



**August Meeting: August 11, 2009 at 7:30 P.M. Richland Hills
Church of Christ, 6300 N.E. Loop 820**

New Members

We want to extend a very warm, loving, and understanding "Welcome" to our new friends who attended the July Butterfly Release:

Jana Brice
for the loss of her daughter
Joella

Carol DuBay
for the loss of her son
Edward DuBay

TCF National Office

The Compassionate Friends
P. O. Box 3696
Oak Brook, IL 60522-3696
Toll-free: 877-969-0010
Fax: 630-990-0246
Office Hours:
9 A.M. - 5 P.M., CST, Mon.-Fri.

Email:
nationaloffice@compassionatefriends.org

Website:
www.compassionatefriends.org

New Texas Chapter

TCF of Texas Hill Country in
Kerrville, Stephen Karpuleon &
Don E Whitehill, Chapter
Leaders, Phone 830-792-3769

Chapter Website

www.geocities.com/tcfriendsfw

**To those of you
who are newly bereaved**
and receiving our newsletter
for the first time,
we warmly invite 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 second Tuesday
of every month.**

Upcoming Meetings

August 11th - Discussion groups
Sept. 8th - Sibling grief
Oct. 13th - Holiday panel
Nov. 10th - Annual Memorial

Driving Directions

From East 820, exit Rufe Snow;
turn left (north) onto Rufe Snow;
turn left (west) at light; stay on
access road; turn left (south) at
stop sign onto Meadow Lakes Dr.

From West 820, exit Meadow
Lakes Dr. & turn left (south) at
stop sign.

Richland Hills Church of Christ
is on the south side of the loop.
Use the northeast entrance with
the covered circular drive. **There
will be a security guard on duty.**
Church phone: 817-281-0773

Birthday Table

Due to the July butterfly release,
July and August birthdays will
be celebrated
at the August meeting.
If your child's, grandchild's,
or sibling's birthday is
in July or August,
please feel free to bring
a photo or memento of them
to this month's meeting.





**TCF
Fort Worth
Chapter
Steering Committee**

jojobill@sbcglobal.net



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.

Co-Leaders:

Genie Dean
817-625-6621

Becky Long
817-275-9297

Treasurer:

Steve Roberts
817-914-8689

Hospitality:

Marty Akeman
817-636-5645

Christine Anderson
817-300-6196

Charles & Debi Matthews
817-220-0254

Lydia Moore
817-829-3801

Newsletter:

Becky Long
817-275-9297
rebecca.e.long@sbcglobal.net

Librarian:

Patty Gallagher
817-861-1491

Committee Members:

Crys Aigner

Lori Dean Carver

Charles Dean

Janet DuPertuis

Cheryl Dean Lopez

Ernest & Margaret Mann

Jeff & Marty Martin

Glinda Smith

Regional Coordinators

Joan and Bill Campbell
972-935-0673

Auto

Jeff & Marty Martin
817-237-0133

**Multiple Loss/
Loss of a Grandchild**

Lydia Moore
817-829-3801

Drowning

Debi Matthews
817-523-5037

Long Term Illness

Marty Akeman
817-636-5645

Homicide/Only Child

Steve Roberts
817-914-8689
sjroberts1216@hotmail.com

Suicide

Glinda Smith
817-485-3772

Seizure/Choking

Lee & Verna Smith
817-295-8679

Siblings

Cheryl Dean Lopez
817-624-7043
lopezgregg@aol.com

Want to share?

If you have read an article,
poem or book that has helped
you along your grief journey,
please share it with our
newsletter editor.

We also encourage you to submit
your own works of poetry or
prose for our newsletter.

Thanks to Joanne Naples

for sharing an original work
in this month's newsletter.

Healing the Grieving Heart

*Courage to Laugh: Humor, Hope, and
Healing in the Face of Death and Dying*

"Healing the Grieving Heart" can be heard live at every Thursday at noon EST
www.health.voiceamerica.com..
Shows are also archived on the TCF national website.

