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The Compassionate Friends
Brevard Chapter

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

TCF Brevard Chapter Web Site
www.tcfofbrevardnc.org/tcf/home.htm

TCF Brevard Newsletter
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This month will usher in holidays that we might not want to celebrate. It will stir emotions and insecurities that some, have never dealt with before. There are parents among us that will experience their first holiday without their child and others that have faced many. The holidays and celebrations will come with or without us. Time will always move ahead of us expecting us to follow. How you approach Thanksgiving, Christmas or the New Year, is your choice. You will eventually find what works for you so don't be pressured into a design that does not fit you.
Try something new or old. Serve at a soup kitchen or church dinner. Invite a new friend to dinner or spend your day as if it were any other day. Honor your child by lighting a candle, releasing balloons, watching a home video, donating to charity in his/her honor or cooking his/her favorite meal.
Hopefully one or more of these suggestions will help you get through Thanksgiving Day without the paralyzing pain we have come to know so well. God Bless You All and thank you for sharing your wonderful children with the rest of our chapter members.

Monthly Meeting
Always the 2nd Monday of the month
November 14, 2011
7:00 PM at the
The Lutheran Church of the Good Shepherd
22 Fisher Rd. Brevard

This Month's Topic

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Facing the Holidays

Please join us at our next meeting as we discuss facing the holidays. We have collected materials over the years that can give you a head start on planning how you will celebrate the coming holidays. You can take the opportunity to share what has worked for you in the past or discuss any traditions you want to share.

Thank You

You may have noticed a donation jar placed at the sign-in table and at our events. The money collected in the jar helps provide our chapter with refreshments for our meetings. We want to thank everyone of you that has given, your generosity is appreciated.

The certain special memories
That follow me each day,
Cast your shadow in my life
In a certain way.

Sometimes the blowing wind
Or the lyrics of a song
Make me stop and think of you
Sometimes all day long

Memories are good to have
To share and keep in my heart,
Just knowing that you're still inside
Makes sure we'll never part.

Collette Covington
Lake Charles, LA,

The morning . . . is the worst.
The afternoon . . . is barely tolerable
And the night is . . . unending.
author unknown

From the outside looking in you can never understand
and from the inside looking out you can never explain
~ author unknown

Compassionate friends
A safe place to talk

"The object of good grief is to remember, not relive."

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

It was a pleasant autumn day, with just a slight chill in the air
When all the town's people joined the Indians to share
They sat down together around many a table
and told stories about legends and fables
The tables were covered with such a feast,
from corn to honey from fowl to beast
The gathering lasted three days of the sun
before all had gorged, and then there was none
A tradition practiced by the Indians for years,
but no turkey was eaten, just deer.
Though the pilgrims thought the feast was a blast
they were hoping that this was the last
For a feast of this kind, just brought to mind,
that without their turkey and football—

It just wasn't Thanksgiving at all.

from southjersey.com
Vickie Van Antwerp

OUR CHILDREN
Sunrise and Sunset Dates

Love that can not be quenched
Our beautiful children forever remembered

Children	Sunrise	Sunset
Beckie Ensley		11/11
Belinda Kathleen Bach		11/12
Christian "Kade" Warriner		11/14
Denise L. Skogen		2004
Jacob Taylor Swanson	11/11	
Jillian Brooke Folsom	11/24	
Matthew Mendoza Gower	11/17	
Michael S. Rogers	11/21	
Robert Lynn Morgan		11/13
Rodney K. Skogen	11/27	
Salem Shope	11/07	
Stephen Lee Puckett	11/19	
Terry Lee Dempsey	11/20	
Troy Keith Drye, Jr	11/27	

Birthday Table

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 or if you have a memorial you want printed, please send me an email at emprop2001@yahoo.com with their picture as an attachment in a jpeg or bmp. format.

Pet Therapy

Pet therapy is becoming more popular in places never seen before. Dogs have been used for many years in nursing homes and institutions, but recently funeral homes have incorporated dogs into their services. According to an article in the Journal Sentinel from Milwaukee Wisconsin, 2007, the Krause Funeral Home uses a dog named Oliver as a grief therapist. He is used before, during and after funeral services. Oliver is almost empathic as he works a room and finds those in the deepest pain. He will sit at your feet and lick your tears away.

This story struck me because I have a dog much the same as Oliver. She knows when I am hurting and when my sorrow is all too much, and she will lay her head on my shoulder and cry with me.

Sometimes we need an unconditional love to share our grief with. Sometimes it is a pet or a dog like Oliver.

Annual Candle Light Service

December 11, 2011
6:30 pm
Lutheran Church of the Good Shepherd
Fisher St., Brevard, NC

Save that date and join us to celebrate our children's lives as we honor them with poetry, music and readings. From New Zealand to the United States, a continuous illumination of light will reach into the night representing children lost but not forgotten. Over 500 chapters in the United States will participate. Tables that seat eight will be available during the event. This gives families and friends the opportunity to sit together in a more casual setting. It also gives parents the opportunity to sponsor a table by providing the centerpiece. The centerpiece is unique because it is designed and created by you. It can be as simple as a vase of your child's favorite flowers or as elaborate as his/her favorite items such as fishing tackle, ballet shoes, baseball caps for everyone to wear or a picture tree. Your child is special and your centerpiece can reflect his/her's spirit.

During the event we provide a table for parent's to share pictures of their children.

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

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

RETURN SERVICE REQUESTED

November 2011 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