



The Compassionate Friends of Northeast Louisiana

Supporting Family After a Child Dies

Oct / Nov / Dec 2013

OCTOBER MEMORIES

October's here, the air is bright,
The leaves decked out in fancy dress,
The clouds in shapes of animals
Hang in the sky so blue.
This was our favorite time of year,
Your favorite.
You'd come in, cheeks glowing, eyes
sparkling,
Smelling of the leaves you'd jumped
through.
As a child and even after you grew up.
Our time, but now only my time.
Time to dream dreams that won't be.
Time to wish wishes that won't come
true.
Time to remember and treasure each day
We had together.
Time to recall and lovingly remember,
Time for those precious October memories.

TCF Northfield, NJ

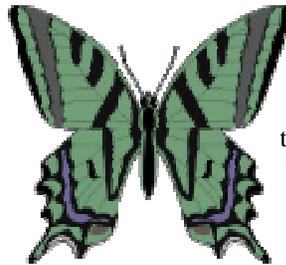
AFTER OCTOBER

And if there be a perfect month, for me, it is
October...
with days and nights like laughing fauns, with
mornings bright and sober.

When wind will dance in sudden glee to do the
autumn-sweeping
or cloud and fog and wistful rain can move a heart to
weeping.

And in October you were born, four days before
November...
and four years later you were gone, my little son, my
only son, I love you. and remember.

Sacha



THANKSGIVING ISN'T WHAT IT ONCE WAS

We realize it is so hard for some of us to be Thankful
for anything when our child has died. But we hope
we can all say a prayer of Thanks for the very
precious time we were allotted to spend with our
child because it was the most important time of our
lives. Their lives here, gave our lives
meaning. If we had not had them at all, we
would not have known the true joy of living.
They were a precious gift from Heaven, and
they had so much to give and blessed our lives.
The love between parents and children just goes
on and on. **THEY TAUGHT US THAT!** So let
us lift up our eyes and our hearts and say
THANK YOU this Thanksgiving!

Lee and Verna Smith
TCF Fort Worth, TX

DAYS OF THANKS

In a year when much was given, much was taken,
too.
So we pause and give our thanks for what now is.
Think, too, of what once was,
And we are grateful for the threads of lives gone by
Threads that enrich the fabric of this, the life we
know.

Lois Wyse

Monthly Meetings

Thursday, October 3

Thursday, November 7

**Due to the Candle Lighting Ceremony to be held
Sunday, December 8, 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

COURAGE

My brother died three years ago, when he was seventeen years old. It was an accident, when he fell, while hiking in the mountains. I was fifteen and my brother was my hero. I would do anything to make him proud. When I lost him, I could have just given up. I have the courage to love people even though I know that I could lose them. I had many opportunities to just forget everyone else and lose myself. My brother was my best friend and when he died I could have too.

I decided that he would not have wanted me to throw my life away. I try my hardest to work hard in school and live up to what his expectations would have been. I am not living just for him. I am living for myself. A lot of people like to escape their problems by drinking or doing drugs. Alcohol and drugs only make problems worse because escaping a problem is not solving the problem. Self-respect means knowing who you are and treating yourself with dignity. I want people to look at me and to respect me. Staying in school and, working to my potential is essential for respect. People cannot respect those who do not respect themselves. As Shakespeare said: "This above all else, to thine own self be true."

I do not like choices based on what the popular decision is. I base my thoughts and ideas on what I believe is right and important. I know that my brother would have been proud of me, because I made it through the most difficult time in my life, without him. I kept living when I lost the most important person in the world to me. Courage is to keep fighting even though it looks like you are going to lose. When he died, I felt the world crash down on me. Everything I ever hoped for just seemed empty. Even now sometimes it will just hit me that my brother is gone.



I have to keep on living and facing the world because that is what life is all about. Sometimes things happen that seem impossible to face. If I do not face my problems, who will?

Life is not supposed to be easy but it is not devastating either. There are so many wonderful things that happen and I have to have the courage to realize it. Life is not just a long line of problems. It is also a long line of answers. I need courage and self-respect to find these answers. I have to trust myself and my future that everything will work out. It always does. The answers to life's problems can only be found through hard work and belief in yourself. My belief in myself comes from a big brother who always had faith in me.

