



THE COMPASSIONATE FRIENDS Newsletter

MEMPHIS, TN

JANUARY/FEBRUARY 2008

The mission of The Compassionate Friends is to assist families toward the positive resolution of grief following the death of a child of any age and to provide information to help others be supportive.

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The Memphis Chapter of The Compassionate Friends conducts meetings on the first Thursday of each month from 7-9 p.m. at St. Louis Church located at 203 S. White Station at Shady Grove.

Be sure to bring a picture of your child to each meeting. We have a table set up for the placement of pictures of our children.

Next Meetings:
January 3rd
February 7th



TCF Meeting Topic for January – How have my priorities changed because of my loss?

TCF Meeting for February – What is one thing I think my child, grandchild or sibling would like to hear from me?

Happy New Year

The holidays are behind us; some of the days were times of sorrow and some of the days were times of joy. We did the best we could and these times are now a part of our memories of our children, grandchildren and siblings. May the New Year bring you comfort and peace as you struggle to survive a first year or yet another year without your loved one.

Memphis Chapter TCF Steering Committee

Worldwide Candle Lighting Program

The Memphis Chapter held their December meeting on December 9th at Immaculate Conception Church in conjunction with the TCF Worldwide Candle Lighting. With over 100 people in attendance, we joined together to light candles in memory of our children, grandchildren, siblings, family and friends. Each year on the second Sunday in December, families around the world unite in loss to remember their loved ones. A special thanks to the Memphis Chapter TCF Steering Committee for their hard work and dedication in making this celebration a memorable experience.

Those we love must someday pass beyond our present sight; must leave us and the world we know without their radiant light. But we know that like a candle their lovely light will shine to brighten up another place, more perfect more divine. And in the realm of Heaven where they shine so warm and bright, our loved ones live forevermore in God's eternal light.

Hilda McLeod

The Wounded Heart

Children have preceded their parents in death for eons of time. We are not the first, nor will we be the last to enter the realm of Bereaved Parents. But for now, right now, it is our hearts that are freshly wounded and our hearts are in need of mending. Wounded hearts must be allowed to mourn and lament their loss; to pour out their pain, agony, sadness, hurt and anger, and release their well of tears. Wounded hearts need to be wrapped in quietness, gentleness, and compassion away from the turmoil of daily life. A wounded heart, not allowed to mend from the depth of its agony will be as an abscess to swell and undermine, erupting at a distant time; suppressed, it will slowly choke the spirit of its host. Only the bearer will know when his heart has healed. The wounded heart, encouraged and given the time and freedom to mend, will carry in its chambers the memory and shared love of a precious child.

Announcements

New Parents

The Memphis TCF Chapter has a website with information about TCF and what is happening in the Memphis Chapter. We also have a page where we have pictures and personal comments and stories about our children. If you would like to have your child's picture added to our website you will need to sign a release form which is required by our Webmaster and the National Chapter. Bring the picture and the written verbiage to our next meeting. The written verbiage needs to be prepared in WORD and saved on a disk. You can view our website at www.tcfmemphis.com. Click on "Our Children", and then click on a specific child's name.

TCF Wristbands

Compassionate Friends wristbands imprinted with "Forever In My Heart" framed by two butterflies are available for \$1.00 If you would like to order TCF wristbands, call Gwen Elrod at 901-388-3298 or send your request by e-mail to gwenelrod@hotmail.com.

Birthday Table

Each month we provide a Birthday Table for the parents whose child would be celebrating a birthday. We invite you to bring pictures, scrapbooks and other mementos that belonged to your child to share with your Compassionate Friends.

TCF Library

We have an extensive TCF Library that is a valuable resource for our Chapter and new parents. We ask that you check the books or tapes out by completing the check-out card in the front of the book/tape and return what you have checked out in a few months. If you have any books you would like to donate to our Library, contact Pri Morden at 274-9338.

