



The Compassionate Friends

Supporting Family After a Child Dies



THIS MONTH: NOVEMBER 2014 ISSUE

This Month: Annual—Remembrance Memorial

Newsletter Editor: Crys Kelly

THANKSGIVING—A TIME OF MEDITATION

Thanksgiving is a time of meditation and thankfulness. Thanksgiving is a time of bitter and haunting memories for many bereaved parents. "How will we cope with the holidays?" "How will we survive this happy time?" "What is there to be thankful for?" These questions toss upon our souls, at times, at the very dark times, and taunt us with doubt and fear. Fighting the creeping bitterness, we wait and long for the days of January. As the years pass, however, the holidays are no longer totally tinged with horror and emptiness. As the acceptance of the death settles in our hearts, the holiday smiles become more genuine. At least some of the warmth can return. But for parents who have only recently (and recently can encompass months or years) suffered the death of a child, the holidays are bleak indeed. Perhaps the most important thing to remember is that despondency and sorrow at this time of year are nor-

mal. What else could be expected of a grieving parent? Joy? Laughter? A sense of overflowing love and outstretched arms? No..... never. But as all bereaved parents know, these very emotions, these emotions that seem so alien at this time in our lives, are often expected and even demanded. We are not only expected to forget; we are also expected to be filled with joy. What can we do? We can refrain from demanding too much of ourselves. We can recognize that at this point, we are emotionally exhausted; we are lonely, and we are sad. Maybe we are also angry, guilty and/or bitter. The feelings that arrive with the beginning of a holiday without our beloved sons and daughters are not to be ignored or pushed aside into the corners of our hearts. By recognizing all of this, we can say "no" to situations or people, even loved friends, who will create more pain. We can cry, silently or loudly, without shame. We can

long for the essence of our children and we can remember them with love. The dreams of lifetimes die when children die. The hurt is often nearly unbearable. But, if we allow ourselves the freedom of grief and sorrow, we also open the paths to new happiness and new hopes and new dreams. And the child who was a part of us will live in our memories and our hearts! I recently read a child's book about beginnings and endings, depicting how days don't end but night begins; autumn marks the beginning of winter, and leaves fall from the tree to the ground and feed the earth for new life. Death is a final ending to life on earth. For bereaved parents, however, who suffer the pain, the tragedy, the terrible doubts, the ending of a life can be a beginning of new feelings, new understanding, and hopefully, new compassion. But first, we need to follow the instincts of our souls and allow our bodies and hearts to grieve.

By Terre Haute IN TCF

Steering Committee

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Jeff Abodeely

Jeff & Marty Martin

Jerry & Sharon Austray

Charles & Genie Dean

"Change is never easy. You fight to hold on. You fight to let go."

The Wonder Years

Monthly Newsletter

Newsletters are emailed to those on our recipient list and available online the 1st of every month on our website. Hard copies are made available at each monthly meetings.

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 817-914-8689
sjroberts1216@hotmail.com

Suicide (Only Child)

Joy 817-453-2227

Suicide

Glinda 817-485-3772

Siblings

Cheryl 817-624-7043

lopezgregg@aol.com

Middle of the night calls

Liz 817-726-3999

DECEMBER MEETING—MAKING COLLAGES



Come join us to create a 12" X 12" collage of your loved one at the December meeting. It is time now for you to start collecting photos and other materials like fabric, stamps, magazine cut-outs and such to include in your personal creation. This is sure to be a special time of fellowship and reflection.

ANNUAL REMEMBRANCE MEMORIAL

This *special* event is a time to take a break from the world and come together as kindred spirits on the eve of the Holiday season and remember that our children, our grandchildren, our brothers and our sisters are no longer physically here on earth, but they are ALL still with us in spirit and always will be. We remind ourselves that we are richer because they LIVED and there is a vast measure of love, of tenderness, of fulfillment and a sense of purpose that we could not have enjoyed had it not been for them. They opened a new dimension of love to us. How grateful we are for that gift!

Those we will honor this evening are: Lucas Wade Adair + Devin Adams + Alexa Kelly Aigner + Joseph Killian Akeman + Mark Stanley Austry + Brian Paul Barrett + Devon Brandon Becker + Brian Edward Brenckman + Tamira Lee Casler + Robert "Dobbie" Corales + Graham Byrnes Davidson + Chase Matthew Davidson + Phillip Wayne Dean + Savannah Deegear + Derek Dubberly + Beth Alden DuPertuis + Alfonso (aka: Paco) Garcia + Melanie Sanford Gillan + Victoria Gonzales + Nicole Gonzales + David W. Grabber + Henry Nathaniel Grabber + Brandon Marv Hamilton + Ben Leggett + Andy Mathes + Damien Lee Matthews + Jacob Dean Moreno + Scout Dean Moreno + Amanda Oei + Adam Pacheco + Shawna Patterson + Jennifer Hughes Peterson + Edward Planche + David Porter + Jade Ashton Quintana + Laura Schectman Rice + David Roach + Kelsey Roberts + Michael Sadighi + Thomas Schorn + Brian Keith Sellers + Matt Smith + Alonso Dieter Suarez + Amber Nicole Villareal + Jason Warriner + JoyLynn Warriner + Brandon Lee Wells + Hunter Grayson Wewe.



