



The Compassionate Friends

Supporting Family After a Child Dies

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

Chapter Website:
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

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

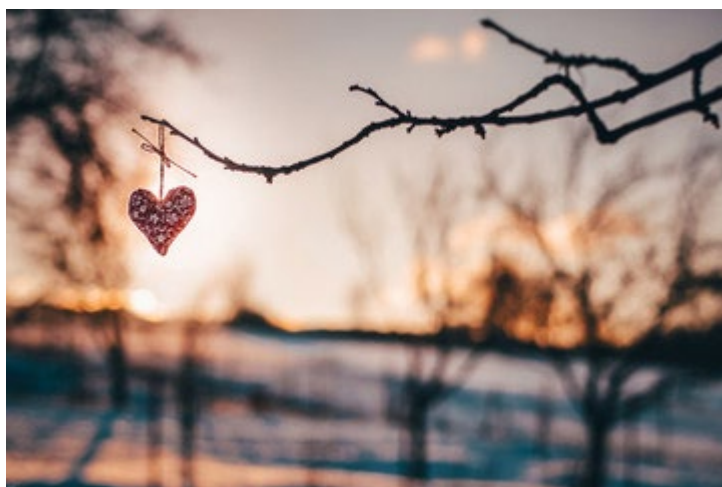
Website: www.compassionatefriends.org

Facebook: The Compassionate Friends/USA

In Spanish: Los Amigos Compasivos/USA

Twitter: Text follow TCFofUSA to 40404

LOVE NEVER GOES AWAY



“Why does it hurt so much? Why is this grief so incapacitating? If only the hurt weren’t so crushing.” Sound familiar? All of us have known hurts before, but none of our previous “ouches” can compare with the hurt we now feel. Nothing can touch the pain of burying a child.

Yet, most of us have discovered that the sun still comes up. We still have to function. We did not die when our child did, even though we wished we could have. So...we are stuck with this pain, this grief, and what do we do with it? Surely we can’t live like THIS forever!

There are no magic formulas for surviving grief. There are a few commonly recognized patterns for grief, but even those are only guide-lines. What we do know is that the emptiness will never go away. It will become tolerable and livable... some day.

TIME...the longest word in our grief. We used to measure TIME by the steps of our child...the first word, first tooth, first date, first car...now we don’t have that measure anymore. All we have is TIME, and it only seems to make the hurt worse.

So what do we do? Give ourselves TIME...to hurt, to grieve, and to cry. TIME to choke, to scream. TIME to be “crazy” and TIME to remember.

Be nice to yourself! Don’t measure your progress against anyone else’s. Be your own timekeeper.

Don’t push. Eventually you will find the hours and days of grief have turned to minutes and their moments... but don’t expect them to go away. We will always hurt. You don’t get over grief...it only becomes tolerable and livable.

Change your focus a bit. Instead of dwelling on how much you lost – try thinking the good memories come over you as easily as the awful ones do. We didn’t lose our child...HE/SHE DIED. We didn’t lose the love that flowed between us...it still flows, but differently now.

Does it help to know that if we didn’t love so very much it would not hurt so badly? Grief is the price we pay for love. And as much as it hurts, I’m very, very glad I loved.

Don’t let death cast ugly shadows, but rather warm memories of loving times you shared. Even though death comes, LOVE NEVER GOES AWAY!

Darcie Sims
Author and Bereaved Parent

A SPECIAL MESSAGE TO NEW MEMBERS

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

APRIL 14TH AT 7PM

GUEST SPEAKER

DR. PATRICK O'MALLEY
(BEREAVED FATHER, PUBLISHED
AUTHOR AND PSYCHOTHERAPIST
SPECIALIZING IN GRIEF COUNSEL-
ING)

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
Fort Worth, TX 76109

Celebrate life



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, May 9, 2023
Chapter Meeting at 7pm

Tuesday, June 13, 2023
Chapter Meeting at 7pm

July 7-9, 2023
TCF 46th 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.



TALK TO A TF FRIEND

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

LOVE GIFTS

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

LENDING LIBRARY

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!



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

P.O. Box 3696

Oak Brook, IL 60522-3696

Chapter E-mail: tcfortworth@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.



[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.

