



The Compassionate Friends

Southwest Suburbs/Cleveland Chapter
Supporting Family After a Child Dies

We Need Not Walk Alone, We Are The Compassionate Friends

P.O. Box 3696 Oak Brook, IL 60522 1-877-969-0010

National Website: www.compassionatefriends.org

Chapter Website: www.tcf-cle.net



Chapter Closed Facebook Group

April, 2018

WHAT IS COMPASSIONATE FRIENDS?

Compassionate Friends is a self-help organization offering friendship and understanding to bereaved parents.

MISSION STATEMENT: When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.

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Newsletter Editor:

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THE COMPASSIONATE FRIENDS CREDO

We need not walk alone. We are The Compassionate Friends. We reach out to each other with love, with understanding, and with hope. The children we mourn have died at all ages and from many different causes, but our love for them unites us. Your pain becomes my pain, just as your hope becomes my hope. We come together from all walks of life, from many different circumstances. We are a unique family because we represent many races, creeds, and relationships. We are young, and we are old. Some of us are far along in our grief, but others still feel a grief so fresh and so intensely painful that they feel helpless and see no hope. Some of us have found our

faith to be a source of strength, while some of us are struggling to find answers. Some of us are angry, filled with guilt or in deep depression, while others radiate an inner peace. But whatever pain we bring to this gathering of The Compassionate Friends, it is pain we will share, just as we share with each other our love for the children who have died. We are all seeking and struggling to build a future for ourselves, but we are committed to building a future together. We reach out to each other in love to share the pain as well as the joy, share the anger as well as the peace, share the faith as well as the doubts, and help each other to grieve as well as to grow. We Need Not Walk Alone. We Are The Compassionate Friends.

April Monthly Meeting

April 11th at 7:00pm: The discussion theme will be "How has your grief evolved?" As always you can raise any concerns or issues you feel the group might be able to help with. Brian and Doreen Sismour will facilitate.

**PLEASE NOTE CHANGE IN MEETING SCHEDULE
TO 2nd WEDNESDAY OF EACH MONTH**

MEETING LOCATION: Bethany Lutheran Church, 6041 Ridge Road, Parma 44129

Remembering Our Children

Please take a moment to remember these children and those who love them on their birth dates and anniversaries. Although they were only here for a short time, the impact they made on their loved ones remains forever.



April Birth Dates

- | | |
|---|--------------------------------|
| 3 - Kevin John Napolz | 22 - Mark Anthony Weber |
| 7 - Jacob Benjamin Pritchard | 24 - Jillian Deborah Martovitz |
| 7 - Dominic Zunis | 24 - Phillip Masterson |
| 8 - Matthew Hickernell | 24 - Paul Eugene Olexo |
| 8 - Scott Lee Pearson | 24 - Ashley Nicole Szewczyk |
| 13 - Christopher Kuzma | 25 - Nathan Bell |
| 14 - Alex B. Sismour | 25 - Donna Lynn Tischler |
| 16 - Brittany Holtzman | 27 - Zachary Thomas Gott |
| 17 - Lauren Jane Rehker | 27 - Carl Raymond Grants |
| 18 - Bob Murphy | 27 - Adam Timothy Grodzik |
| 19 - Brenda Cole | 28 - Stephen Kanz |
| 19 - Mark Adam Kapusta | 28 - Ruth Eleanor Pickett |
| 19 - Gregory Charles Christopher Musichuk | 30 - Sarah Alice Walzer |
| 22 - Megan Leigh Homyak | |

First Meeting



Our March meeting was the first for this bereaved mother. It is very difficult to attend a first meeting and we applaud her for having the courage to come. We hope we were of help, and that she will return and work through her grief journey with us.

Jean Monty, remembering her beloved daughter Lisa Monty (Age 40)

Remembering Our Children

April Angelversary Dates

- | | |
|--------------------------------------|--------------------------------|
| Nicole D. Anzalone (Age 25) | James Louis Morabito (Age 22) |
| Matthew David Clark (Age 35) | Michael Edward Moran (Age 26) |
| Jay (John) Defevere (Age 45) | Paul Eugene Olexo (Age 17) |
| Dina Michelle Dlugoz (Age 18) | Ivan Marko Penavic (Age 18) |
| John Anderson Greer (Age 7 months) | Ruth Elanor Pickett (Age 23) |
| Thomas D. Hayn (Age 21) | Hunter Lane Poore (Age 19) |
| Monique Nicole Jones (Age 26) | Robert Clayton Samels (Age 24) |
| Joey Keeler (Age 1) | Kaitlyn Mary Schauer (Age 18) |
| Kimberly Ann Keenan (Age 20) | Jason Tompkins (Age 32) |
| John Lazor (Age 3) | Jessica Mary Van Dyke (Age 8) |
| Taylor Makela (Age 2 months) | Jackie vanDaalwyk (Age 30) |
| Christopher Brandon Mercurio (Age 1) | |

Love Gifts

Love gifts are donations that are made to our chapter to support the continuation of the chapter as well as the newsletter. We would like to thank these people who donated to our Chapter in memory of their loved one(s).

