



# *The Compassionate Friends* of Northeast Louisiana

## Supporting Family After a Child Dies

*Jul / Aug / Sep 2023*

### MEMORIES

Memories are heartbeats  
Sounding through the years,  
Echoes never fading  
Of our smiles and tears.

Moments that are captured,  
Sometimes unaware,  
Pictured in an album,  
Or a lock of hair.

Images that linger  
Deep within the mind,  
Bits of verse we cherished  
Once upon a time.

Through the musty hallways  
Of the days we knew,  
Ever comes the vision  
Beautiful and true.

Memories are roses  
Blooming evermore,  
Full of fragrant sweetness  
never known before.

Life must have a meaning,  
Goals for which to strive,  
Memories are lights that burn  
To keep the heart alive.

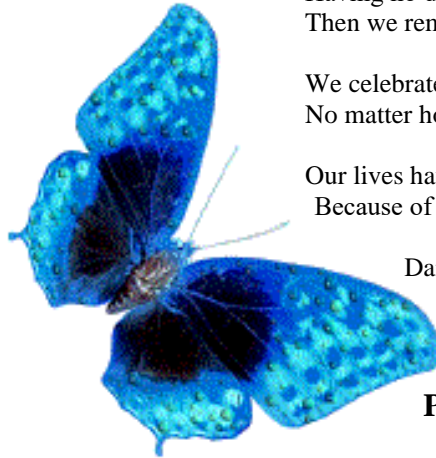
TCF Roselle, NJ

### WHO KNEW?

Our eyes are red and grief makes us blue.  
We never quite know who to tell your story to.

We ponder our lives without you being here,  
To give us purpose, laughter and often a tear.

It seems impossible these days we must endure,  
Emptiness, helplessness and some fear for sure.



Having no doubt that we'll not make it through,  
Then we remember just how much we love you.

We celebrate your life with us here on earth,  
No matter how long you lived after your birth.

Our lives have been blessed by just knowing you,  
Because of your love, we'll make it. Who knew?

Dan Gardner  
TCF Nashville, TN

### 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

### Monthly Meetings

**Thursday, July 6**

**Thursday, August 3**

**Thursday, September 7**

6:30 PM  
St. Paul's United Methodist Church  
1901 Lexington Ave.  
Enter through the back parking lot off Milton St.

## COMPASSIONATE TEARS

I cried in my car, and was ignored.  
I cried in church, and was pitied.  
I cried at work, and was shunned.  
I cried at home, and was hushed.  
I cried at The  
Compassionate Friends,  
And others shared their  
tissues & tears.

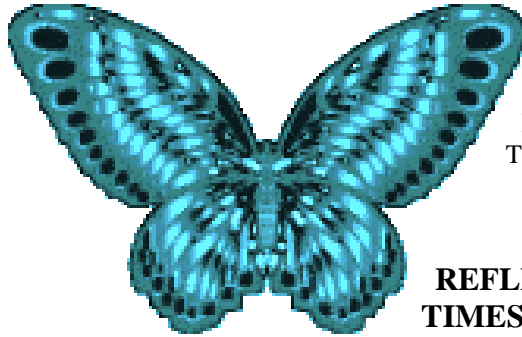
Nona Walser  
TCF Greenville, SC

But all are treasured in my mind  
And deep within my Heart.

Memories, Memories, Memories  
They help me face each new day,  
Precious, precious memories  
Can never be taken away.

With Love—Momma

Peggy Wood Nolan  
TCF Nashville, TN



## FOREVER YOUNG

Through distant mists of memories,  
I hear them call my name;  
Those who served beside me,  
On a battleground of pain.

Nothing left but memories,  
Of those forever young;  
Lives that ended suddenly,  
What would they have become?

What price they paid for freedom,  
The sacrifice untold;  
Yet, here they are in memories,  
Not one will 'ere grow old.

For I shall keep their names alive,  
Until my flame is gone;  
Then pass the torch to those who will,  
Remember....The Forever young.

