

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.

November 12 Meeting:

How Men, Women and Siblings Grieve Differently



Grief is handled differently by each one of us and it is very hard work. Many bereaved parents have found that our grief differs greatly from the same process in our spouse or significant other. It is a fact that men and women grieve differently. Certainly, the bereaved siblings have a difficult journey of their own quite different from their parents.

At our November meeting, we will address these important issues in the form of a unique panel. Please join us as we learn from each other. You might just be enlightened as to “why they do that,” or “why they don’t do this.”

Along with our regular sharing tables following the program, there will be **one additional special sharing table**. Barbara Davies will bring materials for anyone who is interested in creating a beautiful butterfly wreath. This will be similar to a workshop she will be facilitating at the Regional Conference. Come join us.

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

Candlelight Memorial Service Scheduled for December 10 at the ABC Building

The December memorial service will be here before we know it. It is important that **everyone** wishing to have their child’s photo in the memorial service follow very carefully the instructions on page 7 of this newsletter.

YOUR FORM MUST BE RECEIVED NO LATER THAN DECEMBER 2, 2017.

We encourage each of you to enjoy this opportunity to see your child on the big screen! If you have not attended the candlelight memorial service previously, it will be a long remembered experience.

This is a very moving and powerful program. All family members, siblings and friends are invited to join us. Following the service, you are invited to remain for fellowship and refreshments.

It would be most appreciated if you would bring a pickup snack to share. Be sure to put your name on your container.

Information and Photo Submission Form on Page 7

*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—



Christopher William Black
November 23
Son of Ray and Linda Black

John Roaten Cheadle, III (Ro)
November 29
Son of
John R. and Nancy Cheadle

Sean Ashley McKittrick
November 28
Son of
Jeff Kulas and Diana Kulas

Benjamin Spencer
November 14
Son of Daisy Atchison

Dan Michael Bland, Jr.
November 30
Son of Dan and Martha Bland

Steven Holmes Gibson
November 4
Son of
Steve and Sherrie Gibson

Cameron Blake Parnell
November 28
Son of
Scott and Gaye Parnell

Carson Justice Thompson
November 12
Son of
Hunter Kready and
Kris Thompson

Taylor Christian. Brewer
November 2
Son of
Justin and Tracy Brewer
Grandson of
Don and Sherry Eakes and
Penny Waters

Rahmir Scott Kendrick
November 3
Son of DeMille Brown and
Felicia Brown

Adam Keith Qualls
November 4
Son of
Keith and Becky Qualls

Joe Vick
November 6
Son of Kay Vick-Bogle
Brother of Angie Hoffman

Eric DeWayne Brown
November 18
Son of Sharon Brown

Cole Hansen Kilgore
November 14
Son of Henry and Kathy Beeler
Nephew of Kacey Gant

Mark Elliott Reischman
November 2
Son of
Bill and Jean Reischman

James Donald Warren (Donnie)
November 20
Son of
John and Georgia Warren

And in the month of their deaths—



Daniel Matthew Bledsoe
November 11
Son of Dan and Barbara Beldsoe

Stephen Joseph Donlon
November 24
Son of
Pat and Ellen Donlon

Stephen Gould
November 18
Son of Herb and Susan Gould

Jessica Jo Milom
November 21
Daughter of Judy Kenner

Eric Wayne Bunn
November 12
Son of Yvonne Warner

**James Wesley Evans
(Snowman)**
November 24

Scott Graham Hartman
November 12
Son of Kay Hartman

Jacob Dean Raymond
November 23
Son of Scott and Kim Raymond

Brandi Leigh Burton
November 28
Daughter of
Kevin and Jodi Thompson

Son of Brenda Nelson
Brother of
Heather Evans

Rob Jarrett
November 1
Son of Joyce Butler

Jonathan Beaumont Stewart
November 7
Son of
Bob and Lida B. Stewart



The Lily

*We can't know why the lily has so brief a time to bloom in
the warmth of the sunlight's kiss upon its face, before it folds
its fragrance in and bids the world goodnight to rest its beauty
in a gentler place.*

*But we know that nothing that is loved is ever lost, and
no one who has ever touched a heart can really pass
away, because some beauty lingers on in each memory of
which they've ever been a part.*

Ellen Brenneman
From the Evansville, IN TCF newsletter

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 s tomorrow.

