

# The Compassionate Friends

## The Modesto Area Chapter of The Compassionate Friends

*Supporting Family After a Child Dies*

*A self-help organization offering friendship, understanding and hope to bereaved families that have experienced the death of a child.*

[www.modestoriverbanktcf.org](http://www.modestoriverbanktcf.org)

May 2022

[tcfmodestoriverbank@gmail.com](mailto:tcfmodestoriverbank@gmail.com)

### MONTHLY MEETING

7:00 PM

*Bridge Covenant Church*  
2201 Morrill Road  
Riverbank, CA 95367  
(Corner of Oakdale Rd and Morrill Rd)

*Please join us at our  
next meeting on  
Monday, May 9<sup>th</sup>*

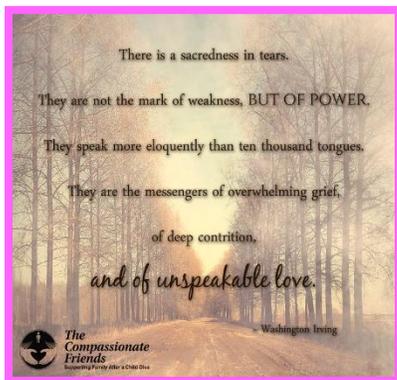
*\*Please arrive by 6:50 p.m.  
so we may begin promptly  
at 7:00 p.m.\**

### Upcoming Meetings

June 13<sup>th</sup>

July 11<sup>th</sup>

August 8<sup>th</sup>



Are you taking a vacation? Visiting family? Moving? Helping someone new to TCF to find a chapter?

*Use the link below to find TCF chapters in other cities and states*

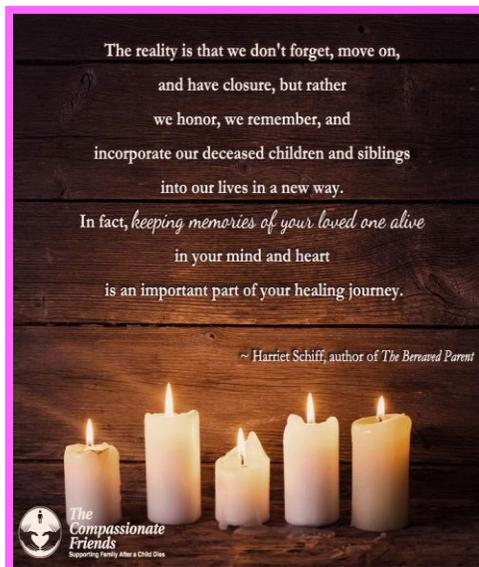
Chapter Meeting Locator - Compassionate Friends



### *Our Mission*

*The mission of  
The Compassionate Friends:*

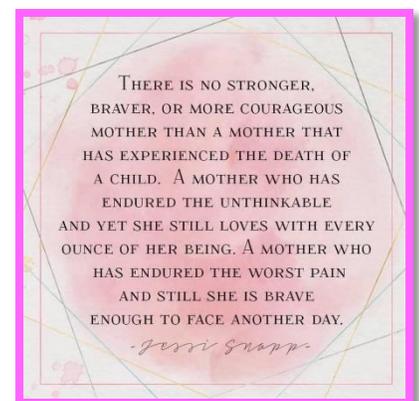
*When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister or a grandchild, and helps others better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



### MESSAGE LINE

(209)622-6786

*Please leave a message and a steering committee member will return your call.*



### 2022 Steering Committee

**Tracey Parker**  
Chapter Leader

**Devon Homme**  
Secretary

**Elsie Freeman**  
Treasurer

**Janet Neal**  
Outreach Coordinator

**Vacant Position**  
Hospitality & Library

**Chad Homme**  
Public Relations

**Kris Leitner**  
Newsletter Editor

**Mike & Suzanne Casity**  
Website



2<sup>nd</sup> Monthly Meeting

Thursday, May 26<sup>th</sup> at 7:00 p.m.

*Please join us for an online meeting*

**Modesto Area TCF Chapter Meeting**

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**Friends  
FOR SURVIVAL**

*Offering Help After A Suicide Death*

**Friends for Survival Inc. - Suicide Bereavement, Bereavement Support**

***The group meets, by Zoom, on the 3<sup>rd</sup> Monday of each month at 7:00 p.m.***

Pre-registration is required @ [Meetings \(friendsforsurvival.org\)](https://www.friendsforsurvival.org/Meetings)

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We are very pleased to welcome back TCF's annual national conference. This year it will be in person! This eagerly anticipated event is for bereaved parents, grandparents, and siblings. Those who attend will find renewed hope, ways of coping with their grief, and friendships made with those who truly understand the painful loss of a child, sibling, or grandchild.