Allison Chambers Coxsey  
TCF Bridgewater, NJ

## REFLECTIONS IN SAND AND TIMES

I looked across the lake, then onto the sand,  
Wishing I was still standing there  
Holding your small hand.  
Sand castles, buckets and shovels  
Flashed into my mind,  
As I remembered all those precious  
memories you left behind.  
Tiny footprints took me many,  
many years back in time,  
But of those I looked at—  
yours I couldn't find.  
But as I stood there  
going so far back in the sand,  
I almost could feel you holding my hand.

Linda Trimmer  
TCF York, PA

## PRECIOUS MEMORIES

Memories, Memories, Memories  
Are all I have of you,  
Precious, precious memories of a daughter who died  
too soon.

Some of my memories are visible  
And some of them are not.

**“The hurt never goes away. We never forget.  
We never get over it. We don't want to. We  
hurt so much because we loved so much.  
But the focus on death and the event fades  
and the warmth of good memories replaces  
it.”**

**—Richard Edler**

## SEASONS OF THE HEART

Your special days are unchanging  
Seasons of the heart I celebrate.

Your birth, forever spring,  
Tender memories relate,  
New and green, a dream  
From which too soon I  
awake.

The summer of your life  
was bright  
Laughter needed no reason,  
Seemingly endless days of  
sharing.  
Sixteen summers. Short in season.

Your death brought winter  
without warning,  
What sense in all this can be found?  
Summer dreams replaced with mourning.  
Where is hope now?

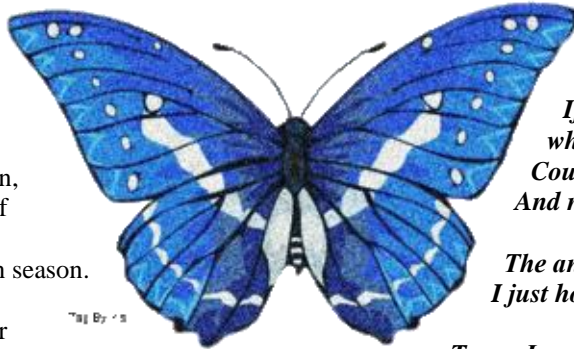
But the heart knows what  
The mind cannot accept  
That when all is lost,  
It is love that is left.

Love knows no barriers  
Time or distance recognize.  
Love does not diminish,  
But is constant in our lives.

And like a summer breeze  
Uplifts and inspires us  
With healing memories.

For son Eddie (2/18/74 - 5/30/90)

Peggy Walls  
TCF Alexander City, AL



*The last time I saw your face  
I remember the time and the place.*

*The last time I saw you smile  
I remember, though it has been awhile.*

*The last time you shook my hand  
You did it like I taught you  
You did it like a man.*

*If I had known it was the last time  
when we said goodbye,  
Could I have changed things  
And not had all these tears to cry.*

*The answer to that, we'll never know.  
I just hope you knew, that I love you so.*

*Try as I may I can't get it in my mind that the  
last time,  
Has to last me a lifetime.*

*Love and Miss You Lad,  
The Old Man*

**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**

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

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## **FIREWORKS ARE LIKE THE LOVE IN OUR HEARTS**

July brings Central Oregonians lingering blue skies, lazy afternoons and the Fourth of July celebration, complete with the grand fireworks finale bolting from the top of Pilot Butte.

This was one of my son's favorite holidays. When he was six I asked him why fireworks were so special to him. He said, "The lights explode in the dark and make the whole sky light up!" That was obvious. I said "Hum?" He gave me one of his "Oh mom" looks, then went on to say "The fireworks are like the love in our hearts, we should always try to spread our love out to others". I knew then and I still am aware today that profound wisdom comes from the lips of our children.

From the summer on, in my mind, fireworks have been a triumphant testament of love's enduring power and wonder. I miss my son, Joshua terribly. I comfort myself knowing that his wisdom and kindness were precious gifts in my life.

Wherever you are on the Fourth of July, I hope that the splendor of sparkling fireworks might comfort as you acknowledge that the love you hold dear for your child is the light that is able to shine through you. We all have known grief well, yet as compassionate friends we need not walk alone in the darkness. We can lighten the path for others. Grief can cripple and destroy us, but as we gather to share each other's burden, we are able to gain strength. Love for our children is our common flame, sharing and caring keep the flames afire. I look forward to our next meeting and the opportunity to hug and listen to my comrades.

