



# THE COMPASSIONATE FRIENDS

## CARROLLTON-FARMERS BRANCH, TX CHAPTER

### MARCH/APRIL 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:

**MARCH 12th and APRIL 9th**, 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: <http://www.orgsites.com/tx/tcf-cfb/>

### *DEDICATED IN LOVING MEMORY OF .....*

Bradley Alan

Cheryl Denise

Courtney Cameron

&

John Jeffrey

Stephanie Ann

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

Jeff and Fran Snyder

Carol Arrington

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

Please send a check for \$25 or more, along with a Dedication note to:

**TCF**

*P.O. Box 112157,*

*Carrollton, TX 75011-2157*

Please make checks payable to **TCF** and specify the month in which the dedication should appear.

*Please keep in mind that I work a month in advance. Dedications for May /June must be forwarded by April 15th.*

### **Upcoming Meeting Topics**

**March 12th**

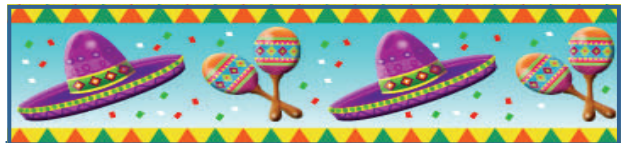
Dealing with Family and Friends

**April 9th**

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

**May 14th**

Balloon Release Ceremony



### **Join us for Dinner before the Meeting!**

Second Thursday of the Month @ 5:30pm

**El Chico's**

1725 S. I 35E, Carrollton  
Valwood Parkway Exit  
On the North East side of the Freeway

### **FIND YOUR LOCAL CHAPTER**

Log onto our National website at <http://www.compassionatefriends.org> and click on the "chapter locator" button.

## SPECIAL DAYS OF REMEMBRANCE

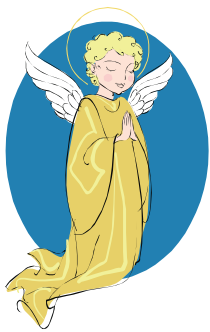


### MARCH AND APRIL BIRTHDAYS

Robert Scott — 3/5 son of Doris Newton  
 Jacob Ronald — 3/7 son of Estella Lyon  
 Cheryl Denise — 3/11 daughter of Larry & Donna Abrams  
 Alan David — 3/16 son of Earl & Renee White  
 Thomas Scott — 3/18 son of Troy & Darlene Davidson  
 Mark — 3/21 son of Joyce Wilkinson  
 Nicholas — 3/21 son of Jayne Dudley  
 James Lee — 3/24 son of Rebecca Lepper  
 Stephanie LeAnn — 3/26 daughter of Karen Martin  
 Abby — 3/29 daughter of Max & Lynette Lambert  
 Colin — 3/29 son of Nancy McTighe  
 James Douglas — 3/29 son of Douglas Cucovatz  
 Kelli Diane — 4/2 daughter of Ernestine Burgin  
 Abigail Ann — 4/9 daughter of Will & Mary  
 Shawne Alison — 4/11 daughter of Debra Jordan  
 Jennifer Elizabeth — 4/4 daughter of Bill & Carol Kirkland  
 Daniel Paul — 4/8 son of Anton & Cathleen Witte  
 Courtney — 4/12 daughter of Steve & Rochelle Shore  
 Jacqueline Marie — 4/12 daughter of Randy & Sophia Rogers  
 Charlie Cecil — 4/15 son of Billy Tiller & Brandi Gauden  
 William Bradley — 4/26 son of Jim & Rose Arriola

### MARCH AND APRIL ANNIVERSARIES

Joseph — 3/1 son of Wes & Lisa McCoy  
 Joshua Paul — 3/4 son of Theresa Trekell  
 Micah Beth — 3/8 daughter of Reyne Vaughn  
 Jason Charles — 3/9 son of Gary & Marie Kirtley  
 Bradley Alan — 3/10 son of Alan & Yvonne O'Martin  
 Erin Renee — 3/10 daughter of Pam Daignault  
 Howard Woodrow — 3/13 son of Woody & Betty Gunter  
 Tatyana LoriAnn — 3/13 daughter of Nick & Leah Cirkseña  
 Gregory Scott — 3/17 son of Neil & Della Haase  
 John Jeffrey — 3/10 son of Patty Jacobs  
 Thomas Scott — 3/18 son of Troy & Darlene Davidson  
 Blake and Colin — 3/24 sons of Nancy McTighe  
 Jason Grant — 3/30 son of Anita Bailor  
 D. Chree — 3/30 daughter of Pat Wilshire  
 Alan David — 3/30 son of Earl & Renee White  
 Jeffrey Paul — 4/4 son of Mike & Sue Freshwater  
 Andrew William — 4/8 son of Don & Lisa Michaelis  
 Lori Ann — 4/9 daughter of Carol Arrington  
 F. Celeste — 4/14 daughter of Anna Franklin  
 Katy Diane — 4/14 daughter of Martha Hardee  
 Eric Stefon — 4/24 son of Stephania O'Neal  
 Ada Gloria — 4/26 daughter of Marc & Ana Torres  
 Sean Michael — 4/28 son of John & Debi



## CHAPTER NEWS

### NEW FAMILIES

We welcome these new families who attended our January and/or February Meetings.