*Linda Sue Black
In loving memory of her son,
Christopher William Black*

*Martha Davenport
In loving memory of
her granddaughter,
Lauren Kristina O'Saile,
Daughter of Don Davenport*

*Todd and Pam Eubanks
In loving memory of their son,
Jared Todd Eubanks*

*Greenbrier United
Methodist Church
Special Communion Offering
In loving memory of
Roy and Taylor Davies,
Sons of Roy and Barbara Davies*

*John and Georgia Warren
In loving memory of their son,
James Donald Warren (Donnie)*

*Malissa L. Odum
In loving memory of
Roy and Taylor Davies,
Sons of
Roy and Barbara Davies*

*Greenbrier United
Methodist Women
In loving memory of
Roy and Taylor Davies,
Sons of
Roy and Barbara Davies*

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.



Thankful Heart

Did you know that it is possible to be thankful even though your son or daughter has died! There are many blessings in everyday things that we all take for granted and just assume should be ours. We can become thankful for these things and make it become part of our life—our new life we are given in our children's death. In this a healing can take place.

I'm not saying it's easy. Sometimes, in fact, it is very hard. But, maybe it is time to take a look at things differently and be thankful for them. A thank you may not always come from the heart, but rather from the head. It may not always be spontaneous, but sometimes require a deliberate effort. Sometimes I can end up changing my whole attitude by forcing myself to think up something, however small, to be thankful for. I can start out feeling down and depressed and bring myself up into a much more pleasant frame of mind.

Just as people grieve differently, there are no set rules. What to be thankful for can vary from person to person. I generally start with little things and work my way up.

A new life has formed within me as a result of my daughter's dying, and I vow to make it a positive change—one of growth and advantage in respect to her life and as a tribute to her. I'm thankful for her, for what she's meant to me and for what her dying has meant to me. Yes, I miss her and think of her every day and sometimes wonder what it would be like to have her here. I imagine all the joy that I'm missing because she isn't here. I feel the pain of her absence. It would be better and I'd rather have her here, of course. Sometimes I think it's unfair and miss her more and more each day. There is a hurt that will never go away completely until I see her again. But, at the same time, I can be thankful for things I do have. If I can only think of just one little thing each day and think about that—as the days go by—my list will grow and so will I.

Barb Netzke
TCF, New Ulm, MN

As the Holidays Approach

When the holidays are fast approaching, we who are bereaved always have mixed emotions about having a nice holiday when our child or loved one is no longer with us. We wonder if we will ever be as happy and if we can ever again celebrate the holidays or any meaningful family occasion, especially the first birthday, first thanksgiving, or first Christmas since our loss. We try to look ahead to how we are going to feel when the time arrives, but it is usually not as hard as we had anticipated. Still, the occasion may not be as enjoyable as we'd like it to be or as we remember it from the past.

I would like to offer a few ideas for what we can do to make our holidays a little better. Consider buying gifts for less fortunate children, adopting a child/family at Christmas time, or inviting a lonely person to share your holiday meal. Make your child's favorite foods and discuss your loved one as you share the meal. Some people like to volunteer to serve holiday dinners for the homeless. Some bereaved parents want to visit familiar places their child loved to go, while others want to travel where their child had never been.

Several of our Compassionate Friends members put a small Christmas tree at the cemetery and decorate the graves with Christmas flowers and/or a grave blanket. Making a grave blanket is very fulfilling; we did that for 10 years after our daughter Teresa died. Attending a candle light program is a wonderful way to honor your child or loved one.

These suggestions are things we feel we can still do for our child, but they are not reserved for bereaved parents only. All of them can be done for any member of a family or a friend who has died. After someone dies we must keep going and doing things that lift us up. We can't always try to please any people who feel we should act in a certain manner.

