



THE COMPASSIONATE FRIENDS

CARROLLTON-FARMERS BRANCH, TX CHAPTER

MAY/JUNE 2009

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:

May 14th and June 11th, 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

Aaron Robert

Bradley Alan

Courtney Cameron

&

Galen Sean

John Jeffrey

Sean Jeffrey

Tiffany Marie

Love Gifts were received from:

Donna & Larry Abrams

Alan & Mary Gay Merritt

Sally & Bob Shaw

Thanks....

We would like to thank you all for your compassion and the support you have shown our chapter over the past years.

The caring way you have shared with us during our grief journey has helped us all immensely to cope with what is a very painful experience for any parent.

Leadership roles within the chapter are for a two-year term and we hope that we will be able to fill the roles of those members relinquishing responsibility. If you would like to contribute to our Chapter in a support role we have openings for Chapter Leaders, Newsletter Editor, and Treasurer. These roles can be shared between several people and we ask that those considering a role be at least two years out in their grief journey.

Please email Yvonne O'Martin: y.omartin@verizon.net

FIND YOUR LOCAL CHAPTER

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

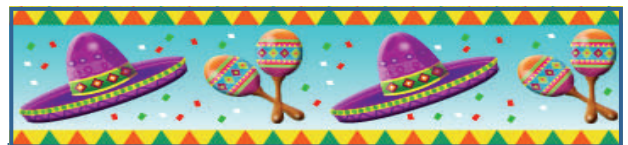
Upcoming Meeting Topics

June 11th

What do I do on my child's Birthday/Anniversary?"

July 9th

What do I do with my child's things?



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

SPECIAL DAYS OF REMEMBRANCE

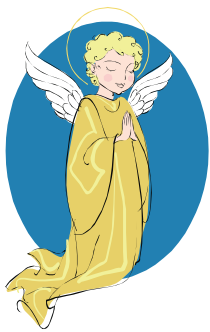


MAY AND JUNE BIRTHDAYS

Christian Cole — 5/9 son of David & Donna Tipotsch
 Vanessa Elizabeth — 5/9 daughter of Myrna Hunt
 Rebecca — 5/10 daughter of Nancy Johnstone
 Austin Michael — 5/15 son of Janie & Michael French
 Mario Enrique — 5/15 son of Mario Romero Sr.
 Katy Diane — 5/19 daughter of Martha Hardee
 Sean Jeffrey — 5/26 son of Jeff & Fran Snyder
 Jace "Cameron" — 5/29 son of Dan & Carolyn
 Diane Patrice — 6/6 daughter of Pat Humbert
 Bradley Alan — 6/7 son of Alan & Yvonne O'Martin
 Devin De'Anthony — 6/9 son of Ramona McKinnis
 Stephanie Elaine — 6/9 daughter of Bob & Sally Shaw
 Micah Beth — 6/10 daughter of Reyne Vaughn
 Jason Lee — 6/23 son of John Gowen
 Miranda Lynette — 6/24 daughter of Rick Barnes
 Warren Mills — 6/24 son of Jim & Sarah Hutcheson
 Paige Francis — 6/27 daughter of Ron and Kay Vondall
 Tiffany Marie — 6/29 daughter of Paul & Debra Brown

MAY AND JUNE ANNIVERSARIES

James Lee — 5/1 son of Rebecca Lepper
 Stephanie Ann — 5/3 daughter of Scott & Kelly Orr
 Caleb Reagan — 5/29 son of Brady & Jennifer Anderson
 Eric Robert — 5/8 son of Lyle & Kris Benson
 Sean Allen — 5/8 brother/brother-in-law of Michael & Janie French
 Abigail Ann — 5/12 daughter of Will and Mary Kearney
 Michael Andrew — 5/22 son of Mike & Sue Freshwater
 Giancarlo K.F. — 5/30 son of Luigi & Sumico Colombo
 Jannette Margaret — 6/4 daughter of Susan Torres
 Nicholas — 6/5 son of Jayne Dudley
 Paige Francis — 6/7 daughter of Ron and Kay Vondall
 Samuel Nicholas — 6/7 son of Shareece Brewer
 Charles "Mark" — 6/16 son of Shirley McKay
 Alexa Lee — 6/19 daughter Suzette Paparelli
 Cheryl Denise — 6/21 daughter of Larry & Donna Abrams
 Courtney Cameron — 6/25 daughter of Steve & Rochelle Shore



CHAPTER NEWS

NEW FAMILIES

We welcome these new families who attended our April and/or May Meetings.

Susan Mead — son Kyle age 20
James & Iryna Pruitt — daughter Michelle, 3 1/2
Janet Winter — son Steven, age 49

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

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.



Looking to Volunteer!

Newsletter Editor!!

Beginning with the July 2009, issue, our chapter is looking for someone to take over as newsletter editor. The time commitment is about 10 hours every other month. You will need a computer with Internet access and be somewhat familiar with Microsoft Publisher. We have a copy of Microsoft Publisher within our chapter and we can provide this for someone willing to take on this job. Please contact Yvonne O'Martin if you are interested @ y.omartin@verizon.net

If you are interested in becoming involved in our chapter of TCF, we have other committees that could use some help. Please let us know at the next meeting, or email y.omartin@verizon.net

New Member Packages
Monthly Birthday/Anniversary Cards
Refreshments
Garden Maintenance
Email correspondent

UP COMING EVENTS

JUNE

NATIONAL CENTER FOR CRIME VICTIMS CONFERENCE JUNE 22 - 24 - WASHINGTON, D.C.

