



# THE COMPASSIONATE FRIENDS of Brevard Chapter Newsletter



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

Volume 4 Issue 9.

September 2009

## TCF Brevard Chapter Web Site

[www.tcfobrevardnc.org/tcf/home.htm](http://www.tcfobrevardnc.org/tcf/home.htm)

## TCF Brevard Newsletter

PO Box 304

Brevard, NC 28712

Editor: Marisol Gollnick 828-890-8227

[mgollnic@gte.net](mailto:mgollnic@gte.net)

## Chapter Leaders

Caroline and Steve Smith

[Caroline.smith@mtnwaves.net](mailto: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

828-890-8227 (Home)

828-329-9783 (Cell)

[mgollnic@gte.net](mailto:mgollnic@gte.net)

## Steering Committee

Vickie Van Antwerp

828-877-5172 (Home)

[emprop2001@yahoo.com](mailto:emprop2001@yahoo.com)

Sharon Palan

828-877-4008 (Home)

[riversek@aol.com](mailto:riversek@aol.com)

Joan O'Hara

828-883-8399 (Home)

[merlinsterling@yahoo.com](mailto:merlinsterling@yahoo.com)

## National TCF Office

PO Box 3696

Oakbrook, IL 60522-0246

Toll Free (877) 969-0010

Fax 630-990-0246

[nationaloffice@compassionatefriends.org](mailto:nationaloffice@compassionatefriends.org)

[www.compassionatefriends.org](http://www.compassionatefriends.org)

## Monthly Meeting

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

**September 14, 2009**

**Program: Maxine Garber**

## 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 believe there is a hint of fall in the air. Where has this summer gone to? We soon will experience the changes of the leaves and their beautiful colors.

We had few in numbers for our **1<sup>st</sup> Annual Walk to Remember**, but massive in spirit. All of our children were with us. We felt it when we released the balloons and they held together in a circle of love, as far as we could see. I want to thank Vickie Van Antwerp and Joanne Snyder for putting this walk together in the short amount of time. We look forward to next years walk. Our on Line Walk to Remember Friends asking Friends raised \$985.00. The goal was to raise \$500.00 and as you can see we passed our goal. Thank you to our team – The Youngins Team. Please visit our web site to see photos of the event and on **page 9** of this newsletter are a few pictures.

Our next event which is just around the corner is our **3<sup>rd</sup> Annual Butterfly Release**, on **Saturday, September 26, 2009**. Please see **page 10** of this newsletter for directions to Caroline and Steve's cabin, and what to bring for food, etc... Our butterfly release is a beautiful event that helps to express our sorrow for the loss of our loved one and honor their memory.

At our meeting a presentation will be made by Maxine Garber. Maxine is a bereaved parent who has lost 3 children. Maxine started an organization called Ray of Sunshine in memory of her daughter, Robin, who fought pancreatic cancer. Maxine will talk about Ray of Sunshine and her beautiful children.

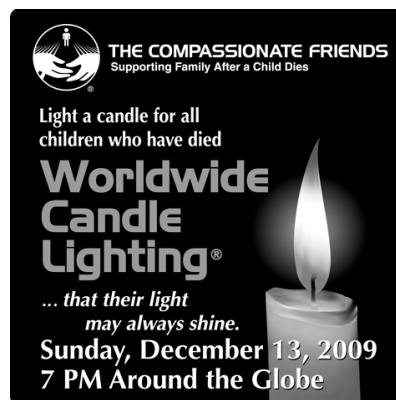
On **page 3-5** of this newsletter is the listing of the books which were donated by Elaine and Tim Goar. I will have the books at the meeting if you are interested in checking any of them out.

Looking forward to seeing everyone at the meeting.

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



**Save the date – December 13, 2009**



More information will come in the upcoming newsletters. For our new parents, please read page 6 of this newsletter regarding the Worldwide Candle Lighting.

### Summer's End

Always at summer's end  
There comes that moment  
When memory brings to me  
Gifts from the past.

I see your faces then,  
Glistening in the sun.  
I hear your laughter then,  
Shared by the wind.

And in that glint of time  
I feel you near gain,  
As you were, long ago,  
At summer's end

By The Poems of Sascha Wagner



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.)