Jane Oja  
TCF Central Oregon Chapter

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## **ABOUT BEING STRONG**

Many people are convinced that strong and brave means trying to think and talk about "something else."

But we know that being strong and brave means thinking and talking about your dead love, until your grief begins to be bearable.

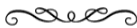
That is strength,  
That is courage.

And only thus can being strong and brave help you to heal.

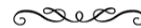
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Everyone is encouraged to contribute to the newsletter to keep our chapter going strong. Please contact Julie Petty with your ideas.



Also, remember you can bring your child's favorite snack for refreshments to our monthly meeting or do a flower arrangement for the table. Please contact Marilyn Smith one month prior to the meeting.

# *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 JULY BIRTHDAYS

<u>Child</u>		<u>Parent(s)</u>
Chris Springfield	07/03/75	Deborah & Walter Springfield
Don Shlosman	07/04/78	Margie Godwin
Joe David Williams	07/04/74	Dolph Williams
Michael Stephens	07/06/51	Maggie & John Stephens
Tonya Hurst	07/06/79	Pam Wimbish
Stacey Morrison		Sandy Kendrick
Amiee McIlveene	07/07/78	Rhea & Danny McIlveene
Greg Dennis	07/08/60	Camille Dennis
Jill Whitaker	07/21/02	Cynthia Machen
Fred Page	07/22/62	Gloria Roye
Randy Foote	07/25/75	Linda Foote
Misty Duchmasclo	07/29/68	Kathy Morrison
Scottie McLarrin	07/30/87	Mary McLarrin
Matthew Nolan	07/30/91	Karen Nolan

## OUR CHILDREN'S JULY ANNIVERSARIES

<u>Child</u>		<u>Parent(s)</u>
Leigh Ann Carlton	07/01/01	Gail Dupuy
Allen Byrnside	07/02/19	Terri Musgrove-grandmother
Andrew Rinicker	07/03/04	Dale Rinicker
Misty Duchmasclo	07/04/94	Kathy Morrison
Hunter Carr	07/08/09	Juanita Carr
Andy Smith	07/12/16	Anita Wynn
Derrick Sadberry	07/15/06	Belinda Sadberry
Steven Wisdom	07/15/06	Dee Wisdom
Mike Hayes	07/19/97	Margaret & George Hayes
Michael Hollier	07/21/09	Lyn Hollier
Keyeria Haynes	07/25/22	Lorraine Haynes
Allison Butler	07/30/11	LuAnn & James Butler

## OUR CHILDREN'S AUGUST BIRTHDAYS

<u>Child</u>		<u>Parent(s)</u>
Heather Greer	08/01/83	Kim & Heath Greer
Kelly Menendez	08/01/96	Wendy Stevens
Robin Munholland	08/02/81	Terry Williams
Michelle Putman	08/03/83	Gaye Laing
Kim Smith	08/02/75	Jackie Bailey
Adam McKenzie	08/04/68	Cheryl & Jerome McKenzie
Aaron McKenzie	08/04/68	Cheryl & Jerome McKenzie
Raeleigh Hunter	08/07/90	Donna Evans
Lisa Giovingo	08/07/59	Frances Webb
Josh Griggs	08/11/82	Joely & George Griggs
Chad Byrd	08/13/79	Janice & Randy Byrd
Shontavious Foster	08/13/87	Sarah Foster
Robert Harrison	08/15/59	Dr. & Mrs. Robert Harrison
John Bruscato	08/19/74	Dianne & Frank Bruscato
Michele Perry	08/25/66	Don & Clara Perry
Dominique Bruscato	08/28/79	Gene Bruscato
Tytianna Jenkins	08/28/98	Beverly Jenkins
Benjamin Box	08/30/63	Erlene & Jack Box