2008 TCF National Conference

The 31st TCF National Conference will be held in Nashville, TN July 18th, 19th and 20th. This year's theme will be "Volunteers for Healing – Friends for the Future". The 2008 conference will have special guest speakers and entertainers and more than 100 workshops. The 9th annual two mile "Walk to Remember" will be Sunday July 20th at 8:00am. There will be a pre-conference day for professionals on Thursday July 17th. Among the keynote speakers will be Joe and Iris Lawley, the founding parents of The Compassionate Friends. The conference will be held at the Sheraton Music City Hotel with special room rates for guests attending the conference. The latest information on the conference can be found on the TCF National Website.

Grief Materials

Looking for a particular grief book? Look no further than Centering Corporation, the official recommended grief resource center of The Compassionate Friends. With the largest selection of grief related resources in the United States, Centering Corporation will probably have just about anything you're looking for, or they will be able to tell you where to find it. Call Centering Corporation for a catalog at 402-553-1200 or visit their Web site at www.centering.org. When ordering, be sure to mention you are with The Compassionate Friends and all shipping charges will be waived

Support Group

Memphis Loss in Multiple Birth & Memphis NICU Support Group; contact Michelle at memrysbymichelle@aol.com.

Refreshment Schedule for 2008

January – Cathy Foust	June – Bob & Shelia Foust
February – Jessica & Shelia Durham	July – Joe & Rosemary Burns
March – Mike & Dianna Jernigan	August – Dianne Rhea
April – Pri Morden	September – Jack & Peggy U'Ren & Ron & Wanda Gray
May – Clint & Teresa Norwood & Larry & Gwen Elrod	October – Sue Ann Duffy
	November – Oliver & Claudia Ellison & Michelle Juelfs

If you would like to sign up to bring refreshments for the 2008 Meetings, contact Sue Ann Duffy, our Refreshment Chairperson at 276-4134.

TCF Newsletter

If you would like to submit an article or poem for the newsletter, please mail it to Gwen Elrod, 3612 Millie Drive, Bartlett, TN 38135.

Note: The Memphis TCF Website has recently experienced some technical problems with several links to "Our Children". The website is in the process of being restored and all links will be reconnected; thank you for your patience.

Reflections on a New Year

We begin a new year, one that many of us enter with reluctance. After all, it means another year away from our child and another year to live without the physical presence of the one we have lost. Apprehensive about any new challenges that we may be called upon to face in our broken condition, we call out "Wait, I'm not ready yet!" The death of our child changed the course of our life; nothing will be the same again. But it also has shaped us into who we are today. And it will continue to do so as we learn to incorporate this loss into who we are to become. Have you found that you have already begun to live differently? Compassion towards others is more profound. Trivial things are no longer important. Appreciation for life, and those in our lives, is paramount. We're living the same life, just differently. Tragedies, disappointments, and heartaches combine with beauty, love, and joy fashion our life. These are all a part of life, and our challenge is to incorporate them into our world. The difference that our child's life has had upon the world continues through us. So, rather than being fearful of the challenges that lie ahead, perhaps a better question to consider at this time might be: What opportunities will present themselves in the coming year to honor this loss that is already a part of our life? Our child has become more integrally entwined into our being than ever before. We bring him or her to every situation that we encounter. How can we make that situation better because of this bond? The start of a new calendar year is a good time to remember that we are in the midst of life. It is not perfect, nor is it one that we might have chosen. But, our struggles do not put life "on hold." Rather, they are a part of life itself. Our life is ours to make the most of, with many gifts that we can share with others. There is not a better time than the present to gather up the pieces and recognize the uniqueness that we each call "ME", a uniqueness made more wonderful because of our child's presence in the life we chose to live.

Paula S Schultz TCF Evergreen Park, IL

Thoughts on Winter

January... February... so cold, so crisp, so leafless. Beginning a year... a new year... a new beginning. You never lived in this year, and that is new. Sometimes new is painful. January is also the month of resolutions and the only resolution we must make is that we must learn to live without our child. What a profound sadness that is! To love them so deeply, so passionately, so completely only to have us part. My child, did I ever tell you enough how much I loved you? I've wondered. Do we tell those we love how very much their life has meant to us? Probably we do not. Somehow we just arrogantly believe that time goes on forever; it does. It's just the people do not. We fail to recognize how entirely too brief some lives can be. You were not supposed to die. Death is reserved for others. How could you have disappointed me? Didn't you know that I had such plans for you? I didn't want to face my own mortality. How cruel life was, using you to prove to me that we do indeed come to an end. I don't want to accept your death, but what choice have I left? Have you any idea how angry that makes me? Oh, I'll mend, although mending sometimes means forgetting. I cannot put you aside, but already memories of you are fading. You know what I like best? When I'm given little tidbits of your life by those that knew you. What a bittersweet delight! Each piece of my jigsaw puzzle life will eventually fit together. You will be the only missing piece.

