

# THE COMPASSIONATE FRIENDS

P. O. Box 50833 • Nashville, TN 37205 • (615) 356-4TCF(4823) • Nashville Website: [www.tcfnashville.org](http://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 11 Meeting: The New Normal

Scrolling through Facebook or surfing the internet, we find astounding numbers of resources to help us choose to improve our quality of life physically, emotionally and spiritually by living differently. However, those of us who are forced to live differently by the loss of a child, grandchild, or sibling know that living in unimaginable grief can be far more challenging than one would ever experience otherwise.

Our November program speaker will be Tom Mitchell who will share with us some choices we can make now that our lives have been altered in a way we would never choose. Please join us for Tom's program and to participate in our regular sharing groups which will follow the program.

## Siblings, you are welcome here.

*The Nashville Chapter welcomes bereaved siblings to monthly meetings, where you will have a separate small group for sharing and support in a private space. Sibling loss is unique and those of us navigating the loss of someone we planned to spend a long lifetime alongside understand the heaviness and complex nature of this grief.*

*Your fellow bereaved siblings are here for you.*

*You need not walk alone.*



## **Candlelight Memorial Service Scheduled for December 9 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 1, 2018.**

*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**

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National Office P. O. Box 3696, Oak Brook, Illinois 60522-3696—Phone 630 990-0010 or Toll free: 1-877 969-0010

TCF Website: [www.compassionatefriends.org](http://www.compassionatefriends.org) National Office email: [nationaloffice@compassionatefriends.org](mailto:nationaloffice@compassionatefriends.org)

*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

**Eric DeWayne Brown**  
November 18  
Son of Sharon Brown

**James Austin Garcia**  
November 30  
Son of  
Danny and Sherri Garcia

**Mark Elliot Reischman**  
November 2  
Son of  
Bill and Jean Reischman

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

**Juri Austin Bunetta**  
November 22  
Son of  
Al and Dawn Bunetta

**Greg Gutzeit**  
November 10  
Son of  
Doug Gutzeit and Carolyn O'Neil

**Robert Andrew Wayne Swift**  
(Andy)  
November 12  
Son of  
Travis Teal and Gayle Swift Teal

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

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

**Rahmir Scott Kenrick**  
November 3  
Son of DeMille Brown and  
Felicia Brown

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

**Jared Todd Eubanks**  
November 2  
Son of  
Todd and Pam Eubanks

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

*And in the month of their deaths—*



**Daniel Bowen Bishop**  
November 24  
Son of  
Kevin and Molly Bishop

**James Wesley Evans**  
(Snowman)  
November 24  
Son of  
Brenda L. Nelson  
Brother of Heather Evans

**Stephen Gould**  
November 18  
Son of Herb and Susan Gould

**Karen Raudsep**  
November 17  
Sister of Heidi Cusick

**Daniel Matthew Bledsoe**  
November 11  
Son of Dan and Barbara Bledsoe  
Brother of  
Jason and Kaci Bledsoe

**Wolfgang Maximillian Gander**  
(Max)  
November 18  
Son of  
Wolfgang and Evie Gander

**Scott Graham Hartman**  
November 12  
Son of Kay Hartman

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

**Stephen Joseph Donlon**  
November 24  
Son of Pat and Ellen Donlon

**James Nathan Matheson**  
November 2  
Son of  
Jack and Deborah Matheson

**Megan Alaine Myers Workman**  
November 2  
Daughter of  
Steven and Lisa Workman



### *Contrasting Moods*

*Let me have silence and the stars,  
If you would give me peace.  
Words are too brutal. Say not one.  
Silence will give my heart release.*

*Let me have darkness and the storm,  
Lightning and angry rain.*

*Thoughts that are mine shall ride the wind.  
I must forget this haunting pain.*

*Let me have silence and the stars,  
Stillness in early dawn.  
Hearts that are sad can sing once more.  
Life and its song must linger on.*

from *A Life of Poems* by Elizabeth Teal

## 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.

*Rose H. Bartlett*  
In loving memory of  
her grandson,  
Chase Lee Harris  
Son of

Kirk and Shayne Harris  
and  
Paul and Stacey Fish

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

*Dan and Barbara Bledsoe*  
Jason and Kaci Bledsoe  
In loving memory of  
their son and brother,  
Daniel Matthew Bledsoe (Matt)

*Peggy Boss*  
In loving memory of her son,  
David James Boss

*Mike Duncan*  
In loving memory of his sons,  
Jamison Michael Duncan (Jamie) and  
Jon Ashley Duncan