- ~ Pam Grodzik ~ In loving memory of Adam Timothy Grodzik (Age 17)
- ~ Clayton Samels ~ In loving memory of Robert Clayton Samels (Age 24)

*A real friend is one who walks in
When the rest of the world walks out.* ~ Widely attributed to Walter Winchell

Newsletter Dedications



You can shed tears that he is gone, or you can *smile because he has lived*. You can close your eyes and pray that he'll come back, or you can open your eyes and *see all he's left*. Your heart can be empty because you can't see him, or you can be *full of the love you shared*. You can turn your back on tomorrow and live yesterday or you can be happy for tomorrow because of yesterday. You can remember him only that he is gone, or you can *cherish his memory and let it live on*. You can cry and close your mind, be empty and turn your back. Or you can *do what he'd want; smile, open your eyes, love and go on*.

- David Harkins

Happy Birthday Adam! We hope we are making you proud, you guide us everyday and remind us to live life to the fullest just like you did. Our love for you is limitless and you bring a smile to our faces every time we think of you. Forever in our hearts Butch.

Adam Timothy Grodzik (Age 17)

*Adam Timothy Francis Grodzik
4/27/93 – 9/18/10*



**My life goes on in endless song:
Above earth's lamentation,
I catch the sweet, tho' far-off hymn
That hails a new creation.
Through all the tumult and the strife
I hear the music ringing;
It finds an echo in my soul--
How can I keep from singing?**

Robert Clayton Samels (Age 24)

I've Been Changed (song lyrics)

I know, (I know) I've been changed
 I know, (I know) I've been changed
 I know, (I know) I've been changed
 I've got an angel up in heaven
 And I'm calling his name.

You want me to be the person
 That I used to be
 Well, that's not going to happen
 So take a good look at me.

I know, (I know) I've been changed
 I know, (I know) I've been changed
 I know, (I know) I've been changed
 I've got an angel up in heaven
 And I'm calling his name.

Don't know why it had to happen,
 Do I cry? You bet I do.
 And I sigh when you say get over it
 I just try to make it through.

I know, (I know) I've been changed
 I know, (I know) I've been changed
 I know, (I know) I've been changed
 I've got an angel up in heaven
 And I'm calling his name.

*Song lyrics by Clayton Samels, Robert's father
 Southwest Suburbs/Cleveland Chapter*

Bereaved Parents

Different ages
 Different stages
 Different issues

Same pain
 Daily strain
 Occasional tissues

Our children have died
 Often is all we know
 A fact we fear to hide

Despite our ever-present woe
 We live with pride
 Though broken-hearted
 To love, remember, and grow

*Victor Montemurro
 TCF Medford, NY*

TCF National News

41ST TCF NATIONAL CONFERENCE JULY 27 - JULY 29



The Compassionate Friends is pleased to announce that St. Louis, Missouri, will be the site of the 41st TCF National Conference on July 27-29, 2018. "Gateway to Hope and Healing" is the theme of this year's event, which promises more of this last's great National Conference experience. The 2018 Conference will be held at the Marriott St. Louis Grand Hotel. We'll keep you updated with details here, on the national website as well as on our **TCF/USA Facebook Page** and elsewhere as they become available. Plan to come and be a part of this heartwarming experience.

REGISTER NOW

Adult Registration: \$115 Child Registration (9-17) \$55

Full-time College Student Registration \$55 Active Military Registration \$55

*To help plan your time in St. Louis, view the general **conference schedule**. We also have a list of the **Workshops** available.*

HOTEL RESERVATIONS

TCF's discounted rate with the Marriott St. Louis Grand Hotel is \$140 per night plus tax. Reservations can now be made **online** or by calling the Marriott Reservation line at 800-397-1287. Please note that each attendee will only be able to reserve two rooms. If your group needs to reserve a larger block of rooms, please contact the National Office to make arrangements for your reservations.

Transportation to/from the Marriott St. Louis Grand Hotel to/from the St. Louis Lambert International Airport (approximately 15 miles)

GO BEST Express 877-785-4682: \$21.00 one way
Bus service: \$7.00 one way

Estimated taxi fare: \$40.00 one way
Subway service: \$3.50 one way

Our Chapter News

IMPORTANT CHAPTER ANNOUNCEMENT: CHANGE IN MONTHLY MEETING SCHEDULE

Our monthly chapter meetings will now be held the 2nd WEDNESDAY of each month. This is a permanent change made necessary by a schedule change for the Bethany Lutheran Church mid-week worship service.

