

THE COMPASSIONATE FRIENDS

PO Box 304, Brevard, NC 28712

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TCF – National Office – Toll Free (877) 969-0010 – www.compassionatefriends.org



Volume 3, Issue 3

March, 2008

Monthly Meeting

Always the *second Monday* of the month.

March 10, 2008

Topic “Open Forum” and

Finalize the plans for the

“Celebrate the Children” Concert

Meeting Time & Location:

7:00 PM

The Lutheran Church of the Good Shepherd

22 Fisher Road, Brevard, NC

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**Compassionate Friends  
A Safe Place to Talk**



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 were and still are 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.

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We acknowledge the following Love Gifts with sincere gratitude and deep appreciation:

In Memory of Craig VanAntwerp.

~ by Vickie & Larry VanAntwerp

In Memory of Donna Sheehan.

~ by Marilyn & Frederick Sheehan

In Memory of Steven Gerard Smith.

~ by Alan Van Heest

In Memory of Steven Gerard Smith.

~ by Anne and Bruce Snyder

A **big thank you** to Linda Freed for putting together another beautiful scrapbook for our chapter.

TCF OF BREVARD CHAPTER NEWS



Hello Everyone!

I can't believe that spring is just around the corner! We have been blessed with another mild winter season, which we are all very thankful for.

It saddens me to report that we have lost a very dear friend and a husband to Sharon Palan. We extend our sincere sympathy. Please keep Sharon and her family in your prayers.

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“We love you Kevin and We will Miss You.”  
**Kevin Jay Palan -- January 27, 2008**

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As you know the Compassionate Friends Chapter of Brevard is sponsoring a free concert called “**Celebrate the Children**” The concert has been opened to the public. A good will offering will be taken. I encourage all the parents to invite their families, friends, and co-workers to come. Alan Pederson's music is uplifting and upbeat at times; it gets to the sentiment of all types of loss, not only the loss of children, but it could be a spouse or the end of a marriage or the loss of a job.

The Evangelism Committee of The Lutheran Church of the Good Shepherd is helping in promoting this concert in the community for us, and we sincerely thank them for this.

Light refreshments will be served, so I am asking the parents to please donate cookies and drinks for the event.

I will have flyers at the next meeting, if you would like to post at your workplace, pass out to family and friends etc.



Grief is an emotion, not a disease. There is no timetable for recovery. But there is also no getting around the pain. Each of us has to experience the pain in order to recover from it. Our hopes and dreams may no longer be possible. You may feel hopeless and want to run away. It takes time and effort to regain the ability to function.

We must express our feelings and be patient with ourselves. The Compassionate Friends play an important role in this process. Grief **is** a process. **Recovery** is a decision. Readjustment does not come overnight. But each of us can resolve to survive – one moment at a time ----

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Excerpted from “A Conversation with Rabi Earl Grollman”  
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Promises of



Rainbows

I promise not to offer rainbows after storms or silver linings beyond the clouds. But if you have tears of sorrow, I will share them. If you have words of anger, I will hear them. If you have moments of confusion, I will help you through them. Perhaps....your tears of sorrow today will water the seeds of tomorrow's garden of spiritual growth, of worthy priorities, of loving relationships, and genuine understanding and compassion. My sad friend your weeping is not fruitless.

By Nancy Williams, TCF Central NJ

RETURN SERVICE REQUESTED

The **March** Newsletter is dedicated to the memory of all our children...gone too soon...but never forgotten.

We Remember their **Birthday** and their **Angel** Dates.



Our Children Remembered:

Mike O'Hara – 08/30/57 ~ 03/04/06

Thomas (Tommy) Snyder – 08/01/77 ~ 03/06/06

Robert Jason Morgan – 04/28/79 ~ 03/21/81

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. **Just let me know ahead of time.**

Love Gifts are a tax-deductible donation of money, library books or equipment made to the chapter in memory of a child, or as a memorial gift on the death of a friend or relative. Love Gifts are a 'living memorial' on anniversaries of birth or death, holidays, special occasions or 'just because'. All contributions go directly into continuing the work of The Compassionate Friends. Thank you for your generous support!

In Memory of:

From:

TCF of Brevard
PO Box 304
Brevard, NC 28712



Sharing

Everybody has **SOMETHING**
Some call it faith. Some refer to fate,
destiny...religion...God...a belief. It does not matter what
you call it; but in your moments of deepest sorrow, **KNOW**
that it is there. Don't be afraid to question it. Hate it.
Curse it. Hide it. Scream at it. Test it. But **KEEP** it. One
day your grief will be resolved. Then you will be able to
acknowledge it, accept it, be grateful for it, understand it,
and **SHARE** it. Only then can you **LIVE** it. I call mine
FAITH: what do you call **YOURS**.

By Shirley Melin, TCF – Aurora, IL



If you would like to have an article, poem, etc printed in our
newsletter, please mail to TCF-Brevard, PO Box 304,
Brevard, NC 28712

OR e-mail to:

mgollnic@gte.net by the 25th of the month prior to the next
newsletter's release.

*(Please be sure to put "newsletter" or "TCF" in the subject
line.)*