



THE COMPASSIONATE FRIENDS Newsletter

MEMPHIS, TN

NOVEMBER/DECEMBER 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 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 for November – “How to Handle the Holidays!!!”
Refreshments will be provided by Oliver & Claudia Ellison & Michelle Juelfs

TCF Meeting for December – “December Chapter Meeting & TCF Worldwide Candle Lighting Ceremony”
December 14th at Immaculate Conception Church
Refreshments will be provided by Memphis Chapter Steering Committee

TCF Meeting Topic for January – “Fear and grief are our greatest teachers; do you agree and what important lessons have you learned.”

TCF Meeting Topic for February – “Renewed Grief – through the years events can trigger a “Grief Burst” that renews our grief; what are the causes and what does it mean?”

UPCOMING EVENTS

December – Angel of Hope Ceremony – December 6th – St. Louis Church – Angel of Hope Site – 7PM

December – TCF Worldwide Candle Lighting Ceremony – December 14th – Immaculate Conception Church – 6PM

December – Memphis Chapter Candle Lighting Ceremony – December 14th – Immaculate Conception Church – 6PM

How to Handle the Holidays – November Meeting

For the newly bereaved, the upcoming holidays are often overwhelming. At the November meeting, seasoned bereaved parents will share their suggestions and experiences on ways they've found to make the holidays more bearable. This is also a good time to bring your family and friends that will be supporting you throughout the holidays.

The Compassionate Friends Worldwide Candle Lighting Ceremony & December Meeting
Our December meeting will be held Sunday December 14th in conjunction with the TCF Worldwide Candle Lighting Ceremony. Our meeting will be held at Immaculate Conception Catholic Church, Marion Hall, 1695 Central Avenue, Memphis, TN. Our regular meeting will begin at 6PM with the Candle Lighting Ceremony beginning at 6:45PM. Join with us as we honor the memories of our Children, Grandchildren, Siblings and Friends! Held annually on the second Sunday in December, we will unite family and friends around the globe as we light candles for one hour to honor and remember children who have died at any age from any cause. As candles are lit at 7PM local time, hundreds of thousands of persons commemorate and honor children in a way that transcends all ethnic, cultural, religious and political boundaries. Believed to be the largest mass candle lighting in the world, the Worldwide Candle Lighting, TCF's gift to the bereavement community, creates a virtual 24-hour wave of light as it moves from time zone to time zone. Hundreds of formal candle lighting events are held and thousands of informal candle lightings are conducted in homes as families gather in quiet remembrance of children who have died, but will never be forgotten. If you would like to have your child, grandchild or sibling's picture included in our presentation for the December meeting, contact Larry or Gwen Elrod at 901-388-3298.

Sunday December 14, 2008 • 7PM Around the Globe • The Compassionate Friends

...that their light may always shine.

Eternal Flame

The time that we shared was so beautiful, it brightened my world like a candle in a dark room, it ended all too soon. That candle was torn out of my hands. The flame of your life was cruelly snuffed out, just as it burned the brightest.

Until my eyes adjusted to the dark, I was stunned, but then I realized I was alone in the darkness. I cried for the longest time. My heart was filled with anger, loneliness, and fear. How could I find my way without your light to guide me? So I sat alone for awhile, overwhelmed by the darkness until I looked inside me. And there I saw your candle burning as brightly as ever. And from its flame, I lit a new candle and found my way out of the darkness. Now I know I will never be lost, for your light shines inside me forever.

Julie Jetta

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 a picture slideshow of our children. We are preparing a section for individual child pages which can feature images of the children and/or their favorite possessions, themes, 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 or send it by email to dahrius1@yahoo.com. The written information on your child needs to be prepared in any text editing program and saved on a disk (to bring to the meeting or to send to the address below) or e-mailed as an attachment. You can view our website at www.tcfmemphis.org. Click on "Our Children." On that page there is a link to obtain the required release form. Bring the form to a meeting or send to 3402 Douglass Memphis TN, 38111.

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 or contact him at 901-291-3199.

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.

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.

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.

