



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

Oct / Nov / Dec 2016

A DAY

A laugh a day keeps the heart pumping. A tear a day keeps the mind clear. A smile a day gives joy to others. A hug a day gives the hopeless hope. A thought a day brings loved ones near. A memory a day brings you closer to me. Laughs, tears, smiles, hugs stitched with thoughts and memories -- They're all in my days without you.

Pam Burden
TCF Augusta, GA

A PROMISE

The colors of life change as we go through grief.
We begin black and white;
Then gray settles over us, seeping into our pores,
surrounding us,
Smothering us for a long period of time; then slowly
the colors change.
We may not even be aware of their changing 'til one
day we see a rainbow,
And know it was meant for us.

Faye Harden
TCF Tuscaloosa, AL

*Those we love don't go away,
They walk beside us every day,
Unseen, unheard, but always near,
Still loved, still missed and very dear.*

Anonymous

THE MEANING OF THE HOLIDAYS

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 a 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 the holidays.

Dennis Klass
TCF St.Louis, MO



Monthly Meetings

Thursday, October 6

Thursday, November 3

Due to the Candle Lighting Ceremony to be held Sunday, December 11, 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.

Visit the Sibling Resources Page at www.compassionatefriends.org
Email tcf siblingrep@compassionatefriends.org for the password

National Office; PO Box 3696; Oak Brook, IL 60522-3696
phone ~ 630-990-0010 toll free ~ 877-969-0010 fax ~ 630-990-0246
www.compassionatefriends.org

IT'S A FAMILY AFFAIR

When a child dies, grief is a family affair. It hits Mom and Dad and siblings with equal despair. Mom cries and cannot get out of bed. Dad holds in emotions and leaves much unsaid. Sisters and brothers simply cannot understand why death came and dealt this kind of hand. No one acts as they should and nothing is the same. The family wants to draw together but seems to share only pain. Someone must be responsible when a child dies. Each family member thinks in some way it's them, and cries. But no one is responsible for things we cannot control. So reach out to each other and keep the family whole. Don't let the difference in how you each grieve change the love in your family or its belief. Be strong when you can and weak when you must. Love each other with kindness and trust to keep the family love and you will all survive. We who have been there and made it through together can say that holding on to each other will make love last forever.

Jacki Rosen
South Broward/North Dade TCF

I SAW YOU

A Tribute to my Sister
Lori Lee Smith

I saw you today in the morning dew
As brilliant as a sea of shimmering diamonds
I shared the most amazing sunrise with you today
A million shades of red so random in their perfection
I heard you today in the laugh of my children
An enchanting melody a thousand angels strong
I walked with you today and we talked about everything
. . . and nothing all at once
I saw you today in the changing of the leaves
The colors of your life, the close of one season
And the ushering in of another
I sat beside a stream with you today
The peaceful flow, steady and constant
I saw you today . . . and you were perfect
And rest assured . . . I shall see you again

Avery Smith
TCF Ada Area Chapter



TO MY SISTER

You touched us all
You loved us all
Forever giving
Forever caring
Forever forgiving
Never wanting in return
Blessed are those who shared your life
Rich are those who carry your memories
Please rest now
Your chores we will finish.
'Til we meet again...

Cindy Keltz
TCF Arlington Heights, IL

SOMETIMES

Sometimes, something clicks, and with a tear
Remembrance of the pain and the loneliness
Floods the heart.

Sometimes, something clicks, and with a smile
Remembrance of the love and the laughter
Floods the senses.

And there are times when nothing clicks at all
And a voice echoes through the emptiness
And numbness never finding the person
Who used to fill that space.

And sometimes the most special times of all
A feeling ripples through your body, heart, and soul
That tells you that person never left you
And he's right there with you through it all.

Kirsten Hansen
TCF Kenifield, CA

"To spare oneself from grief at all cost can be achieved only at the price of total detachment, which excludes the ability to experience happiness."

Erich Fromm

A GRANDPARENT'S POINT OF VIEW

The death of a child is the most tragic thing that can happen to anyone. It affects so many lives—family, friends, and even strangers.