## New Books Added to ourTCF Library - 1

<b>Book Title</b>	<b>Brief Synopsis</b>
A Broken Heart Still Beats	<i>A remarkable collection of poetry, fiction and essays compiled by a journalist and social worker, both of whom have lost a child.</i>
Adventures of a Psychic	<i>The fascinating and inspiring true-life story of one of America's most successful clairvoyants.</i>
Beyond Sympathy	<i>What to say and do for someone suffering an injury, illness or loss.</i>
Companion though the Darkness Embraced by the Light	<i>Inner dialogues on grief. The most profound and complete near death experience ever.</i>
Good bye, My Son, Hello	<i>A deeply moving account of the author's painful journey of faith after his son's tragic death.</i>
I Wasn't Ready to Say Goodbye	<i>Surviving, coping and healing after the sudden death of a loved one</i>
Into the Valley and Out Again	<i>The Story of a father's Journey. After the unexpected death of his son, Rich's life seemed to stop. The next few years were spent climbing out of the bottom of a valley he had not known existed before. It is a story about what is important in life, sorrow, faith, acceptance and rebirth.</i>
On Life After Death One Last Time Proud Spirit	<i>A psychic medium speaks to those we have loved and lost. Lessons, insights and healing from "The voices of the Spirit World"</i>
Quit Kissing My Ashes Shattered Dreams Spinning Gold Out of Straw	<i>A mother's journey through grief. God's unexpected pathway to joy. A candid honest look at the journey back to wholeness following the death of a child.</i>
Straight Talk About Death to Teenagers The Bereaved Parent	<i>How to cope with losing someone you love. This is the classic book for parents whose child has died - and for all who want to help them. Many such parents feel that no one can help because no one can understand the complex ramifications of their tragedy: the exhaustion, the quarrels with mates, the sleeplessness, the panic, the inertia, the horror of laughter - all the seemingly endless aftermath of sorrow and despair. Yet, because she herself is a bereaved mother,</i>
The Worst Loss This Might Help	<i>How families heal from the death of a child. A 3 year walk through the valley with The Compassionate Friends.</i>
Transforming Loss	<i>Understanding the lifelong impact of grief and how to make it meaningful.</i>
When Bad Things Happen to Good People (2 copies)	<i>When Harold Kushner's three-year-old son was diagnosed with a degenerative disease and that he would only live until his early teens, he was faced with one of life's most difficult questions: Why, God? Years later, Rabbi Kushner wrote this straightforward, elegant contemplation of the doubts and fears that arise when tragedy strikes. Kushner shares his wisdom as a rabbi, a parent, a reader, and a human being</i>
When the Bough Breaks	<i>When the Bough Breaks presents a breakthrough concept of mourning, documenting the process of evolution from initial grief to an altered outlook on life. Excerpts from interviews with 50 parents who lost a child from five to forty-five trace the road from utter devastation to a revised view of life, resulting in a work that is a tribute to resilience and the indomitable human spirit.</i>



## New Books Added to ourTCF Library - 2

<b>Book Title</b>	<b>Brief Synopsis</b>
After Death Communication – Final Farewells	<i>Extraordinary experiences of those mourning the death of loved ones.</i>
After the Light	<i>The spiritual Path to Purpose</i>
Beyond Death	<i>Conditions in the afterlife.</i>
Beyond Death's Door	
Children of the Light	<i>The startling and inspiring truth about children's near-death experiences and how they illumine the beyond.</i>
Destiny of Souls	<i>New case studies of life between lines</i>
Final Passage	<i>Sharing the journey as this life ends.</i>
Healing Grief	<i>Reclaiming life after any loss</i>
Hello from Heaven	<i>A new field of research – after death communication confirms that life and love are eternal.</i>
How to Survive the Loss of a Love	<i>The most directly helpful and inspirational book available on the subject of loss--either by death or divorce--and emotional recovery.</i>
Journey of the Soul Series – by Sylvia Browne	
1. Book 1 – God, Creation and Tools for Life	
2. Book 2 – Soul's Perfection	
3. Book 3 The Nature of God and Evil	
Lessons from the Light	<i>Extraordinary messages of comfort and hope from the other side.</i>
Love Beyond Life	<i>The dramatic firsthand testimonies of men and women who have connected with loved ones who have passed over.</i>
Many Lives, Many Masters	<i>The true story of a prominent psychiatrist, his young patient, and the past-life therapy that changed both their lives.</i>
Many Mansions	<i>The Edgar Cayce story on reincarnation.</i>
No Time For Goodbyes	<i>Coping with sorrow, anger and injustice after a tragic death.</i>
Our Children Forever	<i>Messages from children on the other side.</i>
Past Lives-Future Lives	<i>The hypnoterapist who taught hundreds to transcend time and revolutionize their lives now shares his most astonishing case histories.</i>
Questions from Earth, Answers from Heaven	<i>A psychic intuitive discussion of life, death, and what awaits us beyond.</i>
Reaching to Heaven	<i>A spiritual journey through life and death.</i>
Saved by the Light	<i>The true story of a man who died twice and the profound revelations he received.</i>
Shadow World	<i>Spiritual encounters that can change your life.</i>
Soul Traveler	<i>A guide to out of body experiences and the wonders beyond.</i>
Talking to Heaven	<i>A medium's message of life after death.</i>
The Afterlife Codes	<i>Searching for evidence of the survival of the soul.</i>
The Eagle and The Rose	<i>The Eagle and the Rose is the riveting true story of Rosemary Althea, an internationally renowned psychic medium and healer. It is also an unforgettable guidebook to the world of the spirit.</i>
The Elements of Reincarnation	<i>This guide discusses beliefs and attitudes to reincarnation, from ancient times to present day.</i>
The Flowering Tree	<i>A mystical interpretation of Reincarnation.</i>
The Light Beyond	
The Other Side and Back	<i>A psychic's guide to our world and beyond</i>
We Are Their Heaven – Why The Dead Never Leave Us	<i>From the woman who inspired Medium, the hit NBC television series.</i>
Where God Lives	<i>The science of the paranormal and how our brains are linked to the universe.</i>
You Have Lived Before and ...You Will Live Again	<i>Dramatic case histories of reincarnation.</i>



