



THE COMPASSIONATE FRIENDS Newsletter

MEMPHIS, TN

SEPTEMBER/OCTOBER 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 Topic for September – “Along with the loss of my loved one, I also lost...” Refreshments will be provided by Jack & Peggy U'ren and Ron & Wanda Gray

TCF Meeting for October – “Honoring our children’s lives with our actions.” We will discuss different ways you might choose to honor your child by giving of your self.” Refreshments will be provided by Sue Ann Duffy

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

TCF Meeting for December – Worldwide Candle Lighting Ceremony Refreshments will be provided by the Memphis Chapter Steering Committee

UPCOMING EVENTS

September – Potluck Picnic & Balloon Release In Memory of Our Children
When: Sunday, September 28th
Where: On the grounds of the Maria Montessori School (Harbor Town)
Time: 3:00 – 5:00pm
What to Bring: A dish or two to share & lawn chairs
**A flyer will be mailed with details and directions*

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

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

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

2008 Compassionate Friends 31st National Conference

More than 1,300 bereaved parents, siblings, grandparents and friends attended the 31st conference of The Compassionate Friends at the Sheraton Music City Hotel in Nashville, Tennessee, Friday July 18th and Saturday July 19th. The conference featured more than 100 workshops covering a wide variety of topics. On Sunday July 20th, the ninth annual “Walk to Remember” was held with more than 1,500 participants. The two-mile walk was in memory of our children, siblings, grandchildren, and friends; a candle-light ceremony was held in the Plantation Ball Room immediately after the walk. Those in attendance from the Memphis Chapter included: Leah & Kirk Dendy, Peggy U'Ren, Pri Morden, Sue Ann Duffy, Bob & Betsy Friedl, Joanne Altizer, Jackie Brigman, Moana & Richard Mosby, Alex Mosby, Cindy Martin, Clint & Teresa Norwood and Gwen & Larry Elrod.

The Compassionate Friends is a mutual assistance, self-help organization offering friendship, understanding, and hope to bereaved families. Anyone who has experienced the death of a child from any age, from any cause is welcome. Our meetings give parents an opportunity to talk about their child and about their feelings as they go through the grieving process. There is no religious affiliation; there are no membership dues. The purpose of this support group is not to focus on the cause of death or the age of the child, but to focus on being a bereaved parent, along with the feelings and issues that evolve around the death experience of a child. Coming to your first meeting is the most difficult; but you have nothing to lose and everything to gain! Try not to judge your first meeting as to whether or not TCF will work for you, join us for three or four meetings; you will probably find just the right person or hear just the right words that will help you in your grief work.

If you no longer want to receive our Newsletter, please drop us a note to get your name removed from our mailing list. Send a note to Gwen Elrod at 3612 Millie Drive, Bartlett, TN 38135.

*I am safely home in Heaven dear ones; oh, so happy and so bright!
There is perfect joy and beauty in this everlasting life.*

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.

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.



Refreshment Schedule for 2008

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.



The Compassionate Friends Worldwide Candle Lighting – Join with us as we honor the memories of our Children, Grandchildren, Siblings and Friends!

Held annually on the second Sunday in December, this year December 14, 2008, 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 on the globe, 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.

