

THE COMPASSIONATE FRIENDS

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

Website: www.tcfnashville.org



Chapter Leaders: Cheryl Carney, (615) 347-8341

Kris Foust, (931) 216-7801, email: hedsupkris@yahoo.com

Newsletter Editor: Melanie Ladd, (615) 513-5913, email: melanierladd@gmail.com

Treasurer: Ed Pyle, (615) 712-3245, email: epyle@wyattfirm.com

Outreach: David Gibson, (615) 356-1351, email: davidg14@bellsouth.net

Regional Coordinator: Polly Moore, (931) 962-0458, email: lolly39@aol.com

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.

June 9 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 Henson
615-789-3613
- Small Child**.....Kenneth and Kathy Hensley
615-237-9972
- Alcohol/Drug Overdose**.....Ed Pyle
615-712-3245

Believe, when you are most unhappy, that there is something for you to do in the world. So long as you can sweeten another's pain, life is not in vain.

Helen Keller

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—

Janae Dianna Renee Cloyd
June 16
Daughter of
Gerri and Brandi Cloyd

**Laura Abigail Czirr
(Abby)**
June 22
Daughter of
Steve and Paige Czirr
Granddaughter of
John and Joann Czirr And
Bob and Cynthia Daugherty

Stephen Joseph Donlon
June 16
Son of
Pat and Ellen Donlon



Jeffrey Glenn Eakes
June 26
Son of
Don and Sherry Eakes

Charles Courtney Edwards
June 14
Son of
Charles and Ruth Edwards

Allison Ann Fitzhugh
June 22
Daughter of
Bob and Debbie Fitzhugh

Raejon Givens
June 3
Son of
Tanisha Givens

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

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

John Charles Hicks
June 13
Son of Jenni Hicks

Vontrekus Keon Lockett
June 28
Son of
Willie Sails and Bernita Lockett

Allen Glenn Mays
June 3
Son-in-law of
Roy and Carole Renfro

Baby Girl Nicholson
June 2012
Daughter of
John and Suzanne Nicholson

Nigel Randolph Phill
June 26
Son of Jennifer Phill

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

Misty Whitney Ambrose
June 18
Daughter of
Michael and Treva Ambrose

Curtis Patrick Baushke
June 16
Son of Bill and Patti Baushke

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

Eric DeWayne Brown
June 8
Son of Sharon Brown



Caleb Pruett Buchanan
June 21
Son of Randy Buchanan and
Leilani McCaleb
Grandson of Jeanette Buchanan

Janae Dianna Renee Cloyd
June 8
Daughter of
Gerri and Brandi Cloyd

Francis Douge
June 29
Son of Ruth Carrano

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

Jennifer Lee Friedmann (Jena)
June 9
Son of
John and Mignon Friedmann
Sister of Dr. John Friedmann, Jr.

Christine Michelle Haile
June 22
Daughter of
Ron and Jayme Summers

Bailey Heath
June 27
Son of Justin Scott Heath

Grandson of
Earl and Betsy Branson

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

Biana Leigh Kulesza
June 19
Daughter of
Larry and Donna Kulesza

Baby Girl Nicholson
June 2012
Daughter of
John and Suzanne Nicholson

William Forester Richardson
June 9
Son of
Scott and Marcia Richardson
Brother of Kathleen

**William John Shelburne
(Will)**

Claire Aven Shelburne
And their mother,
Laura Shelburne
June 27
Children and Wife
of
Terry Neal Shelburne

Matthew James Truman
June 7
Son of
Douglas and Cathy McMorro



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.



Mark and Stephanie McKinney

*In loving memory of
their son,
Austin B. McKinney*

Yarnell and Liz Beatty

*In loving memory of
their son,
Alex Beatty*

Barbara Davies
*Through Nationwide
Workplace Giving Program*

*In loving memory of
her stepsons,
Roy James Davies and
Taylor Davies
Sons of Roy Davies*

John and Mignon Friedmann

*Dr. John Friedmann, Jr.
In loving memory
their daughter and sister,
Jennifer Lee Friedmann (Jena)*

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

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.

