



# THE COMPASSIONATE FRIENDS Newsletter

MEMPHIS, TN

JULY/AUGUST 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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Oak Brook, IL 60522-3696  
(877) 969-0010  
Fax (630) 990-0246  
[www.compassionatefriends.org](http://www.compassionatefriends.org)

**Memphis TCF Chapter**  
P.O. Box 38653  
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**Regional Coordinator**  
David Gibson  
Phone 615-356-1351

**Steering Committee**  
Sue Anne Duffy  
Larry & Gwen Elrod  
Bob & Shelia Foust  
Bob & Betsy Friedl  
Pri Morden  
Jack & Peggy U'Ren

**Memphis Chapter Contacts**  
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**Web Site Address:** [tcfmemphis.org](http://tcfmemphis.org)

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Phone 901-291-3199  
E-mail [dahrius1@yahoo.com](mailto:dahrius1@yahoo.com)

*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 the meeting. We have a table set up for the placement of pictures of our children. We truly regret that we have no accommodations for young children, but teenagers and older siblings are welcome to attend.*

**TCF Meeting Topic for July** – *“Along with the loss of my loved one, I also lost...”*  
Refreshments will be provided by Betsy & Bob Friedl

**TCF Meeting for August** – *“What are the most helpful words that someone has spoken to me since my loss?”* Refreshments will be provided by Dianne Rhea

### TCF National Conference for 2008

The 31st National Conference of The Compassionate Friends will be held July 18th through July 20th in Nashville, TN. The theme for this year's conference is “Volunteers for Healing – Friends for the Future.” The 2008 Conference will have special guest speakers and entertainers, more than 100 workshops covering most aspects of grief following the death of a child, and many more activities including the ninth annual “Walk to Remember” at 8am on Sunday July 20th. A pre-conference day for professionals will be held Thursday July 17th. Among the keynote speakers will be Dr. Frank R. Lewis, a surviving sibling, speaker, author and pastor who led the sibling support group of The Compassionate Friends of Las Vegas for ten years; Bruce Murakami, who bonded and teamed up in the name of safety and saving lives, with the drag racing teen who ended the life of his wife and daughter, a story that was made into the Hallmark Hall of Fame movie “Crossroads: A Story of Forgiveness”; Darrell Scott whose daughter was the first to be killed at Columbine High and started “Rachel's Challenge” in her memory, a program presented at more than a thousand high schools to inspire students to pass along kindness and compassion; and Ann Hood, bereaved parent and award winning author of nine novels including *Comfort: My Journey Through Grief*, and has been published in *Redbook*, *Parents*, *Ladies Home Journal*, and a number of other magazines. To allow everyone to be a part of the 2008 conference, the Conference Committee plans to decorate the Conference Area with 7 inch vinyl records with pictures of our TCF children. The “Sponsor a Record” program is similar to programs available in previous conferences. For a nominal charge, to help defray the cost of the conference, you can have a picture of your children, siblings, grandchildren, or loved ones pressed onto a record. The records will decorate the Registration Area and Hospitality Rooms. Whether or not you are able to attend the conference, a child, grandchild, sibling, or loved one can still be remembered. Those attending the conference will be able to carry their record home and those unable to attend can have their record mailed to them. The conference will be held at the Sheraton Music City Hotel. Special room rates will be available for guests attending the TCF conference. Check TCF's national website for the latest information. Special performances will be provided by Tammy Vice, recording artist and songwriter; Kim McLean, Grammy nominee, singer and songwriter; and The Nashville Bluegrass Band; Grammy Award Winners and two-time Entertainer of the Year recipient.

*I thought of you with love today, but that is nothing new. I thought of you yesterday and days before that too. I think of you in silence, I often speak your name. All I have are memories and your picture in a frame. Your memory is my keepsake, with which I'll never part.*

*God has you in his keeping; I have you in my heart.*

*Grief only becomes a tolerable and creative experience when love enables it to be shared with someone who really understands.*

Simon Stephens

*Grief is the price we pay for love. We did not lose our children; they died, taking with them our hopes and dreams for the future, but never, never taking away their love. Though death comes, love will never go away. Hold it tight, the love our children gave us; hold it tight through the storms of grief and bring it with you into today. Love never goes away.*

Darcie Sims



**Next Meetings: July 3rd & August 7th**



## 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.org](http://www.tcfmemphis.org). Click on "Our Children", and then click on a specific child's name.

### TCF Memphis Has A New Web Site

Clinton Norwood has graciously accepted the position as the Web Master for the Memphis TCF Web Site. Clint and Teresa joined the Memphis Chapter in 2007 after their two year old son, Spenser passed away. If you would like to add your child's picture and biography please email Clint at [dahrius1@yahoo.com](mailto:dahrius1@yahoo.com).

### Birthday Table

Each month we provide a Birthday Table for the parents whose children 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.

### Grief Materials

The Compassionate Friends has joined with Centering Corporation to provide resources at conferences and to our chapters. Centering Corporation is North America's oldest and largest bereavement resource company and carries more than 400 resources for grieving families and caregivers. If you would like to receive a catalog, contact Centering Corporation at PO Box 4600, Omaha, NE 68104; phone 402-553-1200 or visit their Web site at [www.centering.org](http://www.centering.org).