Upcoming Shows:

August 6—Loss of a Child through Substance Abuse: Guest: Julie Lange lost her youngest son, Justin, at age 16, in 1993 to suffocation while sniffing nitrous oxide. Julie is the author of *Life Between Falls: A Travelogue Through Grief and the Unexpected*. **Second Topic: Living Life Fully:** Guest: Ira Byock, the author of *Dying Well*, and *The Four Things That Matter Most*.

August 13—Sibling Loss: First Guest: Jean Regan's son John died at the age of 19 in 2005. Jean wrote *Always My Brother*, a book to support her daughter, Jane and other siblings dealing with loss. Second Guest: Claire Berman. When her sister died, writer Claire Berman realized that she had lost someone who knew her longer and better than anyone else. She is the author of *When a Brother or Sister Dies: Looking Back, Moving Forward*.

August 20--Helping Children Deal with Loss and Grief: First Guest: Julia Sorensen is the author of *Overcoming Loss: Activities and Stories to Help Transform Children's Grief and Loss*. Second Guest: Robert Zucker's latest book is *The Journey Through Grief and Loss: Helping Yourself and Your Child When Grief is Shared*

August 27—Bouncing Back After Loss: First Guest: Jullian Quinn has suffered through difficult losses including a late term pregnancy. She is the co-author of *The Secrets of the Bulletproof Spirit: How to Bounce Back from Life's Hardest Hits*. Second Guest: Allen Klein, author of *The*



News from our Chapter Leaders

Love Gifts

Wilma Mabrey
in memory of her son
Randy Mabrey

A Love Gift is a gift of money given in honor of a child who has died or sometimes as a memorial to a relative or friend. Your gifts are tax deductible and are the only means that allow us to reach out to other bereaved parents, grandparents and siblings through books, programs and this newsletter.

If you wish for your love gift to be listed in a particular month's newsletter, it must be submitted by the 15th of the previous month.

Please send your Love Gifts to Steve Roberts, 3240 Jetranger Rd., Hurst, TX 76053

Picture Button Machine

We will have the picture button machine at the August meeting. Please bring a 4x6 copy of a picture of your child, grandchild, or sibling if you wish to have a picture button made.

"Forever in my Heart" Wristbands

TCF wristbands are included in our new member packets. Extra bands are available for purchase at chapter meetings for \$3 each.

Steering Committee Meeting

Our next Steering Committee meeting will be Saturday, September 19th at 11:30 A.M.

Membership in the Steering Committee is open to all chapter members, and we look forward to your input. Please join us.

In **August**, we will have small group discussion and sharing. In **September**, Cheryl Dean Lopez and Lori Dean Carver will present a program on grief from a sibling perspective. In **October** we will have a panel discussion about "Handling the Holidays."

Remembrance Memorial

Our annual remembrance memorial will be held on **November 10th, at 7 P.M.**, downstairs in the Family Life Center 2 of the church (the same location as the butterfly release), with a potluck afterwards. During the ceremony, each child's name is read, and their picture is displayed from a projector as a candle is lit in their honor. We ask that you bring a dish to share, and you may also want to bring an 8x10 or smaller picture of your loved one to place their candle in front of. Watch for more details next month on submitting your loved one's picture for the memorial.

Refreshments

If you would be willing to bring refreshments to an upcoming meeting, please locate the sign up sheet at this month's meeting or call one of our hospitality committee members. Many of our members bring refreshments during their loved one's birth month, as a way of celebrating their birthday with the group.

Please note that drinks, cups, napkins, plates, and utensils are always provided by our chapter.

TCF Now On Facebook

Please visit and help promote The Compassionate Friends National Organization's new Facebook page by becoming a fan. You can get there by clicking on the link from TCF's national website home page at www.compassionatefriends.org. Or, you can log into Facebook and search for The Compassionate Friends/USA.

