

THE COMPASSIONATE FRIENDS

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Website: 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. (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.

July 14 Program:

What's In A Name?

As grieving parents, we know that the precious sound of our child's name is balm to the heart. As the birth of your child drew nigh, you probably gave careful consideration to choosing this great gift: his or her given name.

This month, our program will consist of an open-mic session allowing you a chance to share the choosing of your child's name and maybe a quick story of how it affected their life, short though it was. This program will give life to our memories through sharing and help us know each other's children a little better.

Please join us for this program and our regular sharing tables to follow.



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
Alcohol/Drug Overdose	Ed Pyle	615-712-3245

A Love Song

The mention of my child's name may bring tears to my eyes. But it never fails to bring music to my ears. If you are really my friend, please, don't keep me from hearing the beautiful music of his name. It soothes my broken heart and fills my soul with love.

Nancy Williams
TCF New Jersey



*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—

Daniel Matthew Bledsoe

July 26
Son of
Dan and Barbara Bledsoe
Brother of Jason and Kaci

“Princess” Kelsee Nicole Corbitt

July 26
Granddaughter of Cheryl Carney

Stephen Christopher Gould

July 20
Son of Herb and Susan Gould

Heidi Kathleen Hedstrom

July 20
Daughter of Charlie and Kris Foust

Michael Scott Jones

July 4
Son of
Warren and Donna Jones and
Betty D. Jones
Brother of
David, Jennifer and Becky

Everett Louie Shuai Kelley

July 29
Son of Josh and Laura Kelley

Robert Bryan Parrish

July 7
Son of
Marvin and Debbie Parrish

David George Shriver

July 15
Son of
Warren and Donna Jones and
George Shriver
Brother of
Bekki, Bonnie and Laurie

Matthew James Truman

July 7
Son of
Douglas of Cathy McMorro

Amanda Jo White

July 18
Daughter of Jerry and Peggy Nolan



And in the month of their deaths—

Jacob Taylor Akers

July 7
Son of Jim and Carol Akers

Christopher William Black

July 8
Son of Ray and Linda Black

Adam Blake Brooks

July 19
Son of Danny Brooks and
Dawn Armstrong

Jonathan Lee Collins

July 31
Son of Charity Collins
Grandson of Jennie Reeves
Brother of Kristanna

Lucas Dawson (Luke)

July 8
Son of
Bob and Genevia Graham

Brandon Alexander Ellis

July 9
Son of
Mike Wnuk and Celeste Caruso

Allison Ann Fitzhugh

July 24
Daughter of
Bob and Debbie Fitzhugh

**Zachary Gray Goodpaster
(Zac)**

July 31
Son of
David and Lauren Goodpaster
Grandson of
Morris and Martha Smith

Samuel Christopher Hagens

July 5
Son of
Christopher and Pamela Hagens
Brother of Luke and Caleb

Chandler Page Harris

July 14
Son of
Scott and Terri Harris

Eva Renee Hartman

July 14
Daughter of Kay Hartman

Justin Scott Heath

July 28
Son of Earl and Betsy Branson

Matthew Kent Hensley

July 15
Son of
Kenneth and Kathy Hensley

Daniel Lee Henson

July 21
Son of Ron and Darlene Henson

John Charles Hicks

July 9
Son of Jenni Hicks

Cory N. Hood

July 22
Son of Debby Hood

Everett Louie Shuai Kelley

July 8
Son of Josh and Laura Kelley

James Thomas King (J.T.)

July 14
Son of Tom and Jere King

**Christopher Lincoln
Kingsborough**

July 20
Son of Paul and Lydia
Kingsborough

SST James Andrew Maum

July 11
Son of
Michael and Charlotte Margolis

Allen Glenn Mays

July 8
Son-in-law of
Roy and Carole Renfro

Madison Allen Mays

July 8
Son of
Allen and Rachel Mays
Grandson of
Roy and Carole Renfro

Jeremy Russell Powers

July 13
Son of Phillip and Linda King
and Ricky Powers, Sr.

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.

