

Siblings Walking Together

*We are the surviving siblings of The Compassionate Friends.
We are brought together by the deaths of our brothers and sisters.
Open your hearts to us, but have patience with us.
Sometimes we will need the support of our friends.
At other times we need our families to be there.
Sometimes we must walk alone, taking our memories with us,
continuing to become the individuals we want to be.
We cannot be our dead brother or sister,
however, a special part of them lives on with us.
When our brothers and sisters died, our lives changed.
We are living a life very different from what we envisioned,
and we feel the responsibility to be strong even when we feel weak.
Yet we can go on because we understand better than many others
the value of family and the precious gift of life.
Our goal is not to be the forgotten mourners that we sometimes are,
but to walk together to face our tomorrows as surviving siblings of
The Compassionate Friends.*

Grandparents' Remembrance

*We are the grieving grandparents, the shepherds of our
children and grandchildren's lives.
Our grief is two-fold and at times we feel powerless to help.
We seek to comfort our children in the depths of their grief
and yet we need the time and space to face our own broken hearts.
We have been robbed of the special tender touch a grandparent
shares with a grandchild and we have lost a symbol of our immortality.
As we walk by our child's side, we both give and draw strength.
We reach into their hearts to comfort them, and when they reach out to
us in their distress, we begin the journey to heal together.
We continue to be their guardians.
We allow traditions to change to accommodate their loss.
We support the new ones which symbolize the small steps on their journey.
It is in their healing that our hearts find comfort.*

~Susan Mackey, TCF, Rutland, VT