



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 Austry

Peter & Tessie Kau

David & Suzanne Wilkinson

Librarian

Val Mitchell

Newsletter Editor

Lisa Jo Adkison

Secretary

Becky Long

Treasurer

Peter Kau

Welcome Bags

Janet DuPertuis

Additional Members

Charles & Genie Dean

Jeff & Marty Martin

Lydia Moore

Jaye Sanford

Regional Coordinator

Bill Campbell

(972) 935-0673

jojocbill@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

ANNUAL REMEMBRANCE MEMORIAL

Our Annual Remembrance Memorial and Dinner will be November 12th. We ask everyone to arrive early allowing time to check in and placing a picture of your loved one on the memorial table. Our program will begin at 7:00 pm this Tuesday.



Volunteers are needed to help set up on the day of our annual program, starting at about 4 PM, and to help clean up afterwards, starting at about 9 PM. If you would like to help please call or email Tessie at 817-521-0684 or omakau11@gmail.com.

It is not too late to contribute to this meaningful ceremony by donating a Love Gift. We have already had several donors to help make Tuesday night a success. Some donors are having our dinner catered! Your Steering Committee is donating the desserts. It takes us all working together.

"An important way to cope with grief is having an outlet, be it interpersonal, be it artistic, that will allow you to not have to contain your grief, but will give you an opportunity to express it, to externalize it to some degree."
~ R. Benjamin Gurlin, Grief counselor

MEET OUR NEWEST MEMBER

Help us welcome our new member in October:

Tariq for the loss of his daughter, Nora.

We need not walk alone. Who are you walking beside today?



COMING UP

November 12th - Annual Remembrance Memorial and Dinner 7:00 PM

December 8th - World Wide Candle Lighting

December 10th - monthly meeting

January 14, 2020 - monthly meeting

February 11, 2020- monthly meeting

March 10, 2020 - monthly meeting



WE CELEBRATE LIFE!

The Birthday Table will be NOT available in November. If your loved one's birthday falls in November we encourage you to participate in our Birthday Table in December.



LENDING LIBRARY

Please feel free to use any of the resources available from our Lending Library. We just ask you return it as soon as you are finished with it so others may benefit from this resource.

..IN THE AUTUMN

Some people love to see the changes
in the colors of the leaves,
When the sky is clear and dark blue
as the sea.

They love to smell the oak leaves burning
But it is then my heart is yearning
To be with ones I know
I cannot see.

There's something in the autumn
That makes my heart so heavy,
I miss them all but know they're where
they should all be.

If I can make it through the winter,
And see the spring unfold before me,
Then I'll know once more they're
there, and wait for me.

When the morning sun comes later,
and the afternoons die early,
And my spirits drop like leaves
around my feet.

I'm so aware that I am mortal
and I can almost see the portal
that I will pass through and be
evermore complete.

Jim O'Neil
TCF, Montgomery, AL

NOVEMBER AGAIN

November again, almost winter.
Muted world outside,
faded red, misty yellow -
fog in the morning.
Even the hardest wind
seems kind enough,
because we know,
we know that stormy blades
lie waiting.

November again, almost winter.
Gently the heart reaches
for the awareness of things to
come.

Holidays, so we call them.
Gently, the heart turns to Christmas

Songs everywhere. And lights.
Gently the heart must remember
the things gone by,
the time gone by,
the child gone by.

November again.

- Sascha Wagner
taken from *For You From Sascha*;
Sascha's understanding of loss and
grief is based on personal experience
and is expressed with
purposeful simplicity of language.

LOVE GIFTS

Our chapter functions from money donated to us. As the year is coming to a close please consider making a tax free donation to your chapter.

Such donations fund the mailing of this newsletter, special events for our community, supplying our Lending Library, etc.

Donations are accepted at monthly chapter meetings, received [ONLINE](#) through our local chapter website and/or received by mail to our treasurer: Peter Kau at 8304 Asta Court in Benbrook, TX 76126.

We appreciate the many who have given through out 2019! Thank you.



THE COMPASSIONATE FRIENDS CREDO

We need not walk alone. We are The Compassionate Friends. We reach out to each other with love, with understanding, and with hope. The children we mourn have died at all ages and from many different causes, but our love for them unites us. Your pain becomes my pain, just as your hope becomes my hope. We come together from all walks of life, from many different circumstances. We are a unique family because we represent many races, creeds, and relationships. We are young, and we are old. Some of us are far along in our grief, but others still feel a grief so fresh and so intensely painful that they feel helpless and see no hope. Some of us have found our faith to be a source of strength, while some of us are struggling to find answers. Some of us are angry, filled with guilt or in deep depression, while others radiate an inner peace. But whatever pain we bring to this gathering of The Compassionate Friends, it is pain we will share, just as we share with each other our love for the children who have died. We are all seeking and struggling to build a future for ourselves, but we are committed to building a future together. We reach out to each other in love to share the pain as well as the joy, share the anger as well as the peace, share the faith as well as the doubts, and help each other to grieve as well as to grow. We Need Not Walk Alone. We are The Compassionate Friends.



SIBLINGS WALKING TOGETHER

We are the surviving siblings of The Compassionate Friends.
 We are brought together by the deaths of our brothers and sisters.
 Open your hearts to us, but have patience with us.
 Sometimes we will need the support of our friends.
 At other times we need our families to be there.
 Sometimes we must walk alone, taking our memories with us,
 continuing to become the individuals we want to be.
 We cannot be our dead brother or sister;
 however, a special part of them lives on with us.
 When our brothers and sisters died, our lives changed.
 We are living a life very different from what we envisioned,
 and we feel the responsibility to be strong even when we feel weak.
 Yet we can go on because we understand better than many others
 the value of family and the precious gift of life.
 Our goal is not to be the forgotten mourners that we sometimes
 are, but to walk together to face our tomorrows as surviving
 siblings of The Compassionate Friends.

“Releasing any preconceptions of the need to take away the pain allows our hearts to open wide and be infinitely more present, loving and compassionate. Presence in the fullness of the moment is where the soul resides.”

- Dr. Alan D. Wolfelt

“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





The Compassionate Friends

Supporting Family After a Child Dies

324 Hidden Lake Court

Burleson, TX 76028

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

**November 12th
at 7:00 pm**

Annual Memorial Remembrance and Dinner

To attend this meeting you were asked to RSVP last month as this meal is a catered meal and planned program. Many families RSVP's and sent in photos.

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.