*Wilson and Jenny Christy
In loving memory of their son,
Jeremy Wilson Christy*



*Patrick and Ellen Donlon
In loving memory of
their son,
Stephen Joseph Donlon*

*Carl and Jo Ann Laterza
In loving memory of
their son,
Ryan Michael Laterza*

*Bob and Cynthia Daugherty
In loving memory of their
granddaughter,
Laura Abigail Czirr (Abby)
Daughter of
Steve and Paige Czirr*

*Marty and Melissa Fitzgerald
In loving memory of
their daughter,
Megan Marie Fitzgerald*



*Debbie Smith
And Jason Finch
In loving memory of
their son and brother,
Joshua Lynn Finch*

*Ronald Henson
In loving memory of
his son, Daniel Lee Henson
And his wife, Darlene Henson*

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.

You Did Not Die

*You live in the beautiful wind that blows.
You live in the sound of birds that crow.
You live in the sun that shines so bright.
You live in the peaceful dark at night.
You live in a star I see in the sky.
You live in ocean waves that come in with the tide.
You live in the smell of flowers and grass.
You live in the summer that goes so fast.
You live in my heart that hurts so much.*

You did not die, we only lost touch.

Shari Swirsky
TCF Toronto, Ontario, Canada

*"You are so strong"
Empty words
That don't touch the reality
That my life has become.*

*Walking through fog
Incredible pain
Searching for the beloved face
I crave to see
The voice that I strain to hear over the noises
Of people who have no idea
Of what the world has lost*

Charisse Smith
TCF Tyler, TX

The death of a child is so painful, both emotionally and spiritually, that I truly wondered if my own heart and spirit would ever heal ... I soon learned that I could help myself best by helping others ... it wasn't until Robin died that I truly threw myself into volunteer work. That precious little girl left our family a great legacy. I know George and I care more for every living person because of her. We learned firsthand the importance of reaching out to help because others had reached out to us during that crucial time.

Barbara Bush

9 Months

9 MONTHS!....9 whole months since that Terrible, Horrible, No Good, Very Bad Day!!

Several people have compared it to the 9 months of pregnancy, those happy months of anticipation before Jason was born. Yesterday things kept coming to mind, so here is my list of comparisons:

When I found out I was pregnant with Jason the excitement ran high. I had not told Stan I was hoping because we had been disappointed many times before. After the test at the clinic, I found Stan to share the news. We were elated! We held each other and laughed.

When I got the phone call about Jason's accident, I found Stan (via cell phone) to share the news. We were devastated! We held each other and cried.

Nausea! Not feeling well through most of the pregnancy.

Nausea! Physical pains throughout my whole body the past 9 months.

Sorting clothes to get ready for a new little one. How fun!

Sorting clothes to give away or get ready for a garage sale. How heart wrenching!

Reading books that people have given me to try to understand my pregnancy.

Reading books that people had given me to try to understand my grief.

Choosing equipment that will be needed for this baby.

Choosing a tombstone that will help us and others remember him forever.

Phone calls of "how are you doing?"

Phone calls of "how are you doing?"

Not sleeping because my back hurt.

Not sleeping because my heart hurts.

Feeling overwhelmed with so much to do and so little energy to do it.

Feeling overwhelmed with so much to do and so little energy to do it.

At the end of the 9 months we made phone calls to tell others about the birth of this beautiful little boy...this gift from God.

At the beginning of these 9 months we made phone calls to tell others about the death of this wonderful young man.

Helping older brother, David, adjust to having a baby brother.

David helping us now as we all adjust to Jason being gone.

The pregnancy ended after 9 months. Life was good!

This void will last forever.....

Joann Marnier
Brighton, Iowa

This House and I

I think this house and I shall grow old together and fall down around one another.

How can I paint the walls when his breath has coated them?

How can I wash the door frames when the smudges of his fingerprints surely are still there?

How can I patch the hole I kicked in the wall in the weeks after he died?

How can I clean the carpets that still hold billions of his skin cells, his DNA?

How can I throw out the old, broken chair that he sat and slept in?

How can I clear the air that sometimes still carries his scent?

How can I ever fix the broken hearts of his mother, his sisters and I?

How long must I wait?

Jack McPeck
TCF of Spokane, WA

Two Viewpoints

The following letter, signed "Sibling," appeared in the Louisville, KY newsletter. It is a poignant expression of love and pain that is typical of siblings' reactions. It is hoped that, for those of you with teenagers, it will offer clues leading to freer communications and sharing of feelings.

