



# THE COMPASSIONATE FRIENDS Of Brevard Chapter Newsletter



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

Volume 3 Issue 10

October, 2008

## **Brevard Chapter Web Site**

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

## **TCF Brevard Newsletter**

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Toll Free (877) 969-0010

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

## **Monthly Meeting**

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

**October 13, 2008**

**Video: "Handling the Holidays"**

## **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!

Well, Fall is definitely here, and Summer is gone. Fall is such a beautiful time of year, with the changing colors and before we know it, the hustle and bustle of the Holiday Season will be here.

I know the holidays bring us mixed emotions as many of you are struggling to enjoy the upcoming festivities while at the same time, coping with the loss of loved ones who are no longer here to celebrate with you.

Please know you are in my thoughts and I hope that you are able to attend the meeting in October. We will show a video, which features Darcie D. Sims, PH.D., CGC, CH. Darcie herself is a bereaved parent and she will help you renew your spirit and honor your loved one. Her provocative style and wonderful sense of humor will take you from the laughter to tears and back again.

The most important thing is to be good to yourself and let the people who love you support you, not just through the holidays, but always.

Also this newsletter comes earlier, since Bill and I will be leaving for Florida on October 6<sup>th</sup> through the 12<sup>th</sup>. We look forward to our 2<sup>nd</sup> Annual Butterfly Release, on Saturday, October 4, 2008.

Sharon Palan attended the **National Day of Remembrance for Murder Victims on September 25, 2008**. We look forward to hearing about her experience at this event.

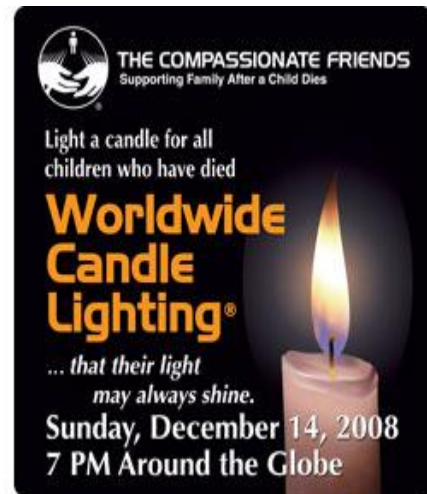
Looking forward to seeing you all at the next meeting.

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

### TCF Information Package

If you would like to send an information package explaining TCF to someone you think would benefit, (either for themselves or others), please let me know. I have a package of information put together, which I can send. I will need their name, phone number and the full address of the person you would like for me to send a TCF Information Package.

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



At our next meeting we will discuss what we want to include in the Worldwide Candle Lighting Memorial Service Submission Form, which is posted on the TCF National website. Also please read page 3 of this newsletter for **Frequently Asked Questions about The Worldwide Candle Lighting**.



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](mailto:mgollnic@gte.net) by the 25<sup>th</sup> of the month prior to the next newsletter's release.

*(Please be sure to put "newsletter" or "TCF" in the subject line.)*

## Frequently Asked Questions about the Worldwide Candle Lighting

**What is The Compassionate Friends Worldwide Candle Lighting®?** The candle lighting is held annually as a way for all caring persons to remember those children who have died from any cause, at any age, regardless of cultural, ethnic, religious, or political boundaries. The Worldwide Candle Lighting is made up of hundreds of memorial services around the globe and thousands of smaller observances in the home with family and friends.

**When is The Compassionate Friends Worldwide Candle Lighting?** The event is held annually the second Sunday in December at 7 p.m. local time. Candles stay lighted for one hour in each time zone around the world creating a virtual 24-hour wave of light.

**How large is the Worldwide Candle lighting today?** No one really knows, but it is believed to be the largest mass candle lighting on the globe and is believed to have participants numbering in the hundreds of thousands. Last year TCF received information on over 360 formal worldwide candle lighting events taking place just in the United States. In addition, TCF received information on or was made aware of candle lightings in 13 countries outside the United States. Because families are encouraged to hold candle lightings in their home if they do not wish to, or cannot attend a formal candle lighting service, there are no doubt thousands of simple observances held with family and friends present.

**How can I go about organizing a formal service?** We're happy to help. You may download the brochure on planning a general Worldwide Candle Lighting Service. TCF chapter leadership may download a copy of guidelines for TCF Chapter WCL services from the Chapter Leadership Website.

