



The Compassionate Friends

Supporting Family After a Child Dies

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

Chapter Website:
www.thecompassionatefriendsfw.com

STEERING COMMITTEE

Chapter Co-Leaders

Charles & Genie Dean

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

Gene Caligari

(480-703-2963)

gcaligari7@gmail.com

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.

*****New Member Recruitment*****

The Chapter Leadership role opens up March 1, 2024. We also have many more opportunities for involvement on the steering committee. If you have an interest to become involved and be a part of the steering committee, please reach out to a board member for more information. We welcome your interest and your participation!

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,
YOUR WELCOME TO BRING A MEMENTO IN HONOR OF
YOUR LOVED ONE'S BIRTHDAY.
AND REFRESHMENTS TO SHARE!

UPCOMING EVENTS

May 14, 2024

Chapter Meeting at 7:00pm
Topic: Creative Program
by Sharon Austray

June 11, 2024

Chapter Meeting and Annual Butterfly
Release at 6:30pm with dessert potluck
immediately following

July 9, 2024

Chapter Meeting at 7:00pm
Topic: Anger and Laughter in Grief
by Becky Long

July 12-14, 2024

47th TCF National Conference
New Orleans

August 13, 2024

Chapter Meeting at 7:00pm
Mementos and recap of National Conference



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

René 817-504-896
jrbc@att.net

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:

Beth Alden Dupertuis
Sydni Pena

Chase & Graham Davidson

Kelsey Marie Roberts

Mark Stanley Austrys

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.

47TH TCF NATIONAL CONFERENCE

JULY 12 @ 8:00 AM - JULY 14 @ 1:00 PM



We are very pleased to announce The Compassionate Friends (TCF) 47th Annual National Conference in New Orleans! TCF's National Conference 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, all while making friendships with other bereaved people who truly understand the heartbreaking loss of a child, sibling, or grandchild. Lifelong friendships are often formed and rekindled each year at TCF conferences.

Unique and cherished highlights of our conference include our heartfelt Saturday evening Candle Lighting Program, Sharing Sessions, Keynote Addresses, Healing Haven, Butterfly Boutique, Crafty Corner, and Silent Auction. Our weekend of inspiration, sharing, and learning is followed by the Walk to Remember on Sunday morning.

This year's conference will be held at the New Orleans Marriott. Reservations can now be made online at TCF's dedicated reservation link. Our discounted room rate with the Marriott is \$144 per night plus applicable taxes and fees. Please note that each attendee can reserve a maximum of two rooms. Many attendees arrive on Thursday since the conference begins early on Friday morning. We also have pre-conference activities that are offered on Thursday evening, that attendees find beneficial. We look forward to seeing you in New Orleans!

<https://www.compassionatefriends.org/event/47th-tcf-national-conference/>



THE ROBIN'S SONG

Posted on April 19th, 2024

It's spring once again. Our part of the world is turning back towards the sun; trees are leafing out; wildflowers are blooming. Robins are again singing to one another. And, I believe, also singing to those who are grieving.

Before my daughter Lori died, I was under the misperception that only the English robin had a glorious song. That smaller, red-breasted scalawag of a bird delights all who hear it, and I had felt that we in the United States had been short-changed when they'd misnamed its larger, boring American cousin the same sweet name. All I'd ever heard our robins do was *cheep*!

Then one June day, almost a year after Lori died, during one of the darkest times of my grief, my ears and heart flew open with surprise at a song I heard outside my window. I distinctly heard, in the midst of my pain, a bird singing loudly and clearly, "Cheer up! Cheer up! Cheerio! . . . Cheer up! Cheer up! Cheerio!" I went outside to see what marvelous bird might have been sent to sing to me. I could barely see the bird at the top of the neighbor's poplar tree, so, while hoping this exotic, magical bird wouldn't fly away while I was gone, I went to find our binoculars.

Rushing back, I could hear the bird from each room in the house. After adjusting the binoculars, I was truly amazed to see one of our "boring" American robins come clearly into view! As he continued singing clear as day, "Cheer up! Cheer up! Cheerio!" I marveled at this special message and wondered if my robin was the only one who sang these words. So I looked it up in my *Audubon Society Field Guide to North American Birds* and found that my robin was not an anomaly, but that robins are considered "the true harbinger of spring, singing "Cheer-up, cheer-up, cheerily."

I stood there that day filled with wonder. I wasn't hearing things; there it was in the bird book: "Cheer-up, cheer-up, cheerily." I thought to myself, "Cheerily . . . No, that isn't what I hear." We had lived in England for a year and our family, especially Lori, who loved to put on an English accent, often said "Cheerio!" to one another when we meant, "Goodbye" or "See you later!" There was no doubt in my mind as I stood there listening. It WAS cheerio. Lori could have found no more perfect way to try to cheer me up AND say "hello!"

Nine springs have passed since then, and although I will always deeply miss Lori's physical presence in my life, those darkest of times are thankfully now mostly in the past. It is spring once again and as I hear the robin singing so hopefully in the highest branches, it takes me back to that summer day, and I smile, remembering. And I think of all those who are now in the darkest depths of their own grief and pray they too will hear this lovely song.

Written By: GENESSE GENTRY

Genesse Gentry is the author of two books of poetry, *Stars in the Deepest Night - After the Death of a Child* and *Catching the Light - Coming Back to Life after the Death of a Child*. She lives in northern California with her husband Bill. They are the parents of daughters Megan and Lori, who died in a car accident in 1991 at the age of 21. Following Lori's death, Genesse and Bill joined the Marin County, California Chapter of The Compassionate Friends (TCF). Genesse has continued being involved in that organization ever since. She has been meeting group facilitator for both the Marin County and San Francisco meetings as well as chapter leader. She is currently on the steering committee of TCF Marin, as well as Regional Coordinator for Northern California. She presents writing workshops at national conferences of The Compassionate Friends as well as for northern California chapters.

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.

