

# THE COMPASSIONATE FRIENDS

MAILING ADDRESS: P. O. Box 50833 • Nashville, TN 37205 • (615) 356-4TCF(4823) • Nashville

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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. (See mailing address above.) 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.

## August 11 Program:

### Reflections on the 41st Annual National Conference of The Compassionate Friends

Several members of the Nashville TCF Chapter recently attended the 42<sup>nd</sup> National Conference in Philadelphia. A national conference of The Compassionate Friends is unlike any other conference, providing fresh insights, informative and healing workshops as well as new or renewed bonds with other bereaved parents. TCF Nashville members who attended will relate to us highlights of the conference as our program on August 11. They will tell about the banquet speakers, workshops, and other events they took part in. Following this time together, we will break up into our regular small sharing groups.



### Forgive Me

*There's a hole where my heart used to be.*

*When I smile at you and say I'm okay,  
Forgive me.*

*I know you want to help me but I turn you away,  
Forgive me.*

*I show no interest, nor do I seem to care.  
Forgive me.*

*For there's an emptiness now where my heart used to be.*

Alannah McGregor  
TCF Victoria, AU

### 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.

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



*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—*

**Paula Lynn Cooper**  
August 5  
Daughter of  
Jim and Sue Cooper

**Nancy Louise Copeland**  
August 31  
Daughter of  
Tom and Jenny Copeland

**Jamison Michael Duncan (Jamie)**  
August 27  
Son of  
Mike and Kay Duncan

**Joshua Lynn Finch**  
August 13  
Son of Debbie Smith  
Brother of Jason Finch

**Megan Marie Fitzgerald**  
August 30  
Daughter of  
Marty and Melissa Fitzgerald

**Eva Renee Hartman**  
August 6  
Daughter of Kay Hartman

**Wade Hampton Morgan**  
August 5  
Son of  
David and Barbara Morgan

**Jeremy Russell Powers**  
August 4  
Son of  
Phillip and Linda King and  
Ricky Powers, Sr.

**Jacob Federman Smiley**  
August 24  
Son of Troy and Susan Smiley



*And in the month of their deaths—*

**Preston Chauncey Birdsong**  
August 13  
Son of  
Preston Birdsong and  
Janice Birdsong

**Nancy Louise Copeland**  
August 28  
Daughter of  
Tom and Jenny Copeland

**Laura Abigail Czirr (Abby)**  
August 10  
Daughter of Steve and Paige Czirr  
Granddaughter of  
John and JoAnn Czirr and  
Bob and Cynthia Daugherty

**Mark Joseph Dinkel**  
August 10  
Son of Richard and Kathleen Dinkel;  
Brother of Amy Dinkel

**Garry Lee Durichek**  
August 6  
Son of Jimmy and Barbara Hayes

**Marvin Lee Edwards**  
August 3  
Son of Charles and Ruth Edwards

**David Lee Engen**  
August 18  
Son of  
Allen and Barbara Engen

**Ruth Evans**  
August 4  
Daughter of  
Norman & Diane Evans

**Ayman Abdalla Gasmelseed**  
August 17  
Son of  
Abdalla and Sakina Eltom;  
brother of Assa

**James Austin Garcia**  
August 5  
Son of Danny and Sherri Garcia

**Benjamin Bedell Koomen (Ben)**  
August 9  
Son of John and Betsy Koomen

**Lauren O'Donnell**  
August 17  
Daughter of  
Denny and Shirley O'Donnell;  
Sister of Sean and Katie

**Lauren Kristina O'Saile**  
August 28  
Daughter of Don Davenport;  
Granddaughter of  
Martha Davenport

**Stephanie Dawn Reeves**  
August 25  
Daughter of  
Barney and Patricia Raymond

**Ta' Carhri Richardson**  
August 3  
Son of Cassandra Walker

**Dylan Lee Upchurch**  
August 4  
Brother of Anastasia Wayne

**Amanda Jo White**  
August 21  
Daughter of  
Jerry and Peggy Nolan

**Matthew Denniston Williams**  
August 26  
Son of  
Brad and Kathleen Williams

**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.*

*Bill and Patti Baushke  
In loving memory of their son,  
Curtis Patrick Baushke*

