



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.

September 8, 2008

Program: Rituals

What are some types of rituals that help us move through grief?

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 hope and pray that everyone is doing well. We thank God for the couple of days of much needed rain we received. Where has the summer gone to? I can't believe fall will be here before we know it.

This is your first electronic newsletter. I want to thank all the parents who got back to me with their e-mail addresses. There are still some parents whom I have called and left messages, but haven't heard back from them. The newsletter will be mailed to those parents one more time with a personal note. Those parents who I know that do not have e-mail; you will continue to receive a copy by regular mail. Thank you for your cooperation.

By now you have all receive an e-mail from Vickie – Craig's mom to save the date for the **2008 Butterfly Release, on Saturday October 4, 2008 at 2:00 PM**, followed by an afternoon picnic at the home of Sharon Palan. If you haven't done so already, please let Vickie know if you will be attending, so we can have a count. I am asking all who plan to attend to bring appetizers, and desserts. The chapter will supply the drinks, and the paper products. Please let Vickie also know what you are bringing. As we get closer to the date, we will send directions and additional info.

E-mail Vickie at emprop@2002@yahoo.com.

Thank you all for your response to helping with the cost of the banner, which was done for the TCF National Conference Memory Walk. It is a beautiful banner!

Thank you...thank you!



Go to these web sites to see additional pictures of the conference.

<http://www.tcfatlanta.org/Walk2008/Walk2008.html> - a slide show of the Walk to Remember, Brevard, NC group is in this slide show.

<http://share.shutterstock.com/action/welcome?sid=8BZWNWjlyyaMU0> - a collection of photos from the Walk to Remember. You can view this as a slideshow by clicking on the slide show option.

www.aldevol.smugmug.com - general TCF Conference photos.

Hope you enjoy the photos.

September 25, 2008 is **National Day of Remembrance for Murder Victims** to honor the memories of murder victims and recognize the impact of homicide on surviving family members and loved ones. Further down in this newsletter you can read more about this day. Please keep the parents whose children were murder victims in your prayers.

New Website Launched by TCF National

If you haven't visited www.compassionatefriends.org in the last couple weeks, you're in for a surprise. The website has been completely redesigned to provide a higher quality experience for all those visiting, whether they are bereaved, professionals in the field, or others interested in finding out more about the work of The Compassionate Friends.

The public website now visible is part one of a three phase program. The second phase is a completely redesigned Leadership Website and the third phase includes a Spanish language area. We hope that you like the new website.

The Worldwide Candle Lighting – Save the date – December 14, 2008

More info will come in the subsequent newsletters.

You know a day doesn't go by that I don't think of all the children and young adults that have left us so suddenly. I am truly blessed to be in contact with such a wonderful group of TCF parents that I know is there for me and everyone else and who understands our day to day struggles. Thank you for your continuous support of our chapter, by coming to the meetings, sharing the beautiful stories and memories of your children, grandchildren, and siblings. You are truly a special family to me. Thank you.

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 **September** 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>
Joseph Adam Dempsey	09/05		Grandson	Joyce Dempsey
Brien Patrick McCall		09/08	Son	Pat McCall
Stephanie Dawn Hoyle		09/10	Daughter	Rise Hoyle
Lawrence Daniel Gabcik	09/12		Son	Edie and John Gabcik
Will Atwell		09/20	Son	Carol Owen
Amy Beth Nye Harris	09/27		Daughter	Helen Nye
Daniel Harrington	09/30		Son	Cindy Harrington

**“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 **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 shows you who you are -- more even than love, or success or adventure.
More than any other experience, grief shows you who you are.
When a few moments of calm begin to find you,
remember what grief has taught you and who you are. - Sascha*

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 contribution has been made by Bea Boyle
In memory of her Grandson Brandlt Koehler and her son-in-law Kevin Palan

A contribution has been made by Rose Riddle
In memory of her son Justin Blake Case -“Frog”

A contribution has been made by Marilyn Sheehan
In memory of her daughter Donna Sheehan

A contribution has been made by Joyce Dempsey
In memory of her son Terry Lee Dempsey and her grandson Joseph Adam Dempsey



TCF Library

We hope that everyone will take advantage of our TCF Library. Several books were purchased at the last conference and are available for your use. Book reviews are always welcomed and if you would like to make a comment in the front of the book for others, that's also acceptable. If you have any books that you've borrowed, please return them so other parents can benefit from them also. While it is sometimes difficult to concentrate in the early stages of bereavement, reading books written by other bereaved parents and grief specialists offer a wealth of information and insight on coping within the circumstances we now find ourselves. 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.

