



THE COMPASSIONATE FRIENDS CARROLLTON-FARMERS BRANCH, TX CHAPTER NOVEMBER/DECEMBER 2008

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:

NOVEMBER 13TH AND DECEMBER 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: www.orgsites.com/tx/tcf-cfb/

DEDICATED IN LOVING MEMORY TO:

**AARON ROBERT WILKINSON
JOHN JEFFREY JACOBS
CHERYL DENISE RUMPF**

Love gifts were received from:
IN MEMORY OF SHAREEN SINGAM

Memorial Garden Gifts were received from;

ROCHELLE SHORE
MYRTLE CALLAWAY
DONNA SOUTHERLAND

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 \$50 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 January/February must be forwarded by the 15th of December.*

Upcoming Meeting Topics

NOVEMBER 13TH
How Do I Spend The Holidays?

DECEMBER 11TH
TCF Carrollton /Farmers Branch Candle Light Ceremony

Sunday December 14th
National Candle Lighting Ceremony

JANUARY 8TH
Facing a New Year

FEBRUARY 12th
Dealing with Guilt

FIND YOUR LOCAL CHAPTER

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

SPECIAL DAYS OF REMEMBRANCE



November and December Birthdays

Coulter Harkey — 11-4-1985 son of James and Anita
Travis E Duffey — 11-5-1994 son of Gary
William Douglas Hoage — 11-6-1984 son of Patrick and Debra
Aaron Robert Wilkinson — 11-8-1976 son of Dennis and Linda
John Mark Townsend — 11-9-1986 son of Carolyn
Joshua Paul Trekell — 11-14-1978 son of Theresa
Giancarlo K.F. Colombo — 11-16-1983 son of Luigi and Sumico
Heather Davis — 11-18-1981 daughter of Larry and Nancy
Erik Peter Kettenbeil — 11-19-1981 son of Peter and Kathy
Noah Al-Seltani — 11-22-2005 son of Mike and Sheila
Charles David Miller — 11-23-1969 son of Michael and Wanita
Joshua Layne Harbour — 11-25-1988 son of Steve and Marilyn
Kimberly Williams — 11-29-1973 daughter of Barry and Karen
Shareen Singam — 11-30-1970 sister of Bill and Shindy Hovack
Eric Robert Benson — 12-1-1977 son of Lyle and Kris
Heather Dawn Dulaney — 12-3-1989 daughter of Karen
Patrick Eric Reinhart — 12--3-1981 son of Doug and Kathy
Howard Woodrow Gunter — 12-4-1978 son of Woody and Betty
Christopher Daniel Grider — 12-9-1977 son of Danny and Kimberly
Joseph McCoy — 12-10-1984 son of Wes and Lisa
Jannette Margaret Torres — 12-13-1973 daughter of Susan
Kathryn Elizabeth Goyne — 12-14-1978 daughter of Rick and Linda
Andre Duane Callaway — 12-17-1972 son of Myrtle
Alex Baker — 12-17-1990 nephew of Tiffany and grandson of Joyce
Alice Fay Simmons — 12-17-1982 daughter of Eddie and Jena
Veronica Grace Sheer — 12-17-1991 daughter of Roman and Carol
Benjamin Ross Pile — 12-18-1981 son of Kerry
Nathan Charles Peebles — 12-31-1976 son of Donna



November and December Anniversaries

Kurt Joseph Grubb — 11-4-2000 son of Jan and Bob
Daniel Jordan — 11-5-2006 son of Mike and Joyce
Christopher Daniel Grider — 11-10-2002 son of Danny and Kimberly
Erik Peter Kettenbeil — 11-14-2005 son of Peter and Kathy
Rachel Marie Dauphin — 7-17-1979 daughter of Lillian
Scott Daniel Schubert — 11-22-2004 son of Sandy
Galen Sean Rhoden — 11-24-2004 son of Donna
Daniel Anthony Pittmon — 11-29-2005 son of Wende
Sean Jeffrey Snyder — 11-30-2004 son of Jeff and Fran
Jacob Ronald Lyon — 12-1-2003 son of Estella
Rebecca E Johnstone — 12-2-1998 daughter of Nancy
Patrick Eric Reinhart — 12-3-1981 son of Doug and Kathy
KheliJo Elaine Dennis — 12-6-2004 daughter of Clay and Linda
Charles David Miller — 12-8-2001 son of Wanita and Michael
Joshua Layne Harbour — 12-10-2005 son of Steve and Marilyn
Benjamin Ross Pile — 12-18-1981 son of Kerry
James Douglas Cucovatz — 12-18-2004 son of Douglas
Noah Al-Seltani — 12-18-2007 son of Mike and Sheila
Alex Baker — 12-31-2006 grandson of Joyce and nephew of Tiffany

