



# THE COMPASSIONATE FRIENDS

NORTHEAST LOUISIANA CHAPTER

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APRIL / MAY / JUNE 2009

## POIGNANT HOLIDAYS

It used to be a special day  
For us and family  
To celebrate a Sunday out  
Mother's Day jubilee.

Breakfast in bed would start at eight  
Flowers would arrive at ten  
The house was full of silly sounds  
From two daughters in the den.

But now there is an empty chair  
No plans to make a bow  
I hurts again on Father's Day  
No gifts for Dad right now.

But even though one daughter died  
And we will always mourn  
We'll visit Pamela's cemetery plac  
Give thanks that she was born.

In memory of our special daughter,  
Pamela Sue Chaiken  
1/17/64 to 9/29/95

Sandra Chaiken  
TCF Potomac Chapter

## A PENNY

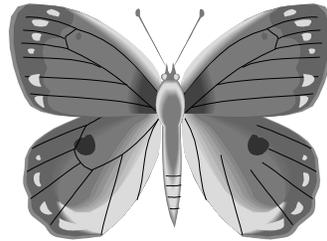
I found a penny today  
Just lying on the ground,  
That's not just a penny  
This little coin I've found.

Found pennies come from heaven  
That's what my grandpa told me,  
He said angels toss them down  
Oh, how I loved that story.

He said when an angel misses you  
They toss a penny down

Sometimes just to cheer you up  
To make a smile out of your frown.

So don't pass by that penny  
When you're feeling blue,  
That's a penny from heaven  
That an angel's tossed to you.



~ Author unknown  
We Need Not Walk Alone  
Summer 2004

## SIMPLE WISDOM

The child asked, "Why do you cry?"  
"Because I am sad," I said.

"Why are you sad?" Asked the child.

"Because Marc is dead and I miss him," I replied.  
"but Marc has been dead for more than four years  
Why are you still sad?"

"Because the longer he's gone, the more I miss him."

"Will you always be sad?" asked the child.

"Yes, I replied, "but only sometimes."

"Is this one of those times?"

"Yes," I said.

"I love you," said the child.

"I love you, too."

And then we both smiled.

Moe Beres  
TCF Babylon, NY

## Monthly Meetings

**Thursday, April 2**

**Thursday, May 7**

**Thursday, June 4**

6:30 PM

St. Paul's United Methodist Church  
1901 Lexington Ave.

Enter through the back parking lot off Milton St.

# For Siblings

An outlet for siblings is the TCF Sibling Forum. It is available online and is a place where siblings from all over can share and help each other cope with the unique grief of losing a brother or sister. Siblings are able to ask questions, make a comment or leave a thought for others to respond.

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Visit the Sibling Resources Page at [www.compassionatefriends.org](http://www.compassionatefriends.org)  
Email [tcsiblingrep@compassionatefriends.org](mailto:tcsiblingrep@compassionatefriends.org) for the password

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## SIBLINGS THOUGHTS & FEELINGS

He is gone  
And he's never coming back  
I hope he knows  
How much he's missed.

He touched so many people  
They loved him too  
But they have no idea  
What I'm going through.

I cover up my feelings  
As much as I can  
Nobody has to know  
The pain I have inside.

Sometimes I just can't hold back  
My feelings of loneliness and  
despair  
I love him so much  
This world is not fair.

Why Him?  
He was such a good brother  
I still don't understand  
Why did it happen to him?

I can't handle these feelings  
They have become too much  
I just want to be with him  
Am I asking too much?

I love him, I always will  
But one day we'll be together - forever.

Selina Lepinski  
TCF Winnipeg

## YESTERDAY, TODAY AND TOMORROW

### Yesterday

You were here and I took it for granted that you would always be here. Telling you I loved you and was proud of you seemed unimportant. There would be time for that when we were older - when we fought less and talked more.

### Today

I know that time will never come, and I will never have the chance to say these things face-to-face. So I write them and think them and hope you know I mean them now and have always felt them.

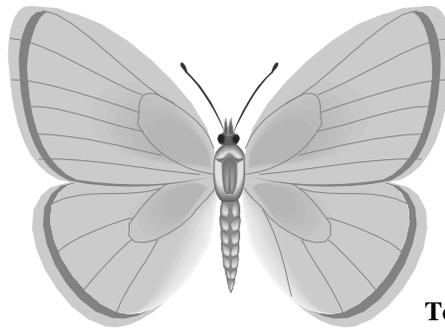
### Tomorrow

Each day, the pain and regrets of things left unsaid get easier to deal with. I have begun to realize that you knew how I felt because you felt the same way. And as more tomorrows turn into yesterdays, I will find peace in that knowledge. Someday, somewhere, we will meet again and I will have my chance then.

