



The Compassionate Friends Brevard Chapter

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

TCF Brevard Chapter Web Site

www.tcfobrevardnc.org/tcf/home.htm

TCF Brevard Newsletter

PO Box 304
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October 15, 2011– Smith Mountain Gathering hosted by Caroline and Stephanie-Anne. All TCF families are welcome to attend. Directions: From the Court House in Brevard, follow the sign for 276 East towards Greenville, SC, approx. 2 miles. Look for Duck Pond Pottery on the right. Bear left on Becky Mountain Rd. Approx. 100 feet, turn left on Rich Mountain Rd. Drive 1.8 miles and look for 1736 on the mailbox. Starts at 2:00 PM for hayrides and such. Supper will be served around 5:30. We'll be serving Brunswick Stew and pulled pork, as well as hot apple cider and lemonade. What you need to bring - a side dish, your chairs and it's still BYOB.

October 22, 2011- Daniel Furr Memorial Golf Tournament . Several TCF families are planning to attend the BBQ picnic at 1:30 pm at Atagahi Park. Come show your support. Park is located in Connestee. Contact Joe or Sandra Furr for more information at 553-7166.

December 11, 2011– Annual Candle Light Service will be held at the Lutheran Church of the Good Shepherd at 6:30pm. Sponsor a table which seats 8 and decorate it to your desire. If you are interested, please contact Vickie or Marisol.

Monthly Meeting

Always the 2nd Monday
of the month

October 10, 2011

7:00 PM at the

**The Lutheran Church of
the Good Shepherd**
22 Fisher Rd. Brevard

This Month's Topic

Yes, You Will Laugh
Again
and
Butterfly Release
Slideshow

Resources
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A big thank you to Caroline and Stephanie Anne Smith for
hosting our butterfly release

Donations

Marilyn Sheehan for her donation in memory of her daughter Donna Sheehan and her loving husband Ted

Joe Jacco in memory of his son David Jacco

Emily Dennis in memory of Jose Santos

Marisol and Bill Gollnick in memory of Jose Santos

Larry and Vickie Van Antwerp in memory of Craig Van Antwerp

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www.compassionatefriends.org

Resources that can help you through this journey.

(Some of these resources were taken from the Southern Piedmont Chapter and Charlotte Chapter September-October Compassionate Friends Newsletter)

BOOKS

Bereaved Parent by Harriet Schiff: A step by step suggestion to help parents cope with the cycle of their grief written by a bereaved parent.

The Fall of a Sparrow by Kent Koppleman: Story of a father that searched for and found meaning after the death of his son.

Healing a Parent's Grieving Heart: 100 Practical Ideas after Your Child Dies by Alan Wolfelt. Ideas to help grieving parents understand and reconcile their grief.

I'll Love You Forever, Anyway by P. Lindstrom: Personal account of loss of a 27 year old son.

Meditations for Bereaved Parents, by Judy Osgood: 35 bereaved parents share their feelings, insights and hopes.

A Grace Disguised by Gerald Sitzer: Story of an English professor that lost his wife, mother and four year-old daughter in a car accident and how he found his way back to God.

WEBSITES

Alive Alone: charitable organization geared to helping parents that have lost all of their children. www.alivealone.org

Baby Steps: resources for parents, siblings, and family members. Online sharing for kids and adults. www.babysteps.com

Bereaved Parents: offers support and resources for bereaved parents with a library of hundreds of listings. www.bereavedparents.com

Grief Warehouse: information and personal experiences of bereaved parents www.griefwarehouse.org

Mother in Sympathy and Support (MISS) nonprofit offering emergency support to bereaved parents. www.misschildren.org

Parents of Murdered Children, Inc (POMC) provide the on going emotional support needed to help parents reconstruct a "new life" and promote a healthy resolution. www.pomc.com

**Compassionate friends
A safe place to talk**



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

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!"



Angel Moms

By Judi Walker

Submitted by Diane Yaste



We have shared our tears and our sorrow,
We have given encouragement to each other,
Given hope for a brighter tomorrow,
We share the title of grieving mother.
Some of us lost older daughters or sons,
Who we watched grow over the years,
Some have lost their babies before their lives begun,
But no matter the age, we cry the same tears.

We understand each others pain,
The bond we share is very strong,
With each other there is no need to explain,
The path we walk is hard and long.
Our children brought us together,
They didn't want us on this journey alone,

They knew we needed each other,
To survive the pain of them being gone.
So take my hand my friend,
We may stumble and fall along the way,
But we'll get up and try again,
Because together we can make it day by day.

We can give each other hope,
We'll create a place where we belong.
Together we will find ways to cope,
Because we are Angel Moms and together we are strong!

