



The Compassionate Friends of Northeast Louisiana

Supporting Family After a Child Dies

Apr / May / Jun 2019

KITE MEMORIES

Brushed golden by the sun, a kite flies free above a
greening meadow.
Drifting lazily until it turns
to catch the motion of a
flock of trumpeting geese
homeward bound.

Frangrance of early spring
flowers makes me giddy
with the thought that you
too fly unfettered, to drift
or chase dreams beyond imagination, unrestrained by
life or expectations.

Now I cherish each kite that rises to the wind,
because it fills me with memories of your gifts of
love but - only sometimes - I wonder whether you
remember, too.

Marchia Alig
TCF Mercer Area Chapter, NJ

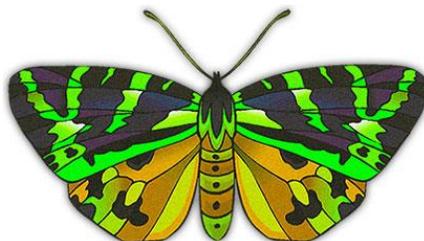
Easter Thoughts

One more winter overcome,
one more darkness
turned to light and promise.

Winter is the price for spring.
Struggle is the price for life.

Even in sorrow, remember
to prepare your heart
for celebration...
next spring perhaps.
Or the spring after that...

Sascha Wagner
TCF Des Moines, IA



PRAYER FOR SPRING

Like Springtime, let me unfold
And grow fresh and new
From this cocoon of grief,
That has been spun around me.

Help me face the harsh reality of
Sunshine and renewed life,
As my bones still creak from
The winter of my grief.

Life has dared to go on around me.
As I recover from the insult
Of life's continuance,
I readjust my focus to
include recovery and growth.

Give me strength to break out of
The cocoon of my grief.
But may I never forget it, as
The place where I grew my wings -
Becoming a new person
Because of my loss.

Janice
TCF Vancouver, Canada

Monthly Meetings

Thursday, April 4

Thursday, May 2

Thursday, June 6

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.

Visit the Sibling Resources Page at www.compassionatefriends.org

Email tcsiblingrep@compassionatefriends.org for the password

SIBLINGS

Tomorrow,
I'll try to understand her,
Try to understand the
excitement behind
Those piercing black eyes.
Try to understand her zeal
for life,
Tireless energy, and love
for others.

Tomorrow,
I'll sit down beside her and
get to know
This sister of mine.
I'll get to know the skinny little girl
I grew up with and shared a bedroom with
For all our teen years.

Tomorrow,
We'll share secrets together
We'll go for long walks,
We'll just sit together for hours and laugh.

Tomorrow,
I'll ask her about her boyfriends,
I'll ask her about her girlfriends,
I'll even ask what her favorite subject is in
school.

Today?
I'm too busy,
I have too much to do,
She's getting on my nerves.

Today,
She's borrow my precious clothes, ruining
them.

Today,
She's using up all the gas in my car.

Today,
She's asking stupid questions
I just don't feel like answering.



Today,
I'm too tired.
But tomorrow,
I'll tell her how much I love her,
I'll hug her and tell her she's pretty,
I'll tell her I'm glad I have a sister . . .
tomorrow.

Tomorrow
Has finally come and she is gone.

written by Cindy, Kathi's sister

Taken from a book written by Kathi's
mother called "18, No Time To Waste."

My big brother was so good to me.

*When we were kids, he always let me go
first.*

*The night he died, he looked up at me,
smiled his little crooked smile, and said,
"Sis, this time let me go first."*

*Connie Danson,
eulogy for her brother, Frank Darnell*

~from the book "Forever Remembered"

"Courage, it would seem, is nothing less than the power to overcome danger, misfortune, fear, injustice, while continuing to affirm inwardly that life with all its sorrows is good; that everything is meaningful even if in a sense beyond our understanding; and that there is always tomorrow."