I lost my grandchild through death, and only a grandparent can understand the love a grandparent has for a grandchild and the loss that is felt when the child dies. For a grandparent, it is a double loss. Not only is your grandchild gone, but you also watch your child die each day. The smile that was always on her face is no longer there. The hurt is so deep and the questions so many. You feel help-less as a parent. You can't kiss the hurt away as you did when she was a child. You have no answers for the questions for you don't understand the many feelings that you are experiencing yourself. Each day you hope and pray for a little ray of sunshine to show on her face. You search for a little something to say or do that will comfort her. It seems there is no end to the suffering.

As time slowly goes by, the healing process begins. In time, a ray of hope will show on her face and a smile will make her eyes light up again. She will turn to you for what little comfort you can give her.

There will always be a part of you that is gone, but in time you can learn to live with the part that is still there.

Ruth Easton
Savannah, GA

WE MADE IT THROUGH THE SUMMER

We made it through the summer;
Another season has passes.
When I look back now,
I did not think I had the courage
To reach this point in time.

The worst may not yet be over,
But things seem better than yesterday.
I've realized it's all right to with for you



Daily... and nightly...
It's my prerogative as your parent.

I do not have to look forward to the seasons coming soon, but I will...because I know it's what you would want me to do.

Just please know, I still love you
As though you were in our home.
That love will never die.

Pam Duke
TCF Dallas, TX

THERE IS A LIGHT MISSING

There is a light missing from our Christmas this year. The tree is all trimmed in our cabin where we spend Christmas each year.

But there is a light missing.

It's been replaced with many tears.

You looked so forward to Christmas and were always full of glee.

Questioned days ahead, "Mom, what are you going to get me?"

Life goes on, but never the same when the one you love is away.

But we'll all be thinking of you, Andy, as on each and every day.

Yes, there is a light missing and an empty place in our heart.

But the warm memories we have of you will never from us depart.

Nida Standeford
TCF Greenwood, IN

Chapter co-leaders

Marilyn & French Smith
Luann & James Butler

Steering Committee

Henry Cole, Facilitator
Johnny James, Treasurer
Dianne & Frank Bruscato, Library
Maggy & John Dobbs, Outreach
Ann Cole, Outreach
Julie & Danny Petty, Newsletter

A THANKSGIVING PRAYER FROM A BEREAVED PARENT

Dear God, though I'll never be glad that my child died, I thank You, with all my heart that she lived. She touched my life in a way that only she could and I'll always feel enriched for having known her.

Thank You for the strength and courage to endure what has happened. While the lesson was very painful, I have learned that I can handle whatever life has to offer.

Thank You for the little miracles You have sent me. The messages took a little while to sink in, but I am comforted by them now.

Thank You for the friends who gathered around me when I needed them most. They stayed with me through the horrible times and now through the good times.

Thank You for the new friends I have made. They have a very special place in my heart. Though they never knew my child, they cared enough about me to listen, hug me, cry, or whatever I needed.

Thank You for making me constantly search for whatever good I can find in my situation and strive to improve myself. I will never again be the person I was before my child's death, but I am not as broken and empty as I once was afraid I would be. I have more compassion and patience. I am less judgmental. I am the "new and improved" me.

Thank You for love. Loving someone means risking being devastated by loss again. Never loving though would be an even greater loss.

Thank You most of all for my family. They loved me, cried with me, missed my child too, shared my pain, understood, listened to my endless stories, and waited patiently until I could walk on my own again. They were at first, the only reason I could face another day. Now that I am once again a participant in life in-stead of just a spectator, they share my joy.

Finally I thank You for taking care of my child. I know she's happy, at peace and safe in Your care. I look forward to the day when I'll see her again. Amen.

Kathy McCormick
TCF Lower Bucks, PA

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 11, 2016
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>	
Martha Mikel	10/05/53
Jennifer Hale	10/05/84
Trent Weaver	10/11/12
Lance Thomas	10/13/87
Jeremy Barnhill	10/15/84
Deborah Smith	10/22/58
John Dobbs	10/23/89
Kenneth Wall	10/26/59
Lance Ulibarri	10/29/79
Stephen Dupuy	10/30/68
Raymond Scott	10/30/80

<u>Parent(s)</u>
Ruth Mikel
Sheila Hale
Donna VanVeckhoven
Connie & Danny Thomas
Kathi & Terry Barnhill
Mary & Buddy Smith
Maggy & John Dobbs
Beverly & Charles Wall
Connie & Richard Ulibarri
Polly & Butch Dupuy, Jr.
Pam Lavender

