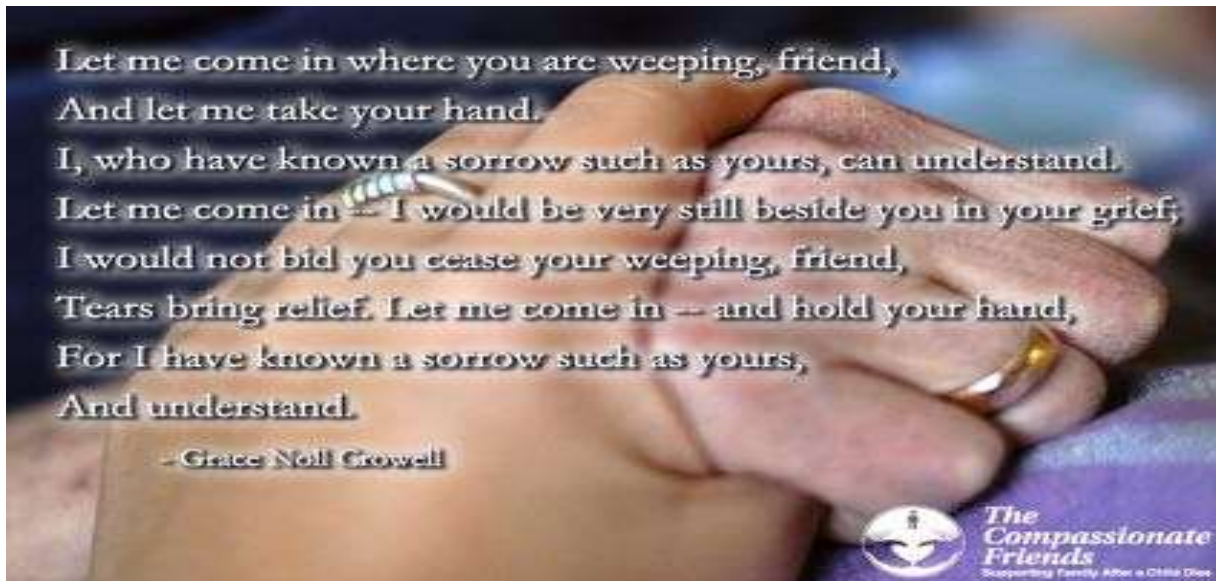




## PONDERINGS ALONG THE PATH

Dear Compassionate Friends:

I wanted to share this poem with you because it so accurately reflects what our Compassionate Friends group hopes to do. We cannot fix your pain and don't want to tell you not to cry or be angry. We have shared your pain, and want you to know you are not alone in this. We won't tell you "you shouldn't feel that way" or "are you still grieving?" We want to respect and validate your grief. We want to create a "safe place" for you to feel your feelings. We want to know you and your child, sibling or grandchild and help you honor that child's life. We will never set a "time limit" on your grief because that time differs with each person. It does make a difference in sharing your grief with people who have walked in those shoes. We really mean it when we tell you we understand and weep with you. We really mean it when we say we come from all walks of life, but our love for our children unites us.



, I wish you comfort and healing, and that you are always able to remember you do not walk this path of grief alone.

In friendship,  
*Nadine*

