



The Waterbury, CT Chapter of

The Compassionate Friends

Nov/Dec 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.



A Letter From Heaven

To my dearest family, some things I'd like to say—but first of all, to let you know, that I arrived okay. I'm writing this from heaven.

Here I dwell with God above. Here, there's no more tears of sadness; here is just eternal love.

Please do not be unhappy just because I'm out of sight. Remember that I am with you every morning, noon and night. That day I had to leave you when my life on earth was through, God picked me up and hugged me and He said, "I welcome you."

It's good to have you back again; you were missed while you were gone. As for your dearest family, they'll be here later on. I need you here badly; you're a part of my plan. There's so much that we have to do, to help our mortal man."

God gave me a list of things that he wished for me to do. And foremost on the list, was to watch and care for you.

And when you lie in bed at night the day's chores put to flight. God and I are closest to you—in the middle of the night.

When you think of my life on earth and all those loving years, because you are only human, they are bound to bring you tears.

But one thing is for certain, though my life on earth is o'er, I'm closer to you now, than I ever was before.

There are many rocky roads ahead of you and many hills to climb, but together we can do it by taking one day at a time. It was always my philosophy and I'd like it for your too—that as you give unto the world, the world will give to you.

If you can help somebody who's in sorrow and pain, then you can say to God at night—"My day was not in vain." And now I am contented—that my life has been worthwhile, knowing as I passed along the way, I made somebody smile.

So if you meet somebody who is sad and feeling low, just lend a hand to pick him up, as on your way you go.

When you're walking down the street and you've got me on your mind; I'm walking in your footsteps, only half a step behind.

And when it's time for you to go—from that body to be free, remember you're not going—you're coming here to me.

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