

The Compassionate Friends

Modesto~Riverbank Chapter

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

February 2020

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, February 10th

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

Upcoming Meetings

March 9th

April 13th

May 11th



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

*If you leave a message
a steering committee member
will return your call.*

2020 Steering Committee

Tracey Parker – Chapter Leader

Devon Homme – Secretary

Elsie Freeman – Treasurer

Kris Leitner – Newsletter Editor

Janet Neal – Outreach Coordinator

Lori Leitner – Hospitality & Library

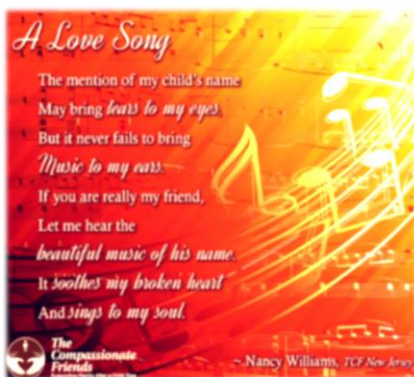
Chad Homme – Public Relations

Mike & Suzanne Casity – Website

Visit us on Facebook
The Modesto-Riverbank
Area Chapter of TCF



Find us on Instagram at
[modestoriverbank_tcf](https://www.instagram.com/modestoriverbank_tcf)



Grief only exists where

LOVE

lived first!



*"There is a place of peace in the heart that looks out
and sees the foolishness of the world but does not judge,
criticize or condemn but compassionately accepts the
unawakened behavior of others.*

This place is called Love.

It is that which cannot be taught, only shown by example.

It is not a lesson to give, it is a relationship with life.

It is not a beating with a stick, but a caress with an open hand.

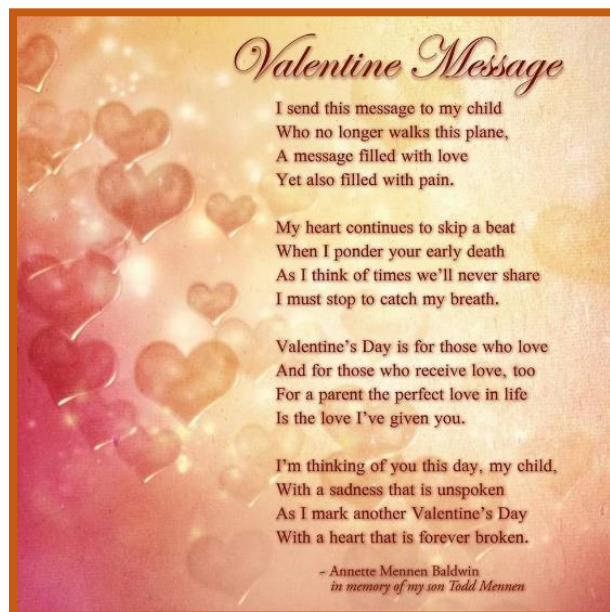
*It is the strongest force in the universe, but needs time to be
understood. The one who encourages you to be afraid is not
your friend. The one who shows the unity and*

*interconnectedness of all things will not want something from
you. When you are afraid you are already the victim.*

When you are loving, you are exactly where you want be.

*This sharing of love without conditions is the way of the
heart."*

Michael Kewley





February Events

Lunch with the Ladies

Date: Sunday, February 16th 2020

Time: 1:00 p.m.

Location: Red Robin Gourmet Burgers

2367 Claribel Rd., Rivebank, CA 95367

To RSVP - call or text Tracey at 209-996-2040 or email tcfmodestoriverbank@gmail.com.

Breakfast with the Dads

Save the dates Saturday, February 1st and Saturday, March 7th

for breakfast with other bereaved dads in our chapter.

8 a.m. at Perko's in Salida - 4642 Kiernan Avenue

Confirm with Chad at 209-338-8496 or

chomme@gmail.com, or Norm at 209-345-0601 or

nandrews6863@charter.net, & they'll save a seat for you.



Suicide Loss Support Group

*7 pm at the Sutter Health Education Center
in the back of McHenry Village, suite B.*

The group meets the third Monday of each month.

*For more information, contact Norm at
(209) 345-0601 or at nandrews6863@charter.net*

Is Anger One of the Stages of Grief?

*Anger is an acid that can do more harm to the vessel
in which it is stored than to anything on which it is poured.*
~ Mark Twain



Legend has it that one evening an elderly Cherokee told his grandson about a battle that goes on inside every one of us. The battle, he said, is between two wolves. One is Evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority and ego. The other is Good. It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith. His grandson thought about this for a moment, then asked his grandfather, "Which wolf wins?" His grandfather simply replied, "The one you feed."

Although anger is commonly identified as one of the so-called **Stages of Grief**, we now recognize that grief does not occur in easily defined stages, and anger is not always a part of everyone's experience. Better to think of anger as a *state* (the circumstances or condition in which you may find yourself at any given time) rather than a *stage* (one of several sequential phases you may be in, as you work your way toward an end).

What is more, many mourners report not feeling angry at all. Nevertheless, there are times in your grief journey when you're frustrated and hurting, and it's only natural to lash out and look for someone to blame. Being angry is a way of channeling energy, of making some sense of the pain. When you are protesting an unjust loss, you may have every right to be angry. Even if you know your anger isn't logical or justified, you can't always help how you feel. Emotions aren't always rational and logical. Feelings are neither right or wrong, good or bad. They just *are*. And for some of us, being angry may be preferable to feeling the underlying hurt and pain of loss.

