



The Compassionate Friends

Supporting Family After a Child Dies

Fort Worth Chapter | Phone: (682) 201-0837 | tcffortworth@gmail.com

STEERING COMMITTEE MEMBERS

Jerry & Sharon Austray
Charles & Genie Dean
Mark Deegear
Jeff & Marty Martin
Lydia Moore
Jaye Sanford
David & Suzanne Wilkinson

Hospitality

Set up person still needed

Christine Anderson
(807) 300-6196

Librarian

Donna Tusan

New Member Registration

Position Open

Newsletter Editor

Lisa Jo Adkison

Secretary

Becky Long

Treasurer

Steve Roberts

Sjroberts1216@hotmail.com

Welcome Bags

Janet DuPertuis

REGIONAL COORDINATOR

Bill Campbell

(972) 935-0673

jojobill@sbcglobal.net

Chapter Website:

www.thecompassionatefriendsfw.com

SPRING'S TEARS

When the sun's sharp brilliance echoes in the luminescent blue
A grim, oppressive darkness stabs my aching heart anew.
Its golden glow upon my face, the warmth of winter's sun
Holds the promise of renewal when the icy months are done.

It is this vow of nature's of resurgence in the spring
That bows my head, and breaks my heart; unlocks my suffering.
For you will miss again the beauty of this time of year
The growing warmth, the sunny days when life will reappear.

For nature has no power over death that holds you still,
And though I know, I still resent spring's early daffodil.
Oh, would that I could speak to Mother Nature face to face!
To beg she work her magic on your lonely resting place.

Why can't it be YOUR rebirth when the gray, cold days are done?
Why mightn't YOU not live again to see spring's fresh new dawn
and feel the warmth of sunshine
relish in the greening earth...
to open arms, embracing life
why can't it be YOUR birth?

You were so young, your life so new when death crept in the door,
And in my grief, beloved child, I'll ask forever more
The reason why the earth's renewed
when spring comes 'round each year
Yet in your grave you're silent still,
and I condemned am here.

Sally Migliaccio
TCF Babylon, NY
In Memory of Tracey



Need to Talk?

Listed below are parents, grandparents and siblings who have walked where you are today. If you are having a difficult day and just want to talk, please call.

Addiction

Helen (817) 431-6964

Auto

Jeff & Marty (817) 475-9141

Grandchild/ Multiple Loss

Lydia (817) 829-3801

Drowning

Debi (817) 602-4018

Drowning (Young Child)

Stacy (817) 656-7540 or
(817) 845-3433

Long Term Illness

Marty (817) 636-5645

Homicide (Only Child)

Steve (682) 583-0125
sjroberts1216@hotmail.com

Suicide (Only Child)

Joy (817) 453-2227

Siblings

Jaye (817) 475-9363

Premature Infant(s)

Amy (817) 944-1710
amylori12@hotmail.com

Middle of the night calls

Liz (817) 726-3999

UNDERSTANDING THE PRINCIPLES OF GRIEF - PART 2

PRINCIPLE # 3: Grief emotions will be dealt with...now or later.

No matter what the mourner does he or she cannot escape painful emotions after the death of a loved one. Remember the last time you were on your cell phone and a child tried to get your attention? That child was relentless. No matter how much you passionately gestured and mouthed that you were on the phone, that child needing your attention did not give up. They got your attention. Grief emotions will not be denied. They are relentless and will be dealt with now or later. Again no one controls or chooses their emotions, especially during grief. Think of a huge cauldron with a fire going under it. If the logs in the fire suddenly break, the flames surge around the cauldron. Then everything on the bottom of the pot boils up to the top. Grief emotions are the same way. When a loved one dies, the uncomfortable, unpleasant and painful emotions of grief boil to the top. Mourners can't always control or choose what they feel. Although mourners cannot select their emotions, they can determine how they respond to grief and its pain. Mourners are not powerless victims of grief. They are empowered with the choice of responding in ways that are healthy, appropriate, and constructive. These choices can position them to endure the pain of grief and to progress toward health and healing.

PRINCIPLE # 4: Grief is an individualized experience. Everyone does not grieve in the same predictable way.

The individual mourner's grief is shaped primarily by the one-of-a-kind, unique in all the universe relationship that they had with their loved one. Therefore, every mourner's grief is different and unique although there are commonalities or shared experiences among mourners. No one formula, recipe, set of rules, therapy or solution for surviving grief fits all. With the support of other mourners, the individual has to navigate his or her way through his or her own unique grief. First though the individual mourner has to acknowledge, experience and express their very personal grief emotions. The only way to survive is not to avoid grief and its pain, but to go through it.

PRINCIPLE # 5: Grief will not always be like it is in the beginning. As time passes, the grief experience changes.