2009 TCF National Conference

The Compassionate Friends 32nd National Conference will be held in Portland, Oregon August 7th, 8th and 9th 2009. Watch for additional information on the TCF National Website.



Refreshment Schedule for 2008

November – Oliver & Claudia Ellison & Michelle Juelfs

December – Memphis Chapter Steering Committee

If you would like to sign up to bring refreshments for the 2009 Meetings, a signup sheet will be available at the November Meeting. Sue Ann Duffy is our Refreshment Chairperson; you can contact her at 276-4134.



If you would like to submit an article or poem for our newsletter, please mail it to Gwen Elrod at 3612 Millie Drive, Bartlett, TN 38135; or if you no longer have a need to receive our Newsletter, please drop us a note to get your name removed from our mailing list.

Count your nights by stars, not shadows; count your life with smiles, not tears.

Surviving Special Days

For you, the bereaved, there are significant events that are especially difficult: Birthdays, Anniversaries, Mother's Day, Father's Day, Thanksgiving, Christmas, Chanukah, New Year's Eve, Passover, Easter, Bar Mitzvahs, Weddings and Confirmations. You remember when they were such joyful, sharing spiritual times. Now they are days of wrenching memories, lost hopes and dreams. How are you to survive these days when you experience such anguish and feel so empty, depressed, abandoned, and angry at life and even at God? It is not a choice of pain or no pain, but how you manage the pain on this special day. Planning ahead may lessen some of the despair. You need to feel less like a victim and more like a survivor. You may decide to do things differently; like changing old routines or starting new customs. Just don't escape into loneliness. Choose the right people to be with, those friends or relatives who allow you to share your innermost feelings. You should be allowed to mention your loved one's name, tell favorite stories and cry or laugh at past events. Remember your loved one in a way that is meaningful to you. Light a memorial candle, pursue a photo album, watch home videos, write a letter or poem to your beloved, or visit someone else who may be alone and suffering. Especially you may need interludes of emotional and spiritual respite, a quiet walk, meditation or prayer. Perhaps, more than any other of life cycle events, the death of a loved one raises the most profound issues about good and evil, reward and punishment and a concept of an afterlife. You may find consolation and hope in meaningful rituals and the Holy Scriptures. Theology might aid in releasing those aching feelings of helplessness and guilt. Painful losses often shake up spiritual beliefs. You may be surprised to find yourself furious at God for allowing this tragedy to occur. But great religious leaders in the Bible have asked the same question, "My God, why have you forsaken me?" The questioning of faith is a normal expression of loss and consistent with later spiritual growth. As times goes along, you may eventually draw strength from your religious heritage. Faith may not immediately take away your heartache, but faith may help you ultimately to accept the unacceptable. Take consolation in knowing that other people have survived what you now feel. They often remark that the anticipation was frequently worse than the special day itself.

Rabbi Earl Grollman

"To Those I Love and Those Who Loved Me"

When I am gone, release me, and let me go. I have so many things to see and do. You mustn't tie yourself to me with tears, be happy that we had some years. I gave you my love; you can only guess how much you gave to me in happiness. I thank you for the love you each have shown, but now it's time I traveled alone. So grieve a while for me if grieve you must; then let your grief be comforted by trust. It's only for a while that we must part; so keep the memories within your heart. I won't be far away, for life goes on, so if you need me call and I will come. Though you can't see or touch me, I'll be near and if you listen with your heart, you'll hear all of my love around you soft and dear. And then when you must come this way alone, I'll greet you with a smile and say "Welcome Home".

Unknown

The Cracks in Your Heart

Recently I heard a quote from someone, I know not who, that struck a responsive chord in me; "The cracks in your heart are where the light shines through." I immediately knew whoever said it was

someone who had experienced a great loss or many great losses, but who had obviously suffered. Surely, in the beginning, when you learn of the death of someone dear to you, there is no crack in your heart, just solid pain that fills every corner. It is like a boulder has come crashing through what was your almost perfect world and left it in shambles. There is definitely no light. There is no great interest in searching for a light with all the pain that is involved. Why do you suppose that some of those who have lost children are able eventually to find something that enables them to go on and have productive lives? I think they survive better because they find something worthwhile to give meaning to their lives. Strange, isn't it, those same people don't "get over it." Though they've been able to find peace, they still remember vividly what they've been through. When you come to the place in your grief where you're weary of the hurting, you might consider using the cracks left in your heart to let the light shine through to the many areas that are still open to you. It can give meaning and purpose to your life, and in the process, your choice may help others who also suffered the loss of a child.

