



## Shattered Healing

When my son died, hidden places within me began to reveal themselves. It was as though chambers of secret rooms that had long housed unhealthy ideologies, protective attitudes, negative beliefs, and a lifetime of acquired heartache began to want out.

**I was overwhelmed with emotion and there was nowhere for the feelings to go anymore.**



Those rooms were dark, obscure, and full to capacity. When the fracture began, it didn't take too long for a full shattering to occur. It exposed everything that had been concealed and it demolished in me that I knew. A cloud of confusion and despair surrounded every facet of my life. I felt so exposed. I was overwhelmed to the point of utter despair. I also learned that rock bottom has a basement, and it is deep. MY grief was in control. It was running rampant within and without. It was difficult to accept... but I had to face the anguish.

I realized that I had work to do if I wanted control of my life again. As I was contemplating what I needed to do, I had a monumental epiphany. Before my essence could begin to heal, I had to find a place for the grief. That realization helped me discover that grief is multifaceted. It had attached itself to every part of my life. The task seemed insurmountable. I also knew if I was going to survive and truly live again, I had no choice but to find strength to combat the grief.

As it subsided and I could see a bit better, I have come to understand that grief is a teacher. It is very personal. It is a mirror. It is also a connection to my son. It is chaotic and messy. And ironically, it holds truth.

Grief is sharp and painful and exposes the places within us that we need to heal and forgive ourselves for.

**Most importantly, I have learned grief IS controllable.**

With time, understanding, patience and the truth, I made a place... a seat at the table, if you will, for my grief. Within me I have discovered the power to move forward, despite this unimaginable task I have been given. As I move through the process of finding a new way to live, I am also discovering that grief has become a part of how I love my child, despite his physical absence.

On the other side of my grief is love... and that love helps me connect to precious memories.

On the other side of my grief new bonds of friendship have been formed... with souls I would have never encountered, and old ones have been strengthened and been a great blessing.

On the other side of my grief, I have found perspective... I have discovered a boundless reservoir of strength... I see the true beauty of life because I have seen the depths of utter despair...

—Kris Leitner, TCF

### Welcome Lisa DiPalma, Our New TCF Co-Chapter Leader

We would like to welcome Lisa DiPalma who has volunteered to assist Lucille as co-chapter leader. Lisa can be reached at 401-477-4388 and [leesa724@cox.net](mailto:leesa724@cox.net).

If you would like to send in a story or poem for the newsletter, please reach out to Lisa.

**Thank you, Lisa!**

*Thinking of you*



## Birthday Remembrances

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

### February

Christian John Beaulieu  
Donald Anthony Capasso  
Daniel John Coleman  
PFC Kyle Joseph Coutu  
Karl Greaves  
James Hughes  
Matthew George Iavarone  
John Anthony Koczan  
Jay Lawrence  
Jennifer Leigh Lesperance  
Brent Douglas Sheldon  
Emma Elizabeth Soares  
Jonathan Blake Waxler

### April

Michael Bolivar  
Anthony Michael D'Arezzo  
Gabrielle Dinsmore  
Jordin Tayla-Rose McGinn  
David Roger Monica  
Gregory "Josh" Montigny

### March

Peter Collins  
Rebecca Eisen  
Servulo J. Gonsalves  
Thomas P. Kenney  
Auriella Legassey  
Thomas P. Lewis  
Jeffrey S. Monica  
Lauren Rose Norwood  
Nicole M. Reinert  
Alexandria M. Saker  
Angela Rose Sbardella  
Jeffrey Stephen Shank  
Travis Stovall

### May

Derrick Blair  
Robert Carmone  
Kory Jeschke  
Tucker Keene  
Samuel Montminy  
Justin T. Marron  
Jason Sherratt  
Lori Taglione  
Thomas D. Walker

**L**   
**V E** **Gifts**

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.

