella DiPalma
David W. Greenwood
Ryan N. Jennings
Thomas P. Kenney
Jason G. Naylor
Lauren Rose Norwood
Matthew Perry
Nicholas Pizetoski
Amy Prada
Melissa Rourke
Angela Rose Sbardella
Deborah Lee Serafin
Ethan Simpson
Jeffrey Swanson
Stephen Treistman
Matthew A. Viegas
Jonathan Blake Waxler
Jackson Weintraub

January

Jeffrey Berg
Lawrence D'Arezzo
Amy Zimmerman Duggan
Nicole LoDico
Nicholas Messier
Kevin Munroe
Daniel John Quigley
Brian Squadrito
Diana Clavin Vallee
Karen Michelle Young

September

Jason David Bates
Leonidas Ashton Caruso
Peter Collins
Madelyn Getter
Amando Gomes
Arianna Davis Griffin
Matthew Marandola
Emily Otrando
Joseph A. Pari
Marc Daniel Pinzon
Hayley Sanford
Daniel Erik Schuster
Brent Douglas Sheldon

November

Angelo James Argentieri
Robert Carmone
Jon Converse
Anne & John D'Ercole
Rebecca Greene
Todd M. Hallworth
Rebecca Hopkins
John Anthony Koczan
Dino Ludovici
Shane Mandeville
Charles McMahon
John Taglione
Alexander Gonsalves Veiga

October

Jessica Ahearn
Sebastian Cocco-Babcock
Eric Boyd
Anthony Stephen Casale
Miles Dodd
Craig Robert Fregeau
Brian Lang
Tamara Suzanne Meyer
Wendy Smith
Sam Oliver Stein
Justin Wilks

December

Tom Orazio Argentieri, Jr.
Travis Battle
Steven Joseph Caito
Louie Capadilupo
Christine McKay Chabot
Henry Clemence
Daniel Reid Cornell
Karen M. Corrao
Easton DeResta
Christine Duclos
Matthew George Iavarone
Michael V. Medeiros
Craig Robert Nogler
Michael Pelliccia
Nicole M. Reinert
Rose Block Shatz
Alex Valicenti

Strategies and Suggestions for Coping with the Holidays

Family traditions are an important element of the holiday season. Whether these traditions are passed down from prior generations, or newly created, they add a sense of security to this fractious time of year. For parents grieving the loss of their children, this time is often more isolating and full of anguish. It's normal to dread the holiday season and the stress that abounds. Many parents pray for January, preferring to skip December altogether.

Christmas songs speak about being jolly and bright. Yet this is just the opposite when you can't celebrate the season with your heavenly child by your side. You don't get to see their anticipation and joy. You feel anything but joyful. You may have to force yourself to find something to be grateful about. For you, this is the worst time of the year.

Family members and friends often don't realize your grief is always residing just beneath the surface. When we put on our fake face and smile, we do that to protect others and ourselves. You need to give yourself permission to be authentic and true to yourself. It's okay to cry. Tears help release the pain in your heart and soul.

It is natural to become overwhelmed with emotions when memories are jogged by holiday music or even decorations. The invisible triggers will be there for all of us in unique ways. Knowing

what your triggers are will help with the onslaught of intense and unexpected emotions.

Triggers of the holiday season may include:

- Christmas lights
- Christmas music
- Special ornaments and stockings
- Favorite holiday foods
- Family activities
- Christmas movies
- Shopping (knowing you don't need to buy a present this year)
- Family gatherings and outings
- Christmas presents under the tree

The wishes of grieving mothers and fathers are much more simple. They just want to see and hold their heavenly children. Our love for our children only grows stronger. We are aware a piece of our heart is always missing.

We want to celebrate our children with all the traditions that create joyful memories to cherish. Yet we now have to find new ways to celebrate our heavenly children.

How can we include our heavenly children in all the festivities when missing them is so painful? My heavenly son is in every waking thought like a shadow. This will be the sixth Christmas without my son. It could easily be the first year without him.



Continued from previous page...

I wonder what my son is thinking about his new nephew named after him? I wonder if he is sitting here next to me as I write this to you. I miss hearing his voice and laughter. I wish he could give me a big hug and not let go.

Including your heavenly child during the holiday season can help reduce anxiety. There are symbolic ways to embrace your child if you are concerned about what others think. However, you should do what you feel is important to you without the concern or criticism of others.

Suggestions for remembering your heavenly child:

- Light a candle
- Place an angel next to his or her picture
- Place an ornament on the tree or alter
- Buy a new ornament
- Decorate a small tree for the altar
- Write a letter to your heavenly child
- Allow yourself to think of the memories and feel the love in your heart
- Remember your child is always with you and can feel your love and your pain

- Meditate and see your child in your arms and sharing your love for each other
- Make a place setting for the table
- Keep an article of clothing near for comfort
- Take time outs to replenish your soul

This year I purchased wooden angel wings to hang over my son's altar. I will also buy an angel to add to his collection. I include my son in everything. I have conversations in my head with him all the time. I also talk out loud to him. I know he hears me either way.

Whether your child lived for a few minutes or several years, you will always be a parent. You will always love, cherish, and miss their presence. Whether you choose to forgo celebrating the holidays, or have other children and family that requires your participation, give yourself time out and time off.

From my heart to your hearts, I send you love, hope, and courage to get through this holiday season. May each of you all be blessed and find peace in your heart.

Written by [Debra Gaz](#)

<http://debragaz.com/2016/12/11/all-i-want-for-christmas/>

Join us for a virtual Worldwide Candle Lighting this year.