Jackie Wesley

TCF East Central Indiana and Miami-Whitewater Chapters

Circles

*How do you bear it all?
The cry came from a mother
Whose son had died only weeks before.
We were in a circle, looking at her,
Looking around, looking away,
Tears in our hearts, in our eyes.
How do we bear it?
I don't know,
But the circle helps.*

Eva Lager
TCF, Western Australia

A Time of Meditation

Thanksgiving—a time of meditation and thankfulness. Thanksgiving—a time of bitter pain and haunting memories for many a bereaved parent. “How will we cope with the holiday?” “How will we survive this happy time?” “What is there to be thankful for?”

These questions toss upon our souls, at times, at the very dark times, and taunt us with doubt and fear. Fighting the creeping bitterness, we wait and long for the days of January.

As the years pass, however, the holidays are no longer totally tinged with horror and emptiness. As the acceptance of the death settles in our hearts, the holiday smiles become more genuine. At least some of the warmth returns. But for parents who have only recently (and recently can encompass months and years) suffered the death of a child, the holidays are bleak indeed.

Perhaps the most important thing to remember is that dependency and sorrow at this time of year are normal. What else could be expected of a grieving parent? Joy? Laughter? A sense of overflowing love and outstretched arms? No, never.

We can refrain from demanding too much of ourselves. We can recognize that at this point we are emotionally exhausted, we are lonely, and we are sad. Maybe we are also angry, guilty and/or bitter. The feelings that arrive with the beginning of a holiday without our beloved sons and daughters are not to be ignored or pushed aside into the corner of our hearts.

By recognizing all of this, we can say “no” to situations or people, even loved friends, who will create more pain. We can cry silently or loudly without shame. We can long for the essence of our children and we can remember them with love.

The dreams of lifetimes die when children die. The hurt is often nearly unbearable. But if we allow ourselves the freedom of grief and sorrow, we also open the paths of new happiness and new hopes and new dreams. And the child who was a part of us will live in our memories and our hearts.

I recently read a book about beginnings and endings, depicting how days don't end but night begins, autumn marks the beginning of winter, and leaves fall from the tree to the ground and feed the earth for new life.

Death is a final ending to life on earth. For bereaved parents, however, who suffer the pain, the tragedy, the terrible doubts, the ending of a life can be a beginning of new feelings, new understanding, and hopefully, new compassion.

But first we need to follow the instincts of our souls and allow our bodies and hearts to grieve.

TCF, Terre Haute, IN
From *We Need Not Walk Alone*

Thanksgiving

November: Cool days, chilly nights, autumn leaves changing colors, football games, apple cider and pumpkin pie. Ah. November! . . . Is it November already? Oh, no! Make it go away! Just let me sleep; wake me up in January. November is here, the start of the holiday season.

This is the time of year most bereaved parents dread. This is the time of year when thoughts turn to spending time with family and friends and celebrating. Holiday decorations start popping up everywhere you turn and holiday music begins to play at the malls and on the radio. People are busy cleaning their home, and are all abuzz with getting ready for. . . Oh, no! Thanksgiving!

Everyone is asking what are you doing for Thanksgiving?" For the bereaved parent, especially the newly bereaved, this question can become daunting and almost horrifying. What am I doing for Thanksgiving?

Thanksgiving - giving thanks. But I don't feel very thankful.

How can I be thankful, when my child lives no more?

How can I be thankful, when he/she will never again walk through my front door?

How can I be thankful, when my eyes are filled with tears?

How can I be thankful, when he/she won't be here throughout the years?

How can I be thankful, when my heart will never mend?

How can I be thankful, when I've lost my dearest friend?

How can I be thankful, when his/her hugs and kisses have now ceased?

How can I be thankful, and sit down to a feast?

How can I be thankful, when my heart is filled with sorrow?

How can I be thankful, when I can hardly make it to tomorrow?

