



# *The Compassionate Friends* of Northeast Louisiana

## Supporting Family After a Child Dies

Oct / Nov / Dec 2022

### A TRIBUTE

I think of you in silence,  
My feelings seldom show,  
But how it hurts to lose you  
No one will ever know.

I hope there is eternal life,  
So we can meet again.  
I not only lost my brother,  
I lost my very best friend.

The reason you left so early,  
I'll never understand why.  
I just wish I'd known you were  
never coming back,  
'Cause I would have said, "Good-bye."

Martha King  
TCF Concord, NH

### KITE MEMORIES

Brushed golden by the sun, a kite flies  
free above a greening meadow.  
drifting lazily until it turns to catch the  
motion of a flock of trumpeting geese  
homeward bound.

Frangrance of early spring flowers  
makes me giddy with the thought that  
ou too fly unfettered, to drift or chase  
dreams beyond imagination,  
unrestrained by life or expectations.

Now I cherish each kite that rises to  
the wind, because it fills me with  
memories of yor gifts for love but -  
only sometimes - I wonder whether  
you remember, too.

Marchia Alig  
TCF Mercer Area Chapter, NJ



### RAINING TEARS

It rained today and the angels cried.  
That's what I once was told,  
When I was just a small child  
That my mother still could hold.

I now know that the angels do cry,  
As I do, many a day.  
For the special one I loved so much  
Who died one day in May.

Tears pour down for the loss of one  
Who shouldn't have left so soon.  
His struggles here were too much for  
him  
And he left one afternoon.

And even though his place is grand,  
In heaven high above,  
We mourn him so, down here on earth  
Because of the bonds of love.

Every time the angels cry,  
I'll too be raining tears.  
For I'll be always missing him  
For many, many years.

Kathie Winkler  
Middleburg Heights, OH

### 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.

## REMEMBERING

Go ahead and mention my child,  
The one that died, you know.  
Don't worry about hurting me  
further.  
The depth of my pain doesn't  
show.  
Don't worry about making me cry.  
I'm already crying inside.  
Help me to heal by releasing  
The tears that I try to hide.  
I'm hurt when you just keep silent,  
Pretending he didn't exist.  
I'd rather you mention my child,  
knowing that he has been missed.  
You asked me how I was doing.  
I say "pretty good" or "fine".  
But healing is something on going  
I know it will take a lifetime.

Elizabeth Dent  
TCF McMinnville, OR



Near the resolution of my grief,  
a tear will well up in my eyes,  
a lump will form in my throat,  
but I will let that tear fall - and you will see it.  
Through it you will see that I  
still hurt and I care,

For I am strong

Terry Jago  
TCF Regina, Canada

## A LOVE SONG

The mention of my child's name  
May bring tears to my eyes,  
But it never fails to bring  
Music to my ears.  
If you are really my friend,  
Please don't keep me  
From hearing the beautiful music.  
It soothes my broken heart  
And fills my soul with love.

Nancy Williams  
TCF - Central NJ

## STRENGTH

In the early days of my grief,  
a tear would well up in my eyes,  
a lump would form in my throat,  
but you would not know -  
I would hide it,  
And I am strong.

In the middle days of my grief,  
I would look ahead and see that wall  
that I had attempted to go around  
as an ever-present reminder of a wall yet unscaled.  
Yet I did not attempt to scale it  
for the strong will survive -  
And I am strong.

In the later days of my grief,  
I learned to climb over that wall - step by step -  
remembering, crying, grieving.  
And the tears flowed steadily as  
I painstakingly went over.  
The way was long, but I did make it,  
For I am strong.

## GRIEF

When a storm of grief grows in the heart; reach back  
to yesterday to catch onto your memories.  
The storm will calm and, for a brief moment, the lost  
feeling of happiness will shine through and through.