**Does my organization need to be affiliated with The Compassionate Friends to hold formal candle lighting?** Definitely not. This is a worldwide event and all are welcome to participate in remembering beloved children gone too soon. We do ask you to fill out the online form advising us of your memorial service so that those who visit our site and live in your area may attend if they wish.

**How does National Children's Memorial Day relate to The Compassionate Friends Worldwide Candle Lighting?** For many of the years of the Worldwide Candle Lighting, the United States Senate has joined in its observance through the unanimous passage of resolutions declaring the second Sunday in December National Children's Memorial Day. TCF/USA appreciates our government's understanding of what the Worldwide Candle Lighting means to so many.

**Are there other opportunities to remember children during the Worldwide Candle Lighting?** Yes. The Compassionate Friends national Website will feature a special remembrance book December 9 so that you may leave a message remembering a child, relating a special memory, or sharing a poem that has helped you in your grief. We encourage you to share your thoughts with others who understand and care. Many times over the years, events have been held either nationally or locally in conjunction with the Worldwide Candle Lighting that are not services, but in some way show a unique way of observing this special day. Please feel free to let us know if you have planned a special way of recognizing the Worldwide Candle Lighting and its meaning.

**Where is The Worldwide Candle Lighting publicized?** Every year publicity becomes more widespread with coverage before, during, and after The Worldwide Candle Lighting in hundreds of newspapers and on dozens of television stations. In the past, the event has been featured in Parade Magazine, Ann Landers column, Guideposts magazine, Annie's Mailbox and even on a nationally syndicated television program. You will also find information on hundreds of websites. The Compassionate Friends encourages you to help publicize this meaningful event. Visit The Compassionate Friends national website often for links to newspaper articles about The Worldwide Candle Lighting as they are published.

**What can I do to make this event even more successful?** Everyone can help to spread the word whether by handing out Worldwide Candle Lighting buttons—order at TCF Exclusives--contacting newspapers and other media, placing posters on bulletin boards at libraries, senior citizen centers, stores, and other locations, or coming up with a unique public awareness idea. We have heard from bereaved parents who went to their neighbors along their street and asked them all to light candles. Call or e-mail your friends and relatives and ask them to light a candle. If no local service is planned, you can be the person who makes a difference by organizing an event in your community. The ways in which you can make the Worldwide Candle Lighting even more successful are limited only by your own imagination.

**What is TCF's involvement and what is the history of the Worldwide Candle Lighting?** While the Worldwide Candle Lighting started out as a small Internet observance in 1997 by members of The Compassionate Friends, the national organization quickly decided to make this special day a gift to the bereavement community and all who provide support to bereaved family members following the death of a child. Through cooperation with allied bereavement organizations, The Compassionate Friends has watched the Worldwide Candle Lighting grow at a pace that has made it what is today believed to be the world's largest mass candle lighting.

*We do this . . . that their light may always shine!*

The **October** 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		10/01	Son	Elaine and Jim Goar
Daniel Harrington		10/16	Son	Cindy Harrington
Justin Blake Case - "Frog"	10/16		Son	Rose Riddle
Olivia Claire Strickler	10/17		Daughter	Heather and Scott Strickler
Jack Lloyd Capps		10/24	Son	Joy Capps
Stephen Lee Puckett 11/19 - 10/28		10/28	Son	Remembering our son and thankful for the gifts he left behind. Our love is with you always. Mom & Dad Ron and Pam Puckett
Jetske Christina Thrasher Resch	10/29		Daughter	Helen and Jerry Thrasher



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.

Hello TCF Members,

My name is Mike Miller and I am a member of The Compassionate Friends of West Phoenix .I recently wrote and published a book explaining the grief process for fathers after losing a child. The book is also intended for women who are trying to understand their spouses' feelings after losing a child. You can purchase the book online through just about any online book store. Just do a search for the title, "Maci's Place – The loss of a Child through a Father's Eyes." I welcome any feedback and comments you have pertaining to the book. All proceeds of the book go to The Maci Danielle Miller Scholarship fund. Thank you and God Bless.