### TCF Wristbands

Our chapter has Compassionate Friends wristbands with "Forever In My Heart" imprinted and framed by two butterflies available for \$1.00. If you would like to order TCF wristbands, call Gwen Elrod at 901-388-3298 or send your request to [gwenelrod@hotmail.com](mailto:gwenelrod@hotmail.com).

### Religion – A Continuing Theme

The principles of The Compassionate Friends state that TCF reaches out to all bereaved parents across the artificial barriers of religion, race, economic class or ethnic group. TCF promotes no specific religion or philosophical ideology. Despite our non-denominational status, many writers indicate that they have found comfort in their faith, and some have shared their anger and loss of faith. The opinion and beliefs expressed in the articles and poetry are those of the author.



### Refreshment Schedule for 2008

July – Betsy & Bob Friedl  
August – Dianne Rhea  
September – Jack & Peggy U'Ren & Ron & Wanda Gray  
October – Sue Ann Duffy  
November – Oliver & Claudia Ellison & Michelle Juelfs  
December – Memphis Chapter Steering Committee

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



### Dear TCF Friends

I am sending an invitation for parents to send me their stories, poems, etc. about your child/children for a book that I am authoring. My son, Michael died September 6, 2006 in a car accident. I am writing a book similar to the Chicken Soup for the Soul series. I would like to include contributions from other grieving parents with stories, poems, notes of encouragement, telling about inspirational ways they have come to terms with their grief, or giving hope to those who are beginning the journey of grief. Please send your writing to [michaelsmom89@att.net](mailto:michaelsmom89@att.net) or mail them to Gaye Cartwright, 1909 N Hines Street, Independence, MO 64048-1557.

## **We Are The Compassionate Friends**

We are The Compassionate Friends, a group that's like no other. Membership requires that you be a father, mother, grandfather, grandmother, brother or sister. The other thing that we will share can rob our lives of fun. This sad and devastating thing is the death our son, daughter, grandson, granddaughter, brother or sister. We are The Compassionate Friends. Unimaginable pain consumes our hearts. We share our grief with others like us who help urge our healing to start. We have a safe environment where no one will criticize or judge. This truly helps our traumatized hearts as day-by-day we trudge. We are The Compassionate Friends, at different stages within our own grief. We share hugs and tears, silence and words, hoping to ease the pain beneath. Grieving is done in stages, steps that may not go in order at all. Sometimes we'll move forward then back again we'll fall. We are The Compassionate Friends, healing grief at our individual pace. It's important to know it's a process and certainly not a race. Everyone grieves differently, some with outward signs so bold. Yet others are more private. Their grief inside they'll hold. We are The Compassionate Friends, learning how the grieving process works. The only thing we all know for sure is this pain in our hearts really hurts. Some people say our pain will ease, with time, and to take it day-by-day. The pain may ease. But we all know it will never go away. We are The Compassionate Friends. We have chapters all over the globe. We come from different backgrounds, and we may be young or we may be old. However, the goal we all share is similar because of our common bond. We need to cope with our shattered lives and somehow move beyond. We are The Compassionate Friends; reaching out to each other in love. We share pain and joy and anger and peace, as we speak of our child above. We struggle together with doubts and with faith as we grieve and begin to grow. Here is the most important point that we all really need to know; we are The Compassionate Friends, and we need not walk along.

**Barbara Stacy**

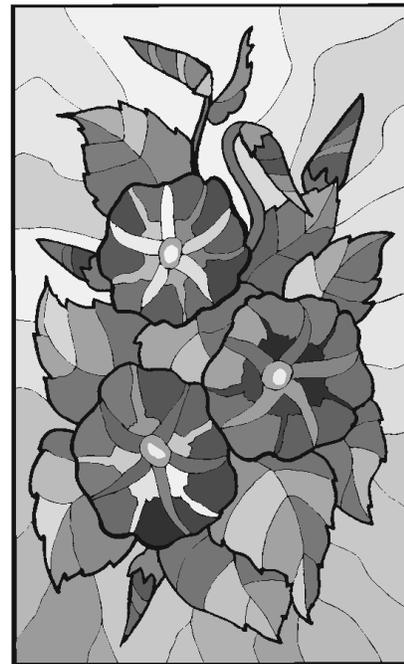
*In memory of her son, Quentin Mitchell Stacy*

## **Summertime**

It sounds so easy. A soft, warm word; time to run barefoot, time to leave windows open all night. Summertime; somehow it seems, doesn't it, that it's especially meant for children. Children on beaches; children on swings; children in large pools and children in tiny tubs. We who do not have all of our children with us feel that summertime in two ways. One is to remember shared events and adventures, there were so many. Long rides in a hot car, a nap in the back seat. The famous question, "Are we there yet?" Everything from a heat rash to ice cream cones and sand castles. For us, another way to feel summertime is the special emptiness brought about by children who are no longer on this earth. They used to trot along on hikes in the hills; they used to gather wood for an evening fire. Now summer brings us again the melancholy awareness of their absence. Have you ever walked on some unfamiliar path, surprised about not having been there with the children? Even when there's nothing to remember, we are reminded of the children's absence. We have been diminished by death. Some of us may still have living children. Other parents have no children left. They have lost an only child, or all of their children died. And here we are, grateful for the warmth of summer mornings, aware of the ripe beauty of nature, trying to deal with our children's absence with all the grace of which we are capable. Often we do not want to burden others with our grief. Or