Dorothy Worrel TCF, Palo Alto, CA

Wintersun

There are those days in winter when your world is frozen into a vision of eternal ice, when earth and air are strangers to each other, when sound and color seem forever gone. There are those days in winter when you feel like dying, when life itself surrenders you to anguish, to total mourning and to endless grief. And then it happens, from a bitter sky, a timid sun strides to his silent battle against the gray and hostile universe. It changes ice to roses, sky to song. And then it happens that your heart recalls some distant joy, gladness from the past. A slender light, then larger, braver, until your mind returns to hope and peace. Let memories be beauty in your life, like song and roses in the winter sun.

Sascha

A Valentine To All My Compassionate Friends

We who have had our hearts so badly broken know each other; we have lost a child, grandchild, sister or brother. It matters not if we've seen each other's faces. At first our hearts feel shredded and torn; we might even wish that we'd never been born. We don't understand how our lives went so wrong. Everyone tells us they're so glad that we're strong. All we know is that we hurt to the core; because our child, dearly loved is with us no more. With time, patience and understanding we begin to heal. We begin to accept what is and life starts to seem real. Each time we tell our tale, each hug we receive, puts a band aid on the hurting spots and gives us reason to believe that we will feel joy again; that life goes on; though we're never quite the same since our child is gone. Compassionate Friends teach us ways we can cope until we can live again and face life with hope. So to TCF members, whether we've met or not, thank you for the band aids on that bruised healing spot.

Kathy Hahn TCF, Lower Bucks, PA



We must by word and by example, demonstrate that, far from being a negative experience, grief can become a positive source for good in the lives of those people whom it visits.

Rev. Simon Stephens

Getting Through the Annual Reminders of Your Loss

Memory writes on every page of the calendar, here a birthday, there a holiday, further on a wedding date. In the wake of death, those precious days bear a bittersweet tinge, a pang that the celebrations they mark will never be repeated with someone you have loved. Most of those dates are warmed by tender recollections; some are written darker than the rest. Whether this is your first turn around the calendar, or one of many, since your loss, these dates loom dark on the horizon. Tears that you thought were behind you swell again, and with them come a terrible loneliness.

- **Working Your Way Through** – These days will not be wished away, even if you pull the covers over your head and wait for the sun to set; and perhaps nothing you can do will make them easy. You can meet these milestones head-on and make them into a bridge stretching toward a brighter tomorrow. Begin by planning a departure from your usual activities; take the dreaded day off work, if you can. No use in pretending that this day is like any other; it isn't. Don't let anyone, yourself included accuse you of "wallowing" in grief. Taking time to lean into your sorrow is facing reality.
- **Reach Out** – Choose your company for the day; don't wait for someone to remember. Your grief easily slips out of mind, even within the closet circle of family and friends. Start dropping reminders when the day's approach first begins to haunt you. Don't assume that the best company is those with whom you have always spent that day. You might be more comfortable with someone who has been in your shoes. Claim the offers of "anything I can do" which were so generously made when your loss occurred. Be specific; say that you want someone to drive you to the cemetery, that you want company for shopping or lunch, and that you want a shoulder you can cry on, or even that you want someone to help you think of some way to mark the day.
- **Look Back** – Claim your memories, those bits of history which have made you who you are. Someone once observed that "memory is the power to gather roses in winter." Clip your bouquet; get out the scrapbook and the old birthday cards; line up the gifts and souvenirs you cherish. Call to mind all the joys and struggles which shaped this interrupted relationship. Write a new obituary, one which contains all the personal details you wouldn't have entrusted to the newspaper even had there been room. Include a physical description; the color of eyes and hair, the way their nose crinkled, the shape of their hands. Add the qualities which were important to you. Admit your regrets. If you are haunted by a bit of unfinished business, and unresolved quarrel cut short by death, words of love and appreciation left unspoken, say what you need to say in some formal way by writing a letter or by expressing your feelings to a valued friend. Mourn the dead dreams; the hope of seeing a child

