

# THE COMPASSIONATE FRIENDS

P. O. Box 50833 • Nashville, TN 37205 • (615) 356-4TCF(4823) • Nashville Website: [www.tcfnashville.org](http://www.tcfnashville.org)

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The mission of The Compassionate Friends is to assist families toward the positive resolution of grief following the death of a child of any age and to provide information to help others be supportive.

Welcome: The Nashville chapter meets at 3:00 P.M. on the second Sunday of each month in the American Builders & Contractors (ABC) Building, 1604 Elm Hill Pike, Nashville, TN 37210. Park and enter at the rear of the building.

We truly regret that we have no accommodations for young children, but teenagers and older siblings are welcome to attend.

## April 14 Program:

### *Differing Experiences Of Grief, A Panel Discussion*

Grief is handled differently by each one of us and it is very hard work. Many bereaved parents have found that our grief differs greatly from the same process in our spouse or significant other. It is a fact that men and women grieve differently. Certainly, the bereaved siblings and grandparents have a difficult journey of their own quite different from the parents.

At our April meeting, we will address these important issues in the form of a unique panel. Please join us as we learn from each other. You might just be enlightened as to “why they do that,” or “why they don’t do this.”

Our regular sharing groups will follow.

We hope you will be with us.

### Phone Friends

We have all experienced the pain of losing a child. We understand and would like to listen. If you can't reach one of us, feel free to call another person on this list.

- Accidental Death** .....Mike and Paula Childers  
615-646-1333
- AIDS**.....Joyce Soward  
615-754-5210
- Illness**.....David and Peggy Gibson  
615-356-1351
- Infant**.....Jayne Head  
615-264-8184
- SIDS**.....Kris Thompson  
931-486-9088
- Suicide**.....Ron Henson  
615-789-3613
- Small Child**.....Kenneth and Kathy Hensley  
615-237-9972
- Alcohol/Drug Overdose**.....Ed Pyle  
615-712-3245



*We care, we share,  
We talk, we listen  
We support each other.*



From the TCF Southeast Mississippi Chapter Newsletter

Attending your first TCF meeting can be difficult. Feelings can be overwhelming. We have all experienced them and know how important it is to take that first step. Please attend two or three meetings before deciding if TCF is right for you. There are no dues or fees. If you choose, you need not speak a word at a meeting. We are an international, non-denominational group, offering support and information to bereaved parents, siblings, and grandparents. We need not walk alone.




*We remember our children with love and gratitude. We miss their faces,  
their voices and their smiles. And we do not forget--*

*In the month of their births—*

<b>James Michael Bolton (Mikey)</b> April 9 Son of Jim and Loretta Bolton	<b>Christopher Lincoln Kingsborough (Chris)</b> April 21 Son of Paul and Lydia Kingsborough	<b>Stephanie Dawn Reeves</b> April 4 Daughter of Barney and Patricia Raymond	<b>Abigail Wilson (Abby)</b> April 13 Daughter of Danny and Amy Wilson
<b>Adam Bryan Cook</b> April 30 Son of Jay and Patricia Blount and Tony Cook	<b>Stacy Leigh Kraft</b> April 10 Daughter of Keith and Meryl Kraft and Terry Kornman	<b>Marshall Roberts</b> April 4 Son of Renee Stanfield	<b>Antonio Lynn Scott Winslett ("Chunky")</b> April 27 Grandson of Keith and Wanda Winslett
<b>Mark Joseph Dinkel</b> April 27 Son of Richard and Kathleen Dinkel Brother of Amy Dinkel	<b>David Benton Lowe</b> April 26 Son of Charles and Teresa Lowe	<b>Drew Michael Tipton</b> April 25 Son of Bobby and Shari Tipton	<b>Don Bruce Winters</b> April 16 Son of Jerry and Loretta Winters
<b>Kenneth Elberson</b> April 17 Son of Harry and Winnie Elberson	<b>David Bennett Medlin</b> April 26 Son of Ron and Brenda Medlin	<b>Daniel Wayne Vick</b> April 5 Son of Wayne and Marsha Vick	<b>Ryan Lee Wiseman</b> April 18 Son of Roger and Deborah Wiseman
<b>Chandler Page Harris</b> April 10 Son of Scott and Terri Harris	<b>Mason Corlew Oliver</b> April 25 Son of Ed and Melissa Oliver	<b>Amelia Brian Waters</b> April 2 Daughter of Ashley Winters	<b>Janessa Dian Wellman</b> April 24 Daughter of Timothy Pharris and Debra Wellman Granddaughter of Glen and Dian Wellman
<b>Michael Hunt</b> April 13 Son of Robin Hunt			<b>Bert Writtenberry</b> April 17 Son of Hunter and Carol Nichols



