

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.*

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