we may be convinced that others don't wish to share our distress. We have learned, after all, that the world around us is not always able to understand how we feel. Besides, we were taught to be brave. Many of us will do everything we can to appear "normal" after our loss. But we were also taught to be honest. When you feel the hurt, when you seem almost to be lost in the shadows of this golden summertime, don't hide your sorrow. The grief of your spirit can perhaps be kept a secret on the outside. Yet, your deepest feelings, unexpressed, can burn into your existence with harmful force. You can be both brave and honest. You know that it's brave to share grief, be it old grief or new grief; and revealing that sorrow is also honest. Of course, nothing can wipe away much of your pain but sharing grief is helpful. You will know that after you have expressed the painful sorrow you once kept hidden, and you find yourself, finally, smiling at the memories and the blessings of past summertimes.

**Sascha Wagner**



## **Send Back The Noise**

It's way too quiet here, since our son is not around. I'd pay any price to again hear the sound of a basketball rhythmically hitting the ground; or to answer the question, "Dad, can you make this shot? Pass the ball, probably not!" His bedroom looks more like a sporting goods store. But those balls, gloves and cleats aren't used anymore. Soccer, basketball, football or lacrosse; just one more game, win, tie or a loss. I'd buy one more ticket, regardless of the cost. It's too quiet around here; things aren't the same, I'd settle for a sound of a video game. I know it's not possible to get back our boys; so please God could you just send back the noise?

**Peter Graves TCF, San Diego, CA**

Grief is a long, slow journey. Its path has many twists and turns; you may spend time in dark narrow alleys or dismal cul-de-sacs, long barren stretches of empty highway or exhausting mountain roads. Each person's journey along this path will be different; and there are no shortcuts. Give yourself time; be patient with the demands of this difficult journey and rely on God's peace to erase your mind and help you heal.

**Eldyn Simons**

### **Simple Steps Towards Healing**

Acknowledge the loss; embrace and own the experience and the loss whatever you are feeling; allow yourself to experience all the emotions of grief; find ways to express your anger and pain in non-destructive ways; find support; build a support system of compassionate listeners; skip the self-judgment; let the judgment of others pass through you without damage; forgive yourself for whatever you believe you have done or not done; release the hurt, the anger and the guilt; be careful what you release; once released those things are gone forever; work towards healing; practice forgiving yourself for living; concentrate on your loved one's life, not the death; discover the person you are now; begin to release the hurt in search of hope; never, ever, ever forget your loved one lived.

### **Making Progress Through Grief**

You know you're making progress through grief when; you don't always choke when you say your loved one's name; tears don't always well up in your eyes when you think of your loved one; the cause of death isn't the emphasis anymore; memories, for the most part, bring comfort not pain; you realize your plans don't include your loved one any more; you realize you are someone different; you can forgive yourself for living, when your loved one did not; your identity is no longer highlighted by the word Bereaved; you know that even though your loved one died, the love between you can never be destroyed; may love be what you remember most.

*Darcie Sims*



### **Helping Yourself by Helping Others**

"Is it ever over?," I asked myself. It's been twenty-two years since "forever" began. "Forever" being when six people came into my home to inform my husband and me that our seventeen year old son, Jimmy was dead; killed in an alcohol related car crash. Just like that! In the blink of an eye, our lives were changed forever. But you know about that, don't you; for you lost a child to death also. Know that my heart grieves for you too. Being forced into a journey never anticipated, I realized I needed the support and encouragement of people who could understand the depth of my pain. I also needed to borrow their courage, for I didn't want to, nor did I think I could live the rest of my life without Jimmy. After six months, my husband, my priest, and I formed a self-help group for grieving parents. It grew and I evolved with it. In order to be taken serious by professionals in the helping fields, I went to undergrad and grad school. My degrees are in human services and counseling. My reputation as