CHAPTER NEWS

NEW FAMILIES

These new families were with us during September and October;

Shindy and Bill Hovak—sister Shareen Singam, age 37
 Mike and Sheila Al-Seltani—son Noah Al-Seltani, age 2
 Michael & Andrea McCreary—son Michael McCreary, age 5
 Larry & Nancy Davis—daughter Heather Davis, age 26
 Don & Leisa Michaelis—son Andrew Michaelis, age 24

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

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

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;

Month two and we still have a newsletter! I thought this might be a temporary position for me, but I am finding that it is a very rewarding experience and I might not be so quick to relinquish the role after all. If someone twisted my arm, I might consider it, but I am enjoying the different aspects of getting this information out to you and hoping that in some way I am able to help in your journey. Until I get some real notes from you though, this is really just my own state of mind as I search for the info to include. I have gone to our website and accessed the National Newsletter, and you will find many many original articles that everyday ordinary grieving parents, just like you and I, have written about their own experience. Maybe someone here has a story they would like to share? I know I would like to hear all about it, and I am sure our other members would also.

Our topic for November is "What do I do on the Holidays now?" . Come and join us for support and ideas on how to travel this especially emotional time of year. As the holidays approach and we all anticipate the special needs and care we all desire, let us be reminded of our love for our children and find special ways to remember them.

We are still looking for someone who would be interested in the leadership roles to be handed over in June of the new year. Talk to one of us at the meeting and find out what is involved and see if you would be interested. We will always be here to help you out!

I had hoped to have new memorial stones in place for the December Candle Lighting Ceremony, but we still need some more orders to place before I can make it cost effective. So we will continue the list for new Memorial Stones until we can get the minimum number needed. You can also order one for your own yard or personal use.

I hope to see many of you at the Candle Lighting Ceremony in December. Until then,
 Much Love, Donna

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.

Helpful Sites

GriefNet.org

GriefNet.org is an Internet community of persons dealing with grief, death, and major loss. We have 47 e-mail support groups and two web sites.

Our integrated approach to on-line grief support provides help to people working through loss and grief issues of many kinds. Our companion site, KIDSAID, provides a safe environment for kids and their parents to find information and ask questions.

Grieflossrecovery.com

This is a link that I use often for articles on grief and inspiration.

NEWS, ARTICLES & POEMS

WORLD WIDE CANDLE LIGHTING 2008

Held annually the second Sunday in December, this year December 14, 2008, The Compassionate Friends Worldwide Candle Lighting unites family and friends around the globe as they light candles for one hour to honor and remember children who have died at any age from any cause. As candles are lit at 7 p.m. local time, creating a virtual wave of light, 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.



The Worldwide Candle Lighting started in the United States in 1997 as a small Internet observance but has since swelled in numbers as word has spread throughout the world of the remembrance (in 2007, TCF's national website was provided information on nearly 500 services held in 21 countries). A Remembrance Book is available during the event at TCF's USA national website. In that short one day span, thousands of messages are received and posted each year from every U.S. state and Washington D.C., every territory, as well as dozens of other countries. Some are in foreign languages.

In the United States, publicity about the event is widespread, being featured over the years in Dear Abby, Parade Magazine, Ann Landers column, Guideposts magazine, Annie's Mailbox, and literally hundreds of U.S. newspapers, dozens of television stations, and numerous websites and personal blogs. Information on the Worldwide Candle Lighting and planned memorial candle lighting services (of which we are advised) is posted on the TCF national website every year as the event nears.

