



The Waterbury, CT Chapter of

# The Compassionate Friends

May/June 2010

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*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.*

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## Let's Go Home

Let's go home -  
My eyes pleaded to my husband.  
We don't belong here.  
This is crazy – these people  
Are still hurting. Two, five years  
Later and they are still coming here.  
Let's go home.  
We don't belong here.  
We won't, we can't be like that.  
Perhaps –  
If I don't speak,  
If I don't tell them why we came –  
It won't be true.  
But wait...Why are they laughing?  
How can they be laughing?  
They all lost children, yet they are laughing at  
Something, somehow,  
And wait...Why am I nodding at what he's saying?  
Why do I feel I must say something  
To that couple who is in this nightmare  
Even less time than we?  
They all seem to know  
What I'm feeling – without my even saying it –  
Just not flinching at my tears.  
That steady, endless stream of tears that  
Seems will never stop.  
Perhaps –  
One day I'll join their laughter?  
Let's wait –  
Perhaps we shouldn't leave just yet.

By Sandy Fein, Manhasset, NY  
Reprinted from TCF Northshore/Boston Newsletter, May 1993

## Welcome Newcomer

Beneath the laughter and the smiles  
Echoes the anguish of children gone.  
Don't be misled by the superficial joy.  
Our normal appearance belies our eternal grief.

We rush to meetings to share details of death.  
In better days we would have changed the  
channel to avoid the horror.  
Priorities change.

Newcomers enter, confused and angry,  
They wonder whether these laughing  
parents have truly lost their minds.  
They do NOT yet realize we do this  
so as NOT to lose our minds.

Balloons of all colors decorate the room.  
"Are we at a birthday party?"  
Many are busy writing messages with their hearts.  
Soon the balloons will rise to the heavens  
symbolically touching our precious loves.

We know well this anger and confusion.  
We remember believing we would never laugh again.  
Now, with newfound wisdom, we know  
it is possible and necessary to be able  
to laugh and cry through tears of grief.  
Someday you will know this, too.

By Moe Bere, TCF Babylon Chapter, NY  
Reprinted from Flint, MI Newsletter, Vol. 25, No. 1



THE  
COMPASSIONATE  
FRIENDS  
Supporting Family After a Child Dies