

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.

Due to the Coronavirus restrictions, there will not be a chapter meeting in May. Please check the chapter website to see if future meetings are cancelled:

www.tcfnashville.org

There is online support at our national website: Compassionatefriends.org and you can connect via Facebook with our local chapter members at The Compassionate Friends, Nashville, TN and with other parents and families at The Compassionate Friends/USA, both private groups. We all look forward to the time our meetings can resume.

*Friend,
I may not know your name—
nor have I seen your face.
We have not spoken.*



*Friend,
yet I know you well,
because we share an heirloom,
you and I,
an heirloom cast by grief
into the shape of love
and care
and understanding.*

It has a name:

COMPASSION

Sascha

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

Grief is normal. If it helps, share your story.

Pamela Hagens
TCF Nashville

*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—

Curtis Patrick Baushke May 17 Son of Bill and Patti Baushke	Joseph V. Ladd, III (Joey) May 14 Son of Joe and Melanie Ladd	Blakeman Henry O'Neill May 24 Son of Verne and Barbara O'Neill	Brandon Frederick Weller May 14 Son of Freddy and Pippy Weller
Christopher Jay Bradley May 31 Son of Lamar and Joy Bradley	Rebecca Aileen Banker Lewis May 15 Daughter of Jim and Lydia Banker	Adam Nicholas Pappas May 19 Son of Gust and Jane Pappas Brother of Andrew, Alex, and Erin	Matthew H. Woods May 14 Son of Vaughn Woods and Mickie Woods
Robert Jason Heflin (Jason) May 30 Son of Eddie and May Heflin	Stetson Taylor McFarland May 27 Son of Nathan and Alisha McFarland	Ed Pyle (Stobie) May 17 Son of Ed and Dorothy Pyle	Joseph Tanner Wray May 19 Son of Bobby and Amy Schishler and Keith Wray
John Mark Knabe May 27 Son of Bob and June Knabe	Lauren O'Donnell May 8 Daughter of Denny and Shirley O'Donnell Sister of Sean and Katie	William P. Ryan May 23 Son of Pat and Kim Ryan	



And in the month of their deaths



Logan Stratton Brumit May 14 Son of Charles and Kathy Brumit	Jeffrey Glenn Eakes May 13 Son of Don and Sherry Eakes	Sherry Hooten May 31 Daughter of Ann Flatt	Lauren Paige Moore May 3 Daughter of Mac and Polly Moore Sister of Darrell and Paul
Ken Bush May 4 Son of Nona Fox	Charles Courtney Edwards May 3 Son of Charles and Ruth Edwards	Stacy Leigh Kraft May 18 Daughter of Keith and Meryl Kraft and Terry Kornman	Nigel Randolph Phill May 14 Son of Jennifer Phill
Tim Bush May 10 Son of Nona Fox	Megan Marie Fitzgerald May 10 Daughter of Marty and Melissa Fitzgerald	John Mark Knabe May 13 Son of Bob and June Knabe	David Pringle May 17 Son of Jim and Margaret Pringle
John Roaten Cheadle, III (Ro) May 16 Son of \\ John R. and Nancy Cheadle	Laura Paige Gibson May 15 Daughter of David and Peggy Gibson Sister of Kay and Claire	Jeremy Seth Lunceford May 12 Son of Jane Mance Lunceford Brother of Aubrey, Shelby and Britney	Ed Pyle (Stobie) May 31 Son of Ed and Dorothy Pyle
Marieke deJager May 7 Daughter of Jan and Betsy deJager	Heidi Kathleen Hedstrom May 16 Daughter of Charlie and Kris Foust	Kensley Caroline Miller May 23 Daughter of Jason and Cindy Miller	Jason William Rice May 24 Son of Rosemarie Moore

Continued on page 3

Children Remembered, continued

Sheila Rochelle
May 20
Daughter of Jennie Reeves
Sister of Charity;
Aunt of Kristanna

Mary Catherine Elizabeth Ricketts
May 13
Daughter of
John and Connie Ricketts

Tony Scott
May 26
Son of Eldon and Margi Scott

Michael Shawn Strom, Jr.
May 13
Son of
Michael and Jessica Srom

Ryan James Tropauer
May 9
Son of
David and Debbie Tropauer



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.

