



“Time” or “Change”?

As the seasons change and time passes, I think to myself, “how have I survived 10-plus years?” Well, my answer is simple: “I don’t Know.” Is it “time” that has passed or have I “changed”? I think it is probably a little of both.

Time is individual to each of us. When my husband and I realized our son was not going to survive a terrible illness he asked me, “how will we do this?” and I said then what I will say now, “I don’t know.” Has the passing of time helped ease the pain of Donald not coming home? Depending on when I’m asked, I may say time has helped. But for me it has not lessened the pain... it’s just not so raw.

Many who have lost a child will say that they have changed from who they were before their child’s passing, and I agree. But that’s not necessarily a bad thing. Sometimes we need to remind ourselves that it’s alright to change, because every day we wake up and our child is gone. He will never graduate college, never marry, and never experience the joys of being a parent.

At many of our meetings the question of survival often comes up. New members will say they don’t think they will survive and seasoned grievors know they will. We know this because many have come for some time and have built this unspoken bond that only those who have lost a child know. We know this because we get up every day, get dressed, and participate in life not always wanting too, but knowing we have to.

So, I ask myself again, has it been “time” or “change” that has allowed me to survive? And I will say a little of both. When people

say to me they don’t know how I “do it,” I tell them I don’t know. Sometimes I feel that time has lessened the intensity of the pain. But I also know that the intense, raw pain can sneak back in at any moment. Or maybe I have changed and I know how to deal with the pain and sometimes it’s not so bad.

What I can tell you after 10-plus years is that the people who welcomed me to my first Compassionate Friends meeting and the bonds that I have built since then have allowed me to survive. Sharing the pain of loss with other people who know what it’s like has helped me to survive.

So has it been “time” or “change” that has helped me survive? I’ll say again it was a little of both. But most of all it has been the bonds and the strength of other parents that have helped me survive. And for that I would like to say, Thank You! Thank you for sharing your stories, thank you for listening to mine, and thank you for always having “time” to listen and not caring if I have “changed.”

Sheila

Co-Chapter Leader





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.

May

Abby Aukerman
Justin Michael Berkley-Straus
Cheryl Bucci
Dante Cappelli
Albert Coutinho
Katherine Ann Ditmars
Jeffrey Scott Giguere
Christine Grinavic
Sara Grundy

Jeffrey S. Monica
Gregory "Josh" Montigny
Kathryn Rickson
Jason Alan Smith
Joshua Spinelli
Zachary Stiness
Justin Trainor
Christopher Paul Valliere
Rebeckha Lynn Whitefield

June

Mary Elaine Ackaway
Caitlyn Marie Adler
Jackie Birkbeck
Ian M. Cameron
Jeniya Angelli Marie Ebert
Rebecca Eisen
Dale Marie Erickson
Matthew David William Kercado

Thomas Kydd
Raymond Louis Leoncavallo
Jennifer Lynn Peterson
Jamie Rappaneau
Naryah Santana
Emma Elizabeth Soares
Justin Troiano
Tyler Anthony Williams

July

Joshua Dawud Abdul-Karim
Patrick Christian Barbosa
Stephanie Lynn Blum
Mason Bogosian
Daniel John Coleman
Jessie Crum
Robert Desmet

Jennifer Golouski
Nicholas Charles Hendee
Shaun M. Kenney
Daniel M. Malo
Justin T. Marron
Joan Elizabeth Plante
Lori Taglione



The Compassionate Friends

Greater Providence Area Chapter
Supporting Family After a Child Dies

OUR MISSION:

To assist families toward the positive resolution of grief following the death of a child of any age and to provide help to others to be supportive.

