



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



ANNUAL BUTTERFLY RELEASE

TUESDAY, JUNE 13, 2023

This will take place of our meeting for June. This event is open to you and any guests you would like to bring.

Following the release, we will have a dinner and can share stories of our children, grandchildren and siblings.

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.

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

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.



**Tuesday, July 11, 2023
Chapter Meeting at 7pm**

**Tuesday, August 8, 2023
Chapter Meeting at 7pm**

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

Kelsey Marie Roberts

Mark Stanley Austry

Devon Becker

Michael Wilkinson and Michelle Baker

Phillip Wayne Dean

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.



I look forward to Compassionate Friends conferences every year. I learn new things every time I come to a TCF conference. The workshops and sharing groups help me so much.

- TCF National Conference Attendee

Our 46th National Conference in Denver is just one month away! Please join us July 7-9, 2023 for three days of connection, community, education and support! In addition to these wonderful Keynote Speakers, we will also have over 100 workshops, over 50 sharing sessions, and many more meaningful activities



Lauren Robinson is a mother, wife, entrepreneur, speaker and Loss Mama advocate. After experiencing both a miscarriage at 12 weeks and full-term stillbirth at 40 weeks, she founded her own nonprofit, The Loss Mama, to create a community of moms to walk alongside each other during this season of their life, and beyond. In addition to her nonprofit, Lauren also started The Found Co and Loss Mama Co. Both were created to love and support families with beautiful products to support their healing after loss. In between loving on and mentoring other mamas, and her entrepreneurial pursuits, she spends her time with her three living children and husband. She resides in Texas on a homestead and enjoys gardening, spending time with friends and family.



Donna Goodrich has lost three children including one to a miscarriage; her son, Garth, who was an identical twin and was stillborn; and her 17-year-old daughter, Lauren in an auto accident. Six months after the death of her daughter, Donna found a local chapter of TCF that saved her life. She has been involved with TCF for the past 23 years including chartering a new TCF chapter, serving currently on TCF's National Board of Directors, serving as Co-Regional Coordinator with her husband, Ralph, and being a part of the 2010 and 2018 TCF National Conference Committees. Donna has presented her highly attended workshop, "*Gifts of Grief*" at the past 9 National Conferences, where she and Ralph received the 2020 TCF Recognition Award.



Sadria Strong In 2014, hours after spending time with her pregnant daughter, Briana, and her future son-in-law, Sadria received a phone call letting her know that both had been kidnapped, found handcuffed, and shot. Her future son-in-law was deceased, and her daughter had been rushed to the hospital for an emergency c-section. Briana passed away days later and gifted four people another chance at life through organ donation. Sadria lost a daughter and gained a granddaughter. That was the moment that her pain was transformed into purpose. Since then, Sadria has dedicated her time to raising her grandchildren, volunteering to register organ donors, and helping other families cope with loss.



Sibling Sunday Panel with Allie Franklin, Heidi Horsley, Tracy Edgemon, Karen Snepp, and Cindy Tart Back in 1986, three siblings who had lost brothers, could not imagine the lifelong bond that would eventually be formed among five sisters who all had a brother die. This bond was formed through Compassionate Friends. Allie, big A's sister, was involved in TCF first followed by Tracy, Andrew's sister, and Cindy, Dennis's sister. A short time later, Karen, Dave's sister, and then Heidi, Scott's sister, joined TCF. Over the years, these siblings became involved with TCF to manage their own grief, assist their families, and improve awareness about the importance of sibling grief.



Special Programming for Bereaved Children and Teens

We are excited to be able to offer special programming for bereaved children and teens, ages 9-17. The goal of this program is to provide a caring environment for kids to be able to process their grief through activities, sharing, and remembering. Our children and teen program consists of a variety of sessions and activities designed to cope with and work through grief, while also having fun in a setting that is designed just for them. Activities include grief-related arts and crafts, as well as games and entertainment. Our program will give kids the opportunity to spend time with other bereaved children and siblings, letting them know that they are not alone. Created by experienced professionals in the bereavement field, this special program is based on best practices of childhood and adolescent grief. The program will be overseen by trained staff and volunteers of The Compassionate Friends.



The Compassionate Friends Walk to Remember is a highlight of every TCF National Conference. Held at 8:00 am Sunday on the final day of the National Conference it starts at the Sheraton Downtown Denver. Special Walk to Remember t-shirts are given to all who pre-register, as well as walk bibs where the names of the children, grandchildren, and siblings being remembered can be written.



Walk Signs are full color and feature a photo of your child, grandchild, brother, or sister. During the Walk to Remember, Walk Signs will be carried by each walker in memory of beloved children, grandchildren, brothers, and sisters. You will be able to take home your walk sign as a precious memento of TCF's 46th National Conference and as a reminder that you need not walk alone. Each walk sign is 12" x 18".



Remember Your Child, Grandchild, or Sibling at TCF's 46th National Conference

Share the stories of your child, grandchild, or sibling. You may create a Memorial Wall entry that includes a photo and your loved one's story. Each entry may include up to 300 words. Use the search bar to find your entry or scroll through and read the stories of other attendees' children, grandchildren, and siblings. The Memorial Wall is also shared on TCF's national website. Remembering them always, in all ways. There is no cost to make an entry, however, donations are appreciated.

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.