Our Facebook page will provide a forum for free and open conversation. While messages will be reviewed, they will not be screened before they are posted. So we are asking members to be gentle and respectful of one another and to use common sense in their posts – no offensive language, no overt selling of products or services and no religious proselytizing. Also, keep in mind that all opinions expressed are those of the individual poster and do not necessarily reflect those of TCF, Inc. or its sponsors.

In addition to the social support aspect, The Compassionate Friends/USA Facebook page will have information about upcoming events such as conferences, the Walk to Remember, and the Worldwide Candle Lighting. Please visit often and contribute to the conversation.

In the near future, TCF will also be expanding our social media presence in Twitter. Watch for an announcement. These social media initiatives are important to TCF because they will help increase public awareness about our organization and better enable us to fulfill our mission to help

bereaved parents, siblings, and
grandparents.

Reopening of School and No Child!

Summer ends, and across our nation, from the middle of August to the week after Labor Day, schools open for another year. For those parents surviving a child of school age, be that from nursery school to college or university, this can be as trying a time as the holidays.

School buses travel again the busy highways of our cities and the quiet lanes of our countryside. Anxious parents stand with children about to make the first ride to school. Gaggles of youngsters play at countless stops across our land. America's most precious and costly activity is renewed. The children are off to school.

I remember well the silences of the September mornings of those first years. The bus no longer stopped at our home. It simply drove casually by, the people within never realizing it once carried the focus of my love, the repository of my dreams. The drone of its wheels marked anew the mind-numbing dullness of my fragmented senses as it moved its way down the tree lined lane once alive with my son's comings and goings.

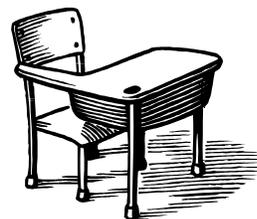
It was always possible to avoid "back to school" sales. Seeing young people and their weary parents gather school supplies and clothing was just too much in those earliest years. Some-how, the perfect notebook, the brilliant sweater, the odd-shaped erasers were simply unendurable. The stream of vehicles heading for Cape Cod for that final Labor Day weekend, the last family outing to end the summer, was another scene to avoid. It was a ritual from which we seemed excluded. Could we still be a family without him?

Those years are gone now. Having returned to education, I now have "back to school" buying to do myself. I see the buses arrive to unload their treasured passengers, no longer feeling the emptiness of a bus that drives on, barren of hopes and dreams. But I do and will forever remember the pain of those unhappy years and sometimes I reflect on the many parents who now feel as I did.

If you are such a parent, if you mourn a child who leaves a school desk somewhere unfilled, I promise that you are not alone in that pain. But even though you are not alone, you know that you are forever marked, that the death of your child or children has altered you in some basic manner.

Perhaps time and much grief work remain before your spirit can yield up the agony and permit a new self to emerge. That time and work was necessary for me, as it actually is for all of us. For me, grief resolution finally recalled me to my original work. I teach. I no longer administer or direct. The need for that fled before bereavement's assault.

I teach math, science, and social studies to sixth grade children, ages 11 to 12 over the course of a year. In wondrous ways they have restored love to my living. There is nothing of an intellectual character with enough value to equal that, so I have given them the love and caring that was mine, evoked by and for Olin. Thus do Olin's gifts live on, called forth and given new lift through the innocent and selfless love of schoolchildren.



All who walk this road realize this is not substitution. Such is not possible. But it does reflect qualities of successful reinvestment, something each of us sorely needs.

Today as schools prepare for another year, I look forward to a new group of children. But cautions arise within as well, the legacy of that time over 12 years ago, when the world came to a sudden halt, when the laughter of lifetimes ceased, when dreams evaporated with a morning mist.

For those of us who dare live and love again, for those fortunate enough to have found a reinvestment encouraging the same, there is always risk. After all, tragedy can strike again. Our present or past pain grants no immunity. Students, the children within the school, invited me, albeit unknowingly, to take that risk again, although certainly not at the rich and deep level of father and son. Nevertheless, it feels right, and though I will never again know the depth of love which belonged to Olin and me, I welcome the chance to live once more on its margins.

