

NATIONAL OFFICE
The Compassionate Friends
48660 Pontiac #930808
Wixom, MI 48393
Toll Free
1/877-969-0010

www.compassionatefriends.org
email: nationaloffice@compassionatefriends.org



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

The Compassionate Friends of
Oscoda Area
4087 Forest Rd.
Oscoda, MI 48750
989-254-5888
Email: tcfoscodagmail.com

Issue 61 September/October 2021

Monthly Meetings

2nd Tuesday of the Month
Sacred Heart Church Family Center
5300 N US 23
Oscoda, MI 48750
Meeting time 7:00 pm

If Oscoda Area Schools is closed due to weather our meeting is canceled.

July 13th @ 7 pm
August 10th @ 7 pm

You need not walk alone!

CHAPTER LEADERSHIP

Mail: TCF-Oscoda Chapter
4087 Forest Rd., Oscoda, MI 48750
Phone: 989-254-5888
Email: tcfoscodagmail.com
Web: www.tcf-oscoda.org



The Compassionate Friends Oscoda Area

Co-Leaders: Fran Ommani
Charlie Negro
Secretary: Charlie Negro
Treasurer: Jane Negro
Outreach: Tracey Toppa
Director: Vicky Weichel

REGIONAL COORDINATORS

Gail Lafferty 734-748-2514
Kathy

306-



Rambo
734-
3930

Autumn Feelings



During the next couple of months, we will see many changes taking place in the world around us. The amount of daylight is decreasing; nights are becoming chilly; will often need some sweaters or jackets as we venture forth each day. However the most dramatic change we notice here in New England during September and October is that of the trees trading their green summer outfits for the brilliant reds, oranges and gold's of autumn, Many of us who are bereaved parents find ourselves feeling tense and depressed when the earth awakens in the spring; we many also experience these feeling when the dramatic changes of autumn occur. A wise lady once said to me, "our bodies respond to the changing season." She was right. They do! And they respond by FEELING. It seems to me that all of the grief feelings that I have-emptiness, sadness, anger, loneliness, guilt and depression- are all intensified as the world of nature around me changes.

Sometimes, however, we can draw strength from situations that see, on the surface, to be negative. A few weeks after Linda's death, I heard from two friends within a few days of each other. One said. "you know, when I am troubled, I get out and walk until I find something in nature that I've never seen before. I look at it and think about it, and I am renewed." The other friend, who had some physical disabilities, wrote me a note in which she said, "whenever I feel discourage, I find something in nature to study, and I am renewed." I think hearing from these two friends within just a few days of each other had to be more than just a coincidence. I feel that there was an important message there for me, and I've tried to act on it. I can draw strength from an early morning walk, from frost patterns on our

windows, from a raging blizzard, from birds at our feeder, from a rainbow, a ladybug or a whale-If I slow down, think about those things, observe their intricacy and beauty, and attempt to let some of their energy into myself.

We have to slow down, try to realize what is happening to us and be receptive to the energy that is in the natural world for us. When I'm down because it's a sparkling, clear, colorful autumn day and Linda isn't here to experience it with me, I have to feel that pain, then let it go so that the natural beauty and energy around me can strengthen and renew me.

Let yourself experience autumn-the emptiness and aching that you feel. Then try to let go of those feelings, just enough to set the wonder and the beauty of the season into yourself-one day at a time.

~Evelyn Billings
TCF Springfield, Mass.



GRANDPARENTS DAY SEPTEMBER 12, 2021

The relationship between a grandparent and a grandchild is very special and unique. When a grandchild dies, the grief associated with the loss is often so intense and painful, it leaves bereaved grandparents feeling hopeless as they experience what many refer to as a double loss. Not only do they mourn for their grandchild, they may also feel a sense of helplessness because they are unable to take away the pain felt by the parents of their grandchild, one of whom is their own child.

Love remains: Grief is the price we pay for love; love doesn't die when a grandchild dies. Because love remains, the work put forth to process grief will eventually lead to a life no longer solely focused on the death but rather a life filled with good memories and shared joy about the grandchild.

An excerpt from The Compassionate Friends Brochure Grief & Grandparents



The Secret of TCF

The secret of The Compassionate Friends is simple: there is no line between helped and being helped. In the early months of peoples' membership in TCF it seems that most of the time is spent absorbing ideas, crying and letting the grief flow, and "learning the ropes" of being a bereaved parent. The next step is reaching out to others and helping them. It is not a big step, for listening to another person sort out their life helps us to sort out our life too. But it is an important step because it is the first point at which the movement is reversed. All of the energy had been going inward. We had been feeling so empty inside that we kept withdrawing into ourselves. But the point when we turn around is the point when we first listen to another, speak the words of comfort and hope, share our pain instead of just feeling our pain. At that time the real healing has started.



