



THE COMPASSIONATE FRIENDS Of Brevard Chapter Newsletter



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

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Brevard Chapter Web Site

www.tcfobrevardnc.org/tcf/home.htm

TCF Brevard Newsletter

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Monthly Meeting

*Always the **second Monday** of the month.*

**FOR THIS MONTH ONLY THE MEETING WILL BE HELD ON
MARCH 16, 2009 INSTEAD OF MARCH 9, 2009**

Program: Signs We Receive From Our Children

Meeting Time & Location:

7:00 PM

The Lutheran Church of the Good Shepherd

22 Fisher Road, Brevard, NC

**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 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!"

TCF of Brevard Chapter News

Hello Everyone!

I pray everyone is doing well. Due to my current work and Bill having a prior commitment, and because I do not want to miss this month's meeting, the meeting date has been changed from **Monday the 9th to Monday the 16th**. I hope this does not present an inconvenience to anyone.

Spring is just around the corner, and to those of Irish heritage we wish you a very **Happy St. Patrick's Day**.

The Prayer of St. Patrick

*May the strength of God
pilot us,
May the wisdom of God
instruct us,
May the hand of God
protect us,
May the word of God
direct us --
May thy salvation, O Lord,
Be always ours
this day and for evermore.*

If you didn't make it to last month's meeting, we shared poetry and songs from our children. I want to thank Vickie (Craig's mom) who put together the program. I certainly enjoyed hearing these songs and poems. In doing so we all got to know these children even more. I want to also thank the parents who brought in the poems and songs to share with all of us. It's these memories that puts a smile on our face, and keeps our children living forever in our hearts.

For this month's meeting, which is why I don't want to miss it, Vickie has already sent out an e-mail about the program to everyone, will be on sharing signs that we have experienced from our children. Like Vickie said in her e-mail, these signs give us hope when we receive them that our children are telling us they are okay, and we look forward to the time when we can join them.

Looking forward to a very rewarding and blessed meeting. Hope you can all attend.

Hugs to all of you,
Marisol-always Jose's mom

TCF Information Package

If you would like to send an information package explaining TCF to someone you think would benefit, (either for themselves or others), please let me know. I have a package of information put together, which I can send. I will need their name, phone number and the full address of the person you would like for me to send a TCF Information Package.



March – A Month of Transition

The first day of any new month seems reason enough to pause, perhaps, and reflect on the significance or meaning that each of us might associate with a new month. For me, March has always signified a time of transition, a slow but steady emergence from the dark depths of winter into the first, but sure, signs of spring. Something like the "light at the end of the tunnel." This spring will have a different meaning for each of us. For some, especially the newly bereaved, there will be a reluctance to accept it—a feeling of longing for the child with whom we would have liked to share it. You may wish to ignore the signs of this year's spring, but it will happen anyway—but you don't have to enjoy it. Your sorrow is too new to let you enjoy anything. We understand this feeling. It's part of the guilt we feel for surviving the loss of a child. It just won't seem fair to you that the world goes on much the same as before.

Others of us, with the aid of time, sometimes much time, can face spring with a little more resolve. The resolve to accept things the way they are. Somehow we learn to recognize our limitations, and we stop hurting ourselves with guilt or with the responsibility to change things. There is no way to change the fact that our children have died. The only thing we can change is ourselves. Those children will always be with us in our minds and our hearts. When we become secure in that belief, we will have changed. The changed person can accept life again and still be faithful to the memory of his child.

Bob McCollough
TCF Burlington Chapter



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.)

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.



On the advice of the TCF national office, we are only including the month and date – not year – of birthdays and angel dates.