In loving memory of my brother Sean
8/24/76 - 8/28/93

Patricia Kelley
TCF Richmond, VA

A BROTHER MEANS SO MUCH

The gift of a brother
Is a precious treasure.
It is the love, tears, and
Joys of a friendship that
Has unbreakable bonds.
The beauty of a brother
Cannot be described,
Measured or defined.
For it is a wonderful legacy
That will always be carried
In a sister's heart.

Jill Hricik
TCF Pittsburg, PA

WINTERS OF OUR LIVES

Someone has said that it is in the winter, when the trees have dropped their leaves, "revealing the diversity and uniqueness of each ridge and valley"...when the hills bare their innermost selves... that we get to know them...what is really out there.

And so it is with people. Most of the time we wear our masks. But it is during the difficult times, during the winters of our lives, that there is the strong need to shed our masks and be able to reveal the hurting and turmoil that is really there. "It is in these moments that friendships are formed and we experience one another as few others ever will." So it is among The Compassionate Friends!
WE CARE!



Mary Wildman
TCF Madison County, IL

CANDLES IN THE NIGHT

Candles flame in darkness,
flicker, steadily glow,
bringing light from shadows
and help to soothe me so.

My daughter, like the candles,
gave my life true light.
I use the candle's beacon
to connect us in the night.

As I light the candles,
my wish and my request
is that she'll see my signal
and know my love's expressed.

As her light joins my lights,
our worlds touch and flame.
As I snuff out the candles,
I softly say her name.

Genesse Bourdeau Gentry
from *Stars in the Deepest-
After the Death of a Child*

THE SHARING OF GRIEF

I cannot carry this burden alone, the road is too steep and the pain too great. I shall only get to the top of the hill if I am able to lean on a firm shoulder whose strength lies in the reality of the feet which bear its weight. The sharing of grief is the only solution to the crisis that surrounds bereavement in our age. To share a person's sorrow is to accept their reality and to acknowledge the fact that none of us is immune from death.

Rev. Dr. Simon Stephens
Founder of Compassionate Friends

LIGHT A CANDLE

Light a quiet candle,
Send a quiet kiss,
Say a quiet fare-thee well,
To the one you miss

Light a quiet candle,
Shed a quiet tear,
Sing a quiet lullaby,
and the quiet Christmas star will hear.

Sascha Wagner
TCF Des Moines, IA

Chapter co-leaders

Marilyn & French Smith

Steering Committee

Henry Cole, Facilitator

Johnny James, Treasurer

Dianne & Frank Bruscatto, 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

HOLIDAY THOUGHTS

For those who think that Christmas and Chanukah are just nice days to give and get presents, bereaved parents have another message. Mixed with the joy is the knowledge of sadness. With the hope of birth comes the threat of death. We should not try to cover up our sadness in front of people, for we have a lesson to teach them.

But the holidays have a lesson for us too. Yes, there is death. Yes, there is great bitterness in life. There is darkness. But there is hope. There is birth. There is light. In a society which works so hard to deny death, perhaps only bereaved parents and a few others can truly understand the depths of these holidays.

Dennis K.
TCF St. Louis, MO

HOW MANY STOCKINGS DO WE HANG?

I began a tradition after that first dreadful Christmas blurr of hanging my daughter's stocking up along with the rest of the family. Then each year I do something special in her memory... like take a name from an "Angel Tree" at the mall or where ever and buy a gift for a needy child in her memory. I put the angel note in her stocking. I make a donation to the Salvation Army to help feed the hungry and homeless at Christmas and I put their acknowledgement in her stocking. Things like that. As the years are passing, her stocking is filling up with good deeds done in her memory and things I know she would appreciate knowing were done in her name, my beloved "Carissa". It helps refocus the heartbreak of missing her into something positive and helpful. The pain eases over the years but Christmas is always so hard to get through no matter what.

God comfort you all as you face another Christmas without your precious children.