Two more books donated to our library. The first one, we have 4 copies which were donated by Artis Leabo, and the second book was in our TCF conference bag and given to all attendees.

➤ **Alone in the Solitude of Memories**

By Dick A. Leabo, PH.D.

A story of love and how two people have tried to cope with the tragic loss of an only child.

➤ **Stephen's Moon**

By Marcia H. Carter

A mother's journey through grief.



Finding Hope

Written by Karen Pope

Some find hope in butterflies,
and some in children's smiles.
Some find hope in photographs,
and some in walking miles.
Some find hope in quietness
and solitary reflection.
Some find hope in helping others
and sharing friendly affection.
Some find hope in holding tight
to all the old traditions.
Some find hope in the creation
of a special new variation.
Some find hope in family gathered,
some in cherished friends.
Some find hope in seeking God,
feeling peace in worship again.
Beyond the sad and beyond the past,
beyond the ache that lasts and lasts,
there is a path that winds its way
into your future and a hopeful day.

YOU CAN GO ON

You can shed tears that they've gone,
Or you can smile because they lived.
You can close your eyes and pray they'll come back,
Or you can open your eyes and see all they've left behind.
Your heart can be empty because you can't see them,
Or your heart can be full of love they've shared.
You can turn your back on tomorrow and live yesterday,
Or you can be happy for tomorrow because of yesterday.
You can cry and close your mind, be empty and turn your back,
Or you can do what they would want, smile, open your eyes, love and go on.

When I grieve, when I stand by others as they grieve, even in the midst of seemingly unbearable sorrow, grief becomes a way to honor life - a way to cling to every fleeting, precious moment of joy.

Cortney Davis, Nurse Practitioner

National Day of Remembrance for Murder Victims

September 25, 2008

Background Information

September 25, 2007 marked the first **National Day of Remembrance for Murder Victims** to honor the memories of murder victims and recognize the impact of homicide on surviving family members and loved ones.

Year after year, murder extinguishes the hopes and dreams of thousands of Americans. Since the year 2000, more than 113,000 persons have been murdered in the United States. Last year alone, 16,742 individuals lost their lives through acts of human violence¹. And, for all these murder victims, there are untold numbers of mothers, fathers, children, brothers, sisters, friends, co-workers, and neighbors whose lives are forever altered by the tragedy and horror of suddenly losing a loved one.

After the initial shock of the death and news headlines fade away, family members often struggle alone with their loss and become overwhelmed with the devastating experience of picking up the pieces. The **National Day of Remembrance for Murder Victims** sends a powerful message to these individuals that we, as a Nation, remember their tragedy, honor their courage, and vow to do whatever we can to help them rebuild their lives.

That is why we also focus during this observance on organizations, such as the National Organization of Parents of Murdered Children and the National Center for Victims of Crime, that provide support, guidance, and counseling for homicide survivors. Families and friends can look to these groups as a source of strength and hope.

The **National Day of Remembrance for Murder Victims** also reminds us that murder impacts each and every one of us, and every community nationwide. This Day calls us to work diligently to prevent the violence that destroys lives and devastates families.

Established days of remembrance memorialize many dark days in our Nation's history, including the Oklahoma City bombing, the September 11th terrorist attacks, and, most recently, the massacre at Virginia Tech. As solemn and rightfully remembered as these horrific tragedies are, we must also remember that people are murdered every single day. During the **National Day of Remembrance for Murder Victims** we remember and honor all these victims and their courageous survivors.

National Organization of Parents of Murdered Children, Inc.

The National Organization of Parents of Murdered Children, Inc., (www.pomc.org) is the only national self-help organization designed solely to offer emotional support and information about surviving the loss of a loved one to murder. With chapters across the United States, POMC provides assistance and support to more than 100,000 survivors each year.

National Center for Victims of Crime

The National Center for Victims of Crime (www.ncvc.org) is the nation's leading resource and advocacy organization dedicated to forging a national commitment to help victims of crime rebuild their lives. The National Center's National Crime Victim Helpline, 1-800-FYI-CALL, offers victims supportive counseling, practical information about crime and victimization, referrals to local community resources, and skilled advocacy in the criminal justice and social service systems.

1 Federal Bureau of Investigation, Uniform Crime Reports (Washington, DC: Federal Bureau of Investigation); for more information, see <http://www.fbi.gov/ucr/ucr.htm>.



The Compassionate Friends of Brevard

PO Box 304
Brevard, NC 28712

RETURN SERVICE REQUESTED

September 2008 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