TCF 2008 Fact Sheet

In the United States, it is expected that nearly 150,000 infants, children, teenagers, and young adults will die this year. In addition, more than 25,000 families can be expected to face a stillbirth and more than 900,000 an early pregnancy loss. A child's death at any age, from any cause, is a shattering experience for a family. When a child dies, a family can turn to The Compassionate Friends self-help bereavement organization for the emotional support needed during the long grief journey that lies ahead. Founded in England in 1969, TCF was established in the United States in 1972, with 501(c)(3) not-for-profit incorporation in 1978, under which provision the organization's nearly 600 local chapters also operate. TCF operates as separate entities in at least 30 countries around the world. TCF has a 13-member national volunteer board of directors consisting of bereaved parents, siblings, and grandparents. In the approximately 30 years following its incorporation, TCF has grown from 40 chapters to 600, with locations in all 50 states plus Washington D.C., and Puerto Rico. All chapter leaders are volunteers and are bereaved parents or siblings, as are the 39 regional coordinators who serve as liaisons between chapters and the national organization. TCF's National Office is located in Oak Brook, Illinois. The executive director is supported by six and a half staff members. Regular meetings of local chapters provide a caring environment in which bereaved parents, siblings, and grandparents can work through their grief with the help of others who have "been there." Monthly, more than 15,000 attend chapter meetings. Outreach is provided to more than 200,000 bereaved families and professionals each month through chapter newsletters, websites, phone calls, letters, and personal visits. Educational information on grief following the death of a child and the work of TCF is provided to the community through publicity, speaking engagements, and the distribution of materials. We Need Not Walk Alone, TCF's award-winning quarterly national magazine is published for bereaved families, as well as professionals and chapter leadership, addressing grief issues from a variety of sources and viewpoints. TCF's award-winning website (www.compassionatefriends.org), where information and resources can be viewed, also provides an Online Support Community (OSC). A monthly e-newsletter is sent to persons interested in TCF activities. The National Office provided information in 2007 in response to nearly 53,000 contacts made by bereaved parents, professionals, family, friends, and chapters. These were received via e-mail, phone, and mail. Assistance is provided to existing chapters, as well as those persons seeking to form a new chapter. Three Chapter Leadership Training Programs are conducted each year at locations throughout the country. The National Office coordinates national public awareness, as well as national fundraising. Among activities sponsored annually by the national organization are the National Conference, the Worldwide Candle Lighting, and the "Walk to Remember." The Compassionate Employer Recognition program honors companies practicing compassion to newly bereaved employees following the death of a child. TCF National has created and publishes 31 bereavement brochures on most aspects of grief following the death of a child. Although local chapters pay annual fees to the national organization, all contributions from individual members are voluntary. There are no individual dues or fees of any kind. TCF's 2008 budget is \$1,110,700, with more than 80 percent allocated for services to chapters and the public. Administrative and fundraising costs comprise less than 20 percent of the organization's

total operating budget. TCF income is derived from individual member donations, chapter fees and donations, sale of resource materials, conference and Walk to Remember proceeds, and the business and philanthropic communities. All contributions are tax-deductible. TCF Foundation, Inc. has been established to assist in the long-term economic stability of The Compassionate Friends, Inc.

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.

Anne Kaiser Sternes, *Living Through Personal Crisis*

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.

*I can be changed by what happens to me;
but I refuse to be reduced by it.*

Maya Angelou

A Memory Shared

This quote is heartbreakingly true for those of us who have lost a beloved child. As a bereaved parent, I desperately need to share the memories of our beautiful daughter, Joni, who died of “undetermined natural causes” at the age of eighteen. I also see and feel that need in other bereaved parents. As time goes by, fewer and fewer people I know or meet are even aware that I had a second daughter. I am normal from their point of view; the great void in my life does not show; and it comes as almost a shock when, somewhere down the road, a new friend asks how many children I have, and I tell them. “Three, but one is dead.” It’s a real conversation stopper. I have been bereaved for thirty-two years, and although it doesn’t hurt as it once did, I want to say, “Let me tell you about her.” But, instead, I go on to tell that new friend about my two living children, and perhaps my grandchildren, then turn the conversation over. And so, the child I long to speak of remains hidden in the recesses of my heart until I am once again alone. The family is the hub of the wheel that makes your particular world go round. Many best dreams and memories revolve around the family. The family album contains pictures mostly of family; photographs displayed on tables in your house are generally family. Holidays center on the family and loved ones coming home. Once of the hardest things about any holiday is to see just the right gift for the one you’ve lost, and have to pass it by. This is still true after thirty-two years. Have you ever tried to pick up a broken spider web? It’s almost impossible. From the beautiful, intricate, and delicate maze that it was, it becomes a piece of dust, a nothing, a throwaway. The little creatures run about when you destroy their web. We are apt to finish



