



The Compassionate Friends Brevard Chapter

A self-help organization offering friendship and understanding to bereaved parents

TCF Brevard Chapter Web Site

www.tcfobrevardnc.org/tcf/home.htm

TCF Brevard Newsletter

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If you are a regular on Facebook you have seen the postings by National TCF and other bereaved parents. Recently, Alan Pederson posted a note that he became aware of a parent whose family conducted an intervention. Apparently, family members thought the woman was grieving too long for her child and needed coaxing by them to get her to move on with her life. Perhaps she talked about her child too much or wasn't back to her old self. Whatever she displayed as a grieving parent it did not fit with their idea of healthy grief. The woman's child had been gone 10 months! I was recently told by a newly bereaved mother that she was not going to grieve her child, she knew where she was.

The point is, how can anyone know about the grief felt by a parent unless you have experienced it? It is easier to explain the newly bereaved mother-she was in denial, we have all been there. The family with the intervention were in denial too. They denied the pain because they did not want it to touch them.

Comfort each other so we have a safe place to go.

Monthly Meeting
Always the 2nd Monday
of the month
June 13, 2010
7:00 PM at the
**The Lutheran Church of
the Good Shepherd**
22 Fisher Rd. Brevard

This Month's Topic
Father's Day

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For Bereaved Fathers

Grieving Dads - <http://www.grievingdads.com/>

This site is a designed to help other bereaved fathers. Kelly Farley is a father that lost two children and wants to write a book about his experience and the experience of others. He is seeking input for this project.

**An online blog for father's by Tim Nelson author of
*A Guide for Fathers-When a Baby Dies***
<http://www.fathersgrievinginfantloss.blogspot.com/>

FATHER'S DAY REVISITED

Now I can look back upon that first Father's Day, the first after the death of our son, Jeff. I was a mess, a man without hope, with little or no reason to continue living, deep in my own depressive grief. I could not share any joy with others.

I look back now, wondering how I could have treated my wife and children as I did while they were trying to celebrate in my honor. Inside I was crying out, "What are these useless gifts? Don't you know the only gift I want is to have my son back?"

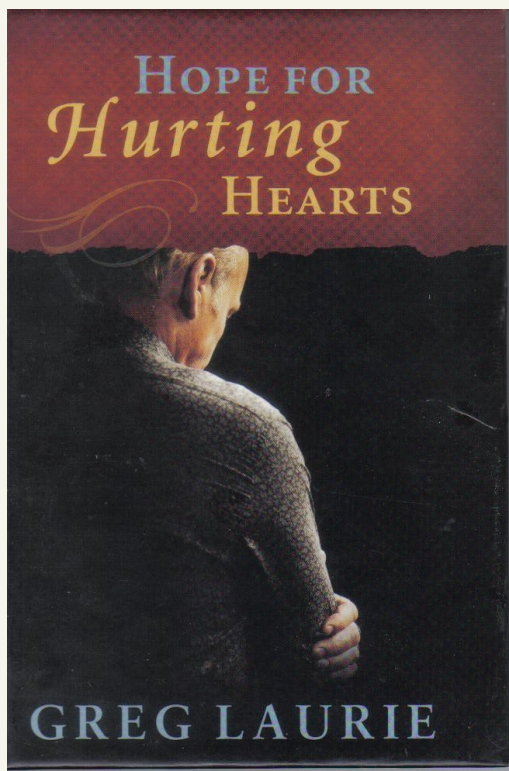
But it was the love, caring, under-



standing and nurturing of those loved ones which has brought me so far from that first Father's Day. Now I can enjoy the joy of others. I can laugh once again. There is a life worth living.

For all those fathers for whom this is the first Father's Day without your child, have the best day that you can, with the understanding other fathers are with you on this day. One day, you too will be able to revisit this first Father's Day.

*Paul Kinney, BP/USA
Louisville, KY*



Book Review

Perhaps you are familiar with Greg Laurie the author of *Hope for Hurting Hearts*. He is the founder of Harvest Ministries. Greg lost his son, Christopher in 2008 in a car accident. He published this book to help other grieved parents find some comfort in their pain. He does not try to cover coat the pain with "fancy-religious words." He speaks from the heart of a grieving father.

