

THE COMPASSIONATE FRIENDS

NEW MAILING ADDRESS: P. O. Box 8283 • Hermitage, TN 37076 • (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 at the ABC (Associated Builders and Contractors of Greater Tennessee) Building, 560 Royal Parkway, Nashville, TN 37214 (SEE MAILING ADDRESS ABOVE). We truly regret that we have no accommodations for young children, but teenagers and older siblings are welcome to attend.

May 12th Meeting:

Parent’s Day: Honoring Our Memories

The May meeting is an especially poignant one because it always falls on Mother’s Day, and since the June meeting is not on Father’s Day, we like to give special attention to the role of both mothers and fathers in the lives of their children during our May meeting.

If you have a special memory or memento of a particular Mother’s Day or Father’s Day, we hope you will come prepared to share it with the group. We will honor all mothers with special readings and there will be a picture board to display your child’s photo. (Please bring a photo 5”x7” or smaller.)

This has always proved to be a very meaningful meeting—a safe place to be on a day filled with memories. We’d like to share it with you.

Regular sharing groups will follow the program.



The *carnation*’s scientific name is *Dianthus*. ‘*Dianthus*’, roughly translated, means “flower of love”

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.

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
615-294-4959
- AIDS**..... Joyce Soward
615-754-5210
- Illness**..... David and Peggy Gibson
615-308-2520 or 615-504-4307
- 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

Save the date: June 9, 2024

for our 32nd Annual Balloon Release
in memory of our children.

Family members and friends are invited to participate and enjoy the picnic and games afterward. Watch for details in the June newsletter.

ALWAYS WITH LOVE, WE REMEMBER THEM--

In the month of their births

Christopher Jay Bradley
May 31
Son of
Lamar and Joy Bradley

Donald Gene Crafts Jr. May 16
Son of
Donna Kibler
Brother of
Bridgette Warren

Jayce Montez Easley (Bucky)
May 5
Son of
Heather Jarrett

Kamden Joseph Hayes
May 6
Grandson of
Laura Buchanan

Robert Jason Heflin (Jason)
May 30
Son of
Eddie and Kay Heflin

Elizabeth Harrison Jackson
May 15
Daughter of
Bennet and Jane
Harrison

Lisa Michelle Lombardo
May 9
Daughter of
Frank and Stacy
Lombardo

Ed Pyle (Stobie)
May 17
Son of
Ed and Dorothy Pyle

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 and Mickie
Woods

Keanan Thompson
May 22
Son of
Chris Thompson

Alex Watson Tuttle
May 19
Son of
Ron & Betty Tuttle



Lauren O'Donnell
May 8
Daughter of
Denny and Shirley O'Donnell
Sister of Sean and Katie



And in the month of their deaths

We regret that incorrect death dates were printed in the April newsletter for two of our children.

The correct dates of death are: Michael Hunt, April 21; and Victoria "Tori" Nicks, April 29.

Coleton Harris Banniza
May 23
Son of
Robert and Tiffany
Banniza

Logan Stratton Brumit
May 14
Son of
Charles and Kathy
Brumit

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

Michael Dorman (Mikey)
May 24
Son of
Daniel and Michelle
Clark

Jeffrey Glenn Eakes
May 13
Son of
Don and Sherry Eakes

Charles Courtney Edwards
May 3
Son of
Charles and Ruth
Edwards

Jacob Alexander Griffin
May 1
Son of
Karen Griffin

Heidi Kathleen Hedstrom
May 16
Daughter of
Charlie and Kris Foust

And in the month of their deaths (continued)

Sherry Hooten
May 31
Daughter of
James and Ann Flatt

Tyler Ross Jeanneret
May 15
Son of
D.J. and Pamela
Jeanneret

Harrison Jones
May 20
Son of
Dana Jones

Jacob Allen Mathis
May 26
Son of
Mark and Debora
Mathis

Stacy Leigh Kraft
May 18
Daughter of
Keith and Meryl Kraft
and Terry Kornman



Jeremy Seth Lunceford
May 12
Son of
Jane Lunceford
Brother of
Aubrey, Shelby, and
Brittney

Laura Paige Gibson
May 15
Daughter of
David and Peggy Gibson
Sister of
Kay and Claire

Nicole Danielle Mayes
May 14
Daughter of
Cannon Mayes



Lauren Paige Moore
May 3
Daughter of
Mac and Polly Moore
Sister of
Darrell and Paul

Carmen Davisson Provost
May 24
Daughter of
Donald and Jennifer
Davisson

Ed Pyle (Stobie)
May 31
Son of
Ed and Dorothy Pyle

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

Jason William Rice
May 24
Son of
Rosemarie Moore

Zi Daniel Rayne
May 27
Son of
Rolin and Shannon
Rayne

Jenna Leann Ruddy
May 16
Daughter of
Janet Riggan

Tony Bruce Scott
May 26
Son of
Eldon and Margi Scott

Logan Thomas Suggs
May 30
Son of
Marcus and Linda
Suggs

Gregory Joseph Tramuta
May 17
Son of
Lisa Tramuta

Ryan James Tropauer
May 9
Son of
David and Debbie
Tropauer

Lia Usman
May 9
Daughter of
Zafar and Sana Usman

Special remembrance:

Kenneth Lawley
May 23
Son of
Joe and Iris Lawley

We survive the unthinkable. We survive for others. And then, very slowly, we survive for ourselves.