grown, celebrating a milestone. Claim your grief. Give yourself permission to cry as much as you need to. Relive once more the illness or accident which precipitated your loss. Recapture the feelings which swept over you at the time of death. Recall, too, the signs of care which surrounded you in those difficult first days. Reread the cards and notes, the visitors' book. Feel again the warm hugs; the gentle pressure of others hands in yours, the sight of friends gathered to grieve and to pray with you. Survey your journey through the calendar so far, with all its ups and downs. Take stock of how far you have come, of the unexpected strengths you have found within yourself. Congratulate yourself for coming as far as you have, for getting out of bed on the days when that seemed impossible, for learning to manage the everyday stuff of life without someone who once was part of life's daily structure.

- **Look Forward** - Close at least one small door on the past. Make a conscious act of forgiveness to someone; the love who abandoned you, the killer, the doctor who didn't diagnose soon enough, yourself. Clean a closet, even if all you can do is rearrange it. Create a new holiday ritual. Go out for Thanksgiving dinner instead of fixing the turkey yourself. Replace the big tree with a small one trimmed with bows instead of getting out ornaments. Mark a birthday by giving just one thing which belonged to the person you mourn to someone who will cherish it. Celebrate today's joys. Count the blessings you have, especially the people who grace your life with love. Ask yourself which of those relationships need attention, to whom you need to express your affection while there is still time. Mark your calendar to make a friendly phone call or extend an invitation. Plan just one thing for the future. Think big, if you can; a change of job, a special vacation trip, redecorating the house. Or think small. Promise yourself lunch with a friend next week; get a book you have wanted to read from the library; rearrange the living room furniture. Dream of being whole and happy; imagine yourself facing life with confidence.
- **Take Heart** – However unimaginable such wholeness may seem, it is the end toward which grief's journey leads. Time, they say, heals all wounds. There is some truth in that; leave a broken bone alone and it will mend. But only a fool hopes that time alone will make an unset bone straight and strong. In the same way, time alone heals grief without bringing wholeness. The turns through the calendar mark the passage of time; one year, two years, ten. But time works its magic only when it is used well. Face the truth of your sorrow and the truth of the healing which has already begun; and believe it; those of you who are now weeping will one day laugh again.

Carol Luebering

Our children were, still are, and always will be a part of who we are and what we do today, tomorrow and forever.

Ken Pinch TCF, Winnipeg, Manitoba

The world is round and the place which may seem like the end may also be only the beginning.

Shared Thoughts on Grief and the New Year

Most of us have a new perspective about the New Year, since our children and siblings have died. For some, it is a relief to close the door on the year of our tragedy, and try to perceive the New Year with small rays of hope. But, for others it was the last year we shared our life with our loved one, and can't bear to see that segment of our life close. Each of us view new seasons differently, but for most of us, it is a difficult time. First of all, we must allow ourselves to grieve, both privately and with other family members. We can't expect other family members to grieve exactly as we do. Each needs space to comfort their own needs, which may be different than ours. We find it helps to set time aside for our grief, perhaps, that is why going to Compassionate Friends meetings is so healing for many, where we devote the evening to dealing with our feelings, and hoping for suggestions from others who have "made it through." It is important to take care of ourselves physically, for bad health can alter our mood, and how we respond to the daily happenings in our life. We need to be considerate of other family members, for they are also struggling to get their lives back together. Both kindness and antagonism will snowball, and return back to us. So, it helps to put all we possibly can into being kind, and considerate to those around us. This does not mean taking abuse, or ignoring our own needs. If a good hour, or day, comes our way, relish it, we deserve it. Sometimes this causes some guilt on our part. We must remember, the last thing our child or sibling would want is for us to feel any guilt. The love we have for our children and siblings is usually matched in return with love for us. So, I'm sure they are glad when we can have relief from the terrible torment we are going through. We must try to see some good in the New Year, and a reason to go on. When newly bereaved, it is difficult to even want to look for good things. Everything looks so trivial compared to our loss, for we are so depressed, and hurting so bad. For those of us who are further along in our grief, we will remember how difficult it is to believe anything about "getting better." But, we now know it does get tolerable, and you too, will make it through. You will not always be so miserable, but it takes a lot of work to get there. Healing comes through sharing, crying, feeling guilty and angry, or any aspect of grief it takes for us to move forward. We do grow through our grief, by becoming more loving, understanding and compassionate to those around us. Most of us have refined our priorities, and have no time for trivial complaints of others, for we now know there are greater things in life to be concerned with. We have learned the true meaning of desperation, and know it comes from broken people, not broken appliances.

