



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

Jul / Aug / Sep 2018

JULY'S CHILD

Fireworks race toward heaven
Brilliant colors in the sky.
Their splendor ends in seconds
On this evening in July.
"Her birthday is this Saturday,"
I whisper with a sigh.
She was born this month,
She loved this month
And she chose this month to die.

Like the bright and beautiful fireworks
Glowing briefly in the dark
They are gone too soon, and so was she
Having been, and left her mark.
A glorious incandescent life,
A catalyst, a spark...
Her being gently lit my path
And softened all things stark.

The July birth, the July death of my happy summer
child
Marked a life too brief that ended
Without rancor, without guile.
Like the fireworks that leave images
On unprotected eyes...
Her lustrous life engraved my heart...
With love that never dies.

Sally Migliaccio,
TCF Babylon, Long Island, NY

A FRIEND

I need a friend to sit with me,
To help me struggle through
The sadness and the anger,
The crying I will do.

I need a friend to sit with me,
To help me work this out,
The guilt and all the anguish,
The times I'll want to shout.

I need a friend to sit with me,
To help me through my pain,
The longing and the emptiness,
The need to speak his name.



Lilly Barstow
TCF Abbotsford, BC, Canada

AS LONG AS I CAN

*As long as I can,
I will look at the world for both of us.
As long as I can,
I will laugh with the bird,
I will sing with flowers,
I will play to the stars,
For both of us.*

*As long as I can,
I will remember how many things
On this earth were your joy.
And I will live as well
As you would want me to live,
As long as I can.*

Sascha

Monthly Meetings

Thursday, July 5

Thursday, August 2

Thursday, September 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

BUTTERFLIES

When we were children, Joe,
You and I were like caterpillars.
We formed ideas, learned our lessons
and wrapped our cocoons.

Then as young adults,
Taking our values, we
emerged
Like butterflies set free.

Never losing Faith
Always remaining patient
We sought the flowers of our
youth.
The golden sun warmed us.

We flew side by side until
You became sick with cancer.
Your soul remained strong.

Your spiritual wings glowed
Of the joys of Heaven.
You flew away with the angels;
As I prayed for the strength to watch you go.

Then I remembered.
You are a Monarch
in the presence of God.

My brother, Joe,
You have become
the most glorious butterfly of all.

Mary Lario
Williamsport, PA

YOU'RE HERE, NOW YOU'RE GONE

You're here.
Now you're gone.
It went just that fast.
Where'd it begin? Where'd it end?

Like a flash of lightning in the sky.
So bright and full of life.
Now gone and full of emptiness.

How'd it start? Why didn't it stop?

No one knows, but everyone cares.
Your spirit is flowing in the air.
You're not here, but you'll never be
gone.
You will always rise with the morning
dawn
You hold my heart
It will never be torn apart.

*by Catherine Ludlow, in memory of her
sister,*

*Cynthia, who died by suicide on June 24, 1993.
Reprinted from Obelisk, Vol. 15, No. 45, a
publication of Catholic Charities LOSS Program,
Chicago, Illinois.*



LIKE THE BUTTERFLY

It fluttered three, above my hand,
It lit upon my finger
Waving glistening wings gently,
It looked at me for timeless moments.

I smiled, reaching deep, and
Finding all those cherished memories
AS it flitted off through the sunlight morn,
I knew we had said hello
Once more.

Leslie Langford, sibling
TCF N Platte, NE

*It is in dying that we are born to eternal
life.*

- St. Francis of Assisi

THE DAYS SEEM LONGER

The days seem longer now,
by far,
Wondering, hoping,
believing where you are.

We talk about your life,
beginning to end
With all who'll listen be it
stranger, family or friend.

The details will vary as we
travel this road,
And our burdens of grief
can be quite a load.

But with the memories of you we will survive,
Even if we often don't feel quite alive.

The time will come when others will ask,
"How do you manage such a terrible task?"

We will often say that you are our guide
Who has helped us make it on this wild ride.

Struggling to make some sense of your death
Has often left us crying and gasping for breath.

Yet we are here and making progress, we feel,
Helping others to know that it is possible to heal.

So, as we manage to get through another day,
It is not as hard but still not an easy way.

The strength we have we owe to you
And we'll see you as soon as we are through.

Dan Gardner
TCF Nashville, TN

MEMORIES

When you need to...
Reach deep inside and take one of your precious
memories.



Wipe away the cobwebs, lay it out in front of you
And let the sunshine and the
sounds engulf you.

Revel in the experience of
it...
Re-live each precious
moment, be overwhelmed by
them
And taste the wonderful
sweet tears that are their gift.

When your needs have been
almost satisfied
Pause for one more second
Then gently fold it back up,
give it a big hug, and a tender

kiss
And return the treasure to where you found it.

Then to make the experience complete,
Find someone special and share the feelings with
them...
For surely something as wonderful as this is meant to
be shared.

