



The Compassionate Friends of Northeast Louisiana

Supporting Family After a Child Dies

Oct / Nov / Dec 2015

A SEASON OF MANY FEELINGS

Fall is a season of many feelings
Autumn is here once again as it comes every year
And with the leaves my falling tears.
This time of year is the hardest of all
My heart is still breaking, once again it is fall.
Memories so vivid are seeming to fade.
My time spent with you seems some other age.
This season reminds me of grief and of pain.
But yet teaches hope and of joy once again.
For the trees are still living beneath their gray bark.
And you my sweet child are alive in my heart!

Cinda Schake
TCF Butler, PA

WISH

I wish you gentle days
And quiet nights.
I wish you memories
To keep you strong.

I wish you time to smile
And time for song.

And then I wish you friends
To give you love,
When you are hurt and lost
And life is blind.

I wish you friends and love
And peace of mind.

Sascha Wagner

*"The next time someone needs you—just be there—
stay. We are not human beings going through a
temporary spiritual experience. We are spiritual
beings going through a temporary human
experience."*

Author Unknown

OCTOBER'S 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 time of year,
Your favorite.
How many times did you come in,
Cheeks glowing, eyes sparkling,
Smelling of the leaves you jumped through
As a child and even after you grew up.

How many times did you say
"Just smell, just feel the air, I love it,
Crisp, with a hint of winter coming."



Our time, but now only my time.
Time to dream dreams that won't be.
Time to wish wishes that can't come true,
Time to remember and treasure each day
We had together.
Time for October's memories.

Arden Lansing
TCF Northfield, NJ

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 tcsiblingrep@compassionatefriends.org for the password

ALIKE

As I look in the mirror,
I wonder if it's true,
Is it true when people say,
I look like you?

I know I have the pictures,
And I have movies, too,
But these do not help much,
So do I look like you?

I never got to know you,
I wonder if it's true,
When my friends and family say,
I look like you.

Kelly Maxwell
TCF Pikes Peak, CO

SIBLING LOSS

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 understands.

Charley Kopp
TCF Contra Costa, CA

BELOVED BROTHER: LOSING YOU IS LOSING ME

Dearest Justin,

To lose a sibling is to lose one's self,
For a part of me is gone...
And now I'm left to reminisce
As now I try to carry on.

The thought of you not being here
Has torn my world apart...
Yet every day I feel you near;
Is a blessing to my heart.

Your memory comforts me today
In ways I wish you knew...
But tears are falling from the pain
That comes from losing you.

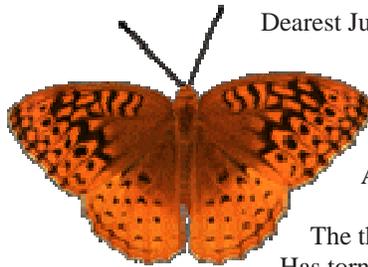
I see your face in the morning sun
And in the moon at night...
I wonder how you're feeling now,
I pray that you're alright.

And one day when my time has come
To soar with eagle's wings...
We will be joined forevermore.
I Love You Forever & Always.

Charlie Clakley
TCF Tyler, TX

*The walls we build around us to keep sadness out
also keeps out the joy.*

Jim Rohn



THE COLOR OF THIS SEASON

Today, I took the time to look
At all the colors in the trees.
I watched as their colors changed,
With each breath of November
breeze.

It hurt me to see this season...
The reds, greens, yellows & gold...
For in the empty space within my heart
There's a memory too painful to
unfold.

Last year, you were here with me.
We shared laughter, tears and fun.
I will treasure those memories forever.
I will hold them dear to my heart.

And as this season rolls around again,
I can't let those memories depart.
The colors of the season can be seen.
And what a beauty they are to behold.

But the wings you wear on this very day...
Are the wings of an angel in gold.
Though the colors of this season are many,
The main one I see is blue
It remains a stain within my heart,
As long as I am here ... without you.