a wounded healer grew, and I was asked to run a weekly support group for The Bereavement Center of Westchester. Their dedication to grieving people offers a warm light for the darkness of the soul. Their programs benefit children and adults who have experienced grief. They have a school outreach program and offer individual bereavement counseling as well. My painful journey also affected my spiritual dimension. I questioned all my beliefs about God and the afterlife. I felt abandoned by God; I was angry and felt like I was broken in pieces. Looking back, I can see how I wasn't abandoned. In fact, to help me, God sent many people who filtered in and out of my life. Three years after Jimmy died, I hit bottom both spiritually and emotionally. I think for the whole first year I was numb and the second year I began to "defrost" and get in touch with my anger. Luckily, or as I think of it now, God placed a gift in front of me in the form of a wonderful Capuchin priest and counselor. Father Ray allowed and encouraged me to express all my negative thoughts and feelings about God, life, and anyone who could not understand the depth of my pain and the profound grieving process I was experiencing. There were so many people who couldn't understand the length of time it takes a grieving parent to go through the process. From my personal and professional experience, I would say it takes anywhere from seven to nine years before a bereaved parent can say, "OK, I know how to handle the bad days now, and I can live with this pain." This is not to say that a grieving parent is in constant emotional pain for all those years. A healthy response to grief will initially include intense pain, which will eventually diminish over the years. It will never go away completely; I promise. Birthdays, holidays, and the yearly anniversary of the death will always be a reminder of the loss and will rekindle sadness and a sense of longing for what could have been; what should have been. One of the things that blessed me was for me to help others. Somehow, my emptiness helped to fill up their emptiness and their emptiness filled up mine. That wonderful priest and I developed a spiritual retreat for bereaved parents. I've heard it said that grief shared is grief diminished, and the weekend spent at the retreat helped do that for many people over the years. During the retreats, we would do "The Angels Walk." It was a very healing visualization and meditation on what happened at the moment of death and how the angels carried the child into the arms of a loving God. The evaluations received afterward spoke to how consoling and healing that experience was. Looking back, I can see I reached out in many different ways to help myself. If I read about a child who died, I wrote a note to the parents. I shared with them that there were many other bereaved parents who knew what they were going through and would keep them in their thoughts and prayers. I also made myself available to speak with anyone who needed encouragement and support. I even wrote a book called, *Healing Broken Hearts: A Book of Signs*. It is a collection of letters from bereaved parents who received signs from God and/or their deceased children, as well as chapters written by me and other professionals in the field. Writing was very cathartic for me. If I could leave you with a thought, it would be this, you will help yourself by helping others. That was the lesson I learned from my painful journey. We are all here to help one another; try it.

*Anne Byrnes*

*Grief is like a long, winding valley where any bend may reveal a totally new landscape.*

*C.S. Lewis*

# OUR CHILDREN LOVED AND REMEMBERED

**MAY 2008**

Amanda "Mandy Taylor Smith  
5/6/83 - 9/21/00  
Ashley Nicole Bivens  
5/23/86 - 8/3/01  
Olivia Grace Rogers  
3/27/02 - 5/17/02  
Aubrey William Brown  
12/13/04 - 5/20/05  
Devon Trace Callonas  
5/22/02 - 7/30/02  
David Martin Gurley  
12/2/68 - 5/27/03  
Charles Edward Woodson  
5/12/49 - 1/26/98  
Debbie Daniel Stewart  
5/23/60 - 9/23/98  
Joseph Gerard DePete, III  
5/30/81 - 8/3/06  
Jamie Elaine Doyle  
4/28/76 - 5/5/02  
Jackson Reese Dunathan  
5/4/04 - 9/19/05  
Scott Alan Elrod  
5/7/82 - 4/4/00  
Raytheon "Ray" D Perry  
12/7/92 - 5/19/06  
Robert Andrew "Drew" Lawrence  
5/25/84 - 10/9/99  
David Allen Gregory  
5/2/84 - 10/6/02  
David Bond Haggard  
5/21/90 - 10/8/05  
Robert Andrew "Drew" Lawrence  
5/25/84 - 10/9/99  
Christopher Michael Hamsley  
5/11/81 - 10/6/02  
Matthew D. Hindman  
5/18/96 - 12/30/01  
Jeremy Huckaba  
11/8/72 - 5/7/02  
Jocelynn Sarah Tina Holmes  
5/9/02 - 4/26/03  
Jordan Lincoln Killen  
2/10/81 - 5/19/02  
Amy Allison Kirk  
5/12/69 - 8/15/87  
Robert Andrew "Drew" Lawrence  
5/25/84 - 10/9/99  
Norris William McGehee, Jr.  
5/4/00 - 6/10/06  
Arthur Dillin Mackey, IV  
5/22/96 - 8/10/96  
Lt. Gregory F. Medlin  
5/22/72 - 11/2/03  
Daniel Alexis Muldrow  
3/28/83 - 5/30/00  
Andrew Wade Pate  
7/15/77 - 5/9/05  
Aubrey William Brown  
12/13/04 - 5/20/05  
Joseph Nathaniel Plescher  
12/20/94 - 5/13/95  
Eric Gregory Porter  
5/12/77 - 7/8/91  
Jason David Rhea  
8/28/73 - 5/11/07  
Lindsey Beth Preston  
11/18/79 - 5/21/97  
Lauren Elizabeth Tallo  
11/29/85 - 5/9/04  
Graham Ross Templeton  
5/7/96 - 6/14/99  
Natalie Emma Elizabeth Thomas  
4/17/92 - 5/4/92  
Michael Dewayne Simon  
10/6/72 - 5/29/03  
Andrew Pierce Wells  
7/4/96 - 5/26/03  
Justin Lee Whirley  
5/19/83 - 5/19/85  
Kelly Clayton Wilson  
5/1/79 - 5/31/03  
Stacey Woodall Ward Sullivan  
1/16/63 - 5/12/96  
Kyle William Kiihnl  
3/20/85 - 5/5/02  
Julie Anne Young  
7/17/80 - 5/2/98  
Frank Alexander Brooks  
1/24/03 - 5/24/08  
Keith "Teddy" C. Rivers  
5/25/00 - 4/10/08