Charles and Heidi Anderson
In loving memory of their son,
Carl William Anderson

Jim and Loretta Bolton
In loving memory of their son,
James Michael Bolton (Mikey)

Barbara Davies
Through Nationwide
Workplace Giving Program
In loving memory of her stepsons,
**Roy James Davies and
Taylor Davies**
Sons of Roy Davies

David and Nona Fox
In loving memory of
their son, **Cole Fox,**
and her sons,
Ken Bush and Tim Bush



Miller Harris Foundation
In loving memory of
Christopher Miller Harris
Son of
Bill Harris and Judy Harris

Paul and Lydia Kingsborough
In loving memory of
their son,
Christopher Lincoln Kingsborough
(Chris)

Received from the Kroger Plus
Communication Program*
In loving memory of
**Roy James Davies and
Taylor Davies**
Sons of
Roy and Barbara Davies

Tom and Kathy Cheek McCarthrey
In loving memory of
their son,
**Andrew Graham Cheek
McCarthrey**

David and Barbara Morgan
In loving memory of
their son,
Wade Hampton Morgan

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

Shirley Rich-Brinegar
In loving memory of
her son,
Bert Rich

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.

*To benefit TCF, go to the **Kroger** website and click on "Community Rewards"; then follow the instructions on that page, indicating 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 TCF. It's a free and easy way to support your chapter.



Remembering the Moms--

*who didn't have anyone to turn to and
traveled this road alone.*

*An old woman rocks quietly with her eyes closed.
Her mind reaches back to a place she saves,
A place sacred to her,
A place she can only visit when alone.*

*Her thoughts drift around in her head,
At times almost drowning her as she remembers.
She can again feel for a moment,
She can again dream for a moment.*

*She sees him in her mind,
She feels him in her heart...
He is her child.*

*The child not recognized by others,
The child that left as quickly as he came.*

She rocks, she hums.

*She hums 60 years of lullabies,
Never heard by her baby's ears.*

*She rocks, she hums,
And tears fall to her breast.*

She is still a mother...

Lori Ayrault



A Bereaved Mother Is...

A Bereaved Mother Is someone who thinks she will spend the rest of her life with this horrendous feeling inside.

A Bereaved Mother Is someone who has to learn how to live all over again.

A Bereaved Mother Is someone who wishes they would take Mother's Day out of the calendar.

A Bereaved Mother Is someone who has to learn to accept the loss of her beloved child and uses what she has learned to help others.

A Bereaved Mother Is someone who can again learn to smile, to look forward to the future and get excited again because her Compassionate Friends were there when she needed them.

Zel Hester
TCF, Atlanta, GA

To My Dearest Wife

*I searched to find a card for you,
One with something special to say.
They were all very trite.
I decided to write
My own, for this Mother's Day.*

*To wear the name "Mother" is an honor.
It requires a heart loving, giving and true.
In all the world, there is no one else
Deserves this more than you.*

*You carried her for ten and a half months.
We wanted, worried, then wept.
When she was born, she also died.
There is no measure for our pain's depth.*

*She changed our lives so totally,
We will never be the same.
The truth of this shows in what I deeply know:
You are a mother in more than just name.*

*I remember when we laid her to rest.
I said, "We've buried a part of us."
But in my mind and heart I feel
A part of her lives within us.*

*If I could, I'd bring her back,
So you could hear our baby say,
"I love you, mom. I'm doing fine.
Happy Mother's Day."*

A bereaved father



Mothers and Fathers

*A mother's love for children is a very special thing,
Filled with all the many days that motherhood can bring.
Days when children misbehave and try your patience so,
Days when they are sweet and kind and let their loving
feelings show.*

*A father's love for children is very strong and pure.
There's no problem that a child may have which a father
cannot cure.*

*A parent's love for children is a never-ending thing.
It lasts from day to day and year to year, through
summer, winter, fall, and spring.*

*That special love continues still when someone's child
has died,*

For the feelings that a parent has are impossible to hide.

