



The Compassionate Friends

Supporting Family After a Child Dies

FORT WORTH CHAPTER

FEBRUARY 2017

Editor: Lisa Jo Adkison Phone: (682) 201-0837 tcffortworth@gmail.com

Valentines in Heaven

Are there Valentines in Heaven?
Are there Red Hearts everywhere?
Do they line the golden streets,
Or is that very rare?
I wish that I could send you one,
Right through Heaven's Gate,
To say how much we miss you,
On this special date.
I'd like to send a Candy Heart,
That is printed, "I Luv U,"
And maybe you would whisper back,
"I know, I Luv U too."

by Marilyn Rollins
TCF Lake-Porter, IN
For All Our Children

NATIONAL OFFICE

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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.

BIRTHDAY TABLE

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

CHAPTER WEBSITE INFORMATION

While some of our chapter leadership is in transition,
please be aware that our chapter website is not up to date.
We are working to have the information updated soon,
and ask for your patience and understanding.
Should you have any questions, please feel free to call our chapter phone
or send an email to our chapter email address.
Thank you for your continued support of our chapter.

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



What Siblings Think About

At a local chapter sibling meeting, the brothers and sisters explored their feelings about a number of issues. Those siblings were kind enough to record their feelings on paper to share with others.

The hardest part of losing my brother or sister is....

- -Having such a hole in our family.
- Believing it actually happened and that I'll never see or talk to him again.
- I will never have a sibling to talk to.
- Not being able to look into your eyes, hug you and laugh with you.
- That I never told you personally that I loved you-it was always assumed.
- Losing my best friend.
- Not having you there to complain at me for the things I do.

I like to remember my sister or brother by....

- Looking at pictures
- Thinking of you when you would goof off with my children.
- Going to the grave.
- Playing my music loud, singing like you and laughing.
- I listen to the music you liked.
- Listening to your favorite albums
- Talking about you and looking at your truck in the driveway.

The Sibling Group,
The Compassionate Friends, Lehigh Valley, PA
Reprinted from This Healing Journey,
An Anthology for Bereaved Siblings by The Compassionate Friends



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) 270-3275

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

Suicide (Only Child)

Joy (817) 453-2227

Siblings

Jaye (817) 475-9363

Premature Infant(s)

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

Middle of the night calls

Liz (817) 726-3999

TCF National Office

Seeks Your Stories and Articles

Currently, the Newsletter Editor Database has over 500 stories and 200 poems. The National Office would like to include your personal grief related stories and poems. Please submit your articles and poems to sara@compassionatefriends.org.

Please include your name and chapter affiliation.

Heavenly Snow

I thought you might like to know
And I have it on good authority,
That in heaven there is snow.
God, Himself, ordered it to be.

Snow swept by gentle winds,
That drifts by the stirring,
Of gossamer angels' wings,
That sound like kittens purring.

Snow forever crystal clean,
Just waiting to be molded
By little angel hands unseen
By those whose arms they once enfolded.

Snow angels are a common sight
And snowmen of every size...
They're all there beyond the light,
Where nothing ever dies.

Where our angels play,
There is no pain or tears.
Only joy fills their days,
Only laughter fills their ears.

High above the azure skies
A glorious wonderland gleams.
This beautiful Heavenly spot...
Created to fulfill our angels' dreams.

Jacquelyn M. Comeaux
In Memory of My Angels...Michelle, Jerry & Danny
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Those of us who have walked through our
grief — and found there is a future—
are the ones who must *meet others* in the valley
of darkness and bring them to **light**.

Rev. Simon Stephens
Founder, The Compassionate Friends—Coventry, England

DATES TO CONSIDER

March 14th - Chapter Meeting

Topic: Anger & PTSD, presented by Tabatha Gunn, MA, LPC-S, from Trauma Support Services of North Texas

April 11th - Chapter Meeting

Topic: Belief Battles Brought About By Bereavement, presented by Lisa Jo Adkison & followed by small group discussion

May 9th - Chapter Meeting

Topic: Saving the Monarch Butterfly, presented by Sharon Austray

May 27th - Firemen's 5K, some of the proceeds benefit our chapter, please consider volunteering or running in memory of your loved one.

June 13th – Annual Butterfly Release & Potluck Meal – feel free to bring family and friends of all ages to this special event.

July 11th - Chapter Meeting

Topic: Sharing our Mementos – please bring a memento of your loved one to share

July 28th -30th - The Compassionate Friends 40th National Conference in Orlando, FL (registration opens February 15th)





**The
Compassionate
Friends**
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P.O. Box 734
Euless, TX 76039

Chapter Phone: (682) 201-0837

Chapter E-mail:
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www.thecompassionatefriendsfw.com

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.

Fort Worth Chapter Meeting

February 14th, 7-9 P.M.

This Month's Program
Book Review by Sharon Austry:

Awakening from Grief
(Finding the Road Back to Joy)
by John E. Welshons

Please feel free to bring 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 2nd Tuesday of every month.