



# *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

### REGIONAL COORDINATOR

Bill Campbell

(972) 935-0673

[jojocbill@sbcglobal.net](mailto:jojocbill@sbcglobal.net)

## ANNUAL BUTTERFLY RELEASE AND POT-LUCK MEAL

Your friends and family are welcome to come with you for this special occasion on June 13th. Please be here at **6:30 PM**, so we may release the butterflies at 7PM. We ask you to bring plenty of food to share with everyone. Ham and beverages will be provided. Due to our agreement with Arbor Lawn Methodist Church we ask you to bring dishes which have **NO NUTS**.

## THERE WILL BE NO BIRTHDAY TABLE THIS MONTH DUE TO THE BUTTERFLY RELEASE.

### Treasured

What I love most is  
Waking to the dew of  
The grass upon my boots

What I love most is  
Smelling the end of  
The day upon  
My shirt, holding  
My child

What I love most is  
Something I don't see  
Everyday or smell or  
Touch

What I do love most is  
The memories of those  
Moments if only buried in  
My dreams

Scott Newport  
Royal Oak, MI  
Permission to reprint granted

## 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  
amylori12@hotmail.com

### Siblings

Jaye (817) 475-9363

### Suicide/Only Child

Joy (817) 453-2227

### Middle of the night calls

Liz (817) 726-3999

## This House and I

I think this house and I shall grow old  
together and fall down around one another.

How can I paint the walls when his breath  
has coated them?

How can I wash the door frames when the  
smudges of his fingerprints surely are still  
there?

How can I patch the hole I kicked in the  
wall in the weeks after he died?

How can I clean the carpets that still hold  
billions of his skin cells, his DNA?

How can I throw out the old, broken chair  
that he sat and slept in?

How can I clear the air that sometimes still  
carries his scent?

How can I ever fix the broken hearts of his  
mother, his sisters and I?

How long must I wait?

Jack McPeck  
TCF of Spokane, WA  
In Memory of my son Zachary Ian McPeck

*"I thought I could describe a state; make a map of sorrow.  
Sorrow, however, turns out to be not a state but a process."  
— C.S. Lewis, A Grief Observed*

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

## THE MONARCH

The population of Monarch butterflies has declined by 90% because of illegal logging, spraying of pesticides on genetically-modified crops and urban development. The monarch butterfly will only lay its eggs on the milkweed plant because the leaves are poisonous and once eaten helps protect the monarch from its enemies. The Monarch lays its eggs on the milkweed in the spring as they make their way northward toward Canada from their wintering spot in central Mexico. It will take 3 generations of Monarchs to reach Canada and only one to make the 3,000 mile trip from Canada back to Mexico. Because the Monarch is Texas's State Insect and the symbol of The Compassionate Friends we think it's particularly fitting that we try and provide as many host and nectar plants as possible to aid them on their long and arduous journey.

You can buy milkweed plants at Archie's Gardenland, Weston Gardens or Stegall's Nursery and Plant Farm. If you plant the tropical variety however you are asked to cut it back in the fall to encourage the Monarch migration. Here is a list of some of the nectar plants that the Monarchs particularly like: Zinnias, Cone Flower, Hardy Ageratum (Blue Mist), Butterfly Bush, Lantana, Coreopsis, Coral Honeysuckle, Mint, Shasta Daisy, Phlox, and Aster.

I used the rooting powder "Take Root" but any rooting hormone will work.

Sharon Austry

TCF Fort Worth member and presenter at May's meeting



## THANK YOU!!

Val Mitchell for your love gifts in  
April and May  
in honor of your daughter  
Leigh Taylor

Michael Davidson for your love gift in May  
in honor of your sons  
Chase and Graham Davidson

*A Love Gift* is a tax-free donation made to our chapter. Your donations not only help us function as a group but allow us to present special programs such as the Annual Butterfly Release this month and to invite guest speakers periodically. Please consider donating to our chapter.

Your *Love Gift* may be given at our meetings, made ONLINE on our website or mail your donation to: Steve Roberts  
P.O. Box 734  
Euless, TX 76039

## MARK YOUR CALENDARS

### July 11th - Chapter Meeting 7:00 PM

Topic: **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/memory it holds of your loved one.

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

### 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 will share the role of art in dealing with grief.

### 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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*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**

**June 13th, 6:30 P.M.**

**This Month's Program**  
***Annual Butterfly Release  
and Pot-Luck Meal***

**Please note the earlier meeting time for  
this month only!**

West Side of Building  
**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.*