Dear Parents of "Compassionate Friends":

I am writing to let you know how I feel and maybe how some of the other siblings feel. There have been times when my parents start really getting extra down about my brother. I usually leave the room. I feel that no matter how hard I try, I will say or do something that will hurt them more, or that they won't understand what I'm really trying to say. They already feel enough pain. I really love them and I understand enough about how they hurt, but I'm just not good at saying what I feel. It seems like it never sounds right. I also hold my emotions back from them. I always hear it is best to let it out, and I do, but not in front of my parents. I'm afraid they might try to hold their emotions back in front of me, so I won't get upset. I've had rough times for the past couple of years, and I'm still having hard times, so I'm always afraid they will hold back if they see me getting upset. I know that would just hurt them more when they try to hold it back. I love to talk about the good times my brother and I had, but I'd just rather be alone when I cry for him. Just once in a while my sister and I can talk about him, but that's the only person I can really talk to. I hope and pray with all my heart that my parents will understand, but I just can't talk to them. I miss my brother a lot, more than I think they really realize. I love and care for them too much to go and upset them even more. Maybe I'm wrong, but please parents, understand how I feel. May we always be close.

*Love,
Sibling*

It's a Family Affair

When a child dies, grief is a family affair. It hits mom, dad, and siblings with equal despair. Mom cries and cannot get out of bed. Dad holds in emotions and leaves much unsaid. Sister and brother simply cannot understand why death came and dealt this kind of hand. No one acts as they should and nothing is the same. The family wants to draw together but seems to only share pain. Someone must be responsible when a child dies. Each family member thinks in some way it's them, and cries.

But no one is responsible for things we cannot control. So reach out to each other and keep the family whole.

Don't let the differences in how each grieve change the love in your family or its belief. Be strong when you can and weak when you must, and love each other with kindness and trust.

So treat the family with love and you will survive. For we who have been there and made it through together can say that holding on to each other makes love last forever.

Jackie Roxen
TCF, Broward, FL

One Voice Missing

Listen to the clamor of my children's voices, and I know I am blessed. I have two living, loving happy sons who never cease to amaze me. They are smart, sensitive, and funny. Watching them grow and learn is a joy. Each milestone brings me pleasure. I am proud of my boys, and they know it.

Yet in the midst of the entire clamor, I realize that something is missing. This is not how life should be for our family. As busy and bustling and loud as our house is, full of boys from all over the neighborhood at times, there is still an empty place in our hearts and in our lives.

Most people only see that we live comfortably and have some material things. They don't see that no amount of wealth or possessions can fill the hole that is in our lives. They see that we have two beautiful children, smart, healthy, happy. They don't see that there should be three children. They don't realize that one more mouth should be joining in on their raucous, icky-boy songs. They don't remember that we should have one more kid in the church play. They don't realize that every milestone our older children pass serves not only as a celebration of their lives, but also as a remembrance that ONE child will never see those milestones.

Don't get me wrong. I celebrate every single accomplishment, every performance, and every milestone, with zest. But in a corner of my heart, I still long to hear—I long to hold—I long to see—the little boy who is not here. He will forever be my infant son. He will never be a precocious, life-loving, mischief-filled seven-year-old. He will never play the trumpet in the band; he will never play Pop Warner football. He will never kiss a girl or go on a date. As each of his brothers grow and experience life, I will always remember that they should have a little brother that looks up to them with envy and adoration, and longs to be "just like them." I will always mourn for those moments that I am missing.

I think I miss the small, insignificant things more than the big moments. I miss the additional "distraction" in the car, trying to get from one place to another with a car full of kids. I miss him running in and out of the house, for Kool-Aid, for another ball or bat, or just a quick hug from Mom. I miss seeing him wrestle with his Dad. I miss so many little things. Most of all I miss his voice. I wonder what it would have sounded like. For now, that wondering cannot be satisfied. As long as I am living, he will always be that one voice missing.

Lisa Sculley
From Orange Park, FL TCF Newsletter



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.)

1st Child's Name _____
 2nd Child's Name _____
 3rd 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
 Roy Davies: (615)-604-2087
 (Please do not contact Christ Church Nashville)

<u>Thursday, October 17, 2019</u>	
10:00 - 5:00	Leadership Training
<u>Friday, October 18, 2019</u>	
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
<u>Saturday, October 19, 2019</u>	
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 right away. 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

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. 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, 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. 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 and click on chapter locator.

The Compassionate Friends

P.O. Box 50833



**Nashville, TN
37205**

**Return Service
Requested**

July 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.