So schools, which were once just another manifestation of hurt, have helped me to restore purpose and balance to daily living. There is surely such a reinvestment awaiting all of us, but we must seek the circumstances and create the opportunities for it to occur. I pray that all of us who have not yet had such good fortune may soon do so. All of our children would want this for us as well. With that thought in mind, it is indeed worth striving for that dimension in life once more.

*Don Hackett
TCF, Kingston, Massachusetts*

The Promise

Locked Outside

I can see inside
I remember what it was like
I shut my eyes
It's different now; I can't get in.

I try to open the door but it won't budge
I scream and no one answers
I am locked out.

I watch the movement inside
Behind an immovable door
A life I can never feel again
I am locked outside.

If it were as simple as having a key
That would be great!
No key exists that can unlock this door.
No key can bring her back
No key can let me back inside,
Inside a life that is no more.

I must learn to live on the outside
Watching as others enjoy
Missing her when I hear them talk
Longing, when I see someone her age
Longing for what can never be.

A wedding day, memories to savor
A grandbaby to hold, a future of hugs
Times I will never experience
Resentments build, why Lord, why my child?

She was so beautiful; she had so much to give.
I need her here with me.
If only for a moment,
If only I could tell her, "I love you" once more.

I believe she is in Heaven,
This is my hope and prayer
I decide this moment Lord
I decide to trust You

Help me to trust

*By Joanne Naples
(mother of Tiffany Nicole Schupp)
TCF, Fort Worth, TX*

Your birth brought me starshine,
the moon and the sun;
my wishes, dreams gathered
'round my little one.

My life became sacred,
full of promise and light,
all wrapped in the girl-child
who brought love at first sight.

The years of your living
filled with laughter and tears,
excitement, adventure,
some boredom, some fears,

but ended too quickly,
ahead of its time.
The loss so horrendous,
such heartbreak was mine.

But from the beginning,
one thought rose so clear:
never would your death erase
the years that you were here.

I would not be defeated
or diminished by your death;
I would hang on, learn to conquer,
if it took my every breath.

For if your death destroyed my life,
made both our lives a waste,
'twould deny your life's meaning
and all the love you gave.

I vowed that years of sadness
would change, with work and grace,
to years of happiness, even joy,
in which you'd have a place.

Memories of you, like shining stars
in the patterns of my soul,
are beacons flashing light and love,
and with them I am whole.

In your honor, I live my life,
now living it for two.
Through all my life, you too will live.
You lived, you live, you do.

*By Genesse Bourdeau Gentry
From Stars In The Deepest Night
After the Death of a Child*



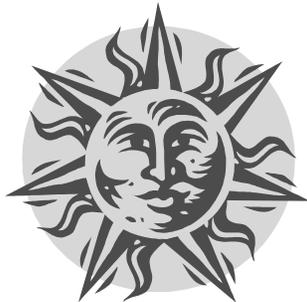
**THE
COMPASSIONATE
FRIENDS**

Fort Worth Chapter
2501 Millikin Drive
Arlington, TX 76012

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Dated Material



August 2009

**Fort Worth Chapter
August Meeting**

Date: August 11, 2009

Program: Discussion Groups

Refreshments: Lydia Moore

Check In: 7:00 P.M.

Program Time: 7:30 P.M.

**Room 217
Richland Hills Church of Christ
6300 N.E. Loop 820**

*Directions to the church can be found
on the front page of the newsletter.*

*The mission of The Compassionate Friends is
to assist families in the positive resolution of grief
following the death of a child of any age and
to provide information to help others be supportive.*

*We offer friendship, understanding and hope
to bereaved parents, grandparents and siblings.*

*There is no religious affiliation and
there are no membership dues or fees.*

*The secret of TCF's success is simple:
As seasoned grievers reach out to the newly
bereaved,
energy that has been directed inward
begins to flow outward and both are helped to heal.*

*The vision of The Compassionate Friends is
that everyone who needs us will find us
and everyone who finds us will be helped.*