This basic principle of grief can give the mourner a reason to hope. In the beginning of grief there is a very intense emotional pain. Initially grief emotions and pain can be overwhelming and all-consuming. For the person new to grief, everything in their life can be a memory of the devastating loss. Desperate mourners often ask, "Will I ever feel joy again?" The good news for mourners is that over time grief and pain change. Time does not heal all wounds, but time gives opportunities for the mourner and his or her grief to change and become different. Does it get better? Better is not the right word. Different describes the nature of grief as it changes.

A continuation from March. Reprinted from "Love Never Dies: Embracing Grief with Hope and Promise" with permission. © 2011 Larry M. Barber, LPC-S, CT. Larry's book is available in our lending library.

RAYS OF SUNSHINE, OCEANS OF HOPE

Register now for The Compassionate Friends 40th National Conference in Orlando, FL to be held July 28-30, 2017. You will not regret attending.

The Compassionate Friend's holds an Annual Walk to Remember in conjunction with the National Conference. Thousands of names are submitted by those who are unable to attend the National Conference. Their beloved children's, sibling's and grandchildren's names will be carried along with all the others in the Walk to Remember. The walkers who volunteer to do this have said they find it a great honor and a privilege to carry these names. You may submit online the names you would like to be carried in this year's Annual Walk to Remember on July 30, 2017 at the Hilton Bonnet Creek in Orlando, FL.

For the first time, TCF is offering a personalized walk sign sponsorship. The sign will include your child's/grandchild's/sibling's photo and name. These walk signs will be featured along the walk route.

Register and/or submit names at the national website: www.compassionatefriends.org.

“As long as I can I will look at this world
for the both of us.

As long as I can I will laugh with the birds,
I will sing with the flowers,
I will pray to the stars for the both of us.”

~ Sascha

MARK YOUR CALENDARS

April 8th- Steering Committee Meeting
10:00AM, 6176 Blue Meadow Dr., Fort Worth,
76132, home of Jerry and Sharon Austray.

May 9th - Chapter Meeting Topic: Monarch
Butterfly Program by Sharon Austray, chapter
member

May 27th - Firemen's 5k, for more info go to
www.firemens5k.com Some of the proceeds
benefit our local chapter.

June 13th - Annual Butterfly Release & Pot-
Luck Meal; families are welcome. Plan to bring
a dish to share. Please no dishes containing nuts.

Picture Button Machine

We will have the picture button machine at this month's meeting. If you would like a picture button, please bring a 4"x6" **copy** of your loved one's picture.

BIRTHDAY TABLE

April birthdays will be celebrated at this month's meeting. Please bring a photo or memento to share with our group if your loved one's birthday is in April.

LOVE GIFTS

A thoughtful way to remember our precious children is *A Love Gift* and can be made ONLINE on our website or mail your donation: Steve Roberts, PO Box 734, Euless, TX 76039.

TCF National Office —The Compassionate Friends, P. O. Box 3696 . Oak Brook, IL 60522-3696
Call toll free: (877) 969-0010 9 AM-5 PM, CST, Monday-Friday. Email: nationaloffice@compassionatefriends.org

Website: www.compassionatefriends.org The website contains links to TCF's national and regional conferences, brochures, e-newsletter, online support community, We Need Not Walk Alone magazine, "Healing the Grieving Heart" and "The Open to Hope Show" radio program archives, webinars, chapter websites, and other resources. Facebook: The Compassionate Friends/USA In Spanish: Los Amigos Compasivos/USA Twitter: Text follow TCFofUSA to 40404



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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.

ADDRESS SERVICE REQUESTED

Fort Worth Chapter Meeting

April 11th, 7-9 P.M.

This Month's Program

Subject: Belief Battles Brought About by Bereavement

As our credo states, "Some of us have found our faith to be a source of strength, while some of us are struggling to find answers." Chapter member, Lisa Jo Adkison, will have a short presentation, then show a clip from the movie "Rabbit Hole".

We will break into small like-minded discussion groups.

Volunteers to bring refreshments for April:

Lisa Jo Adkison, Val Mitchell, Lydia Moore

Please sign-up to bring nut-free refreshments to share.

~paper goods and drinks are always provided ~

Room 271

ARBORLAWN UNITED METHODIST CHURCH

5001 Briarhaven Rd., Fort Worth

A Special Message

To those of you who are newly bereaved and receiving our newsletter for the first time, we warmly welcome you to The Compassionate Friends. We are a self-help organization of parents, grandparents and adult siblings who have experienced the death of a loved one. We offer understanding and support through our monthly meetings, a lending library, support materials and loving telephone listeners. Please do not be afraid to come to a gathering. Every other person in the room has lost a child, grandchild or sibling. They come because they feel the need to be with someone else who understands. We know it takes courage to attend that first gathering, but those who do come find an atmosphere of understanding from others who have experienced the grief that you have now. Nothing is asked of you. There are no dues or fees and you do not have to speak. There is a special feeling at meetings of The Compassionate Friends.

We meet the 2nd Tuesday of every month.