Birthday Remembrances

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



May

Joshua Dawud Abdul-Karim
Geoffrey Hugh Beattie
Derrick Blair
Eric Boyd
Charles Ketter "Charlie" Carey
Madeline Courtemanche
Katie Dion
Katherine Ann Ditmars
Gregory S. Earley
Camden Fry

David W. Greenwood
Nelly Kago
Shaun M. Kenney
Elissa Krivitsky
Justin T. Marron
Taylor M. Marshall
Michael V. Medeiros
Steven P. Neary
Lori Taglione
Justin Trainor

June

Travis Battle
Jackie Birkbeck
Mason Bogosian
Cheryl Bucci
Sebastian Cocco-Babcock
Albert Coutinho
Dina Davis

George Eaton, Jr.
Nicholas Charles Hendee
Nicholas Messier
Kathryn Rickson
Melissa Rourke
Daniel Erik Schuster

July

Natalie Joy Adamo
Melissa E. Allin
Patrick Christian Barbosa
Paul Joseph Battey
Kendra Bowers
Megan Caron
Pete C. Falso, Jr.
Sara Grundy
Jennifer Lynn Howes
Michael Marzilli
Matthew K. Serio
Paula Jane Torrico
Christopher Paul Valliere
Conor Alexis Young



Mother's Day and Father's Day Messages...

A Mother's Love

A mother's love for her child may begin with the very dream of becoming a mother...
A mother's love for her child may begin with the thought of maybe expecting the news...
A mother's love for her child may begin with the verification of her expectations...
A mother's love for her child may begin with the affirmation that the child lives within her...
A mother's love for her child may begin with her first sight of the new life that she has delivered into the world...
A mother's love for her child may begin...
But it may never end...
Not even death can steal away a mother's love for her child
A mother's love for her child knows no end!



The Solitude of Grief

There are wounds one can't assuage
For the cut is deep and bleeding
Some wounds show no outward trace
For it's the heart that's sore and needing

How does one cope with a broken heart
A heart that's cold and lonely
From where the strength to carry on
From a grief that's shared . . . but yours only

Still in dreams we see them yet
So young, so fair, so alive
I don't know how we cope with death
But somehow—somehow we do survive

Always a part of this heart of mine
Now tossed like a windblown leaf
And I imprisoned in a world not mine
In the solitude of grief

—Harvey Hockstein
TCF Morris Area, NJ
In Memory of my daughter, Marilyn

Their Song of Love

Remembering on this Mother's Day
the melody your child etched
in your heart.
The sweet song of love
that only your child could place there.
As this special day brings
their song to you,
may the warmth of their eternal love
fill your heart once again,
For their song is never ending.

—Patty Erdman
TCF Longview, WA

I'll love you *Forever*
I'll like you for *Always*
As long as I'm living
My *Baby* you'll be



—Robert Munsch, author, I'll Love You Forever

Upcoming Special Guest Speakers

We are pleased to welcome the following special guest speakers at two of our upcoming support group meetings:

May 12, 2014

Daniel Converse of Barrington, RI, lost his son Jon in a drinking-related car accident. Daniel describes himself as “Just a normal Dad, husband, father, contractor who unexpectedly lost a son needlessly in a car crash on Nov. 5, 2007... The only difference between me and some other parents is that within 3 months of Jon's death, I was asked to speak about the crash and its effect on my family at a police convention at the Crowne Plaza in Warwick. I was scared to death and didn't think I would even be able to speak. The police officer who invited me asked me to say just a few words for 4 or 5 minutes. I didn't even think I could do that. Close to an hour later I was getting signals from the organizers to wrap it up. I have no idea what happened to the time, but I realized after the fact that standing in front of a group of people, being able to talk openly about my son, was gratifying as well as therapeutic. Evidently it must of had an effect on people in attendance because I've been speaking on a regular basis at different forums and to different audiences ever since. I have been told that young people who have heard me speak walk away with a slightly different perspective, not only on their own mortality, but on the importance of choices they make on a daily basis that can have permanent ramifications on the direction their lives may take.”

June 9, 2014

When **Bob and Linda Waxler** received a phone call warning them their beloved and accomplished son Jonathan was taking heroin, they began a journey that took them through the detox hospitals and halfway houses of America. But the second call a year later, from the medical examiner in San Francisco, informing them that Jonathan had died, plunged them into the deep darkness—a long, lonely journey into the center of themselves. Their task was to survive in a world that would never again be the same, and they did survive and even triumph, incorporating Jonathan into their lives, not as a lost son, but as a living spirit who is with them in a new way. Bob and Linda are both guest speakers at high schools and colleges, especially recently with all of the heroin overdoses. They are co-authors of the book, *Losing Jonathan*.