~Dennis Klaus, Ph.D. TCF St Louis, MO



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

Birthdays 		Remembrances 	
<p style="text-align: center;">September Drew Preston</p> 	<p style="text-align: center;">October Amanda Grace Wilkinson</p> 	<p style="text-align: center;">September Andrew Carroll</p> 	<p style="text-align: center;">September Kyra Janell Goodman Swiatek</p> 
<p style="text-align: center;">October Audree Ball</p> 		<p style="text-align: center;">October Jerry Brunk</p> 	<p style="text-align: center;">October April White</p> 

September Monarchs

*Time between summer and winter
Time under changing skies*



*- muted and heavy
with foresight,
or endless blue,
smiling at butterflies.*



*Time between laughter and tear
- harvest of beauty remembered
and voices (where are you?)
to hear.*



*Time between summer and winter,
thoughtful and painful and wise
- muted and heavy with losing
but smiling at butterflies.
~Sascha Wagner*



What 9/11 Did to One Family

Bobby McIlvaine was 26 when he died in the attacks. Two decades later, his loved ones are still grappling with the loss.

<https://www.theatlantic.com/magazine/archive/2021/09/twenty-years-gone-911-bobby->

Remembering all those that lost their life on 9/11 and the impact on their families.



Yesterday, Today, Tomorrow

Yesterday

You were here and I took it for granted that you would always be here. Telling you I loved you and was proud of you seemed unimportant. There would be time for that when we were older - when we fought less and talked more.

Today

I know that time will never come, and I will never have the chance to say things face-to-face. So I write them and think them and hope you know I mean them now and have always felt them.

Tomorrow

Each day the pain and regrets of things left unsaid get easier to deal with. I have begun to realize that you knew how I felt because you felt the same way. And as more tomorrows turn into yesterdays, I will find peace in that knowledge. Someday somewhere, we will meet again and I will have my chance then.

~Shannon Odessa Stiener
TCF Lowell, IN

FINDING HOPE



Some find hope in butterflies, and some in children's smiles.
Some find hope in photographs, and some in walking miles.
Some find hope in quietness and solitary reflection.
Some find hope in helping others and sharing friendly affection.
Some find hope in holding tight to all the old traditions.
Some find hope in the creation of a special new variation.
Some find hope in family gathered, some in cherished friends.
Some find hope in seeking God, feeling peace in worship again.

Beyond the sad and beyond the past,
beyond the ache that lasts and lasts,
there is a path that winds its way
into your future and a hopeful day.

~ Karen Pope

Halloween Magic



Halloween has always been a special holiday time. I regret that our son only had a one-time experience at this magical time of year. I remember as though it were yesterday, the wonder in his face, how he tried to eat the candy through his mask, how he said thank you without coaxing. Then I think of all the parents whose child never had the opportunity and I am grateful for that one time.



It's hard watching all the other children trick-or-treating and yet there is something special about this season that comforts me. As I watch the trees around me, I am reminded that there is a beauty even in their drying leaves. There's a special aroma, a breath-taking color scheme, and if you listen, a rustling in the air. I believe there is a message in fall. I believe God wants us to know that death is like a change of season, that our children now know far more beauty than we can ever imagine. Like the tree that lives on through the barren winter and comes alive again in spring, our children are not gone.

THEY LIVE!

~Nancy Cassell TCF, Monmouth, NJ

It's Okay to Laugh.

Laughter is not a sign of less grief. Laughter is not a sign of less love. It's a sign that many of our thoughts and memories are happy ones. It's a sign that we know our dear one would have us laugh. It's okay to laugh.



*~Patricia Lufty Nevitt
TCF Austin, TX*



A Season of Many Feelings

Fall is a season of many feelings.

Autumn is here once again, as it comes every year.
And with the leaves, my falling tears.

This time of year is the hardest of all.

My heart is still breaking, once again it is fall.
Memories once so vivid seem to fade.
My time with you seems some other age.
This season reminds me of grief and of pain.
But yet teaches hope and joy once again.

For the trees are still living beneath the gray bark.
And you, my sweet child,
Are alive in my heart!

*Cindy Schake
TCF, Butler, PA*



SAVE THE DATE
SUNDAY DECEMBER 12, 2021
WORLDWIDE CANDLE
LIGHTING
SACRED HEART FAMILY
CENTER