A quote from his book gives perspective to grieving a child, "People will often say, "I'm sorry you lost your son." I know what they mean, and I appreciate it. But the truth is, I haven't "lost" my son because I know where he is, and I will join him one day."

He also states, "I will not "recover" or "go back to normal," because that would imply going back to life the way it was before. Life will not be the same without my son. But God promises to each of us "a future and a hope."

Hope For Hurting Hearts, Greg Laurie Copyright 2008

Compassionate friends A safe place to talk



"The object of good grief is to remember,
not relive."

author unknown.

There is a need to talk, without trying to give reasons. No reason is going to be acceptable when you hurt so much. A hug, the touch of a hand, expressions of concern, a willing listener was and still is the things that helped the most. The people who were the greatest help were not judgmental. It's most helpful when people understand that what is needed is to talk about it and that this is part of the grief process.

To Our New Members

Coming to the first meeting is the hardest, but you have nothing to lose and everything to gain! Try not to judge your first meeting as to whether or not The Compassionate Friends will work for you. At the next meeting you may

find just the right person or just the right words said that will help you in your grief work.

To Our Members Who Are Further Down The "Grief Road"

We need your encouragement and your support. Each meeting we have new parents. THINK BACK – what would it have been like for you at your first meeting if there had not been any TCF "veterans" to welcome you, share your grief, encourage you and tell you, "your pain will not always be this bad, it really does get better!"



A FATHER'S PRAYER

I am a man, God, and I have been taught that I should be strong and show no weakness. My wife needs me to be strong; I cannot and I must not be weak and lean on her. It is only with You that I can be honest, Lord, and even with You I am ashamed to admit it, but I want to cry. I can feel the tears securely dammed up behind eyes that want to burst. There is a voice in me that shouts, BE STRONG! BE A MAN! SHOW NO WEAKNESS! SHED NO TEARS! But there is another voice inside that speaks softly and somehow I feel it is Your voice. Is it You Who tells me that I am also a feeling human being who can cry if I need to? Is it Your voice that tells me that maybe my wife needs the tenderness of my tears more than she needs the strength of my muscles? You are right, Lord, as always. My wife needs to see my grief. She needs to feel the dampness of my tears and know the aching of my heart. Then, just as we became one to create this life, we become one in our grief which mourns this death. I think I understand. It is in sharing the awful pain of my grief that I become an even stronger man. It is in sharing my tears that I share my true strength. Oh, God, help me to communicate my deepest and most sensitive feelings to my wife so that we may become whole together.

