



The Compassionate Friends of Northeast Louisiana Supporting Family After a Child Dies

Jan / Feb / Mar 2017

A NEW YEAR WISH

I wish you all a blessing
As the New Year approaches us all
May this year bring gentle memories
Of our child that God has called

I wish you all some sunshine
That clouds can cover on some days
I pray your hearts will mend
As mine has along the way

I thank God for our TCF "Family"
And the sharing
For so many are always there
To help so many find their way

I wish I could take each one of you
And show you what I've learned
As time has helped my own heart
Your feelings are my concern

The Holidays are the hardest
As you all very well know
Yet we can find healing
As the New Year unfolds

May you all know I'm thinking
About each and every one of you
I give you all my blessing
And hope the new year is gentle for you

Sharon Bryant
TCF Atlanta

FEBRUARY

Let this cool and gentle month of the heart remind
you not only of lost treasure, but also of riches (past
and present) in your life.
Sascha Wagner

*Time can never erase,
The memory of your face;
Nor the passage of the years,
Stem the volume of my tears.*



*You are with me for always,
In my heart throughout all days;
Then in my dreams nightly,
Your star shines ever so brightly.*

*I want your spirit to remain,
Inside of me, despite the pain.*

*To forget you would be a curse,
Because no memories would be much worse.*

*You were born a part of me,
Now you live within the heart of me;
Forever precious, forever young,
My beautiful, darling little ones.*

*Jacquelyn M. Comeaux
In Memory of my angels, Michelle, Jerry and Danny*

Monthly Meetings

Thursday, January 5

Thursday, February 2

Thursday, March 2

6:30 PM

St. Paul's United Methodist Church

1901 Lexington Ave.

Enter through the back parking lot off Milton St.

Visit the Sibling Resources Page at www.compassionatefriends.org

National Office; PO Box 3696; Oak Brook, IL 60522-3696
phone ~ 630-990-0010 toll free ~ 877-969-0010 fax ~ 630-990-0246
www.compassionatefriends.org

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.

Email tcfsiblingrep@compassionatefriends.org for the password

IT'S A FAMILY AFFAIR

When a child dies, grief is a family affair. It hits mom, dad, and siblings with equal despair. Mom cries and cannot get out of bed. Dad holds in emotions and leaves much unsaid. Sister and Brother simply cannot understand why death came and dealt this kind of hand. No one acts as they should and nothing is the same. The family wants to draw together but seems to only share pain. Someone must be responsible when a child dies. Each family member thinks in some way it's them, and cries.

But no one is responsible for things we cannot control. So reach out to each other and keep the family whole.

Don't let the differences in how each grieve change the love in your family or its belief. Be strong when you can and weak when you must, and love each other with kindness and trust. So treat the family with love and you will survive. For we who have been there and made it through together can say that holding on to each other makes love last forever.

Jackie Roxen
TCF Broward FL

WHY CAN'T I LET GO

You were always my hero.
I always wanted to be like you.
You were my younger brother,
Still, I always looked up to you.

You were always there for me,
Even when things were at their worst.
You helped me through my hardest trials,
And we always made it through.

Now as I sit here, writing these words,
Remembering you and times gone by, I'm
Trying to say good-bye.

Nineteen years are just too many,
To just let you go,
I can't believe you're gone, you died,
And left me here alone.

Some days I'm fine, some days I'm low,
But most days, I just miss you so.
It was you and me,
But now, what do I do?

Each night I ask why?
Why I'm so angry?
Why I can't cry?

Why I can't let you go?



I know we'll see each other again,
But the years seem so long.
I long for the day I'll see you again.
Waiting for me with open arms.

Brother, I love you and miss you so.
But now I need you most.
This time in my life is oh so hard,
I just can't let you go.

Stephen Welch
TCF St Louis, MO

MY THOUGHTS OF YOU

Another holiday without you
Another wedding without you
Another birthday without you
Another graduation without you

I miss your goofy laugh
I miss your temper tantrums
I miss your punches in my arm

So I will remember
Our good and bad times
And share them with others
So that I can keep you
Alive in my heart.

DeAnne Krouse
TCF Putnam County

DON'T STEAL MY GRIEF

Don't try to make me feel better,
By quipping your cute jokes.

Don't try to rob me of my pain,
When I need it as my cloak.

I know you probably think,
You're doing me a favor,
But what you don't understand,
Is that my sadness is my savior.

Don't try to steal my right,
To express my grief in my own way.

You see, I lost my child,
And grief is the price that I must pay.