them off in the same insensitive way that we have eliminated their home, and go on about our business. I have never mourned a spider, have you? But think about it. In the great play of the universe, is not every creature important to the balance of nature? A family is like a spider web. When one strand is broke, the whole collapses. There is no way to mend or repair it. You may learn to live in the broken web, but your home and thus your life will be different. The beauty, the symmetry, and the balance are gone. Symmetry is a very good word to describe a family, and it is exactly what collapsed when Joni died. We were five, and suddenly the threads of the web that joined us as a family were broken. As a result, communication was severed, and, for a little time, each of us became isolated from the other. Little by little, communication was restored. I love my two surviving children with every fiber of my being, but to this day, thirty-two years after Joni’s death, I cannot tell them about the emptiness inside, or my need to talk to them about this child we loved so much. I have acknowledged her death, yes, but I have not accepted it fully. I long for her still. I search my soul in trying to remember her at the many stages of her young life. I try to recall the dress she wore on a certain occasion, or the present she liked best on her last Christmas. I try

to remember the words she said to me at the airport when she left for the last time, and feel the hug she gave me. I think and wonder about what she would be like now. Would she be married? Would she have children, our grandchildren? Would she be pursuing a career in dance? That was her hope; or would she now have an entirely different career? Would her hair be short or long? Would she still love pickles and artichokes and honeydew melon? Joni, my youngest child, would be fifty years old now. I cannot bring her back, but I can tell you that she lived; vibrant, beautiful and loving. She had many good and noble ideas. She loved dancing, laughter, music and song. She wanted to help others. She was amusing. She appreciated the radiance of the sunset, the sadness of the clown, the subtlety of the mime, the brilliance of the actor, the plight of the poor, the poetry of John Donne, the promise of spring, the bond of friendship, the heartbreak of a broken doll, and the joy of living. Yes, a form of loneliness is to have a memory and no one to share it with. Tonight, I am sharing my fondest memory with you. Whoever you are, we have shared an important moment together.

Helen Rodman

Grief work is like winding a ball of string. You start with an end and wind and wind, and then the ball slips through your fingers and rolls across the floor. Some of the work is undone, but not all. You pick it up and start over again, but never do you have to begin again at the end of the string. The ball never completely unwinds and you have made some progress.

TCF, Fort Smith, AR

Halloween and Other Masks

The month of October brings with it a smorgasbord for the senses. We can hear the crunching and crackling of leaves under our feet. We can see the brilliant reds, oranges and yellows splash the earth. We can feel the magical approach of winter in the air. October is also for Halloween, a date synonymous with masks. As bereaved parents we have, at various times, worn many and varied masks. We have masked our feelings of despair, sorrow, and anguish for the sake of our loved one, friends and acquaintances. We have masked our feelings of anger and bitterness for the traditional belief that a kind God would not do this to innocents. Most importantly, we have masked the person we have become, the person that has evolved after living through the death of a child. Let us celebrate the month of October by beginning to take off some of our masks!!! A very positive and helpful way to begin this process is to attend the next TCF meeting. Share your sorrow, your fears, your bitterness, and disappointment. Above all, share your progress and triumphs through the arduous journey of grief. When you enter a room of caring and supportive people who have shared your grief, there is no more reason to wear a mask.

Cathy Crawford, Erie, PA

*What wound did ever heal but by degrees?
Shakespeare*

Grieving in Pairs

How many times have people said, “Well thank goodness you have each other! How many times have you felt each other to be entirely inadequate at meeting your needs? Alarming statistics are available telling us of the rocky road parents encounter in their marriage after the death of a child. We sometimes see in ourselves a touchiness or a quickness to become irritated that was not there before. It always seems that my “bad” day is my wife’s “good” day, or the day she wakes up crying is the day I am planning to play tennis. Or sometimes, even more difficult, we both have a bad day and find no help from the other in pulling things back together. How can one person hold up another when he is, himself, face down in the mud? Every person grieves differently. This is a rule that even applies within a family; and the needs of every individual are different. While you may need some time alone to reflect inwardly, you have both been through the worst experience of your life. And while at times you face recovery as a team, sometimes you must develop the patience to be able to wait out certain needs alone or with someone else. Realize that no matter how it is shown, your partner hurts too.