Marie Hofmockel TCF Valley Forge, PA



The Lincolns

"In this sad world of ours, sorrow comes to all; it comes with the bitterest agony. Perfect relief is not possible except with time. You can not realize now that you will ever feel better; and yet this is a mistake. You are sure to be happy again; to know this, which is certainly true, will make you some less miserable now. I have had experience enough to know what I say."

Abraham Lincoln

Abraham and Mary Lincoln were the parents of four sons. The Lincoln's lost their second son, Edward at age four in February 1850. Their third son, Willie was born in the same year that Edward died; Willie died in 1862 at age eleven. President Lincoln was assassinated in front of his wife at Ford's Theater in April 1865 by John Wilkes Booth. Six years later in 1871, their son Tad was killed at age eighteen. What a tragic life they both lived. The gossip circles around Washington, DC referred to Mary Lincoln as "deranged" and "eccentric." We can only hope that Mary had at least one compassionate friend.

President's Day

John Adams lost a 20 year old son while he as President. **Thomas Jefferson** had 6 children and only 2 lived to maturity; his daughter Mary died at age 26 while he was President. **James Monroe** lost a son at age 2. **John Quincy Adams** had an infant daughter die, and a son while he was President and another son die 5 years later. **William Harrison** had 6 children who died before he became President. **Zachary Taylor** had 2 infant children die and an adult daughter die. **Millard Fillmore's** daughter died at age 22. **Franklin Pierce** had 2 infant sons die and an 11 year old son die two months before his inauguration. Franklin Pierce resigned from the Senate after the death of their son and Mrs. Pierce collapsed from grief after the death of the 11 year old and secluded herself for half of her husband's presidency. She was known as the "Shadow of the White House." **Abraham Lincoln** had two sons die while he was President and his 18 year old son died 6 years after he was assassinated. His wife was never able to cope after the assassination and the death of the third son; she was never well again. **Rutherford B. Hayes** had 3 infant children die. **James Garfield** had 2 infant children die. **Chester Alan Arthur** also had an infant son die. **Grover Cleveland** had a daughter die at age 13. **William McKinley** had both of his children die, one at 4 months and one at 4 years. McKinley's wife was so overwhelmed with grief that she became an invalid for the rest of her life. **Theodore Roosevelt's** son died at age 21. **Calvin Coolidge's** 16 year old son died during his Presidency. In his recorded autobiography he stated "When he went, the power and the glory of the Presidency went with him." **Franklin Roosevelt** had an infant son die. **Dwight Eisenhower's** son died at age 3 and he stated in 1969 that "I do not know how others have felt when facing the same situation, but I have never known such a blow. Today, when I think of it, the keenness of my loss comes back to me as fresh as it was in that long dark day after Christmas in 1920." **John Kennedy** had an infant daughter die and 2 sons die; one son during his Presidency and his son John died in 1999. **George H.W. Bush** had a 4 year old daughter die.



