



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

Chapter Leader

Donna Tusan

Hospitality

Christine Anderson
Jerry & Sharon Austray
Peter & Tessie Kau
David & Suzanne Wilkinson

Librarian

Val Mitchell

Newsletter Editor

Lisa Jo Adkison

Secretary

Becky Long

Treasurer

Steve Roberts

Welcome Bags

Janet DuPertuis

Additional Members

Charles & Genie Dean
Jeff & Marty Martin
Lydia Moore
Jaye Sanford

Regional Coordinator

Bill Campbell
(972) 935-0673
jojobill@sbcglobal.net

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

MAKE A DIFFERENCE IN 2019!

If you would be willing to contribute your suggestions or time to help our chapter continue to function and provide meaningful programs and newsletters to our many members, please make plans to attend our next Steering Committee meeting. We will meet on Saturday, January 12th, at 10 AM at the home of bereaved parents, Jerry and Sharon Austray. Although there is much work that goes on behind the scenes, many hands make light work! New ideas and fresh perspectives on the grief journey we share will help our local chapter remain a vital resource for all of us. If you have any questions, feel free to contact us through the chapter phone or email address. Hope to see some of you on Saturday.

"At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us."

Albert Schweitzer



WE WELCOME MANY NEW MEMBERS

Several new members met with us at the end of 2018. They were:

Alex and Josh for the loss of their daughter, Schuyler, and their son, Emerald
Jodi for the loss of Henry
Paula for the loss of Jeremiah
Edith for the loss of Darren
Yvonne in memory of Jacob
Chelsea and David in memory of Lucas

Do you remember when you attended for the first few times? Please help create an inviting atmosphere for the newly bereaved by meeting these new members. We all can benefit from each other's experiences. This can be especially crucial for the newly bereaved.

BIRTHDAY TABLE

The Birthday Table will be available at our meeting this month.

If your loved one's birthday is in January you are encouraged to bring a memento in honor of your loved one's birthday.

And/or their favorite refreshment to share!

MARK YOUR CALENDARS

January 8, 2019 - Chapter Meeting 7pm; Donna Tusan will lead discussion regarding "Feelings Using Emojis"

January 12, 2019 - Steering Committee Meeting 10am - all members are invited to attend this planning meeting at the Austrys home.

February 12, 2019 - Chapter Meeting 7pm, Sharon Austrys will present "Writing a Memoir of Your Child, Grandchild or Sibling"

July 19-21, 2019 - The 42nd TCF National Conference will be held in Philadelphia



LENDING LIBRARY

At our monthly meetings we offer our Lending Library as another resource for our members. The shelf is placed in the hall each month. Please log-out the books appropriately and return them when you have finished. Thank you!

COURAGE

My brother died three years ago when he was seventeen years old. It was an accident when he fell while hiking in the mountains. I was fifteen and my brother was my hero. I would do anything to make him proud. When I lost him, I could have just given up. I have the courage to love people even though I know that I could lose them. I had many opportunities to just forget everyone else and lose myself. My brother was my best friend and when he died I could have too.

I decided that he would not have wanted me to throw my life away. I try my hardest to work hard in school and live up to what his expectations would have been. I am not living just for him. I am living for myself. A lot of people like to escape their problems by drinking or doing drugs. Alcohol and drugs only make problems worse because escaping a problem is not solving the problem. Self-respect means knowing who you are and treating yourself with dignity. I want people to look at me and to respect me. Staying in school and working to my potential is essential for respect. People cannot respect those who do not respect themselves. As Shakespeare said, "This above all else, to thine own self be true."

I do not make choices based on what the popular decision is. I base my thoughts and ideas on what I believe is right and important. I know that my brother would have been proud of me, because I made it through the most difficult time in my life, without him. I kept living when I lost the most important person in the world to me.

Courage is to keep fighting even though it looks like you are going to lose. When he died, I felt the world crash down on me. Everything I ever hoped for just seemed empty. Even now sometimes it will just hit me that my brother is gone. I have to keep on living and facing the world because that is what life is all about. Sometimes things happen that seem impossible to face. If I do not face my problems, who will?

Life is not supposed to be easy but it is not devastating either. There are so many wonderful things that happen and I have to have the courage to realize it. Life is not just a long line of problems. It is also a long line of answers. I need courage and self-respect to find these answers. I have to trust myself and my future that everything will work out. It always does. The answers to life's problems can only be found through hard work and belief in yourself. My belief in myself comes from a big brother who always had faith in me.

Patricia Kelley
TCF Richmond, VA
In Memory of my brother, Sean 8/24/76 - 8/28/93

"When I grieve, when I stand by others as they grieve, even in the midst of seemingly unbearable sorrow, grief becomes a way to honor life — a way to cling to every fleeting, precious moment of joy."

~ Cortney Davis, Nurse Practitioner

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) 422-4018

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



PLAN NOW FOR JULY 2019

The Compassionate Friends National Conference is a weekend spent surrounded by other bereaved parents, grandparents and siblings. It is a place where hope grows and friendships are made with others who truly understand. With inspirational keynote speakers, abundant workshops for everyone's wants and needs, and a remembrance candle lighting program culminating with the annual Walk to Remember, this time of healing and hope is the gift we give ourselves. Join us as together we remember and share the everlasting love we have for our precious children, siblings and grandchildren.