Lori Pollard  
TCF Montgomery, AL

*Tears on the outside fall on the ground  
and are slowly swept away.*

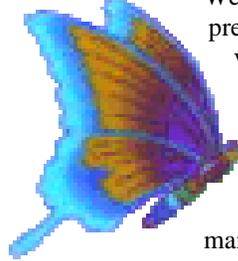
*Tears on the inside fall on the soul and  
stay, and stay, and stay.*

Donald Wayne Rash  
TCF Houston-West Chapter

## WHERE IS CHRISTMAS?

Where is Christmas? Where can it be found?  
I've tried and I've tried, I have looked all around.  
Is it hiding in some forgotten space?  
Have I misplaced it? I can't find a trace.  
Up in the attic in boxes stored away?  
I try to find it, it will soon be Christmas Day.  
As I sit and ponder my lost Christmas plight.  
My mind drifts back to long ago Christmas Eve night.  
When did I lose it? Where did I lock it away?  
Why can't I find Christmas this Christmas Day?  
Years before it was so readily found  
But now I can't find it, it is no where around.  
And as I remember it comes clear to see  
When I lost Christmas inside of me.  
For Christmas is born from a joy deep within  
But since you are gone, I don't know where to begin.  
The feelings of joy have been replaced  
By the pain of longing to see your sweet face.  
Yes, Christmas is here, but the joy gone away  
And try as I may, I can't find Christmas,  
this Christmas Day.

Sheila Simmons  
TCF Atlanta, GA



## COMING UNWRAPPED

We wrap ourselves for the holidays much like the presents we give. The brightly colored paper hides what's within. When people look at us they only see the outside. We promise ourselves we will not come unwrapped. We'll make it through the family celebrations, the church services, and the big occasion. The paper and the ribbon will remain intact. But it is the small thing that manages to untie the bow. The little insignificant moment, the Christmas parade, the search for the tree, the discovered ornament, the special carol, the memory and the paper gets wrenched off. The true Christmas presence shows itself. The inevitable tide of feelings bursts out of the artificially decorated façade. The emotions pour out. The intense anger wells up. The tears are shed and the holidays come. These are as sure as the tides of the sea and the march of time.

Only a compassionate friend, a bereaved parent, knows of what I speak. Yet the answer isn't in fighting or in denying these feelings. We have paid the price. We have the right to grieve. The resolution of our grief is the grieving. Our hope for all who read this letter is that you will make it through the holidays. We cannot make the pain go away, but know there are others who suffer with you.

We have made it, and together will continue on.

Hank Hewett

## 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  
TCF St. Paul, MN

### Chapter co-leaders

Marilyn & French Smith  
Luann & James Butler

### Steering Committee

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

## ENERGY DRAIN

It is surprising to me that much bereavement literature omits mention of the huge energy drain which comes with grief. If you are newly bereaved and have to yet realize that nearly all our energy is re-required just to deal with these many emotions you are confronting, then let me assure you that this is the case. Don't expect yourself to complete projects within the same time frame as you were once able to, nor expect yourself to be able to dazzle customers or clients with your pizzazz or gust.

It simply takes too much energy just to dress in the morning, to make the simple decision to eat, to stifle tears in public, to keep your anger from inappropriately erupting. There is very little energy for anything else. Every thing will take longer than you think, including grief recovery. You will, however, gradually rediscover yourself and build a new life. Your life will be a rich and full one where the memories of your child will no longer produce pain. In fact, those memories will enrich your life. And that's the truth!

Meanwhile, conserve your energy when and where you can, and allow yourself time to grieve. Those people who deny their grief simply delay the process. The quicker way to recovery is straight through the grief, not around it.

Shirley Ottman  
TCF, Denton, TX

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### 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, 2022  
at 6:30 pm**