Because only through the good we do for others in her name will the beauty of spirit, mind and body that was our daughter live forever.

Kay Lokoff
TCF, Valley Forge, PA

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.

*Don and Sherry Eakes
in Loving Memory
of their son,
Jeffrey Glenn Eakes
and their grandson,
Taylor Christian Brewer,
Son of Justin and Tracy
Brewer*

*Herb and Susan Gould
in Loving Memory
of their son,
Stephen Christopher Gould*

*David and Barbara Morgan
in Loving Memory
of their son,
Wade H. Morgan*



*Thanks to you, Kroger Shoppers,
we received a gift of \$118.09
from the Kroger Plus Community Rewards Program*

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.

Each month, Price Printing, 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.

The Nashville Chapter was saddened to lose one of our regular attendees in March, Kay Bogle. Kay has been a member of the Nashville Chapter since 2007. Our sympathies go out to her husband, Len, and the rest of her family and friends.

We will miss her presence at our meetings.

When Grief is New – Reminders:

- Try not to imagine the future, take one day at a time.
- Allow time to cry, both with loved ones and alone.
- Don’t shut others out from your thoughts and feelings.
- Share these difficult times, you may grow closer for it.
- Be realistic with expectations for yourself, family and friends.
- When a good day comes, relish it.
- Don’t feel guilty and don’t get discouraged because it doesn’t last.
- Take care of yourself, rest (even if you don’t sleep).
- Help your body to heal as well as your mind.

Share your feelings with others at The Compassionate Friends and let them share with you. You will find that as you begin caring about the pain of others, you will start to come out of your shell, a very healthy sign.

Life Is

*They say life is what you make it
I think maybe they're right
No matter what life gives
We choose what happens next.*

*So many things life brings
are just what we're looking for.
Life shapes and molds us
to become
to grow
to matter for having been.*

*Life brought me the gift of you,
And I know that you lived, as much as you could.*

*And so ...
I must live too.
I still don't know how exactly
But I live now for us both.*

*Life is ...
Now ...
So much different from before.
And yet
Life
is.*

I miss you.



Stephen Aud
TCF, Nashville, TN

Mother's Day

It's here again! The time of year when children pay homage to their mothers. What a poignant day for bereaved parents. What used to be a joyous occasion has become another day to get through and "grin and bear it."

We, who have other living children, don't want to burden them with our feelings of depression and sadness, so we put on our happy faces and try to enjoy the day.

We do enjoy parts of this annual tribute to mothers. We do get pleasure from living children. The gifts, cards, and remembrances they heap upon us are appreciated.

But what we all, in our secret hearts and souls, yearn for is the presence of our beloved children who are no longer here to share our day. Nothing will bring them back.

The first Mother's Day that came after my children's death I went to the cemetery. My sister questioned whether it would be "good" for me to go. I responded that, since they couldn't come to me on this day, I would go to them.

How many of us have longed to "go to them"? How many of us have missed and wanted our children, not only on Mother's Day but also on every other day—in one way or another?

I know that all the bereaved fathers feel as we the mothers do. Next month in June will come their trying time—Father's Day. My heart goes out to them.



Again, I wonder about the inequities in this drama called life. I observe some people living until their 70's or 80's and never losing a child. Their Mother's Day and Father's Day must be wonderful! I envy them.

I can't end this without paying my own personal tribute to all the bereaved parents who have lost either an only child or all their living children. I salute their courage; I cry for them, and most of all, I send a silent prayer to them for their strength to continue. The parents I've met through Compassionate Friends—I consider—a privilege to know.

Anita Weinstein
TCF Penn Wynn, Bala Cynwyd, PA

Mother's Day Thoughts

That first Mother's Day after Raymond died was dark. I had not only lost my son, but in losing him I was no longer a mother. The telephone didn't ring; I felt very much alone. I let the tears fall and fell asleep lying on Raymond's bed.

While I was sleeping a neighbor came by with a small pot of miniature white mums with a note attached. "Now everyone in heaven knows what a great mom you are." That simple message lifted me, and I was able to smile.

Now, I don't think I'm a great mom, but a pretty good mom I am—and I'll always be Raymond's mom, no matter what! Nothing can take that away. Rather simplistic you say? Yes, but sometimes we need to think in simplistic terms to experience the joy hidden within the sorrow.