*David and Amy Kissiar*  
In loving memory of  
their son,  
Michael David Lair

*Bob and June Knabe*  
In loving memory of  
their son,  
John Mark Knabe

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



*A donation from the Kroger Plus Community Rewards Program: To create an account to benefit TCF, go to the Kroger website and click on "Community Rewards"; then follow the instructions on that page. After that, all you have to do is shop at Kroger, swipe your Plus Card when you check out, and Kroger will donate dollars to TCF. It's an easy way to support your chapter.*

*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.*



*Here where their silent voices speak to us  
where wind and cloud and stone bear  
out their names.*

*Here where their laughter touches our tears,  
and where their image heals the grieving time,  
Where memories tremble between love and pain,  
and where their glory kindles our lives.*

*Here where their beauty reaches out to us  
and where their kindness warms a tired world:*

*Here let us stand and look unto their graves  
to find their faces gentle in the sky.*

*Let us remember how their presence was  
a treasure and a wealth beyond account*

*Here let us weep*

*Here let us love*

*Here let us thank them*

*for the joy they gave*

*to our living and to our hope.*

Sascha



## Handling the Holidays and Other Special Days

Holidays, birthdays, and other special days are usually times for family gatherings and celebrations. When we come together for the first time after the death of our child, it can be really difficult. Our families try to protect us in the best way they can, but it can still hurt. How can we cope? How can we as grieving parents handle these times in a realistic and effective way?

First, acknowledge and accept your feelings. Tears, depression, and loneliness are all natural reactions to a loss, months, even a year or more after the loss. At the same time, do not feel as though you are betraying your child if you are able to enjoy some of the festivities.

If the thought of preparing for these special days seems overwhelming, one helpful first step may be to make a list of things to be done in planning for the holiday. Have a family conference and together decide what is really important: what traditions do you want to carry on? What would some members find meaningful, or what things might be too painful? What changes, if any, would you want to make? Consider whether a task can be shared, whether someone else can take it on, or whether it should be eliminated. Whatever decisions are reached, this sharing can demonstrate recognition and respect for each person's values.

In setting priorities, good guidelines to use are: Would the holiday or special day be the same without it? What gave meaning to our holidays in the past? If you have family traditions, decide together whether you want to carry them on this year or if this is a good time to begin new ones. Consider and discuss ways of keeping traditions while trying to lessen the pain of the loss, perhaps by making some changes in the usual way of doing things. Remember that although we may decide to

do some things differently this year, we can decide to return to earlier customs another year if we wish. It is important to realize that while holidays and special days are traditionally a time of festivity, they can also be a time of frantic busyness and resultant fatigue. Don't set unrealistic expectations for yourself to be joyful. As grieving persons we must recognize that we may simply be unable to function at our usual pace. We may need to break things down into smaller, more manageable chunks, goals we can achieve. Fatigue can be deadly and lead to feelings of depression under the best of circumstances. Don't overextend, don't overcommit. Eliminate the unnecessary and reduce the pressure on yourself and others. By talking over what is really important with family members, priorities can be set, tasks shared, and plans made to accomplish those things considered essential. Decide what you can handle comfortably and let your needs be known to friends and relatives.

If your faith has been an important part of your life, allow time for its expression during these holidays and special days. If it has not, this may be a fitting time to approach the clergy person or church of your choice. In either case, you may find that by enriching and deepening your religious experience, you have added a new dimension to your life.

Our lives have changed. Our holidays will be different. It's not a choice of pain or no pain, but how we manage the pain we feel. The important thing to remember is to do what is comfortable for you and your family. It may help to know what those of us who have been through these holidays and special days before have found: anticipation is frequently worse than the day itself.

### ***SOME SUGGESTIONS***

#### KNOW WHEN YOUR HOLIDAYS ARE.

- Holidays are not just at Thanksgiving, Hanukkah, Christmas, or New Year's.
- Holidays are those times when family and friends get together for fun. It may or may not be associated with one of the traditional days of celebration.
- Mark on your calendar the months during which your family's holidays occur.
- Begin early to plan your coping strategies.

#### BE INTENTIONAL ABOUT HOW YOU PLAN YOUR HOLIDAY.

- Together, as a family, examine the events and tasks of the celebration and ask the following questions:  
Do we really enjoy doing this? Is it done out of habit, free choice, or obligation?  
Is this a task that can be shared?  
Would the holiday be the same without it?

*(Continued on page 5)*

*(Handling the Holidays, continued)*

DECIDE WHAT YOU CAN HANDLE COMFORTABLY.

- Whether we are open to talk about our child.
- Whether we feel able to send holiday cards this year.
- Whether we can handle the responsibility of the family dinner, holiday parties, etc., or if we wish someone else to take over some of the traditions this year.
- Whether we will stay at home for the holidays or choose a different environment.
- Shopping is definitely easier if you make the entire list out ahead of time. Then, when one of the “good days” comes along, you can get your shopping done quickly and with less confusion. Shopping by phone or from catalogs can also help.