Shannon Odessa Stiener  
TCF Lowell, IN

*When your mind cannot find an answer,  
open your heart and ask for peace.*

*Sascha Wagner  
TCF Des Moines, IA*



## A FATHER'S PRAYER

I am a man, God, and I have been taught that I should be strong and show no weakness. My wife needs me to be strong; I cannot and I must not be weak and lean on her.

It is only with you that I can be honest, Lord, and even with you I am ashamed to admit it, but I want to cry. I can feel the tears securely dammed up behind eyes that want to burst. There is a voice in me that shouts, BE STRONG! BE A MAN! SHOW NO WEAKNESS! SHED NO TEARS! But there is another voice inside that speaks softly and somehow I feel it is your voice, Father.

Is it you who tells me that I am also a feeling human being who can cry if I need to? Is it your voice that tells me that maybe my wife needs the tenderness of my tears more than she needs the strength of my muscles?

You are right, Lord, as always. My wife needs to see my grief, she needs to feel the dampness of my tears and know the aching in my heart. Then, just as we became one to create this life, we become one in our grief which mourns this death. I think I understand now, Lord, it is in sharing the awful pain of my grief that I become an even stronger man. It is in sharing my tears that I share my true strength.

O God, help me communicate my deepest and most sensitive feeling to my wife so we may become whole together.

Norman Hagley  
TCF Omaha, NE

*Destiny unfolds  
Despite our frantic efforts  
To dissuade its course.*

*By Diantha Ain*

## A BEREAVED MOTHER IS...

A Bereaved Mother Is someone who stands at a grave wondering how she is going to live the rest of her life without this child.

A Bereaved Mother Is someone who thinks she will spend the rest of her life with this horrendous feeling inside.

A Bereaved Mother Is someone who has to learn how to live all over again.

A Bereaved Mother Is someone who wishes they would take Mother's Day out of the calendar.

A Bereaved Mother Is someone who has to learn to accept the loss of her beloved child and uses what she has learned to help others.

A Bereaved Mother Is someone who can again learn to smile, to look forward to the future and get excited again because her Compassionate Friends were there when she needed them.

Zel Hester  
TCF Atlanta, GA



### Chapter co-leaders

Marilyn & French Smith

### Steering Committee

Henry Cole, Facilitator

Beverly & Charles Wall, Treasurer

Dianne & Frank Bruscato, Library

Ann Cole & Marilyn Smith, Hospitality

Frances & Jim Gregory, Outreach

Julie & Danny Petty, Newsletter

Betty Jean & Johnny James, Memorial Park

Sandy Chester, TCF Regional Coordinator

## YOU WILL

You will live. Although you feel like you are dying. You will laugh once again. Although you feel that emotion is lost forever. You will think clearly again. Although you feel very confused most of the time.

You will celebrate your child's life. Although now you are enveloped in the whys and if onlys of your child's death. You will somehow work your way through this rough work called grieving.

Although today you feel you are slipping backwards. You will find love, understanding and caring with The Compassionate Friends.

Although today you are lonely, isolated and withdrawn.

Choose the **You Will**. I did, and it is helping with that large hole in my heart.

Carol J.  
TCF Fort Lauderdale, FL



## TIME ROLLS ON

Whether we see time going by or not, whether we are aware if it is winter or spring, May or June, day or night.....time keeps rolling on.

I remember back to those early days of grief, when time seemed to stand still. I remember looking at the clock, realizing that it was 3.00 am. And being surprised that it was night time. I remember not knowing or caring whether it was a Sunday or a Tuesday.....

But I did know when it was a Wednesday, I knew it was a Wednesday each week because Wednesday was the day our daughter died.

Everything from that moment on was measured by a different standard of time. At first, we marked time by the hours, then the days, then the weeks. All time was measured by how long it had been since she had passed from our world. Days became weeks, weeks became months, and now.....months have been years. For us, the marking of time has evolved.

Our family history will forever be divided into the “before....” and the “after.....” but we have gradually become aware of time again. We keep a calendar, we make appointments, and we schedule ourselves into events and commitments.

Once again, time is rolling on.

Jane  
TCF Coquitlam



Everyone is encouraged to contribute to the newsletter to keep our chapter going strong. Please contact Julie Petty with your ideas.



Also, remember you can bring your child's favorite snack for refreshments to our monthly meeting or do a flower arrangement for the table. Please contact Marilyn Smith one month prior to the meeting.

# Our Children Always Loved and Remembered



A special table is set up at our meetings to honor children whose special days are in that month. We invite you to bring a picture or memento of your child to share during that significant month.