Ronny & Teri Anderson  
Gary & Betty Bivens  
Jerry & Yvonne Bohnert  
Steve & Jennifer Brown  
Penny Callonas  
Melanie Chase  
Judy Craig  
Sam & Sylvia Daniel  
Colleen DePete  
James & Virna Ruth Doyle  
Karen Dunathan  
Larry & Gwen Elrod  
Lenora Faye Eubanks  
Bob & Betsy Friedl  
Cindy Gregory  
Warren & Cindy Haggard  
Bob & Betsy Halfacre  
Keith & Debra Hamsley  
Kathy Hindman  
Frankie Huckaba  
Karen Johnson  
Bill & Martha Killen  
Bob Kirk  
Ron & Regina Lawrence  
Norris & Lauren McGehee  
Amy McOwen  
Liz Medlin  
Toni Muldrow  
Brian & Renee Pate  
Mary Brown Pearson  
Paul & Gloria Plescher  
Ron & Dorris Porter  
Dianne Rhea  
Bob & Dena Stouidt  
Richard & LaJuan Tallo  
Dale & Linda Templeton  
Herbert & Libby Thomas  
Larry & Carolyn Watson  
Fred & Deb Wells  
John & Anne Whirley  
Clayton & Susan Wilson  
Bettye Woodall  
Kathi Wright  
Fran Young  
Frankie Brooks  
Keith Rivers

**JUNE 2008**

Kevin Ryan Arnold  
8/12/84 - 6/1/03  
Jerome Patrick Randolph, Jr.  
11/9/93 - 6/17/04  
Emily Ann Barbre  
7/9/01 - 6/12/02  
Cary Kyle Bilderback  
6/20/70 - 1/13/89  
Rachel Marie Blackard  
9/8/83 - 6/12/00  
Charles Samuel Bobbitt  
6/4/78 - 2/25/04  
Kevin Thomas Byrd  
6/23/70 - 7/10/02  
Eric R. Calvin  
6/19/88 - 4/11/01  
Thomas Dwyer  
12/5/77 - 6/9/93  
Justin Michael Davis  
11/27/76 - 6/7/06  
Brandon Gregory Ermert  
6/20/76 - 6/6/96  
Cullen Lee Waddell, III  
6/29/83 - 4/24/03  
Lonnie "Paul" Cofer, Jr.  
6/7/68 - 8/9/86  
Adrienne Michelle Fryer  
6/7/84 - 1/28/01  
Nora Garber  
10/3/89 - 6/12/97  
Jennifer Anne Gafford  
4/10/78 - 6/20/99  
Jeremy Carlton Gingery  
6/14/82 - 3/18/06  
Mark Lowrey Haynie  
7/14/72 - 6/19/03  
Sara Jo Hedrick  
8/17/80 - 4/13/01  
Ellen Sarah Hyman Rose  
6/5/46 - 3/1/96  
Jordan Antoine Jarjoura  
8/13/80 - 6/22/88  
Jordan Zachariah Jones  
12/9/94 - 6/3/07  
Rebecca Merri Cooper Klyce  
6/17/93 - 12/31/00  
Neal Andrew Lawson  
10/8/78 - 6/26/00  
Charles Samuel Bobbitt  
6/4/78 - 2/25/04  
Brandon Eugene Logan  
2/2/76 - 6/29/99  
Seth Matthew Rowan  
6/11/79 - 8/19/94  
Rachel Jill McFarland  
6/9/95 - 2/19/98  
Norris Williamson McGehee, Jr.  
5/4/00 - 6/10/06  
Aaron Scott German  
6/10/85 - 4/23/04  
Caden Nathaniel Myers  
6/30/00 - 7/1/00  
Calen Seth Myers  
6/30/00 - 7/1/00  
William "Parker" Page  
10/27/77 - 6/9/93  
Angel Faith Parks  
6/11/02 - 6/11/02  
Aaron Scott German  
6/10/85 - 4/23/04  
Shannon Smith  
6/16/00  
Tina Spence  
7/18/56 - 6/25/98  
Graham Ross Templeton  
5/7/96 - 6/14/99  
Jordan Zachariah Tuggle  
12/9/94 - 6/3/07  
Cullen Lee Waddell, III  
6/29/83 - 4/24/03  
Joshua Lee Thorne  
6/8/72 - 10/13/00  
William Carl Sloan  
1/17/69 - 6/17/06  
Samantha Williams  
7/11/86 - 6/26/01  
Eric Flynn Wolf  
3/26/70 - 6/14/99  
Steven Andre Woodard  
6/25/80 - 3-24-02

