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The Compassionate Friends
Supporting Family After a Child Dies
Oscoda Area Chapter

The Compassionate Friends of
Oscoda Area
4087 Forest Rd.
Oscoda, MI 48750
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www.tcf-oscoda.org

ISSUE 53 AUGUST 2020

A Note from our Chapter Steering Committee.....

Sacred Heart has developed a plan for groups to meet in the Family Center where we usually meet. August's meeting will be outside as long as the weather allows-please bring a chair. If we are inside please take note of the instructions attached about meeting inside the Family Center. Thanks!

During these trying times please know that TCF is here for you! If you need some support, please contact



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Our phone number--989-254-5888

Our email—tfoscoda@gmail.com

Our Chapter Website www.tcf-oscoda.org

TCF National Website www.compassionatefriends.org

Please take good care of yourselves.....we want you all to be safe. We are all in this together. Remember: We need not walk alone, we are the Compassionate Friends.

Musings

Isn't it strange that the things we once took for granted, have changed so much?

Things like the soft wings of a brilliant colored butterfly, or the radiant colors in the sky at dawn and sunset or perhaps a song we heard in passing or a movie, we once took for granted. But now, these very same things can bring on tears and leave us feeling a deep sense of longing. Why? Are these not the same as before? What changed? We did. The things we once took for granted are now viewed with much more than human eyes. We now experience these things through the eyes of a broken heart.

I believe grief gives us a very different view on things. A heart bruised and broken by loss has a new tenderness and compassion. Just look inside yourself and how your views have changed. I also believe this is our children speaking to us saying...look at the beauty and know that I am still near.

*~Sheila Simmons, TCF Atlanta
In Memory of my son, Stephen Simmons*



MONTHLY MEETING

*August 11th
Sacred Heart Lawn-bring a chair
(depending on weather) or Sacred
Heart Family Center*

**If Oscoda Area Schools is closed
due to weather our meeting is
canceled—per Sacred Heart**

CHAPTER LEADERSHIP

Mail: TCF-Oscoda Area Chapter
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The Compassionate Friends Oscoda



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Bittersweet Memories

One of the most precious things a parent who has lost a child is the memories. Without them, it would be as if their child never was. With them, it is so bittersweet that it can make a parent laugh and cry, rejoice and anguish, touch the sweetness to the lips and taste the salt from the tears.

Memories keep the heart from crushing under the weight of sorrow. They give a parent the chance to be with their child again. They can walk through their memories like they were a movie. When the memories are so vivid, you can almost feel them, touch them, hug them, and kiss them. It is so bittersweet when the reality comes and you realize it is just a memory, a thought and you are reminded of what you have lost.

If you asked a parent if they would give up the memories so they did not have to feel the pain of knowing their child is gone, they would tell you no. As painful as it may be, not having the memories or feeling their presence is just an unbearable as losing them.

There is no happy place to go to, but there is a place to be with your child. You know before you step into that realm that it will be painful, but you know that it will be joyful too.

So as we let the memories take us to a time that our child was safe with us, just rest a while until it is time to go and the next time try not to think of what is gone but what is still in your heart and will always be.

*Vickie VanAntwerp
TCF, Brevard
TCF of Metrowest 2016*



“You Can’t Direct the Wind, But You Can Adjust the Sails”

I saw the above quote on a poster in our church, and it occurred to me that “grief work” is just that---adjusting the sails. When a child dies, our lives are changed forever. The wind changes direction.

When the direction of our life is so tragically changed, we have two choices. We can deal with our grief and adjust our sails, or we can deny our grief and drift helplessly and hopelessly out to sea.

In the beginning stages of grief, we merely “reef our sail” and go with the tide. That is not a bad idea. At that time we are in a state of shock and not capable of sound decisions. We need quite a bit of time to ride out the storm. But when the initial storm of intense pain begins to subside, we need to adjust our sails for our own survival.

