

THE COMPASSIONATE FRIENDS

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

June 10 Meeting:

Balloon Release and Picnic

Location: American Legion Pavilion

Our June gathering is a very special time—our Annual Balloon Release and Picnic. At 3:00 p.m. we will meet at the American Legion Pavilion, 2864 Elm Hill Pike, 37214, just 3.3 miles beyond our regular meeting location.

This is a very popular event each year and we invite you to bring your family members. All ages are invited to come to remember and celebrate the life of your child.

Please see details on page 4.



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 and Darlene Henson
615-789-3613
- Small Child**.....Kenneth and Kathy Hensley
615-237-9972
- Alcohol/Drug Overdose**.....Ed Pyle
615-712-3245

A Gift for Fathers on Father's Day

You have memories – don't crowd them out
Think about them – Treasure them
And let them bring you solace
and a measure of joy.

TCF, Louisville, KY

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—

Laura Abigail Czirr (Abby)
June 22
Daughter of
Steve and Paige Czirr

Allison Ann Fitzhugh
June 22
Daughter of
Bob and Debbie Fitzhugh

Christopher Miller Harris
June 19
Son of
Bill Harris and Judy Harris

Allen Glenn Mayes
June 3
Son-in-Law of
Roy and Carole Renfro

Stephen Joseph Donlon
June 16
Son of
Patrick and Ellen Donlon

Patrick Eli Froehling
June 5
Son of Keith and Erin Froehling

John Charles Hicks
June 13
Son of
Jenni Hicks

Darren Robert Mayes
June 12
Son of Jack and Joy Williams

Jeffery Glenn Eakes
June 26
Son of Don and Sherry Eakes

Chase Lee Harris
June 27
Son of
Kirk and Shayne Harris
Paul and Stacey Fish
Grandson of Rose H. Bartlett

Grant Taylor Kennedy
June 12
Son of
James R. Kennedy and
Jennifer Corbin

Baby Nicholson
June 2012
Infant Daughter of
John and Suzanne Nicholson

Charles Courtney Edwards
June 14
Son of
Charles and Ruth Edwards



Ryan James Tropauer
June 25
Son of
David and Debbie Tropauer

And in the month of their deaths—

Lisa Allgood
June 30
Daughter of
Harold and Betty Allgood

Eric DeWayne Brown
June 8
Son of Sharon Brown

**Jamison Michael Duncan
(Jamie)**
June 13
Son of
Mike and Kay Duncan

Briana Leigh Kulesza
June 19
Daughter of
Larry and Donna Kulesza

Misty Whitney Ambrose
June 18
Daughter of
Michael and Treva Ambrose

Caleb Pruett Buchanan
June 21
Son of Randy Buchanan
Grandson of Jeanette P.
Buchanan
Brother of Debbie Hamilton and
Keith Buchanan

Jennifer Lee Friedmann (Jena)
June 9
Daughter of
John and Mignon Friedmann
Sister of Dr. John Friedmann

Baby Nicholson
June 2012
Infant Daughter of
John and Suzanne Nicholson

Curtis Patrick Baushke
June 16
Son of
Bill and Patti Baushke

John Roaten Cheadle, III (Ro)
June 16
Son of
John R. and Nancy Cheadle

Cole Hansen Kilgore
June 5
Son of Henry and Kathy Beeler
Nephew of Kacey Gant

Claire Aven Shelburne
June 27
Daughter of
Terry and Laura Shelburne

Alexander Beatty (Alex)
June 11
Son of
Yarnell and Liz Beatty



William John Shelburne (Will)
June 27
Son of
Terry and Laura Shelburne

Grief is a solitary journey. No one but you knows how great the hurt is. No one but you can know the gaping hole left in your life when someone you know has died. And no one but you can mourn the silence that was once filled with laughter and song. It is the nature of love and of death to touch every person in a totally unique way. Comfort comes from knowing that people have made the same journey. And solace comes from understanding how others have learned to sing again.

Helen Steiner Rice

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.

Henry and Kathy Beeler
In loving memory of their son,
Cole H. Kilgore

Wayne and Kathy Gorham
In loving memory of their son,
William Matthew Gorham (Matt)

Rosemarie Moore
In loving memory of her son,
Jason William Rice

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

Gust and Jane Pappas
In loving memory of their son,
Adam Nicholas Pappas

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.