<u>Child's Name</u>	<u>Birthday</u>	<u>Angel Date</u>	<u>Relationship</u>	<u>Family</u>
Michael (Mike) O'Hara		03/04	Son	Joan O'Hara
Thomas (Tommy) Snyder		03/06	Son	Tom and Joanne Snyder
Beckie Ensley	03/10		Daughter	Kathy Thompson
Robert Jason Morgan		03/21	Son	Georgia & Troy Morgan
Jillian Brooke Folsom		03/24	Daughter	Jennifer & David Folsom
Janette Moser Laderer		03/26	Daughter	Lynn Spain

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.



GRIEF

GRIEF is sometimes silent

- like snowflakes falling on a dark winter's night—but never peaceful or serene or pretty like the pure white snow. When grief is silent, the tears seem to turn to ice, like the snowflakes, before they reach our eyes.

GRIEF is sometimes raging

- like a monstrous thunderstorm - with all its fury and bolts of lightning striking our hearts at every angle. When grief is raging, the tears come in torrents like the rain and flood our soul.

GRIEF

-Whether it be silent or raging . . . HURTS.

Verna Smith, TCF, Ft Worth, TX 'We Need Not Walk Alone'



God's Lent Child

I'll lend you for a little while, a child of mine, God said
For you to love the while he lives and mourn for when he's dead.
It may be six or seven years, or forty-two or three
But will you, till I call him back, take care of him for me?

He'll bring his charms to gladden you and should his stay be brief
You'll always have his memories as a solace in your grief.
I cannot promise he will stay, since all from earth return,
But there are lessons taught below I want this child to learn.

I've looked this whole world over in my search for teachers true
And from the folk that crowd Life's lane I have chosen you.
Now will you give him all your love and not think the labour vain,
Nor hate me when I come to take this lent child back again?

I fancy that I heard them say "Dear God, thy will be done.
For all the joys this child will bring the risk of grief we'll run.
We will shelter him with tenderness, we'll love him while we may
And for all the happiness we've ever known, we'll ever grateful stay.
But should the angels call him much sooner than we'd planned
We will brave the bitter grief that comes and try to understand.

~ Author Unknown

A Life Lost

*I have lost a life – not my own.
But it would have been easier
To have lost my own life
Than to have lost
The life I loved more than my own*

Sasha



ESSENCE OF TCF

I can tell by that look, friend, that we need to talk.
So come take my hand and let's go for a walk.
See, I'm not like the others – I won't shy away,
because I want to hear what you've got to say.
Your child has died and you need to be heard,
but they don't want to hear a single word.
They say your child's with God, so be strong.
They say all the "right" things that somehow seem wrong.
I'll walk in your shoes for more than a mile
I'll wait while you cry and be glad if you smile.
I won't criticize you or judge you or scorn,
I'll just stay and listen 'til night turns to morn.
Yes, the journey is hard and unbearably long
and I know that you think that you're not quite that strong.
So just take my hand 'cause I've got time to spare,
and I know how it hurts, friend, for I have been there.
See, I owe a debt you can help me repay,
for not long ago, I was helped the same way
and I stumbled and fell through a world so unreal,
so believe when I say that I know how you feel.
I don't look for praise or financial gain
And I'm sure not the kind who gets joy out of pain.
I'm just a strong shoulder who'll be here 'til the end-
I'll be your **Compassionate Friend**.

Steven L. Channing, TCF Winnipeg, Canada

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**



Remedy

Memories
will bring you
Love from the past,
Courage in the present,
Hope for the future.

Sascha - From ~ Wintersun



Gardens of the Heart

How comforting are our memories
They sustain us in our sorrow
And give us reassurance
As we face a new tomorrow.
And though the world seems barren
When our loved ones depart
Their memory blooms forever
In the gardens of the heart.

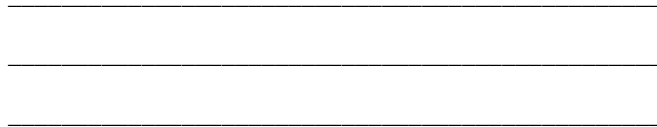
TCF ~ Houston, TX



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

RETURN SERVICE REQUESTED

March 2009 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