



# THE COMPASSIONATE FRIENDS

## CARROLLTON-FARMERS BRANCH, TX CHAPTER

### JANUARY/FEBRUARY 2009

[www.orgsites.com/tx/tcf-cfb/](http://www.orgsites.com/tx/tcf-cfb/)

The mission of TCF 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. We have lived the pain and despair brought by the death of a loved one and have found understanding friendship as we share our hurts and our hopes in this fellowship. You are free to talk, cry, or to sit in silence; we respect the individuality of mourning. Comments shared in the meetings remain confidential. If you are receiving this newsletter for the first time, it is because someone thought it might be helpful to you.

### **Our chapter meets on the second Thursday of each month.**

We hope you will join us for our next meetings on:

**JANUARY 8TH AND FEBRUARY 12TH**, at St. Andrews Episcopal Church, 2783 Valwood Dr., Farmers Branch, TX

Meetings begin at 7:30 p.m. & end at 9:00 p.m.; doors open at 7:00 p.m.

To visit our website, our site address is: [www.orgsites.com/tx/tcf-cfb/](http://www.orgsites.com/tx/tcf-cfb/)

### DEDICATED IN LOVING MEMORY TO:

**JACQUELINE MARIE  
GALEN SEAN**

### **Love gifts** were received from:

Yvonne O'Martin

Sumico Columbo

Donna & Larry Abrams

### **Memorial Garden Gifts** were received from;

Yvonne O'Martin

### **TCF**

**Meet for Dinner before the Meeting!**



Second Thursday of the Month

**5:30 p.m.  
El Chico's**

1725 S. I 35E, Carrollton  
Valwood Parkway Exit  
On the north east side of the freeway

The Compassionate Friends  
Carrollton-Farmers Branch Chapter

### **Would you like to Dedicate the Newsletter to your loved one?**

Please send your check for \$25 or more, along with a dedication note to TCF

P.O. Box 112157,  
Carrollton, TX 75011-2157  
Make checks payable to **TCF**.  
Please specify the month in which the dedication should appear & birth & death dates.

*Please keep in mind that I work a month in advance.  
Dedications for March/April must be forwarded by the 15th of February.*

### **Upcoming Meeting Topics**

#### January 8th

Facing the New Year

#### February 12th

Steering Committee Meeting 6:30pm

Dealing with Guilt

#### March 12th

Dealing with Family and Friends

#### April 9th

Women to the Left/Men to the Right  
Mother's Day and Father's Day Discussion

#### May 14th

### **FIND YOUR LOCAL CHAPTER**

Log onto our National website at  
<http://www.compassionatefriends.org>


## SPECIAL DAYS OF REMEMBRANCE



### JANUARY AND FEBRUARY BIRTHDAYS

**Adam Joshua**—1-3 son of Joshua and Denise Corona  
**Lori Ann**—1-5 daughter of Carol Arrington  
**Daniel Anthony**—1-8 son of Wende Pittmon  
**Kebra Danielle**—1-11 Daughter of Lori Frazier  
 And Rick and Melanie Selah  
**Galen Sean**—1-13 son of Donna Southerland  
**Kurt Joseph**—1-14 son of Jan and Bob Grubb  
**Tatyana LoriAnn**—1-14 daughter of Nick and Leah Cirksena  
**Jason Grant**—1-15 son of Anita Bailor  
**Brian Dewey** — 1-21 son of Jerri Davis  
**D. Chree**—1-22 daughter of Pat Wiltshire  
 and sister of Randy and Marie Moody  
**Ada Gloria**—1-26 daughter of Marc and Ana Torres  
**Gregory Scott**— 1-31 son of Neil and Della Haase  
**Caleb Reagan**—1-31 son of Brady and Jennifer Anderson  
  
**Ryan May**—2-6 son of Melanie Whyte  
**Sean Michael**—2-21 son of Melanie Whyte  
**F. Celeste**—2-22 daughter of Anna Franklin  
**Matthew Robert**—2-22 son of Gretchen Henry  
**Erin Renee**—2-25 daughter of Pam Daignault

### JANUARY AND FEBRUARY Anniversaries



**Daniel Paul**—1-1 son of Anton and Cathleen Witte  
**Diane Patrice**—1-1 daughter of Pat Humbert  
**Warren Mills**—1-1 son of Jim and Sarah Hutcheson  
**Adam Joshua**—1-3 son of Joshua and Denise Corona  
**Travis E**—1-3 son of Gary Duffey  
**William Douglas**—1-10 son of Patrick and Debra Hoage  
**Oyeyemi Akinola**—1-14 son of Lekan and Gloria Shobowale  
**Stephanie LeAnn**—1-24 daughter of Karen Martin  
**Jacqueline Marie**—1-26 daughter of Sophia and Randy Rogers  
**Mark**—1-29 son of Joyce Wilkinson  
  