*And in the month of their deaths—*

<b>Christopher Jay Bradley</b> April 20 Son of Lamar and Joy Bradley	<b>Joshua Lynn Finch</b> April 17 Son of Debbie Smith	<b>Sean Ashley McKittrick</b> April 28 Son of Jeff Kulas and Diana Kulas	<b>John David Warren (Johnny)</b> April 23 Son of John and Georgia Warren Brother of James Donald Warren
<b>Randy Lee Buchanan</b> April 1 Son of Jeanette P. Buchanan Brother of Debbie Hamilton and Keith Buchanan	<b>Chad Flatt</b> April 18 Son of James Flatt and Ann Flatt	<b>Kevin Moncrief</b> April 5 Son of Sandra Merkel	<b>Amelia Brian Waters</b> April 2 Daughter of Ashley Winters
<b>Taylor Davies</b> April 16 Son of Roy and Barbara Davies	<b>Aaron Thomas Gillespie</b> April 14 Son of Donna Gillespie	<b>Andrew Morris Pack</b> April 19 Son of Wayne and Cassandra Pack	<b>Abigail Wilson (Abby)</b> April 17 Daughter of Danny and Amy Wilson
	<b>Michael Hunt</b> April 21 Son of Robin Hunt	<b>Bert Rich</b> April 7 Son of Shirley Rich-Brinegar	

## GIFTS OF LOVE AND REMEMBRANCE

*We are deeply grateful for the voluntary gifts of love that make it possible for The Compassionate Friends to offer comfort to those families who do not know today that they will need us tomorrow.*

*Martha Davenport*

*In loving memory of her  
granddaughter,  
Lauren Kristina O'Saile,  
Daughter of Don Davenport*

*Don and Sherry Eakes*

*In loving memory of their grandson,  
Taylor Christian Brewer  
Son of Justin and Tracy Brewer*

*Ann McKee*

*In loving memory of her son,  
Glenn Thomas Allen, Jr. (Tommy)*



*Barbara Davies*

*Through Nationwide  
Workplace Giving Program*

*In loving memory of  
her stepsons,*

*Roy James Davies and  
Taylor Davies  
Sons of Roy Davies*



*David and Barbara Morgan*

*In loving memory of  
their son,  
Wade Hampton Morgan*

*Jerry and Loretta Winters*

*In loving memory of  
their son,  
Don Bruce Winters*

*Vaughn Woods*

*In loving memory of  
his son,  
Matthew Woods*

*Each month, Allegra Print & Imaging, 601 Grassmere Park, donates the printing of this newsletter a gift to the families of TCF. Deanna Brown and her family assemble, label, sort and mail the newsletter in loving memory of her son, Marcus Dean Brown. We appreciate so much these people and their generosity to all of us.*

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## A Father's View of The Compassionate Friends: Courage, Surprise, and Understanding

### Attendance Requirement: Courage.

I don't think I am unique. I did not want to attend a meeting of Compassionate Friends.

I was coerced by my wife. It was subtle but effective. My son, on the other hand, made a devil's deal; he agreed to go to the next meeting in exchange for a favor—his debt some weeks away. The thought of discussing death nauseates me. We, my son and I, had made a bad deal.

### The Meeting: A Surprise.

I was surprised to find I was not the only man to have lost a child. There was a reality to that recognition.

My loss, not unlike yours, is a personal matter. No one can tell me how I feel or how I ought to feel. Yet, the group never made me feel guilty about my selfishness; they understood.

### The Result: An Understanding.

Compassionate Friends is not an efficient organization. There are no systems, no quick easy cures.

Grief is a catharsis. Most of what you hear here you will dismiss; it will not apply to you. But, there are nuggets—small ideas you will want to try or things you will want to think about. Some you will try. Many you will discard. Only a few will help the pain. These, you will treasure.