Candlelight Remembrance Service

Our annual Candlelight Remembrance Service will be held at Bethany Lutheran Church on Sunday, June 3rd from 2-4 pm. The service consists of lighting candles in memory of our children, with appropriate readings and music, a balloon release and refreshments. Please plan to attend this very special event in remembrance of our children. *More information will appear in the May newsletter.*



What Is A Love Gift ?

A love gift is a gift of money to The Compassionate Friends. It is usually in honor of a child who has died, but it can also be from individuals who want to honor a relative or friend who has died, a gift of thanksgiving that their own children are alive and well, or simply a gift from someone who wants to help in the work of our chapter. All local TCF chapters are totally dependent on funds from our families. We DO NOT receive funds from our National Office. Everything we need to operate our local chapter is paid directly from our local resources and our local family contributions. All monetary love gifts are tax deductible.

Thank you to all who contribute and support our chapter. Some people contribute in memory of other's children ... this is a wonderful way for others to say, "I am remembering your child." Other "Gifts of Love" are evident by all the compassionate and giving volunteers we have within our organization.

Love gifts should be made payable to The Compassionate Friends and mailed to our treasurer:

George Mickol, 2914 Dellwood Drive, Parma, OH 44134

But You're Absolutely Normal!

Grief is a normal reaction to loss, and it shows up in many ways you might not expect. If you've...

- been angry with doctors or nurses for not doing enough
- been sleeping too much or not enough
- noticed a change in appetite
- felt no one understands what you're going through
- felt friends should call more or call less or leave you alone or invite you along more often
- bought things you didn't need
- considered selling everything and moving
- had headaches, upset stomachs, weakness, lethargy, more aches and pains
- been unbearable, lonely, and depressed
- been crabby
- cried for no apparent reason
- found yourself obsessed with thoughts of the deceased
- been forgetful, confused, uncharacteristically absentminded
- panicked over little things
- felt guilty about things you have or haven't done
- gone to the store every day
- forgotten why you went somewhere
- called friends and talked for a long time
- called friends and wanted to hang up after only a brief conversation
- not wanted to attend social functions you usually enjoyed
- found yourself unable to concentrate on written material
- been unable to remember what you just read

...you're normal. These are all common reactions to grief. They take up to two years (or more) to pass completely, but they will pass. You'll never forget the person who has died, but your life will again become normal, even if it is never exactly the same. Take care of yourself. You will heal in time.

*Joanne Bonelli
TCF, Greater Boise Area, ID*

What I Need

A lot of time!
A little space,
A kind of quiet
Resting place,
Are what I need
At times like these
 A special spot
Where I can grieve.

*Beth Pinion
TCF Andalusia, AL*

Adjusted

“It's been several years since your son died,”
 They say, “Surely, you must have
 adjusted by now.”
 Yes, I am adjusted —
 Adjusted to feeling pain
 And sadness and grief and guilt and loss.
 Adjusted to hurting and unexpected tears.
 Adjusted to seeing people made
 uncomfortable upon
 Hearing me say “My son died.”
 Adjusted to losing my best friend because
 I'm not always “up.”
 Adjusted to people acting as if grief is contagious.
 And TCF meetings are “morbid.”
 Adjusted? Oh, yes, to many things.
 Knowing I won't hear his voice, but listening for it still.
 Knowing I won't see him drive his Toronado,
 But staring at every one I see.
 Adjusted to feeling empty on his birthday
 And wishing for just one more time with him.
 Adjusted: As life goes on —
 To realizing I cannot expect everyone I meet
 To wear a bandage — just because I am still bleeding...

*Shirley Blakely Curle
 TCF, Central AR*

Newsletter Dedications

A newsletter dedication is a wonderful way to remember your child, and to help defray the costs to produce the newsletter. The cost is \$30 (tax deductible). If you would like to include a dedication, please fill out the form below and either bring it to a monthly meeting or mail it with your check (made payable to The Compassionate Friends) to Bill Luff, 133 Fourth Avenue, Berea, OH 44017. If you have a picture to include or a small tribute, please e-mail it to Bill Luff at:

tbl3665@sbcglobal.net



Donor: _____
 (Your Name)

Donor Address: _____
 (Street) _____ (City, State, Zip) _____ (Phone #) _____

In Memory of: _____
 (Child's Name)

**I would like dedication to appear
 in newsletter for month of:** _____
 (1st Choice) _____ (2nd Choice) _____