Joan Azra
TCF Cleveland, OH

A Debt of Love

When our children die we are caught in the quicksand of grief and we may struggle for years to find our way back to the place where we can cope with life again. Grief is so self-involving that we may not take time to wonder about those who have walked the road years before us, struggled through their own grief, and left a heritage of compassion that was in place so we would not walk alone. You probably will not know about many of the children listed in this newsletter on the page for birth and death anniversaries in May, but there is one you should know about. In the list, you will find the name of Kenneth Lawley, born August 7, 1956, who died at the age of twelve on May 23, 1968.

This boy's death has meant that thousands upon thousands of grieving families around the world have found the help and support they needed when their own child died. His story is a story you should know because we owe him and his parents, Joe and Iris Lawley, a great debt of love.

Kenneth lived in a town in England, and on the way to school one spring morning in May, had stopped on his bicycle at an intersection to wait for traffic to pass. A car, turning the corner too sharply, hit Kenneth and knocked him down. He was rushed to the children's hospital in Coventry where he died. The young hospital chaplain, Rev. Simon Stephens, ministered to Joe and Iris and told them about another couple, the Hendersons, whose twelve-year-old son, Billy, was dying of cancer. After Billy's death, the two couples would get together and talk about their children. Rev. Stephens, realizing that they were helping each

other in this way, encouraged them to reach out to other bereaved parents and visit them, which they did. And so it was that the Society of Compassionate Friends was started in Coventry, England a few months later.

A group of bereaved parents helping one another was so unique that *Time* magazine published an article about the Society in May of 1971. In Miami, that article was read by Arnold and Paula Shamres whose teenage daughter had been killed in an auto-train accident. They immediately contacted Rev. Stephens and urged him to come to America and help them start a similar group for grieving parents here. In November 1972 Rev. Stephens did come and stayed two weeks with the Shamres and started the first chapter of The Compassionate Friends in the United States. There are now more than 500 chapters across this country where bereaved parents meet every month to help one another through their grief.

On the second Sunday of December each year when thousands of members of The Compassionate Friends all around the world light candles at 7:00 PM in each time zone in memory of their children, I make a mental note of the hour when in England Joe and Iris Lawley would be lighting a candle for Kenneth. Because of Kenneth, Joe, and Iris, our family was able to survive the death of our daughter. Our family owes them a great debt of love. We all do.

David Gibson
TCF Nashville, TN



Why Attend a National TCF Conference?

The 2024 TCF National Conference, July 12 – 14, is only two months away. You may be asking yourself why anyone should attend a conference for people whose children and siblings have died, but be assured, it is truly a wonderful experience. You will come away with an incredible sense of healing. It is an awesome fellowship that creates an instant bond between total strangers.

The feeling of love that permeates the hotel is difficult to describe; it ranges from riding in an elevator with people who talk to each other instead of watching the floors go by, to receiving help and comfort from other conference attendees, through a variety of beneficial workshops, and from inspirational speakers.

This year's national conference will be held in New Orleans, LA. Registration information is available on the TCF Web site: www.compassionatefriends.org.

Pain shared, my brother, is pain not doubled, but halved. No man is an island.

Neil Gaiman

CHAPTER INFORMATION

Are you Moving?

Each time a newsletter is returned to us with an incorrect address, we pay to retrieve it to find out where you've moved; then we pay again to mail it back to you. This is in addition to the original bulk mail cost. It would help a great deal in both time and money if you would notify us immediately of any address change so your newsletter can reach you right away. You may call, write, or email the chapter leaders or the newsletter editor. Thanks for your help.

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 8283, Hermitage, TN 37076. 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.

How You Can Help

Most people who attend TCF meetings never heard of TCF before they lost a child, and many bereaved parents still have not heard that there is an organization that exists to help them navigate their grief journey. If you know a family in the middle Tennessee area who has experienced the death of a child, regardless of age or cause of death, and you think they would benefit from finding out about TCF and possibly attending a TCF meeting, we will be happy to send you some information that you may share with them about what TCF is and what we do to support bereaved parents. If you have attended a TCF meeting, it might be helpful if you would invite them to attend their first TCF meeting with you. We also have a monthly newsletter that they can receive free of charge simply by asking for it.



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, or go to the Tennessee Suicide Prevention Network at TSPN.org, and you will find a list of all Tennessee SOS locations.

TCF Website —A Treasure for You

When you log onto the TCF Website 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

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May 2024

We Remember Them

*In the rising of the sun and in its going down,
We remember them.*

*In the blowing of the wind and
in the chill of winter,
We remember them.*

*In the opening of the buds and
in the warmth of summer,
We remember them.*

*In the rustling of the leaves
and in the beauty
of autumn,
We remember them.*

*In the beginning of the year and when it ends,
We remember them.*

*When we are weary and in need of strength,
We remember them.*

*When we are lost and sick of heart,
We remember them.*

*When we have joys we yearn to share,
We remember them.*

*So long as we live, they too shall live,
For they are now a part of us,
As we remember them.*



From *The Gates of Prayer*