



The Compassionate Friends of Northeast Louisiana

Supporting Family After a Child Dies

Jul / Aug / Sep 2014

REMEMBERING

Go ahead and mention my child
The one that died,
You know Don't worry about hurting me further
The depth of my pain doesn't show

Don't worry about making me cry
I'm already crying inside
Help me to heal by releasing
The tears that I try to hide.

I'm hurt when you just keep silent
Pretending it doesn't exist
I'd rather you'd mention my child
Knowing that he has been missed.

You asked me how I'm doing.
I say "Pretty good" or "fine"
But healing is something on-going
I feel it will take a lifetime.

Elizabeth Dent

LOVE TEARS

Love Tears:
Come when you least expect them
You may need only a handkerchief, or a small
towel
They make good and bad memories flow
They release pain and grief
They help heal your heart!

Love Tears:
Let your loved ones know they are not forgotten
Make you smile through waterfalls
Let you know it will be all right
They help heal the heart!

Love tears:

Let friends listen and console
Let others know you care
Bring relief to the soul
Cleanse away the guilt and regrets
They help heal the heart!



Love Tears come as often or as little as you
like and help heal the heart!

Virginia Vincent
Monroe, Louisiana

COOKBOOK

Remember to submit your recipes online at
www.typensave.com by August 20, 2014 for our
cookbook titled 'A Taste of Memories'.

User name: wichitabutler
Password: broil918

Let's make our cookbook a success! Submit 3-5 of
your favorite recipes!

If you do not have internet access, submit hardcopies
of your recipes to:

James Butler
148 Wheeler Road
Monroe, LA 71203

Monthly Meetings

**Due to the Fourth of July holiday, we will not have
our regular monthly meeting in July.**

Thursday, August 7

Thursday, September 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.

Visit the Sibling Resources Page at www.compassionatefriends.org
Email tcsiblingrep@compassionatefriends.org for the password

#1 BROTHER

I've been wanting to write these words for
so long
But found it hard to say what I was feeling.

Besides loneliness and feelings of forlorn,
There's this missing piece in my life,
A space in my heart
That I know time can never heal.

Some days when I'm thinking of you
A smile comes easy.
Other days, like today,
It's my tears that fall like the rain.

I'm missing you so much, big brother.
I look for you in the face of a crowd.
I search to find resemblance anywhere, in anyone,
Hoping that seeing that slight
Resemblance will numb the pain

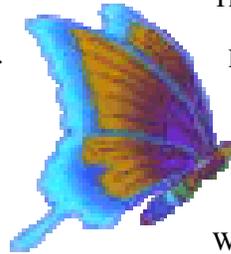
At least for a while,
Maybe take a way the ache in my heart
And put that smile back on my face.

I know you're watching out for me,
And I know you're with me.
And until the day when we are with each other,
I'll have to learn to live with the memories
And continue to search for your face
In the crowd.

Suzanne Hemenway
TCF Montgomery

A WISH

I wish upon a rainbow
In every single dream,
And hope with my entire heart
You will be here again.



I wish upon its colors
That together we will be,

For you are my brother
And I want you here with me.

It's the way the color blends
That gets my hopes so high.
I know you didn't mean it
When you left without a good-bye.

We didn't understand your feelings
Or how sad you were inside.
You drank until it killed you
And your friend right by your side.

If only the world could be a rainbow
Maybe they would see,
But even though you're gone
You're forever a part of me.

Chasitie Sharp, Sibling
TCF Marion, OH

I Did Not Die
Do not stand at my grave and weep;
I am not there. I do not sleep.
I am a thousand winds that blow.
I am the diamond glints on snow.
I am the sunlight on ripened grain.
I am the gentle autumn's rain,
When you awaken in the morning's hush,
I am the swift uplifting rush
Of quiet birds in circled flight.
I am the soft stars that shine at night.
Do not stand at my grave and cry;
I am not there. I did not die.

- Anonymous

IN THIS PLACE

Brave hearts, you are here. You have traveled a dreadful distance. You have come, seeking solace, understanding, hope, threads to patch what death's so cruelly undone.

In this place you can relax and breathe . . . the coats of others' expectations taken off. Walk into these few hours as into an oasis where draughts of love and memories can be quaffed.

In this place all names can be spoken; in this place each one's story may be told. We will not be discouraged by your sorrow; in this place ALL feelings, we enfold.

Here laughter does not mean we are forgetting; we do not count how many tears are shed. Both fuel us, fellow travelers, give us courage, for the long and winding road that is ahead.

And those we love are pleased we are together. They smile down on us, and bless this day, glad for every tiny step we're taking and send their light to guide us on our way.