The Compassionate Friends 45th National Conference is a much-needed gift that we give to ourselves! There will be inspirational keynote speakers, numerous workshops with a wide variety of topics, the always memorable candle lighting program on Saturday evening, and will culminate with the transformative Walk to Remember on Sunday morning.

This year's conference will be held at the Marriott Marquis Houston. Reservations can now be made [online](#) at TCF's dedicated reservation link. TCF's discounted room rate with Marriott is \$149 per night plus tax. Please note that each attendee will only be able to reserve two rooms. Since the conference begins early on Friday and pre-conference activities are offered on Thursday evening, attendees usually find it beneficial to arrive on Thursday.

**Make your hotel reservations now.**

### [HOTEL RESERVATIONS](#)

For those not able to make your reservations online, call the Marriott Reservation line at 877.688.4323. When calling be sure to mention *The Compassionate Friends National Conference* to receive your room rate.



TCF 45th National Conference  
Houston, TX • August 5-7, 2022

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**Kristen|Perez**  
3<sup>rd</sup> Annual Golf Tournament | 2022

**Save the Date!**

**Sunday, July 24, 2022**

The KCP Golf team is happy to announce that we will continue our annual golf tournament this year.

The event will be held at Swenson Golf Course in Stockton, CA.

Please save the date and we hope to see you at this year's event!

Proceeds for this year's event will be supporting [Give Every Child a Chance](#) of Manteca, CA.

Registration for the golf tournament will begin **Mid-May**

# Who Is A Grieving Mother



## **Who is a grieving mother?**

Does she look different from one who is not?

Is her pain visible in the smile she sometimes forces... behind the eyes on the verge of tears?

Can you see the aging her body feels from the trauma of loss?

She's one who still pictures herself from before the loss and is sometimes caught off guard at the reflection looking back from the mirror.

## **Who is a grieving mother?**

She's one who ignores a baby shower or birthday invitation one day because the pain is still too raw.

And the next, celebrates the small milestones, for she knows how precious they are.

She's one who boxes up a lifetime of mementos in an afternoon to spare her family the pain.

Yet years later still can't dredge up the courage to go through them again.

## **Who is a grieving mother?**

She's one who holds it together in the big things and falls apart over spilled milk.

Who loves deeply those closest to her, but keeps her heart guarded for protection from others.

She's one who grimaces at the first laughs after loss but later laughs louder than most.

Who finds joy in simple things and relishes everyday moments.

## **Who is a grieving mother?**

She's one held hostage by dates on the calendar and unexpected triggers.

And one who will always pause for sunsets, butterflies, and sweet signs from above.

She's one who lets go of friends unable to support her. And one who treasures those who didn't walk away.

## **Who is a grieving mother?**

She's one who can experience an array of emotions on any given day. And one who wishes tears would come when numbness covers her.

She's one who screams at God one moment and clings to him the next. Who didn't expect her faith to grow so much from the most critical unanswered prayer she ever spoke.

## **Who is a grieving mother?**

She is one as complicated as the grief she carries.

*Who Is A Grieving Mother? - Still Standing Magazine*



Time alone does not heal.

It's what we do with our time that determines whether or not we will heal...

Here are five things you can do to heal.

Starting today.

Pick one - just one.

Commit to doing it every day for the next week.

### **1. Write in a journal.**

Every day.

Write about what you are feeling, thinking, doing, hoping for, fearful of or dreaming of.

Start somewhere and let it flow.

See what comes up and out.

Fill one page every day with written words.

No censoring.

Journaling is a concrete way to mourn.

### **2. Spend 15-20 minutes a day in silence.**

Just you.

Only you.

Listen.

To your breath.

To your heart beating.

To the birds singing.

Listen to God whispering to you.

Listen for the voice of the one you love dearly who died.

Light a candle.

Savor a cup of tea.

Doodle.

Treat yourself to a warm bath.

Meditate.  
Slow down.  
Reconnect.  
Spend time in silence with you.  
And listen.

### **3. Commit to crying.**

Say yes to crying.  
Allow yourself to cry every day.  
Reminding yourself that when you cry - you heal.  
Crying is the body's way of clearing out the old and making room for the new.  
Cry.  
Cry.  
Cry.  
And when you do say over and over and over  
"I am healing!"  
"I am healing!"  
"I am healing!"

### **4. Start a Gratitude Journal.**

Look for things throughout the day to be grateful for.  
Write down three to five things every day that you are thankful for.  
Every day.  
This practice alone has the power to change your life.

### **5. Rebuild your broken body.**

Walk outside every day.  
Eat healthy.  
Drink eight glasses of water a day.  
Exercise.  
Practice yoga.  
Attend a Zumba class.  
Get a massage.  
Nourish your body.  
If there is something else you'd like to add to this list that will help you heal - add it.  
You know best what you need to do to heal.  
We are mind and body and spirit.  
Nothing is separate; all is connected.  
Consciously work on one aspect of yourself and you work on your whole self.