**Christian Cole**—2-2 son of David and Donna Tipotsch  
**Kimberly**—2-7 daughter of Karen and Barry Williams  
**Thomas E**—2-8 son of Billy and Jo Mattison  
**Jason Lee**—2-10 son of John Gowen  
**Alice Fay**—2-12 daughter of Eddie and Jena Simmons  
**Robert Scott**—2-13 son of Doris Newton  
**Andre Duane**—2-20 son of Myrtle Callaway  
**James Bradford**—2-20 son of Lana Denson  
**Robert "BJ" Ashton**—2-22 son of Doug and Delores Coleman

## CHAPTER NEWS

### NEW FAMILIES

These new families were with us during November and December;

Kristi —son Caleb newborn  
Myllinda Roth —daughter Jennifer ,age 21

We encourage all our members to visit the web site, and to reach out to one another by phone, mail, or email (use your chapter member list) .

Our loving listeners are:

Rick Selah, Suicide...(214) 587-6766  
Janie French, infant death...(214) 390-0086  
Dennis Wilkinson...Work (972) 462-0471; Home (972) 393-4723;  
Cell (214) 558-6066  
Sharon Gray, sibling link (214) 245-5367 cell-(972) 821-8427

*Would you like to be a loving listener?*

*Please Contact*

[Donnalhastings2@aol.com](mailto:Donnalhastings2@aol.com)

*Please send any poems, notes, stories or articles to:*

[Donnalhastings2@aol.com](mailto:Donnalhastings2@aol.com)

### Special Birthday Table

Each month at our meetings, we offer a special table set up for those who have a child, grandchild or sibling's birthday in that month.



Please bring a photo/memento and share a special memory of your child. You are also welcome to bring your child's favorite food or birthday cake to share with the group.

We hope you will take this opportunity to share your child's birthday with us.

### Sign Up for a Committee!

Always wanted to become more involved in our chapter of TCF? Well, now's your chance! Sign up for a committee at the next meeting.

We need help on any of the following committees:

**Newsletter Editor, New Member Cards,  
Publicity/Community Outreach, Special Events,  
Phone Pals, Garden Maintenance**

A Note from Donna;

2009. Another year gone, another year starts. And just like the last 4, I start it with one person less in my family circle. Upon reflection, I have to admit that slowly this is a changing emotional journey. I am still not comfortable saying it is easier now than at any point in the past 4 years. Somehow that seems like a betrayal to my son. Easier sounds like such a frivolous word. But I will admit that I handle things better now and continue to handle things better as time goes by. I am sure that somewhere along this path we will join hands, pass, walk side by side or even carry one another along. There is only one way down this path and together is a much better way to travel than to try it alone! I hope you were able to find some meaningful ways to remember your loved one during the holidays and now we will face the new year together.

At our February Meeting I am hoping many of you will join us at 5:30PM at El Chico for dinner, but we will be having a quick dinner and then on to the church to have our annual

### **STEERING COMMITTEE MEETING.**

Please mark your calendar to attend this meeting as many important topics will be discussed. Some of them will be; meeting topics, Memorial Garden, chapter leadership, finances and who can take on leadership roles as of June. If you can not make dinner, please try to be at the church by 6:30pm to participate in our meeting.

The Memorial Garden is still very much up in the air. We have not had many contributors to the upkeep fund, to hire a gardener for maintenance. We have not had enough orders for new stones to be able to place an order. And Spring is just around the corner. This will be a major topic at the Steering committee meeting in February.

Until then,  
Much Love, Donna

### Helpful Sites

[GriefNet.org](http://GriefNet.org) is an Internet community of persons dealing with grief, death, and major loss. Our companion site, KIDSAID, provides a safe environment for kids and their parents to find information and ask questions.

[Grieflossrecovery.com](http://Grieflossrecovery.com)

[www.firstcandle.org](http://www.firstcandle.org)

[Www.nowilaymedowntosleep.org](http://Www.nowilaymedowntosleep.org)

[Www.preeclampsia.org](http://Www.preeclampsia.org)

## NEWS, ARTICLES &amp; POEMS

**The Bravest Battle**

Joaquin Miller, 1841-1913

The bravest battle that ever was fought;  
 Shall I tell you where and when?  
 On the maps of the world you will find it not;  
 It was fought by the mothers of men.  
 Nay, not with cannon or battle shot,  
 With sword or braver pen;  
 Nay, not with eloquent word or thought,  
 From mouths of wonderful men,  
 But deep in a woman's walled-up heart—  
 Of woman that would not yield,  
 But patiently, silently bore her part—  
 Lo! there in that battlefield.  
 No marshaling troop, no bivouac song;  
 No banner to gleam and wave;  
 And oh! these battles they last so long—  
 From babyhood to the grave!  
 Yet, faithful still as a bridge of stars,  
 She fights in her walled-up town—  
 Fights on and on in the endless wars,  
 Then silent, unseen—goes down.