## New Books Added to ourTCF Library - 3

### Book Title

### Brief Synopsis

After the Light  
Beyond Death's Door  
Children's Past Lives  
Heaven and Earth  
Life After Life

*How a glimpse at the other side changed a woman's life.  
The life after death bestseller.*

*How past life memories affect your child.*

*Making the psychic connection.*

*In this fascinating book, Dr. Moody, reveals his groundbreaking study of more than 100 people who experienced "clinical death" – and were revived.*

Saved by the Light

*The true story of a man who died twice and the profound revelations he received.*

Talking to Heaven  
The Awakening Heart  
The Dead are Alive  
The Light Beyond

*A medium's message of life after death.*

*Addressing the concerns that affect our daily lives.*

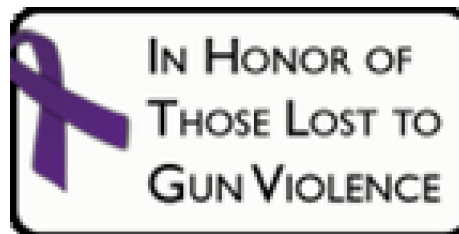
*They can and do communicate with you.*

*Dr. Moody offers both answers and peace of mind to those who wonder about death and provides another groundbreaking volume in his on going study of life, death, and beyond.*

We Are Not Forgotten  
We Don't Die

*Messages of love and hope from the other side.*

*Conversations with the other side.*



**September 25th** marks an occasion for all Americans to Honor the memory of all murder victims. As you know in 2007, Congress passed a resolution establishing September 25th as a day that will honor the memory of all Murdered Victims. Too often victims' families are left alone to cope with their loss and feel overwhelmed by the bureaucratic complexities of the criminal justice system. Long after the story of a homicide fades from the newspapers and television programs, victims' families and friends are often left to mourn their loved ones in isolation". Please keep these families in your prayers that they are not alone, and that as a nation, we will remember the legacy of so many lives tragically cut short.



## Worldwide Candle Lighting

Excitement has been building as the thirteenth Worldwide Candle Lighting December 13, 2009 approaches. The Compassionate Friends Worldwide Candle Lighting unites family and friends around the globe in lighting candles for one hour to honor and remember children who have died at any age from any cause. As candles are lit at 7 p.m. local time, creating a virtual wave of light, hundreds of thousands of persons commemorate and honor children in a way that transcends all ethnic, cultural, religious, and political boundaries.

Believed to be the largest mass candle lighting on the globe, the Worldwide Candle Lighting, a gift to the bereavement community from The Compassionate Friends, creates a virtual 24-hour wave of light as it moves from time zone to time zone. Hundreds of formal candle lighting events are held and thousands of informal candle lightings are conducted in homes as families gather in quiet remembrance of children who have died, but will never be forgotten.

The Worldwide Candle Lighting started in the United States in 1997 as a small Internet observance but has since swelled in numbers as word has spread throughout the world of the remembrance.

In 2008, information was submitted to TCF's national website on services in 19 countries outside the United States. TCF was joined last year by chapters of several organizations including MISS, MADD, Parents of Murdered Children, and BPUSA and services were held in all 50 states plus Washington D.C. and Puerto Rico. Information on more than 500 services open to the public and held on the day of the Worldwide Candle Lighting was submitted to The Compassionate Friends national website and posted. The submission form and the event page, listing services throughout the country and the world, will both be posted on this website in September so that you may submit information on your service.

You are also invited to post a message in the Remembrance Book which will be available during the event at TCF's USA national website. Last year, in that short one day span, thousands of messages were received and posted from every U.S. state and Washington D.C., every territory, as well as dozens of other countries, some in foreign languages.

