



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

PO Box 304

Brevard, NC 28712

Editor: Marisol Gollnick 828-890-8227

mgollnic@gte.net

Chapter Leaders

Caroline and Steve Smith

Caroline.smith@mtnwaves.net

770-924-3389 (Home in Atlanta)

828-862-3389 (Home in Brevard)

770-335-4343 (Cell)

Co-Chapter Leaders

Marisol and Bill Gollnick

mgollnic@gte.net

828-890-8227 (Home)

828-329-9783 (Cell)

Steering Committee

Vickie VanAntwerp

828-877-5172 (Home)

emprop2001@yahoo.com

Sharon Palan

828-877-4008 (Home)

riversek@aol.com

Martha Clark

336-774-0075 (Home)

mccmbc@juno.com

Joyce Dempsey

828-883-4469 (Home)

hdempsey@citcom.net

National TCF Office (Oakbrook, IL)

Toll Free (877) 969-0010

www.compassionatefriends.org

Monthly Meeting

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

August 11, 2008

Program:

A Summary of the 31st TCF National Conference

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!

As you know several of us attended the **31st National Compassionate Friends Conference** in Nashville, TN. It was a wonderful conference attended by more than 1,400 people from across the U.S. We all came together to not only remember our children, but also to talk about different issues we confront on a daily basis.

There were so many sessions for those with surviving children such as grief stress, multiple loss, sudden death, moving from loss to legacy, what to do with a child's belongings, marriage, intimacy and grief, and communication after a child's death, organ donation, healthy and unhealthy grief, signs from our children, anger and guilt, humor grief and scrap booking,...so many to choose from.

In attendance, there were guest speakers like Dr. Frank Lewis, a surviving sibling, whose brother was killed in an automobile accident, Bruce Murakami, who lost his wife and daughter, Darrell Scott, whose daughter Rachel was the first killed in the Columbine school shootings, and author Ann Hood, who also lost a child.

It was overwhelming, but seeing the hugs longer than a normal hug of both men and women who understood what the others were feeling is what really touched me the most, because I was one of those people. We all made lifelong friends at this conference because no one understands like another bereaved parent that can identify with you. I am so glad I attended this conference, and I am sure the other parents who also went feel the same way.

I notified all the parents who I have an e-mail address of the picture album posted on our website of the TCF Conference. I hope you all had a chance to look at them. I'll bring them to the meeting as well.

We look forward to sharing more of our experience from the conference at the meeting.

At this meeting we would like to set the date for the **Butterfly Release** in September. So bring your calendars so we can save a date.

CHANGES TO THE NEWSLETTER – As of the **September** newsletter, we'll be going to an electronic version. Electronic distribution will save time and money for the chapter. As soon as the current's month newsletter is ready, you will be notified via e-mail and the newsletter will be attached as a ".PDF" file. You will need Adobe Acrobat Reader to view the newsletter. When I send out the newsletter next month I will have a link so that you can download the Adobe Acrobat Reader software if you don't have it. This is a free software.

Also FYI, all of the newsletters are also archived on our website in .PDF format.

When you receive this newsletter check your address label and if your address label has an (*) asterisk by it, this means I have an e-mail for you, but if there is **no asterisk's** by your address label, then you need to provide me with an e-mail address, by e-mailing me at mgollnic@gte.net, or if you don't have e-mail, so you don't miss out on the newsletter you must **call me at 890-8227 or drop me a note** before the next newsletter comes out, so I can mail your newsletter.

OTHER NEWS: - We received an invitation from Shirley Drake, Chapter Leader of the Asheville TCF Chapter to join them on August 18, 2008 @ 6:30 PM at the Province restaurant located at 620 Hendersonville Rd., Asheville for a get together dinner. If you would like to attend, please let me know, so I can give her a head count.

Looking forward to seeing you all at the next meeting.

Hugs and God Bless you,
Marisol-always Jose's mom



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 **August** Newsletter is dedicated to the memory of all our children...

Gone too soon...But never forgotten.

We Remember their **Birth**day 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>Birth</u> day	<u>Angel</u> Date	<u>Relationship</u>	<u>Family</u>
Thomas (Tommy) Snyder	08/01		Son	Tom & Joanne Snyder
Robert Eric Nelson	08/08		Son	Francine Manion
Craig Lawrence VanAntwerp		08/12	Son	Vickie and Larry VanAntwerp
Joshua (Josh) Glen Shipman	08/17		Son	Lynn & Glenn Shipman
Martha Sheryl	08/23		Daughter	Martha Clark
Michael (Mike) Richard O'Hara	08/30		Son	Joan O'Hara

**“A greater love comes from your deepest pain
And there’s power in that love to help you rise again”**
From “A Little Farther Down the Road” by Alan Pedersen

Every month at our chapter meeting, we provide a **Birth**day 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 only becomes a tolerable and creative
Experience when love enables it to be shared with
someone who really understands.”**

Rev. Simon Stephens, Founder of The Compassionate Friends

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:

In Memory of Tim Goar
~ From Mom, Dad and Jimmy

~~~~~  
If I could catch a rainbow  
I would do it just for you,  
And share with you its beauty  
On the days you're feeling blue.

If I could build a mountain  
You could call your very own,  
A place to find serenity  
A place to be alone.

If I could take your troubles  
I would toss them in the sea,  
But all these things I'm finding  
Are impossible for me.

I cannot build a mountain  
Or catch a rainbow fair,  
But let me be what I know best  
A friend that's always there

Author unknown  
~~~~~



TCF Library

TCF of Brevard Chapter purchased the following new books to enhance our library. Please check them out. Again we invite you to check out the other books; you might find a book that may help you or your family. Also if you have any books you would like to donate to our library that will be great. I purchased some book plates to place on those books Donated in Memory of (Your Child's Name). We also welcome "book reviews". If you have read a book which you felt was helpful on your grief journey, please let us know. Send book reviews and other articles, poems, pictures and remembrances to Cindy Durham for submission in our monthly newsletter. Email Marisol Gollnick mgollnic@gte.net or mail to TCF of Brevard, PO Box 304, Brevard, NC 28712.

