



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

Regular chapter meetings
2nd Tuesday of every month at 7:00pm

Arlington Heights Methodist Church
4200 Camp Bowie Blvd
Fort Worth, TX 76107
(Enter through west side of building)

*****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

(All meetings/events held at Arlington Heights Methodist Church)

Tuesday, December 9

Chapter Meeting at 7PM

Topic: Bereaved Parent's Wish List, with sharing time.

Sunday, December 14

Worldwide Candle Lighting at 7PM

Please arrive by 6:50PM

Tuesday, January 13, 2026

Chapter Meeting at 7PM

Topic: Small group discussion

Saturday, January 17, 2026

Steering Committee Meeting at 10AM

Tuesday, February 10, 2026

Chapter Meeting at 7PM

Topic: Small group discussion



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 817-504-8976
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 memory of a loved one.

Your gift helps support books and programs, and ability to hold monthly meetings and special events for bereaved families. You may designate your Love Gift for a specific purpose, such as continuing education, workshops, memorial event, or books for our lending library.



Donations can be made on the TCF Fort Worth website at:

<https://thecompassionatefriendsfw.com/>

or bring a check to any monthly meeting.

(please make checks payable 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



SHATTERED HEALING

Posted on December 1st, 2025

When my son died, hidden places within me began to reveal themselves. It was as though chambers of secret rooms, that had long housed unhealthy ideologies, protective attitudes, negative beliefs, and a lifetime of acquired heartache began to want out.

I was overwhelmed with emotion and there was nowhere for the feelings to go anymore. Those rooms were dark, obscure, and full to capacity. When the fracture began, it didn't take too long for a full shattering to occur. It exposed everything that had been concealed and it demolished the me that I knew.

A cloud of confusion and despair surrounded every facet of my life. I felt so exposed. I was overwhelmed to the point of utter despair. I also learned that rock bottom has a basement, and it is deep.

MY grief was in control. It was running rampant within and without. It was difficult to accept...but I had to face the anguish. I realized that I had work to do if I wanted control of my life again.

As I was contemplating what I needed to do, I had a monumental epiphany. Before my essence could begin to heal, I had to find a place for the grief. That realization helped me discover that grief is multifaceted. It had attached itself to every part of my life.

The task seemed insurmountable. I also knew if I was going to survive and truly live again, I had no choice but to find strength to combat the grief.

As it subsided and I could see a bit better, I have come to understand that grief is a teacher. It is very personal. Grief is a mirror. It is also a connection to my son. It is chaotic and messy. And ironically, it holds truth. Grief is sharp and painful and exposes the places within us that we need to heal and forgive ourselves for.

Most importantly, I have learned grief IS controllable. With time, understanding, patience and the truth, I made a place...a seat at the table, if you will, for my grief.

Within me I have discovered the power to move forward, despite this unimaginable task I have been given. As I move through the process of finding a new way to live, I am also discovering that grief has become a part of how I love my child, despite his physical absence. On the other side of my grief is love and that love helps me connect to precious memories. On the other side of my grief new bonds of friendship have been formed...with souls I would have never encountered, and old ones have been strengthened and been a great blessing. On the other side of my grief, I have found perspective...I have discovered a boundless reservoir of strength...I see the true beauty of life because I have seen the depths of utter despair...

KRIS LEITNER

My 21-year-old son, Grant, died unexpectedly in 2014, the middle of my three sons. In 2016, I lost my father, then my brother. My writing has been my salvation - my way to share what I've learned about grief and loss. I've been a member of the Modesto Area chapter since 2015 and on the steering committee since 2017. I began as the secretary and am now the newsletter editor and a co-leader.

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.