## OUR CHILDREN'S APRIL BIRTHDAYS

<u>Child</u>		<u>Parent(s)</u>
Jason Garrett	04/02/67	Sandra Garrett
Lee Deal	04/13/83	Melanie Deal
Rod Taliaferro	04/17/64	Shirley Taliaferro
Ashley Loflin	04/22/74	Katie & Pat Loflin
Eddie Hoy, Jr.	04/24/67	Martha Fontenot

## OUR CHILDREN'S APRIL ANNIVERSARIES

<u>Child</u>		<u>Parent(s)</u>
Lauren Hemphill	04/04/06	Kitty McDougal & Tommy Hemphill
Krista Corrent	04/08/00	Anna Ruth Hill
Pamela Ford	04/10/04	Leona Upton
Martha Mickel	04/13/84	Ruth Mickel
Michael Johns	04/19/06	Nell Book
Robin Gates	04/24/06	Nora & Darwin Gates

## OUR CHILDREN'S MAY BIRTHDAYS

<u>Child</u>		<u>Parent(s)</u>
Bo Best	05/02/84	Charlene Best & Charles West
Justin Petty	05/07/82	Julie & Danny Petty
Melissa Blankenship	05/08/65	Peaches Cathey
Jason Hutts	05/12/81	Carol & Greg Hutts
Derrick Sadberry	05/15/65	Belinda Sadberry
Brian Gregory	05/28/73	Frances & Jim Gregory

## OUR CHILDREN'S MAY ANNIVERSARIES

<u>Child</u>		<u>Parent(s)</u>
Clifton Scarborough	05/04/99	Tina Scarborough
Patrick Loflin	05/10/05	Katie & Pat Loflin
Ashley Loflin	05/10/05	Katie & Pat Loflin
Lee Deal	05/16/06	Melanie Deal
Carrie Peters	05/17/05	Florence Peters
Lance Thomas	05/18/08	Connie & Danny Thomas
John Dobbs	05/21/08	Maggy & John Dobbs
Dwain Whitehead	05/22/07	Mary & Ralph Whitehead
Justin Petty	05/26/01	Julie & Danny Petty
Christopher Spears	05/29/08	Liz & Gerald Rugg

## OUR CHILDREN'S JUNE BIRTHDAYS

<u>Child</u>		<u>Parent(s)</u>
Travis Lowery	06/07/78	Joyce & Dale Lowery
Sean Hanemann	06/09/67	Susan Tingle
Caroline Cole	06/11/70	Ann & Henry Cole
Andrew Rinicker	06/16/72	Dale Rinicker
Alice Rains	06/18/70	Marie Rains
Jackson Kennedy	06/18/00	Jonann & Jeff Kennedy
Mike Hayes	06/20/63	Margaret & George Hayes
Kelly Chapman	06/23/78	Judy & Bennie Chapman
Carrie Peters	06/24/64	Florence Peters

## OUR CHILDREN'S JUNE ANNIVERSARIES

<u>Child</u>		<u>Parent(s)</u>
Melissa Blankenship	06/14/04	Peaches Cathey
Kody Spann	06/14/07	Cindy & Larry Spann
Wesley Canterberry	06/15/07	Dewanna Canterberry
Michael Prichard	06/23/07	Jo Lynn & Paul Prichard

### **TO OUR LONG TIME MEMBERS:**

We need your encouragement and support. You are the string that ties our group together and the glue that makes it stick. Each meeting when new parents arrive with a fresh hurt and frightened eyes, I remember how we felt at our first meeting. Think back ... what would it have been like for you if there had not been any "oldies" to welcome you, share your grief, and encourage you? It was from them you heard, "your pain will not always be this bad; it really does get softer." They were the ones who wanted to really listen when you talked about your child. Can you be an "oldie" for someone else? By helping someone else, you help yourself and share your child with someone who never got to know them. Come out and share with newly bereaved parents to help them heal. Our own healing happens when we are reaching out to others.

**WE NEED NOT WALK ALONE;  
WE ARE THE COMPASSIONATE FRIENDS**

## OUR CREDO

We need not walk alone.  
We are The Compassionate Friends.  
We reach out to each other with love, with understanding and with hope.  
Our children have died at all ages and from many different causes,  
but our love for our children 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 and creeds.  
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 we feel helpless and see no hope.  
Some of us have found our faith to be a source of strength;  
some of us are struggling to find answers.  
Some of us are angry, filled with guilt or in deep depression;  
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 our children.  
We are all seeking and struggling to build a future for ourselves,  
but we are committed to building a future together  
as we reach out to each other in love  
and 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

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THE COMPASSIONATE FRIENDS  
Northeast Louisiana Chapter  
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Monroe, Louisiana 71211

Return Service Requested