**Meditation**

A woman whose life had had many hard times said, “the hardest grief I have had to bear is this temporary separation from my daughter.” That she was able, in faith, to view her adolescent daughter’s death as a temporary separation surely helped her immeasurably. But of course she longed for her daughter’s presence now. It is foolish to expect to “get over” a serious grief. The pain is always there, the fantasy of what might have been. Over time, I’m sure that for this woman the pain was mixed in with happy memories of the daughter’s childhood and adolescence, and also with her anticipation of their ultimate reunion.

So the mosaics of adjustment are laid down. On some days the grief is most noticeable; on others, the happy memories; on others, the hope of reunion burns bright.

*As I think about my loss, the strands of grief and memory are mysteriously braided together.*

- Martha Whitmore Hickman from *Healing After Loss*

**Reflections of an Anniversary**

Frozen in a hundred photographs, my son,  
 No more do you crash through the door  
 And throw your adventures at my feet  
 Or solve the non-workings of a music box.  
 Your rolling giggle echoes in your sister’s voice;  
 Your dimple somehow lodges on your brother’s face  
 And younger brother lives with your scientific thirst.  
 We said good-bye years ago  
 But you never left.  
 Memories, a thousand moonbeams of joy,  
 Not frozen, but active  
 A spirit filling in the corners and hollows of my life  
 A love expanding my capacity for living  
 Until in eternity—we meld again.

*Marcia Alig*

*TCF, Mercer Area Chapter, NJ*

**For the Newly Bereaved**

*Most newly bereaved parents experience emotional and physical changes. Many of these experiences are unexpected and may seem to be abnormal or even “weird”. Many even think they are losing their mind.*

**Most bereaved parents experience one or more of the following:**

- Feel depressed
- Look for their child in a crowd or see reminders unexpectedly
- Feel physically exhausted and have sleep disorders – some sleep all the time while others can hardly get to sleep at all
- Need to tell and retell and remember things about their child and about the details of the child’s death
- Appetite changes – either lose their appetite or eat all the time
- Feel they don’t want to go on
- Say to themselves, “If only I had...”
- Keep asking, “Why?”
- Cry at unexpected or “inappropriate” times
- Wander aimlessly, forget in the middle of a sentence, neglect to finish tasks
- Feel restless, look for activity but can’t concentrate

All of these reactions are natural and normal. They have been experienced by many in our organization. It is important not to deny your feelings, but to learn to express them. It is helpful to realize that you are not alone in having these feelings. Since our group is composed of other bereaved parents or grandparents, we have had many of the same feelings and have learned to deal with them. We are very willing to discuss our experiences and help you during this difficult time.

- *From the Sugar Land Chapter Newsletter*

## Memorial Garden News!

I am so very pleased to announce that I have located a supplier for our Memorial Garden Stones! These new stones will be very different from the ones we have now, but I am sure you will be very pleased with the new look. These stones will be irregular shaped stones approximately 8" x 12" in size. Each one will be slightly different as they are the broken pieces of granite from a counter top manufacturer. They take these pieces and shape them accordingly and engrave them with the names and dates we supply them. The cost on these will be \$30 each. The colors will vary and we will not have any pick of colors. We are now taking orders for these stones and will continue to do so until we have enough for an order. If you are interested in adding your child's stone to our Garden, or if you would like to get one of these stones for your own use, please send the name and dates you would like on your stone along with the \$30 to

TCF  
P.O. Box 112157,  
Carrollton, TX 75011-2157

PLEASE remember, we need to be able to clearly read the name and dates to be able to get the correct information as we will not be able to do any returns.

For example;  
GALEN SEAN RHODEN  
1-13-1977  
11-24-2004

I think the new stones will give a very nice new look to the Garden as we will distribute them thru out for a balanced look.

New chapters added;  
Midland, Tx  
tcfmidland@sbcglobal.net  
Houston, Tx  
Joyce Margarce—713-767-1584

## Sibling Forum

(Discussion Board for Bereaved Siblings)

[TCF sibling rep@compassionatefriends.org](mailto:TCF_sibling_rep@compassionatefriends.org)

Kristy Mueller, TCF Board of Directors Sibling Representative for the necessary user name and password.