I need to feel the hurt and pain,
As it beats inside my chest.

Don't try to steal my grief,
When it's the only feeling I have left.

Faye McCord
TCF Jackson, MS
In Memory of my son, Lane McCord

NOW I KNOW...

I never knew, when you lost your child,
What you were going through.
I wasn't there, I stayed away,
I just deserted you.

I didn't know the words to say,
I didn't know the things to do.
I think your pain so frightened me,
I didn't know how to comfort you.

And then one day my child died.
You were the first one there.
You quietly stayed by my side,
Listened, and held me as I cried.

You didn't leave, you didn't go.
The lesson learned is...
NOW I KNOW!

Alice Kerr
TCF Lower Bucks, PA

FOR THE NEW YEAR

Where there is pain,
Let there be softening.

Where there is bitterness,
Let there be acceptance.

Where there is silence,
Let there be communication.

Where there is loneliness,
Let there be friendships.

Where there is despair,
Let there be hope.

Ruth Eiseman
TCF Louisville KY

VALENTINE'S IN HEAVEN

Are there Valentines in Heaven?
Are there Red Hearts everywhere?
Do they line the golden streets,
Or is that very rare?
I wish that I could send you one,
Right through Heaven's Gate,
To say how much we miss you,
On this special date.
I'd like to send a Candy Heart,
That is printed, "I Luv U,"
And maybe you would whisper back,
"I know, I Luv U too".

Marilyn Rollins
TCF Lake-Porter, IN
For All Our Children

Chapter co-leaders

Marilyn & French Smith
Luann & James Butler

Steering Committee

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



THE MAGIC LIGHT OF DAY

Often, when I think of you it's in the morning light. Or other times, I find that it is in the soft twilight. Somehow in those early hours or in the dusk of day – I feel our connection soundly, from your place so far away.

There's something very special about soft and dim sunlight that lets me know you're by my side and everything's alright. Not many would believe it's true, for heaven is far away. But all I know is – there you are, with me every day. You walk with me and comfort me, and somehow let me know. You'll guide the way along my life and meet me when I go.

Kathie Winkler
TCF Middleburg Heights OH



THOUGHT FROM A PARENT WHO LOST AN OLDER CHILD

Perhaps I had my child longer than you had yours, but thirty-eight years does not seem long. Perhaps there are more memories to hold in my heart, but I know yours are just as dear to you as mine are to me, even if your memories are memories of only one or two days. Your dreams for your child are gone. So are mine. Never did I imagine that I would have to deal with my child's death instead of him having to deal with mine. In thirty-eight years there was time to give me a legacy of three grandchildren. This is a very special blessing and one that I do not take for granted. My mission is to sustain the relationship with my three granddaughters who now live three thousand miles away from me.

My child died from a terminal illness that is not one of the "acceptable" diseases. My child died of alcohol and drug addiction. The tools for remission of this disease are placed in the hands of the person who has the disease. Even with the help of four treatment centers, the recovery was not to be. One day at a time, my recovery is taking place. The pain, after two and one half years, has gone to a place where it can be tolerated.

My story and my age may be different from yours, but the bottom line is the same: my child has gone to a place where I cannot go, and I miss him so much. The pain of grief is still there, but I am living life one-day-at-a-time, enriched because my son came through my body into my life.

Helen Godwin
TCF Orange Park, Jacksonville, FL



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 JANUARY BIRTHDAYS

<u>Child</u>		<u>Parent(s)</u>
Eddie Foreman	01/03/60	Jimmie Sue Reeves
Brandi Spradlin	01/05/78	Rita & Terry Colegate
David Dayton	01/06/81	Pat Dayton
Paul Johnston	01/06/06	Gloria & Paul Johnston
Tricia Smith	01/08/74	Brenda & Randy Smith
Stephen Smith	01/08/76	Marilyn & French Smith
Cody Allen	01/12/92	Regina Kenney
Bryan Gibbens	01/12/75	Dianne & Mike Gibbens
Mario Lambert	01/15/10	Helma Lambert
Amanda Maxwell	01/17/86	Angie Maxwell
Mickey Loffin	01/18/71	Katye Loffin
Hope Johnson	01/18/94	Fran Johnson
Kimball James	01/24/71	Betty Jean & Johnny James
Stephen Sivils	01/25/77	Veda Sivils
Norman Craig	01/28/64	Pat Craig
Maaliyah Fletcher	01/30/02	Jeanette Fletcher