OUR CHILDREN'S OCTOBER ANNIVERSARIES

<u>Child</u>	
Shannon Scharf	10/01/98
Lance Ulibarri	10/02/10
John Bruscato	10/05/96
Emerson Johnson	10/05/14
Jenna Johnson	10/05/14
Michael Woods	10/06/12
Jon Bowman	10/09/06
Cole Brooks Hamilton	10/08/14
Wendi Janway-Jones	10/09/09
Wendy Williams	10/15/99
Hope Bruscato	10/16/98
Brady Hairston	10/16/11
Corey Washington	10/18/07
Wendy Williams	10/19/99
Stephen Dupuy	10/22/05
Fred Page	10/24/03
Aimee McIveene	10/26/01

<u>Parent(s)</u>
Robert S. Green
Connie & Richard Ulibarri
Dianne & Frank Bruscato
Sandy Johnson
Sandy Johnson
China Woods
Jill Puckett
Laurie & Britt Hamilton
Rosalyn & Tom Janway
Nell Williams
Gene Bruscato
Cindy & Lee Hairston
Gracie Washington
Nell Williams
Polly & Butch Dupuy
Gloria Roye
Rhea & Danny McIveene

OUR CHILDREN'S NOVEMBER BIRTHDAYS

<u>Child</u>	
Joe Block Barham	11/06/78
Ben Brubaker	11/09/75
David Moore	11/12/58
Brady Hairston	11/16/96
Teresa Gentry	11/18/55
Amanda Moule	11/18/77
Steven Wisdom	11/20/48
Tonya Bell	11/21/97
Justin Walker	11/22/85
Dustin Allbritton	11/22/78
Corey Hayman	11/23/77
Autumn Henderson	11/27/82

<u>Parent(s)</u>
Janie & Andy Barham
Jena & Ron Brubaker
Barbara Moore
Cindy & Lee Hairston
Lynn Walters
Fae & Nolan Moule'
Dee Wisdom
Ann Smith
Beverly Walker
Linda & Ronnie Allbritton
Linda & William Hayman
Janet & Daniel Wyatt

OUR CHILDREN'S NOVEMBER ANNIVERSARIES

<u>Child</u>	
Stephen Smith	11/07/99
Jason Farrell	11/09/02
Bo Best	11/09/07
Tytianna Jenkins	11/16/11
Joe Block Barham	11/19/03
Amanda Moule'	11/20/77
Kerry Alex	11/22/14
Cody Allen	11/24/14
Matt Mouser	11/25/79

<u>Parent(s)</u>
Marilyn & French Smith
Sandra Garrett
Charlene & Steve Best
Beverly Jenkins
Janie & Andy Barham
Fae & Nolan Moule'
Joseph Alex
Regina Kenney
Kathryn Hutchinson

OUR CHILDREN'S DECEMBER BIRTHDAYS

<u>Child</u>	
Mica Lightsey	12/02/84
Terry Watson	12/09/70
Michael Hollier	12/12/66
Wendy Williams	12/12/53
Janey Knight	12/16/59
Brandon McGehee	12/16/77
Carl Alexander	12/18/63
Brittany Braxton	12/21/85
Brian Perry	12/25/72
Kerry Alex	12/28/61
Krista Corrent	12/28/64
Cedrick Hotard	12/31/74

<u>Parent(s)</u>
Karen McAdams
Henrietta/Paul Watson
Lyn Hollier
Nell Williams
Sandy Casteel
Teddi & James McGehee
Valerie & Billy Matejowski
Ursula Braxton
Clara & Don Perry
Joseph Alex
Anna Ruth Hill
Sharon & Steven Hotard

OUR CHILDREN'S DECEMBER ANNIVERSARIES

<u>Child</u>	
Rodney Hubbard	12/09/01
Mica Lightsey	12/09/06
Justin Walker	12/09/08
Kelly Chapman	12/12/03
Autumn Henderson	12/19/10
McKenzie Hudson	12/20/10
Jennifer Hale	12/23/14
Robby Jenkins	12/24/10
Norman Craig	12/28/02
Ben Brubaker	12/30/13

<u>Parent(s)</u>
Claudine Vega
Karen McAdams
Beverly Walker
Judy & Bennie Chapman
Janet & Daniel Wyatt
Dayne Hudson
Sheila Hale
Beverly Jenkins
Pat Craig
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
Monroe, Louisiana 71211

Return Service Requested