**Excerpt From Chapter 7: Tom Zuba. Permission to Mourn**

## The Cord

We are connected, my child and I,  
by an invisible cord not seen by the eye.

It's not like the cord that connects us 'til birth  
This cord can't been seen by any on Earth.

This cord does it's work right from the start.  
It binds us together attached to my heart.

I know that it's there though no one can see  
The invisible cord from my child to me.

The strength of this cord is hard to describe.  
It can't be destroyed, it can't be denied.

It's stronger than any cord man could create.  
It withstands the test, can hold any weight.

And though you are gone, though you're not here with me,  
The cord is still there, but no one can see.

It pulls at my heart, I am bruised...I am sore,  
But this cord is my lifeline as never before.

I am thankful that God connects us this way  
A mother and child, death can't take it away!

Author Unknown



## ♥ LOVE GIFTS ♥

Love gifts can be made in memory of your child, sibling or grandchild in any amount. Donations received are used for our annual Candle Lighting Program each December, for sending our monthly newsletter via US mail and for community outreach. We are here to reach out to other bereaved families who may not be aware we are here to lend our support after the death of a child. Please send your tax-deductible donation to the PO Box below.

*In loving memory of all our beloved children, grandchildren & siblings*

### If you wish to make a Love Gift Donation

Please fill out the information below and send with a check to:

**The Compassionate Friends**

**Modesto Area Chapter**

**PO Box 578713**

**Modesto, CA 95357**

Child,  Sibling or  Grandchild \_\_\_\_\_

Date of Birth \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ Date of Passing \_\_\_\_\_ / \_\_\_\_\_

Donation amount \_\_\_\_\_

Your Name \_\_\_\_\_

Telephone \_\_\_\_\_ Your email address \_\_\_\_\_

Your address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Would you like your gift listed in our monthly newsletter in memory of your child, grandchild or sibling?

The amount will remain anonymous Yes \_\_\_ No \_\_\_

The Compassionate Friends is a 501 (c) (3) non-profit organization. Donations are tax deductible.

Check out our closed Facebook page, *The Modesto Area of TCF*. Make a request to join the page and an Administrator will approve your request.

Join us on our Instagram account page. You can find us at – *modestoriverbankarea\_tcf*.

Our Steering Committee wants to provide the best possible support to each of our TCF Chapter members and friends. Please contact a member of the Steering Committee with any concerns you have or any ideas about how our Chapter can be of support to you and others. We're also available if you'd like to talk about your child or some aspect of the challenges of your bereavement journey. You can reach us by email at: [tcfmodestoriverbank@gmail.com](mailto:tcfmodestoriverbank@gmail.com) or by phone at 209-622-6786 or on Facebook.

#### OUR CHAPTER PHONE TREE

If you are struggling and need to talk, we are here for you. We have set up a phone tree and someone is available day or night. You can call or text us at (209)622-6786 and one of the Steering Committee will get back to you as soon as possible. You may also reach someone through the email address, [tcfmodestoriverbank@gmail.com](mailto:tcfmodestoriverbank@gmail.com), or on our private Facebook page, which you can find by searching for *The Modesto-Riverbank Area Chapter of TCF*.

If you would like to be a part of our phone tree and be available for other members, please contact us through one of the above mentioned methods and we will add your name and number to our list.



Please remember to send in your child's photo so that it can be added to the new TCF Modesto-Riverbank website. Send photos to: [scasity@comcast.net](mailto:scasity@comcast.net)

Visit our website for information and to stay up to date on chapter events.

[www.modestoriverbanktcf.org](http://www.modestoriverbanktcf.org)

Support our chapter by using  
*Amazon Smile*

[smile.amazon.com](http://smile.amazon.com)

(click on the link above for further information).

AmazonSmile is a simple way for you to support your favorite charitable organization every time you shop, at no cost to you. When you shop at [smile.amazon.com](http://smile.amazon.com), you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added benefit that Amazon will donate 0.5% of your eligible purchases to the charitable organization of your choice. You can choose from over one million organizations to support.

#### How to turn on AmazonSmile in the mobile app

1

#### Join AmazonSmile

If you are not already an AmazonSmile member, [sign up](#) on your web browser. Simply select your favorite charity to start generating donations, at no cost to you.

2

#### Get the app

Download or update to the latest version of the Amazon Shopping app on your phone. You can find it in the [App Store](#) for iOS or [Google Play](#) for Android.

3

#### Turn on AmazonSmile

Open the app and find 'Settings' in the main menu (≡). Tap on 'AmazonSmile' and follow the on-screen instructions to turn on AmazonSmile on your phone.