



# *The Compassionate Friends*

## Supporting Family After a Child Dies

Fort Worth Chapter #1354 | Phone: (682) 201-0837 | email: [tcffortworth@gmail.com](mailto:tcffortworth@gmail.com)

Chapter Website:  
[www.thecompassionatefriendsfw.com](http://www.thecompassionatefriendsfw.com)

### **STEERING COMMITTEE**

#### **Chapter Co-Leaders**

David & Suzie Wilkinson

#### **Hospitality / Meeting Setup**

René Willars  
Chloe Willars  
Donna Tusan  
Janet DuPertuis

#### **Librarian**

Sharon Austray

#### **Secretary**

Becky Long

#### **Newsletter / Website**

Chloe Willars  
René Willars

#### **Treasurer**

Charles Dean

#### **Welcome Bags**

Janet DuPertuis

#### **Welcome Table**

Jerry & Sharon Austray  
Donna Tusan

#### **Additional Members**

Charles & Genie Dean  
Lydia Moore  
Steve Roberts

#### **Regional Coordinator**

Bill Campbell  
(972-935-0673)  
[jojobill@sbcglobal.net](mailto:jojobill@sbcglobal.net)

#### **TCF National Office:**

The Compassionate Friends  
48660 Pontiac Trail  
#930808  
Wixom, MI 48393

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)

Facebook: The Compassionate Friends/USA

In Spanish: Los Amigos Compasivos/USA

Twitter: Text follow TCFofUSA to 40404

## Promises of Rainbows



I promise not to offer  
Rainbows after storms  
Or silver linings beyond the clouds  
But if you have tears of sorrow,  
I will share them.

If you have words of anger.  
I will hear them.  
If you have moments of confusion,  
I will help you through them.

Perhaps  
Your tears of sorrow today  
Will water the seeds  
Of tomorrow's garden  
Of spiritual growth, of worth priorities,  
Of loving relationships and genuine  
Understanding and compassion.

My sad friend, your weeping is not fruitless.

Nancy Williams  
TCF Marlbor, NJ

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## **A SPECIAL MESSAGE TO NEW MEMBERS**

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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.

### **FORT WORTH CHAPTER MEETING**

**MARCH 14<sup>TH</sup> AT 7PM**

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***OPEN DISCUSSION ON  
HOW MEN AND WOMEN  
GRIEVE DIFFERENTLY***

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Monthly Program:

Refreshments are provided each month by volunteers.  
Please sign up to bring snacks to share. We also ask that  
no one bring any snacks containing nuts.  
Paper goods and drinks are provided

Join friends at the  
Arborlawn United Methodist Church  
Room 271  
5001 Briarhaven Road

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*Celebrate life*

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THE BIRTHDAY TABLE WILL BE AVAILABLE AT OUR MEETING THIS MONTH.

IF YOUR LOVED ONE'S BIRTHDAY IS IN THE MONTH,  
PLAN TO BRING A MEMENTO IN HONOR OF YOUR LOVED  
ONE'S BIRTHDAY.  
AND REFRESHMENTS TO SHARE!

### **UPCOMING EVENTS**

**Tuesday, March 14, 2023**

**Chapter Meeting at 7pm**

TCF Member, Sharon will be reviewing a book on grief titled "The Unspeakable Loss" by Nisha Zenoff, then will be followed with group discussion.

**Tuesday, April 11, 2023**

**Chapter Meeting at 7pm**

**Tuesday, May 9, 2023**

**Chapter Meeting at 7pm**

**Tuesday, June 13, 2023**

**Chapter Meeting at 7pm**

**July 7-9, 2023**

**TCF 46<sup>th</sup> National Conference, Denver, CO  
ROCKY MOUNTAIN HOPE**

This is an enriching and supportive event for many newer and long-time bereaved parents, grandparents, and siblings. Attendees come and find renewed hope and support, as well as strategies for coping with grief.



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## TALK TO A TF FRIEND

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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

### Grandchild/Multiple Loss

Lydia 817-829-3801

### Drowning

Debi 817-602-4018

### Long Term Illness

Marty 817-726-7218

### Homicide/Loss of all Children

Donna 817-690-8741  
drjtusan@gmail.com

### Homicide/Loss of Only Child

Steve 682-583-0125  
sjr1216osu@gmail.com

### Siblings

Suzie 214-686-1907

### Spanish Speaking (Español)

David 214-686-1901

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## LOVE GIFTS

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A Love Gift is a donation made in honor of a child, grandchild or sibling who has died or as a memorial to a relative or friend. Donations are tax deductible and are a means to allow us to reach out to other bereaved families through books and programs, and to help us hold monthly meetings and events. If you would like, you can specify that your love gift be used for specific use, e.g., continuing education, workshops, memorial event, or books for our lending library.



You can donate through the TCF Fort Worth Website at: <https://www.thecompassionatefriendsfw.com> or you can bring a check to a monthly meeting or event made out to [The Compassionate Friends Fort Worth](#).

### Recent Love Gifts In Memory of:

Chase & Graham Davidson \$25

Kelsey Marie Roberts \$100

Mark Stanley Austry \$200

Devon Becker \$500

Michael Wilkinson and Michelle Baker \$500

Phillip Wayne Dean \$1000

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## LENDING LIBRARY

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*Please return borrowed books as soon as you are finished with them so others can benefit from it as well. Thank you for your cooperation!*

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**The  
Compassionate  
Friends**  
Supporting Family After a Child Dies

P.O. Box 3696

Oak Brook, IL 60522-3696

Chapter E-mail: [tcfortworth@gmail.com](mailto:tcfortworth@gmail.com)

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



[46th TCF National Conference - Compassionate Friends](#)

## A SAMPLING OF WORKSHOP TOPICS INCLUDE

- Parent's Grief
- Sibling Loss
- Grandparent's Grief
- Loss of Only/All Children
- Workshops specific to the type of loss such as cancer, suicide, miscarriage, substance abuse, and more
- Creativity in grief
- Early grief experiences as well as long-term grievers
- Grief with or without spiritual or religious beliefs
- and more

## 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.



## THE COMPASSIONATE FRIENDS SIBLING CREDO

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.

