



# *The Compassionate Friends*

## Supporting Family After a Child Dies

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

### STEERING COMMITTEE MEMBERS

Jerry & Sharon Austry

Charles & Genie Dean

Mark Deegear

Jeff & Marty Martin

Lydia Moore

Jaye Sanford

David & Suzanne Wilkinson

#### **Hospitality**

Set up person 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](mailto:jojobill@sbcglobal.net)

### CHAPTER WEBSITE IS UP TO DATE!

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

Find information about our upcoming chapter meetings, read past newsletters and send a request to join our Facebook group.

### **Nature's Rainbow**

We held them in our parent arms  
for days or weeks or years.

Now we hold them in our hearts  
and cry the darkest tears.

The cord attached to children,  
eternally fine and strong.

We never leave the missing;  
it holds us all life long.

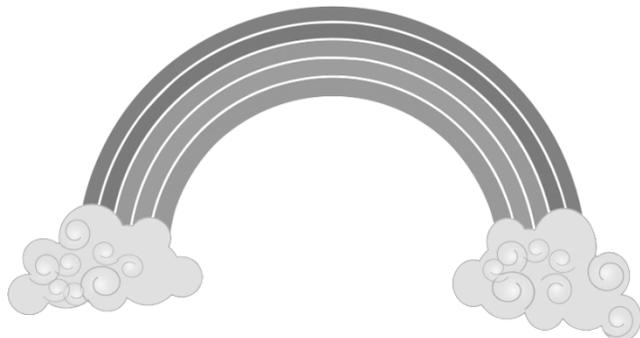
Our children now inside us-  
our souls tattooed with gold.

Their love, their words, their caresses,  
are hugs we still hold.

If we open to the knowledge,  
that they aren't completely gone,  
we will sometimes feel their touching,  
somethings soft and sometimes strong.

When they show us nature's rainbows,  
we can feel their proud delight,  
sending signs to show they're living  
only far beyond our sight.

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## 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](mailto: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](mailto:amylori12@hotmail.com)

### Middle of the night calls

Liz (817) 726-3999

## Understanding the Principles of Grief - Part One

### *PRINCIPLE # 1: Grief is the natural response to loss.*

What you experience after a loss is absolutely normal to human beings. Grief is the love or emotional investment expressed for the person who died. So in your struggle with the pain of the moment you can be comforted that you are not alone in the struggle. You can find comfort also in knowing you are not suffering an abnormal emotional, mental, spiritual or physical state that needs to be cured or corrected. Often mourners feel that no one else can understand what they are going through. There are some common emotions and experiences to which the majority of mourners can relate. These shared emotions and experiences can give you the individual mourner an encouraging message that you have the power to endure the pain of grief if fellow mourners have endured their pain. You can find strength to endure the emotional pain of the moment if you understand what you feel is a normal human response and a continued expression of the love and emotions you have for the one who died. The relationship with your loved one has not died; it has just changed and can be maintained. The pain of the moment is well worth bearing to be able to carry your loved one into the future with you.

### *PRINCIPLE # 2: Emotions experienced during grief are neither good nor bad. They just are.*

One reason that many mourners avoid the painful emotions of grief is because they fear the loss of control and rationality that seem to happen when they allow themselves to experience uncomfortable, demanding emotions. Let's state the obvious. Control is an illusion. We think we have control in our lives until something we would not choose happens – such as the death of a loved one. No one controls their grief emotions. Who would choose the unpleasant, uncomfortable and often painful feelings of sadness, depression, anger, guilt or regret? Yet these are part of a healthy grief experience. If grief has a purpose as an emotional transition toward healing, then maybe the emotions of grief have purpose also. Grief emotions could be helping us to become reflective, to process grief and to take a detailed inventory of how the loss has impacted us. With that inventory we are equipped with valuable information that will help us to choose our path toward joy and healing.

### *Principles #3-5 to be printed next month.*

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Larry's book is available in our Lending Library.

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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

## But Your Son WANTED to Die – Mine Didn't

I cringed as once again I heard this remark, repeated so often since Warren took his life 3½ years ago. Even now, when I thought I had steeled myself to the harsh meaning of the words, they still left me hurt and demolished. Is it all that simple? Could anyone 'feeling good' just choose to die like that . . . if they knew the pain and suffering that then engulfs their surviving family?

How can I explain why he died when I do not really know myself? How can I make anyone understand his emotional pain, increasingly obvious to us, so skillfully masked from others? Our son was so handsome, intelligent and sensitive. It is still incredible that he shot himself one morning after returning from the hospital 'cured' of his terrible depression. Our beautiful first-born baby grew into a perfect son, but somewhere, somehow, our masterpiece had a flaw as cruel and as tenacious as any disease that strikes any other young person.

So, until research proves otherwise, we have to go along with the words of Professor Erwin Ringel that "SUICIDE CANNOT REALLY BE CHOSEN – since an intense and overwhelming inner compulsion renders any free choice null and void."

Our loss is as great as any other parent. We grieve just as deeply. Remember this and do not judge, we beg. We, and all the Survivors of Suicide suffer too much already from a horrendous tragedy that can, and does, happen to anyone.

Our Kids Loved Us – And We Love Them!

Maureen Hargreaves  
TCF Melbourne, Australia  
In Memory of my son, Warren

## Birthday Table

March birthdays will be celebrated at this month's meeting. If your loved one's birthday is in March, please feel free to bring a photo or memento to share with the group.



## 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.



*Love Gifts* are a thoughtful way to remember our precious children and can be made ONLINE on our website or By mailing your donation to:  
Steve Roberts  
P.O. Box 734, Euless, TX 76039

**April 11<sup>th</sup> Chapter Meeting:** Topic: Belief Battles Brought About By Bereavement, presented by chapter member and newsletter editor Lisa Jo Adkison. 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." After Lisa Jo's presentation, which will include a scene from the movie, "Rabbit Hole," which is about a family in the aftermath of the death of a child, we will break into small discussion groups of like-minded individuals.



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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

*please join us*

**March 14th, 7-9 P.M.**

#### **This Month's Program**

Guest Speaker: Tabatha Gunn, MA, LPC-S  
from Trauma Support Services of North Texas  
***Anger and Post-Traumatic Stress Disorder  
in Grief***

Volunteers to bring refreshments this month:

Lydia Moore

*Please feel free 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 2<sup>nd</sup> Tuesday of every month.*