## OUR CHILDREN'S AUGUST ANNIVERSARIES

<u>Child</u>		<u>Parent(s)</u>
Chad Byrd	08/01/05	Janice & Randy Byrd
Don Shlosman	08/01/00	Margie Godwin
Hope Johnson	08/02/05	Fran Johnson
Matthew Elliott	08/04/16	Guina Elliott
Savannah Thornton	08/07/16	Rhonda & Ronald Thornton
Joel Rundell	08/09/90	Sharon & Jim Rundell
Brittany Braxton	08/11/09	Ursula Braxton
Heather Greer	08/13/03	Kim & Heath Greer
Gavin Simmons	08/13/21	Jennifer & John Shamblin
Paul Hayes	08/14/03	Patty & Paul Hayes
Scott Thompson	08/16/03	Tammy Thompson
Raymond Clary	09/17/21	Babs & Ray Clary
Stephen Sivils	08/19/03	Veda Sivils
Jayson C. Crawley	08/20/90	Ruby Crawley
Jeffrey Carter	08/22/10	Dianne & Tim Carter
Jason Hutts	08/22/99	Carol & Greg Hutts
Brian Perry	08/22/02	Clara & Don Perry
Greg Gilstrap	08/24/07	Jean Gilstrap
Debbie Pope	08/24/08	Jean Hamilton
Kelly Menendez	08/25/17	Wendy Stevens
Dean Keirse	08/28/11	Shirley Porter
Vince Pardue	08/29/21	Ann & Van Pardue
Brandon McGehee	08/30/02	Teddi & James McGehee
Robert Harrison	08/31/06	Dr. & Mrs. Robert Harrison

# *Our Children Always Loved and Remembered*

## OUR CHILDREN'S SEPTEMBER BIRTHDAYS

<u>Child</u>		<u>Parent(s)</u>
Yvonne Perry	09/03/97	Michelle & Carolos Perry
Mario Lambert	09/04/77	Helma Lambert
Fred Page	09/08/58	Charlotte Colquette
Pamela Ford	09/08/74	Leona Upton
Britt McCoy	09/10/81	Dianne & Melvyn McCoy
Holly M. Robertson	09/12/70	Nancy & Joe Mulhern
Leigh Ann Carlton	09/13/83	Gail Dupuy
Daran Reeves	09/13/63	Linda & Terry Reeves
Anne Barham	09/14/77	Pat Barham
Laureen Romero	09/14/88	Lenette and Larry Romero
Rodney Hubbard	09/15/64	Claudina Vega
Jeffrey Moore	09/16/85	Tammi & David Moore
Barry Kirby	09/18/89	Lisa Kirby/Bridget Kirby
Donald Acree	09/20/64	Fran Acree
Paul Johnston	09/20/59	Gloria & Paul Johnston
Michael Woods	09/20/95	China Telano
Jayden Ward	09/21/09	Alicia Hill
Cole Brooks Hamilton	09/22/95	Laurie & Britt Hamilton
Emerson Johnson	09/23/14	Sandy Johnson
Jeffrey Carter	09/24/82	Dianne & Tim Carter
Derek Wallace	09/24/76	Sandy & Donnie Wallace
Joel Rundell	09/26/65	Sharon & Jim Rundell
Raymond Clary	09/27/66	Babs & Ray Clary
Kody Spann	09/27/84	Cindy Spann
Richard Bryan	09/28/79	Linda & James Bryan

## OUR CHILDREN'S SEPTEMBER ANNIVERSARIES

<u>Child</u>		<u>Parent(s)</u>
Amanda Maxwell	09/01/02	Angie Maxwell
Blade Gilbreath	09/06/15	Dawn & Brandon Gilbreath
Kenneth Wall	09/06/99	Beverly & Charles Wall
Kaye Shields	09/06/04	Lila & R.L. Hargrove
Matthew Nolan	09/11/17	Karen Nolan
Duncan Jones	09/19/20	Shelley & Jerry Jones
Savannah Gray	09/26/21	Stephanie Gray
Cole Crawford	09/22/18	Sylvia & Greg Crawford
Timothy Smith	09/25/76	Mary & Buddy Smith
Yvonne Perry	09/27/22	Michelle & Carlos Perry
Aaron McKenzie	09/29/10	Cheryl & Jerome McKenzie
Kim Smith	09/29/97	Jackie Bailey

### **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