Note: Kroger Rewards—To create an account to benefit TCF, go to the Kroger website and click on "Community Rewards," then follow the instructions on that page. After that, all you have to do is shop at Kroger and swipe your Plus Card. Kroger will donate dollars to TCF every time you shop there. It's an easy way to support your chapter.

Just For Today

Just for today I will try to live through the next 24 hours and not expect to get over my child's death, but instead learn to live with it just one day at a time.

Just for today I will remember my child's life, not his death, and bask in the comfort of all those treasured days and moments we shared.

Just for today I will forgive all the family and friends who didn't help or comfort me the way I needed them to. They truly did not know how.

Just for today I will smile no matter how much I hurt on the inside, for maybe if I smile a little, my heart will soften and I will begin to heal.

Just for today I will reach out to comfort a relative or friend of my child, for they are hurting too, and perhaps we can comfort each other.

Just for today I will free myself from my self-inflicted burden of guilt, for deep in my heart I know if there was anything in this world I could have done to save my child from death, I would have done it.

Just for today I will honor my child's memory by doing something with another child because I know that would have made my own child proud.

Just for today I will offer my hand in friendship to another bereaved parent, for I do know how they feel.

Just for today when my heart feels like breaking, I will stop and remember that grief is the price we pay for loving and the only reason I hurt is because I had the privilege of loving so much.

Just for today I will not compare myself with others. I am fortunate to be who I am and to have had my child for as long as I did.

Just for today I will allow myself to be happy, for I know that I am not deserting him by living on.

Just for today I will accept that I did not die when my child did. My life did go on and I am the only one who can make that life worthwhile once more.

All-Outdoor Balloon Release and Picnic: June 10

New Location: American Legion Pavilion

The afternoon of June 10, 2018 marks the date of our regular annual balloon release and picnic in memory of our children.

Location: American Legion Pavilion, 2864 Elm Hill Pike, 37214 (Plenty of parking)

The Pavilion is about one and a half blocks east of Donelson Pike,
just 3.3 miles east of our regular meeting location at 1604 Elm Hill Pike.

Plan to arrive before 3:00 PM. Family members of all ages and friends are invited to participate. Each person will be given a bio-degradable helium-filled balloon to which you may attach a handwritten message (paper will be provided.) Following a few moments of remembrance, the balloons will be released. It is really quite beautiful as they drift away together. The group will then gather for barbecue and covered dish picnic under the pavilion. This is a moving ceremony as well as a time to get to know one another better.

Each family is asked to bring a dish large enough to serve eight, according to the starting letter of your last name, as follows:

A-G: Dessert or chips Main dish (other than barbecue, which will be provided)

H-M: Main dish (other than barbecue, which will be provided)

N-Z: Cole slaw, baked beans, salad or other side dish

Soft drinks and paper goods will be provided by the chapter. Picnic tables are under a large shelter in case of a shower. Plan to bring lawn chairs or a blanket if you wish, and outdoor games. Restroom facilities are nearby. Please dress for the weather and plan to stay as long as you like. Please, no pets. We hope to see you there!

Liftoff

*Colorful, shimmering spheres,
We send you in tearful devotion
To fly with the music of always
Into the kingdom of hope.*

*Though death tried his best to divide us,
Life and love keep the children beside us.
Our hearts fly along to the place beyond tears
With the colorful, shimmering spheres.*

*Rise gently, you glistening orbs—
You carry a precious freight—
All the love our hearts can command,
All the courage and hope that we can own.*

*Drift onward, you radiant envoys—
You carry with you much grief,
But laughter also, and smiles
You carry the memories of parents
You carry the thanks of sad hearts
Who relished their child's life
For a while, not for long—
Not nearly for long enough ...*

*We send you to fly to the sky,
To rise like the magical sun—
Tell Heaven about our loss
Declare it again and forever:
Our love for the children lives on.
Shimmering spheres, be released
As a symbol of deep celebration
Helping us to remember again that we—
Our children and we—
Are together enfolded by Spirit.*

*Though death tried his best to divide us,
Life and love keep the children beside us.
Our hearts fly along to the place beyond tears
With the colorful, shimmering spheres.*

Sascha



Dads Need Hugs, Too

When a child dies, everyone has such compassion for the mother. Months after the death, people still ask how she is doing. There is always a shoulder available for her to lean on to release some of her pain.