**Nicholas Hendee** – Love you always, Mom

**Jeffrey Stephen Shank** – Loved and Remembered Every Day, Love Mom and Dad

**Marc Daniel Pinzon** – Forever in Our Hearts

## 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



### February

Elijah Andrews  
Christine Marie Bernier  
Derrick Blair  
Christopher Robert Boone  
PFC Kyle Joseph Coutu  
Dwight Furey  
James Hughes  
Jay Lawrence  
Jeffrey Stephen Shank  
Travis Stovall  
Shayna Turchetta

### March

Natalie Joy Adamo  
Kayden Coombs  
Gabrielle Dinsmore  
Servulo J. Gonsalves  
Karl Greaves  
Benjamin (Ben) Kellogg  
Auriella Legassey  
Jennifer Leigh Lesperance  
Jordin Tayla-Rose McGinn  
Christopher J. Meehan  
Malik A. O'Connor  
Olivia Paone  
Beau Wennermark

### April

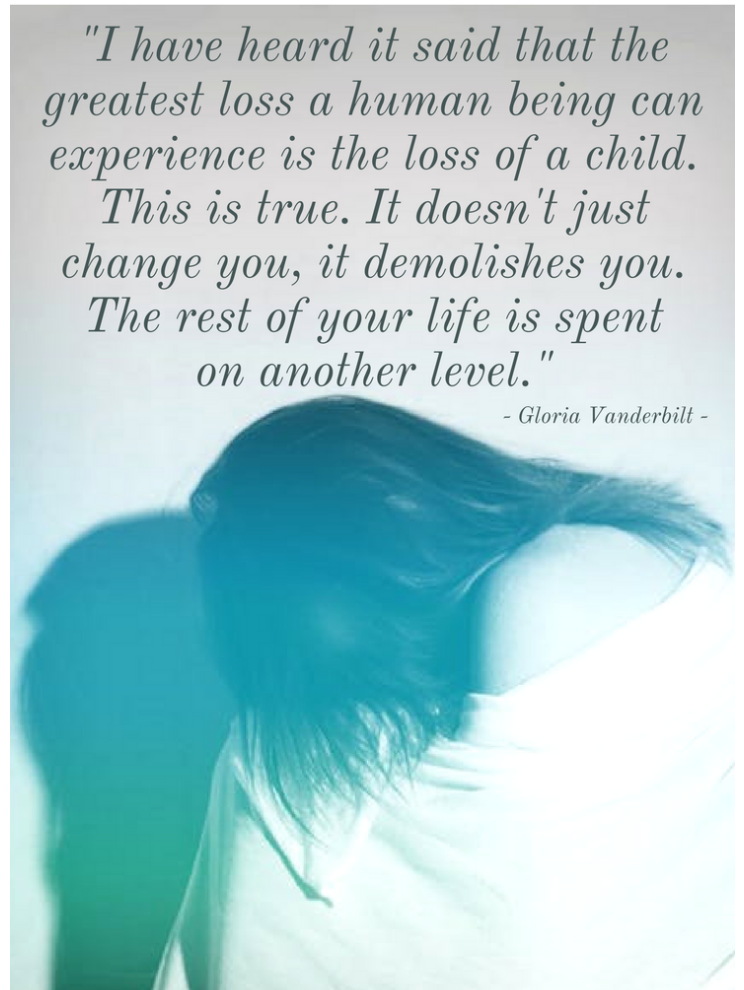
Nathaniel Robert Asselin  
Alison Bowman  
Luigi Civitelli  
Roger Hobbs  
Martha Noble  
Nathan Parker  
Marissa Salabert  
Matthew K. Serio

### May

Cheryl Bucci  
Dante Cappelli  
Christine Grinavic  
Thomas P. Lewis  
Jeffrey S. Monica  
Gregory "Josh" Montigny  
Kelsey Hobbs Mullen  
Dan Schnebly  
Joshua Spinelli  
Christopher Paul Valliere

*"I have heard it said that the greatest loss a human being can experience is the loss of a child. This is true. It doesn't just change you, it demolishes you. The rest of your life is spent on another level."*

*- Gloria Vanderbilt -*





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

10 Dail Drive  
North Providence, RI 02911  
tcfprovidence.com



## Love Gift Donation

*For TCF Chapter Expenses*



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Email \_\_\_\_\_ Phone \_\_\_\_\_  
In Loving Memory Of \_\_\_\_\_ Love Gift \$ \_\_\_\_\_  
Message \_\_\_\_\_

Your donation is tax-deductible and will be posted in our Newsletter.

Please make your check payable to: **TCF Providence Chapter.**

Please send this form and your donation to our Chapter Treasurer: Kevin Sbardella  
133 Fieldstone Lane  
Fall River, MA 02720