



The Compassionate Friends

Supporting Family After a Child Dies

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

CHAPTER WEBSITE:

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 12th, at 10 AM

REGIONAL COORDINATOR

Bill Campbell

(972) 935-0673

jojbill@sbcglobal.net

THEIR SONG OF LOVE

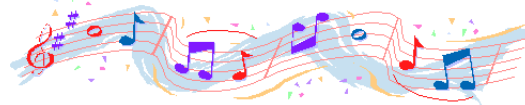
Remembering on this Mother's Day
the melody your child etched
in your heart.

The sweet song of love
that only your child could place there.

As this special day brings
their song to you,

may the warmth of their eternal love
fill your heart once again,

For their song is never ending.



Patty Erdman
TCF Longview, WA

A MOTHER'S LOVE

A mother's love for her child may begin
with the very dream of becoming a mother...

A mother's love for her child may begin
with the thought of maybe expecting the news...

A mother's love for her child may begin
with the verification of her expectations...

A mother's love for her child may begin
with the affirmation that the child lives within her...

A mother's love for her child may begin
with her first sight of the new life that
she has delivered into the world...

A mother's love for her child may begin...

But it may never end...

Not even death can steal away a mother's love for her child

A mother's love for her child knows no end!

Diana M. Rohrbaugh
TCF Anne Arundel County, MD

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

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

Choosing Life

“It will never be the same. Never.” As a bereaved parent, you have often heard or said these words to express grief’s profound feelings of sorrow and disorientation. Your life has suddenly taken an unexpected course that appears both uncharted and endless. Bewildered, you vainly search for pathways back to your former life, until you confront the reality that there is no way back. Your child is dead forever. It is then that you may say, “...never the same.”

This is the aspect of grief that Simon Stephens calls “The Valley of the Shadow.” It is that very long time between the death of your child and your reinvestment in life. *Between*. It is not supposed to be a permanent resting place. Although some people do take up residence in the valley, it is a transition from the death of your child to life with renewed purpose.

The key to this transition is yourself. You must choose between life and the valley. You and only you can decide. And you must make that decision again and again, each day.

Giving in to the hopelessness of the valley is tempting. Choosing to move on toward life requires a great deal of work. You must struggle with the pain of grief in order to resolve it. It is a daily struggle full of tears, anger, guilt and self-doubt, but it is the only alternative to surrendering yourself to the valley.

Little by little you choose to move on. Little by little you progress toward the other side of the valley. It takes a very long time, far longer than your friends or relatives suspected. Far longer than you had believed – even prayed – that it would be. When one day you find yourself able to do more than choose merely to live but also how to live, you will know you are leaving the valley of the shadow. There will still be more work to do, more struggle and choosing. The valley, however, stretches behind rather than in front of you.

When you have resolved your grief by reinvesting in life, you will be able to realize that nothing is ever “the same.” Life is change. We would not have it be otherwise, for that is the valley of the shadow. Change has the promise of beginning and the excitement of discovery.

Life is never the same. Life is change. Choose life!

Marcia F. Alig
TCF, Mercer Area Chapter, New Jersey

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

19TH ANNUAL FIREMEN'S 5K

Benefiting: Fort Worth Chapter of The Compassionate Friends, The WARM Place & The Firemen's 5K Scholarship Fund

WHEN: Saturday, May 27, 2017

6:30 to 7:45 AM: Packet/Bib/Chip Pickup & Race Day Registration

8:00 AM: 5K Race

WHERE: Arborlawn United Methodist Church, 5001 Briarhaven Rd., Fort Worth, Texas 76109 (where our chapter meetings are held)

ENTRY FEE: \$30 in advance or \$35 on race day

Your participation, volunteering, and support to this annual local, family event will financially assist our chapter to continue outreach to families who are in the process of their journey of healing. For more information, visit

<http://www.firemens5k.com> or send an email to

info@firemens5k.com. Register online at Athlete360.com



ANNUAL BUTTERFLY RELEASE AND POT-LUCK

Invite your friends and family to join us June 13th at 7PM and bring plenty of food to share. Ham and beverages will be provided. Due to our agreement with Arbor Lawn Methodist Church we ask you bring dishes which have NO NUTS.



BIRTHDAY TABLE

Due to our Annual Butterfly Release/Pot-luck meal in June, May and June 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 May or June.

MARK YOUR CALENDARS

July 12th - Chapter Meeting 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 - Register now for The Compassionate Friends 40th National Conference in Orlando, FL - "Rays of Sunshine, Oceans of Hope"



LOVE GIFTS

Linda Becker
in honor of
Devon Becker

Matt and Lisa Jo Adkison
In memory of
EN3 Joshua Adkison

A Love Gift is a tax-free donation made to our chapter. It is a thoughtful way to remember your precious grandchild, sibling or child on those special days, months, holidays or whenever.

Your *Love Gift* may be made ONLINE on our website or mail your donation to:

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



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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

May 9th, 7-9 P.M.

This Month's Program

Subject: Saving the Monarch Butterfly

Presented by Sharon Austry, chapter member

In preparation for our annual Butterfly Release in June, Sharon will share with us the plight of the Monarch Butterfly and have Milkweed plants for each of us to start our own butterfly garden.

We will also have small group sharing time after the presentation.

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.