OUR CHILDREN LOVED AND REMEMBERED



JANUARY 2008

Susi Norris
1/13/44 - 4/1/00
Cary Kyle Bilderback
6/20/70 - 1/13/89
Larry "Mason" Leach, Jr.
9/22/81 - 1/8/00
Hunter Correro
2/8/80 - 1/14/04
Tracy Andrew Cox
10/11/77 - 1/30/02
Charles Edward Woodson
5/12/49 - 1/26/98
Scott Robert Cummins
7/26/71 - 1/31/97
Cindy Devereaux
1/10/74 - 10/27/95
William "Will" Wagner Duffy
10/8/77 - 1/23/94
Alexandra Mae Sutton Ellsworth
1/10/03 - 3/4/03
Eric "Joshua" Foust
1/19/87 - 4/9/04
Vincent Haward Fowler
10/20/82 - 1/16/06
Adrienne Michelle Fryer
6/7/84 - 1/28/01
Mikkel David Grisham
2/1/84 - 1/6/02
Todd "Hayes" Kent
3/14/85 - 1/27/02
Stanton J. Isom
1/17/84 - 8/14/04
Antonio Jones
11/15/61 - 1/31/99
Stephen Christopher Brown
8/21/84 - 1/17/05
Kimberly Iris Mauney
9/1/81 - 1/8/00
John Calvin Hayes, Jr.
3/10/74 - 1/6/97
Jimmie (Jim) Norris Parrott, Jr.
2/4/58 - 1/31/98
Rebecca Jean Roberts
1/16/48 - 2/7/91
Thomas "Tommy" Lee
2/16/76 - 1/4/80
Ronald William Callan Jr.
11/27/71 - 1/1/07
Matthew Brice Stepp
11/16/01 - 1/15/02
Russell Howard Ullery
2/6/68 - 1/9/00
Christi Lynn Turner Ducas
1/10/69 - 2/4/01
William Carl Sloan
1/17/69 - 6/17/06
Vicki Willis Long
1/16/66 - 2/22/06
Cynthia Wilson
1/16/76 - 9/16/05
Stacey Woodall Ward Sullivan
1/16/63 - 5/12/96

FEBRUARY 2008

Geneva Maxine Baumgartner
2/19/04 - 2/19/04
Charles Samuel Bobbitt
6/4/78 - 2/25/04
Christopher Gene Pike
11/7/74 - 2/21/07
Rebekah Kay Clark
10/11/04 - 2/2/05
Hunter Correro
2/8/80 - 1/14/04
Billy Wayne Woodson
2/21/48 - 11/14/57

Polly Arnold
Gary & Nancy Bilderback
Becky Bryan
Carol Correro
Susan E. Cox
Judy Craig
Glenn & Judy Cummins
Mike & Betty Devereaux
Sue Anne Duffy
Robert & Rita Ellsworth
Larry & Cathy Foust
Haward Jr & Vernita Evans Fowler
Dwight & Linda Fryer
Winston & Michele Grisham
Scott & Beth Hall
Barbara Isom
Deloris L. Jones
Denise Martin
David & Nancy Mauney
Rita Oaks
Jean K. Parrott
Angeline Roberts
Cindy Savageau
Esther Virginia Snow
Joshua & Rabecca Stepp
Curt & Judy Ullery
Sherry Weeks
Pat Wiggins
Dolly Willis-Hall
Charlotte Wilson
Leonard & Bettye Woodall
Rodney & Beth Baumgartner
Mike & Karen Bobbitt
Roger & Phyllis Burns
Rhonda Clark
Carol Correro
Judy Craig

