



# *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 Austry

#### **Secretary**

Becky Long

#### **Newsletter / Website**

Chloe Willars  
René Willars

#### **Treasurer**

Charles Dean

#### **Welcome Bags**

Janet DuPertuis

#### **Welcome Table**

Jerry & Sharon Austry  
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

Our regular chapter meetings are held  
the 2<sup>nd</sup> Tuesday of every month at  
7:00pm at Arborlawn United Method-  
ist 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

\*\*More details to come in upcoming newsletters

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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.*

### 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

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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

### September 12, 2023

Chapter Meeting at 7pm

Topic: Journaling and it's benefits

### October, 10, 2023

Chapter Meeting at 7:00pm

Topic: Coping with 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



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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

## 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

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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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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.*



Grief is felt and experienced differently depending on the time frame since the death of your child, sibling, or grandchild. It's common to feel overwhelmed and hopeless at any time, but especially when the loss is more recent. When those painful waves hit, you can take small steps to better support those moments. Some of the immediate things that help shift your feelings include moving your body, adjusting your environment, being in nature, and connecting with someone.

Taking a walk or practicing yoga moves your body in a way that aids the physical effects of grief. The combination of moving your physical body and changing your breathing affects your thinking and can gently shift current painful thoughts. Spending moments in nature similarly shifts your energy. Taking 20 minutes to tend a garden, water shrubs or flowers, or feel snowflakes fall on your face in the winter, helps to soothe you when you're feeling significant distress. Then it's easier to move forward with your day.

If a pet or animal is part of your life, spending some calm moments with them can comfort you when you're in pain. Hugging a dog or cat, touching their soft fur, listening to their heartbeat and soft breathing, and sharing gentle space with them has a calming effect. These small actions quiet your nervous system in ways that human interaction sometimes may not. Taking a few minutes to play with a pet also shifts your distress and can bring a needed smile.

Reaching out to talk with a comforting and supportive loved one when feeling low reinforces your human connectedness. You don't need to seek answers or have deep conversations. Hearing the life and vitality in someone else's voice helps as a surrogate for the life energy you may be struggling to feel. Feeling the warm voice of a friend or enjoying the belly laugh of a toddler can help lift you in that moment.

The grief and sorrow you feel are directly related to the deep and profound love you have for your child, brother, sister, or grandchild who has died. While you can't erase those moments of sorrow, small actions can nudge you forward when you can't find your way. You can give yourself these small steps of care at any time and ask for help from those you love to remind you to practice these whenever they are needed.

By SHARI O'LOUGHLIN

CEO, The Compassionate Friends

## 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.