Jean Hotopp
TCF, Fox Valley, IL

The Fear of Forgetting

When my daughter died just after turning four years old, one of my biggest fears has been that she will be forgotten. But lately, I've been asking myself what does that really mean? What am I really scared of?

The idea that she will be forgotten is actually two separate fears. The first is that due to the notion of "out of sight, out of mind," friends and even family will stop thinking of her and, in essence, "forget her." In reality, this is the natural course of life. I have beloved relatives and dear friends who have passed, and yet I rarely think of them. Does it mean they didn't exist, or had any less impact on my life? No. Nor does it mean I love them any less. What it does represent is that life goes on, and current matters occupy our minds.

I think my fear is actually rooted in the reality of family and friends no longer talking about my daughter or – from my perspective – thinking of her, which feels as though it further isolates me from the "normal" world. It has been years since she died, and yet the pain is ever present and my daily thoughts are still filled with memories and longing for my daughter. Other than the news sensationalizing death and destruction to grab our attention for ratings, our society tends to not want to talk about grief or the lingering pain of loss after the funeral is over. So I go about my business and lead two lives: the "normal" one that goes about living a "normal" life, and the "private" one where I still struggle to figure out how to work through the pain of grief while learning to once again embrace the love, joy, and adventures that surround me.

The second part of my fear has to do with me and my memory. With my daughter no longer physically here, memories of her have become precious commodities. Those few memories of specific moments captured in time allow me to momentarily remember not just who she was, but remember

life before the pain of her death forever changed me and my world. But with every passing day, and with all the new information coming in, those memories tend to get crowded out and forgotten. All those everyday moments that I took for granted at the time have already faded into the abyss of memories lost to time. It makes me sad that her older brothers say that they have very few specific memories of her. It makes me sadder that her baby brother never had the chance to meet her, and will have to rely on our stories and descriptions of her if he ever wants to get to know her.

To combat this fear, I have tried to write down as many memories as I can – even if they are mundane. I keep them in a journal, and some I post to www.aliveinmemory.org to share them with others. This way I can refer back to them and share them with whoever is interested in reading them. Her brothers can read them and share them with their eventual families.

But lately, I wonder is my fear of forgetting my memories really necessary? Does it make me a bad mother that I can't remember more moments I shared with her? Of course not. Does it mean my love for her will fade with the memories? Absolutely not. While I wish I could remember more specific memories of time that I shared with her, I will try to be content knowing that I will never forget how much I love my daughter, or how much she means to me. I will never forget her personality quirks, her vivid imagination, and endless creativity. And I will never forget how her life – and her death – have helped me grow tremendously in my understanding of this life and how best to live it.



Maria Kubitz
TCF Contra Costa County, CA

Now I Know



*I never knew, when you lost your child.
What you were going through.
I wasn't there. I stayed away.
I just deserted you.*

*I didn't know the words to say.
I didn't know the things to do.
I think your pain so frightened me.
I didn't know how to comfort you.*

*And then one day my child died.
You were the first one there.
You quietly stayed by my side.
Listened, and held me as I cried.*

*You didn't leave,
you didn't go.
The lesson learned is...
Now I know.*



Alice Kerr
TCF, Lower Bucks, PA

Newly Bereaved...