Mary Cleckley

The greatest gifts given between you and the one you are now missing can never be worn out, weathered, exchanged, or returned. For you gave each other something that can never be taken away from you, a treasure of memories.

Donna Druger *In Handlings the Holidays*

*Your living is determined
not so much by what life brings to you,
as by the attitude you bring to life;
not so much by what happens to you,
as by the way your mind
looks at what happens.*

John Homer Miller

Special Handling Please

I was handed a package the other day; it was wrapped securely to be mailed away. Attached to the outside, as plain as could be, was a note for all to see. Please rush through the holiday season; too painful to open for any reason. Contained within, find one broken heart, fragile, broken and falling apart. Tried to go shopping the other day; the hype of the season blew me away. Sat down to write cards, that was insane; couldn't find the list, or think of my name. People say, "Come over, and be of good cheer; celebrate the holidays, prepare a New Year." But my grief overwhelms me, like waves in the sea. Can they cope with me crying, an unsettled me? I don't have any holiday cheer, decorations, traditions, big family meal; I can't do this, this year. Do you know how I feel? Guilty and frustrated! I've let everyone down; our holiday celebrations used to be the best in town. So just ship me away, address unknown, when my grief is better, I might fly home.

Mary J. Pinkava TCF, Atlanta, GA

We cannot hide from the pain. The depth of our pain is a manifestation of our love. I am learning not to look to all the days ahead and question my very survival; I deal with today and meet whatever pangs of sorrow I encounter with resolve. I have lost my beloved child, but our family will share eternity together.

Ella Prater

During the holiday season, both Christians and Jews light candles in celebration of their respective faiths, and as they do so, even the darkest rooms become warm and bright from the flow of the candle. Then, we can ask ourselves, how powerful and sinister can the darkness be if it can be overcome by the light of one little candle? There is then a message in this for all of us. When the darkness seems to overwhelm us, and it can be a mental and spiritual darkness as well as the darkness of a winter night, we need to be reminded that it is powerless to withstand the smallest bit of illumination. So as the world grows colder and darker during these winter months, we as Compassionate Friends must do what people of many faiths have been taught to do at this season. Light a candle in someone's life to make the darkness and fears flee. A little bit of light is all that most of us need of that light. It's the least we can do and it accomplishes so much; together we can make it.

Sam & Bettye Rosenberg TCF, Louisville, KY



Thankful Heart

Did you know that it is possible to be thankful even though your son or daughter has died! There are many blessings in everyday things that we all take for granted and just assume should be ours. We can become thankful for these things and make it become part of our life; our new life we are given in our children's death. In this is a healing can take place. I'm not saying it's easy. Sometimes, in fact, it is very hard. But, maybe it is time to take a look at things differently and be thankful for them. A thank you may not always come from the heart but rather from the head. It may not always be spontaneous, but sometimes require a deliberate effort. Sometimes I can end up changing my whole attitude by forcing myself to think up something, however small, to be thankful for. I can start out feeling down and depressed and bring myself up into a much more pleasant frame of mind. Just as people grieve differently, there are not set rules. What to be thankful for can vary from person to person. I generally start with little things and work my way up. A new life has formed within me as a result of my daughter's dying, and I vow to

make it a positive change. One of growth and advantage in respect of her life and as a tribute to her. I'm thankful for her, for what she's meant to me and for what her dying has meant to me. Yes, I miss her and think of her every day and sometimes wonder what it would be like to have her here. I imagine all the joy that I'm missing because she's not here. I feel the pain of her absence. It would be better and I'd rather have her here, of course. Sometimes I think it's unfair and miss her more and more each day. There is a hurt that will never go away completely until I see her again. But, at the same time, I can be thankful for things I do have. If I can only think of just one little thing each day and think about that, as the days go by, my list will grow and so will I.

