



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

Our regular chapter meetings are held
the 2nd Tuesday of every month at
7:00pm at Arborlawn United Methodist
Church, Room 271

*Please note that the doors of the
church are now automatically locked.
When attending a meeting you must
go in at the main entrance by the
office prior to 7pm.

SAVE THE DATE:

**Our Annual Remembrance Memorial
at Arborlawn United Methodist Church
November 14, 2023**

If you would like your loved one's picture to be included,
please submit their photo by Monday, October 30th to
tcffortworth@gmail.com or swilkinson68@gmail.com.
Please email one photo and include the following:

Your Name
Your Loved One's full name
RSVP attendance and include # of attendees in your group

Please title the email
"NOVEMBER REMEMBRANCE MEMORIAL"
to ensure we include everyone who wishes to submit a
photo.

If you participated and sent a photo for last year's program
and would like to use the same photo, please email and let
me know and include the name of your loved one in the
response email.

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.

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

October, 10, 2023

Chapter Meeting at 7:00pm

Topic: Ways to help in your grief in working through the upcoming Holidays

November 14, 2023

Annual Remembrance Memorial

7:00pm

December 10, 2023

TCF 27th Annual Worldwide Candle Lighting

7:00pm Local Time

December 12, 2023

Chapter Meeting at 7:00pm



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 Austray

Devon Becker

Michael Wilkinson and Michelle Baker

Phillip Wayne Dean



P.O. Box 3696

Oak Brook, IL 60522-3696

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.



Death, especially unexpected death, changes one's life in ways that cannot be anticipated. With the death of someone close, one's world is forever changed.

One analogy I have found myself using with clients is the following: If you were to imagine the day before your loved one died, there was an intact picture of your life. The picture may not have been perfect, but it was there and it made sense. There was a beginning, a middle and an expected end. With death comes the destruction of that picture. It is as if the picture is taken out of your hands, smashed to the ground in a thousand pieces and then some of the most treasured pieces are forever taken away.

The challenge with grief is to then take all of those pieces which are left and attempt to make a new picture. The picture of the life you once had is impossible to recreate, as much as one may try, it cannot be recreated with pieces missing. A new picture must be assembled with the pieces that are left and with new pieces that are picked up along the way.

The process of putting the pieces back together is one that often feels chaotic and confusing. It may sometimes be surprising to find out how much thinking is involved in the grief process. Thoughts bounce around trying to connect what was with what is and struggle to make sense out of what seems to be incomprehensible.

With each piece, the bereaved, through trial and error, find where each piece belongs or even if it belongs at all. This process is different for every person and does not adhere to any kind of timeline. This (what feels like endless) thinking is the work that grief demands; it is the creation of a new picture of your life created one piece at a time.

Article by Stephanie Elson, TCF member

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 (FORMERLY THE 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.