Richard & Cheryl Arnold  
Tabb Ballard  
Matthew & Johanna Barbre  
Gary & Nancy Bilderback  
Randy & Patti Blackard  
Mike & Karen Bobbitt  
Charlotte Byrd  
Teresa Calvin  
Ann Dwyer  
Oliver & Claudia Ellison  
Steve & Sue Ermert  
Randy & Kelly Fears  
Bob & Shelia Foust  
Dwight & Linda Fryer  
Lillian Gaber  
Lee Anne Gafford  
Jean Gingery  
Robert Haynie  
Mike & Donna Hedrick  
Jerry & Estelle Hyman  
Peter & Jody Jarjoura  
Ernest & Shirley Jones  
Brig & Ellen Klyce  
Steve & Sandra Lawson  
Teresa L. Lewis  
Gene & Sandra Logan  
Ken & Sharon Ludwig  
Keith & Rhonda McFarland  
Norris & Lauren McGehee  
Read & Teresa Morton  
Brandon & Angela Myers  
Brandon & Angela Myers  
Mary Page  
Richard & Kimberly Parks  
Lowell & Betty Salmon  
Veronica Smith  
Gina Sugarmon  
Dale & Linda Templeton  
Mack & Sherila Tuggle  
Lee & Kathy Waddell  
Cheryl White  
Pat Wiggins  
Tony & Sandra Williams  
Sandy Wolf  
Andrew & Linda Woodard

# OUR CHILDREN LOVED AND REMEMBERED

**JULY 2008**

Justin D. Mason  
7/4/83 - 11/26/00  
Emily Ann Barbre  
7/9/01 - 6/12/02  
Stacie Chanelle Walls  
7/6/74 - 8/17/03  
Gerald Karene English  
7/29/72 - 9/20/06  
James "Chris" Christopher Burns  
7/16/74 - 9/18/07  
Kevin Thomas Byrd  
6/23/70 - 7/10/02  
Devon Trace Callonas  
5/22/02 - 7/30/02  
Maureen Elizabeth Craven  
7/29/69 - 11/5/89  
Scott Robert Cummins  
7/26/71 - 1/13/97  
Shelby "Chi-Chi" Dawson  
7/30/75 - 11/9/98  
Hannah Montez Dendy  
7/12/95 - 7/3/05  
Trippie Graham Detamore  
4/8/93 - 7/4/93  
Rachel LaVae Escue  
4/19/89 - 7/7/07  
Zachary Thomas Fay  
8/20/79 - 7/31/04  
Steven Daly Sullivan  
10/3/56 - 7/2/97  
Lindsey Elizabeth Gadd  
8/16/86 - 7/8/91  
Robyn Bryan  
7/1/75 - 3/3/04  
Timothy David Garrod, Jr.  
7/26/86 - 4/28/07  
Hanna Montez Dendy  
7/12/95 - 7/3/05  
Gary Edwin Rives  
7/22/49 - 12/21/04  
Clifford "Trey" G. Hannah, III  
7/24/90 - 2/29/04  
Mark Lowrey Haynie  
7/14/72 - 6/19/03  
Brandon Joseph Henson  
7/28/84 - 10/6/02  
Joshua Danial Peeler  
4/5/87 - 7/10/07  
Christopher Allen Beshires  
3/1/75 - 7/10/04  
Adrian Ira Mintz  
7/12/75 - 2/26/07  
Ashley Danielle Muriel  
4/8/97 - 7/17/98  
Calen Seth Myers  
6/30/00 - 7/1/00  
Caden Nathaniel Myers  
6/30/00 - 7/1/00  
Kathryn Elaine Needham  
7/18/83 - 7/4/05  
Lauren Elizabeth Netterville  
7/24/02 - 7/24/02  
Spenser Lamar Norwood  
7/11/05 - 4/24/07  
Andrew Wade Pate  
7/15/77 - 5/9/05  
Eric Gentry Porter  
5/12/77 - 7/8/91  
Michael Wayne Stump, Jr.  
7/3/79 - 7/29/98  
Tina Spence  
7/18/56 - 6/25/98  
Jay Swamy  
3/2/78 - 7/31/03  
Michael L. Dorian  
11/7/71 - 7/24/03  
Michael Allan Tiburzi  
3/22/68 - 7/19/89  
John Asbury Turner  
10/8/91 - 7/8/92  
Ruud Justin Van Rantwijk  
2/20/97 - 7/1/04  
Jamal Duan Walker  
7/13/81 - 3/7/00  
Andrew Pierce Wells  
7/4/96 - 5/26/03  
William David White, II  
8/6/74 - 7/28/89  
Victoria Elizabeth Melo Whitten  
8/24/89 - 7/2/03  
Samantha Williams  
7/11/86 - 6/26/01  
Jermaine M. Holland  
2/28/72 - 7/7/05  
Julie Anne Young  
7/18/80 - 5/2/98  
Baby Yow  
— - 7/3/03  
Roshon Demetrius Walker  
2/28/96 - 7/14/01

David & Joanne Altizer  
Matthew & Johanna Barbre  
Crystal M. Brent  
Cheryl Brown  
Joe & Rosemary Burns  
Charlotte Byrd  
Penny Callonas  
Elaine R. Craven  
Glen & Judy Cummins  
Barbara Deloach  
Kirk & Leigh Dendy  
Wade & Anita Detamore  
Mark & Jenice Escue  
Danny & Martha Fay  
Shelia Forrest  
David & Jane Gadd  
Karen Gale  
Teresa Garrod  
Debby Gillespie  
Pam Goode  
Cliff & Rose Hannah  
Robert Haynie  
Terry & Cyndi Henson  
Jim & Lane Jones  
Johnny & Virginia Miller  
Sherryl Mintz  
David & Holly Muriel  
Brandon & Angela Myers  
Brandon & Angela Myers  
Jeff & Margaret Needham  
Doug & Maria Netterville  
Clint & Teresa Norwood  
Brian & Renee Pate  
Ron & Doris Porter  
Helen Stump  
Gina Sugarmon  
Al & Kala Swamy  
Gloria L. Thomas  
Allan & Karen Tiburzi  
Ruff & Jo Ella Turner  
Carlo & Tanja Van Rantwijk  
Charlie Mae Walker  
Fred & Deb Wells  
David & Catherine White  
Ana Elizabeth Whitten  
Tony & Sandra Williams  
Michael & Nina Williamson  
Fran Young  
Janet Yow  
Angela Zahn & Robert Walker