## Website and Newsletter changes

Recently the National organization made some policy changes that effect the way that our website is setup and the way the newsletter is laid out. Some of the changes will be very noticeable others will not. You will notice with this newsletter that your child's last name and year of birth or death will not be published. This is to prevent easy access to information that could be used for identity theft. I would love to see my child's full name and dates just as you would, but in an effort to protect us all this change is necessary. I will be going over the website in the next few weeks to update it and bring it up to standards set by our national office.

One of the big issues that concerns me is about publishing your child's name on the newsletter or the website. The rules state that we must have written permission to publish your child's name. I believe that the new member sheets we all filled out when we first attended a meeting will cover that, but I want to be sure that no one's wishes have been overlooked with regard to this issue. I have talked about a survey to go out soon, and with this in front of us, it will be added to the list of questions. That will get us current and any future members will be covered by the new member sheets

## Websites that may be of interest;

[Www.goodgrief.org/](http://Www.goodgrief.org/)

[Www.memory-of.com](http://Www.memory-of.com)

[Www.home.mend.org](http://Www.home.mend.org)

Do you have a favorite website that has brought you comfort? Please share it with us. Just email it to [tcf\\_carrollton\\_farmersbranch@yahoo.com](mailto:tcf_carrollton_farmersbranch@yahoo.com)

*Death leaves a heartache no one can heal.  
Love leaves a memory no one can steal.*

# INFORMATION

## Credo of The Compassionate Friends

**We need not walk alone. We are The Compassionate Friends.**

**We reach out to each other with love, with understanding, and with hope.**

**The children we mourn have died at all ages and from many different causes, but our love for them unites us. Your pain becomes my pain, just as your hope becomes my hope.**

**We come together from all walks of life, from many different circumstances.**

**We are a unique family because we represent many races, creeds, and relationships.**

**We are young, and we are old. Some of us are far along in our grief, but others still feel a grief so fresh and so intensely painful that they feel helpless and see no hope.**

**Some of us have found our faith to be a source of strength, while some of us are struggling to find answers. Some of us are angry, filled with guilt or in deep depression, while others radiate an inner peace. But whatever pain we bring to this gathering of The Compassionate Friends, it is pain we will share, just as we share with each other our love for the children who have died.**

**We are all seeking and struggling to build a future for ourselves, but we are committed to building a future together. We reach out to each other in love to share the pain as well as the joy, share the anger as well as the peace, share the faith as well as the doubts, and help each other to grieve as well as to grow.**

**We need not walk alone. We are The Compassionate**

## MEMORIAL GARDEN

### CHANGES TAKING PLACE

As most of you know, our Memorial Garden has taken quite a beating in the past couple of years. We don't have anyone who has stepped forward to be able to water it on a regular basis and do some routine maintenance. We have also had many requests to add more stones to our Garden. In order to keep it in the kind of condition we would want, we will need to make some changes to the way it has been handled. We are asking for each family that has a stone to share in the cost of upkeep by donating \$1 per month, or \$12 per year towards the gardener we will need to employ. The church sprinkler system is not functional at this time and repairs are in the works. When it is repaired they have agreed to add additional sprinkler heads to include our garden.

For those who wish to take their stone and move it to their own yard, garden or other site, we will gladly allow you to lovingly remove your stone from its place. Many families have moved away and are no longer near us to enjoy our garden and we understand there may be reasons for moving their child's stone elsewhere. We understand this. Perhaps there are those who choose not to make donations toward the garden and for this we understand as well. All we ask is that you notify us of your wishes, and remove the stone with utmost care not disturbing any of the other stones or plantings. If you wish your stone to remain, we ask that you please send \$12 for 1 year maintenance fees to begin in September, to our chapter noting which stone is yours. With this money, we will hire a gardener to maintain the upkeep, planting and renewal of the garden each season. The address for your donation is;

TCF  
P.O. Box 112157,  
Carrollton, TX 75011-2157  
Please make checks payable to  
TCF—Memorial Garden

## RESOURCES

### DONATION INFORMATION!

Do you shop at Kroger? Kroger will donate a percent of your grocery purchase back to our chapter if you follow these few steps'

- 1) Go to [www.krogerneighbortoneighbor.com](http://www.krogerneighbortoneighbor.com) and click on "Find your Organization.
- 2) Type "The Compassionate Friends" in the search box.
- 3) Click on The Compassionate Friends of Carrollton-Farmers Branch.
- 4) Print the page that comes up. It has a barcode on it for our TCF group and it includes all the instructions as to how the program works. Take that page to Kroger and the cashier will scan the barcode to link your Kroger Plus card to our organization for one year. The current year is over on April 30, 2009.