Gerry Hunt TCF, White River Junction, VT

When Grief is New-Reminders

Try not to imagine the future, take one day at a time. Allow time to cry, both with loved ones and alone. Don't shut others out from your thoughts and feelings. Share these difficult times. You may grow closer for it. Be realistic with expectations for yourself, family and friends. When a good day comes, relish it. Don't feel guilty and don't get discouraged because it doesn't last. Take care of yourself, rest even if you don't sleep. Help your body to heal as well as your mind. Share your feelings with others at TCF meetings and let them share with you. You will find that as you begin caring about the pain of others, you will start to come out of your shell, a very healthy sign.

Mary Ehmann TCF, Valley Forge, PA

Comes the Dawn

After a while you learn the subtle difference between holding a hand and chaining a soul, and you learn that love doesn't mean leaning and company doesn't mean security; and you begin to learn that kisses aren't contracts, and presents aren't promises; and you begin to accept your defeats with your head up and your eyes open, with the strength of an adult, not the grief of a child; you learn to build all your roads on today because tomorrow's ground is too uncertain for plans, and futures have a way of falling down in mid-flight. After a while you learn that even sunshine burns if you get too much. So you plant your own garden and decorate your own soul, instead of waiting for someone to bring you flowers. You will learn that you really can endure, that you are really strong, and you really do have worth; and you learn and learn, with every goodbye you learn.

Dani Rohr TCF, Ventura, CA

Grief over the death of a child is the hardest work that most of us will ever do. While we all wish for the pain to stop, we need to remember that we grieve intensely because we loved intensely. It is unrealistic to expect the grief to ever totally go away because the love we have for our child will never go away. Our grief is an act of love and is nothing for which we should be ashamed.

Elaine Grier, TCF, Atlanta, GA

The Piano Sits Silent

I etch her name in the dust; run my hands over the keyboard, too long untouched by the pianist. The one no longer physically here, who played the songs, badly at times, yet was unstoppable in her need to make music; as if it was her mission to learn to get it right. As if she knew there was little time to master the melody. So she played and played. Melancholy tunes that spoke of lives gone too soon. I would call to her, “You're playing too loud, I can't hear myself think.” If I could just take back those words, for I long to hear my beloved child play the music that once rang through these halls. Those uneven strains would be the sweetest music to my ears. I touch the ivories and hear the foreign sound of this long silent instrument. And remember my precious child, remember the joy her efforts brought her. Remembering and remembering though my tears fall gently, my heart smiles as I recall the sweet sounds of her life. And even as the piano sits silent, my memories resound and I recall the love, always the love.

Cathy Seebuetter TCF, St. Paul, MN

I wish I could take your pain and loss away, I can't. All I can do is cry with you and hold you up in prayer. Please know I am always available, an ear to listen, a shoulder on which to cry; whatever I can do to help, anything at all, please let me know. We will stand together against the pain. I will walk with you through this dark valley of grief, no matter how long it takes until you see the sun again. You are not alone.

Eldyn Simons

The certain special memories that follow me each day, cast your shadow in my life in a certain way. Sometimes the blowing wind or the lyrics of a song, make me stop and think of you, sometimes all day long. Memories are good to have to share and keep in my heart; just knowing that you're still inside makes sure we'll never part.

