



# THE COMPASSIONATE FRIENDS

Brazoria County Texas Chapter

May/June 2009

The Compassionate Friends is a self-help organization offering friendship, understanding, and hope to bereaved families that have experienced the death of a child.

## UPCOMING MEETINGS

**May 12 – Ask It Basket**

**June 9 – Coping with Summer**

*Meetings are held the second Tuesday of each month, 7-8:30 p.m.,  
Chapelwood United Methodist Church, 300 Willow Drive, Lake Jackson.*

*Doors open at 6:30 to register new members.*

**Directions:** From Oyster Creek Drive, turn north on Willow Drive.  
Chapelwood is on the right, past Willow Drive Baptist Church and Cardinal Street.  
Meetings are held in the fellowship building behind the sanctuary.

**To Newer Members:** We do not always stay on the topic as planned.  
We are here to discuss whatever you need to help you on your grief journey.

## CHAPTER CONTACTS

Rosalind Woods (979) 798-5113

Connie Mosier (979) 798-6835 conster14@aol.com



**Forever in Our Hearts**  
*Our Children, Loved & Remembered*

*Personal information deleted for internet edition.*



## Love Gifts

***IN LOVING MEMORY OF:***

***GIVEN BY:***

*Personal information deleted for internet edition.*

### ***BOOKS DONATED TO THE REMEMBRANCE LIBRARY:***

*The Shack*, William Paul Young

*The Death of a Child*, Elaine E. Stillwell

*Glimpses of Heaven*, Trudy Harris

*Good Grief*, Granger E. Westberg (2 copies)

*A Grief Observed*, C.S. Lewis

*Healing After Loss*, Martha Whitmore Hickman

*Lament for a Son*, Nicholas Wolterstorff

*Life After the Death of My Son*, Dennis L. Apple

*On Grief and Grieving*, Elisabeth Kubler-Ross & David Kessler

*When Grief Breaks Your Heart*, James W. Moore (2 copies)

### ***BIRTHDAY TABLE***

A table is set up at each meeting to display pictures and other remembrance items in honor of your child's birthday. If you cannot attend the meeting of your son or daughter's birth month, you may honor them at any other meeting.



## Chapter Notes

Many bereaved parents find support by reading books about grief. Especially in the early weeks and months when all of life feels chaotic, it can be helpful to learn what others have experienced, what to expect, and how to cope.

While each grief is unique, we share some common thoughts and feelings. And it's reassuring to discover, whether through reading books or talking to other parents in a support group, that we are not alone, that we're not going crazy, that the loss of a child is a loss like no other, and that we can find ways to take one step at a time through this pain.

Our chapter is very blessed to have received a timeless collection of grief books and resources from the former Compassionate Friends group in this area (thank you, Betsy Carpenter), and we are grateful to those families who have recently added new books to our Remembrance Library.

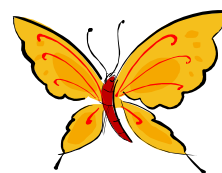
Members are encouraged to check out these books before and after our meetings. The doors are always open at 6:30 and rarely close before 9:00. Hope to see you at our next meeting. We each have a story to share that may help someone else through their grief.

*We Need Not Walk Alone...*

*Newsletter Editor – Robin Goddard  
bhgoddard@comcast.net (979) 297-0544*

*Everyone can master a grief but  
he that has it.*

*-William Shakespeare*



*We quickly find there are no words to describe the experience of losing a child. For those who have not lost a child, no explanation will do. For those who have, no explanation is necessary.*

*-Mary Lingle*



## **Circle**

How do you bear it all?  
The cry came from a mother  
Whose son had died only weeks  
before.  
We were in a circle, looking at her,  
Looking around, looking away,  
Tears in our hearts, in our eyes.  
How do we bear it?  
I don't know.  
But the circle helps.

*-Eva Lager, TCF Western Australia*



### **TCF National Headquarters**

P.O. Box 3696  
Oak Brook, IL 60522-3696  
Phone: toll free (877) 969-0010  
Fax: (630) 990-0246

### **National Website**

[www.compassionatefriends.org](http://www.compassionatefriends.org)  
Email: [nationaloffice@compassionatefriends.org](mailto:nationaloffice@compassionatefriends.org)

### **Chapter Website**

[www.orgsites.com/tx/tcfbrazoriacounty](http://www.orgsites.com/tx/tcfbrazoriacounty)  
Chapter Webmaster – Bennie Goddard



## **This I Can Share With You**

*By Marilyn W. Heavlin*

I have not experienced the death of my only child, but some of us have.  
I have not experienced a child dying by suicide, but some of us have.  
I have not watched my child fight a terminal illness, but some of us have.  
None of us would say, "I know just how you feel."  
Even if our experiences are similar, no two situations are exactly alike.  
But I can say  
I remember the pain when my child died.  
I remember the feelings of insanity.  
I remember the feelings of aloneness.  
I remember wishing I could die.  
I remember wanting to share something with my child,  
But he wasn't there.

So my friends, our experiences have parts in common and parts that are different!  
So, why should we listen to each other?  
Do we have anything to share?  
Do you know what heartbreak feels like?  
All of us do.  
Do you know what it's like to have empty arms?  
All of us do.  
So, let's learn what we can of our commonalities.  
We loved a child, but our child left too soon.

THIS WE CAN SHARE WITH YOU.

*-TCF Tuscaloosa Newsletter, March/April 2004*

## *The Forecast of Grief*



Some say grief is like ocean waves constantly lapping at your feet, sometimes swelling and knocking you over. Others describe it as a sequence of predictable stages. I've found that grief is also like summer weather on the Texas Gulf Coast. One minute the sky is blue and you're coping fairly well, then offshore clouds roll in suddenly with a downpour of tears that could flood Oyster Creek.