Let's not forget the father. The child was a part of him, too. That child was his son, to play ball with, coach in sports, watch sports with, or collect baseball cards. Or she was his daughter, his princess, the most beautiful girl that ever lived. Daddy's perfect angel.

Fathers hurt deeper than mothers sometimes because there is no release for their pain, no one there to listen to them say, "I feel terrible. I miss my child so much." Or "Today reminds me of when" The longer fathers keep silent, the more hurt they have to keep inside, pushing it deeper and deeper to make room for more.

The next time you see a father that has lost a child, don't forget to ask how he is today and give him a hug or just put your hand on his shoulder to let him know you see his pain. Dads need hugs, too.

Kathy Hunsicker
TCF Lehigh Valley, PA

A Father's Hands

*My hands are aged and have worked on much,
The years of calluses make them rough to the touch.
Their strength has diminished through time,
Working in wood, yards, often covered in grime.*

*They held hoes, rakes, hedge trimmers and more,
Handling the hard jobs no matter what the chore,
They have known the feel of heat and cold,
And are starting to feel just a little old.*

*They have also known the joy of combing silky hair,
Our daughter tolerated my styling attempts from her chair.
They often held her hand while walking with her as a child,
And later willingly pushed her wheelchair, the ride was wild.*

*Often they were held against hers to compare the size,
She was proud of her large hands, much to everyone's
surprise.*

*I remember holding her tightly during her last amazing hour,
The memory of that time has such an incredible power.*

*These hands that held her with parental love that was selfless,
Would become weak and useless and felt utterly helpless.
These hands that held her and carried her and miss her so
badly,
Are the longing, searching, caring hands of her Daddy.*

*I'll keep them working and toiling making new plans,
Waiting to reach out and hold her again with these father's
hands.*

Holding firmly onto the memories of Pride.



Dan Gardner
TCF, Nashville, TN

A Father on Father's Day

Fatherhood is a wonderful and privileged word. I am a father, a bereaved father, who lost a son. Although it will be eight years in August of this year, I still miss him every day. Maybe I should miss him a little more on Father's Day, because someone, somewhere once decreed that Father's Day be a special day to honor your father. So, according to that mandate one might suppose that I should because I may have subconsciously (or forcibly?) calibrated the threshold of that pain, of that missing, so it is constantly within me every day of the year, but at a lower level than in the beginning, and not as devastating. In life, and with minor fluctuations, it is there. Yes, I wish my son were here on Father's Day, but so do I wish he were here every day.

However, I will celebrate Father's Day this year, because, thank God, I have a remaining son whom I cherish. For you bereaved fathers who have lost your only child, more than one of your children, or all of your children, there are no words that can adequately express my sorrow for the depths of your grief and anguish. There is no way that I can truly feel the pain that you feel, but as someone wisely and compassionately said to me in my despair, "I wish I could take your pain away from you."

Perhaps some of us might agree that Father's Day is a cruel day for bereaved fathers, just as Mother's Day is a cruel day for bereaved mothers. If that be so, I hope we can elicit some sweet memories of our beloved children from kinder days to treasure, to help alleviate the pain, and to enable us to pass the day with some degree of serenity.

May I repeat that which was said to me, which was of consolation to me when I desperately needed it: "I WISH I COULD TAKE YOUR PAIN AWAY FROM YOU."

And bereaved fathers, may you find peace, as much as is possible, on Father's Day and on every day of the year. I hope next Father's Day will be better.

Dave Ziv
TCF, BucksMont Chapter, Warrington PA

It's June

It might have been her wedding. It was supposed to be his graduation day; his friends are there—he is not. You had always planned to take them to Disneyland, but it is too late for that, now. When they died, they took some of your future as well; they took your dreams for them. They left a hole in your life and you will never feel completely whole again.

Should you accept those invitations to weddings and graduations? Only you know what is comfortable for you.

Give yourself all the room you need, no matter what anyone else says. Perhaps this year, you will want to send a card or gift instead of attending the event.

One mom said she left a graduation with mixed emotions. She ached for her son's place in line, getting his diploma; but she also felt honored to have been invited by her son's friend and proud when they brought her flowers "for Jim," and she loved hearing all the stories about her son that they shared.

What you have left is the love you feel for them, the memories that they left you—these will always be a part of you. In this way, they are a part of your future.

This is a very sad and difficult time for you, so do something nice for yourself today. Isn't that what your child would have wanted?