In Memoriam:

Cody Johns Craynock,
Age 26

The following was written by Block Island resident and TCF parent Jules Craynock, “in the hope that dialogue would be encouraged with others in our community that sit alone with an ambiguous loss, in the quiet times of each day, every day.”

Each Day

In quiet hours, hearing the collapse of dreams and hopes, like the muffled sound of snow falling from a roof.

The suicide death of a son, call him Deacon Blues,* “he died behind the wheel.”

In quiet times, solitary tears falling, out of place across an old face, starting another day and seen by no one.

In quiet places, the pain of a father softly dissipating into the cold of a relentless universe, entropy at work.

In quiet nights, navigating with a broken sextant, a bright star gone, a constellation changed, course uncertain.

Today I will show up, with no other possible promises.

From the quiet of each day,
every day.

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LOVE Gifts

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

Nicholas Hendee – In our hearts always, Mom, Norm, and Sarah

Mary Ackaway – Love, Mom

Jason (Love Son) Smith – Missing you always, loving you forever, Mom and Gary

Jeffrey Stephen Shank – With our Love, Always, Mom and Dad

Christopher J. Bourdreau – Love, Mom

Remembrance Garden Love Gifts

Marie Noble has made a donation to be used toward the Spring clean-up of our Remembrance Garden in memory of her daughter **Martha Noble**: I miss you more as each day goes by. Two years... hard to believe. Love, Mom

Robert and Denise Bucci made a donation in memory of **Normand Goudreau**.

Lucille, Paul, and Craig Valliere made a donation in memory of **Christopher** on his 11th anniversary. Hard to believe you have not been in our lives for 11 years. Love always and forever in our hearts.

Upcoming Remembrance Garden Events

Due to the long, hard winter we have had this year, we are hoping to have our Remembrance Garden cleaned up by Mother's Day, May 11. We look forward to the beauty, peace, and comfort our garden offers our community.

Save the Date!

On Sunday, September 7th, we will have our Engraving Ceremony to unveil the newly engraved stones for 2014. Look for details in the next newsletter tcfprovidence.com. If you would like to have your child's name engraved on our stone walkway, please send in the form (opposite page).



Remembrance Garden Walkway Engraving Form

If you would like to add your child's name to the stone walkway in our Remembrance Garden in downtown Providence, please use the form below. The cost for the engraving is \$50. We will be adding new stones on September 7th this year. If you have any questions, please contact Lucille at (401) 231-9229.



Name _____ Phone # _____

Address _____ Apt. # _____

City _____ State _____ ZIP _____

Please clearly print your child's name as you would like it to appear in the stone walkway:

Please enclose a check for \$50 made payable to TCF Greater Providence Chapter and send to:

Co-Leader Lucille Valliere
10 Dail Drive
North Providence, RI 02911

Love Gift Donation

Name _____

Address _____

City _____ State _____ ZIP _____

In Loving Memory Of _____

Love Gift \$ _____ Message _____

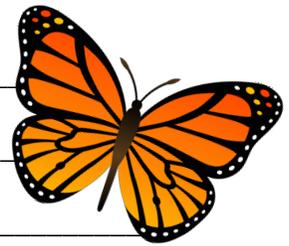
I would like my Love Gift to go toward (please check one):

General Chapter expenses

Upkeep of our Remembrance Garden

Your tax-deductible donation provides help for those who are grieving. General Chapter expenses helps defray the cost for the newsletter, postage, and other Chapter expenses. Upkeep of our Remembrance Garden goes toward lawn care and garden maintenance. Your donation is greatly appreciated and will be acknowledged in this newsletter. Please make your check payable to: **TCF Greater Providence Chapter.**

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





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

10 Dail Drive
North Providence, RI 02911

tcfprovidence.com

Upcoming Events

Our regular support group meetings take place on the second Monday of each month. All meetings begin at 7:00 p.m. at the Central Congregational Church, 296 Angell St., Providence, RI.

- May 12 – Special Guest Speaker, Daniel Converse
- June 9 – Special Guest Speakers, Bob and Linda Waxler
- July 14
- August 11

**Sunday, September 7 – Engraving Ceremony, TCF
Remembrance Garden, Downtown Providence
Riverwalk**

