



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.*

August 10, 2009

Program: Open Forum

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!"

Hello Everyone!

By the time you receive this newsletter you are preparing and getting your walking shoes ready for our **1st Walk to Remember**, on **August 9, 2009 at 8:00 am**. As you know this will be in conjunction with the walk, which is done on the last day of the 32nd TCF National Conference in Portland, Oregon August 7-9. We are going to meet at **8:00 am at the Blue Ridge Community College in Brevard**. Enter through the parking lot off of Oak St. (Hwy 64 to Osborne to Oak)

Again, Caroline Smith has graciously offered their beautiful cabin up on the mountains to hold the release. It is the perfect setting with some beautiful mountain views for the butterfly release.



So...Please, Please, Please Save this Date:

3rd Annual Butterfly Release 

Saturday, September 26, 2009

Time: 1:00 to 4:00 pm

Caroline & Steve's Mountain Cabin

180 Rich Mountain Road

Brevard, NC 28712

We have received several donations, which will be used for the purchase of the butterflies. Sharon Palan will order the butterflies. She is our butterfly expert in keeping the butterflies at the right temperature on the day of the release.

If you have any suggestions for the Butterfly Release program, or would like to put together the Butterfly Release program, please let me know.

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

We want to thank Elaine and Jim Goar for the 60 plus books they have donated in Memory of their son Tim Roy Goar to our TCF Library. As you know when we become bereaved parents we drown ourselves in reading anything regarding the death of a child, which offers a sensitive counsel to us. Most of all, though, they offer permission – to grieve; to be sad, angry, lost or confused; to tell stories of the person who is no longer with us; to honor them and ourselves by not pretending that nothing has happened. I will compose a listing of the books, with the title and a brief synopsis which I will list in our next newsletter. I will have the books at the next meeting for those parents who wish to go through them.

We are also adding to our library, ***The Poems of Sasha Wagner***. Sasha's poems have been a source of hope and comfort to bereaved parents for many years. Her son, Nino drowned at the age of 3 ½ and her daughter Eve committed suicide on the eve of the 15th anniversary of Nino's death. Sasha lived in retirement in Denver, CO until her death in 2003. The executor of her estate awarded the copyrights to Sasha's writings to The compassionate Friends. TCF presents this comprehensive volume of her poetry.



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.)

TCF National Organization Now On Face book

Please visit and help promote The Compassionate Friends National Organization's new Face book page by becoming a fan. You can get there by clicking on the link from TCF's national website home page at www.compassionatefriends.org Or, you can log into Face book and search for The Compassionate Friends/USA.

"We want this to be both an informative and supportive place for those of us who are mourning the death of a child, sibling, or grandchild," says TCF's Executive Director Patricia Loder. "All are welcome to leave messages and talk about the child and their grief. As in our meetings, we especially appreciate shared insights about anything that has brought you comfort, hope, or some measure of peace."

Our Face book page will provide a forum for free and open conversation. While messages will be reviewed, they will not be screened before they are posted. So we are asking members to be gentle and respectful of one another and to use common sense in their posts—no offensive language, no overt selling of products or services and no religious proselytizing. Also, keep in mind that all opinions expressed are those of the individual poster and do not necessarily reflect those of The Compassionate Friends, Inc. or its sponsors.

In addition to the social support aspect, The Compassionate Friends/USA Face book page will have information about upcoming events such as conferences, the Walk to Remember, and the Worldwide Candle Lighting. Please visit often and contribute to the conversation.

In the near future, TCF will also be expanding our social media presence in Twitter. Watch for an announcement. These social media initiatives are important to TCF because they will help increase public awareness about our organization and better enable us to fulfill our mission to help bereaved parents, siblings, and grandparents.

For more information, you may call TCF's National Office toll-free at 877-969-0010 or write Wayne@compassionatefriends.org.

REMINDER – INVITATION FROM THE TCF ASHEVILLE CHAPTER

On August 17, 2009 at 6:30 PM at Carillon's Assisted Living, their chapter will hold their annual **Balloon Release**. They will furnish the balloons, hamburger, buns and drinks. If we attend we each bring a side dish. (Potato salad, baked beans, tomatoes, lettuce, onions, relishes, desserts, etc.)

If you would like to attend, please let me know, so I can give Shirley a count by our next meeting in August, which would be on **Monday, August 10th**.

The address to Carillon's Assisted Living is 3851 Howard Gap Road, Hendersonville:
How do you get there? – Take 64 East towards Hendersonville; go over the I26 Bridge, towards the Walmart/Sams in Hendersonville. You pass the light to the Walmart/Sams entrance to the next light. You will see Ingles, turn right at the light, go 4/10 mile to Carillon's on the left.

A SOLITARY JOURNEY

by Helen Steiner Rice

Grief is a solitary journey. Only you know the gapping hole left in your life when someone you love has died. And no one but you can mourn the silence that was once filled with laughter and song. It is the nature of love and of death to touch every person in a totally unique way. Comfort comes from knowing that people have made the same journey. And Solace comes from understanding how others have learned to sing again.



