



The Waterbury, CT Chapter of

The Compassionate Friends

March/April 2010

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.



April Showers Bring May Flowers

April is a month known for rain, which is a necessary component to bring out the flowers in May. It is a step that cannot be skipped or done away with. Although at times bleak and dreary, this rainy season is a time of rejuvenation for the ground and prepares the soil to be able to nourish the plant life that will soon come.

The death of a loved one creates a personal "rainy season" that lasts much longer than a single month. The days become figuratively dark and gloomy with menacing clouds hanging overhead. This too is a necessary component for personal healing.

So many people I see grow (understandably) tired of their "rainy season," full of sudden outbursts of tears and thunderous pangs of pain. These emotional storms can not only come quickly, but may linger unmercilessly as well. In April, with storms coming at the drop of a hat, I know that if I want to manage the amount I get wet, I need to stay prepared. I will keep an umbrella in my office, in the car, at home and with me wherever I go. Likewise those who are weathering "emotional storms" can also prepare themselves. Suggested supplies to keep on hand are many and may vary from person to



person. First and foremost, keep tissues on you at all times. Grief is often unexpectedly triggered in the most inconvenient of places. For many, eating is completely thrown off balance. Keep a snack near you as well for times when you suddenly realize you have not eaten all day and feel like you may pass out. Also, it is nice to have something cold to drink to replenish yourself after having a "good" cry. In addition, keep a small notebook and pen handy and write down anything important that you need to remember. People who are grieving are supposed to have no memory when it comes to appointments or grocery lists. These things take a back seat (if that) to mentally reconstructing one's own life after a



death. As you continue to weather your own storms, remember that the tears you shed are not wasted. They are necessary and healing, preparing you for your coming springtime when the flowers bloom once again.

By Stephanie E, TCF El Paso, TX
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Prayer for Spring

Like Springtime, let me unfold
and grow fresh and new
from this cocoon of grief
that has been spun around me.
Help me face the harsh reality
of sunshine and renewed life
as my bones still creak from
the winter of my grief.
Life has dared to go on around me
as I recover from the insult
of life's continuance.
I readjust my focus to
include recovery and growth
as a possibility in my future.
Give me strength to break out of
the cocoon of my grief.
But may I never forget it as the
place where I grew my wings,
Becoming a new person
because of my loss.

By Janice Heil
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