*Linda Sue Black  
In loving memory of her son,  
Christopher William Black*

*Dan and Barbara Bledsoe  
In loving memory of their son,  
Daniel Matthew Bledsoe (Matt)*

*John R. and Nancy Cheadle  
In loving memory of their son,  
John Roaten Cheadle, III (Ro)*

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

*Barbara Davies  
Through Nationwide  
Workplace Giving Program*

*In loving memory of  
her stepsons,*

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

*Ann Flatt  
In loving memory of her children,  
Chad Flatt and Sherry Hooten*

*Danny and Sherri Garcia  
In loving memory of their son,  
James Austin Garcia (Austin)*

*Elisabeth Small  
In loving memory of her daughter,  
Jessica Bloom*

*Received from the Kroger Plus  
Community Rewards Program  
\$119.45 6/19/19\**

*\*To benefit TCF, go to the Kroger website and click on "Community Rewards"; then follow the instructions on that page. After that, when you shop at Kroger, swipe your Plus Card or key in your phone number when you check out, and Kroger will donate dollars to TCF. It's a free and easy way to support your chapter*

*Each month, Allegra Print & Imaging, 601 Grassmere Park, donates the printing of this newsletter as 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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## No Matter Where You Go...

I was watching a ridiculous but entertaining movie for my frame of mind at the time. There was a scene where the lead was playing a loud, rock song in a nightclub, when he suddenly stopped to say someone was crying. A surprised audience and band could not imagine how the lead could have heard the sobs. He called for a spotlight and began talking to a tearful girl who he found was on the run. Buccaroo Banzai said to her, "No matter where you go—there you are."

We, as bereaved parents, are sometimes just like that girl. We have found ourselves in a bad movie, trying desperately to run from the pain and suffering that is our grief. Some of us have tried to run away from our grief by changing jobs, moving or retreating into depression. It isn't surprising that we feel unable to do anything positive. No matter where you go, no matter what you do—there you are—no matter...

Grief is not something you can run away from. It isn't something you can shelve until a more appropriate time. It builds until it bursts out with tears, anger, guilt, blame, depression and loneliness. Let it go. Let it happen. We all deserve to grieve. We need to let grief express itself, every way to truly grieve well.

We as Compassionate Friends, above the roar of living around us, can hear your sobs, and we know your fears and pain. We can extend love and hope. In time, the tumult of feelings, the heartache and desperation will soften. Then, instead of finding grief wherever you go, you will find that you are there—now—and not having such a bad time.

Edie Kaplan  
TCF West Broward, FL

## Looking Back on a Difficult Time

July 29th was the seventh anniversary of Chad's death. I am writing to share my thoughts and actions as I once again pondered life without my third born son.

I knew, when I turned over the page of the calendar, that July held tragic memories for our family, but wasn't thinking "sad" because we have all reinvested in life and have once again felt joy and laughter. Therefore, it surprised me as the 29th grew closer and closer that feelings of fragility crept back into my body and my eyes burned with held-back tears. I grew "grouchy" and found fault with my husband at the slightest infraction. I was constantly exhausted even though my schedule wasn't overly stressful. It wasn't until one of my Compassionate Friends invited Roger and me to a movie with her and her husband, that I realized how hard I was fighting against what my body and subconscious was experiencing.

We went to see a show whose plot allowed me, and half of the audience, to cry openly. It was there that I set free the deep feelings that I had been trying to stuff down all month. There in the dark, with my husband, my friend and her husband, I didn't have to hold back anymore. As I cried for those dying on the screen, I cried for my son, cried for the children he didn't have, for the fiancée he left behind, for his brothers, sister, and father who miss him so, and I cried for me and all mothers who have had sons and daughters die.

This experience allowed me to bring front and center what I had been holding inside all month. I decided to ask my prof for the day off, Roger decided to take the day off of work, and we made plans to take care of ourselves on Chad's anniversary.

The days preceding the anniversary, I was contacted by telephone and sent cards and gifts by my dear Compassionate

Friends, and on July 29th my husband and I went to the cemetery and paid honor to our son through ritual, flowers, 'nilla candles, and tears. We then drove to Camano Island and spent the day on the beach gazing out into the azure blue sound, remembering stories about him, and looking for heart shaped rocks to place at the foot of the tree we planted in his memory.