Bart Netzke TCF New Ulm, MN

*The best and most beautiful things
in the world cannot be seen or even touched;
they must be felt in the heart.*

Helen Keller

My First Christmas in Heaven

I see the countless Christmas trees around the world below, with tiny lights, like Heaven's stars, reflecting on the snow. The sight is so spectacular; please wipe away your tears, for I am spending Christmas with Jesus Christ this year. I hear the many Christmas songs that people hold so dear, but the sounds of music can't compare with the Christmas choir up here. I have no words to tell you the joy their voices bring, for it is beyond description to hear the Angels sing. So be happy for me, dear ones, you know I hold you dear; and be glad I'm spending Christmas with Jesus Christ this year. I send you each a special gift from my heavenly home above; I send you each a memory of my undying love. After all, love is a gift more precious than pure gold; it was always most important in the stories Jesus told. Please love and keep each other, as our Father says to do, for we can't count the blessings or love He has for each of you. So have a Merry Christmas and wipe away the tears; remember I am spending Christmas with Jesus Christ this year.

Unknown

*Perhaps they are not the stars,
but rather openings in Heaven
where the love of our lost ones
pour through and shines down upon us
to let us know they are happy.*

An Eskimo Legend

Helping Yourself through the Holidays

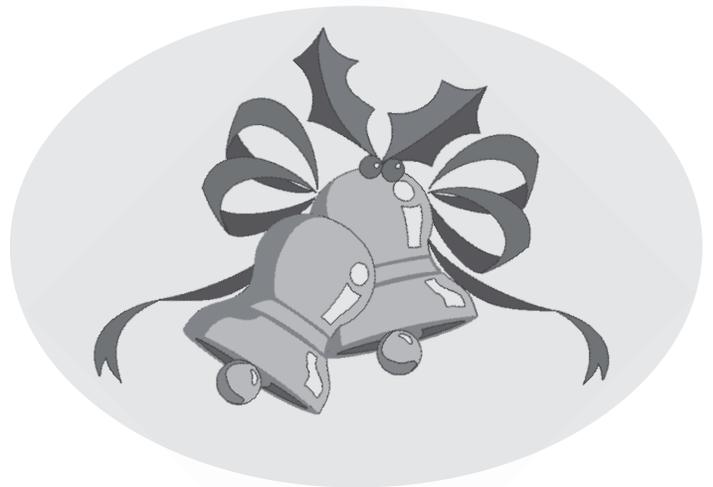
The stores and malls are already filled with many of the signs and sounds of the holidays. Each year the frenzies of buying and selling seem to begin earlier and earlier. The merchants want to get as much possible out of this time of the year so the world is bombarded with the “sights and sounds” of the season. Most individuals look forward with a certain amount of anticipation to Thanksgiving, Hanukkah and Christmas. The person, who has lost a sibling or a child this past year or even years before, looks to this time of the year with great dread and even fear. They wish, in a way, that they could go to bed on November 1st and wake up on January 2nd of next year. The first holidays after the death of a loved one may be especially difficult for the survivors. If you or someone you know is facing the holiday season and dreading feelings of emptiness, there are a number of things you can do to cope. Don't be afraid to grieve if you need to and set aside time to be alone if you want. You can also relieve the happy memories by talking about your loved one to those who care. It has been suggested that people do what they want to do, whether that means staying home, going to religious services or visiting family or friends. If you seem to enjoy this time or a special event, don't feel guilty. Experiencing joy is giving and receiving. This doesn't mean that you have forgotten your child or sibling or that you loved him or her any less. The griever enters this time of the year with a number of questions about their grief. They have a number of fears and concerns. Some of the fears and concerns include the anticipation of the pain of the holidays; the pain of facing “the first” holiday without that very special child or sibling. Then there is the fear and pain of other people being happy and joyous when you are not and are very alone. We live in a family society and while everyone else will be with family, you will be alone or missing a family member. Try to plan ahead and be with someone and spend the day or a few days with those you love. Don't make it a taboo to talk about your loved one and balance your time with others with some time alone for yourself. Another fear is the preparation for the holidays; grief is a very tiring and taxing; it drains those who are grieving. The “Holiday Area” is also a very buying and tiring time as we all know; the sending of cards, the buying, wrapping, cooking and giving of gifts. The holiday parties and even the special holiday music and programs seem to make the griever not have any energy at all. The desire to be alone and not involved; no one says that you have to do any of those things. If it makes you feel good to cook and bake and buy, then do so, if it doesn't, don't do it. Don't allow others to put you into their mold. If you do decide to do things, make a plan and work it. Send out a few cards a day, buy one gift at a time, not all at once; pace yourself; don't over do it. It is most important that you don't impose things on yourself that you can't do. You might want to use special ways to memorialize your loved one. Some suggestions are:

