



The Compassionate Friends

Supporting Family After a Child Dies

www.thecompassionatefriendsfw.com

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

STEERING COMMITTEE

Chapter Leader

Becky Long

Secretary

Becky Long

Treasurer

Steve Roberts

Welcome / Hospitality Coordinator

Janet DuPertuis

Welcome / Hospitality Committee

Sharon Austray

Virginia Solis

Elsie Sosa

Juan Sosa

Librarian

Elsie Sosa

Chapter Phone

Sharon Austray

Newsletter

René Willars

Additional Members

Jerry Austray

Charles & Genie Dean

Mark Deegear

Tony Pena

Chloe Willars

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)

UPCOMING EVENTS

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

Tuesday, February 10

Chapter Meeting at 7PM

Topic: Butterfly Garden

Tuesday, March 10

Chapter Meeting at 7PM

Topic: Open discussion on Dos and Don'ts for the Early Days – What Helped and What Didn't

Tuesday, April 14

Chapter Meeting at 7PM

Topic: Memory Stones

Saturday, April 25

Steering Committee Meeting at 10AM

UPCOMING CONFERENCE

July 2 – 5

49th TCF National Conference

Baltimore, Maryland

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!

New Member Recruitment

We are always looking for volunteers to help with meetings and events.

If you're interested in joining the Steering Committee, contact your Chapter Leader or any Steering Committee member.

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

Summer Hamilton in memory of Brandon Hamilton

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.