Also, a friendly reminder, if you have books at home you have checked out and are finished reading them, please remember to return them to our library.

Following is a brief synopsis of the new books:

➤ **Understanding Anger During Bereavement**

By Bob Baugher, PH.D.

It is not unusual to experience anger following the death of someone you love. It is okay to be angry, and you can use your anger to communicate important information. Begins with talking about what anger is, what causes anger, the positives, the negatives, and suggestions for coping with anger.

➤ **The Crying Handbook**

By Bob Baugher, PH.D. & Darcie Sims, Ph.D.

Informed by the latest scientific research and the authors' own clinical experience and understanding, Bob Baugher and Darcie Sims' The Crying Handbook, examines the "Why's" and "Where's" of crying with compassion, wit, wisdom, good sense, and grace. There is no better introduction to what we know about this most essential human characteristic. While not everyone may benefit from a good cry, everyone will certainly benefit from a reading of this marvelous little book." – Randolph R. Cornelius, Ph.D.

➤ **Waiting for Gabriel**

By Amy Kuebelbeck

A story of cherishing a baby's brief life. Told in Kuebelbeck's intimate, artful prose, this story is not simply one of personal tragedy-it is a story of deep parental love, supportive family and friends, and of cherishing life. It will touch the hearts of all who read it.

➤ **Empty Cradle, Broken Heart**

By Deborah L. Davis, PH.D.

The heartache of miscarriage, stillbirth, or infant death affects thousands of U.S. families every year. Empty cradle, Broken Heart offers reassurance to parents who struggle with anger, guilt, and despair after such tragedy. Deborah Davis encourages grieving and makes suggestions for coping. The book includes information on issues such as the death of one or more babies from multiple birth, pregnancy interruption, and questioning of aggressive medical intervention. There is also a special chapter for fathers as well as a chapter on “protective parenting” to help anxious parents enjoy heir precious living children. Doctors, nurses, relatives, friends, and other support persons can gain special insight. Most importantly, parents facing the death of a baby will find necessary support in this gentle guide. If reading this book moves you to cry, try to accept this reaction. Your tears merge with those of other grieving parents. You are not alone.

➤ **When Men Grieve**

By Elizabeth Levant, PH.D.

When Men Grieve Differently and How You Can Help. This is for a woman who wants to better understand how men grieve, or anyone who wants to give a gift of healing to a grieving man.

➤ **Messages and Miracles – Extraordinary Experiences of the Bereaved**

By Louis E. LaGrand, PH.D.

In this moving and compassionate work, one of the pioneers in after death communication (ADC) research explores the reason why ADC’s occur and how they help the bereaved.

The following book was donated by Marisol Gollnick – In Memory of her son Jose Luis Santos

➤ **Comfort – A Journey through Grief**

By Ann Hood

A moving and remarkable memoir about the sudden death of a daughter, surviving grief, and learning to love again.



WHY ME? – The Unanswerable Question

By Polly Moore – TCF, Nashville, TN

Most of us have pondered this question at some time in our lives, especially since the death of our children. It resurfaces periodically in discussions with the newly bereaved. I have never been completely satisfied with the responses given and have gone away considering “**Why me?**” to be an unanswerable question.

That was until recently when an article was brought to my attention. The writer states that no one is immune to disaster. “Whatever else separates us, suffering is the common bond of our humanity.” He told the tale of several people shattered by great losses, including the death of a child, each searching for an answer to “**Why, Why me?**”

They came together in their suffering. Though unable to prevent the pain, these fellow grievers found that by sharing their hurt standing together and supporting one another they could endure devastating losses.

“**Why me?**” is a singular and lonely question, but it doesn’t have to be. Together we can give hope to the hopeless and comfort to the suffering. All we need to do is reach out, then maybe the “**Why me?**” will answer itself.

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## Loneliness & How to Overcome It

By Ruth Eismen, TCF, Louisville, KY

Why are there times when a bereaved parent feels alone even though surrounded by loving people the bereaved parent loves?

Loneliness is the outgrowth of separation from one who has given meaning to life.

Yes, other relationships offer meaning, but it is normal for the searing pain from the loss of one’s child to supersede the pleasure from other relations and experiences.

Part of yourself was invested in another person. When that person has died, in a sense, you are lonely for a part of yourself which has been destroyed.

At times you look around and think that no one else is experiencing the pain you are feeling; no one else’s world has been shattered.

This self-centeredness is a natural part of the grief process. Do not deny it, but do not hold on to it as a way of life.

Give yourself permission to accept help from others and then to reach out and help others.

Although your child is not here to give continuity to your life, by having lived and having given purpose to your life, your child can be the bridge to your continuity with life as a thinking, loving, and active person.



The Compassionate Friends of Brevard

PO Box 304  
Brevard, NC 28712

RETURN SERVICE REQUESTED

## August 2008 Newsletter

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### *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**