Why am I sharing this with you? Because I am so thankful that Compassionate Friends was recommended to me when my Chad died. It was there that I learned about the grief process, where I learned it was okay to cry and cry and cry. It was there that I was given the opportunity to process what I was thinking and feeling at chapter meetings, where I began remembering Chad, and all children, in ritual. It was at TCF meetings where I got permission to go ahead and take as long as I needed, where I got loving support to grieve my son, and where I met the people who have traveled these long seven years with me and whom I know will be there seven, no seventy years in the future. These are my Compassionate Friends, bereaved parents, like myself, like yourself who will go the extra mile for another mom or dad, who will be there for the duration, and who will never question my tears and say, "Gee, I thought you'd be over it by now."

My hope is that you, too, have developed your own support system of Compassionate Friends and others who will be there for you. If this is not the case, I invite you with the utmost sincerity to come to a TCF meeting and meet the parents who attend. I realize support groups are not for everyone, and I realize not everyone will bond with everyone. But I do know that The Compassionate Friends organization will be there for you as long as you desire and beyond.

Sue Anderson  
TCF Seattle, WA

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## A Poem for My Daughter

*I love you now, as I so loved you then  
your Spirit is with me forever  
When you were born all of heaven sang out  
Joyous that we were together*

*Your eyes twinkled bright as a billion stars  
Your lashes brushed sweet angel's kisses  
As you snuggled so warmly against my neck  
So serenely, you gave me such bliss*

*As I stroked your head, very gently My Dear  
Your hair felt as soft as down feathers  
Your fingers, so tiny, wove tightly with mine  
Rainbow's end couldn't give me more treasure*

*I remember you now, I'll remember you when  
every day and each night begins  
You're a part of my soul, every beat of my heart  
I promise, My Darling, Amen*

Karinelyn Paul  
Broomfield, CO

*The best and most beautiful things in the world cannot be seen or even touched.  
They must be felt with the heart.*

Helen Keller

## Sometimes

Sometimes in the middle of the night as I read, wash dishes, fold clothes, or sit quietly and pontificate about this or that, I hear your voice. The sound is so clear. "Mom," you say.

Sometimes I answer back in an automatic response. I wait for a brief moment and then your voice is gone. I am startled and I freeze in place, not moving, not breathing, not blinking, just listening.

Sometimes I think I see you in a store or on the street, walking that unique walk that was yours alone. I look twice and realize it is not you. But it was a brief moment of joy to see that special walk.

Sometimes I think I have lost my mind. But most of the time I am thankful for these little reminders. Perhaps it is my mind giving me a sense of you. Perhaps the keeping of you in my heart brings this peace to me.

Sometimes when I come home from work, I find something on the counter that wasn't there that morning. A sock, a small socket wrench, a matchbox car. I ask my husband if he came home during the day. He didn't, of course. I wonder about these things, but then I also get comfort from them.

Sometimes I wish I could talk to you just one more time. I would simply listen to your voice, your excitement, your disappointment, your happiness, your enthusiasm, your concern....whatever you might be feeling. That would be

enough. I don't need great revelations, just a conversation, just your voice.

Sometimes I could just scream at the inequity of your death. You, my only child, the one who gave purpose and meaning to my life, are gone forever from this plane. But then, I get a grip on my sanity and stop thinking negatively.

Sometimes I meet a newly bereaved mother and I see myself. I know her heart, I understand her torment, and I feel the pain that has wrapped her in its horrible, crushing grip. I listen to this mother whose world has been gnarled into a grotesque shell of life, and I ask about her child.

Sometimes I accept my reality, sometimes I don't. But I always keep you in my heart, taking you into the future as far as I, myself, will go. And that has to be enough. I cannot change the past. I can only live today and plan for tomorrow.

Sometimes, though, I am glad that my mind allows me these little forays into a parallel reality. These give me peace. In this world, peace is as ethereal as a fine mist near a waterfall.

Sometimes, reality is just too harsh.

