



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 still a 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.

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Our Children Remembered

Birthdays

Kyle Fischthal 11/18/00
Son of Donna & Brian Fischthal
Grandson of Gerri Diamond

Jensen Lynn 11/18/96
Son of Cindy Lynn

Thomas Hughes 11/20/85
Son of Heidi VanBrederote

Christian Cotner 11/27/87
Grandson of Karen Cotner

Michael Gambone 11/30/60
Son of Susan McCann

Anniversaries

Heather Rybinski 11/30/03
Daughter of David & Kim Rybinski

John Brodski 12/6/03
Son of Joan Brodski

Nicholas Mendillo 12/10/03
Son of Kathy Mendillo
Grandson of Marie Fafard

David Onze 12/11/07
Son of Drucine Onze

Felicia Perugini 12/12/06
Daughter of Joseph & Elsa Perugini

Heather Rybinski 11/30/01
Daughter of David & Kim Rybinski

Nicholas Mendillo 12/10/03
Son of Kathy Mendillo
Grandson of Marie Fafard

William Gonillo 12/11/62
Son of Vito & Judith Gonillo

Allison Itlavna 12/27/80
Daughter of Diane & Alan Mancini



Shawn Rivard 12/20/98
Son of Lidia Marques

Matthew Balisciano 12/28/06
Son of Anna Hodoba

Kyle Fischthal 12/28/06
Son of Donna & Brian Fischthal
Grandson of Gerri Diamond

Giving Yourself permission this holiday season

The holiday season can be a draining time. For those who have lost a loved one, it can sometimes feel almost unbearable. Expectations of family, friends and colleagues to celebrate, "be over it by now," and "move on" can cause those who are grieving to feel isolated, exhausted and overwhelmed.

This holiday season I ask that you give yourself permission to:

SURROUND yourself with those you love; GIVE yourself time alone as you want or need it; DECLINE events that you do not feel up to attending; TAKE care of yourself physically and mentally; ASK for help; MOURN and CRY.

I also ask that you give yourself permission to:

REMEMBER your loved one who has died, mention his or her name; HUG and let yourself be hugged; SHARE stories with friends and family; REST, LAUGH and BE KIND to yourself.

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