

THE COMPASSIONATE FRIENDS

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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. (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 13th Meeting:



At this time, we plan to meet in person at the ABC building for our regular June meeting. We will abide by safe practices including taking temperatures at the door, wearing masks and keeping some distance between families. The room will be sanitized. Although we are still limited by some of the things we can do, we will be together to share our children.

We understand that there are many reasons why some will be unable to join us in person. Therefore, we have scheduled a Zoom meeting for June as an option on the **THIRD** Sunday (June 20) at 3:00 p.m. If you are interested in attending, please send an email to TCFNashville@yahoo.com. We will email the link a few days before the meeting. A link will also be available on our Facebook page.

We hope these two meeting options will provide everyone who needs an opportunity to connect in June. Any changes will be posted on Facebook and our website www.tcfnashville.org.

Dear TCF family,

We would like to extend a heartfelt Thank You to all who donated to our TCF Nashville Chapter in 2020. We have all experienced a year of terrible uncertainty and stress concerning so many issues - employment, health, schooling, finances, and yet an abundance of donations continued in memory of our precious children. Because of your generosity the work of supporting the bereaved continues.

Thank you from the bottom of our hearts,
Your TCF leadership team



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 DeathMike 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

*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—

Robert Thomas Coughlin

June 27
Son of
Kent and Laura Coughlin

Laura Abigail Czirr (Abby)

June 22
Daughter of
Steve and Paige Czirr
Granddaughter of
Robert and Cynthia Daugherty,
John and JoAnn Czirr

Stephen Joseph Donlon

June 16
Son of Patrick and Ellen Donlon
Brother of
Katy, David, John, and Elizabeth

Jeffrey Glenn Eakes

June 26
Son of Don and Sherry Eakes

Charles Courtney Edwards

June 14
Son of
Charles and Ruth Edwards

Stephen Joseph Fay

June 6
Son of Pennie Fay

Chase Lee Harris

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

Christopher Miller Harris

June 19
Son of
Bill Harris and Judy Harris

Ashley Brooke Huffaker

June 6
Daughter of Tim and Heather Cuff

Allen Glenn Mays

June 3
Son-in-law of
Bob and Carole Renfro

Baby Nicholson

June 2012
Infant daughter of John and
Suzanne Nicholson



Nigel Randolph Phill

June 26
Son of Jennifer Phill

Christopher Michael Swayze

June 6
Son of Michael Swayze and
Carole Swayze

Ryan James Tropauer

June 25
Son of
David and Debbie Tropauer

And in the month of their deaths



Codie Dewayne Adams

June 1
Son of
Shane and Laura Adams

Lisa Allgood

June 30
Daughter of
Harold and Betty Allgood

Misty Whitney Ambrose

June 18
Daughter of
Michael and Treva Ambrose

Eric DeWayne Brown

June 8
Son of Sharon Brown

Jamison Michael Duncan

(Jamie)
June 13
Son of
Mike and Kay Duncan

Ryan Michael Dunleavy

June 15
Son of
Kevin and Loral Dunleavy

Stephen Joseph Fay

June 5
Son of Pennie Fay

Jennifer Lee Friedmann

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

Dustin Wayne Hinkle

June 28
Son of Gerry and Dawn Hinkle

Chase S. Hornsby

June 11
Son of Troy and Robin Hornsby,
Ben and Renee McConnell

James Anthony Hunter, Jr.

June 16
Son of James and Tammy Hunter

Cole Hansen Kilgore

June 5
Son of Henry and Kathy Beeler
Nephew of Kacey Gant

Briana Leigh Kulesza

June 19
Daughter of
Larry and Donna Kulesza

David Alan McCoy

June 16
Son of
Billy and Beverly Edwards and
Garry McCoy

Baby Nicholson

June 2012
Infant daughter of John and
Suzanne Nicholson

Logan Wayne Pennington

June 10
Son of Tim and Kim Pennington

Ethan Shaw

June 11
Son of Will and Shavona Shaw

Andrew Mason Sherrill

June 19
Son of
Chuck Sherrill and Jennie Sherrill

Cassidy Leigh Stuart

June 7
Daughter of
Thomas and Jennifer Stuart

Matthew James Truman

June 7
Son of Cathy McMorro

Nathan Young

June 22
Son of Dana Young

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.