What do you answer? What will you do this year? For some, the choice is to keep the same tradition they have in the past. Others choose to remain home and ignore the holiday completely.

There are parents who go on vacation or go out to Thanksgiving dinner at a restaurant. Newly bereaved parents may question "what am I supposed to do?" There is no standard right or wrong answer. Whatever feels the most comforting is the right answer for you. Family members or friends might disagree with your decision and say you are wrong. This often happens if you decide to break tradition, want to be alone, or decide not to celebrate at all. People can become very insistent, and tell you that Thanksgiving is about being with others. I have found that my choice has varied over the years from choosing to be alone and not acknowledge the holiday at all; to going to friends' and family members' homes; to just having dinner at home and when asked, I say, "I know that you may not like my answer. But still. I need to do what is best for me."

However you decide to spend this Thanksgiving, please remember that for however short or long your precious, awesome, amazing, wonderful child was with you here on earth, you are blessed to be their parent. You have been given a most spectacular gift—a one of a kind, unique, extraordinary child to carry in your heart, thoughts, and soul for all eternity. And this is a reason to be forever thankful.

From my home and heart to yours may you have a blessed Thanksgiving and may it be filled with peace.

Bev Rosen Katowitz
TCF, Charlotte, NC



Just Tell Me How

The pain is overwhelming at times.

It comes crashing in like a wave, and knocks me off my feet.

As I sit there and ponder, the tears well up and start pouring down my face like a raging waterfall.

Every passing thought going straight to you.

Great memories of you.

Thought about that horrible day and the days that followed, and I can't help but wonder what you're doing today.

*People say "don't let it become who you are," "you have to get over it,"
and the best one of all, "you have to let it go."*

Please could someone, anyone, just tell me how I could accomplish any one of those things?

He is part of me, so therefore he is part of who I am.

Get over it, it's not like he had just spilled the milk and I was having a fit.

Let it go, how?

He is my child.

Gina Turek
TCF, Fox Valley Chapter, IL

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.

Kroger Rewards

It is time to renew your Kroger Community Rewards account and keep the contributions coming to our chapter as you shop. Go to the Kroger website and click on "Community Rewards," then follow the instructions to update. If you need to create a new account, follow instructions on the same page.

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

In order to meet printing deadlines, all donations and original poems or articles must be received by the meeting day of the preceding month to be published in the next issue of the TCF Nashville newsletter. All donations and submissions are greatly appreciated.



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.

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 interested in helping parents who have experienced a miscarriage, stillbirth or the death of a newborn infant. Call 615 342-8899 to confirm dates and times of meetings. See www.nationalshare.org.

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. Contact John Baker at 615-346-8364 for bereaved parent support or individual counseling.

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.

CANDLELIGHT MEMORIAL SERVICE—December 10, 2017

Regardless of past participation, **EVERY FAMILY WISHING TO TAKE PART IN THE MEMORIAL SERVICE MUST RETURN THIS FORM. We need to receive it no later than Saturday, December 2, 2017.** Do not send photos to the TCF P.O. box—they might get damaged.

Mail to:

**Tom Mitchell
829 Cranberry Lane
Nolensville, TN 37135**

Or

You may e-mail your child's picture to tjmitchell68@gmail.com

Be sure to include your child's name in the e-mail.

ATTENTION: Please note—in the October Newsletter, Tom Mitchell's addresses were incorrectly printed. The addresses to the left are the correct ones. If you used either of those incorrect addresses to send your form in, it will probably be returned to you. Please resend your form to the corrected address at the left..

Instructions: A computerized process (Power Point) is being used to display our children's pictures on the big screen. An original 5x7 photo (no copies, please) may be used. If a 5x7 is not available, any size will do; however, the 5x7 or larger is easier to process. The original photo will be returned to you at the memorial service while the image will be stored for use next year.

Place a sticky note on the back of the photo with the child's name clearly printed. Do not write on the photo itself.

Child's name: _____

Please print the name as you wish it to be read at the service along with phonetic pronunciation, if needed.

