



THE COMPASSIONATE FRIENDS of Brevard Chapter Newsletter



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

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TCF 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.*

June 8, 2009

Program: Fathers Grieve Too

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. I know we needed the rain, but I am so glad the rain forest has stopped for a while.

We need to start planning our 3rd Annual Butterfly Release. So if anyone has any ideas and thoughts about this, please share with all of us.

Last months meeting we got to preview the Chapters Directory which Vickie has been working hard at. She has also managed to get some donations to offset the printing of the directory as well as funds for the chapter for advertising.

Our program for this meeting will be on **Fathers Grieve Too.**

Looking forward to seeing you at the meeting. Take care and be safe.

God Bless, prayers and love to all,
Marisol-forever Jose's mom

A Father Day Wish

We would like to wish all of our fathers a peaceful and loving **Father's Day**. We pray you will be surrounded by those you love and that your day will be filled with memories of happy times shared with your children in days gone past....and that new memories will be made to treasure in the future.



IN THE SILENCE

In the silence you hear me,
In the silence I am here.
In the silence you can feel me,
In the silence it is clear.....
That my spirit hasn't left you,
I am just a thought away,
You can see me in the shadows,
Anytime you look my way.
Look for me in the sunshine,
And in the stars at night.
In the wind, trees and flowers,
Everything that is in sight.
Talk to me, say my name,
Know that I'm still here,
In my death I have a new life,
And one day it will be clear.
So talk to me and look for me
In everything you do,
For I haven't gone so far away,
I'm really right next to you

AUTHOR UNKNOWN

*Submitted by Romelle Lysenko-TCF Bridgewater
~reprinted from Bridgewater, NJ TCF May 2006
Newsletter*

*"We will always treasure the memory of the
angel who was in our midst, if only for a little
while."*

*Terri Dassing, Mother
In Loving memory of Michael Brian Dassing*

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.)



I'll Always Be Your Dad

By Alan Pedersen

Years have come and gone
and time has surely drifted by
I've searched for any answer
yet I'm left to wonder why
The only thing I know for sure
through the happy and the sad
No matter what the circumstance
I will always be your dad

Not a day goes by
that I don't hold you in my heart
My love reaches far beyond
this space we are apart
These empty arms remember
all the good times that we had
I may be standing here alone
but I will always be your dad

Some won't understand
so I don't bother to explain
They look into my eyes
but they can only see the pain
Afraid to look too deep
as they are blinded by the fear
If only they could know
a father's love won't disappear

So when this road gets lonely
and the journey seems too hard
And I get to feeling sorry
that I didn't get a card
If I close my eyes
I can almost hear you say
I love you and I miss you daddy
.....Happy Fathers Day

Blessings,

Alan Pedersen

songwrtr@comcast.net

The **June** 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>
Tim Roy Goar	06/01		Son	Elaine & Jim Goar
Carlene Price		06/08	Daughter	Wanda Bryant
Keith James Nelson	06/11		Son	Francine Manion
Belinda Kathleen Bach	06/16		Daughter	Sharon Bach
		06/23	Son	Caroline & Steve Smith
Steven Gerard Smith			Sibling of	Stephanie Anne Smith
Jetske Christina Thrasher-Resch		06/24	Daughter	Helen & Jerry Thrasher
Sam Cox	06/30		Sibling of	Melissa Murphy

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 Childs picture to appear on this remembrance page, please send me an e-mail, with their picture as an attachment in a .jpeg or .bmp format.

Origin of Fathers Day

Sonora Dodd is the woman we have to thank for giving us a day in remembrance of dads. We go back as far as 1909 for the beginning, sadly the fathers before that will have missed out on this special day. However if the kids back then told dad everyday that they loved him, then sure enough fathers day would have been every day. Sonora Dodd came up with the idea after her father William Jackson Smart, was left to raise her and five other siblings single handed after their mother died giving birth. What instigated this proposal was the mother's day sermon she was listening to in chapel. Because Sonora Dodd's father was born in June, she asked the churches in her area to honor fathers in June. Her efforts paid off and the first Father's Day was celebrated in Spokane, Washington, in June 1910. Father's Day did not become an official U.S. holiday until 1972.

FATHER'S DAY

By Gerry Hunt, TCF, White River Junction, Vermont

Every father believes in his role as protector of his family
He has been assigned the job of fixer and problem solver.
He has been told since his youngest days that he must be strong—must not cry.

But each father among us has had to face that point where no amount of fixing, problem solving and protecting has been able to stop our child's death. And inside, we must ask ourselves about our failure, and we must face our lack of omnipotence.

Father's Day is often a forgotten holiday, overshadowed by the longer-standing tribute to mothers. But for the bereaved father it is a poignant reminder of bitter sweetness; sweet in the memory of a loved, now lost, child; bitter for the death and pain and recognition of inability to stop what happened.

Fathers do not often have a chance to share their hurts and concerns. Oftentimes they are unable to do so, a remnant of childhood learnings about the strength and stoicism of "big boy." A father may even be uncomfortable opening up to his wife, and the wife who pushes him to talk may be pushing too hard.