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



*Mike and Jean Overcash
In loving memory of their son,
Michael Stanley Overcash*

*Thanks to you Kroger shoppers,
we have Received from the
Kroger Plus Community Rewards Program
\$125.00 on 3/25/21**



*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 Friedman
Dr. John Friedmann
In loving memory of
Their daughter and sister,
Jennifer Lee Friedmann (Jena)*

Each month, Allegra Marketing (615 360-3339) 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.

Some Special Ways to give



**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.*

If your employer supports the [United Way](#), you might have the option to “designate” your donation. Every dollar you contribute through our payroll deductions goes to the organization you designate. TCF Nashville is an approved organization with the United Way. Please consider designating your United Way donation to TCF Nashville.

Song

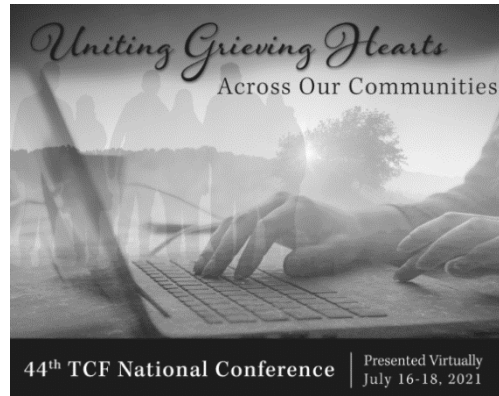
*A song is on my mind—
a pleasant song, simple
and almost lighthearted.*

*Nothing else on my mind,
only the song,
singing itself over and over
all day long.*

*It is not a song about you,
but it is a song because of you.
And it means
that I miss you
all day long.*

Sascha





44TH TCF NATIONAL CONFERENCE JULY 16 - JULY 18

Save the Date! TCF's 44th National Conference will be presented virtually July 16-18, 2021. Although we would love to be together in person, we can still connect, support, and gather as a community through our virtual event. More details about TCF's three-day conference are coming soon, including number of sessions, registration prices, and early bird prices and dates. Check the national website at www.compassionatefriends.org for updates.

COMMENTS FROM THE 2020 VIRTUAL CONFERENCE

"The Conference meant so much to me. It was beautifully presented. I will always be grateful that I was able to attend." – 2020 Virtual Conference Attendee

"I am very grateful for all your hard work putting together such an amazing 3-day event. I am newly bereaved and this conference was that ray of sunshine that I needed. The Compassionate Friends conference has given me tools that I didn't even know I needed to help me ease some of this pain in my heart." – 2020 Virtual Conference Attendee

A Bereaved Grandparent

I am powerless. I am helpless. I am frustrated. I sit here with her and cry with her. She cries for her daughter, and I cry for mine. I can't help her. I can't reach inside and mend her broken heart. I must watch her suffer day after day and see her desolate.

I listen to her tell me over and over how she misses Emily, how she wants her back. I can't bring Emily back for her. I can't even buy her a better Emily than she had, like I could buy her a better toy when she was a child. I can't kiss the hurt and make it go away. I can't even kiss a small part of it away. There's no Band-Aid large enough to cover her bleeding heart.

There was a time I could listen to her talk about a fickle boyfriend and tell her it would be okay, and know in my heart that in two weeks she wouldn't even think of him. Can I tell her it'll be okay in two years when I know it will never be okay, that she will carry this pain of "what might have been" in her deepest heart for the rest of her life?

I see this young woman, my child, who was once carefree and fun loving and bubbling with life, slumped in a chair with

her eyes full of agony. Where is my power now? Where is my mother's bag of tricks that will make it all better? Why can't I join in the aloneness of her grief? As tight as my arms wrap around her, I can't reach that aloneness. Where are the magic words that will give comfort? What chapter in Dr. Spock tells me how to do this? He has told me everything else I needed to know. Where are the answers? I should have them. I am her mother.

What can I give her to make her better? A cold wet wash cloth will ease that swelling of her crying eyes, but it won't stop the reason for her tears. What treat will bring joy back to her? What prize will bring that "happy child" smile back again?

I know that someday she'll find happiness again, that her life will have meaning again. I can hold out hope for her someday, but what about now? This hour? This day? I can give her my love and prayers and my care and my concern. I would give her my life. But even that won't help.

