



THE COMPASSIONATE FRIENDS

NORTHEAST LOUISIANA CHAPTER

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OCTOBER / NOVEMBER / DECEMBER 2009

NATIVE AMERICAN PRAYER

I give you this one thought to keep —
I am with you still
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 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 think of me as gone
I am with you still in each new
dawn.

ONLY DECEMBER

Feelings heavy, tears and tears.
Will the darkness last?
Or is it only December?

Hadn't past months brought peace and hope?
Where is the strength of October and November?

Lights, carols, ornaments on trees,
cards from friends, happy times in seasons past.
We remember.

Will January bring light at last?
Will we be stronger then, for making it through this
December?

When people ask how I'm doing I say,
Well, you know, it's December.

Genesse Bourdeau Gentry

A mother nurtures every child
Her hopes to see them grown
To make a good life for them self
With sweet children of their own

When fate has torn this dream to shreds
A heavy heart a mother bears
Only the echos of that beloved voice
Linger in her ears

Nellie Hancock
TCF Northeast LA



*The tide recedes but leaves behind
bright seashells on the sand,*

*The sun goes down, but gentle
warmth still lingers on the land,*

*The music stops, and yet it echoes
on in sweet refrains,*

*For every joy that passes,
something beautiful remains.*

Monthly Meetings

Thursday, October 1

Thursday, November 5

**Due to the Candle Lighting Ceremony to be held
Sunday, December 13 we will not have our regular
monthly meeting in December.**

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 tcfsiblingrep@compassionatefriends.org for the password

GIFTS I WOULD LEAVE FOR YOU

The gifts I would leave beneath your tree
Aren't those you could touch or see.

Not wrapped in Christmas tissue gay
But a gift of life to live each day.

The gift of love, warm and true
And health your whole life through.

Smiles, and happiness, and cheer
To keep us happy through the year.

These are the gifts I'd leave for you.
Though I know your life is through

Even if my heart has no song
I feel you here to guide me on.

Jeffrey E. Meredith
Twin brother of Scott Meredith

MY SISTER, MY FRIEND

Within our hearts
You will always be.
Our minds will be filled
With sweet memories.

Your spirit and love
Will never be gone
For each life you touched
Will carry them on.

Catherine Hall
TCF Hinsdale, IL

TO MY BROTHER

Wherever we look,
You are there.
You are the light
On the water.
You are the blossom
On the tree.
You are a thought,
And you are a feeling.
Wherever we are,
You are.

Martha Dubinsky
TCF Chappaqua, NY



One whose sister or brother has died has a special view of this loss.

There is the loss itself, hard enough to bear, and often no one inquires how a bereaved sibling is doing with the grief. And as I've heard one sibling put it, "I lost my brother, and my parents are so changed that I feel as if I lost them too." Much is changed within our surviving family. Many of us have found the company of other bereaved siblings to be very valuable, a group of listeners who truly and fully understand.

Charley Kopp
Contra Costa TCF Sibling Member

DEATH IS NOTHING AT ALL

Death is nothing at all,
I have only slipped away
into the next room.

I am I,
and you are you;
whatever we were to each other,
that, we still are.

Call me by my old familiar name,
speak to me in the easy way
which you always used,
put no difference in your tone,
wear no forced air
of solemnity or sorrow.

Laugh as we always laughed
at the little jokes we shared together.
Let my name ever be
the household word that it always was.
Let it be spoken without effect,
without the trace of a shadow on it.

Life means all
that it ever meant.
It is the same as it ever was.
There is unbroken continuity.

Why should I be out of mind
because I am out of sight?

I am waiting for you,
for an interval,
somewhere very near,
just around the corner.

All is well.

Henry Scott Holland
1847 -1918

*Submitted by: Andy Barham
TCF Northeast LA*

TCF LIBRARY

This is the time to inventory our TCF library. Please bring all books you have checked out to the next meeting, October 1, so that we can take inventory. If you cannot attend, please contact the librarians to arrange to return the books. Your cooperation is greatly appreciated.

Dianne and Frank Bruscato
Librarians
318-387-2485



IF TEARS COULD

If tears could build a stairway
And memories were a lane,
I would walk right up to heaven
To bring you home again.

No farewell words were spoken.
No time to say good-bye.
You were gone before we knew it,
And only God knows why.

My heart still aches in sadness
And secret tears still flow.
What it meant to lose you,
No one will ever know

Author Unknown

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

SOME SUGGESTIONS FOR THANKSGIVING

Through our lives – expectations of things to come are based upon past experiences. If, in the past you had set a glorious table and were the perfect host or hostess it is very possible that friends and family will expect more of the same this year. They may not be aware that you are not looking toward the holidays with a fun and games attitude. They are probably thinking that this year will be different and some sadness will accompany it, but I don't think that they are aware of your anguish, especially if it's been "awhile." I would like to suggest to you that in fairness to yourself you need to be honest about your feelings and, just as important, you need to communicate these feelings to those around you. I really don't think that it is necessary for you to believe that because you set a tradition, and always made the turkey, and always had the family over, you need to feel obligated to do it again this year. Perhaps you would like to tell everyone that:

- Someone else will have to make the dinner this year.
- You want to make dinner in your home but you need lots of help because you don't have the energy to do it alone.
- You want to go to the parties but are afraid that you may break down and cry and you want them to know in advance that this is really okay.
- You want to tell them that it's okay to talk about your child, 'not to' makes it very uncomfortable.