Dorothy Thompson

A MOTHER'S DAY GIFT TO GOD

Lord today is Mother's Day, but our hearts are split in
two
Half is with the child still here, the other
with the child that is there with you.
All the lovely presents are a nice
surprise
But the one thing we want most is
missing, and tears fill our eyes.
We know when you sent them Lord, you
didn't promise how long they would stay
All you said was to love them and
treasure each and every day.
But Lord it crushed our hearts, when you called for
their return
We feel like half a Mom, as we ache weep and
yearn.
But Lord tell them we love them just as much as we
did before
And could you please make a window, so they can
see through heaven's floor.
Let them see that they are missed and thought of with
each breath
And that a Mother's love begins before life, and does
not end with death.
So on this Mother's Day the greatest gift we give to
you
For Lord we know you missed them, and you love
them too.

Sheila Simmons
TCF Atlanta Online

RAINING TEARS

It rained today and the angels cried.
That's what I once was told,
When I was just a small child
That my mother still could hold.

I now know that the angels do cry,
As I do, many a day.
For the special one I loved so much
Who died one day in May.

Tears pour down for the loss of one
Who shouldn't have left so soon.

His struggles here were too much for him
And he left one afternoon.



And even though his place is
grand,
In heaven high above,
We mourn him so, down here
on earth
Because of the bonds of love.

Every time the angels cry,
I'll too be raining tears.
For I'll be always missing him
For many, many years.

By Kathie Winkler
Middleburg Heights, Ohio

Bereavement Magazine January/February 2004

RENEWED HOPE AND FAITH

"I have cried my tears
I have asked my whys
I have mourned the future that may not be
I have planted my hope in the God who made me
He is my refuge in this storm"

Betty Stallings,
in loving memory of her sweet child, David.

Chapter co-leaders

Marilyn & French Smith
Luann & James Butler

Steering Committee

Henry Cole, Facilitator
Johnny James, Treasurer
Dianne & Frank Bruscato, Library
Maggy & John Dobbs, Outreach
Ann Cole, Outreach
Julie & Danny Petty, Newsletter

SPECIAL DAYS

Spring comes and with it the uneasy awareness of difficult days ahead. For those who are still going through all the "firsts" without their child, we want to share with you some of the ways parents have coped and managed. Mother's Day...Father's Day...graduation...vacations...these are special family times which often catch us unaware and bring unexpected tears and painful memories of young lives cut short. You can make these special days easier with some planning and with encouragement from those who have already been there.

Whichever days lie ahead for your family, try to focus on doing something meaningful and tangible in remembrance of your child. Share thoughts and suggestions about the possibilities: planting a tree, starting a garden, donating a book to the library, lighting a candle, putting flowers on the altar, or taking a long talked-of vacation. Remember, tears and moments of sadness are expressions of love.

Minneapolis Chapter of The Compassionate Friends



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



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>	
Jason Garrett	04/02/67
Chris Pauley	04/02/77
Chris Culpepper	04/04/69
Shannon Scharf	04/06/62
Robby Jenkins	04/10/88
Thomas Stephens	04/12/95
Chris Travis	04/13/72
Rod Taliaferro	04/17/64
Wendi Janway-Jones	04/23/78
Ashley Loflin	04/23/73
Ethan Massey	04/25/01

OUR CHILDREN'S MAY BIRTHDAYS

<u>Child</u>	
Bo Best	05/02/84
Tonya Bell	05/05/69
Kellie Falgout	05/06/82
Justin Petty	05/07/82
Melissa Blankenship	05/08/65
Jason Hutts	05/12/81
Mickey Chambers	05/13/62
McKenzie Hudson	05/13/88
Will Lensing	05/13/83
Bobby Starnes, Jr.	05/13/86
Derrick Sadberry	05/15/65
Elizabeth Vaughan	05/19/65
Hunter Carr	05/21/91
Jill Whitaker	05/21/82
Timothy Smith	05/26/61
Brian Gregory	05/28/73
Kelly O'Neal	05/28/70
Scott Thompson	05/29/78

OUR CHILDREN'S JUNE BIRTHDAYS

<u>Child</u>	
Justice Farrar	06/05/98
Lauren Lang	06/08/93
Caroline Cole	06/11/70
Jenna Johnson	06/12/88
Katie Joyce	06/25/08
Blade Gilbreath	06/13/05
Debbie Pope	06/14/52
Andrew Rinicker	06/16/72
Jackson Kennedy	06/18/00
Jeremiah Bynum	06/19/92
Mike Hayes	06/20/63
Kelly Chapman	06/23/78
Walker Dayton	06/23/81
Katie Joyce	06/25/08
Savannah Thornton	06/25/85
CW2 Bryan Henderson	06/29/85