IF I COULD SAY JUST ONE MORE THING

If I could say just one more thing;
I know what it would be.
It would not be just anything,
but from my heart to thee.
The memory of you is dear,
And very close to me.
At times, it seems too hard to bear;
my tears flow like the sea.
But when I think of all the joy,
The hard times mixed with good;
The love I feel for you will be,
forever as it should.
So then the tears begin to start
Monopoly, Nintendo too,
All the races on your wheelchair
all cause me to miss you.
If I could say just one last thing,
I know what it would be
Your smile, and the joy you bring,
I love you honestly.




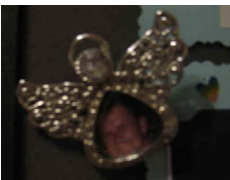
**Heather Livingston,
Omaha NE
(Lovingly lifted from TCF Valley Forge)**

The **August** 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>
Thomas (Tommy) Snyder 	08/01		Son	Tom & Joanne Snyder
Robert Eric Nelson	08/08		Son	Francine Manion
Craig Lawrence VanAntwerp 		08/12	Son	Vickie & Larry VanAntwerp
Josh Shipman 	08/17		Son	Lynn & Glen Shipman
Martha Sheryl Clark	08/23		Daughter	Martha Clark
Michael (Mike) Richard O'Hara 	08/30		Son	Joan O'Hara

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, please send me an e-mail, with their picture as an attachment in a .jpeg or .bmp format.

A Journey To The “New Normal”

By Karen Snepp

May 31 marked seven years since my only sibling Dave died from cancer at age 32. This June 28 we would have been celebrating Dave’s 40th birthday with a big party, and I’d be kidding him about going bald, just like all the Snepp men before him. Instead, I’ll be getting ready for the TCF National Conference, at which I’ll share memories of his brilliance, great smile, and sense of humor with those who will never have the pleasure of meeting him in person.

At this point in my grief journey, most will be good memories of how Dave lived, rather than bad memories of how he died. I can’t recall the moment when that shift of perspective occurred, but I would like to share a few memories and milestones that have marked the way:

- Months after Dave died, I went to the movie “Big”, starring Tom Hanks, and “lost it” when his mother stared out the window wondering if she’d ever see him again. I watched the movie again recently and didn’t lose it.
- It was three months before I felt up to sharing with anyone the details of the day my brother died at his home in Bellevue, Washington, in the company of Mom, Dad, and me. On the way home from that emotional conversation, I drove the wrong way down a one way street in downtown Chicago—it might be smart to have a friend drive you to your first few TCF meetings!
- I discovered that the grief path is not a straight line. A few good days can be followed by several bad ones. I’ve heard other TCF members call this their “roller coaster ride”.
- For a year, I couldn’t keep the radio on if “Wind Beneath my Wings” came on. For the next year, I kept it on but cried through it. Now, I can usually make it all the way through without any tears!
- With the help of TCF, I realized that despite friends expecting it to be possible, I’d never be “back to normal.” My focus instead shifted to finding my “new normal”. While I can’t point to a time when that happened (probably after the 1990 TCF Conference), THAT was a milestone.
- For three Christmases after Dave died; I didn’t put up a tree in my condo. For Christmas, 1991, as I was getting out ornaments for my first tree since his death, I came across a bunch of ornaments that he had had in his apartment. I came totally unglued then, but now I look forward to seeing those ornaments each Christmas.
- It was three years before I felt that I had enough emotional energy to pursue a relationship. Even now, I don’t have a lot of tolerance for guys I go out with that gripe about their brothers or sisters.

My most vivid “landmark” to date along my grief journey came in February, 1993. Following my Dad’s father’s death in December, 1992, we were in Atlanta cleaning out my grandfather’s apartment, and I came across a pile of post cards and letters that Dave had written to my grandparents through the years. Earlier in my journey, a “blind side” such as that would have sent me into a tailspin. In this case, though, my immediate reaction was one of happiness, for I had found a part of Dave that I didn’t know I still had! I saved a few of the post cards, sent a couple to my cousin who was referenced in some of the letters, and (amazingly) threw the rest away. It was fun to share the memories, but I didn’t feel the need to hang on to them. It was at that point, nearly five years after Dave’s death, that I truly felt as if I was closing in on that “new normal.”

Karen Snepp is a bereaved sibling and has served on TCF’s Board of Directors, and was TCF’s first sibling to become president of the board. Reprinted from *We Need Not Walk Alone*, the national magazine of The Compassionate Friends. ©1995

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:



Mountain 1st Bank

In Honor of All Children Gone Too Soon, But Never Forgotten

Joseph Hara Charitable Funds

In Honor of All Children Gone Too Soon, But Never Forgotten

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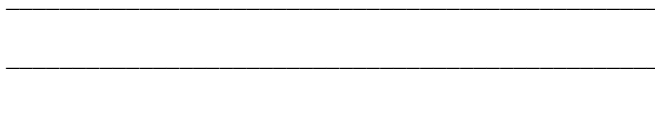
*What the caterpillar  
calls the end,  
the rest of the world  
calls a butterfly.*

**Lao Tzu**



RETURN SERVICE REQUESTED

## August 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***