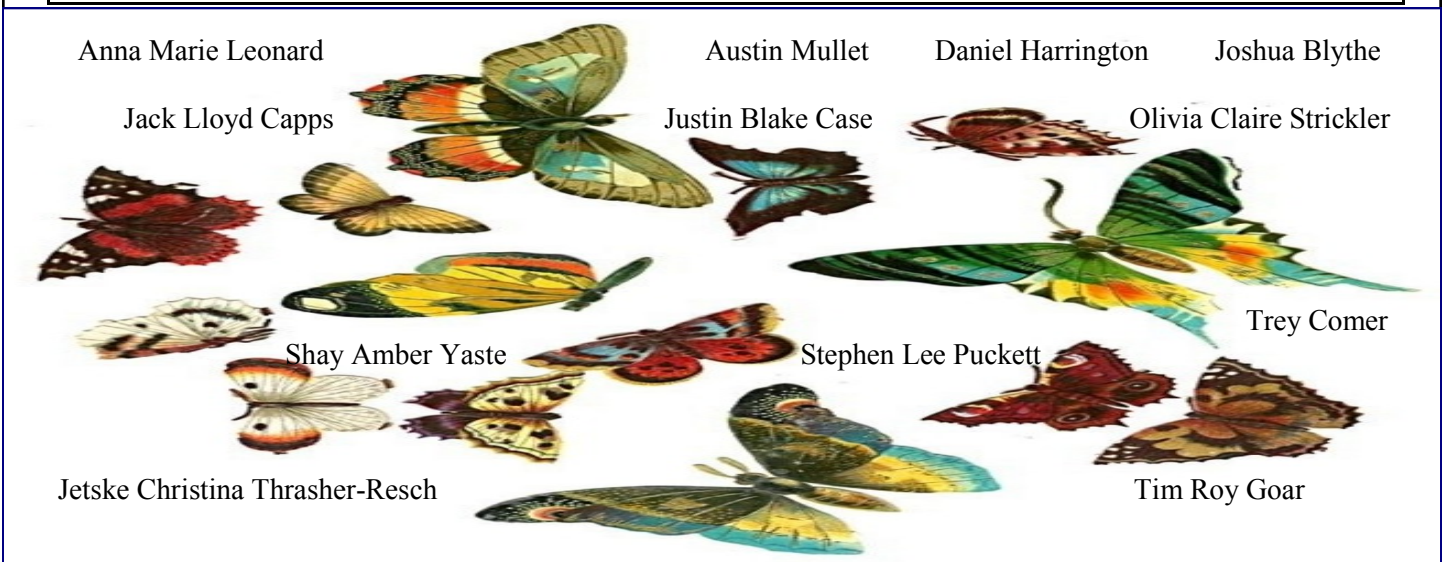


OUR CHILDREN Sunrise and Sunset Dates



*Love that can not be quenched
Our beautiful children forever remembered*

Children	Sunrise	Sunset
Anna Marie Leonard		10/20
Austin Mullett		10/31
Daniel Harrington		10/16
Jack Lloyd Capps		10/24
Jetske Christina Thrasher-Resch	10/29	
Joshua Blythe		10/19
Justin Blake Case "Frog"	10/16	
Olivia Claire Strickler	10/17	
Shay Amber Yaste		10/04
Stephen Lee Puckett		10/28
Tim Roy Goar		10/01
Trey Comer		10/09



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 emprom2001@yahoo.com with their picture as an attachment in a jpeg or bmp. format.

In Memory of Shay Amber Yaste
Daughter of Keith and Diane Yaste

Cuddled in Heaven

By Charlotte Collins

We had so little time to share,
Too soon, I had to leave.
I know how much you love me,
I know how much you grieve.

I know how sharp your pain is,
I feel the aching in your hearts.
My life so quickly ended.
Before it barely had a start.

I remember how you held me,
And kissed my face and hands.
You cuddled me so gently;
But, God had other plans.

I was your perfect angel,
From God you knew I came.
Suddenly he called me home again,
And now God holds my hand.

I know you'll always miss me,
I understand your pain is hard to bear.
Just remember that I'm in heaven,
And we'll see each other there.

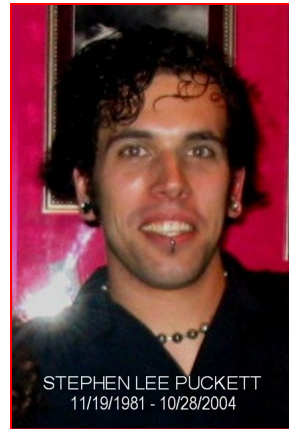
So smile when you think of me,
And wipe away all of your tears.
I'm cuddled now in heaven
By our family members here.

I'm waiting here in heaven,
And on the day we meet again.
I'll be the first to smile and greet you,
When God calls you home to him.

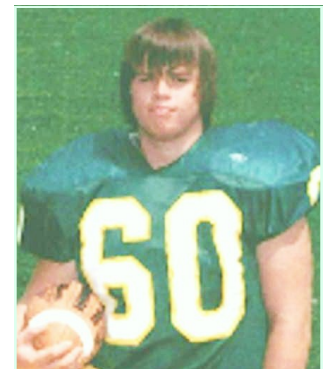
Memorials



Jack Capps
son of Joy Capps



Stephen Lee Puckett
Son of
Pam and Ron Puckett



Daniel Harrington
Son of
Cindy Harrington

If you would like your child's picture displayed please forward a copy by email or mail to the editor.

Vickie Van Antwerp
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877-5172

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**



*You are not forgotten my child.
I see you in the creases of my mind and I
feel you in the chambers of my heart.*

VVA



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

RETURN SERVICE REQUESTED

October 2011 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.

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