Your friends and associates may try to understand your grief and try to help. They can do neither. They don't understand. The people at the meetings do understand. And they try to help.

My son felt he had gained little from the meeting. Yet, he left feeling he had helped someone else deal with his grief. What a marvelous satisfaction for a 15-year-old.

What's in it for you? Compassionate Friends is here to help—to listen, to suggest, to understand.

If you handle your grief well, you do not need Compassionate Friends. But we need you. Your approach or method of dealing with grief could help one or more of us. Please share it.

Bob Watts  
TCF Stamford, CT

## Call for Boutique Donations

Every year at the TCF National Conference, volunteers put together a lovely Butterfly Boutique shop to raise funds to further support our national mission. This year Betty Valentine, of TCF Brandywine Chapter, Wilmington, Delaware and Pam Bennett-Sontoro, of TCF Chatham Township, New Jersey have volunteered to co-chair the Butterfly Boutique at the upcoming 2019 National Conference, "Hope Rings Out In Philadelphia," that will be held in Philadelphia PA on July 19 – 21, 2019.

To have a successful Butterfly Boutique, many donations of items to sell are needed. The donations may be new and gently used pre-owned items that have angels, butterflies, hearts, hummingbirds, dragonflies or any other appropriate subject matter. Suggestions include jewelry (pins, earrings, rings, necklaces, ankle bracelets, etc) or jewelry boxes, as well as scarves or tote bags. Conference attendees love to purchase candles or coasters, a Christmas ornament or decoration, even kitchen or bath towels (new of course). Other popular items have included framed pictures, artwork, or handmade items. Especially popular have been Seraphim angels or Susan Lordi Willow Tree items. Think creatively and find items with butterflies and hearts on things like a chair or lamp, a night light or magnet, note paper, a pen, a wallet, a watch or maybe something you may have purchased at the national conference and never used.

Not every item must have a symbolic heart or butterfly on it. At very successful butterfly boutiques in the past, items like Coach wallets and Vera Bradley items have been sold. The boutique becomes a sort of gathering place of bereaved parents, grandparents, and siblings. Any item donated is greatly appreciated! Let's also not forget that men also love to browse the boutique as well!

TCF is a 501(c)(3) tax exempt organization. The Boutique chair-persons will also be happy to provide a donation receipt, describing the items anyone has donated.

National Conference attendees look forward to shopping from lots of different items from across the country! Collected items should be sent to the addresses below.

Betty Valentine, 304 Llangollen Blvd. New Castle, DE 19720  
302-328-5727 (Cell 302-602-1121; [bettyboop19720@gmail.com](mailto:bettyboop19720@gmail.com))

Pam Bennett-Santoro, 10 Harwich Road, Morristown, NJ 07960  
(Cell - 201-602-3952; Home - 973-539-9255; [Jpmp010@aol.com](mailto:Jpmp010@aol.com))

Don't hesitate to give them a call if you have any questions.



## The TCF 42<sup>nd</sup> National Conference

The 42nd TCF National Conference will be held in Philadelphia, on July 19-21, 2019. "Hope Rings in Philadelphia" is the theme of next year's event, which promises a great National Conference experience. Stay updated with details on the national website, [www.compassionatefriends.org](http://www.compassionatefriends.org), as well as on our [TCF/USA Facebook Page](#) and in this newsletter as they become available. Plan to be a part of this heartwarming experience.

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### *Contrasting Moods*

*Let me have silence and the stars,  
If you would give me peace.  
Words are too brutal. Say not one.  
Silence will give my heart release.*

*Let me have darkness and the storm,  
Lightning and angry rain.  
Thoughts that are mine shall ride the  
wind.  
I must forget this haunting pain.*

*Let me have silence and the stars,  
Stillness in early dawn.  
Hearts that are sad can sing once  
more.  
Life and its song must linger on.*

from *A Life of Poems*  
by Elizabeth Teal

## Hidden Emotion

Hidden deep inside my breast is a longing that has been suppressed. The feeling is always there—longing, longing to see you, to hug you, to know who you are at this time in your existence. It stays hidden for a period of time and then when I least expect it, rises to the surface and must be tended to.

