



# THE COMPASSIONATE FRIENDS Of Brevard Chapter Newsletter



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

Volume 3 Issue 12

December, 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.*

**December 8, 2008**

**NO MEETING**

**December 14, 2008**

**Worldwide Candle Lighting**

**6:45 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 pray that everyone is doing well. The holidays have begun as Thanksgiving is behind us and the rest is yet to come. Please be kind, be gentle and be good to yourselves and if you are feeling isolated just remember you are not, there are always others to help you along your journey, just open yourself to them. Having other parents that understand and have been there helps, knowing we are not the only ones hurting makes it doable. It's not only comforting, but reassuring that you and I will never have to walk alone as someone will always be there to walk with you in this journey and that is what TCF is about.

I hope to see everyone at the Candle Lighting event as we remember our children and renew old friendships and make new ones. All family and friends are invited as we have an evening filled with readings and songs in memory of our children. It's a night of joy and hope, and tears bringing us closer to a journey less filled with sorrow. Please remember to bring a picture of your child for the memory table, and an ornament for the memory tree and a dish to pass. To me this night gives me the strength to get through the holidays. If you aren't able to attend please light a candle at 7:00 p.m. adding to the flame that will burn around the world for 24 hours.

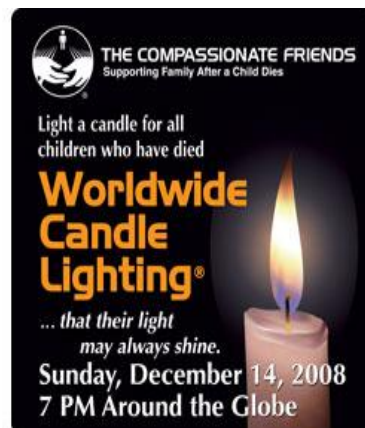
My last words to you are words of thanks, thanks to each one of you for sharing your precious child with me and telling your story which is not always so easy. Also for the courage of coming out to the meetings. You have all become a special family to me. As you enter the new year may the love, the hope and understanding fill your souls and lighten your hearts.

Our next meeting will be on **January 12, 2009 – 7 PM**

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



## The Worldwide Candle Lighting December 14, 2008 – 6:45 PM



Please visit TCF's national website [www.compassionatefriends.org](http://www.compassionatefriends.org) to leave a message for your child, and/or to read other messages to children, which is available during the event.

### A NEW YEAR

By: Shirley Ottman, Denton, TX

A time for looking ahead  
and not behind.

A time for faith  
and not despair.

A time for long great gulps  
of hopeful expectation.

Drink deeply friend so that  
fortified with the promises it brings,  
This New Year will keep you  
near fresh springs of healing love,  
Where you may come to weave old  
and loving memories  
with new understandings and  
acceptance.

~reprinted from A Journey Together,  
Bereaved Parents USA  
[www.bereavedparentsusa.org](http://www.bereavedparentsusa.org)



I need articles, poem, etc to print in our newsletter, please mail to TCF-Brevard, PO Box 304, Brevard, NC 28712 OR e-mail me at:

[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.)*



### **The Little Things**

By Tori Benson & parents John & Jay Kane

They were always loved,  
That they may tell us.  
They were always cared for,  
That they may tell us.  
No more can we take care of them,  
But they will always be loved.  
Even though they are no longer present,  
They will never be forgotten.

We use to see & feel their pain,  
But not any more. They have none now.  
We can't see them physically,  
But we can always feel them in our hearts.  
We use to feel & see their sorrow,  
But sorrow no longer exists.

They can still see us,  
They can hear us & listen to us,  
They still watch over us,  
But most importantly  
They will always remain in our hearts,  
They will always love us.

They do a lot in heaven now,  
Watching, listening,  
Waiting for us to notice their signs,  
And to notice them.

They are not alone  
They are with God and those who passed  
Before and after them  
They understand anything so they listen to us,  
As we talk to them in our hearts or out loud,  
People may think we are crazy,  
But we are not.  
Because it's not the little things,  
They are all our children we have lost.



The **December** 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>
Matthew Hawkins		12/02	Son	Rise Hoyle
Erik Gollnick	12/05		Son	Lynn & Ralph Peters Mark Gollnick Siblings – Heather Gollnick and Adam Peters
Matthew Mendoza Gower		12/07	Son	Maria & Scott Gower
Olivia Clair Strickler		12/20	Daughter	Heather & Scott Strickler
Kevin Atwell		12/27	Son	Carol Owen
Brandt Michael Koehler		12/30	Son	Sharon and Kevin Palan

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.



## 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**



## **Christmas Thoughts**

Written by Anne Holloway

Returning home from Midnight Mass,  
I lit a candle just for you,  
Knowing you'd be close to us  
And you would see it too.

I talked to you of Christmases past,  
And of things you used to do,  
Recalling of how our gifts we'd hide,  
No place was safe for you!!

I told you how I longed for you,  
Not dwelling on the pain,  
I didn't want to make you sad  
Only to explain.

I couldn't promise not to cry,  
For crying brings relief.  
Nor could I promise not to mourn,  
Or put aside my grief.

But I promised I would always live  
A part of each day for you;  
And I would try to do those things  
You'd be proud for me to do.

I wish you peace and send you love,  
Then I said, 'Goodnight',  
Asking God to care for you  
And guide you to his light.

## ***Christmas From The Heart***

I heard your voice in the wind today  
And I turned to see your face;  
The warmth of the wind caressed me  
As I stood silently in place.

I felt your touch in the sun today  
As its warmth filled the sky;  
I closed my eyes for your embrace  
And my spirit soared high.

I saw your eyes in the window pane  
As I watched the falling rain;  
It seemed as each raindrop fell  
It quietly said your name.

I held you close in my heart today  
It made me feel complete;  
You may have died... but you are not gone  
You will always be a part of me.

As long as the sun shines...  
The wind blows...  
The rain falls...  
You will live on inside of me forever  
For that is all my heart knows.

By Judy Burnette



RETURN SERVICE REQUESTED

## December 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**