You may find yourself feeling angry at:

- yourself for what you did or failed to do, whether it is real or imagined.
- your loved one for dying and abandoning you.
- a surviving family member for not being the one who died.
- medical or nursing staff who expressed little or no sympathy during your loved one's illness or death.
- the doctors or the health care system for failing to save your loved one.
- the situation which suddenly rendered you helpless and powerless, when all this time you thought you were in control of your life.
- fate or at God for letting your loved one get sick and die.
- life because it isn't fair.
- the rest of the world because life goes on as if nothing's happened, while all your dreams are shattered and your life's been turned upside down.

- others who have not lost what you have lost, who aren't suffering; who are more fortunate than you and don't even see it or appreciate it; who cannot understand what you are going through; who will go back to their lives as usual.
- others for being happy (part of a couple, part of an intact family) when you are not.

Anger is a powerful emotion that can be frightening. But feeling angry doesn't necessarily imply that you will lose control or take your anger out unfairly on others. Before you can get through it, let go of the intense emotions attached to it and move on, your anger must be admitted, felt and expressed, if only to yourself. When you simply acknowledge feelings of anger to yourself or a trusted other without actually doing anything about them, no harm is done, to you or anyone else. On the other hand, if anger is suppressed and held on to, eventually you may erupt like a volcano, internalize it and take it out on yourself (in the form of depression or anxiety), or misdirect it toward innocent others such as family, friends and colleagues.

Suggestions for Coping with Anger

Recognize what you were taught about anger as a child and how that may affect the way you experience and deal with anger now.

- Seek to understand what's driving your anger, resentment or disappointment. Examine whatever expectations you had of others that were not met. What did you expect that did not happen? Were your expectations reasonable? Were others capable of doing what you expected?
- Discover ways to discharge the energy of anger in appropriate, non-destructive ways that will bring no harm to yourself, to others or to property. Find a safe place, space, activity and time where you can let your anger out through:
 - * **physical exercise:** sports, brisk walking, pounding pillows, chopping wood, digging holes, scrubbing floors.
 - * **hobbies and crafts:** painting, pottery, stitchery, wood working.
 - * **music:** blowing a horn; pounding drums or a piano.
 - * **writing:** keeping a journal; writing a letter and tearing it up.
 - * **talking:** finding someone you can talk to, without feeling judged or being told you're bad because you're angry.
 - * **reaching out:** asking others for the support you need, rather than expecting them to know.
- If you've decided your anger with another is justified, you can choose to deal with it by:
 - * **confronting** the person constructively with what happened and how you feel about it.
 - * **realigning** your expectations, accepting the person's limitations and seeking the support you need elsewhere.
 - * **leaving** the relationship.
- If you think you're in danger of hurting yourself or someone else, if you're feeling as if your anger is out of control, seek professional help at once.

<https://www.griefhealingblog.com/2012/01/is-anger-one-of-stages-of-grief.html>

Book of the Month

This month's spotlight book is:



Please take full advantage of our chapter library. We have a nice selection of books to choose from. The library is available before and after the monthly meeting.

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 ♥

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/Riverbank 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



SMASH SACRAMENTO ~ CHAPTER EVENT

WHEN: SATURDAY, MARCH 14TH 2020

TIME: 11:00A.M. (SUBJECT TO CHANGE BASED ON FACILITY OPENINGS)

WHERE: 5839 MANZANITA AVE STE#11, CARMICHAEL, CA 95608

COST: \$20 PER PERSON

RSVP: BY TEXT OR CALL TO TRACEY (209)996-2040

BY WEDNESDAY, MARCH 11TH 2020

www.smashsacramento.com



5th Tuesday Dinner

March 31st 2020

6:00 p.m.

BJ's Restaurant & Brewhouse

3401 Dale Rd., Modesto, CA 95356



Plans are underway for our first ever **Walk to Remember**. We have applied for the permits to walk around Beyer Park in Modesto. The event will be on Saturday, May 16th 2020 starting at 9:00 a.m. If you would like to volunteer to help, please contact Tracey by phone or text at (209) 996-2040.

Date: Saturday, May 09, 2020

Registration: 8:00AM | **Start:** 9:00 AM

Beyer Community Park

3700 Beyer Park Drive

Modesto, CA 95355

www.marchforbabies.org





Thank you 7- Eleven stores at
2500 Geer Rd., Turlock, CA and
3225 McHenry Ave., Modesto, CA
for sponsoring our monthly
newsletter!!

**Check out our closed Facebook page,
Modesto-Riverbank Area Chapter of
TCF. Make a request to join the page &
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 or by phone at 209-622-6786 or on Facebook.



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

www.modestoriverbanktcf.org



You can still get photo button made of your child, grandchild or sibling with our new button machine! Buttons can be made at 6:30 pm on our meeting nights.

Bring an extra copy of a photo or a photocopy of it that can be cut into a circle 3" in diameter. Close-up photos usually work the best. You may bring a graphic design instead of a photo, if you wish. This will be a wonderful way to get acquainted with each other's children!

Magnets are also available!!



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