Here in the United States, publicity about the event has been widespread, being featured over the years in Dear Abby, Parade Magazine, Ann Landers column, Guideposts magazine, Annie's Mailbox, and literally hundreds of U.S. newspapers, dozens of television stations, and numerous websites and personal blogs.


Though National Children's Memorial Day has faded into the past, the Worldwide Candle Lighting has carried the torch of remembering all children, in a special way, who have died.

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
Donna Sheehan		09/17	Daughter	Marilyn and Ted Sheehan
Will Atwell		09/20	Son	Carol Owen
Sullivan Clarke Rich	09/22	09/27	Son	Christina and Porter Rich
			Sibling	Morgan Rich
Amy Beth Nye Harris	09/27		Daughter	Helen Nye
		09/27	Daughter	Danel J. Good
Daniel Harrington	09/30		Son	Cindy Harrington

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.

## MOVING ON

It's what everyone  
wants me to do  
They all think that I should,  
but no one tells me how.

Moving on  
Is it some kind of a trip?  
Does it require a destination?  
I hardly have energy  
to be where I am.  
Where would I find more?

Moving on  
Away from who I am now?  
Away from all I have known?  
Away from my pain?  
Away from your death?  
But where could I go  
that all of this  
would not go with me?

Nowhere, I think  
Now if only they'd leave me alone.  
When I am ready,  
I will find my own way  
To move on,  
While taking you along

Grief Digest, Centering Corp.



## Another Summer

Leaving another summer behind,  
Adding one more bouquet  
To your stores of remembrance,  
Holding new images  
Summerwarm to your mind.

Leaving another summer behind,  
With old, familiar mementos  
Of long-ago times in the sun.  
And did you discover once more  
How grief changes memories  
To anniversaries?

By The Poems of Sascha Wagner

# Walk To Remember

*By Vickie Van Antwerp*

If you noticed pink and blue balloons in the sky on Sunday morning, August 9<sup>th</sup>, you may have thought it was a child's celebration, you would be partially right. The Brevard Chapter of Compassionate Friends sponsored a Walk To Remember and balloon release. The group of bereaved parents came together to celebrate their children's lives and to keep their memories alive. Carrying a banner with the names of each child, the group walked the bike path along Hendersonville Highway.

Chapters all over the US held the walks, joining those that attended the national conference that was held in Oregon, and ended the event with the Walk To Remember.

Lynn Peters – Erik's mom, the Editor of the Mountain Voice gave great coverage on the front page. So pick up a copy and check it out. We want to thank Lynn for the great community outreach she gives us all the time in the Mountain Voice paper. Thank you Lynn!





The highlight of the 3rd Annual

**TCF of Brevard  
Butterfly Releases**

will be the individual release and flight of Monarch Butterflies  
by the parents, grandparents and siblings of

**All The Children Gone Too Soon, But Never Forgotten**

accompanied by poetry reading, music, and followed by a picnic at the  
home of:



**Caroline and Steve Smith  
1736 Rich Mountain Road  
Brevard, NC 28712**

**Date: September 26, 2009**

**Time: 1 – 4 PM**

Caroline and Steve will be cooking chicken on the smoker, which I know is delicious. I am asking everyone who comes to bring a side dish to share to go with the grill chicken. The count currently attending is at 31.

The chapter will provide the paper products, ice tea and water. Those who wish to bring a different type of drink is welcomed to do so (soft drink, wine, and beer) The chapter is also getting a Butterfly Cake, for dessert.

Here are the directions to Caroline and Steve's home:

1. Starting from the Court House in downtown Brevard, follow the sign for 276 East towards Greenville, SC., approx 2 miles.
2. Look for **Duck Pond Pottery** on the right.
3. Bear Left on **BECKY MOUNTAIN RD**
4. In approx 100 feet, Turn Left on **RICH MOUNTAIN RD**
5. Drive 1.8 miles and look for **1736** on the mailbox. **Look for the balloons.**
6. This is my cell phone in the event you need additional directions. **828-329-9783.**

**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:**



**Janet Benway**

In Honor and Memory of Craig Lawrence Van Antwerp

**Dugan's Pub**

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

**Jill Carroll**

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

**Kim Kathers**

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

**Lore and Howard Gollnick**

In Honor and Memory of Erik Gollnick and Jose Luis Santos

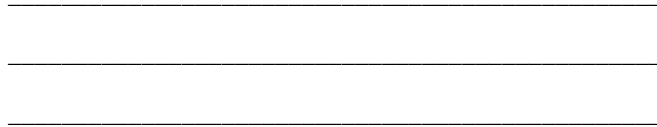
**Barbara and Robert Shaw**

In Honor and Memory of Craig Lawrence Van Antwerp



RETURN SERVICE REQUESTED

## September 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***