The 42nd TCF National Conference will be held in Philadelphia, on July 19-21, 2019. "Hope Rings in Philadelphia" is the theme of this year's event, which promises more of last year's great National Conference experience. You can get updated with details on the [national website](#) as well as on our [TCF/USA Facebook Page](#) and elsewhere as they become available. Plan to come and be a part of this heartwarming experience.

- Choose to attend over a hundred different workshops and sharing sessions, given by professionals and also individuals just like you.
- Take advantage of "Healing Haven" to receive free personal services such as a massage.
- Craft items to commemorate the love for your family member in the "Crafty Corner".
- Step away for a quiet moment of pause in the "Reflection Room".
- Explore the TCF Marketplace offering items for purchase that are meaningful to all on the grief journey together.



NEW YEAR'S RESOLUTIONS FOR BEREAVED PARENTS

I Resolve:

That I will grieve as much and for as long as I feel like grieving and that I will not let others put a time table on my grief.

That I will cry whenever I feel like crying and that I will not hold back my tears just because someone else feels I should be “brave” or “getting better” or healed by now.”

That I will talk about my child as often as I want to and that I will not let others turn me off just because they can't deal with their own feelings.

That I will not expect family and friends to know how I feel, understanding that one who has not lost a child cannot possibly know how I feel.

That I will not blame myself for my child's death, and I will constantly remind myself that I did the best job of parenting I could possibly have done. But when feelings of guilt are overwhelming, I will remind myself that this is a normal part of the grieving process and it will pass.

That I will not be afraid or ashamed to seek professional help if I feel it is necessary.

That I will commune with my child at least once a day in whatever way feels comfortable and natural to me, and that I won't feel compelled to explain this communication to others or to justify or even discuss it with others.

That I will try to eat, sleep and exercise every day in order to give my body the strength it will need to help me cope with my grief.

That I know that I am not losing my mind and I will remind myself that loss of memory, feelings of disorientation, lack of energy and a sense of vulnerability are normal parts of the grief process.

To know that I will heal, even though it takes a long time.

To let myself heal and not feel guilty about feeling better. To remind myself that the grief process is circuitous – that is, I will not make steady, upward progress. And when I find myself slipping back into the old moods of despair and depression, I will tell myself that “slipping backward” is also a normal part of the grief process and these moods, too, will pass.

I will try to be happy about something for some part of every day, knowing that at first, I may have to force myself to think cheerful thoughts so eventually they can become a habit.

That I will reach out at times and try to help someone else, knowing that helping others will help me to get over my depression.

That even though my child is dead, I will opt for life, knowing that is what my child would want me to do.

From the Brooksville/Spring Hill TCF Newsletter



“Strange, isn't it? Each man's life touches so many others lives. When he isn't around he leaves an awful hole, doesn't he?” - Clarence, It's a Wonderful Life

FOR THE NEW YEAR

Where there is pain,
 Let there be softening
 Where there is bitterness,
 Let there be acceptance
 Where there is silence,
 Let there be communication
 Where there is loneliness,
 Let there be friendships
 Where there is despair,
 Let there be hope.

Ruth Eiseman
 TCF Louisville, KY



“It takes a lot of courage to live as a griever. To face the world each day with a smile when you are actually crying

inside. To engage in conversations with others when you just wish you could be left alone. To be made to look forward to the future when you just wish to go back to the yesterdays. It takes a lot of courage to reach deep down within yourself and tell yourself that you will do your best to survive yet another day. “

- Narin Grewal

*“A thousand words can't bring you back
 I know because I tried
 And neither can a million tears
 I know because I cried.”*

~ Sarah Ratliff



WINTER MEMORIES

The days are getting colder,
 and the first snow's not too far off.

It used to be so pretty
 gently falling from aloft.

But the snow won't be as pretty,
 as it gathers on the ground,
 'cause there'll be a snowman missing,
 my son is not around.

The playing children's laughter,
 used to be a special song,
 but this year will be different,
 without my son to sing along.

The song has lost its music,
 and it'll be just another day,
 as I gaze down from my window
 and watch the children play.

But the snow will again be pretty,
 in a far off distant time,
 and we'll build snowmen together
 and we'll never look behind.

For now, I'll remain with memories,
 and the melting snow will fade,
 but he builds snowmen to his heart's content,
 because he now lives where snow is made.

Jeremiah Sundown
 TCF Nashville, TN



The Compassionate Friends

Supporting Family After a Child Dies

P.O. Box 734

Eules, TX 76039

Chapter Phone: (682) 201-0837

Chapter E-mail: tcffortworth@gmail.com

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.

ADDRESS SERVICE REQUESTED

Fort Worth Chapter Meeting January 8th at 7:00 pm

Monthly Program:

***“Feelings Using Emojis” discussion led by
Donna Tusan, our Chapter Leader.***

Refreshments are provided each month
BY VOLUNTEERS. Please sign up to bring snacks to
share. We ask no one bring snacks containing any nuts.
Drinks and paper goods will be provided.

Join friends at the
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.