Hands

*Little handprints
in a frame,
Flashback of memories
days long gone,
yet still so fresh in my mind
as if only yesterday.*

*Tiny hand of my baby girl,
Fingers curled around my own,
Only a reflex to some,
But not in my mind,
For me only the purest
of loving connections.*

*Outstretched toddler hand
reaching out for mine.
Trusting mother's protective grasp,
maneuvering the busy streets,
we skipped together,
hand-in-hand.*

*Slender-fingered teenage beauty,
polished nails, smooth scented hands.
Seeking independence,
Hands pushing me away,
Sensing somehow her reluctance,
Not really ready, not quite yet...*

*Hands of her adult years,
I thought would have held mine
as I navigated through the ageing years.
Hands to comfort and hold, but never to be,
I am left only with my memories,
and tiny handprints,
in a frame...*



Cathy Seehuetter
TCF St. Paul, MN

All-Outdoor Balloon Release and Picnic: June 9

Location: American Legion Pavilion

The afternoon of June 9, 2019 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: Cole slaw, baked beans, salad or other side

H-M: Dessert or chips

N-Z: Main dish (other than barbecue, which will be provided)

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!



A Tribute to my Sister, Lori Lee Smith

I Saw You

*I saw you today in the morning dew
As brilliant as a sea of shimmering diamonds
I shared the most amazing sunrise with you today
A million shades of red so random in their perfection
I heard you today in the laugh of my children
An enchanting melody a thousand angels strong*

*I walked with you today and we talked about everything
. . . and nothing all at once
I saw you today in the changing of the leaves*

*The colors of your life, the close of one season
And the ushering in of another
I sat beside a stream with you today
The peaceful flow, steady and constant*

*I saw you today . . . and you were perfect
And rest assured . . . I shall see you again*

Avery Smith
TCF Ada Area Chapter

Father's Day

Every father believes in his role as protector of his family. He has been assigned the job of fixer and problem solver. He has been told since his youngest days that he must be strong—must not cry. But each father among us has had to face that point where no amount of fixing, problem solving, and protecting has been able to stop our child's death. And, inside, we must ask ourselves about our failure, and we must face our lack of omnipotence.

Father's Day is often a forgotten holiday, overshadowed by the longer-standing tribute to mothers. But for the bereaved father it is a poignant reminder of bitter sweetness: sweet in the memory of a loved, now lost child; bitter for the death and pain and recognition of the inability to have stopped what happened.

Fathers do not often have a chance to share their hurts and concerns. Often they are unable to do so, a remnant of childhood learnings about the strength and stoicism of "big boys." A father may even be uncomfortable opening up to his wife, and the wife who pushes him to talk may be pushing too hard.

Father's Day does not have to be a time when everyone pours out of the woodwork to say, "I'm sorry we haven't talked. Let's do it now." But it can be a time when the family gives Dad a hug, does something special, helps with the chores and mostly, lets him know how important and needed and loved he is. It is some of these things that he has lost with the death of a child. And, like Mother's Day, the day set aside for fathers does not have to be limited to a Sunday in June. It can be any day and every day.

Fathers often show their hurt differently, often internally. **But they do hurt.**

Gerry Hunt
TCF, White River Junction

The Awakening

*This morning, upon my husband's pillow,
A tear.
Last night I heard no weeping
I felt no rhythmic shaking
Yet there it is;
Glistening, silent testimony to pain.*

*Quickly I reach to blot it
As if one swift brush
Could set the world right again
But something stays my hand,
Stops me to wonder:
Am I the cause of weeping?*

*In my life is much sorrow,
Dreadful longing and emptiness
That even my husband cannot fill.
Sorrow brings sleepless nights in fear
Of other phone calls and ambulances;
More longing and emptiness.*

*My husband shares this loss
But men don't cry;
They nod bravely and tend to detail
Make arrangements and give support.
Yet, there it is upon his pillow:
A tear.*

*Have I given way to grief
And forgotten one who shares?
Have I made no room for his tears
In the flood of mine?
Am I the reason he weeps
Only in the silence of night?*

*I close my hand
To leave the tear drying there.
No more will I blot out his pain
To tend to mine,
For we must share
In order to live: together*

Marcia Alig
TCF, Mercer Area Chapter, NJ

Death of an Adult Child

Just as the family grieves the infant, the young child, and the adolescent, so do they grieve the death of their adult child, who is at the same time part of themselves and yet a separate person who has contributed to their lives over the years. For elderly parents who no doubt have known other losses, being predeceased by their child is intolerable and unnatural and produces a special sense of injustice and guilt. The natural order of the elderly dying and the young living is reversed. Many parents would willingly exchange their own lives for the life of their child. To have lived beyond their child seems intolerable. Cards, messages of support, phone calls are for the most part directed to the widows and surviving children. Grief on the death of one's child is not bound by age or circumstances.