Michael S. Miller [mike.miller@primosolutionsllc.com](mailto:mike.miller@primosolutionsllc.com)

### **Book Synopsis:**



Losing a child is the most devastating thing that can ever happen to anyone. Learning to live with that loss is equally devastating. Outlined in this book is the true story of one man's loss in the hope that it provides comfort and understanding to you. This journey outlines the psychology behind the way you feel day in and day out, and displays a first hand understanding to why things are happening the way they are.

This book is intended for men, suffering from the loss of their child, in any number of situations. Yet, if you are a loved one trying to understand what is happening to the man in your life, it can provide guidance as well. Through the detailed explanations, we hope that those that want to understand the way a man truly feels with such great loss will understand just how incredibly painful it can be.

**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:**

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**From:**

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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 Vickie and Larry Van Antwerp  
In memory of their son Craig (Criager) Lawrence Van Antwerp



**AUTUMN**

In the fall  
When amber leaves are shed,  
Softly-silently  
Like tears that wait to flow,  
I watch and grieve.  
My heart beats sadly in the fall;  
'Tis then I miss you most of all.

-Lily de Lauder  
TCF Van Nuys, CA



### **This Too Shall Pass**

If I can endure for this minute  
Whatever is happening to me,  
No matter how heavy my heart is  
Or how dark the moment may be-

-

If I can remain calm and quiet  
With all the world crashing about me,  
Secure in the knowledge God loves me  
When everyone else seems to doubt me-

If I can but keep on believing  
What I know in my heart to be true,  
That darkness will fade with the morning  
And that this will pass away, too-

Then nothing in life can defeat me  
For as long as this knowledge remains  
I can suffer whatever is happening  
For I know God will break all of the chains

That are binding me tight in the darkness  
And trying to fill me with fear-  
For there is no night without dawning  
And I know that my morning is near.

*...Helen Steiner Rice  
1900 – 1981*

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### **HALLOWEEN MAGIC**



Halloween has always been a special holiday time. I regret that our son only had a one time experience at this magical time of year. I remember as though it were yesterday, the wonder in his face, how he tried to eat the candy through his mask, how he said thank you without coaxing. Then I think of all the parents whose child never had the opportunity and I am grateful for that one time. It's hard watching all the other children trick-or-treating and yet there is something special about this season that comforts me. As I watch the trees around me, I am reminded that there is a beauty even in their drying leaves. There's a special aroma, a breath-taking color scheme, and if you listen, a rustling in the air. I believe there is a message in fall. I believe God wants us to know that death is like a change of season, that our children now know far more beauty than we can ever imagine. Like the tree that lives on through the barren winter and comes alive again in spring, our children are not gone. **THEY LIVE!**

*~ Nancy Cassell, TCF Monmouth Co., NJ*

## WE NEED EACH OTHER

Many living things need each other to survive. If you have ever seen a Colorado aspen tree, you may have noticed that it does not grow alone. Aspens are found in clusters, or groves. The reason is that the aspen sends up new shoots from the roots. In a small grove, all of the trees may actually be connected by their roots.

Giant California redwood trees may tower 300 feet into the sky. It would seem that they would require extremely deep roots to anchor them against strong winds. But we're told that their roots are actually quite shallow - in order to capture as much surface water as possible. And they spread in all directions, intertwining with other redwoods. Locked together in this way, all trees support each other in wind and storms. Like the aspen, they never stand alone. They need each other to survive.

People, too, are connected by a system of roots. We are born to family and learn early to make friends. We are not meant to survive long without others. And like the redwood, we need to hold one another up. When pounded by the sometimes vicious storms of life, we need others to support and sustain us.

Have you been going it alone? Maybe it's time to let someone else help hold you up for awhile. Or perhaps someone needs to hang on to you.

~ From the book, "Riches of the Heart" by Steve Goodier. Special permission to reprint granted to The Compassionate Friends by the author



"There is no more ridiculous custom than the one that makes you express sympathy once and for all on a given day to a person whose sorrow will endure as long as his life. Such grief, felt in such a way, is always "present", it is never too late to talk about it, never repetitious to mention it again."

~ *Marcel Proust*

"Wounds do not heal without time and attention. Yet, too many of us feel that we don't have the right to take the time to heal from emotional and physical wounds."

From Judy Tatelbaum's *Courage to Grieve*



The Compassionate Friends of Brevard  
PO Box 304  
Brevard, NC 28712

RETURN SERVICE REQUESTED

## October 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***