We are pleased to announce that registration is now open for our 2009 National Conference. Register by March 27 and save!

Our conference, featuring more than 130 leading experts and 80 skill-building workshops, will give you information and tools you need to better serve victims. It will also offer you a chance to network and share your knowledge with colleagues and experts in victim services and related fields. Join the National Center for \$95 and receive an immediate \$100 savings on your conference registration fee. Don't know if you or your organization is a member? Call our Membership Department at (202) 467-8742 to find out your membership status.

You can view the conference agenda, workshops, hotel, and plenary sessions by visiting

http://www.ncvc.org/ncvc/main.aspx?dbID=DB_2005NationalConference571.

Mary Lou Leary
Executive Director

AUGUST

THE COMPASSIONATE FRIENDS NATIONAL CONFERENCE AUG. 7 - 9 - PORTLAND, OR.

A TCF National Conference is an event unlike any other where bereaved parents, siblings, and grandparents are able to share with others walking the same grief journey. This is combined with well-known speakers, great entertainment, and more than 100 workshops covering most areas of grief after the death of a child. The next National Conference will be August 7-9, 2008 in Portland, Oregon and 1100 to 1400 are expected to attend. For further details please go to The Compassionate Friends National Web site @ <http://www.compassionatefriends.org/> or you can call (877) 969-0010

Walk to Remember

The Compassionate Friends Walk to Remember®, now a highlight of every TCF National Conference, was created as a symbolic way to show the love we carry for the children we mourn. Held at 8 a.m. Sunday on the final day of the national conference, the Walk starts at the host hotel of the conference.

Registration Link:

<http://www.compassionatefriends-register.org/>

NEWS, ARTICLES & POEMS

You'll Always be a Joy to Me

You'll always be love cradled in my heart
and memories to cherish through the years.

You'll always be a sunbeam, smiles for the soul, and
hugs reaching up to outstretched arms.

You'll always be the cord that binds and
ties the years.

You'll always be dreams gently growing into flowers in
a garden of special secrets to share.

You'll always be footsteps racing through time beneath
the moon of yesterday.

You'll always be kisses blowing in the wind on a play-
ground stretched out from sky to sky.

You'll always be the gift God has given me and years
growing onward, full and deep.

You'll always be my joy, my happiness, my song.

You'll always be the son I love.

Linda E. Knight

Submitted by Patty Jacobs

(In loving memory of her son Jeff)

Take Heart

Your loss will never go away; there will always be a hole in
your life. But it won't always be an abyss opening up under
your feet. Scar tissue will form, and the work of grieving
hastens its formation.

The memories that torment you now will become your
treasure, the lasting legacy of love.

One day you will look in the mirror and see someone who
is whole and healthy—someone who has journeyed through
that long, dark tunnel of grief and reached peace. That
someone will be you!

Giving Yourself Permission to Grieve

By Carol Luebering

Hope

I'm feeling a little bit different today and I wonder if I'm
healing.

I've read about healing, from those that know grief.
But, how many of them — have lost what I have lost?
How many of them...

still do not sleep, or eat or play as they did before?
But today I heard the birds sing,
and wondered where they had been hiding for so
long.

Then it dawned on me that I have been the one hiding.
My sorrow has imprisoned me.

Maybe it's time to escape.

Time to rediscover the laughter and replace some of
the tears.

Maybe it is time to say yes to life's opportunities.

I'm not sure that I can do this.

I still feel totally alone,

in the midst of family and friends.

I'm still scared when I think,

of facing life's trials without her.

She had absolutely no fear and showed me such courage.

I don't know if I am up to it.

But if I can again enjoy the song of my backyard birds,
maybe my life can return to me, if I work harder at it.

I think that I might try.

Maybe the good sleep will return and food can again
taste good.

Maybe the days of aimlessness can be replaced with
purpose.

I think the bird's song was a sign.

It's time to say hello again,

to who I was and **who I can be again.**

By Ronald Vies, taken from *Bereavement Magazine*, March/April
2004.

Renewed Hope and Faith

*"I have cried my tears. I have asked my whys. I have mourned the
future that may not be. I have planted my hope in the God who
made me. He is my refuge in this storm."* Betty Stallings

The time does come when we feel that most of our tears
have been shed and our whys asked. Our longing for all
that will not be is now seeded by fresh dreams. Out of our
despair, we have found a sense of hope. For some, this
hope lies in God. Others find it in a renewed appreciation
of nature, or a thankfulness for life. Moving on is a chal-
lenge. Hope can come from letting go of much of our
intense pain, from accepting reality, and from new dreams.
While our tears may still come and the "whys" still find
their way to our lips, our faith and hope for the future can
be the firm footing we need to go forward.

Remembering with Love

By Elizabeth Levang, & Sherokee Ilse

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

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 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/

www.memory-of.com

www.home.mend.org

Grieflossrecovery.com

www.firstcandle.org

www.nowilaymedowntosleep.org

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

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!

This program is currently in the process of renewal.

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 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.

OTHER TCF GROUPS:

TCF/Ft Worth
2nd Tuesday
Charles & Genie Dean

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

TCF/Plano
Meets 4th 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

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

Healing the Grieving Heart

A weekly web-radio series at 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. 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.

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:

Dennis Wilkinson

Linda Wilkinson

Yvonne O'Martin

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Carrollton, TX 75011-2157

214.402.1252

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972/935-0673

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y.omartin@verizon.net