From *A Child Dies*
by Joan Arnold and P. Gemma

A Grandparent's Lament

My seven-year-old grandchild was killed in a tragic accident. We had such wonderful times together. He was the shining light of my life and now he is gone. I feel sorry for my daughter and son-in-law, but they have lots of support from caring friends. No one seems to understand my agony. Grandparents mourn too.

The grandparent-grandchild relationship is very special. With quality time they provide the biggest laps, make few demands, and give many gifts. It has often been said that parents aren't supposed to bury their children. But neither are grandparents supposed to bury their grandchildren. When a child dies, both parents and grandparents have lost a part of their future—one of the most horrific blows that human beings can endure.

There is a double assault of grieving for a grandchild while witnessing the suffering of your daughter and son-in-law. Your grief work may be different. Memories and attachments are not the same. Each of you has been rocked in individual paths to the very depths of your being in the attempt to patch together pieces of your shattered lives. You must find a way to express what you are feeling or this suffering will stay inside you and fester. Seek out those with whom you can share your heartbreak. Pour out these emotions of grief and if necessary, repeat them time and again. Perhaps keep a journal for your eyes alone to flood out your sorrow. But most of all, talk. Talk to your friends, family, neighbors, clergy, support group or a professional counselor. How sorely you need their expressions of help, warmth, and understanding.

The death of your grandchild may also result in an even closer relationship with your daughter, son-in-law, and the rest of your family. Recall the unforgettable memories of the past as you search for a meaningful future. Even in your overwhelming despair you will realize that part of that child's life will live with you forever.

Rabbi Earl A. Grollman
From *Journeys*, April 2002
Newsletter of the Hospice Foundation of America

Sound Familiar?

*I seem to be falling apart.
My attention span can be measured in seconds,
My patience in minutes, and I cry at the drop of a hat.
I forget things constantly,
The morning toast burns daily.
I forget to sign my checks.
Half of everything in the house is misplaced.*

*Anxiety and restlessness are my constant companions.
Rainy days seem extra dreary.
Sunny days seem an outrage.
Other people's pain and frustration seem insignificant.
Laughing, happy people seem out of place in my world.
I am normal, I am told.
I am a newly grieving person.*

Eloise Cold
TCF, Phoenix, AZ



The Butterfly in Our Lives

Most often we hear, in our Compassionate Friends circles, of the butterfly representing the lives of our children who have died. Their spirit lives on and our memories live on, often in fleeting moments. But I think the butterfly's life cycle — metamorphosis could just as easily represent our own lives. We seem to fit the four stages of the cycle.

THE EGG: When we are small, we are protected, changing, and living in a somewhat small and safe world — much like the butterfly egg attached to a leaf somewhere.

THE CATERPILLAR: The caterpillar is much like our lives before the death of our child or children. We go through the day doing what we need to do. We grow a lot and we change somewhat slowly. We devour many things in daily life — work, church, Little League. And then the child is gone. We change.

THE COCOON: After the death of our child, we shut ourselves off from so much because of our grief. We often encase ourselves in the blanket of grief and depression —that is what protects us from the horrible pain.

THE BUTTERFLY: The pain lessens and we begin to heal as we work through the grief process, and we begin to see a ray of light — a little color. Some of the weight is removed. We break open our cocoon and begin to reach out ever so slightly and touch life again, just to see if it will hurt too much. As we discover the brighter days and brilliant colors of life, we become more like the butterfly. We are free to once again be a part of life and we can move about more easily and begin to take some of the nectar from life.

Dale Tallant
TCF, Tulare, CA

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 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**

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June 2019

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REGISTER NOW FOR THE TCF NATIONAL CONFERENCE



The 42nd TCF National Conference will be held in Philadelphia, on July 19-21, 2019 at the Philadelphia 201 Hotel. “Hope Rings Out in Philadelphia” is the theme of this year’s event, which promises more of last year’s great National Conference experience. The Compassionate Friends National Conference is a weekend spent surrounded by other bereaved parents, grandparents and siblings. It is a place where hope grows and friendships are made with others who truly understand.

- Choose to attend from nearly a hundred different workshops and sharing sessions, given by professionals and also individuals just like you.
- Take advantage of “Healing Haven” to receive free personal services such as a massage.
- Craft items to commemorate the love for your family member in the “Crafty Corner”.
- Step away for a quiet moment of pause in the “Reflection Room”.

See details and register on the national website, 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.