Norman Hagley, Palestine, TX



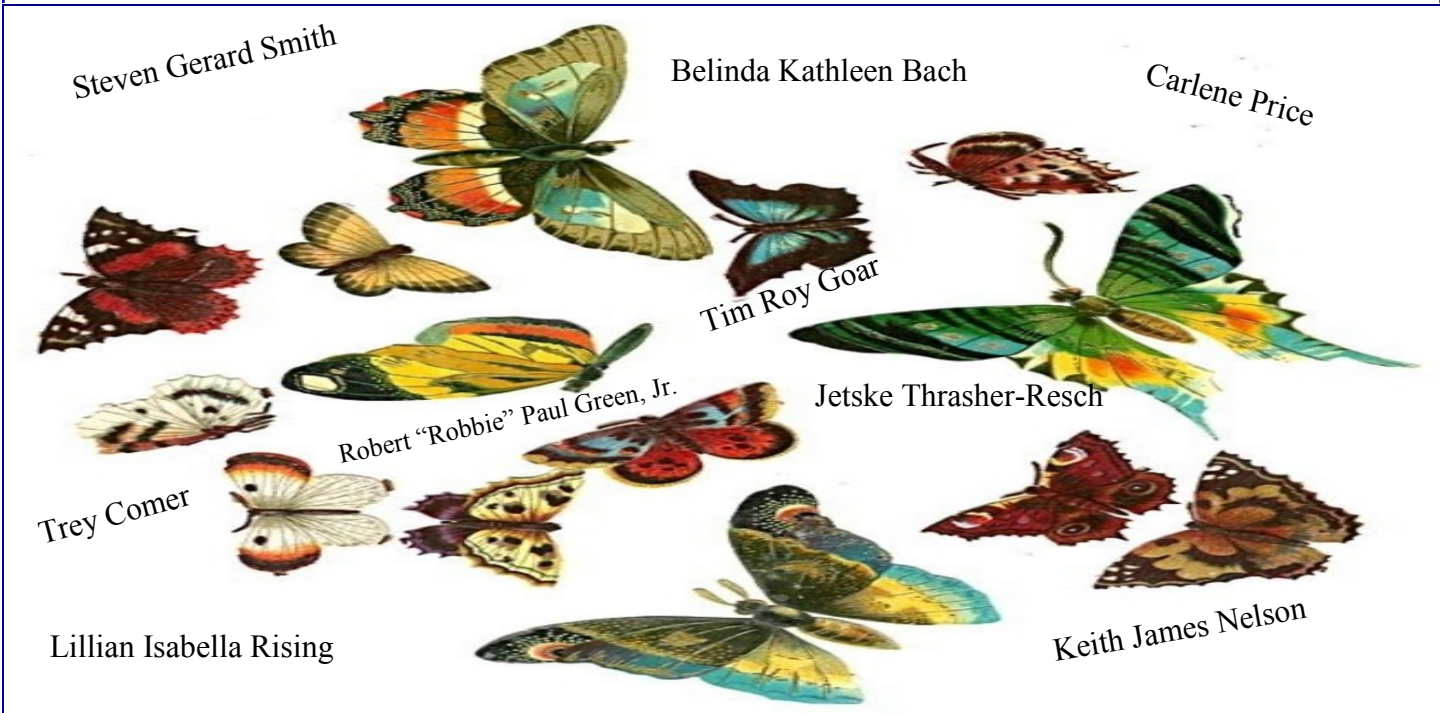
OUR CHILDREN Sunrise and Sunset Dates



*Love that can not be quenched
Our beautiful children forever remembered*

Children	Sunrise	Sunset
Belinda Kathleen Bach	June 16	
Carlene Price		June 8
Jetski Christina Thrasher-Resch		June 24
Keith James Nelson	June 11	
Lillian Isabella Rising	June 9	June 9
Robert "Robbie" Paul Green, Jr.	June 13	June 9
Steven Gerard Smith		June 23
Tim Roy Goar	June 1	
Trey Comer	June 16	

Memorials



Birthday Table

Every month at our chapter meeting, we provide a Birthday Table. In the month of your child's birthday, if you are ready to do so, please bring pictures and small mementos of your child to place on the table. You may also bring a favorite cake, cookies, or other snacks, flowers, candles or balloons for the table in memory of your child. We do this to celebrate our children's lives and to share their special day with others who understand.

If you would like your child's picture to appear on this remembrance page or if you have a memorial you want printed, please send

SOME FATHERLY ADVICE FOR BEREAVED FATHERS

- Take some time for yourself. Go fishing, take a long bike ride or go for a walk in the woods.
- Don't take on any new responsibilities. Give up some.
- Allow yourself to cry. This is a most healthy response because it not only lets out stored up tensions, but it releases toxins from your body.
- Deal with your natural anger by venting on things, not people
- Talk with other bereaved fathers.
- Focus on your feelings, not just on how to help your wife. There is a good possibility that you need more help than she does.
- Talk with your wife about your feelings. Listen to her.
- Accept the fact that men grieve differently from women and talk to your wife about this. Let her know your needs.
- Read about grief. Discuss your experiences with other bereaved fathers.
- Take one day at a time. It's the only way.



What we have once enjoyed deeply we can never lose. All that we love deeply becomes a part of us.

Helen Keller



*Mark your calendar
Walk to Remember
&
Balloon Release
July 17, 2011*

Details to follow

Love Gifts – A Way to Remember

There are no dues to belong to the Compassionate Friends, because we have already paid the ultimate price; the loss of our loved one(s). A **Love Gift** is a gift of money given in Honor of a child who has died from their family members or as a Memorial from friends. Your gifts are tax deductible and are used to reach out to other bereaved parents, grandparents, and siblings. Your gifts support this newsletter, our TCF Library, Brochures and other Chapter Expenses.

In Memory of:

From:

**TCF of Brevard
PO Box 304
Brevard, NC 28712**



*You are not forgotten my child.
I see you in the creases of my mind and I
feel you in the chambers of my heart.*

VVA



The Compassionate Friends of Brevard
PO Box 304
Brevard, NC 28712

RETURN SERVICE REQUESTED

June 2011 Newsletter



Our Credo...

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.

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