

The Waterbury, CT Chapter of

The Compassionate Friends

Jan/Feb 2011

The Compassionate Friends is an international self-help group for parents and their families who have experienced the death of a child of any age, including adult children, and from any cause. We offer hope in a network of support, friendship and understanding that only friends who have "been there" can give.





















I Am The New Year

~Author Unknown

I am the New Year. I am unused, unspotted, without blemish. I stretch before you three hundred and sixty-five days long. I will present each day in its turn, a new leaf in the book of Life, for you to place upon it your imprint.

It remains for you to make of me what you will; if you write with firm and steady strokes, my pages will be a joy to look upon when the next New Year comes. If the pen falters, if uncertainty or doubt should mar the page, it will become a day to remember the pain.

I am the New Year. Each hour of the three hundred and sixty-five days, I will give you sixty minutes that have never known the use of man. White and pure, I present them; it remains for you to fill them sixty jeweled seconds of love, hope, endeavor, patience and trust in God.

I am the New Year. I am here – but once past, I can never be recalled. Make me your best.

New Year

The New Year comes when all the world is ready For changes, resolutions – great beginnings.

For us, to whom that stroke of midnight means A missing child remembered, For us the new year comes More like another darkness.

But let us not forget that this may be the year When love and hope and courage Find each other somewhere in the darkness To lift their voice and speak: Let there be Light. "The Sorrow and the Light"

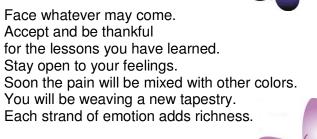
by Sascha Reprinted from TCF NoShore/Boston Jan 2010 Newsletter

On Losing a Child

Face your feelings Don't let them hide inside. Confront the pain Give it a name, Let it roam your heavy heart.



Each teardrop you shed becomes a crystal bead to be added to your chain of sorrow. Keep the chain. Wear the beads with pride -A badge of your courage in facing the pain.



Stay in the present moment. Look to the past to fathom the future. Keep one foot in the present and the other in eternity.

I have children in both worlds. I am attentive to each for their lessons. We learn from our children. They are our blessings. By doing for our children we are enriched by them. It does not end when they leave this earth.



We understand not with our minds, But with our hearts.

> By Mariann Lindquist In memory of her son, Joel Reprinted from TCF NoShore/Boston Feb Newsletter