**AUGUST 2008**

Richard & Cheryl Arnold  
Danielle Jean Atkins  
Adlean & Esau Banks  
Gary & Betty Bivens  
Crystal M. Brent  
Mike & Jan Bynum  
Barbara Carmichael  
Stephen & Benita Carney  
Colleen DePete  
Neila Dick  
Ron & Kimberly Dunlevy  
Danny & Martha Fay  
Gary & Ann Floyd  
Bob & Shelia Foust  
David & Jane Gadd  
Gail Haley  
Sammy & Cherie Howell  
Barbara Isom  
Peter & Jody Jarjoura  
Diane Vannucci Johnson  
Bob Kirk  
Ken & Vicki Knynch  
Steve & Vicki Lawrence  
Yolanda Lazarini  
Ken & Sharon Ludwig  
Denise Martin  
Rick & Cindy Martin  
Andy & Glenda Pera  
Kathy McBroom  
Amy McOwen  
Amy McOwen  
Woody & Sherry Oliphant  
Linda Raney  
Dianne Rhea  
Milton & Sharon Southall  
Robbie Spearman  
Robbie Spearman  
Ruth Ann Terry  
Wayne Webb  
Paul & Lisa Westfield  
David & Catherine White  
Ana Elizabeth Whitten  
Russell & Sherry Wilburn  
Brittany Spahr  
Kathy Clements

Kevin Ryan Arnold  
8/12/84 - 6/1/03  
Jason Christopher Atkins  
8/25/98 - 9/30/05  
Travis Banks  
8/16/94 - 2/25/08  
Ashley Nicole Bivens  
5/23/86 - 8/3/01  
Stacie Chanelle Walls  
7/6/74 - 8/17/03  
Jody Michael Bynum  
12/2/82 - 8/29/02  
Paul Jason Carmichael  
9/26/75 - 8/9/01  
James Thurmond Carney  
9/27/77 - 8/2/01  
Joseph Gerard DePete, III  
5/30/81 - 8/3/06  
Jason Christopher Atkins  
8/25/98 - 9/30/05  
Abbey Grace Dunlevy  
10/8/99 - 8/18/01  
Zachary Thomas Fay  
8/20/79 - 7/31/04  
Julie Kathryn Floyd  
9/10/76 - 8/27/94  
Lonnie "Paul" Cofer, Jr.  
6/7/68 - 8/9/86  
Lindsey Elizabeth Gadd  
8/16/86 - 7/8/91  
Martin Justin Perry  
8/17/80 - 4/13/01  
Cory Todd Howell  
8/15/78 - 10/14/03  
Stanton Jermaine Isom  
1/17/84 - 8/14/04  
Jordan Antoine Jarjoura  
8/13/80 - 6/22/88  
Julie Diane Vannucci Barney  
11/1/73 - 8/12/99  
Amy Allison Kirk  
5/12/69 - 8/15/87  
Carter Lyle Knynch  
8/12/93 - 12/31/06  
Scarlet Akins  
8/5/78 - 8/4/06  
Kevin William Lazarini  
2/22/66 - 8/8/91  
Seth Matthew Rowan  
6/11/79 - 8/19/94  
Steven Christopher Brown  
8/21/84 - 1/17/05  
April Michelle Pera  
8/22/88 - 8/7/07  
Autumn Elizabeth McBroom  
2/14/97 - 8/28/04  
Brandy Nicole Brown  
9/14/78 - 8/10/96  
Arthur Dillin Mackey, IV  
5/22/96 - 8/10/96  
Trey Oliphant  
8/31/70 - 9/1/93  
Dustin "Dusty" Raney Arnwine  
8/17/84 - 8/30/00  
Jason David Rhea  
8/28/73 - 5/11/07  
Audrey Elizabeth Southall  
4/12/83 - 8/5/87  
Hunter Spearman  
8/23/94 - 8/24/94  
Storm Spearman  
8/20/74 - 11/9/07  
Randy Lashley  
8/20/74 - 11/9/07  
Michael J. Webb  
9/12/74 - 8/9/04  
Christopher Paul Westfield  
4/18/90 - 8/13/06  
William David White, II  
8/6/74 - 7/28/89  
Victoria Elizabeth Melo Whitten  
8/24/89 - 7/2/03  
William James "Jimmy" McCallum  
12/30/69 - 8/28/05  
Rebecca "Becca" Brianne Spahr  
8/28/07 - 4/8/08