Father's Day does not have to be a time when everyone pours out of the woodwork to say, "I'm sorry we haven't talked. Let's do it now." But it can be a time when the family gives Dad a hug, does something special, helps with the chores, and mostly, lets him know how important and needed and loved he is. It is some of these things that he has lost with the death of a child. And, like Mother's Day, the day set aside for Fathers does not have to be limited to a Sunday in June. It can be any day and every day.

Fathers often show their hurts differently, often internally.

But They Do Hurt

Father's Day: Help for a Grieving Father

Written by Clara Hinton | May 30, 2008

Father's are such amazing people. They are strong. They are brave. They are protectors. They are providers. And, they also are grievers. Many times we forget the last part. Fathers have hearts that are kind and sensitive, and they feel pain. So often, when child loss occurs, people will direct their comments to only the mother. "How are you feeling?" "I'm so sorry this has happened to you." "It's going to take a while for you to work through this, but I'm sure your husband will stay strong and help you."

Father's Day is a difficult day for any father who has lost a child, and in many ways it is a doubly difficult day because he knows that he cannot fix or repair the pain that his wife is feeling. That is a double blow to the heart of a father. His heart is hurting both for his loss and for the fact that he cannot take away this pain for his wife.

Reminders of fatherhood are all around. We see photos of dads and their children in magazines, on television commercials, in ads for clothing and toys. Walk into any store that sells bikes, fishing gear, hunting gear, or toys and there will be advertisements for fathers and their children. Seeing these visual pictures are like hot irons searing the heart of a man who has lost a child. And, often he has nobody to talk to, and no place to go where he can shed his tears or show his emotions.

We need to be especially sensitive to men who have lost a child on Father's Day because they often will not express any of their feelings of pain, yet the pain is still there. It's okay to mention the loss of his child. In fact, it's appropriate to do so because a father will be thinking of his child and needs validation of his fatherhood. It's always encouraging to know that you are remembered. It's especially encouraging to know that others have remembered your child.

Keep your comments brief, but don't be afraid to say, "I know this is a hard day for you, but I want you to know I'm thinking about you." Those are powerful words and can help a hurting heart to begin to heal.

Most men like to do things with their hands and often will express their sorrow by building something or working extra hours at the office proving that they can accomplish a hard task. Try to be understanding during those moments when it is hard for a man to speak of his pain with words. Encourage things like working in the yard, going hiking, playing basketball, or building a bird house. Anything that is physical is a way to relieve many of the pressures of a pained, hurting heart.

Lastly, remember that Father's Day is a day to remember and honor fathers. Even though a father does not have his child nearby physically, he is still a father. By you validating him as being a father, you will help bring about healing and encouragement to a grieving father's heart.

From: SilentGrief.com

Remember to fly Old Glory on Sunday June 14, 2009 we celebrate Flag Day.



Background

On June 14, 1777, the Continental Congress replaced the British symbols of the Grand Union flag with a new design featuring 13 white stars in a circle on a field of blue and 13 red and white stripes – one for each state. Although it is not certain, this flag may have been made by the Philadelphia seamstress Betty Ross, who was an official flag maker for the Pennsylvania Navy. The number of stars increased as the new states entered the Union, but the number of stripes stopped at 15 and was later returned to 13.

In June 1886 Bernard Cigrand made his first public proposal for the annual observance of the birth of the flag when he wrote an article titled “The Fourteenth of June” in the old Chicago Argus newspaper. Cigrand’s effort to ensure national observance of Flag Day finally came when President Woodrow Wilson issued a proclamation calling for a nationwide observance of the event on June 14, 1916. However, Flag Day did not become official until August 1949, when President Harry Truman signed the legislation and proclaimed June 14 as Flag Day. In 1966, Congress also requested that the President issue annually a proclamation designating the week in which June 14 occurs as National Flag Week.

The President is requested to issue each year a proclamation to: call on government officials in the USA to display the flag of the United States on all government buildings on Flag Day; and to urge US residents to observe Flag Day as the anniversary of the adoption on June 14, 1777, by the Continental Congress of the Stars and Stripes as the official flag of the United States.

Symbols

The American flag, also nicknamed as “Old Glory” or “star-spangled banner”, has changed designs over the centuries. It consists of 13 equal horizontal stripes of red (top and bottom) alternating with white, with a blue rectangle in the canton bearing 50 small, white, five-pointed stars. Each of the 50 stars represent the 50 states in the United States and the 13 stripes represent the original 13 colonies that became the first states in the Union.

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**



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



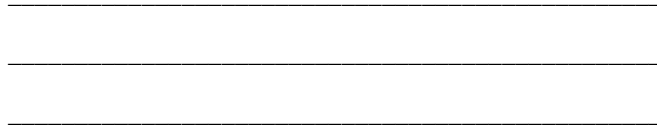
A donation has been made by the following counselors:

Melissa N. Stewart NCDL
Susan B. Anton, M.A.
Vo Payne, MSW, LCSW
Counseling Centers of Brevard, LLC



RETURN SERVICE REQUESTED

June 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.

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