Traveling with us as we journey onward, sending strength for what the miles may bring, they are a part of everything we do that matters - in every dance we dance, and every song we sing.

Genesse Bourdeau Gentry
from *Catching the Light - Coming Back to Life after the Death of a Child*
Written for TCF Meeting or Conference First Timers

WHERE DO I GO?

Now that you're gone, where do I go
to see your fair smile
to hear your tingling giggle
to smell your dank hair after a swim
to listen to your questions
to touch your gentle cheek
to feel your bear hug?



Where do I go
to share all my years of wisdom
to find someone who'll tell me truth
to answer the phone that won't ring
to tell you I'm sorry
to know that I am loved and
to pour out my love and my tears?

I shall go
to the pictures that hold you forever
to the books we shared
to the music you taught me to love
to the woods we explored as one
to the memories that never fail
to the innermost reaches of my heart
to where we are always together.

Marcia Alig
TCF Mercer Area Chapter, New Jersey

*I cannot know the pain you feel.
I cannot share your memories or your loss.
My words of sympathy are beneath measure, yet
know that my heart reaches out with love to your
heart.*

- Jonathan Lockwood Huie

Chapter co-leaders
Marilyn & French Smith
Steering Committee
Henry Cole, Facilitator
Johnny James, Treasurer
Dianne & Frank Bruscato, Library
Frances & Jim Gregory, Outreach
Maggy & John Dobbs, Outreach
Luann & James Butler, Outreach
Ann Cole, Outreach
Betty Jean James, Outreach & Hospitality
Julie & Danny Petty, Newsletter

THE DEFINITION OF COMPASSION IS: TO SUFFER WITH WE ARE THE COMPASSIONATE FRIENDS — WE ARE SURVIVORS

The saving grace of our loss is that hardships are an opportunity for growth. We must be strong to handle grief, and in the end, grief brings out strengths we never knew we had. To experience and embrace the pain of loss is just as much a part of life as to experience the joy of love. This is not the end—merely the ending of things as they were. All changes involve loss, just as all losses require change. Being exposed to this pain brings us to a new level of sophistication, and from that point on we can never return to our original innocence. Peace lies at the center of our pain.

Denial is a safe place where we might find ourselves after the death of our child. This denial gives you moments away from your pain. It is nature's way of letting in only as much as we can handle. This serves as a bandage. Survivors create a healthy and timely defense system which they shed by bits and pieces. As you become stronger you begin to face feelings you were denying.

Anger is another indication of the intensity of your love. Anger can be healthy as it affirms you can feel, that you did love and that you have lost. This anger is proof that you are moving because it will surface once you feel safe enough to know you will probably survive. It can also be used as an anchor, giving temporary structure to the nothingness of loss.

Depression during grief is a way for nature to keep us protected by shutting down the nervous system so that we can adapt to something we feel we cannot handle. As difficult as it is to endure, depression has elements that can be helpful in grief. It slows us down and allows us to take real stock of the loss. It makes us rebuild ourselves from the ground up. It clears our mind for growth. It takes us to a deeper place in our soul that we would not normally explore.

Acceptance is where we find ourselves when instead of denying our feelings, we begin to listen to our needs; we move, we change, we grow, we evolve. We may start to reach out to others and become involved in their lives. We begin to re-invest in friendships and in our relationship with ourselves. We slowly begin to live again, but we cannot do so until we have given grief its time. In a strange way, as we move through grief, healing brings us closer to the child we lost. A new relationship begins. Healthy grief has a flow, a natural continuing process, although that flow can include stopping to rest, re-energize, or take stock. This emotional rest gives us the opportunity to touch the pain directly for only so long until we have to back away. This is when distractions are needed. If we did not go back and forth emotionally, we could never have the strength to find peace in our loss. It is our hope that the intense darkness of grief will give way to light as hundreds of thousands of candles spread their flickering flames to light the night as our children are remembered.

Dana Rogers
Mother of Rick Rogers
TCF Galveston Co. Chapter

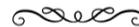


Tears have a wisdom all their own. They come when a person has relaxed enough to let go and to work through his sorrow. They are the natural bleeding of an emotional wound, carrying the poison out of the system. Here lies the road to recovery.