- Give a gift in memory of your child, brother or sister
- Attend a special memorial service and pay respect to those you love and miss
- Make a special ornament and hang it on a tree in memory of your loved one
- Do for others and it will make you feel good
- Organize your shopping with a specific list and a budget
- Divide responsibilities for meals, decorating or wrapping with your family

- Take time for others; contact your local churches and charities for information about serving food to the homeless or collecting gifts for needy children
- Take time for yourself; enjoy the holiday season as best you can
- Create happiness, if you are happy, others around you will be happy also
- Be careful of the “you should do's” it is better to do what is most helpful for you and your family
- When you determine a situation looks especially difficult over the holidays, try not to get involved

And don't forget; anticipation of any holiday is so much worse than the actual holiday. Keep a balance in your life and remember you are loved.

Dr. Lee Drake, Ph.D



“Of Thanks”

As the fourth Thanksgiving approaches since Kevin's death, I look back at the first one. My thought at that time consisted of, “I will not pray and give thanks for anything to anyone.” The main thing on my mind was my son. I couldn't give thanks for his short life or his death. I had lived a fairly decent life, and this was my payment. Now as I look over those many hours and days that have passed I have many thoughts and thank-yous.

- I give thanks for being me
- I give thanks for where our family is and for those who are still here to sit around the table
- I give thanks for my husband who deserves a medal for withstanding my share and despairing tongues
- I give thanks for my daughter who does light up my light with each dawn.
- I give thanks for your parents who are able to understand me and my life.
- I give thanks for my friends who were able to be there in my sorrow and now share some of my joys
- I give thanks for all my Compassionate Friends old and new; without them I wouldn't be holding this pen
- I gave thanks that the painful grief has passed
- I give thanks for the almost “whole” feelings I now experience
- I give thanks for our Kevin and for what he has given to us in both life and death

But mostly, I give thanks for today.

Patrice Barwood TCF Stamford, CT

OUR CHILDREN LOVED AND REMEMBERED

November / December

In the month of their birth; in the month of their death; and always with love.