*Tread gently near the tender souls who've lost
a child,
Whose hearts are bruised and bleeding;
For healing comes slowly
With pain in every forward step,
Tears in every backward look.*

*So much love still flows for that special one —
Arms reach out to hold and back to cling,
But reach forward only numbly,
Fearful of forgetting or being disloyal by
going on.*



*There is guilt in laughing, feeling pleasure,
even being alive.
There are questions, longings, heartaches.*

*But slowly, surely, strength and healing come,
in God's own time —
Not as answer, nor as forgetting,
But as acceptance that this pain,
This loss, is ours to live with and somehow,
By God's grace to use to bless.*

Jean Splettstoesser
TCF, Pike's Peak, CO

Ten Healing Rights for Grieving Children

By Alan D. Wolfelt, Ph.D.

Dr. Wolfelt is a clinical thanatologist and director of the Center for Loss and Life Transition, in Fort Collins, Colorado. This article is reprinted with permission from Bereavement Magazine, 8133 Telegraph Drive, Colorado Springs, CO 80920-7169, [719] 282-1850.

Author's note: This "bill of rights" for grieving children is intended to empower them to help themselves heal – and to help direct the adults in their lives to be supportive as well.

Someone you love has died. You are probably having many hurtful and scary thoughts and feelings right now. Together those thoughts and feelings are called grief, which is a normal (though really difficult) thing everyone goes through after someone they love has died. The following ten rights will help you understand your grief and eventually feel better about life again. Use the ideas that make sense to you. Post this list on your refrigerator or on your bedroom door or wall. Re-reading it often will help you stay on track as you move toward healing from your loss. You might also ask the grown-ups in your life to read this list so they will remember to help you in the best way they can.

1. I have the right to have my own unique feelings about the death. I may feel mad, sad, or lonely. I may feel scared or relieved. I may feel numb or sometimes not anything at all. No one will feel exactly like I do.

2. I have the right to talk about my grief whenever I feel like talking. When I need to talk, I will find someone who will listen to me and love me. When I don't want to talk about it, that's okay, too.

3. I have the right to show my feelings of grief in my own way. When they are hurting, some kids like to play so they'll feel better for awhile. I can play or laugh, too. I might also get mad and scream. This does not mean I am bad, it just means I have scary feelings that I need help with.

4. I have the right to need other people to help me with my grief, especially grown-ups who care about me. Mostly I need them to pay attention to what I am feeling and saying and to love me no matter what.

5. I have the right to get upset about normal, everyday problems. I might feel grumpy and have trouble getting along with others sometimes.

6. I have the right to have "griefbursts." Griefbursts are sudden, unexpected feelings of sadness that just hit me sometimes – even long after the death. These feelings can be very strong and even scary. When this happens, I might feel afraid to be alone.

7. I have the right to use my beliefs about my God to help me deal with my feelings of grief. Praying might make me feel better and somehow closer to the person who died.

8. I have the right to try to figure out why the person I loved died. But it's okay if I don't find an answer. "Why" questions about life and death are the hardest questions in the world.

9. I have the right to think and talk about my memories of the person who died. Sometimes those memories will be happy, and sometimes they might be sad. Either way, these memories help me keep alive my love for the person who died.

10. I have the right to move toward and feel my grief and, over time, to heal. I'll go on to live a happy life, but the life and death of the person who died will always be a part of me. I'll always miss this special person.



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. You may call the database manager at 615 356-1351, drop us a note at TCF, P.O. Box 50833, Nashville, TN 37205, or email us at davidg14@bellsouth.net. 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—both free of charge. 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 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.

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
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May 2020

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MAKE PLANS NOW TO ATTEND:



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. With inspirational keynote speakers, abundant workshops for everyone's wants and needs, and a remembrance candle lighting program culminating with the annual Walk to Remember, this time of healing and hope is the gift we give ourselves. Join us as together we remember and share the everlasting love we have for our precious children, siblings and grandchildren.

The 43rd TCF National Conference will be held in Atlanta, GA on July 24-26, 2020. "Sharing Sweet Memories of Love" is the theme of this year's event, which promises more of last year's great National Conference experience. We'll keep you updated with details here, on the national website as well as on our [TCF/USA Facebook Page](#). Plan to come and be a part of this heartwarming experience.

- Choose to attend from nearly 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".