<u>Parent(s)</u>
Sandra Garrett
Sharon & Gary Pauley
Noel Culpepper
Robert S. Green
Beverly Jenkins
Susan & Gray Stephens
Gloria & Kenneth Travis
Shirley Taliaferro
Rosalyn & Tom Janway
Katy Loflin
Michelle Massey

<u>Parent(s)</u>
Charlene Best & Charles West
Ann Smith
Patricia Falgout
Julie & Danny Pettin
Peaches Cathy
Carol & Greg Hutts
Merrell & Mike Chambers
Dayna Hudson
Cindy & Bill Lensing
Edwina Starnes
Belinda Sadberry
Marilyn Stern
Juanita Carr
Cynthia Machen
Mary & Buddy Smith
Frances & Jim Gregory
Nancy Oliver
Tammy Thompson

<u>Parent(s)</u>
Martha Anderson
Lisa Lang
Ann & Henry Cole
Sandy Johnson
Kathryn & Jeff Joyce
Dawn & Brandon Gilbreath
Jean Hamilton
Dale Rinicker
Jonann Layton
Darnita Peeler Williams
Margaret & George Hayes
Judy & Bennie Chapman
Vickie & Ed Dayton
Kathryn & Jeff Joyce
Rhonda & Ronald Thornton
Kim Bryan Henderson

OUR CHILDREN'S APRIL ANNIVERSARIES

<u>Child</u>	
Holly M. Robertson	04/01/17
Chris Pauley	04/05/95
Michael Stephens	04/05/68
Krista Corrent	04/08/00
Pamela Ford	04/10/04
Martha Mickel	04/13/84
Pamela Wimbish	04/14/16
Danny Morgan	04/18/16
Michael Johns	04/19/06
Courtney Cole	04/22/12
Mickey Loflin	04/23/73
Anne Barham	04/25/91

OUR CHILDREN'S MAY ANNIVERSARIES

<u>Child</u>	
Mickey Loflin	05/10/05
Ashley Loflin	05/10/06
Will Lensing	05/11/11
Shontavious Foster	05/12/13
Ethan Massey-Rydi	05/13/10
Lisa Giovingo	05/15/15
Leigh Ann White	05/15/05
Barry Kirby	05/18/13
Lance Thomas	05/18/08
Bobby Starnes, Jr.	05/18/12
John Dobbs	05/21/08
Stacey Gentry Morrison	05/22/15
David Webb	05/22/05
Justin Petty	05/26/01
Kellie Falgout	05/28/02

OUR CHILDREN'S JUNE ANNIVERSARIES

<u>Child</u>	
Melissa Blankenship	06/13/04
Kody Spann	06/14/07
Wesley Canterbury	06/15/07
Terry Watson	06/21/13
Brandi Pearson	06/22/17

<u>Parent(s)</u>
Nancy & Joe Mulhearn
Sharon & Gary Pauley
Maggie & John Stephens
Anna Ruth Hill
Leona Upton
Ruth Mickel
Pam Wimbish
Jeanie Morgan
Nell Book
Ann & Henry Cole
Katy Loflin
Pat Barham

<u>Parent(s)</u>
Katy Loflin
Katy Loflin
Cindy & Bill Lensing
Sarah Foster
Michelle Massey
Frances Giovingo
Janet & Ken White
Lisa Kirby
Connie & Danny Thomas
Edwina Starnes
Maggy & John Dobbs
Sandy Kendrick
Paula Webb
Julie & Danny Petty
Patricia Falgout

<u>Parent(s)</u>
Peaches Cathy
Cindy Spann
Dewanna Canterbury
Henrietta/Paul Watson
Layne Pearson

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**

www.tcfnortheastla.org

THE COMPASSIONATE FRIENDS
Northeast Louisiana Chapter
P.O. Box 6114
Monroe, Louisiana 71211

Return Service Requested