Justin D. Mason 7-4-83 – 11-26-00	David & Joanne Altizer	William Christian Fischer 10-16-97 – 12-20-99	Terry & Mindy Fischer
Christopher M. Brannon 12-6-80 – 9-17-97	Joe & Carol Brannon	Derrick Lee Grayson 10-9-80 – 12-26-05	Hazel Grayson
Jody Michael Bynum 12-2-82 – 8-29-08	Mike & Jan Bynum	John David Hatch 11-1-73 – 4-24-01	David Hatch
Larry Travis Shaun Carter 10-27-72 – 12-24-98	Judy Craig	Jeremy Huckaba 11-8-72 – 5-7-02	Frankie Huckaba
Beth Anne Crittenden 9-6-85 – 12-5-04	David & Kim Crittenden	Julie D. Vannucci Barney 11-1-73 – 8-12-99	Diane Vannucci Johnson
Justin Michael Davis 11-27-76 – 6-7-06	Oliver & Claudia Ellison	Jack Keesee 2-20-89 – 12-9-90	John H. Keesee
Jackie Gillum 6-9-64 – 12-16-07	Lethia Gillum	Stephen Wayne Lowe 11-12-80 – 12-24-97	Paul & Sara Lowe
Mallorie Dianne Hall 9-1-01 – 11-7-01	Alan & Debbie Hall	Christopher Jason Demo 11-10-78 – 10-3-01	Stacy Mote
Sara Jo Hedrick 6-7-79 – 11-29-03	Mike & Donna Hedrick	Aubrey William Brown 12-13-04 – 5-20-05	Mary Brown Pearson
Brian Wayne Jacques 12-9-73 – 4-24-06	Ken Jacques	Joseph Nathaniel Plescher 12-20-94 – 5-13-95	Paul & Gloria Plescher
Antonio Jones 11-15-61 – 1-31-99	Deloris L. Jones	David Alan Shaw 12-26-67 – 3-18-95	Charles & Rita Shaw
Carter Lyle Knych 8-12-93 – 12-31-06	Ken & Vicki Knych	Lauren Elizabeth Tallo 11-29-85 – 5-9-04	Richard & LaJuan Tallo
Lt. Gregory F. Medlin 5-22-72 – 11-2-03	Liz Medlin	Andrew Taylor Bennett 9-20-83 – 12-16-05	Roger & Dorothy Bennett
Jimmy Parker 11-24-79 – 11-19-94	Becky Parker	Christopher Gene Pike 11-7-74 – 2-21-07	Roger & Phyllis Burns
Tina Darlena Warren Wiles 10-2-58 – 12-23-88	Frances W. Pierce	Richard Aaron Cohn, M.D. 11-19-49 – 4-4-83	Dorothy Cohn
Teresa "Terri" Lanette Sax 11-8-83 – 4-24-00	Tommy & Christy Sander	Bryce Creekmoore 11-27-04	Preston & Velma Creekmore
Storm Spearman 8-23-94 – 11-27-94	Robbie Spearman	Thomas Dwyer 12-5-77 – 6-9-93	Ann Dwyer
Terry Atchison 12-24-78 – 9-14-02	Alex & Randi Atchison	Jessica Sue Gafford 4-10-78 – 11-28-95	Lee Anne Gafford
Shaun Thomas Brant 9-4-82 – 12-14-03	Tommy & Peggy Brant	Sarah Emily Griffith 4-1-82 – 12-6-02	Tom & Nelda Griffith
Jonathan William Carter 11-17-86 – 4-14-04	Beth Carter	John David Hatch 11-1-73 – 4-24-01	Debbie Hatch
Billy Wayne Woodson 2-21-48 – 11-14-57	Judy Craig	Aniyah Cerena Salmon 12-5-07 – 12-15-07	Alita L. Hurt
Shelby Chi-Chi Dawson 7-30-75 – 11-9-98	Barbara Deloach	Bethany Susan McCarver 12-24-77 – 2-28-00	Janine McCarver Johnson
Raytheon "Ray" D. Perry 12-7-92 – 5-19-06	Lenora Faye Eubanks	Rebecca Merri Cooper Klyce 6-17-93 – 12-31-00	Brig & Ellen Klyce
Gary Edwin Rives 7-22-49 – 12-21-04	Pam Goode	Jesse Tyler McKinnon 11-27-91 – 7-18-08	Derek & Barbara McKinnon
Kyle Gregory Juelfs 11-4-04 – 11-4-04	Alan & Debbie Hall	William Andrew Pappas 12-28-99 – 6-19-08	George & Cayce Pappas
Matthew D. Hindman 5-18-96 – 12-30-01	Kathy Hindman	William Shae Pierce 12-30-97 – 3-20-01	Todd & Dawn Pierce
Kyle Gregory Juelfs 11-4-04 – 11-4-04	Chris & Michelle Juelfs	Phaedra Brown 11-30-75 – 7-8-08	Tina Rogers
Jordan Zachariah Tuggle 12-9-94 – 6-3-07	Ernest & Shirley Jones	Steven Kirby Spear 11-14-49 – 2-2-05	Kenneth & Dorothy Spear
Jenifer Ashley Krasner 11-13-81 – 9-4-04	David & Joyce Krasner	Randy Lashley 8-20-74 – 11-9-07	Ruth Ann Terry
Kyle Morden 4-24-83 – 11-6-02	Pri Morden	Michael L. Dorian 11-7-71 – 7-24-03	Gloria L. Thomas
Kevin Dewayne Burks 12-13-74 – 4-27-08	Nellie Patterson	Aniyah Cerena Salmon 12-5-07 – 12-15-07	Sheryl Hurt White
Christopher Gene Pike 11-7-74 – 2-21-07	Samuel Pike	William "Jimmy" McCallum 12-30-69 – 8-28-05	Russell & Sherry Wilburn
Michael Alan Schmucker 11-22-72 – 7-12-92	Larry Schmucker	Jordan Zachariah Tuggle 12-9-94 – 6-3-07	Mack & Sherila Tuggle
Lindsey Beth Preston 11-18-79 – 5-21-97	Bob & Dena Stoudt	Adriaonna K. Williams 2-21-96 – 12-21-04	Karen L. Williams
Jerome Patrick Randolph, Jr. 11-9-93 – 6-17-04	Tabb Ballard	David Michael Wark 9-14-73 – 12-22-95	Nancy Wark
Aubrey William Brown 12-13-04 – 5-20-05	Steve & Jennifer Brown	Jacqueline Thompson Carroll 4-12-51 – 11-25-98	Jack & Dot Thompson
David Martin Gurley 12-2-68 – 5-27-03	Melanie Chase	Phaedra Brown 11-30-75 – 7-8-08	Tanya Richard
Maureen Elizabeth Craven 7-29-69 – 11-5-89	Elaine R. Craven	Joshua Martin Robbins 11-15-84 – 10-26-05	Mona Robbins
Jordan Keshawn Dorris 12-20-96 – 12-6-04	Al & Pattye Dorris		