## 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><b>Diane Johnson</b> In memory of her daughter Julie Yannucci Barney</p>	<p><b>Oliver &amp; Claudia Ellison</b> In memory of their son Justin Michael Davis</p>
<p><b>Bob Kirk</b> In memory of his daughter Allison Kirk 5-12-69 – 8-15-87</p>	<p><b>Debby Gillespie</b> In memory of Hannah Montez Dendy And in honor of her 13th Birthday</p>



**In Memory of Justin Michael Davis**

**November 27, 1976 – June 7, 2006**

If I had known the last time I looked into your eyes that it was going to be the last time I was going to look into them, I would have looked into them longer. I would have taken the time to notice how they sparkled when you smiled at me. If I had known the last time you hugged me was going to be the last time I would feel your arms around me I would have held on a little longer. If I had known the last time I heard you laugh was going to be the last time I was going to hear it I would have paid more attention to the beauty of that sound. If I had known that the last time I watched you walk away from me was the last I would have seen you alive, I would have run after you and asked you to stay. If I had known the last time I talked to you on the phone was going to be the last I would hear your voice, I would have paid more attention to the sound of your voice and I would have told you how much you mean to me. I miss you so much. *Love Mom*

**Claudia Ellison**

**In Memory of Jackie Gillum**

**June 9, 1964 – December 19, 2007**

Don't get tired of me, don't give up on me and don't forget about me. These were the last words spoken to me by my daughter, Jackie before she left this world. I love and miss her so.

**Lethia Gillum**

**To Those Who Really Hurt**

Knowing that your grieving is the most difficult thing you will ever have to do. Understand that part of grief is bad days and bad nights; and intense pain and terrible sadness. You must accept this as part of your healing. But know also that there are gifts in your grief. They are not easy to find; and you will earn them with your tears. As you think about it, deep within your heart, you know that this is true. This is why you can endure it. Slowly you will find new patterns. You will force yourself to take the first steps. You will accomplish little victories; none of us will tell you it is easy. Grieve well, my friend; for grief well grieved is truly life well lived; once accomplished, you will discover untold new dimensions in your life; because a child died.

**Shirley Melin TCF, Aurora, IL**

**Safely Home**

I'm safely home in Heaven; though I know you miss me so. The love I've always felt for you, within my heart still flows. My spirit will remain with you every single day, appearing as a rainbow or as ocean waves at play. I'm in the gentle rains that fall, and in the morning dew. All you see that's beautiful reflects my love for you. I didn't mean to cause you pain, my time had simply come. The work that I was meant to do on earth had all been done. I'm safely home in Heaven, where eternal peace is mine. And where and when God has called you too, I'll be forever Thine.

**Unknown**

<b>You may send your Tax-deductible Donation to:</b>	<b>The Compassionate Friends P. O. Box 38653 Germantown, TN 38183-0653</b>
<b>Child's Name</b> _____	
<b>Parent's/Grandparent's/Friend(s) Name</b> _____	
<b>Love Gift (Any Donation Amount)</b> _____	
<b>In Memory Of</b> _____	
<b>On The Occasion Of</b> _____	

## Vacations

Vacation time can be painful for bereaved parents. Caught up with normal demands of making a living or keeping a household going, we have less time to think than we do on vacations, especially the “take it easy” kind at a hideaway tucked away somewhere. In the summers following Tricia’s death, I found vacations could bring a special kind of pain. We avoided going to places where we had vacationed with her. At one time, I thought Williamsburg might be off my list forever since we had a very happy time together there. I tried it one summer three years later and found that she walked the cobble streets with me. Now that nine years have passed and the pain has eased, maybe the happy memories we shared in Williamsburg can heighten the pleasure of another visit there. For the first few years after her death, we found fast paced vacations at places we had never been before, to be the best. The stimulation of new experiences in new places with new people refreshed us and sent us home more ready to pick up our grief work. That is not to say when we did something or saw something that Tricia would have enjoyed, we didn’t mention her. We did, but it seemed less painful than at home. One caution; do allow enough time for sleep, otherwise an exhausted body can depress you. We’ve said it many times; you have to find your own way and your own peace. Let vacation time be another try at that; but do give yourself a break in choosing the time and locale where that can best be accomplished. Don’t be afraid of change, it can help with your re-evaluation of life.

*Elizabeth Estes, TCF Augusta, GA*

Great joys make us love the world; unbearable grief compels us to understand it better. Life is so short, and forgetting pain takes forever. Let us be reminded to cherish every moment of our lives, and to tell those close to us how much we love them.

An important way to cope with grief is having an outlet, be it interpersonal, be it artistic, that will allow you to not have to contain your grief, but will give you an opportunity to express it, to externalize it to some degree.

*R Benjamin Cirlin, Grief Counselor*

We are not born into relationships. We enter life with both hands up in the air and fists clenched tightly. We are born empty-handed. There are no hands to hold but our own. We learn to reach out, but only after we have had a chance to reach inward and upward. It is the upward reach of the spirit and the inward reach of the soul that enables the outward reach of the body.

Our losses change us and change the course of our lives. It’s not that one can never again be happy following an experience of loss. The reality is simply that one can never again be the same.

*Ann Kaiser Sterns*



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

*July/August 2008*



**Our Next Meetings:  
July 3 & August 7**

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