Collette Covington



OUR CHILDREN LOVED AND REMEMBERED

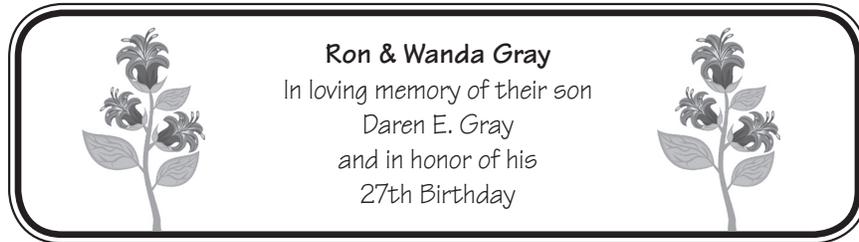
September / October

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

Tommy Adams III 9-5-78 – 9-12-05	Cora Adams	Abigail "Abby" L. Hamric 4-10-95 – 9-23-99	Ken & Rebecca Hamric
Amanda "Mandy" T. Smith 5-6-83 – 9-21-00	Ronny & Terry Anderson	Christopher M Hamsley 5-11-81 – 10-6-02	Keith & Debra Hamsley
Terry Atchison 12-24-78 – 9-14-02	Alex & Randi Atchison	Brandon Joseph Henson 7-28-84 – 10-6-02	Terry & Cyndi Henson
Jason Christopher Atkins 8-25-98 – 9-30-05	Danielle Jean Atkins	Jason John Howard 9-30-80 – 10-13-01	Kathy Howard
Michael Brooks Bell 4-9-82 – 9-19-99	Don & Kathy Bell	Cory Todd Howell 8-15-78 – 10-14-03	Sammy & Cherie Howell
Andrew Taylor Bennett 9-20-83 – 12-16-05	Roger & Dorothy Bennett	John Terry Johnson 10-23-87 – 3-21-06	Johnny & Tammy Johnson
Rachel Marie Blackard 9-8-83 – 6-12-00	Randy & Patti Blackard	Matthew Austin Jordan 9-25-05 – 9-25-05	Gary & Whitney Jordan
Chris M. Brannon 7-29-72 – 9-20-06	Joe & Carol Brannon	Peter Henry Kling 9-12-67 – 3-12-83	Joan Kling
James "Chris" Burns 7-16-74 – 9-18-07	Joe & Rosemary Burns	Jenifer Ashley Krasner 11-13-81 – 9-4-04	David & Joyce Krasner
Paul Jason Carmicheal 9-26-75 – 8-9-01	Barbara Carmicheal	Kelly Amanda Kyle 9-14-90 – 10-5-00	Cathy Kyle
James Thurmond Carney 9-27-77 – 8-2-01	Stephen & Benita Carney	Andrew "Drew" Lawrence 5-25-84 – 10-9-99	Ron & Regina Lawrence
Kenneth Owen Champion 9-14-99 – 9-14-99	Jim & Patti Champion	Neal Andrew Lawson 10-8-78 – 6-26-00	Steve & Sandra Lawson
Rebekah Kay Clark 10-11-04 – 2-2-05	Rhonda Clark	Kimberly Iris Mauney 9-1-81 – 1-8-00	David & Nancy Mauney
Tracy Andrew Cox 10-11-77 – 1-30-02	Susan E. Cox	Brandy Nicole Brown 9-14-78 – 8-10-96	Amy McOwen
Larry "Travis" Carter 10-27-72 – 12-24-98	Judy Craig	Christopher Jason Demo 11-10-78 – 10-3-01	Stacy Mote
Beth Anne Crittenden 9-6-85 – 12-5-04	David & Kim Crittenden	Carter Lee Murray 3-12-76 – 9-26-92	Seldon & Carolyn Murray
Debbie Daniel Stewart 5-23-60 – 9-23-98	Sam & Sylvia Daniel	Trey Oliphant 8-31-70 – 9-1-93	Woody & Sherry Oliphant
Cindy Devereaux 1-10-74 – 10-27-95	Mike & Betty Devereaux	William "Parker" Page 10-27-77 – 6-9-93	Mary Page
Jason Christopher Atkins 8-25-98 – 9-30-05	Neila Dick	Tina Darlena Warren Wiles 10-2-58 – 12-23-88	Frances W. Pierce