Carol Homan — son David, age 41  
Gordon Kay — son Christian, age 20  
Scott & Kelly Orr — daughter Stephanie, age 28

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, grand-child 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.

### UP COMING EVENTS .....

#### Alan Pederson Grief Workshop — March, 14 2009 - DFW region

The Plano/Collin Co. Chapter of the Compassionate Friends is sponsoring **Alan Pederson's Grief Workshop** on Saturday, 14th March, from 9am - 3pm.

The workshop will be held at Christ United Methodist Church, Room #211, 3101 Coit, Plano.

Alan is donating his usual \$30 workshop fee to TCF, however, there will be a \$10 charge at the door per person for a boxed lunch from Jason's.

There will be a morning session, and a work group, a break for lunch and an afternoon session. Closing will be Alan's wonderful music in honor of his daughter Ashley.

Attendance will be limited to the first 100 persons registered.

Contact Sandi Lee Craig [ewfarm@airmail.net](mailto:ewfarm@airmail.net) or call 972-424-3954 or 214-537-5460.

Sandi Lee Craig, Co-leader  
Plano Collin Co. Chapter TCF

#### STEERING COMMITTEE MEETING — March 12, 2009 @ St. Andrews Episcopal Church

Please mark your calendar to attend this meeting as we plan for the future. Some of the topics we will discuss include; Meeting topics, Memorial Garden, Chapter leadership, Finances and opportunities for leadership roles as of June. If you can not make dinner, please try to be at the church



### 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.

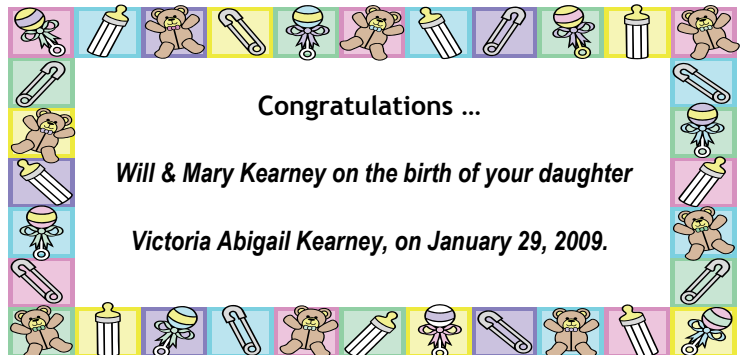
We need help on any of the following committees:

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

### Congratulations ...

**Will & Mary Kearney on the birth of your daughter**

**Victoria Abigail Kearney, on January 29, 2009.**



## NEWS, ARTICLES & POEMS

### Don't Tell Me

Please don't tell me you know how I feel,  
Unless you have lost your child too,

Please don't tell me my broken heart will heal,  
Because that is just not true,

Please don't tell me my son is in a better place,  
Though it is true, I want him here with me,

Don't tell me someday I'll hear his voice, see his  
face,  
Beyond today I cannot see,

Don't tell me it is time to move on,  
Because I cannot,

Don't tell me to face the fact he is gone,  
Because denial is something I can't stop,

Don't tell me to be thankful for the time I had,  
Because I wanted more,

Don't tell me when I am my old self you will be  
glad,  
I'll never be as I was before,

What you can tell me is you will be here for me,  
That you will listen when I talk of my child,

You can share with me my precious memories,  
You can even cry with me for a while,

And please don't hesitate to say his name,  
Because it is something I long to hear everyday,

Friend please realize that I can never be the  
same,  
But if you stand by me, you may like the new  
person I become someday.

Judi Walker  
(In Memory of Shane)  
Copyright 1998

### Ponderings ....

*Tears have a wisdom all their own. They come when a person has relaxed enough to let go and to work through his sorrow.*

*They are the natural bleeding of an emotional wound, carrying the poison out of the system.*

*Here lies the road to recovery.*

— F. Alexander Magoun

### 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

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

~From a headstone in Ireland

## Memorial Garden Updates

We have located a supplier for the memorial stones which are the broken pieces of granite from a counter top manufacturer. Each one will be a slightly different shape and color stone ( 8" x 12" ) creating a nice mosaic in the garden. The stones will cost \$30 each. Some have already indicated an interest in acquiring a stone for the garden, but we need to have some more requests to place 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 provide the correct information as there are no returns. For example;

GALEN SEAN RHODEN  
1-13-1977  
11-24-2004

We would like to have some volunteers who would be willing to work on preparing the garden for Spring. This is a wonderful way to remember our children and if you are interested in joining us for a Saturday morning garden party, please let us know by email and include a date preference.

### 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;

[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.

[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)

[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)

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)

## 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

**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

**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...don't forget TCF?

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 kindly donated buttons for the chapter while they last. We have a button maker - bring a photocopy of your picture. Note—photograph paper is too thick.

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.



**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)

P.O. Box 112157

Carrollton, TX 75011-2157

214.402.1252

**Regional Coordinators:**

Bill & Joan Campbell

972/935-0673

**Newsletter Committee:**

Donna Hastings Southerland

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