OUR CHILDREN'S JANUARY ANNIVERSARIES

<u>Child</u>		<u>Parent(s)</u>
David Dayton	01/02/02	Pat Dayton
Kelly O'Neal	01/03/09	Nancy Oliver
David Moore	01/06/84	Barbara Moore
Scottie McLarrin	01/09/99	Mary McLarrin
Jackson Kennedy	01/11/02	Jonann Layton
Trent Weaver	01/11/13	Donna VanVeckhoven
Benjamin Box	01/13/06	Erlene & Jack Box
Janey Kight	01/20/83	Sandra Casteel
Bryan Gibbens	01/21/75	Dianne & Mike Gibbens
Richard Bryan	01/25/02	Linda & James Bryan
Teresa Gentry	01/25/06	Lynn Walters
Fred Page	01/26/98	Charlotte Colquette
Carl Alexander	01/26/04	Valerie & Billy Matejowsky
Dominique Bruscato	01/26/88	Gene Bruscato
Chris Travis	01/26/13	Gloria & Kenneth Travis
Caroline Cole	01/30/88	Ann & Henry Cole
Lauren Lang	01/31/16	Lisa Lang

OUR CHILDREN'S FEBRUARY BIRTHDAYS

<u>Child</u>		<u>Parent(s)</u>
Leigh Ann White	02/02/82	Janet & Ken White
Cecilia Mouser	02/04/59	Kathryn Hutchinson
Matt Mouser	02/05/53	Kathryn Hutchinson
Corey Washington	02/14/69	Gracie Washington
Jacob Causey	02/21/89	Christy Causey
Courtney Cole	02/25/65	Ann & Henry Cole

OUR CHILDREN'S FEBRUARY ANNIVERSARIES

<u>Child</u>		<u>Parent(s)</u>
Jacob Causey	02/01/12	Christy Causey
Deborah Smith	02/01/11	Mary & Buddy Smith
Ryan Clark	02/04/04	Linda Clark
Walker Dayton	02/04/09	Vickie & Ed Dayton
Cecilia Mouser	02/04/59	Kathryn Hutchinson
Tricia Smith	02/05/06	Brenda & Randy Smith
Thomas Stephens	02/05/11	Susan & Gray Stephens
Greg Dennis	02/06/05	Camille Dennis
Bobby Starnes, Sr.	02/11/94	Edwina Starnes
Eddie Foreman	02/15/99	Jimmie Sue Reeves
Jayden Ward	02/23/14	Alicia Hill
Curtis Thigpen	02/26/04	Mary Jo & Art Thigpen
Cedrick Hotard	02/28/07	Sharon & Stephen Hotard
Adam McKenzie	02/28/03	Cheryl & Jerome McKenzie

OUR CHILDREN'S MARCH BIRTHDAYS

<u>Child</u>		<u>Parent(s)</u>
Allison Butler	03/03/88	LuAnn & James Butler
Kaye Shields	03/04/62	Lila & R.L. Hargrove
Tyrone Edwards	03/10/81	Sheila Edwards
Greg Gilstrap	03/12/70	Jean Gilstrap
Hope Bruscato	03/24/72	Gene Bruscato
Ryan Clark	03/24/74	Linda Clark
Ben Caldwell	03/26/83	Emily & Douglas Caldwell
Jon Bowman	03/27/85	Jill Puckett
Danny Washington	03/27/92	Dorothy Washington
Michael Johns	03/28/75	Nell Book
Ryan Simon	03/31/81	Sandra & Rene' Simon

OUR CHILDREN'S MARCH ANNIVERSARIES

<u>Child</u>		<u>Parent(s)</u>
Mickey Chambers	03/04/11	Merrell & Mike Chambers
Jeremy Barnhill	03/08/02	Kathi & Terry Barnhill
Donald Acree	03/10/10	Fran Acree
Brian Gregory	03/10/98	Frances & Jim Gregory
CW2 Bryan Henderson	03/11/13	Kim Bryan Henderson
Duston Albritton	03/14/98	Linda & Ronnie Albritton
Raymond Scott	03/16/12	Pam Lavender
Maaliyah Fletcher	03/20/06	Jeanette Fletcher
Brandi Spradlin	03/22/98	Rita & Terry Colegate
Danny Washington	03/26/12	Dorothy Washington
Michele Perry	03/29/72	Clara & Don Perry
Ryan Simon	03/29/13	Sandra & Rene' Simon
Tyrone Edwards	03/30/02	Sheila Edwards
Kimball James	03/31/01	Betty Jean & Johnny James

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