The 2020 TCF Worldwide Candle Lighting Ceremony is on Sunday, December 13, 2020 at 7:00 p.m. Please note that the ceremony is going to be online this year due to restrictions on the number of people for indoor gatherings. We will be posting a video presentation with photos of all of our beloved children on our website at: <http://www.tcfprovidence.com/meetings--events.html>. We will also be sharing the link to the video on our Facebook page and invite everyone to write their child's name in the comments.

If you would like to include your child's photo in the video presentation, **you must send it to Becky Sheldon by November 16, 2020** at tcfprovidence@hotmail.com (please limit to 4 photos). If your child has been part of the slide presentation in the past those pictures will remain in the presentation.

We wish you all comfort in your memories this holiday season.





Love Gifts for the Chapter

A Love Gift is a living memorial to your child. Usually given on birthdays, anniversaries of their deaths, holidays, or just to remember. Our thanks to the following for their generous donations.

Bobby "Bo" Desmet – Forever in my heart and always on my mind, Love, Mom

Mary Ackaway – Love, Mom

Peter Collins – Always in our hearts and on our minds, Love You, Mom and Dad

Melissa Ann Rourke – Our Daughter, Happy Birthday Melissa

Matthew A. Viegas – Happy 40th Birthday, Love, mom and Family

Justin Marron – 24 years... love and missed more with each passing year. Forever a part of my life, Mom

Jay Lawrence – Forever in our hearts, Love, Mom and Dad

Paula Jane Torrico – Love Always, Mom

Christine McKay Chabot – Happy Birthday, Chrissy, Love, Mom

Servulo Gonsalves & Alexander Veiga – Forever in my heart, Love, Mom Vovo

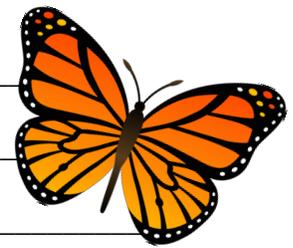
Jonathan Blake Waxler – Jonathan you remain in our hearts forever, Love, Mom and Dad

Christopher J. Meehan – Forever in our hearts, Love, Mom and Dad

Scarlett Elizabeth Hume Pereira – In loving memory, Ann & Phillip Carraher and Mary Stuart

Thank You for your donations in memory of Our Children.

Love Gift Donation



Name _____

Address _____

City _____ State _____ ZIP _____

In Loving Memory Of _____

Love Gift \$ _____ Message _____

I would like my Love Gift to go toward general Chapter expenses.

Your tax-deductible donation helps defray the costs for Chapter expenses. Your donation is greatly appreciated and will be acknowledged in this newsletter. Please make your check payable to: **TCF Providence Chapter.**

Please send donations to Chapter Leader: Lucille Valliere
10 Dail Drive
North Providence, RI 02911

Remembrance Garden Love Gifts

Daniel Reid Cornell – Forever loved, remembered, missed. I love you Boopie, Mom

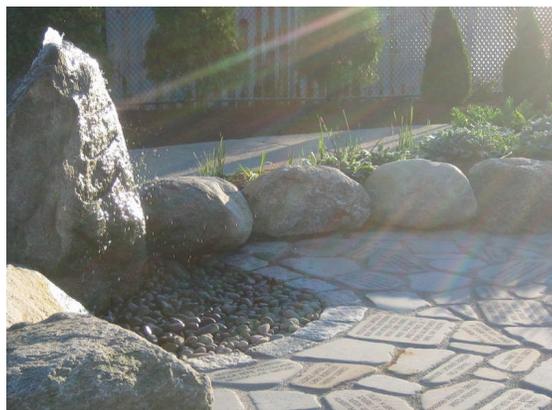
Bradley Lawrence – Forever in my hearts, Love, Dad

Brian Squadrito – Happy Birthday in Heaven, Love, Mom

Todd H. Hallworth – Loved and remembered always, Love, Mom and Dad

Douglas D. Gray – Forever in our Hearts

Angela Rose Sbardella – Forever in my Heart, Love, Dad



Thank You for your donations in memory of Our Children.

Remembrance Garden Update

We will be adding 18 new names to our Remembrance Garden in November, followed by a dedication ceremony next spring when (hopefully) we are able to gather together safely. Stay tuned for further updates. We hope visiting the garden brings you peace and comfort.



Remembrance Garden Love Gift Donation

Name _____

Address _____

City _____ State _____ ZIP _____

In Loving Memory Of _____

Love Gift \$ _____ Message _____

____ I would like my Love Gift to go toward upkeep of the Remembrance Garden.

Your tax-deductible donation helps defray the costs for garden upkeep. Your donation is greatly appreciated and will be acknowledged in this newsletter. Please make your check payable to:
Remembrance Garden of Greater Providence.

Please send donations to: Lucille Valliere
10 Dail Drive
North Providence, RI 02911



**The
Compassionate
Friends**
Providence Chapter
Supporting Family After a Child Dies

10 Dail Drive
North Providence, RI 02911
tcfprovidence.com



Sponsor a Newsletter

We are pleased to offer our members the opportunity to sponsor a newsletter. We will feature your child's story and photo on the front page of our newsletter when you make a donation. This offers members another way to share their child with our group, as well as to help offset the cost of producing and mailing our newsletter. We are offering up to two sponsorships per newsletter. Your story can be any length up to 500 words and can include 1-3 photos. **If you would like to see your child featured in a future issue, please contact Lucille at (401) 231-9229 or lcvalliere49@gmail.com.**

Upcoming Events

Regular support group meetings are cancelled until further notice due to COVID-19 restrictions on indoor gatherings.

Sunday, December 13 — Virtual Worldwide Candle Lighting

Join us here on at our website tcfprovidence.com/meetings--events.html on Sunday, December 13, 2020 at 7 p.m. to watch the video presentation of our beloved children. Please also go to our [Facebook page](#) and write your child's name in the comments. And don't forget to light a candle!