Though National Children's Memorial Day has faded into the past, the Worldwide Candle Lighting has carried the torch of remembering all children in a special way who have died.

NEWS, ARTICLES & POEMS**Candle Lighting Ceremonies**

We will have 2 opportunities to participate in the Candle Lighting Ceremonies. On our regular meeting in December on the 11th, we will have our own personal ceremony like we have had in the past.

On Sunday December 14th, we will participate in the National ceremony and we urge you to bring any family and friends to join us as we light candles around the world in memory of our children.

In the event of bad weather around this time, please remember to check the website for changes in plans. We do not want anyone to risk bad weather or dangerous roads, as we will have 2 opportunities to participate.

A TIME TO GRIEVE...A TIME TO HEAL

Have you ever noticed the many mixed-up, confusing emotions involved in grieving?

On the one hand, you feel restless. On the other hand, you feel like you don't want to move at all. You feel desperately alone, and yet, you don't want anyone around. You feel scatter-brained, forgetful, and yet, frantically meticulous. You feel like crying at nothing and sometimes laughing at anything. Or do I have that backwards? Being in a crowd of people is fine as long as they don't talk to you; You feel as if nobody cares. You want so desperately for someone to mention your child, to remember the life that once was, And, yet, it can make you furious if ALL they want to talk about is the dead one, and never even mention the living ones. Grief settles over you like a hot blanket. You're as cold as winter snow. Grief presses on you like a steamroller. You're floating in a bubble above yourself. Grief boxes you in on four sides and introduces you to pain no one should have to know.

But, then, once again, you begin to feel compassion. You relate to other parents who have had an experience similar to your own. And eventually, with a light as sharp as a sunburst, you hear yourself saying your child's name with an unfamiliar smile on your face. You remember some of the funny times, and feel laughter building in your throat. One morning you notice the sun is shining, the flowers are bursting with the colors of spring. Three seasons have passed unnoticed...and somehow, you are still here. Even though your child is still There.

You feel your heart swell with a love you never even knew could exist. And you find a place in your life for something called, dare I say, peace.

And then, ever go gently, the memories enfold you in a warmth as soothing as a cool shower on a hot summer day, so you find you *want* to remember. And tender memories of love lift you to unreachable heights, to the brightest of stars, to the loveliest touch of your child.

Dana Gensler, TCF, South Central KY

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.

It has been said that time heals all wounds. I do not agree. The wounds remain. In time the mind, protecting its sanity, covers them with scar tissue and the pain lessens, but it's never gone.

- Rose Kennedy

*When I grieve, when I stand by others as they grieve,
even in the midst of seemingly unbearable sorrow,
Grief becomes a way to honor life - a way to cling to
every fleeting, precious moment of joy.*

Cortney Davis, Nurse Practitioner

September 14, 1999

How much I have learned since that horrendous day.
I've learned that I'm not alone in my grief,
That others have suffered, are suffering and will suffer

The tremendous loss of losing someone they love to suicide.

Two years later I also learned how grief can destroy
When your father, who couldn't deal with his grief,
Decided to end his pain and suffering too.

I've learned I wasn't as guilty as I had thought at first,
That your decision was yours alone,
That once made nobody could change it.

And I've learned to stop asking the "Why?" question
That question to which only you have the answer.
Some people said that I'd get over losing you in a year.

After that first round of holidays, birthdays, etc. I'd be fine.

Guess what - I've learned just how wrong they were.
It's now the 10th year - the 10th year of holidays, birthdays, etc.

Certainly it's not as heart-wrenching as the 1st year or even the 5th.

But I'm still not over losing you and I'm still not "fine."

And I doubt that I'll ever get over losing you, that I'll ever be "fine."

I'm certainly not the same person I was before this all began.

I guess I've reached a "new normal" though and I'm going on with life.

Even though it's been the most difficult thing I've ever had to endure,

At least now I'm strong enough to help those who follow on this path.

But, oh, how I'd give up all I've learned for just another hour with you.

.. by Karen C. Kimball, Hingham, Massachusetts

Some websites you may like to visit;
Www.goodgrief.org/

Www.memory-of.com

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!

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. 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
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
Email: Ewfarm@airmail.net

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?

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 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.

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