



## 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](http://www.tcfobrevardnc.org/tcf/home.htm)

#### TCF Brevard Newsletter

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The daffodils in my yard began to bloom the third week of February. I thought for sure they would not open their eyes so soon due to the bitter cold winter we had, but they did and the hyacinths are quickly following their lead. After such a cold and dreary winter, it is so refreshing to see new life emerge.

I remember the first spring after losing Craig. The winter was just dreadful. I not only hated to see it come, I could not wait to see it go. Being stuck in the house for months with everything around me bare, wasted and dead was just a reminder of how my soul felt. But there again, during one of the coldest months of the year, a flower emerged from the ground and though I would not recognize it at the time, it gave me hope.

Hope brings anticipation of good and wonderful things. It is hard to hold onto when your heart is so broken but it will come eventually, and it will carry you to a new place that is a little brighter than where you began.

VVA

#### Monthly Meeting

Always the 2nd Monday  
of the month

**March 14, 2010**

7:00 PM at the

**The Lutheran Church of  
the Good Shepherd**

22 Fisher Rd. Brevard

**This Month's Topic  
Your choice**

**Steering Committee  
News  
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Flags**

#### **To Friends we have not seen lately...**

If snow or cold, or just a hard time, has kept you away, we want all to know we welcome your presence at our meeting. If you are not able to come, please stay in touch and know that we think of all we have known, especially on those special dates.

Thank You to Sandra and Joe Furr for sharing Daniel's brownies in celebration of his birthday in Heaven.

Marisol Gollnick

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***From the desk of our chapter leader: Marisol Gollnick*****TOPICS FOR OUR MARCH MEETING**

Some of our parents are at different stages of grief, so we thought that by offering multiple topics it would allow members to share their current concerns. Hopefully we can gain a better perspective from others who have previously experienced a problem that we are currently dealing with.

I have taken the liberty to suggest three diverse topics. Please be thinking about one that you would feel interested in talking about:

How do you cope with your most difficult times? What have you found that brings you comfort, even if only for a short time.

Do you experience happiness or hope in different ways after your loss? What do you feel thankful for at this time of your life?

Is there something that our group could do to help comfort you? Do you have a recommendation for any changes so that we can be more effective in helping other members?

Please join us at the next meeting and let us know the topic you would like to discuss.

**Results of the Steering Committee Meeting**

The Steering Committee met on Saturday, February 19, 2011 at 9:30 AM at The Lutheran Church of the Good Shepherd.

**Donations:**

A letter has been sent to Mtn 1<sup>st</sup> Bank – will follow up.

Since we are members of the Transylvania Chamber of Commerce, we thought of putting together a mailing list to request donations from our local businesses in town.

Sponsor a dinner.

**Community Outreach**

Print Business Cards and Tri-fold Brochure of our local TCF Chapter to send out to:

All local churches in Transylvania county.

Sheriff, Police, EMT's

Pediatric Doctors in town

Follow-up with the Funeral Homes

Establish a Face Book page

**C o m p a s s i o n a t e   f r i e n d s**  
**A   s a f e   p l a c e   t o   t a l k**



"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

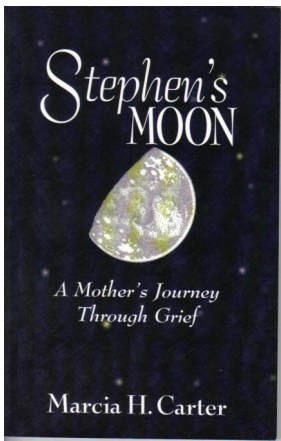
find just the right person or just the right words said that will help you in your grief work.

**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!"



**BOOK REVIEW**



I remember reading many books the first year after we lost Craig. I would sit outside watching the birds and squirrels play in my backyard and read and read about other people's losses. I was looking for answers. I wanted someone to tell me what to do. I found some comfort in other parent's stories. I guess because I knew -they knew.

