



# *The Compassionate Friends*

## Supporting Family After a Child Dies

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

### CHAPTER WEBSITE:

[www.thecompassionatefriendsfw.com](http://www.thecompassionatefriendsfw.com)

### STEERING COMMITTEE

Charles & Genie Dean  
 Jeff & Marty Martin  
 Lydia Moore  
 Jaye Sanford

#### Hospitality

Christine Anderson  
 Jerry & Sharon Austray  
 David & Suzanne Wilkinson

#### Librarian

Donna Tusan

#### New Member Registration and

Newsletter Editor  
 Lisa Jo Adkison

#### Secretary

Becky Long

#### Treasurer

Steve Roberts

#### Welcome Bags

Janet DuPertuis

The next Steering Committee meeting will be Saturday, August 12, at 10 AM, at Arborlawn United Methodist Church, 5001 Briarhaven Rd., Ft. Worth Room 271 (same as monthly meetings)

### REGIONAL COORDINATOR

Bill Campbell  
 (972) 935-0673  
[jojobill@sbcglobal.net](mailto:jojobill@sbcglobal.net)

## MEMENTO MONTH

**Everyone** is to bring a cherished memento of your loved one. A memento can be anything: a picture, a sonogram photo, a toy, a song, an award. Anything you treasure because of the connection or memory it holds of your loved one. We will all share our memento with the group.

Birthday table will also still be available for those loved ones whose birthdays are in July.

## July's Child

Fireworks race toward heaven  
 Brilliant colors in the sky.  
 Their splendor ends in seconds  
 On this evening in July.  
 "Her birthday is this Saturday,"  
 I whisper with a sigh.  
 She was born this month,  
 She loved this month  
 And she chose this month to die.

Like the bright and beautiful fireworks  
 Glowing briefly in the dark  
 They are gone too soon, and so was she  
 Having been, and left her mark.  
 A glorious incandescent life,  
 A catalyst, a spark...  
 Her being gently lit my path  
 And softened all things stark.

The July birth, the July death of  
 my happy summer child  
 Marked a life too brief that ended  
 Without rancor, without guile.  
 Like the fireworks that leave images  
 On unprotected eyes...  
 Her lustrous life engraved my heart...  
 With love that never dies.

Sally Migliaccio  
 TCF Babylon, Long Island, NY

## 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. *It isn't necessary to call someone who has suffered a loss identical to yours.*

### Addiction

Helen (817) 431-6964

### Auto

Jeff & Marty (817) 475-9141

### Drowning

Debi (817) 602-4018

### Drowning/Young Child

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

### Grandchild/Multiple Loss

Lydia (817) 829-3801

### Homicide/Only Child

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

### Long Term Illness

Marty (817) 636-5645

### Premature Infant(s)

Amy (817) 944-1710  
amytori12@hotmail.com

### Siblings

Jaye (817) 475-9363

### Suicide/Only Child

Joy (817) 453-2227

### Middle of the Night Calls

Liz (817) 726-3999

## THE CHILD THAT'S NOT THERE

The child that's not there  
Takes up every piece of me  
The child that's not there  
Consumes my every thought  
The child that's not there  
Makes me feel like I failed  
The child that's not there  
Took away a main reason for being  
But

The children that are there  
Still somehow bring me joy  
The children that are there  
Still need my love  
The children that are there  
Don't need any more grief  
The children that are there  
Force me to go on.

Tricia Palmer  
In memory of my son, Gabriel Boyer  
TCF, Tidewater, VA

*"There's no tragedy in life like the death of a child.  
Things never get back to the way they were."  
- Dwight D. Eisenhower*

**Note of Interest and Inspiration:** As I was exploring articles/quotes for this newsletter and preparing to celebrate our country's independence I discovered some information which proved a bit sad yet inspiring. As of 2007, twenty-three of the forty-three US Presidents had suffered the loss a child (several families multiple losses). Most citizens respect these as great and strong leaders; families who have served in a position I cannot imagine the energy and resolve necessary. These families also lived and led with the heartache and grief we all understand. I find it encouraging and hope you can too.

- Lisa Jo Adkison, Chapter member and Newsletter Editor

## VACATIONS

Vacation time can be painful for bereaved parents. Caught up with normal demands of making a living or keeping a household going, we have less time to think than we do on vacations, especially the "take it easy" kind-at a hideaway, tucked away somewhere.

In the summers following Tricia's death, I found vacations could bring a special kind of pain. We avoided going to places where we had vacationed with her. At one time, I thought Williamsburg might be off my list forever since we had a very happy time together there. I tried it one summer three years later and found that she walked the cobbled streets with me. Now that nine years have passed and the pain has eased, maybe the happy memories we shared in Williamsburg can heighten the pleasure of another visit there.

For the first few years after Tricia's death, we found fast-paced vacations at places we had never been before, to be the best. The stimulation of new experiences in new places with new people refreshed us and sent us home more ready to pick up our grief work. That is not to say when we did something or saw something that Tricia would have enjoyed, we didn't mention her. We did, but it seemed less painful than at home.

One caution: Do allow enough time for sleep; otherwise, an exhausted body can depress you.

We've said it many times: YOU HAVE TO FIND YOUR OWN WAY, YOUR OWN PEACE. Let vacation time be another try at that; but do give yourself a break in choosing the time and locale where that can best be accomplished. Don't be afraid of change-it can help with your re-evaluation of life.

Elizabeth Estes  
TCF Augusta, GA  
In Memory of Tricia

## DONATIONS APPRECIATED

Please consider donating financially to our chapter. All local chapters function on donations to provide information and special events in our efforts to help families who are grieving the loss of a child.

Tax-free donations to our chapter in the memory of your loved one are accepted at our chapter meetings, received ONLINE through our local chapter website or mailed to:

Steve Roberts, P.O. Box 734, Euless, TX 76039

You can also support our chapter's virtual Walk to Remember team page. [Follow This Link](http://www.kintera.org/faf/r.asp?t=12&i=1172063&g=6952602&faf=1&e=9261045873) or copy and paste the following into your browser:  
<http://www.kintera.org/faf/r.asp?t=12&i=1172063&g=6952602&faf=1&e=9261045873>

*Thank You for the  
Love Gift Received*

## PLAN NOW TO ATTEND

**July 28-30 – TCF 40th National Conference** - "Rays of Sunshine, Oceans of Hope" in Orlando, FL

**August 8<sup>th</sup> - Chapter Meeting 7:00 PM**

**Guest Speaker:** Jane Avila, bereaved parent, Licensed Clinical Social Worker, Board Certified Art Therapist and founder of The Art Station. Jane will share the role of art in dealing with grief. For more information about the Art Station visit [www.theartstation.org](http://www.theartstation.org).

**August 12th - Steering Committee Meeting**

Those interested in serving/volunteering with our local chapter please meet at **10:00 AM**, Room 271 at Arborlawn United Methodist Church, 5001 Briarhaven Rd., Ft. Worth (same as monthly meetings)

**September 12<sup>th</sup> - Chapter Meeting 7:00 PM**

**Guest Speaker:** Lacey Camp, bereaved parent, will speak on after death communication.

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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](mailto:nationaloffice@compassionatefriends.org)  
Website: [www.compassionatefriends.org](http://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

**July 11th, 7:00 P.M.**

This Month's Program

### ***Memento Month***

Please bring a memento of your loved one  
with you to share with the group.

Snacks are provided only by volunteers each month.

If you would like to bring refreshments,  
please call 682-201-0837.

Please bring snacks with **no nuts**.  
Drinks and paper goods provided.

**Meet in 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 2<sup>nd</sup> Tuesday of every month.*