Don't be afraid of using them—that's what memories
are for
You will never lose them...
for as certain as the sun will rise tomorrow,
Love once attained is never lost.

Steve
TCF Atlanta Area Chapters

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

BEREAVEMENT GUIDELINES FOR LOSS OF A CHILD

If you think you are going insane,
THAT'S NORMAL

If all you can do is cry,
THAT'S NORMAL

If you have trouble with the most minor decisions,
THAT'S NORMAL

If you can't taste your food or have any semblance of an appetite,
THAT'S NORMAL

If you have feelings of rage, denial and depression,
THAT'S NORMAL

If you find yourself enjoying a funny moment and immediately feeling guilty,
THAT'S NORMAL

If your friends dwindle away and you feel like you
have the plague, **THAT'S NORMAL**

If your blood boils and the hair in your nose curls
when someone tells you "It was God's will,
THAT'S NORMAL

If you can't talk about it,
but can smash dishes, shred old phone books or kick the garbage can (preferably empty) down the lane,
THAT'S NORMAL

If you can share your story,
your feelings with an understanding listener???.another bereaved parent,
THAT'S A BEGINNING

If you can get a glimmer of your child's life rather than his/her death,
THAT'S WONDERFUL

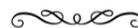
If you can remember your child with a smile,
THAT'S HEALING

If you find your mirrors have become windows and you are able to reach out to other bereaved parents,
THAT'S GROWING

from *CRUISE* - bereavement Counsellors in the UK



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>	
Chris Springfield	07/03/75
Don Shlosman	07/04/78
Michael Stephens	07/06/51
Tonya Hurst	07/06/79
Stacey Gentry Morrison	07/07/83
Amiee McIlveene	07/07/78
Greg Dennis	07/08/60
Jill Whitaker	07/21/02
Fred Page	07/22/62
Bobby Starnes, Sr.	07/25/56
Randy Foote	07/25/75
Scottie McLarrin	07/30/87

OUR CHILDREN'S AUGUST BIRTHDAYS

<u>Child</u>	
Heather Greer	08/01/83
Michelle Putman	08/03/83
Kim Smith	08/02/75
Adam McKenzie	08/04/68
Aaron McKenzie	08/04/68
Lisa Giovingo	08/07/59
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
Tyrianna Jenkins	08/28/98
Benjamin Box	08/30/63

OUR CHILDREN'S SEPTEMBER BIRTHDAYS

<u>Child</u>	
Mario Lambert	09/04/77
Fred Page	09/08/58
Pamela Ford	09/08/74
Holly M. Robertson	09/12/70
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
Jayden Ward	09/21/09
Cole Brooks Hamilton	09/22/95
Wesley Canterbury	09/23/84
Emerson Johnson	09/23/14
Jeffrey Carter	09/24/82
Joel Rundell	09/26/65
Kody Spann	09/27/84
Richard Bryan	09/28/79

<u>Parent(s)</u>
Deborah & Walter Springfield
Margie Godwin
Maggie & John Stephens
Pam Wimbish
Sandy Kendrick
Rhea & Danny McIlveene
Camille Dennis
Cynthia Machen
Gloria Roye
Edwina Starnes
Linda Foote
Mary McLarrin

Parent(s)

Kim & Heath Greer
Gaye Laing
Jackie Bailey
Cheryl & Jerome McKenzie
Cheryl & Jerome McKenzie
Frances Webb
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 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

OUR CHILDREN'S AUGUST ANNIVERSARIES

<u>Child</u>	
Don Shlosman	08/01/00
Chad Byrd	08/01/05
Hope Johnson	08/02/05
Matthew Elliott	08/04/16
Savannah Thornton	08/07/16
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
Jayson C. Crawley	08/20/90
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
Dean Keirseay	08/28/11
Brandon McGehee	08/30/02
Robert Harrison	08/31/06

OUR CHILDREN'S SEPTEMBER ANNIVERSARIES

<u>Child</u>	
Amanda Maxwell	09/01/02
Blade Gilbreath	09/06/15
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>
Gail Dupuy
Dale Rinicker
Juanita Carr
Belinda Sadberry
Dee Wisdom
Margaret & George Hayes
Lyn Hollier
Noel Culpepper
LuAnn & James Butler

Parent(s)

Margie Godwin
Janice & Randy Byrd
Fran Johnson
Guina Elliott
Rhonda & Ronald Thornton
Sharon & Jim Rundell
Ursula Braxton
Kim & Heath Greer
Patty & Paul Hayes
Tammy Thompson
Veda Sivils
Ruby Crawley
Dianne & Tim Carter
Carol & Greg Hutts
Clara & Don Perry
Jean Gilstrap
Jean Hamilton
Shirley Porter
Teddi & James McGehee
Dr. & Mrs. Robert Harrison

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