**Stephen's Moon A Mother's Journey Through Grief  
 by Marcia H. Carter.**

Marcia captured the overwhelming feelings of pain and devastation in this book. Her son, Stephen, was 18 years old and killed in a single car accident. The author takes the reader through the beginning when she accidentally found out about her son, through the funeral and the many months after. She dealt with insensitive remarks for well-wishers, guilt and anger, and finally, deciding to live. You will find some of your own stories in this book.

**N E W S   C O R N E R**

**SAVE THE DATES**

The next **Walk To Remember** with the balloon release will be held on **May 21, 2011**. The walk will begin at the Blue Ridge College and stretch for about a mile where the balloons will be released in an open field. The time will be decided at a later date.

The **Annual Butterfly Release** will be held on **September 24, 2011**. A time and place has not been decided so if anyone wants to hold the event at their house, please contact Marisol.

The **National Candle Light Service** will be on **December 11, 2011**



## OUR CHILDREN Sunrise and Sunset Dates



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

Children	Sunrise	Sunset
Beckie Ensley	March 10	
Charles Curtis Carlisle	March 11	
Douglas Lynch		March 6
Janette Moser Laderer		March 26
Jillian Brooke Folsom		March 24
Michael (Mike) Richard O'Hara		March 4
Robert Jason Morgan		March 21
Ryan David Dieterich		March 12
Thomas (Tommy) Snyder		March 6

### *Memorials*



Tommy Snyder  
son of  
Tom and Joanne Snyder

In memory of our children;

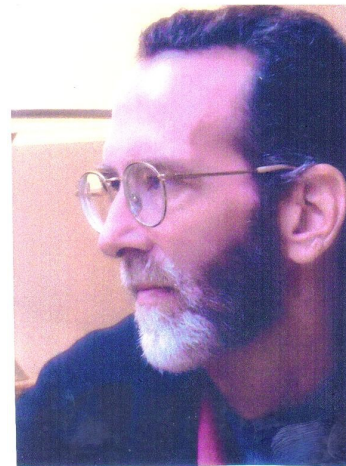
We love you,

We miss you

We are grateful you are ours



Birthday Table



Douglas Lynch  
son of  
Isabel Lynch

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 me an email at [emprop2001@yahoo.com](mailto:emprop2001@yahoo.com) with their picture as an attachment in a .jpeg or .bmp format.

In a newsletter for bereaved parents, one mother wrote,  
*"It feels like a branch from our family tree has been torn off."*

Another grieving mother continues,  
*"I felt that way too. A small branch, one whose presence completed us, had been ripped from our family and left a large wound."*

National TCF

Eyes open wide  
I awake from a beautiful dream  
Within seconds the painful reality  
of my life sets in  
I find myself wanting to scream  
Grief so strong  
Impossible to explain  
Living with a broken heart  
Struggling with the pain  
Eyes closed tight  
I pray for that beautiful dream  
A short escape from the painful reality  
That makes me want to scream

Robert Willis  
TCF parent

*Surviving grief isn't an event. It's a process. Take it day by day and welcome comfort wherever you find it. ~ Author Unknown*

*Your absence has gone through me*

*Like thread through a needle*

*Everything I do is stitched with its color*

WE Merwin, "Separation"

*Grief is like being on the battlefield. Eventually the fighting stops for a while and that is when you rest.*

VVA



Spring is coming and it will soon be time to plant. If you have a memorial garden for your child, here is a nice idea. Install a memorial garden flag. You can buy them personalized with your child's name and dates.

List of sites on the Internet that you can contact.

House and Garden Designer Art Flags

<http://www.houseandgardenflags.com>

Wind Sensations  
<http://www.windsensations.com>

Gifts For You Now  
<http://www.giftsforyounow.com>

**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:**

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**From:**

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**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

**March 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.

**We need not walk alone. We are The Compassionate Friends. ©2007**