Peace and Hugs,
Debby, mom to angel Carissa 10/19/94 - 10/20/95

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 8, 2013
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
Trent Weaver	10/11/12	Donna VanVeckhoven
Lance Thomas	10/13/87	Connie & Danny Thomas
Jeremy Barnhill	10/15/84	Kathi & Terry Barnhill
Deborah Smith	10/22/58	Mary & Buddy Smith
John Dobbs	10/23/89	Maggy & John Dobbs
Kenneth Wall	10/26/59	Beverly & Charles Wall
Lance Ulibarri	10/29/79	Connie & Richard Ulibarri
Stephen Dupuy	10/30/68	Polly & Butch Dupuy, Jr.
Raymond Scott	10/30/80	Pam Lavender

OUR CHILDREN'S OCTOBER ANNIVERSARIES

<u>Child</u>		<u>Parent(s)</u>
Shannon Scharf	10/01/98	Robert S. Green
Lance Ulibarri	10/02/10	Connie & Richard Ulibarri
John Bruscato	10/05/96	Dianne & Frank Bruscato
Michael Woods	10/06/12	China Woods
Jon Bowman	10/09/06	Jill Puckett
Wendi Janway-Jones	10/09/09	Rosalyn & Tom Janway
Wendy Williams	10/15/99	Nell Williams
Hope Bruscato	10/16/98	Gene Bruscato
Brady Hairston	10/16/11	Cindy & Lee Hairston
Corey Washington	10/18/07	Gracie Washington
Wendy Williams	10/19/99	Nell Williams
Stephen Dupuy	10/22/05	Polly & Butch Dupuy
Fred Page	10/24/03	Gloria Roye
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
David Moore	11/12/58	Barbara Moore
Brady Hairston	11/16/96	Cindy & Lee Hairston
Teresa Gentry	11/18/55	Lynn Walters
Amanda Moulle	11/18/77	Fae & Nolan Moulle'
Steven Wisdom	11/20/48	Dee Wisdom
Tonya Bell	11/21/97	Ann Smith
Justin Walker	11/22/85	Beverly Walker
Dustin Allbritton	11/22/78	Linda & Ronnie Allbritton
Corey Hayman	11/23/77	Linda & William Hayman
Autumn Henderson	11/27/82	Janet & Daniel Wyatt

OUR CHILDREN'S NOVEMBER ANNIVERSARIES

<u>Child</u>		<u>Parent(s)</u>
Stephen Smith	11/07/99	Marilyn & French Smith
Jason Farrell	11/09/02	Sandra Garrett
Bo Best	11/09/07	Charlene & Steve Best
Joe Block Barham	11/19/03	Janie & Andy Barham
Amanda Moulle'	11/20/77	Fae & Nolan Moulle'
Matt Mouser	11/25/79	Kathryn Hutchinson

OUR CHILDREN'S DECEMBER BIRTHDAYS

<u>Child</u>		<u>Parent(s)</u>
Mica Lightsey	12/02/84	Karen McAdams
Terry Watson	12/08/70	Henrietta & Paul Watson
Michael Hollier	12/12/66	Lyn Hollier
Wendy Williams	12/12/53	Nell Williams
Janey Knight	12/16/59	Sandy Casteel
Brandon McGehee	12/16/77	Teddi & James McGehee
Carl Alexander	12/18/63	Valerie & Billy Matejowsky
Brittany Braxton	12/21/85	Ursula Braxton
Brian Perry	12/25/72	Clara & Don Perry
Krista Corrent	12/28/64	Anna Ruth Hill
Cedrick Hotard	12/31/74	Sharon & Steven Hotard

OUR CHILDREN'S DECEMBER ANNIVERSARIES

<u>Child</u>		<u>Parent(s)</u>
Rodney Hubbard	12/09/01	Claudine Vega
Mica Lightsey	12/09/06	Karen McAdams
Justin Walker	12/09/08	Beverly Walker
Kelly Chapman	12/12/03	Judy & Bennie Chapman
Autumn Henderson	12/19/10	Janet & Daniel Wyatt
McKenzie Hudson	12/20/10	Dayne Hudson
Norman Craig	12/28/02	Pat Craig

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

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