



The Waterbury, CT Chapter of

# The Compassionate Friends

Mar/Apr 2012

*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.*



## It Has Been My Privilege...

It has been my honor and privilege to serve as editor of the Newsletter for many years for my TCF family.

I am getting older and I am making more mistakes and realize it's time to pass on the honor to someone else.

This year, is the 18<sup>th</sup> anniversary of the death of my daughter, Carla. In the beginning, I had no hope of ever smiling again. I found TCF and my life changed. Over many, many years, I learned to put one foot in front of the other and to count what blessings I do have. I eventually learned that I also helped myself by reaching out to help people who, like myself, started off hopeless but also gradually learned that life can still be lived. I reached out for a hand and the TCF family reached back and gave me hope. In turn, I have tried to do that through the newsletter and do know that I touched many lives as my life similarly was touched.

We are the Compassionate Friends. We have no religion, no race, no age, just people with no hope who eventually learn that we can eventually say, "Good morning," and mean it.

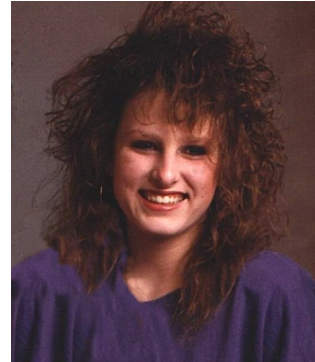
One factor in helping me with the grieving process is when I learned to give back to the people who gave so much to me. When I first took over the newsletter, I was very computer illiterate. I struggled with not only the newsletter but also how to operate this machine in front of me. I also learned that bereaved parents were very forgiving with whatever typos I made. I also learned that doing something in my child's honor was very rewarding. I grew a little each time I produced the newsletter.

Thank you for your support when I made typos, particularly when it involved either birthdays or anniversaries. Your role as readers touched me in a way that I continued to do the newsletter for over 10 years.

**Judy, Editor**

## In Loving Memory Of Carla Palomba

4/4/73 – 9/17/94



The calendar says it's been eighteen years,  
But I know it was just yesterday  
That we took 5 year old Jesse  
To the drive-in movies, and  
You took 11 month old Kara into bed with you.

I know it was just yesterday  
That you and John ran away to Florida.

It was just yesterday that you  
And your sisters tried to annoy me.  
And tried... and tried....

I know it was just yesterday that we laughed together,  
That we did things together,  
That we enjoyed our family life, as imperfect as it was,  
and loved each other dearly.

You will always live in my heart,  
Yesterday, today and tomorrow.

You are and always will be Crystal & Candace's sister,  
Jesse and Kara's Auntie,  
My Beloved Daughter.

It was only yesterday...

Love, Mom