



# *The Compassionate Friends*

## Supporting Family After a Child Dies

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

### CHAPTER WEBSITE:

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

### REGIONAL COORDINATOR

Bill Campbell

(972) 935-0673

[jojobill@sbcglobal.net](mailto:jojobill@sbcglobal.net)

### Birthday Table

September birthdays will be celebrated  
at this month's meeting.

If your loved one's birthday is  
in September,  
please feel free to bring  
a photo or memento  
to share with the group.

## A Grammy's Grief

As with most holidays Grandparents Day can produce many different emotions for me as a bereaved grandmother. While I am so very thankful for the three grandchildren my husband and I have living on earth, leading up to Grandparents Day the hole in my heart seems larger and sharper than other times. I miss all the beginning of school things with my granddaughter, no school clothes shopping, no new back packs, no first day of school pictures of Maddie, no taking lunch to her school and visiting the book fair, no Grandparents Day pictures with her. In January 2008 I became a bereaved grandparent and a bereaved parent on the same day, in the blink of an eye. My oldest son, Josh, and his two year old daughter, Maddie, were killed instantly by an impaired driver. I was changed forever.

It did not take me long to realize my journey as a bereaved grandparent was different from most of the other bereaved grandparents I had come in contact with. I learned most grandparents who had suffered the loss of a precious grandchild (regardless of the child's age) experience a double grief. I too had experienced a double grief but mine was again different. I observed and read how grandparents grieve a few things: the death of the cherished grandchild, the future with that particular grandchild, the loss of their adult child they once knew, and the change in relationships such death causes. I feel blessed to not witness my child being thrown into the role of a bereaved parent. I've shared with my husband, Matt, knowing what I know now I'd rather me be the bereaved parent and not witness my son go through such heartache. It is my opinion most grandparents struggle to acknowledge or even work on their own grief. My sweet mother wrestled with the notion her grief did not really matter because I (her youngest child) was hurting so much. We were both bereaved grandparents but I was also a bereaved parent, something she knew nothing about. Conversations were difficult between us even though we had been so close for over thirty years. My mom needed and desired to do all she could to help me with my pain; after all that is what mothers do for their children. I had to learn and express to her how I thought she could help me. We found common ground when I suggested it would truly help me if she did her own grief work, acknowledge her own pain, heartache and loss. Mom soon attended and volunteered at our local chapter of TCF. For that I am thankful. She learned much more there listening to me and other bereaved parents than a private conversation.

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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. *It isn't necessary to call someone who has suffered a loss identical to yours.*

### Addiction

David (214) 686-1901

### 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  
amylori12@hotmail.com

### Siblings

Jaye (817) 475-9363

### Suicide/Only Child

Joy (817) 453-2227

### Middle of the Night Calls

Liz (817) 726-3999



## A Grammy's Grief

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It has been nine years. The journey sometimes feels like it's all uphill. So I choose to focus on what I need/can do for today. Therefore, today I will recognize the uniqueness I bring to the group of bereaved grandmothers and bereaved parents. Today I feel free to shed a little light on the pain of a bereaved grandparent to other parents. I will participate in Grandparents Day activities with a family friend and little girl who was born the year Maddie was killed. I will take her lunch, walk with her to the school's book fair and treat her to a book. This year I think I'll buy a separate book and donate it in Maddie's memory. I'll miss Maddie deeply. I will do my best to love and enjoy my grandchildren who are walking this earth. Make memories with them and try to live with no regrets - even with my broken heart.

Lisa Jo Adkison  
aka Grammy to Hope, Maddie, Mia and Josh  
member of Ft. Worth Chapter

## Annual November Memorial

Please join us for a special evening of remembrance on November 14th at 6:30. Feel free to invite friends and other family members of all ages. So here is HOW TO PARTICIPATE:

**Bring One Picture to Display:** Please arrive at least 20 minutes early and bring an 8 x 10 or smaller picture of your loved one to place a candle in front of during the memorial. Each family will receive a copy of the program with each loved one's picture, as well as a memento of the evening to keep.

**Send One Picture to be in the Program:** If you would like your loved one's picture included in our Holiday Memorial program, please send an email to [Lori\\_Carver@yahoo.com](mailto:Lori_Carver@yahoo.com) **by October 15th, even if you just want to use the same picture as last year.**

If you are sending a photo, please put November Memorial in the subject line of your email, and attach the picture. Emails will be responded to within 24 hours, so if you do not receive a return email, please resend or call the chapter phone at (682) 201-0837.

**This year our meal is being catered, so there is no need to bring a dish to share.** We look forward to spending a special evening with your family.

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](mailto:nationaloffice@compassionatefriends.org)

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

## A Season of Many Feelings

Fall is a season of many feelings

Autumn is here once again

As it comes every year.

And with the leaves

My falling tears.

This time of year

is the hardest of all

My heart is still breaking,

Once again it is fall.

Memories once so vivid

Are seeming to fade.

My time spent with you

Seems some other age.

This season reminds me

Of grief and of pain.

But yet teaches hope

And joy once again.

For trees are still living

Beneath their gray bark,

And you my sweet child

Are alive in my heart.

Cinda Schake  
TCF, Butler, PA



## Love Gifts

Tax-free donations to our chapter in the memory of your loved one are accepted at our chapter meetings, received ONLINE through our local chapter website or mailed to: Steve Roberts, P.O. Box 734, Euless, TX 76039.

### 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.

*A mother's grief and fears are not  
signs of weakness and self pity,  
but manifestations of great love  
and a courage born of  
desperation and hope.*

## OUR CALENDAR

**September 12<sup>th</sup> - Chapter Meeting 7:00 PM**

**Guest Speaker:** Lacey Camp, bereaved parent and professional Spiritual Medium & Teacher.

**October 10th - Chapter Meeting 7:00 PM**

Small Group Discussion "Preparing for the Holidays"

**October 15th** - Deadline to get photos in for program for our annual memorial night.

**November 14th - 6:30 PM – Memorial -**

Friends and family members of all ages are welcome to attend

**December 10th (Sunday) - 6:30 PM - World**

**Wide Candle Lighting** - Friends and family members of all ages are welcome to attend

**December 12th - Chapter Meeting 7:00 PM**

Small Group Discussion "How Are You Handling the Holidays?"

**January 9, 2018 - Chapter Meeting 7:00 PM**

**Guest Speaker:** Dr. Patrick O'Malley, author of "Getting Grief Right"



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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

**September 12th, 7:00 P.M.**

This Month's Program

### ***Special Guest, Lacey Camp***

Lacey, bereaved parent, is a professional Spiritual Medium & Teacher. She will share her journey as a bereaved parent and how after-death communication changed her life.

Snacks are provided by volunteers. Please bring snacks but remember with NO nuts.

Drinks and paper goods provided.

### **Meet in 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.*