Grief is the constantly changing radar screen of green, yellow and red. There's an illusion of predictability, but the slightest shift in pressure or temperature—a song, a memory, a smell—can change the forecast without warning. It would be unrealistic to believe that we could live in this area without getting wet, or even without experiencing some sunshine. In the same way, the climate of grief will bring sorrow as well as joy, sometimes all in one day, for the rest of our lives on this shore.

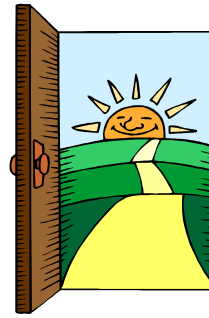
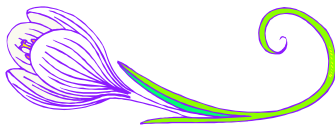
And so we learn to live with it, to find shelter on exceptionally stormy days, to share space under an umbrella when we need support, and to allow moments on clear days to look up at the sky and know that, regardless of the weather, love will always shine bright.

*-Robin Goddard, Brandon's Mom  
TCF Brazoria County Texas*

## Mothers Day

Even in my sorrow, I feel special. For I know the true meaning of the word *Mother*. I have reached the ultimate- from the joy of birth to the sorrow of death. I belong to a special group who truly know the meaning of the word *Mother*. Would I have not accepted the gift if I had known the terrible loss I would feel by having it taken away from me? I would still hold out my hands and accept such a precious gift, since to love and to cherish, even for a short while, is worth every tear. This year on Mother's Day, I'll shed my tears, but let them be as soft as summer's rain. A rain that nourishes the earth, tears that heal and cleanse my heart.

-Vera, TCF St. Louis, MO



## Little by Little

*I once thought that my only link to you was my grief. I couldn't let go. I knew if I did I would lose us both. But one day when I couldn't take the pain anymore, I decided to try. So, slowly and carefully, I let go of my deathline to you, and I was surprised to find myself being held by God. Little by little, step by step, I learned that I didn't need to hang on to the death to remember the life. What a joyous discovery!*

-Kittie Brown McGowin  
TCF Montgomery, AL

*Love... bears all things, believes all things, hopes all things,  
endures all things. Love never ends.*

1 Corinthians 13:7-8

What do you think has become of the young and old men?  
And what do you think has become of the women and children?  
They are alive and well somewhere,  
The smallest sprout shows there is really no death,  
And if ever there was it led forward life, and does not wait at the end to arrest it,  
And ceas'd the moment life appear'd.  
All goes onward and outward, nothing collapses,  
And to die is different from what any one supposed, and luckier.

-Walt Whitman, *Leaves of Grass*



# Rosalind's Kitchen

*Baked with Love in Memory of Sammy Rosen*



## Butter Cake

- 1 box butter recipe cake mix
- $\frac{3}{4}$  cup sugar
- 1 cup butter, softened
- 1 (8-oz.) pkg. cream cheese, softened
- 6 eggs
- 1 T. butter flavoring
- 4 tsp. vanilla

Cream sugar, butter, and cream cheese until fluffy. Add eggs, one at a time, beating well after each egg. Add butter flavoring, vanilla, and cake mix. Pour into greased and floured Bundt pan. Bake at 350 degrees for 45 to 50 minutes.

*Thank you, Rosalind, for sharing your delicious homemade treats with us each month.*



You don't heal from the loss of a loved one because time passes;  
you heal because of what you do with the time.

-Carol Crandall



*SilentGrief.com*

A message of hope for the grieving heart

*Online articles, resources, and support for child loss,  
whether miscarriage, still birth, or older loss.*

# Grief Support for Grandparents

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

## *Grandparents' Remembrance*

We are the grieving grandparents, the shepherds of our children and grandchildren's lives. Our grief is two-fold and at times we feel powerless to help. We seek to comfort our children in the depths of their grief and yet we need the time and space to face our own broken hearts. We have been robbed of the special tender touch a grandparent shares with a grandchild and we have lost a symbol of our immortality. As we walk by our child's side, we both give and draw strength. We reach into their hearts to comfort them, and when they reach out to us in their distress, we begin the journey to heal together. We continue to be their guardians. We allow traditions to change to accommodate their loss. We support the new ones which symbolize the small steps on their journey. It is in their healing that our hearts find comfort.

*–Susan Mackey, TCF Rutland, VT*

**TCF's Online Support Community offers Parent/Grandparent chats.  
There are 10 sessions held over 6 days.**

## Especially for Siblings

### ON YOUR BIRTHDAY

I wrote this date this morning,  
Paused,  
And felt the room grow cold.  
It always does  
When I remember  
All of it –  
Down to the last petal  
Tossed by winds  
Above the upturned earth.  
This time the chill  
Does not leave  
So easily.  
It would have been your birthday.  
Soon, I shall be  
As old as you will ever be.

*Wanda M. Trawick, bereaved sister  
TCF Acme, PA*



*If you want to lift yourself up,  
lift up someone else.*

*–Booker T. Washington*

---

How wonderful that no one need wait  
a single moment to improve the world.

*–Anne Frank*

---



**The Compassionate Friends**  
Brazoria County Texas Chapter  
P.O. Box 1395 Brazoria, TX 77422

*Support & Friendship for Bereaved Families*



**May/June 2009**



Register Online for TCF's 32nd National Conference in  
Portland Oregon at [www.compassionatefriends.org](http://www.compassionatefriends.org).