_____ **I will attend and am enclosing an original photo of my child. (First time in the memorial service.)**

_____ **I will attend and am enclosing a different photo of my child to be used in place of the photo you have from last year's service.**

_____ **I will attend and would like for you to use the photo you have saved from last year.**

_____ **I will attend and would like for my child's name to be called and I'll light a candle, but I will not have a picture shown.**

Your name _____

Phone _____

Holiday Gifts for Children Needed

Each year, our chapter donates holiday gifts to children at a worthy establishment that works with children who are not living at home and are under care for the holidays. Since things went so well with Youth Villages in years past, it has been decided to provide gifts for them again this year. The children range in age from 6 to 18. For many of these children, these will be the only gifts they receive this holiday season. If you would like to help this year, you may participate by bringing new UNWRAPPED gifts to the TCF December 10 Memorial Service. Below is a list of the most requested items.

Most Requested Items:

Art supplies
Toys from the movie Frozen
Pre-paid Cell Phones (and minutes)
DVD's (PG-13 and Under)
DVD players
MP3 Player
Gift cards such as Game Stop, Wal-Mart, Target, Amazon
I-tunes gift cards
Current Rap/ Pop CD's (Teen Rated)
CD Players/ Boom Box
Gameboy Games (Teen Rated)
Xbox Play Station Games (Teen Rated)
Digital cameras
Remote Control Cars, Trucks or Planes
Girlie things like journals, gel pens, scrap booking items
Board Games (Monopoly, Life, Mouse Trap, Jenga, Uno etc.)
Barbie Dolls & Accessories for Barbie
Matchbox/ Hot Wheels car play sets
Lego Sets
Books (Twilight, Harry Potter, Narnia, and current top sellers)
Fashion Bracelets or kits
Action Figure Toys
Watches (Girls & Boys)
Puzzles for teenagers

Winter coats for teenagers, Hats/Gloves/Scarves
Hair accessories
Skateboards/helmets
Footballs, Basketballs, Soccer balls etc.
Nerf toys
Anything Batman, Star Wars, Spiderman, Spongebob or current popular items

Stocking Stuffers:

Matchbox cars
Small notepads Pens and pencils
Candy
Decks of Cards
Jewelry
Hygiene products
Billfolds and wallets, Cute little change purses for girls
Makeup items/nail polish
Socks
Gift cards for fast food restaurants

***Gift wrapping supplies appreciated, but please,
DO NOT WRAP THE GIFTS***

The Compassionate Friends

P.O. Box 50833

Nashville, TN 37205



Return Service Requested

November 2017

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Organization
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Nashville, TN
Permit No. 593

Your Compassionate Friend

*I can tell by that look friend, that you need to talk,
So come take my hand and let's go for a walk.
See, I'm not like the others—I won't shy away,
Because I want to hear what you've got to say.*

*Your child has died and you need to be heard,
But they don't want to hear a single word.
They tell you your child's "with God, so be strong."
They say all the "right" things that somehow seem wrong.*

*They're just hurting for you and trying to say,
They'd give anything to help take your pain away.
But they're struggling with feelings they can't understand,
So forgive them for not offering a helping hand.*

*I'll walk in your shoes for more than a mile,
I'll wait while you cry and be glad if you smile.
I won't criticize you or judge you or scorn,
I'll just stay and listen till the night turns to morn.*

*Yes, the journey is hard and unbearably long,
And I know you think that you're not quite that strong,
So just take my hand 'cause I've got time to spare,
And I know how it hurts, friend, for I have been there.*

*See, I owe a debt you can help me repay,
For not long ago, I was helped the same way.
And I stumbled and fell thru a world so unreal,
So believe when I say that I know how you feel.*

*I don't look for praise or financial gain
And I'm sure not the kind who gets joy out of pain.
I'm just a strong shoulder who'll be here 'till the end—
I'll be your Compassionate Friend.*



Steven L. Channing
TCF, Winnipeg, Canada