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

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

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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>
Jeffrey H. Crawley	10/01/68	Ruby Crawley
Melissa Perkins	10/02/84	Sherry Lucas
Kaleb Hill	10/05/99	Nick Hill
Martha Mikel	10/05/53	Ruth Mikel
Jennifer Hale	10/05/84	Sheila Hale
Danny Morgan	10/09/67	Jeanie Morgan
Alyssa Neitz	10/11/00	Jennifer & Joey Neitz
Brandi Pearson	10/11/72	Layne Pearson
Trent Weaver	10/11/12	Donna VanVeckhoven
Lance Thomas	10/13/87	Connie & Danny Thomas
Jeremy Barnhill	10/15/84	Kathi & Terry Barnhill
Jace Rowan	10/18/20	Jill Rowan
Deborah Smith	10/22/58	Mary & Buddy Smith
John Dobbs	10/23/89	Maggy & John Dobbs
Chris Smith	10/25/91	Roxanne Smith
Kenneth Wall	10/26/59	Beverly & Charles Wall
Stephen Dupuy	10/30/68	Polly & Butch Dupuy, Jr.
Raymond Scott	10/30/80	Pam Lavender

## OUR CHILDREN'S NOVEMBER BIRTHDAYS

<u>Child</u>		<u>Parent(s)</u>
Donna Venters	11/01/69	Diana Venters
Joe Block Barham	11/06/78	Janie & Andy Barham
David Wheeler	11/07/73	Anice & James Wheeler
Ben Brubaker	11/09/75	Jena & Ron Brubaker
David Moore	11/12/58	Barbara Moore
Gavin Simmons	11/12/01	Jennifer & John Shamblin
Brady Hairston	11/16/96	Cindy & Lee Hairston
Tonya Bell	11/21/97	Ann Smith
Justin Walker	11/22/85	Beverly Walker
Tara Webber	11/24/82	Janis & Bob Webber
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 OCTOBER ANNIVERSARIES

<u>Child</u>		<u>Parent(s)</u>
Shannon Scharf	10/01/98	Robert S. Green
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
Melissa Perkins	10/09/16	Sherry Lucas
Cole Brooks Hamilton	10/08/14	Laurie & Britt Hamilton
Wendi Janway-Jones	10/09/09	Rosalyn & Tom Janway
Kaleb Hill	10/12/19	Nick Hill
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
April Mizell	10/27/15	Pam Spillers

## OUR CHILDREN'S NOVEMBER ANNIVERSARIES

<u>Child</u>		<u>Parent(s)</u>
Stephen Smith	11/07/99	Marilyn & French Smith
Jeffrey H. Crawley	11/08/16	Ruby Crawley
Jason Farrell	11/09/02	Sandra Garrett
Bo Best	11/09/07	Charlene & Steve Best
Michael Moreau	11/12/13	Bonnie & Ron Nay
Austin Thames	11/12/17	Kim Thames
Tytianna Jenkins	11/16/11	Beverly Jenkins
Joe Block Barham	11/19/03	Janie & Andy Barham
Justice Farrar	11/21/16	Martha Anderson
Kerry Alex	11/24/14	Regina Kenney
Matt Mouser	11/25/79	Kathryn Hutchinson

# *Our Children Always Loved and Remembered*

## OUR CHILDREN'S DECEMBER BIRTHDAYS

<u>Child</u>		<u>Parent(s)</u>
Luke Letlow	12/06/79	Dianne & Johnny Letlow
Trey 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>
<u>David Wheeler</u>	12/03/21	Anice & James Wheeler
Rodney Hubbard	12/08/15	Claudine Vega
Katie Joyce	12/08/15	Kathryn & Jeff Joyce
Justin Walker	12/12/03	Beverly Walker
Josh Griggs	12/16/21	Joely & George Griggs
Kelly Chapman	12/19/10	Judy & Bennie Chapman
Autumn Henderson	12/20/10	Janet & Daniel Wyatt
McKenzie Hudson	12/23/14	Danya Hudson
Jennifer Hale	12/23/12	Sheila Hale
Michelle Putman	12/24/10	Gaye Laing
Randy Foote	12/27/16	Linda Foote
Robby Jenkins	12/27/16	Beverly Jenkins
Norman Craig	12/28/02	Pat Craig
Luke Letlow	12/29/20	Dianne & Johnny Letlow
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](http://www.tcfnortheastla.org)

THE COMPASSIONATE FRIENDS  
Northeast Louisiana Chapter  
P.O. Box 6114  
Monroe, Louisiana 71211

Return Service Requested