



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

Becky Long
Chloe Willars

Hospitality / Meeting Setup

René 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 held
the 2nd Tuesday of every month at 7:00pm

Arborlawn United Methodist Church
Room 271
5001 Briarhaven Road
Fort Worth, TX 76109

* Please note, for safety purposes, church
locks main entrance doors promptly at 7pm.

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

We have many 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 provided.

Celebrate Life



IF YOUR LOVED ONE'S BIRTHDAY IS IN THE MONTH, YOUR WELCOME TO BRING REFRESHMENTS TO SHARE AND MEMENTO IN HONOR OF YOUR LOVED ONE'S BIRTHDAY!

UPCOMING EVENTS

Tuesday, January 14, 2025

Chapter Meeting at 7:00pm

Topic: Honoring our loved ones

Saturday, January 18, 2025

Steering Committee Meeting at 10:00am

Clubhouse at The Union at River East

(Contact Chloe for details)

Tuesday, February 11

Chapter Meeting at 7:00pm

Tuesday, March 11

Chapter Meeting at 7:00pm

Tuesday, April 8

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

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

Michael Davidson, in memory of Chase and Graham

John and Marjorie Panter, in memory of Eric Mathew

Susan Braddy, in memory of Rachel Marie Braddy

Debbie McLaughlin, in memory of Wesley

Linda Merrill, in memory of Wesley

Jesse and René Willars, in memory of Brandon Willars

48th TCF National Conference in Bellevue/Seattle, WA

July 11 @ 8:00 am - July 13 @ 12:00 pm

Our conference is a place for bereaved families to find community and hope, while learning and sharing with others. Lifelong friendships are often made at the conference through meeting others who truly understand the painful loss of a child, sibling, or grandchild. This eagerly anticipated event will take place in Bellevue/Seattle, Washington, during the weekend of July 11-13, 2025.

Pictures from 2024 TCF National Conference in New Orleans



Losing a loved one is never easy. Even if you've said your goodbyes, death often leaves a void, a sense that you've lost something forever. To honor a loved one is a unique way to stay connected, even after death.

We all want to honor a loved ones in a meaningful way. Just because your loved one has passed away doesn't mean they'll disappear from your life — or the world — completely. There are things you can do to make sure their memory stays alive.

Honoring a loved one can take many shapes. You may choose to honor them privately through your own rituals or gather family and friends together for a more public event. You can even create a permanent memorial space with their name on it, allowing strangers to get to know the person you knew so well.

How you honor someone's memory is up to you; just know that their story doesn't have to end with their passing.



Ways to honor a loved one who has passed

Your loved one may no longer be with you, but the following ideas can make you feel close to them as you honor their memory.

1. Experience their favorite things. Trying out someone's favorite activities can teach you a lot about that person — even if they've passed away. Make their staple meals, watch their favorite TV shows and movies, read their beloved books, or crank up the stereo and listen to their favorite albums. Experiencing these little things can give you a deeper sense of who your loved one was and help you feel closer to them.

2. Make a donation. If your loved one supported a particular cause, you can make a donation to that cause in their name, ensuring the things they care about continue to receive funding. If funds are tight, see if it's possible to donate your time, rather than money. Volunteering at a place your loved one felt strongly about can help bring you closer to them.

3. Create a memorial. Memorials take many shapes; it can be something as simple as a plaque on a bench or a selection of their favorite flowers and plants in a local garden. You may even consider a tree in a protected Memorial Forest. Every time someone pauses to admire the area, they'll see the plaque or memorial marker with your loved one's name on it and, however briefly, think about who that person might have been.



4. Create a grant or scholarship. To honor a loved one, if you have the funding, you can put together a grant or scholarship that specializes in something your loved one was passionate about. Funding an education doesn't just help pass on the skills that were important to your loved one. It also passed along their passion to someone who might not otherwise have the means to learn this skill.

5. Complete their unfinished projects. Sometimes things are left unfinished. This might be a piece of furniture they were restoring, a painting they were creating, or even a song they were writing. You may be tempted to leave these projects to languish, but consider finishing them. You can hire someone to do the work, or work on it yourself — completing their unfinished work for them. They started the task, but you finished it; in this way, you worked on it together.

6. Keep something of theirs close by. Holding on to an item of clothing, a piece of jewelry, or something similar can help you feel close to someone who has passed away. You might keep these things in the shape they were when you received them, but you can also turn them into something you can wear or use more often. For example, you can incorporate a flannel shirt into a quilt, or turn a ring into a necklace.

7. Light a candle. Did your loved one have a favorite scent or color? Buy or make a candle they would enjoy and honor their memory by lighting it on occasions that were special for them. Think about them each time you light the candle or say a prayer if you feel moved to do so.

8. Establish a celebration of their life. Shared affection can help you remember loved ones — together. You can start small by putting together a memorial website or social media account where friends, family, and acquaintances can share their stories about your loved one. You might also pick a day every year where you gather those same people to celebrate the person who has passed. This may be the anniversary of their death, or a day that's meaningful to you. At Better Place Forests, we celebrate life with Forest Memorials. Toast to them in a restaurant they adored, or organize a hike and a moment of silence on one of their favorite trails.

Live the life they would want for you

When we lose someone we love, we may feel like nothing will ever be right again. As time passes, the wound they have left behind will begin to heal, but we often ask ourselves, "How do we go on?"

That's okay. Grief takes time to process, and the way you move forward in life will be just that: *your* way forward. Just remember that your loved one would deeply wish for you to feel happy again. They would want you to accomplish your goals, to experience joy, to make the most of the life you have.

When you think about how to honor a loved one who has passed away, don't linger on the hole they have left behind. Instead, celebrate who they were and what they did, and do your best to carry on their spirit. In that way, they'll always be with you.

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.



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.