At times I feel as if I cannot breathe, as if I will suffocate trying to suppress the pain. At other times a tear comes from nowhere and trickles down my cheek. Occasionally, something inside of me explodes causing me to weep uncontrollably.

I can only guess what causes these unbidden emotions. Is it the song that's playing on the radio? Can it be the changing of the seasons? Do the budding trees beginning new life cause me to let down my guard? The longing never goes away.

I feel like a tight rope walker never knowing if I will make a misstep, causing me to fall into the stream of emotional pain that forces me to cry out, as I long to see you again.

With the passing of years, I have learned that if I can hang on for just a little longer, these emotions, strong as they are, will pass and I can live again with the longing hidden deep inside my breast.

Shirley Muller  
TCF Lafayette, IN



### *I Felt I Was Healed*

*I felt I was healed, felt I was ok  
Ten years had passed to make me this way.  
Worked with others who were feeling the pain  
So tears and the heartache would soon go away.  
I make the newsletter and work on the slides  
That we watch as we remember the better times.  
But life has a way of throwing a curve  
That rocks to the core and shatters the nerves.  
My brother has died and though he was ill  
A hole has re-opened once again I must fill.  
I know all the steps that take me through grief  
Of the traps to watch out for, oh what a relief.  
Though same it is different, the hurt is still there  
I miss my little brother and wish he were here.*

Stew Levett  
TCF Pikes Peak Chapter

### *Get Well Soon Poem*

*I know our loss is very great  
but I'm sure many people  
can relate  
I know its hard to say good-bye  
don't hold back your tears!  
It's ok to cry.  
Just hold my hand  
and we will stand up high  
We will gather strength  
from one another  
hugging and holding each other  
we will find each other  
and together we will be  
once again, a family*

Alyssa Flora, age 13  
In memory of her brother Bryson, age 9

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## Thought for the Day

It is not easy returning to the world of normalcy when your world is so upside down. It is not easy to stop being a mother or father to your child that has died. The thought for the day is a word — **patience** — patience with yourself who suddenly and powerlessly has been thrown into this horrid nightmare; patience with your spouse who always seems to be having an up day when you are having a down day; patience with relatives and friends who wish to help but seem to hurt with hollow advice and logical words; and patience with time, for it takes time to adjust, and time can move so slowly. **PATIENCE!**

Rose Moen  
TCF, Carmel-Indianapolis, IN

## *Come Little Boy*

*Come little boy, and sit in my lap,  
And I'll tell you about another  
While I rock you to sleep,  
Singing the lullabies he loved.*

*Come little boy, hold my hand  
And I'll teach you to walk  
While I tell you  
How proud another would be.*

*Come little boy, sit by my side  
And share your wonderful  
Adventures with me  
While I share some of his with you.*

*Come little boy, and play with me,  
And I'll tell you the names  
Of your dinosaurs  
Taught to me by another.*

*Come little boy, on a hot summer's day,  
And I'll teach you to fish.  
Will you like it  
like the other?*

*Come little boy, whisper your dreams,  
And I'll marvel at them.  
Later, when the house is dark,  
I'll whisper them all to him.*

*Come little boy, and learn about him.  
I have so much to share.  
Promises I made to him  
To teach you these things.*

*Know little boy, he wanted so much to be here  
To show you the world  
And watch you grow.  
But Heaven, for him, would not wait.*

*So come little boy,  
And I'll tell you why I love you like no other.  
Someone taught me to the fullest ...  
Your brother.*

Maggie Melendez  
From Bereavement Magazine July/August 2001

*He that conceals his grief finds no remedy for it.*

Turkish Proverb

## **Mourning Is My Mode**

**T**oday I realized that I have become a shell of the person I once was. What would my child think of this? I am alone, my only child is gone, yet I know he would not be pleased with the way I have isolated myself, wrapped in invisible crepe, sheltered by a mental wall. This is not the mom he knew. I am someone different now.

What am I to do with this? I feel like a lonely, mourning swan, swimming endlessly from shore to shore. I have no direction, I want no direction, I just keep moving with no purpose. I must get a grip on myself.

I know my motions must take on some meaning. I look to others for help. Yet I realize that if I do not reach out and help myself, I will crash on the rocks with the raging tide.