PLEASE NOTE: 1) Please refer any and all names corrections (spelling) to Crys Kelly (*Chapter Leader*) ASAP. 2) Bring a framed photo of your loved one (if possible with stand) to place at the

front of the room. Pictures should be 8 x 10 or smaller. 3) Please check in before entering the service center, so that we can confirm that you will represent your child by carrying a candle in their memory to place during the ceremony. The memorial will begin promptly at 7pm and dinner will be served immediately following the memorial event. This memorial is for the entire family of all ages, so feel free to bring guests to share this evening with. 4) If your party will be larger than four (4) — please RSVP to Crys Kelly at (817) 875-7490 or email: tcffortworth@gmail.com by November 7th. 5) If you would like, please bring a favorite dessert to share. *We look forward to seeing you there.*

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Fax: 630-990-0246 Call toll-free: 877-969-0010 9 A.M. - 5 P.M., CST, Monday-Friday. [Email:nationaloffice@compassionatefriends.org](mailto: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. **Regional Coordinator:** Bill Campbell 972-935-0673 jojbill@sbcglobal.net

Facebook: The Compassionate Friends/USA **In Spanish:** Los Amigos Compasivos/USA **Twitter:** Text follow TCFofUSA to 40404

THIS CHILD OF MINE

I will lend you, for a little time,
A child of mine, He said.
For you to love the while he lives,
And mourn for when he's dead.
It may be six or seven years,



Or twenty-two or
three.
But will you, till I
call him back,
Take care of him
for Me?
He'll bring his
charms to gladden
you,
And should his stay
be brief.

You'll have his lovely memories,
As solace for your grief.
I cannot promise he will stay,
Since all from earth return.
But there are lessons taught down there,
I want this child to learn.
I've looked the wide world over,
In search for teachers true.
And from the throngs that crowd life's
lanes,
I have selected you.
Now will you give him all your love,
Nor think the labour vain.
Nor hate me when I come
To take him home again?
I fancied that I heard them say,
'Dear Lord, Thy will be done!'
For all the joys Thy child shall bring,
The risk of grief we'll run.
We'll shelter him with tenderness,
We'll love him while we may,
And for the happiness we've known,
Forever grateful stay.
But should the angels call for him,
Much sooner than we've planned.
We'll brave the bitter grief that comes,
And try to understand.

Edgar Albert Guest

HOLIDAY LIGHTS

During the holiday season, both Christian and Jew light candles in celebration of their respective faiths, and as they do so even the darkest of rooms become warm and bright from the glow of the candle. Then, we can ask ourselves how powerful and sinister can the darkness be if it can be overcome by the light of one little candle.

There is then a message in this for all of us. When the darkness seems to overwhelm us, and it can be a mental and spiritual darkness as well as the darkness of winter night, we need to be reminded that it is powerless to withstand the smallest bit of illumination.

So as the world grows colder and darker during these winter months, we as Compassionate Friends must do what people of many faiths have been taught to do at this season. Light a candle in someone's life to make the darkness and fears flee. A little bit of light is all that most of us need, but, oh, we need that little bit so badly.

So, let us all in The Compassionate Friends extend a candle of light and hope not only to each other, but to the unfortunate people who, for whatever reason, become one of us this winter and will be in need of that light. It's the least we can do and it accomplishes so much.

TOGETHER WE CAN MAKE IT.

Bettye and Sam Rosenberg
TCF Louisville, KY

“Not everyone understands
how you can spin two lassos at
the same time, one of hope
and one of grief.”

Jodi Picoult

no BIRTHDAY TABLE

November and December birthdays will be celebrated at the December meeting because of the of the Remembrance Memorial this month.



LOVE GIFTS



In Memory of

**Katherine Anne
Hooton**

By Julie Robertson

Katherine's Aunt

Love Gifts can be made
by sending your donation
to: Steve Roberts P.O.
Box 202654, Arlington,
76006

Please join with us and
the world as
we remember our
children in our chap-
ter's observance of the
Worldwide Candle
Lighting December
14th at 7pm at Holy
Family Catholic
Church, 6150 Pershing
Ave., Fort Worth
76107



Visit our website for
more Online Grief
Resources





**The
Compassionate
Friends**
Fort Worth Chapter
Supporting Family After a Child Dies

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Fort Worth, TX 76111

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WWW.THECOMPASSIONATEFRIENDSFW.COM



November 2014

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Fort Worth Chapter Meeting

**We meet the 2nd Tuesday
of every month.**

Meeting Time: 7 P.M.—9 P.M.

This Month's Event

Annual Remembrance Memorial

Dinner Served

By the staff of Greenwood

Everyone is encouraged to bring a dessert to share.

~ Paper Goods and Drinks are provided ~

ARBORLAWN UNITED METHODIST

CHURCH - ROOM 271

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.**