



THE COMPASSIONATE FRIENDS

NORTHEAST LOUISIANA CHAPTER

Phone: 318.388.1660
Fax: 318.388.2368
Web: www.tcfnortheastla.org
Email: tcfnortheastla@aol.com

OCTOBER / NOVEMBER / DECEMBER 2010

THE BIRTHDAY TABLE

No rustling tissue paper scattered ribbons or burst balloons;
no shouts of Happy Birthday break the silence in this room

Nonetheless, a birthday has rolled round again though the beloved children who reveled in the cheer;
no longer blow the candles out at the turning of the year.

Loving hands may bring a photograph of that precious life to share;
and place it on the birthday table with utmost tenderness and care.

For though the world may not recall the laughter or the joy;
we reassure every memory of our birthday girls and boys.

Frankie Wilford
TCF Carrollton-Farmers Branch, TX

FEELINGS

We feel sad,
For what we have lost.

We feel happy,
For what we have had.

We feel poor,
For the empty spaces.

We feel rich,
For we have each other.

We will cry,
For what we can't have.

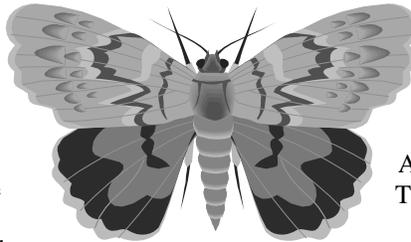
We will laugh,
For our memories abound.

We will hurt,
For the love we can't give.

We will rejoice,
For the love we have received.

We will be restless,
For our lives are not whole.

We will be peaceful,
For we know it is not forever.



Annette Hamilton
TCF Prince George, BC

"People will forget what you said, people will forget what you did, but people will never forget how you made them feel." —*Maya Angelou*

Monthly Meetings

Thursday, October 7

Thursday, November 4

Due to the Candle Lighting Ceremony to be held Sunday, December 12 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 tcsiblingrep@compassionatefriends.org for the password

MY SISTER

Not long ago
In fact, just the other day.
I saw a young girl
Who looked my way.

I glanced several times
As she stood by my side.
It sent cold chills
Up and down my spine.

Her eyes just like yours
Danced and sparkled in the light.
Bold and fearless they showed
No evidence of fright.

Her smile was friendly.
Anybody could see
She was a special friend
Like you used to be.

As I watched her leave
Dragging her feet and shuffling away
I could remember when
You walked the same way.

This was a special
And extraordinary day.
When out of the blue
This girl came my way.

Once again I was reminded
Of the never-ending sorrow
That is with me today
And every tomorrow.

I wish I could tell the driver
That chose to drive drunk that day,
The pain, sorrow, and anguish
That never goes away.

Although I try to remember
You're in a place far better than I
Still there's so many things to tell you.
Most of all...
"I love you and goodbye."



Lori Zimmer
MADDvocate
Summer 1992

SHE'S HERE...BUT NOT

She's here
but she's there.

She's with us,
but she's not.

She's right
around the bend,

But then
she's gone again.

She's far away
but so near.

It's like she's gone
but here again.

Stacy Sharp,
TCF Defiance, OH

THANKSGIVING THOUGHTS

I remember the first Thanksgiving after Tony was killed. I didn't know how we could possibly get through that dinner, with an empty chair. The solution that occurred to me was to fill it with someone else – several someones. Grandpa came to spend the week, a newly widowed friend came for dinner, and so did her young nephew and his bride who had just moved to town. They brought the salad. And we were thankful for each other, for the love among us and for the memories.

If this will be your first Thanksgiving, do something different. The pattern of your life has been broken, break it some more. Have dinner at a different place or with different people. Go away for the weekend. Be kind to yourself. You do not have it all but you do have something.

Ronnie Peterson
TCF Star Lake, NY



I GOT THROUGH THIS CHRISTMAS HOLIDAY

I got through this Christmas holiday
The very first of its kind.
It was without a dear loved one
Whose memory was on my mind.

I got through this Christmas holiday
I shed a few tears.
I was surrounded by loved ones
Who chuckled and cheered.

I got through this Christmas holiday
Much to my surprise.
Anticipation wore heavy on me
I was glad I have good family ties.

I got through the Christmas holiday
The Anniversary is to come.
I know I'll rise to the occasion
My heart beats the drum.

Lisa McCausland
TCF SWMB

PEACE OF MIND

Running stream,
Seemingly endless
You flow past me,
Cleansing rocks
Providing sustenance,
For hidden trout
As I watch your enduring strength,
You quiet my soul
Helping me find,
Peace of mind.

Norma Grove
TCF Tucson, AZ

*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 ever spoken,
no time to say goodbye,
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.*

"All who have been touched by beauty are touched
by sorrow at its passing."
—*Louise Cordana*

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

CHRISTMAS THOUGHTS

Beyond the twinkling lights, the red and green candles, the poignant aroma of evergreen...Beyond the Christmas trees, the angels, and stars and beloved carols...Beyond the presents, the shopping, the baking and cooking...Beyond all of these sights and sounds of Christmas...Beyond all of these...there is hope.

Hope...It is hope that sustains us though the days of grief and anger and frustration and loneliness.

The hope that someday the pain of the deaths of our children will be eased. The hope is that someday our smiles will be real. The hope is that once again we will laugh and love and cry completely without fear and hollowness.

It is the hope that someday we can remember our children with a tenderness merely tinged with sorrow and not overwhelmed with it.

So it is that for each of you I would wish hope, peace, compassion, love, sympathy, understanding, sharing, and listening.

In the sharing of our grief with one another and in the emotional support we give to one another, we receive and learn of all of these gifts.

TCF Wabash Valley Chapter

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 12, 2010
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
Stephen Dupuy	10/22/05	Polly & Butch Dupuy
Aimee McIlveene	10/26/01	Rhea & Danny McIlveene

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
Daniel Wilkerson	11/12/09	Dale Wilkerson
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
Carl Alexander	12/18/63	Valerie & Billy Matejowsky
Joyce Ann Powell	12/22/85	Cynde Dubois
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

OUR CHILDREN'S DECEMBER ANNIVERSARIES

<u>Child</u>		<u>Parent(s)</u>
Josh Sumrall	12/02/08	Chasity Sumrall
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
Emilie Posey	12/31/00	Kathy & Mark Posey

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