The list goes on, but the point is that to pretend that everything is "just fine" is a lie, and that's not fair to you or to the people who love you.

Diane Zamkoff
TCF Simi Valley, CA

THE COMPASSIONATE FRIENDS

Northeast Louisiana Chapter

CANDLE LIGHTING CEREMONY

*Join with us as we honor the
memories of our children.*

In loving memory of our children who are no longer with us, The Compassionate Friends of Northeast Louisiana extends an invitation for you, your family, and friends to join us for our annual Candle Lighting Ceremony.



**When: Sunday, December 13, 2009
at 6:30 pm**

**Location: Grace Episcopal Church
1400 North 4th St. at the corner of
Glenmore Ave.**

We do this . . . that their light may always shine!



The Compassionate Friends Worldwide Candle Lighting® is held every year on the second Sunday in December at 7pm for one hour local time in each time zone around the globe – a 24-hour wave of light in memory of all children who have died.

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 OCTOBER BIRTHDAYS

<u>Child</u>		<u>Parent(s)</u>
Martha Mikel	10/05/53	Ruth Mikel
Martha Husmann	10/09/52	Betty & Harry Stone
Lance Thomas	10/13/87	Connie & Danny Thomas
Jeremy Barnhill	10/15/84	Kathi & Terry Barnhill
John Dobbs	10/23/89	Maggy & John Dobbs
Kenneth Wall	10/26/59	Beverly & Charles Wall

OUR CHILDREN'S OCTOBER ANNIVERSARIES

<u>Child</u>		<u>Parent(s)</u>
Travis Lowery	10/03/94	Joyce & Dale Lowery
John Bruscato	10/05/96	Dianne & Frank Bruscato
Jake Raborn	10/05/06	Staci & Don Raborn
Jon Bowman	10/09/06	Jill Puckett
Corey Washington	10/18/07	Gracie Washington
Wendy Williams	10/19/99	Nell Williams
Dana Sallis	10/21/99	Joanna Sallis
Stephen Dupuy	10/22/05	Polly & Butch Dupuy
Aimee McIveene	10/26/01	Rhea & Danny McIveene

OUR CHILDREN'S NOVEMBER BIRTHDAYS

<u>Child</u>		<u>Parent(s)</u>
Joe Block Barham	11/06/78	Janie & Andy Barham
Dawn Rose	11/13/79	Debbie & Danny Upshaw
Teresa Gentry	11/18/55	Lynn & Jim Walters
Steven Wisdom	11/20/48	Dee Wisdom
Justin Walker	11/22/85	Beverly Walker
Dustin Allbritton	11/22/78	Linda & Ronnie Allbritton
Corey Hayman	11/23/77	Linda & William Hayman
Brandon Dempsey	11/25/76	Belinda Enterkin
Clifton Scarborough	11/30/87	Tina Scarborough

OUR CHILDREN'S NOVEMBER ANNIVERSARIES

<u>Child</u>		<u>Parent(s)</u>
Dylan Smith	11/05/05	Joan Taylor
Stephen Smith	11/07/99	Marilyn & French Smith
Jason Farrell	11/08/02	Sandra Garrett
Bo Best	11/09/07	Charlene & Steve Best
Joe Block Barham	11/19/03	Janie & Andy Barham
Sean Hanemann	11/28/06	Susan Tingle

OUR CHILDREN'S DECEMBER BIRTHDAYS

<u>Child</u>		<u>Parent(s)</u>
Mica Lightsey	12/02/84	Karen & Larry McAdams
Stuart Morse	12/07/79	Tammy & James Morse
Wendy Williams	12/12/57	Nell Williams
Brandon McGehee	12/16/77	Teddi & James McGehee
Car Alexander	12/18/63	Valerie & Billy Matejowsky
Brian Perry	12/25/72	Clara & Don Perry
Beth Ann Smith	12/26/86	Judy & Randy Smith
Krista Corrent	12/28/64	Anna Ruth Hill
Cedrick Hotard	12/31/74	Sharon & Steven Hotard
Jake Raborn	12/31/01	Staci & Don Raborn
Michael Griggs	12/31/06	Michelle Murphy

OUR CHILDREN'S DECEMBER ANNIVERSARIES

<u>Child</u>		<u>Parent(s)</u>
Mica Lightsey	12/09/06	Karen & Larry McAdams
Justin Walker	12/09/08	Beverly Walker
Kelly Chapman	12/12/03	Judy & Bennie Chapman
Norman Craig	12/28/02	Pat Craig
Seth Lowery	12/31/05	Joyce & Dale Lowery

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.

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Northeast Louisiana Chapter
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Return Service Requested