--- F. Alexander Magoun



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 JULY BIRTHDAYS

<u>Child</u>	
Don Shlosman	07/04/78
Michael Stephens	07/06/51
Amiee McIveene	07/07/78
Greg Dennis	07/08/60
Jill Whitaker	07/21/02
Fred Page	07/22/62
Bobby Starnes, Sr.	07/25/56
Scottie McLarrin	07/30/87

<u>Parent(s)</u>
Margie Godwin
Maggie & John Stephens
Rhea & Danny McIveene
Camille Dennis
Cynthia Machen
Gloria Roye
Edwina Starnes
Mary McLarrin

OUR CHILDREN'S JULY ANNIVERSARIES

<u>Child</u>	
Leigh Ann Carlton	07/01/01
Andrew Rinicker	07/03/04
Hunter Carr	07/08/09
Derrick Sadberry	07/15/06
Steven Wisdom	07/15/06
Mike Hayes	07/19/97
Michael Hollier	07/21/09
Chris Culpepper	07/24/93
Allison Butler	07/30/11

<u>Parent(s)</u>
Gail Dupuy
Dale Rinicker
Juanita Carr
Belinda Sadberry
Dee Wisdom
Margaret & George Hayes
Lyn Hollier
Noel Culpepper
LuAnn & James Butler

OUR CHILDREN'S AUGUST BIRTHDAYS

<u>Child</u>	
Heather Greer	08/01/83
Kim Smith	08/02/75
Adam McKenzie	08/04/68
Aaron McKenzie	08/04/68
Curtis Thigpen	08/07/78
Chad Byrd	08/13/79
Shontavious Foster	08/13/87
Robert Harrison	08/15/59
John Bruscato	08/19/74
Michele Perry	08/25/66
Dominique Bruscato	08/28/79
Tytianna Jenkins	08/28/98
Benjamin Box	08/30/63

<u>Parent(s)</u>
Kim & Heath Greer
Jackie Bailey
Cheryl & Jerome McKenzie
Cheryl & Jerome McKenzie
Mary Jo & Art Thigpen
Janice & Randy Byrd
Sarah Foster
Dr. & Mrs. Robert Harrison
Dianne & Frank Bruscato
Don & Clara Perry
Gene Bruscato
Beverly Jenkins
Erlene & Jack Box

OUR CHILDREN'S AUGUST ANNIVERSARIES

<u>Child</u>	
Don Shlosman	08/01/00
Chad Byrd	08/01/05
Hope Johnson	08/02/05
Joel Rundell	08/09/90
Brittany Braxton	08/11/09
Heather Greer	08/13/03
Paul Hayes	08/14/03
Scott Thompson	08/16/03
Stephen Sivils	08/19/03
Jeffrey Carter	08/22/10
Jason Hutts	08/22/99
Brian Perry	08/22/02
Greg Gilstrap	08/24/07
Debbie Pope	08/24/08
Brandon McGehee	08/30/02
Robert Harrison	08/31/06

<u>Parent(s)</u>
Margie Godwin
Janice & Randy Byrd
Fran Johnson
Sharon & Jim Rundell
Ursula Braxton
Kim & Heath Greer
Patty & Paul Hayes
Tammy Thompson
Veda Sivils
Dianne & Tim Carter
Carol & Greg Hutts
Clara & Don Perry
Jean Gilstrap
Jean Hamilton
Teddi & James McGehee
Dr. & Mrs. Robert Harrison

OUR CHILDREN'S SEPTEMBER BIRTHDAYS

<u>Child</u>	
Mario Lambert	09/04/77
Fred Page	09/08/58
Pamela Ford	09/08/74
Leigh Ann Carlton	09/13/83
Anne Barham	09/14/77
Rodney Hubbard	09/15/64
Barry Kirby	09/18/89
Donald Acree	09/20/64
Paul Johnston	09/20/59
Michael Woods	09/20/95
Wesley Canterbury	09/23/84
Jeffrey Carter	09/24/82
Joel Rundell	09/26/65
Kody Spann	09/27/84
Richard Bryan	09/28/79

<u>Parent(s)</u>
Helma Lambert
Charlotte Colquette
Leona Upton
Gail Dupuy
Pat Barham
Claudina Vega
Lisa Kirby/Bridget Kirby
Fran Acree
Gloria & Paul Johnston
China Telano
Dewanna Canterbury
Dianne & Tim Carter
Sharon & Jim Rundell
Cindy Spann
Linda & James Bryan

OUR CHILDREN'S SEPTEMBER ANNIVERSARIES

<u>Child</u>	
Amanda Maxwell	09/01/02
Kenneth Wall	09/06/99
Kaye Shields	09/06/04
Timothy Smith	09/25/76
Aaron McKenzie	09/29/10
Kim Smith	09/29/97

<u>Parent(s)</u>
Angie Maxwell
Beverly & Charles Wall
Lila & R.L. Hargrove
Mary & Buddy Smith
Cheryl & Jerome McKenzie
Jackie Bailey

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