William "Will" W. Duffy 10-8-77 – 1-23-94	Sue Ann Duffy	Emily Meredith Prince 9-22-82 – 9-5-04	Beverly Prince
Abbey Grace Dunlevy 10-8-99 – 8-18-01	Ron & Kimberly Dunlevy	Joshua Martin Robbins 11-15-84 – 10-26-05	Mona Robbins
Jackson Reese Dunathan 5-4-05 – 9-19-05	Karen Dunathan	Samuel Jameson Trucks 10-10-01 – 3-30-04	Debbie Sater
Bishop Isaiah Jackson 10-21-02 – 9-1-07	Jessica Durham	Robert Lee 9-17-74	Cindy Savageau
Bishop Isaiah Jackson 10-21-02 – 9-1-07	Shelia Durham	Keith Edward Shamblin 10-2-00	Charles & Teresa Shamblin
William Christian Fischer 10-16-97 – 12-20-99	Terry & Mindy Fischer	Rex Anthony Shumaker 12-20-64 – 10-8-91	Tommy & Kay Shumaker
Julie Kathryn Floyd 9-10-76 – 8-27-94	Gary & Ann Floyd	Daniel Keith Franks 2-5-91 – 9-17-06	Rebecca Smith
Stephen Daly Sullivan 10-3-56 – 7-2-97	Shelia Forrest	Mark Johnson Pearson 9-21-77 – 10-3-05	Ann Suriana
Vincent Haward Fowler 10-20-82 – 1-16-06	Haward Fowler, Jr.	Bruce Daniel McSparrin 4-1-94 – 10-3-99	Karen R. Taylor
Vincent Haward Fowler 10-20-82 – 1-16-06	Vernita Evans	Rachel Tritsch Barlow 10-17-68 – 3-25-95	Thomas & Sharyn Tritsch
Andrew "Drew" Lawrence 5-25-84 – 10-9-99	Bob & Betsy Friedl	Samuel Jameson Trucks 10-10-01 – 3-30-04	James & Erin Trucks
Michael Paul Fultz 10-15-65 – 4-5-97	Paul & Nancy Fultz	Tawana Blunt 2-18-81 – 9-15-00	Effie Turner
Nora Gaber 10-3-89 – 6-12-97	Drs. Osama & Lillian Gaber	John Asbury Turner 10-8-91 – 7-8-92	Ruff & Jo Ella Turner
Jeremy Glen Wright 9-5-84 – 9-15-01	Teresa Geeslin	Heather Hill Thorne 9-23-76 – 3-27-05	Jack & Peggy U'Ren
Daren Everett Gray 9-28-81 – 3-20-05	Ron & Wanda Gray	David Michael Wark 9-14-73 – 12-22-95	Nancy Wark
Derrick Lee Grayson 10-9-80 – 12-26-05	Hazel Grayson	Michael Dewayne Simon 10-6-72 – 5-29-03	Larry & Carolyn Watson
David Allen Gregory 5-2-84 – 10-6-02	Cindy Gregory	Michael J. Webb 9-12-74 – 8-9-04	Wayne Webb
David Bond Haggard 5-21-90 – 10-5-05	Warren & Cindy Haggard	Joshua Lee Thorne 6-8-72 – 10-13-00	Cheryl White
Andrew "Drew" Lawrence 5-25-84 – 10-9-99	Bob & Betsy Halfacre	Cynthia Wilson 1-16-76 – 9-16-05	Charlotte Wilson
Mallorie Dianne Hall 9-1-01 – 11-07-01	Alan & Debbie Hall	Gerald Karene English 7-29-72 – 9-20-06	Cheryl Brown
Shaun Thomas Brant 9-4-82 – 12-14-03	Tommy & Peggy Brant		