Angela Gayle Dodd
3/24/78 - 2/26/01
James "Jamie" Wade Gillespie
2/15/77 - 3/15/95
Matthew Good
2/22/04
Mikkel David Grisham
2/1/84 - 1/6/02
Clifford "Trey" G. Hannah, III
7/24/90 - 2/29/04
Jessica Corine Jernigan
2/4/86 - 2/28/07
Bethany Susan McCarver
12/24/77 - 2/28/00
Jack Keesee
2/20/89 - 12/9/90
Jordan Lincoln Killen
2/10/81 - 5/19/02
Kevin William Lazarini
2/22/66 - 8/8/91
Charles Samuel Bobbitt
6/4/78 - 2/25/04
Paul Christopher Smith
2/5/73 - 3/6/04
Brandon Eugene Logan
2/2/76 - 6/29/99
Autumn Elizabeth McBroom
2/14/97 - 8/28/04
Angela Marie McCraw
2/10/75 - 2/10/97
Rachel Jill McFarland
6/9/95 - 2/19/98
Elizabeth Michelle Miller
2/6/85 - 9/8/91
Jimmie (Jim) Norris Parrott, Jr.
2/4/58 - 1/31/98
Kristopher Ray Rogers
2/10/78 - 3/4/01
Christopher Gene Pike
11/7/74 - 2/21/07
Tonya Caprice Coleman
2/22/68 - 2/18/07
Kaleigh Ann Bogard Riordan
2/9/00 - 3/25/00
Rebecca Jean Roberts
1/16/48 - 2/7/91
Thomas "Tommy" Lee
2/16/76 - 1/4/80
Daniel Keith Franks
2/5/91 - 9/17/06
Steven Kirby Spear
11/14/49 - 2/2/05
Mark Adam Stallings
2/28/79 - 3/6/02
Matthew "Matt" Scott Tremblay
3/21/86 - 2/7/04
Tawana Blunt
2/18/81 - 9/15/00
Russell Howard Ullery
2/6/68 - 1/9/00
Ruud Justin van Rantwijk
2/20/97 - 7/1/04
Christi Lynn Turner Ducas
1/10/69 - 2/4/01
Adriaonna K. Williams
2/21/96 - 12/21/04
Jermaine M. Holland
2/28/72 - 7/7/05
Vicki Willis Long
1/16/66 - 2/22/06
Roshon Demetrius Walker
2/28/96 - 7/14/01

Brad & Sandra Dodd
Sandra Gillespie
Buddy & Becky Good
Winston & Michele Grisham
Cliff & Rose Hannah
Mike & Dianna Jernigan
Janine McCarver Johnson
John H. Keesee
Bill & Martha Killen
Yolanda Lazarini
Teresa L. Lewis
Robert & Teresa Liles
Gene & Sandra Logan
Kathy McBroom
Cheryl McCraw
Keith & Rhonda McFarland
Barbara Miller
Jean K. Parrott
Tracye Petersen
Samuel Pike
Bettye Pittman
Kevin and Lisa Riordan
Angeline Roberts
Cindy Savageau
Rebecca Smith
Kenneth & Dorothy Spear
Dale & Sylvia Stallings
Nancy Tremblay
Bobby Alexander
Effie Turner
Curt & Judy Ullery
Carlo & Tanja Van Rantwijk
Sherry Weeks
Karen L. Williams
Michael & Nina Williamson
Dolly Willis-Hall
Angela Zahn
Robert Walker

🦋 LOVE GIFTS 🦋

Love Gifts are tax-deductible donations to the Chapter in memory of your child, grandchild or sibling or in honor of a loved one or friend. Our Chapter depends on these donations to help us reach out to others by sending the newsletter, purchasing books, brochures, and tapes/videos for our library, educating others about what we do and maintaining our relationship with the TCF National Chapter. Thank you for your support.

<p>Jere & Jan Ferguson In memory of their daughter Sarah Ferguson</p>	<p>Frances W. Pierce In memory of her daughter Tina Warren Wiles</p>
<p>Oliver & Claudia Ellison In memory of their son Justin Davis</p>	<p>Tommy & Kay Shumaker In memory of their son Rex Anthony Shumaker</p>

In memory of Rex

Thoughts of you are gently wrapped in precious prayers; sometimes with pain and tears, sometimes with smile and laughter, and always with Love and Longing. You are in our hearts, Rex, especially on December 20th, your birthday and Christmas your favorite holiday.