L. F. Skagit
TCF, Mount Vernon, WA

Bring My Child Back To Me

*Whisper, whisper, wind in the woods,
Bring back my child, here where he stood,
Let him laugh, let him shout, let him giggle with
glee,
Wind in the woods, bring my child back to me.*

*Silence of morning, dew on the grass,
Give me peace in my soul, let this time pass,
Let my child sit beside me, let the two of us be,
Silence of morning, bring my child back to me.*

*Middle of night, so dark and so still,
Let me relax and remember at will,*

*Let my child in my thoughts drift forever to see,
Middle of night, bring my child back to me.*

*Sunrise and sunset, beginning and end,
Give me a day with my child, my friend,
We'll run on the beach, we'll play in the sea,
Sunrise, sunset, bring my child back to me.*

*Memories, memories here in my head,
Don't ever leave me, even though my child's dead,
Keep him alive, keep him strong, keep him free,
Memories of mine, bring my child back to me.*

Barbara Patterson
TCF, Conquitlam, BC

Seasons Change and So Do We

Spring is a time of renewal, nature's loving promise of eternal life. So many things about our child will never die—the light in young eyes that came with a smile, the warmth of a hug, the joy we experienced as we watched the child discover and grow. These things came from our love—our love and our child's love. Is there a way to take back love or the memories of it? Once experienced, love is eternal, just as the awakening of each season occurs over and over and will always be so.

We can do some things even in our state of depleted energy. Touching growing things can rejuvenate a battered heart. Try planting a small flower bed or a pot of special flowers in memory of your child. Tend it with love, and watch it respond. It will give you pleasure and closeness with your child you can experience no other way. The strength to face your bereavement will grow with the plants.

Planting, tending, and enjoying is a salute to our child and to the way the world is planned for eternal renewal and change. Perhaps it says we don't have the energy to recover even for a limb pruned by the clippers. When the grass is mowed down, it's not back to its original height in the morning. If nature heals slowly, maybe this is the way set up for us, too.

Each season invites us to experience its cycle, its pattern, which, while it involves change, and yes, even death, is a promise that as one stage of our lives turns into another, there can be beauty and joy mixed in with pain and loss. We do not believe when the trees bare themselves in the fall, there will ever be green leaves again. So, with the arrival of yet another cycle, touch, see, smell, taste, and perhaps enjoy nature's renewal. The eternal cycles are a promise that nothing ever goes away permanently. They speak to us of strength for change and immortality—our own and our child's.

Elizabeth B. Estes
TCF, Augusta, GA

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 in their newsletter 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). or emailing davidg14@bellsouth.net.

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, 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. Their informative brochure is found under "Contact Us."

Alive Hospice Support Group for Bereaved Parents

For general information about Grief Support Services at Alive Hospice, please call the main number: [615 963-4732](tel:6159634732) or email griefsupport@alivehospice.org. Diane Castellano, LCSW is a grief counselor there for children and their families. Call her at 615-346-8554.

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**

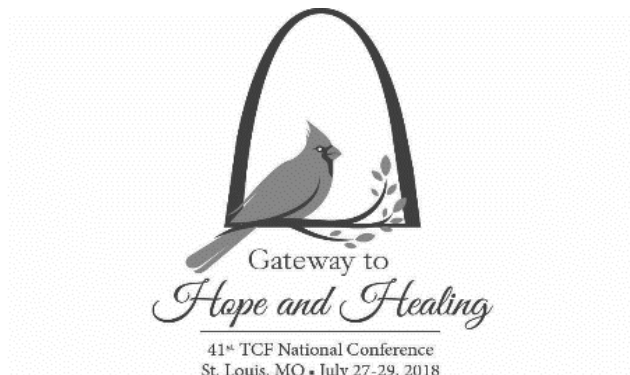
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June 2018

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PLAN NOW TO ATTEND:



The 41st TCF National Conference will be held in St. Louis, Missouri on July 27-29, 2018. “Gateway to Hope and Healing” is the theme of this year’s event. The 2018 Conference will be held at the Marriott St. Louis Grand Hotel. **Conference registration is open. The conference schedule, workshop details, conference hotel information and registration are available online at www.compassionatefriends.org.**

Plan to be a part of this heartwarming experience filled with uplifting workshops, meaningful interaction with grieving families from all over the world, banquets, an especially supportive sibling program and much more, all culminating in the meaningful ‘Walk to Remember’ on the final morning.