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>Tommy & Kay Shumaker In loving memory of their son Rex Anthony Shumaker 12-20-64 – 10-8-91</p> <p>Larry & Gwen Elrod In memory of their son Scott Alan Elrod</p>	<p>Robert & Betsy Halfacre In memory of our friend Jackie Gillum</p> <p>Keith Rivers In memory of his son Keith "Teddy" Rivers</p> <p>Pri Morden In memory of her son Kyle Morden</p>	<p>Sue Ann Duffy In memory of her son and husband Rex Anthony Shumaker 12-20-64 – 10-8-91</p> <p>Robert & Betsy Halfacre In memory of their grandson Drew Lawrence</p>
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We are sad to share that shortly after we received the contribution for Rex Shumaker from Tommy and Kay, they were both killed in a motorcycle accident in Monteagle, Tennessee on September 13th. Tommy and Kay became members of the Memphis Chapter after their son Rex died in 1991. After Tommy and Kay moved from West Memphis to Lebanon, Tennessee they continued to support the Memphis Chapter with contributions and notes of thanks and appreciation. They are survived by their daughter Stephanie Shumaker Kendall of Austin, Texas. Tommy and Kay will be sadly missed by their family and friends.

In Memory of Kyle Morden

God hath not promised skies always blue, flower strewn pathways all of our lives through; God hath not promised sun without rain, joy without sorrow, peace without pain. But God hath promised strength for the day, rest for the labor, light for the way, grace for the trials, help from above, unending sympathy, and undying love. I love you and miss you and will see you again! Love Mom
Pri Morden

To Scott

Christmas this year will not be the same; there are a lot of packages, but none with your name. We hung your stocking by the chimney with care, it look so nice, we're sorry you're not here. The family will gather to talk and eat, but at our house, there will always be an empty seat. Somehow we'll manage, we guess we'll get by, but throughout the day, one of us will cry. Christmas will always be different from past years, simply because, you are not here. Love Dad & Mom
In Memory of Scott Alan Elrod

A Mile of Pennies for You

I found a penny today, just lying on the ground. But it's not just a

penny, this little coin I've found. Found pennies come from Heaven, that's what my Grandpa told me. He said Angels toss them down, Oh, how I love that story. He said when your Angel misses you, they toss a penny down; sometimes just to cheer you up, to make a smile out of your frown. So don't pass by that penny, when you are feeling blue; it may be a penny from Heaven that your Angel tossed to you.