You, and, only you, can make the decisions regarding the rest of your life. You may find fulfillment in reaching out to help others and becoming more active in your church, temple or charity. Maybe you will want to take as big of step as getting a job or returning to school. Perhaps you will make only subtle changes in your priorities. But if you have made the decision to have a direction instead of drifting, get started now! You may have several false starts before you are really on course again. That’s O.K. Don’t give up! The healing is in the trying. If you don’t give up eventually you’ll once again have “smooth sailing.”

Marge Frankenburg TCF—Arlington Heights, IL
Sanita Clara Valley, 2017





*"Forever In Our Hearts"
Our Children/Siblings Remembered*



Birthdays



August
Angelo Edward Stell



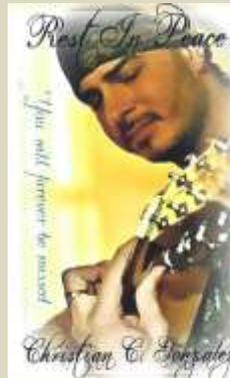
August
Kyra Janell Goodman
Swiatek



Remembrances



August
Christian Gonzalez



August
Elise Schenk



August
Amanda Grace
Wilkinson



August
Drew Alan Preston



This is a thing many people outside your grief cannot understand: that you have not simply lost one person, at one point in time. You have lost their presence in every aspect of your life. Your future has changed as well as your "now."

August
Calvin Vallette

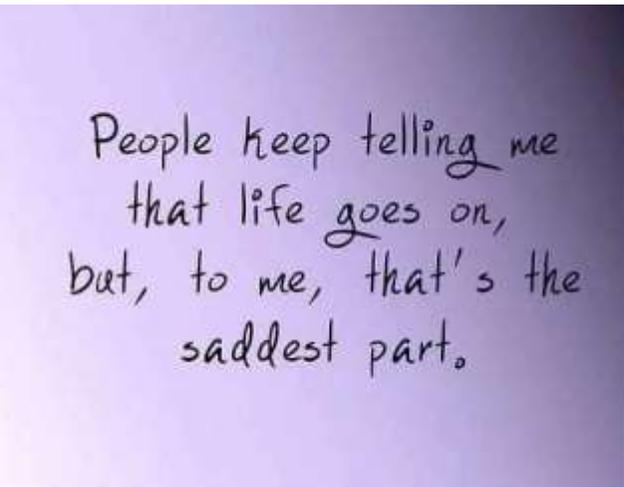


The flier is information for meeting inside at Sacred Heart Family Center. They want to make sure that we all know they are planning for everyone's safety.

There are four things
in this life that will change
you: love, music, art, and loss.
The first three will keep you
wild and full of passion.
May you allow the last
to make you brave.
—ERIN VAN VUREN



People keep telling me
that life goes on,
but, to me, that's the
saddest part.



People Say ..
"You don't know
what you've got
till it's gone".
Truth is, you knew
what you had ..
.. You just never thought
you would Lose it.
all-greatquotes.com



LAKESHORE CATHOLIC COMMUNITIES



Keeping each other safe
Our shared response to Covid-19

FACE COVERINGS

It is expected for people to wear face coverings/masks inside the church. Parents should consider health guidelines and then use their judgment regarding whether small children can or should wear them.



THINGS TO REMEMBER

Bring your own hand sanitizer.
No Food or Drink. Please sanitize
all surfaces used after meetings
using supplied cleaners

SOCIAL DISTANCING

Individuals or families from the
same household must be seated in
the church 6 feet from all others
to maintain recommended social
distancing



HAND WASHING

Before coming to church please be sure
to wash your hands. If possible bring
your own hand sanitizer to use before
and after receiving Holy Communion

SYMPTON SELF-CHECK

Before arriving at church, be sure that
no one in your household is experiencing
symptoms of a fever above 100.4° F
and/or an atypical running nose or cough.
If so, please stay at home.



Remember that video recordings of Mass are
available on our website: www.hf-sh.org