Kaye Des'Ormeaux

THE EXISTENCE OF LOVE

I had thought that your death was a waste and a destruction, a pain of grief hardly to be endured. I am only beginning to learn that your life was a gift and a growing and a loving left with me. The desperation of death destroyed the existence of love, but the fact of death cannot destroy what has been given. I am learning to look at your life again instead of your death and your departing.

Marjorie Pizer

CAN IT BE FALL AGAIN ALREADY?

Here we go again, that downward spiral into Fall that every bereaved parent dreads. For as sure as we turn the calendar page to October, here comes Halloween, followed by Thanksgiving and then (oh, NO!) Christmas and Hanukkah. As I contemplate my fourth fall without my child, I can tell that the pain will be less intense and come less often. This does not mean I love her less. It just means that no one can grieve as intensely as in the beginning for very long. Your body couldn't sustain it.

Take care of yourselves. Learn to be selfish if you need to be. Tell those closest to you what you need in order to get through this time. You will survive, whether you like it or not. We're here if you need us, your compassionate friends.

Kathy McCormick
TCF Lower Bucks County, PA

WHAT I NEED

A lot of time!
A little space,
A kind of quiet
Resting place,
Are what I need
At times like these
A special spot
Where I can grieve.

Beth Pinion
TCF Andalusia, AL

Chapter co-leaders

Marilyn & French Smith

Steering Committee

Henry Cole, Facilitator

Johnny James, Treasurer

Dianne & Frank Bruscatto, Library

Maggy & John Dobbs, Outreach

Luann & James Butler, Outreach

Ann Cole, Outreach

Betty Jean James, Outreach & Hospitality

Julie & Danny Petty, Newsletter

HOLIDAY LIGHTS

During the holiday season, both Christians and Jews light candles in celebration of their respective faiths, and as they do so, even the darkest of rooms become warm and bright from the glow of the candle. Then, we can ask ourselves how powerful and sinister can the darkness be if it can be overcome by the light of one little candle?

There is then a message in this for all of us. When the darkness seems to overwhelm us, and it can be a mental and spiritual darkness as well as the darkness of winter night, we need to be reminded that it is powerless to withstand the smallest bit of illumination.

So, as the world grows colder and darker during these winter months, we as Compassionate Friends must do what people of many faiths have been taught to do at this season. Light a candle in someone's life to make the darkness and fears flee. A little bit of light is all that most of us need, but, oh, we need that little bit so badly.

So, let us all in The Compassionate Friends extend a candle of light and hope not only to each other, but to the unfortunate people who, for whatever reason, become one of us this winter and will be in need of that light. It's the least we can do and it accomplishes so much.

TOGETHER WE CAN MAKE IT.

Bettye and Sam Rosenberg
TCF Louisville, KY

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, 2015
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
Jennifer Hale	10/05/84	Sheila Hale
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
Emerson Johnson	10/05/14	Sandy Johnson
Jenna Johnson	10/05/14	Sandy Johnson
Michael Woods	10/06/12	China Woods
Jon Bowman	10/09/06	Jill Puckett
Cole Brooks Hamilton	10/08/14	Laurie & Britt Hamilton
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 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
Ben Brubaker	11/09/75	Jena & Ron Brubaker
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
Tytianna Jenkins	11/16/11	Beverly Jenkins
Joe Block Barham	11/19/03	Janie & Andy Barham
Amanda Moulle'	11/20/77	Fae & Nolan Moulle'
Kerry Alex	11/22/14	Joseph Alex
Cody Allen	11/24/14	Regina Kenney
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	12/09/70	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
Kerry Alex	12/28/61	Joseph Alex
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
Jennifer Hale	12/23/14	Sheila Hale
Robby Jenkins	12/24/10	Beverly Jenkins
Norman Craig	12/28/02	Pat Craig
Ben Brubaker	12/30/13	Jena & Ron Brubaker

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
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