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.



In Memory of Daren E Gray

September 28, 1981 – March 20, 2005

Don't think of him as gone away his journeys just begun; life holds so many facets, this earth is only on. Just think of him as resting from the sorrows and the tears; in a place of warmth and comfort, where there are no days and years. Think how he must be wishing that we could know today, how nothing but our sadness can really pass away; and think of him as living in the hearts of those he touched, for nothing loved is ever lost; and he has loved so much.

Unknown

My Lord God, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself, and the fact that I think that I am following your will does not mean that I am actually doing so. But I believe that the desire to please you does in fact please you. And I hope I have that desire in all that I am doing. I hope that I will never do anything apart from that desire. And I know that if I do this you will lead me by the right road though I may know nothing about it. Therefore will I trust you always though I may seem to be lost and in the shadow of death. I will not fear, for you are ever with me, and you will never leave me to face my perils alone.

Thomas Merton, Thoughts in Solitude

Grief is a solitary journey. No one but you knows how great the hurt is. No one but you can know the gaping hole left in your life when someone you know has died. And no one but you can mourn the silence that was once filled with laughter and song. It is the nature of love and of death to touch every person in a totally unique way.

Comfort comes from knowing that people have made the same journey. And solace comes from understanding how others have learned to sing again.

Helen Steiner Rice

No words can quell the stroke of grief; no sentence spoke will bring relief. So helpless now I long to take but have your pain, it mine I'd make to spell you briefly from the storm; to offer solace safe and warm. Oh Lord, touch me that I may lend some comfort to my dearest friend. My heart pours out, yet what to do; my thoughts; my love, my prayers with you. In sorrows turmoil, small peace I'll share this promise always, I'll be there.

By Jaden Heil

June 18, 1977 – December 4, 1999

Jaden wrote this poem for his friend when he found out her father had been killed in an accident. Eleven days after writing it, Jaden was also killed in an accident.

Sometimes it may seem as though everywhere you turn you're pierced by new reminders of your loss. Familiar places, common activities, even the ordinary daily routines of your life are filled with the constant painful awareness that the person you love is missing.

Eldyn Simons

Sometimes the light goes out, but is blown again into flame by an encounter with another human being. Each of us owes the deepest thanks to those who have rekindled this inner light.

Albert Schweitzer

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 _____	

Tips for Creative Coping

Identify specific feelings; do not generalize. Acknowledge your thoughts; accept both the positive and negative. Together we'll share it, together we'll bear it, and together we'll see it through. Make a conscious attempt to regain a sense of humor; a zest for living. Figure out exactly what you want to do and do it! Become as informed and knowledgeable as possible; knowledge is power. Assert yourself; ask for what you need. Believe in yourself; listen to yourself. Engage in whatever exercise and activity as possible. Set small goals first; accomplish them; set bigger goals. Set specific dates with yourself to do something you like. Reach out to others. Focus on only one worry at a time; pick your worries; don't worry about worrying. Search for joy every day; insist on it! Try to retain a sense of perspective. Remember that life requires effort on your part; work at lifting depression one day at a time; know some days all you can manage is one minute at a time. Don't wait for happiness; make it happen now; this is it! Realize that love isn't enough, but nothing works without it. Don't forget to dream; practice it often. Be kind to yourself; learn to forgive yourself. Laugh at least once a day. Listen to everyone, but follow your own music. Hug someone often; hug yourself.

Darcie Sims

School Bus

Yellow school bus stop no more, I've no child to send through my door. My heart sometimes longs to break, it remembers when times were great. Buying school clothes, shoes and socks; packing sandwiches in a red lunch box. Writing love notes with great care, now out the window I stare. I remember each sweet good-bye,

blowing kisses and tears from my eye. My child is gone, school days have past; only will my memories last. So yellow school bus stop no more, I've no child to send through my door.

Jane Oja, TCF, Portland, Oregon

There Are Times

There are times when I see a fiery sunset or the silver glow of the moon, and I see my brother and feel the peace that he still exists. But these times are few, and most of what I see is, he is missing. Cry now, my silent tears, quietly, so no one hears. They don't know the pain I go through, day after day, and through the years.

Alissa Roeder, TCF, Pikes Peak, CO

Memories will bring you love from the past, courage from the present and hope for the future.

Sascha from Wintersun

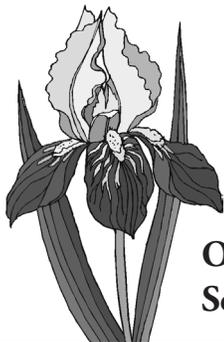
And can it be that in a world so full and busy the loss of one weak creature makes a void in any heart, so wide and deep that nothing but the width and depth of vast eternity can fill it up.

Charles Dickens



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

September/October 2008



**Our Next Meetings:
Sept. 4th & Oct. 2nd**

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