A New Season of Life – In memory of April Michelle Pera

We all know grief is a solitary journey for each of us. Our life as we knew it left along with our child. This is a new Season of Life changing with us every minute of our day. We must hold on to the Hope of moving forward and finish out our lives on this earth before we pass and enter into the new Heaven and Earth with our Heavenly Father, when our new life will be fulfilled more than we can imagine. We have begun moving forward by starting our own business of making scented soy candles. We have designed a special scent called "Sweet Angels" in memory of all the lost children. We will donate 50% of the sale of this candle fragrance to The Memphis Chapter of The Compassionate Friends, who have been there and helped us all. This gives us peace within when we are making these candles and it also helps us to keep Faith. Even though our lives will never be the same, we will always have a light we can shine for April. We can be contacted at www.ascentoffaith.com or at 901-489-7134. As for the "Sweet Angels" it is for a sweet memory and a wonderful organization as we all know!

"I thank my God every time I remember you." Philippians 1:3
Rick & Cindy Martin

*Love is like a violin; the music may stop now and then,
but the strings remain forever.*

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 _____	

The Compassionate Employer Recognition Program

We in The Compassionate Friends have heard many stories from our members about how their grief was handled in the workplace. Some of these stories have been heartwarming and reassuring, depicting employers that provided a caring, understanding environment for employees grieving the death of a child, sibling, or grandchild. Others, however, have reminded us that much progress remains to be made. Through its Compassionate Employer Recognition (CER) Program, The Compassionate Friends seeks to recognize those caring companies and other organizations whose workplace policies and practices go above and beyond the norm in providing a caring workplace for employees who have suffered the death of a child, sibling or grandchild. Nominations for the 2009 Compassionate Employer Recognition are now being accepted. Nominations will be accepted until midnight, November 30, 2008. Compassionate Employer Recognition recipients will be announced March 2, 2009. Nomination forms can be downloaded from the www.compassionatefriends.org website. Criteria for the Compassionate Employer Recognition are as follows:

Nominations will only be accepted from current and past employees of the company who experienced the death of a child, sibling, or grandchild while employed there. Nominations by others will not be accepted. The employee submitting the nomination must live within the U.S. or its territories, and the company (or division) being nominated must also be located in the U.S. or its territories. Companies with the specific purpose of helping the bereaved are not eligible for nomination. Examples of company policies and management practices that would qualify an employer for recognition include, but are not limited to: allowing additional time off without loss of benefits; providing flexible work schedules and assignments; allowing leeway in job performance standards; fostering an environment of

mutual support among coworkers; providing professional grief counseling, human resources support, or information regarding self-help bereavement support organizations; other policies and practices that go beyond what is normal in your community.

What is Grief?

It's soaking your pillow with tears at night, with your thoughts flying around in your head. You feel like you'll never sleep again, wondering why you went to bed. It's softly crying in the shower, and hoping no one will hear. As sobs take your breath, you'll surely be heard, you fear. It's having swollen eyes, your nose running all the time. As you go through boxes of Kleenex, people say you look fine. It's about guilt, depression and anger, emotions that are magnified. The good days and bad days are measured by the amount of tears that you've cried. It's wondering if you're going insane, for everything seems to have been altered. You feel you must be strong, in order to not falter.

Holidays are special days that hurt so much more than other days. But somehow, through the sadness comes the satisfaction of knowing that "this too shall pass." And I shall be a stronger person than I have ever been before.

Shirley Melin TCF, Aurora, IL

For every mountain there is a valley, below each hill a brook flows, after each cloud there is sunlight, for every thorn there is a rose. After the dark there comes a dawning, and heavy snows will melt away, after raindrops sometimes there's a rainbow, after night God sends the day. After heartbreak comes the stillness, after tears now and then comes a smile, after sorrow there is healing, and sweet peace comes, after a while.

Mamie Ozburn Odum TCF, Norman, OK

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

November/December 2008



**Our Next Meetings:
Nov. 6th & Dec. 14th**

*Printing of our newsletter is provided by Paulsen
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In Loving Memory of their son Randy.*