### OTHER TCF GROUPS:

TCF/ Ft Worth  
2nd Tuesday  
Charles & Genie Dean  
817.625.6621

TCF/SW County Duncanville  
3rd Tuesday  
Website:  
[www.orgsites.com/tx/tcfswdallas](http://www.orgsites.com/tx/tcfswdallas)  
Chapter Leader: Joan Campbell  
Email: [tcfswdallas@sbcglobal.net](mailto:tcfswdallas@sbcglobal.net)  
Phone: 972/935-0673

TCF/Plano  
Meets 4<sup>th</sup> Tuesday  
@ 7:00PM  
Christ United Methodist Church  
3101 Coit Road  
Plano, TX  
Leader: Sandi Craig  
Phone: 214-537-5460  
Email: [Ewfarm@airmail.net](mailto:Ewfarm@airmail.net)

TCF/Garland-Mesquite  
3rd Monday  
Carol Niles Jones  
972.771.1097  
[cnilesjones@hotmail.com](mailto:cnilesjones@hotmail.com)

### OTHER LOCAL BEREAVEMENT GROUPS

**Caring & Sharing, L'ville**  
2nd Thurs—Grieving and  
Growing  
3rd Wed - Loss of Child  
972-420-1036

**Healing Matters, Plano**  
2nd Tues - General Grief  
4th Thur - Perinatal Loss  
Ginny Robinson  
972-519-1588

**Bereaved Parents, Denton**  
3rd Monday  
Shirley Ottman  
(940) 387-1074  
  
**Caring Hearts**  
4th Tuesday, Presby. Hospital Plano  
Miscarriage, stillbirth, infant loss  
Chaplain Trish Williamson  
972-981-8439

**TBS-Touched By Suicide**  
2nd Thursday; 4th Tuesday  
5500 Morriss Road  
Flower Mound, TX  
972-539-0514  
Sue Endsley  
[admin@tpcfm.org](mailto:admin@tpcfm.org)

### Healing the Grieving Heart

A weekly web-radio series at [www.Health.VoiceAmerica.com](http://www.Health.VoiceAmerica.com) featuring Dr. Gloria Horsley, TCF's Professional Advisor, and Heidi Horsley, MS, MSW, Psy.D. is currently being broadcast every Thursday.

The popular, ongoing series is dedicated to The Compassionate Friends. It keys on issues of importance to families that have experienced the death of a child.

Shows cover such topics as: A Child Dies--What to Expect and How Long Does it Take?; Grief in the Workplace; Where Does Sadness End and Depression Begin After the Death of a Child?; Faith, Brokenness, and Healing After the Death of a Child.

These hour-long shows, broadcast live at **9 a.m. Pacific (noon Eastern time) on Thursdays**, feature experts in the bereavement field and your phone calls and questions are welcome during the live broadcasts. For more information and to listen to the live broadcasts, visit [www.health.voiceamerica.com](http://www.health.voiceamerica.com). Each show is rebroadcast 12 hours later. Shows previously aired may also be heard through streaming audio.

**Listener call-in toll-free phone number**  
**1-866-369-3742**

### Do you shop at Amazon.com?

When making a purchase from Amazon.com, enter through the link on the home page of The Compassionate Friends national Web site, and a portion of the purchase price will be donated to further the mission of TCF. This donation applies to all purchases, not just books, made from the Amazon.com site. The TCF national Web site address is [www.compassionatefriends.org](http://www.compassionatefriends.org).

### Buttons!!!

Rochelle Shore has been gracious enough to purchase buttons for the chapter while they last.

Please see her at the next meeting in order to have one made with your child's picture.

This newsletter is also posted on our chapter web site:  
[Http://www.orgsites.com/tx/tcf-cfb](http://www.orgsites.com/tx/tcf-cfb)

### Chapter Memorial Opportunities

You are invited to bring an 8 x 10 photograph (or a collage of photos) to add to our picture wall. We also have a button maker - bring a photocopy of your picture for that—(photograph paper is too thick).



**The Compassionate Friends**

Carrollton-Farmers Branch Chapter

P.O. Box 112157

Carrollton, TX 75011-2157

**Return Service Requested**

*Much of the material in our newsletter is lifted, with love, from other TCF newsletters.*

**Chapter Leaders:**

Donna Hastings Southerland

Linda Wilkinson

Yvonne O'Martin

[DONNALHASTINGS2@aol.com](mailto:DONNALHASTINGS2@aol.com)

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