Margaret Gerner
TCF, St. Louis, MO

*Yesterday is experience. Tomorrow is hope.
Today is getting from one to the other as best we can.*

John M. Henry

The Bereaved Father

The bereaved father suffers severely in the lonely pew of suppressed grief. He endures not only the psychological impact of losing his child, but the fear of losing his masculine identity by publicly displaying his distress. In building an image to fit what our society expects, a man who openly reveals his emotions during a time of tragedy feels he is looked down upon in most quarters. We are taught to expect a “real” man to be strong in time of crisis, strong in time of war, strong under fire, but what society does not fathom is that the loss of a child doesn’t rank with other stress emotions. The loss of one’s child transcends the barrier of do’s and don’ts for emotional behavior.

The honest gut emotion of cleansing the soul with tears of grief is akin to lancing a wound to drain the infection. A man or a woman is entitled to the right of expiating sorrow. Men should be made aware that it is a natural response for them to experience the same emotional upheaval in grieving the death of a child that women do. In suffering a loss of such magnitude, it is also natural—and NOT unmasculine—for a man to find himself dealing with periods of anger, guilt, moroseness, anxiety, frustration, and other real and gnawing thoughts. Grieving is a period of adjustment—for men as well as women.”

Excerpt from *Recovering From the Loss of a Child*
by Katherine Fair Donnelly

The Grief of Fathers

*In the early days of my grief,
a tear would well up in my eyes,
a lump would form in my throat,
but you would not know—
I would hide it,
And I am strong*

*In the middle days of my grief,
I would look ahead and see that wall
that I had attempted to go around
as an ever-present reminder of
a wall yet unscaled.
Yet I did not attempt to scale it
for the strong will survive—
And I am strong.*

*In the later days of my grief,
I learned to climb over that wall
step by step—
remembering, crying, grieving
And the tears flowed steadily
As I painstakingly went over.
The way was long, but I did make it,
For I am strong.*

*Near the resolution of my grief,
a tear will well up in my eyes,
a lump will form in my throat,
but I will let that tear fall—
and you will see it.
Through it you will see
that I still hurt and I care,
For I am strong.*

Terry Jago

Loneliness and How to Overcome It

Why are there times when a bereaved parent feels lonely even though surrounded by loving people the bereaved parent loves? Loneliness is the outgrowth of separation from one who has given meaning to life. Yes, other relationships offer meaning, but it is normal for the searing pain from the loss of one’s child to supersede the pleasure from other experiences. Part of yourself has been invested in another person. When that person has died, in a sense, you are lonely for a part of yourself that has been destroyed. At times you look around you and think that no one else is experiencing the pain you are feeling; no one else’s world has been shattered. This self-centeredness is a natural part of the grief process. Do not deny it, but *do not hold on to it as a way of life*. Give yourself permission to accept help from others and then to reach out and help others. Although your child is not here to give continuity to your life, by having lived and having given purpose to your life, your child can be the bridge to your continuity with life as a thinking, loving and active person.

Ruth Eiseman
TCF, Louisville, KY

Spring

*Where has my son gone?
Where is the blue of his big blue eyes,
The gold of his freshly washed hair,
And the warmth of his laughter?*

*Then I notice that in the spring, it seems
The sky is a little bluer, the sun a little
More golden and the breezes a little warmer,
And it's then that I know.*

*For a few days in the spring when I see
The sun rise, glance at the sky and enjoy
The warm breezes,
I feel his presence and not his absence.*

How I wish those days would last forever.

Kenneth Hensley
TCF Nashville, TN

Mother's Day...Father's Day... Graduations...Proms

Spring comes—and with it comes the uneasy awareness of difficult days ahead. For those who are still going through all the “firsts” without your child, we share with you some special ways other parents have coped and managed. Mother’s Day...Father’s Day...graduations...vacations...these are special family times which often catch us unaware and bring unexpected tears and painful memories of young lives cut short. It does get better! And you can make these special days better with some planning and with encouragement from those who have already been there. Whatever the “special day” that lies ahead for your family, try to focus on doing something meaningful and tangible in remembrance of your child. Share as a family thoughts and suggestions about planting a tree or starting a rose garden, donating a book to the library or school, putting flowers on the altar, lighting a special candle or taking that long talked-of vacation. Tears and moments of sadness are okay, for they are expressions of love.

Remember:

- Take one day at a time.
- Keep things simple by playing down the holidays and special days, while they are so painful.
- Change your routine from past years.
- Make plans to be “busy” during at least part of the day (go out to lunch or a movie or visit friends.)
- Give your older children some “space;” they not only feel your extreme sadness at these times, they also have their own feelings to deal with.

The anticipation is often worse than the day itself!