Forever Love, Mamma, Daddy & Family

The following donations were made for the December Worldwide Candle Lighting Program

Drew Lawrence
Bob & Betsy Friedl
The Lawrence & Halfacre Families

Scott Alan Elrod
Larry & Gwen Elrod
Brian & Rebecca Elrod

Dustin Raney Arnwine
Ronnie & Linda Raney

Justin Mason
David & Joanne Altizer

Lindsey Preston
David & Joanne Altizer

Larry Travis Shaun Carter
Judy Craig

Julie Vannucci Barney
Diane V Johnson

Spenser Lamar Norwood
Clint & Teresa Norwood

Sarah Ferguson
Jere & Jan Ferguson

Stephen D Sullivan
Shelia Forrest

Kevin William Lazarini
Yolanda V Lazarini
Andrea Murff
Maria Sinclair

Hayes Kent
Scott & Beth Hall
Bethany Hall

Lonnie "Paul" Cofer
Bob & Shelia Foust
Chris Foust

Kyle Morden
Pri Morden

Tina Spence
Gina Sugarmon

Eric Joshua Foust
Larry & Cathy Foust

Justin M Davis
Oliver & Claudia Ellison

Zachary Thomas Fay
Daniel & Martha Fay

Victoria Elizabeth Whitten
Ana Elizabeth Whitten

Tina Warren Wiles
Frances W Pierce

Thomas Dwyer
Ann Dwyer

Rebecca Meriwether Cooper Klyce
The Klyce Family

Will Duffy
Steve Duffy
Sue Ann Duffy

Maureen E Craven
Bill Craven, Jr
Elaine Craven

Kathryn Elaine Needham
Jeff & Margaret Needham

Carter Lee Murray
Seldon & Carolyn Murray

Rebecca J Becky Roberts
Angeline M Roberts

Captain Scott Robert Cummins
Glenn & Judy Cummins

Antonio Jones
Deloris L Jones

Tracy Andrew Cox
Susan E Cox

Rex Anthony Shumaker
Tommy & Kay Shumaker

Jenifer Krasner
David & Joyce Krasner

May you have enough happiness to make you sweet; enough trials to make you strong; enough sorrow to keep you human; and enough hope to make you happy.

You may send your Tax-deductible Donation to: **The Compassionate Friends**
P. O. Box 38653
Germantown, TN 38183-0653

Child's Name _____

Parent's/Grandparent's/Friend(s) Name _____

Love Gift (Any Donation Amount) _____

In Memory Of _____

On The Occasion Of _____

For the New Year

Instead of the old kind of New Year's resolutions we use to make and break, let's make some this year and really try to keep them. Following these resolutions won't be easy; but what has been? It's worth a try and there is nothing to lose and perhaps much to gain.

- Try not to imagine the future; take one day at a time
- Allow yourself time to cry, both alone and with your loved ones
- Don't shut out other family members from your thoughts and feelings; share these difficult times
- Try to be realistic about your expectations of yourself, your spouse, other family members and friends
- When a good day comes, relish it; don't feel guilty and don't be discouraged because it doesn't last
- Take care of your health; even though the mind might not care, a sick body will only compound your troubles
- Rest and get moderate exercise, this will help your body as well as your mind
- Share your feelings with others and let them share theirs with you
- Try to care about the pain of others; this will help you begin to heal your pain

Mary Ehmann TCF, Valley Forge, PA

The Compassionate Friends
P.O. Box 38653
Germantown, TN 38183-0653

Jan/Feb 2008



Our Next Meetings: Jan. 3rd, Feb. 7th

A New Year's Prayer

At the beginning of the Jewish New Year there is a special service held in remembrance of loved ones; the following is a prayer that is recited by bereaved parents:

I remember in this solemn hour, beloved child, the many joys you afforded me during your lifetime. I recall the days when I delighted in your physical and mental growth and planned for your future. Though death has taken you from me, you are not forgotten. Your spirit is enshrined in my heart. Oh, Heavenly Father, I thank you for the precious gift which you did entrust to my keeping and which in your infinite wisdom you have called back unto yourself. Though few were the years when I rejoiced with my child, many are the blessings that he brought into my household. Teach me to live more nobly and to extend my love and devotion to other children in thankfulness for the privilege of having had and loved this child, though but for a few brief years. Thus may his soul be bound up in the bond of life and his memory remain an inspiration to me. Amen.

Denise Falzone



Printing of our newsletter is provided by Paulsen Printing Company, Jim and Judy Paulsen, Owners; In Loving Memory of their son Randy.