I decide I will add one new thing, one new event, one new person or one new writing to each day. I will reach out to others. I will force myself to move slowly back into life.

I will spend some time with my family. I will enjoy their children. I will mentor a child. I will start putting my thoughts into a written form.

I begin to do these things. I feel better. I attend another meeting of the parents who have lost their children. I feel as if I do belong here. It has been four months since my son died. I am overwhelmed.

Annette Mennen Baldwin  
TCF, Katy, TX

## **CHAPTER INFORMATION**

### **The Birthday Table**

In the month of your child's birthday, a table will be provided at our meeting where you can share photographs, mementos, your child's favorite snack or a birthday cake, a bouquet of flowers—anything you'd like to bring. We want to know your child better, so please take advantage of this opportunity to celebrate the wonderful day of your child's birth and for us to become better acquainted.

### **What is the Yellow Slip?**

Please return your yellow renewal slip. After a year on the newsletter mailing list, those names that were added in that month of a previous year, may receive a yellow half-sheet asking that their subscription be renewed. This is simply to keep our mailing list and the information in it current. If you do not send the yellow slip back, we must assume that you no longer want the newsletter. Although you are given an opportunity to make a voluntary donation, there is no cost involved in your subscription. The newsletter is our gift to you for as long as you wish to receive it. You may request that your name be returned to the active list at any time simply by calling 615-356-4TCF (4823).

### **Religion and TCF**

The Principles of The Compassionate Friends state that TCF reaches out to all bereaved parents across the artificial barriers of religion, race, economic class, or ethnic group. Further, TCF espouses no specific religious or philosophical ideology. Despite our nondenominational status, many writers indicate that they have found comfort in their faith, and some have shared their anger and loss of faith. The opinions and beliefs expressed in letters, articles and poetry are those of the contributors.

### **Newsletter Deadline**

All donations and original poems or articles for the TCF Nashville newsletter must be received by the meeting day of the month preceding the publication month. All donations and submissions are greatly appreciated.



## **BEREAVEMENT RESOURCES**

### **Survivors of Suicide**

There is a caring SOS group in Nashville. For information about meetings, you may call 615 244-7444, or go to the Tennessee Suicide Prevention Network at [TSPN.org](http://TSPN.org), and you will find a list of all Tennessee SOS locations.

### **Sharing**

SHARING is a community organization for parents who have experienced a miscarriage, stillbirth or the death of a newborn infant. They meet at 7:00 p.m. on the 2nd Thursday of the month in the Administrative Board Room on the first floor at Tri-Star Centennial Women's and Children's Hospital, 2221 Murphy Avenue in Nashville. The meetings are "open" and free. You can drop by as often as you like. The website is [sharingmiddletn.org](http://sharingmiddletn.org). Their informative brochure is found under "Contact Us."

### **Alive Hospice Support Group for Bereaved Parents**

For general information about Grief Support Services and groups at Alive Hospice, please call the main number: [615 963-4732](tel:6159634732) or email [GriefSupportIntake@alivehospice.org](mailto:GriefSupportIntake@alivehospice.org). Katherine Reynolds is a grief counselor for children and their families.

### **Other TCF Chapters**

There are several other chapters of The Compassionate Friends you might want to know about. Anytime you are in their vicinity or feel the need to talk with other bereaved parents, feel free to attend their meetings. Also, when you personally know a newly bereaved family in one of these towns, please call the chapter number and give them the information so they can make contact with the family. To locate a chapter, you may call the TCF National Office at 1-877 969-0010, or go to [www.compassionatefriends.org](http://www.compassionatefriends.org) and click on chapter locator.

# *The Compassionate Friends*

P.O. Box 50833



**Nashville, TN  
37205**

**Return Service  
Requested**

**April 2019**

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## *I Remember Another Spring*

*Each year when azaleas bloom,  
I remember another spring.  
That one wore a pall.  
The rain would not stop.  
It poured into the open grave of my son.  
It poured deep into my heart.  
I was sure it would never stop.  
It did, though I sometimes wished it hadn't.  
I was stuck between forgetting and remembering.  
Remembering won.  
Now I see his face in the azaleas.  
They bloomed that spring while he died.*

*I no longer hold it against them.*



Fay Harden  
TCF Atlanta, GA