TCF, Fox Valley, Aurora, IL

Parents

*Problems, dilemmas,
Flat tires, dead lights,
Father, the fixer,
Making things right.*

*Scraped knees, hurt feelings,
A painful ordeal,
Nurturing mother,
Helping things heal.*

*When Death comes calling,
What will they do
To cope with disaster
And get themselves through*

*The Hell of their lives
Going up in smoke,
And the healer is sick
And the fixer is broke?*



Richard A. Dew, M. D.
TCF Knoxville, TN
from Rachel's Cry

*Happiness is like a butterfly. The more you chase it, the more it eludes you.
But if you turn your attention to other things, it comes and sits softly on your shoulder.*

Nathaniel Hawthorne

CHAPTER INFORMATION

The “Children Remembered” Listings

If you are unable to attend TCF meetings and would like for your child to be listed on pages 2 and 3 in The Children Remembered list, please let us know, printing the exact way you'd like the child's name to appear, the child's birth and death dates, and the parents' names as they should be listed. Drop us a note at TCF, P.O. Box 50833, Nashville, TN 37205. We'll be glad to include them. You need to contact us only once, unless any of your information changes.

Corporate Donations to TCF

To benefit TCF, go to the Kroger website and click on “Community Rewards”; then follow the instructions on that page and designate The Compassionate Friends Nashville Chapter. 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 our chapter. Also, when going to Amazon, type in “Amazon Smile” and designate The Compassionate Friends; then, each time you go on Amazon Smile a small contribution will be made by Amazon to our organization—It's a free and easy way to support TCF.

We Need Your Help

If you know a family outside the immediate Nashville area who has experienced the death of a child, regardless of age or cause of death, and you have access to the address (and phone number) of the parents, it would be most helpful if you would call us with that information. Our mission is to reach every bereaved family in Middle Tennessee, but we have to know about them in order to give them the support we ourselves have received. If you know the child's name, birth date, date of death and cause of death, so much the better. Our outreach chairperson will send a warm letter of sympathy and information about TCF along with appropriate brochures and articles. We do not phone the family and all information you provide is confidential.

TCF Nashville Sibling Support

We encourage siblings from teens to adults to come support one another at our monthly chapter meetings. Siblings face a unique and complicated grief journey and are finding hope and healing through our sharing groups.



BEREAVEMENT RESOURCES

Alive Alone

Alive Alone is an organization to benefit parents whose only child or all children have died. Visit their website at www.alivealone.org.

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.

Sharing

SHARING is a community organization for parents who have experienced a miscarriage, stillbirth or the death of an infant. The website is sharingmiddletn.org.

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.

TCF Web site —A Treasure for You

When you log onto the TCF Web site at www.compassionatefriends.org you will find a wealth of information about TCF and grief—poetry and articles, chat rooms, grief in the news, other chapter Web sites and numerous other resources.

The Compassionate Friends

P.O. BOX 50833

Nashville, TN

37205

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June 2021

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This Mixed-up Grief

Have you ever noticed the many mixed-up, confusing emotions involved in grieving? On the one hand, you feel restless; on the other hand, you feel like you don't want to move at all. You feel desperately alone, yet you don't want anyone around. You feel scatterbrained, forgetful, and yet frantically meticulous. You feel like crying at nothing, and sometimes laughing at anything. (Or do I have that backwards?) Being in a crowd of people is fine as long as they don't talk to you. And yet, if they don't talk to you, you feel as if nobody cares. You want so desperately for someone to mention your child, to remember the life that once was. And yet it can make you furious if ALL they want to talk about is the dead one, and never even mention the living ones.

Grief settles over you like a hot blanket. You're as cold as the winter snow. Grief presses on you like a steamroller. You're floating in a bubble above yourself. Grief boxes you in on four sides and introduces you to a pain no one should have to know.

But then, once again, you begin to feel compassion. You relate to other parents who have had an experience similar to your own. And eventually, with a light as sharp as a sunburst, you hear yourself saying your child's name with an unfamiliar smile on your face. You remember some of the funny times and feel laughter building in your throat. One morning you notice the sun is shining. Many days, months, and possibly years have passed unnoticed ... and somehow, you are still here. Even though your child is still...there. You feel your heart swell with a love you never even knew could exist. And you find a place in your life for something called (dare I say) peace.

And then, ever so gently, the memories enfold you in a warmth as soothing as a cool shower on a hot summer day, so you find you WANT to remember. And tender memories of love lift you to unreachable heights, to the brightest of stars, to the loveliest touch of your child.

Dana Gensler
TCF, Louisville, KY