Annette Mennen Baldwin  
TCF Katy, TX

### *To My Sister*

*You touched us all, you loved us all,*

*Forever giving, forever caring,*

*Forever forgiving.*

*Never wanting in return.*

*Blessed are those who shared your life*

*Rich are those who carry your memories.*

*Please rest now; your chores we will finish.*

*'Til we meet again . . .*

Cindy Keltz  
Arlington Heights, IL

### *Not the Same*

*He was a very nice man, like so many others,  
and yet he was so different.*

*His quick smile and gentle ways were like those of others  
and yet, he was so uncommon.*

*He was kind and loving with unshakable faith like others,  
and yet he was so unique.*

*He was a dutiful soldier who gave his life like many others,  
and yet he was so special.*

*The same as others? No  
Not to those who knew and loved him.*

*He was himself, an individual, and he was my brother!*

Pam Miller Farrell  
TCF Evansville, IL



# Memories of Love Melodies of Hope in Music City

October 17, 18 & 19, 2019

*The Compassionate Friends*

*A Regional Conference*

*Hosted by the Nashville Chapter*



Christ Church Nashville  
15354 Old Hickory Blvd  
Nashville, TN 37211

Special Lodging Rate of \$122 provided by:  
**Four Points Sheraton Nashville-Brentwood**  
760 Old Hickory Blvd  
Brentwood, TN 37027  
(615) 964-5500

**Please complete a separate registration for each person.**

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City, State, Zip \_\_\_\_\_  
Phone # \_\_\_\_\_  
\*Email \_\_\_\_\_  
(Be sure to provide your email address for updates and surprises.)

1<sup>st</sup> Child's Name \_\_\_\_\_  
2<sup>nd</sup> Child's Name \_\_\_\_\_  
3<sup>rd</sup> Child's Name \_\_\_\_\_

**Conference Registration - \$95 per person.**

Includes Candle Lighting Dinner on Friday,  
Continental Breakfast and Lunch on Saturday.

**Leadership Registration - \$25 per person.**

Includes Lunch

Please make check or money order payable to:  
"TCF Nashville Regional Conference"

Mail to:

The Compassionate Friends  
C/O Roy Davies  
1028 Moncrief Circle  
Greenbrier, TN 37073

Questions:

[TCFNashville@yahoo.com](mailto:TCFNashville@yahoo.com)  
Roy Davies: (615)-604-2087

(Please do not contact Christ Church Nashville)

<b><u>Thursday, October 17, 2019</u></b>	
10:00 - 5:00	Leadership Training
<b><u>Friday, October 18, 2019</u></b>	
12:00 - 1:00	Registration
1:00 - 1:45	Welcome - Opening Speaker
2:00 - 3:15	Workshop Session #1
3:30 - 4:45	Workshop Session #2
5:30 - 7:00	Dinner/Speaker/Candle Lighting
<b><u>Saturday, October 19, 2019</u></b>	
8:00 - 9:00	Continental Breakfast
9:00 - 10:15	Morning Speaker
10:30 - 11:45	Workshop Session #3
12:00 - 1:15	Lunch/Speaker
1:30 - 2:45	Workshop Session #4
3:00 - 4:15	Workshop Session #5
4:30 - 5:30	Closing Speaker

*Hospitality Room/Crafty Corner/Butterfly Boutique/Silent Auction*

## **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**

In order to meet printing deadlines, all donations and original poems or articles must be received by the meeting day of the preceding month to be published in the next issue of the TCF Nashville newsletter. All donations and submissions are greatly appreciated.



## **BEREAVEMENT RESOURCES**

### **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."

### **Survivors of Suicide**

There is a caring SOS group in Nashville. For information about meetings, you may call [615 244-7444](tel:6152447444), 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.

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

For general information about grief support services and groups at Alive, please call the Grief Line at: 615-963-4732 or email [griefsupport@alivehospice.org](mailto:griefsupport@alivehospice.org). They offer eight-week groups, ongoing monthly groups, family group and Little Hearts Club for children who have experienced the death of a sibling. Services are in Franklin, Nashville, Hendersonville, Lebanon, and Murfreesboro.

### **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**

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**August 2019**

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## *OCTOBER TCF REGIONAL CONFERENCE*



**Registration Form on Page 6**



**October 18 & 19, 2019**

**Christ Church Nashville, 15354 Old Hickory Blvd, Nashville, TN 37211**

Please plan to join us for this regional conference hosted by the Nashville Chapter of The Compassionate Friends, offering workshops, national speakers, sharing sessions, a candlelight service, and special features such as Music, Silent Auction, Reflection Room, Hospitality Room, and Crafty Corner.

*A time of healing, understanding and great fellowship with other bereaved parents.*