DON'T BE AFRAID TO MAKE CHANGES; IT CAN REALLY MAKE THINGS LESS PAINFUL.

- Let the children take over decorating the tree or invite friends to help.
- Open presents the night before the holiday instead of in the morning.
- Have dinner at a different time. Change the seating arrangement.
- Burn a special candle to quietly include your absent son or daughter.

OUR GREATEST COMFORT MAY COME IN DOING SOMETHING FOR OTHERS.

- Giving a gift in memory of our child to a meaningful charity.
- Adopting a needy family for the holidays.
- Inviting a guest (foreign student, senior citizen, someone who would otherwise be alone) to share the festivities.

EVALUATE YOUR COPING PLANS.

- Do your plans isolate you from those who love and support you best?
- Do your plans allow for meaningful expression and celebration of what the particular holiday means for you?

LET YOUR PLANS AND LIMITS BE KNOWN.

- Write or phone family and friends to let them know of any intended changes.
- Share with friends and family how you plan to approach the holiday and how they can best help you.

DON'T BE AFRAID TO HAVE FUN.

- Enjoyment, laughter, and pleasure are not experiences in which you abandon your lost child. You have not forgotten him/her. Your child would not want you to be forever sad; you need not feel guilty over any enjoyment you may experience.
- Give yourself and members of your family permission to celebrate and take pleasure in the holiday.

Finally, as you seek to make sensible plans, remember to make them firm enough to support you, but flexible enough to leave you some freedom. Most important, take time in your plans...to love and let yourself be loved—for this is the real gift of the holiday season.

**Future TCF National Conferences**

The staff at TCF National Headquarters in Oak Brook, Illinois work all year planning our national conferences. You may want to keep your calendar clear and plan to attend:  
 2019 - Philadelphia July 21 – 29  
 2020 - Atlanta, Georgia  
 2021 - Detroit, Michigan  
 2022 – Houston, Texas



**Phone Friends**

We have all experienced the pain of losing a child. We understand and would like to listen. If you can't reach one of us, feel free to call another person on this list.

- Accidental Death** .....Mike and Paula Childers, 615-646-1333
- AIDS**.....Joyce Soward, 615-754-5210
- Illness**.....David and Peggy Gibson, 615-356-1351
- Infant**.....Jayne Head, 615-264-8184
- SIDS**.....Kris Thompson, 931-486-9088
- Suicide**.....Ron Henson, 615-789-3613
- Small Child**.....Kenneth and Kathy Hensley, 615-237-9972



## A Sibling's Advice:

I remember my mother telling me about it; it had been an accident. She took me around to the back of the house so we could be in private. I was very glad of this. I felt like I should cry since she was crying, even though I had to fake it. I also remember the funeral and my brother lying in the coffin. That's when the tears were real.

If I had to give anyone advice, it would be to see the body because that's when I could finally come to my senses about the reality. After that I have forgotten mostly everything. I believe that's how I dealt with my grief, by forgetting most everything. I do remember one thing that helped me and my parents. We would talk a lot. It also helped me especially when I cried with my mother.

Jenny Pittman (sibling)  
TCF, Tuscaloosa, AL

## Anniversaries of the Heart

*"The holiest of all holidays are those kept by ourselves  
silent and apart;  
secret anniversaries of the heart."*

Henry Wadsworth Longfellow

## Thanksgiving

*Our time together was too brief,  
Your life on earth numbered in but days.  
Yet, how could I have loved you more if I had  
Held you through the seasons of your life?  
When does love begin?*

*For me the day you first moved within me  
Wrapped me in such warmth that it can still keep  
Out the cold as here I stand missing you and all  
That we could have shared.*

*Death has robbed me of your softness and of all  
The dreams I had for you,  
But not of my love.  
Not even death can take that from me – from us.  
And for that, I am thankful.*

Karen Nelson  
TCF, Box Elder county, Brigham City, UT

For what is once given cannot be taken,  
except from the eye and the touch of the hand.

Polly Toland

## Giving Thanks

*I cannot hold your hands today,  
I cannot see your smile.  
I cannot hear your voices now,  
my children, who are gone.*

*But I recall your faces still,  
the songs, the talks, the sighs.  
And story times and winter walks,  
and sharing secret things.*

*I know you helped my mind to live  
beyond your time with me.  
You gave me clearer eyes to see,  
you gave me finer ears to hear,  
What living means, what dying means,  
my children, who are gone.*

*So here it is Thanksgiving Day,  
and you are not with me.  
And while I weep a mother's tears,  
I thank you for the gifts you were,  
and all the gifts you gave to me,  
my children, who are gone.*

Sascha Wagner

## CANDLELIGHT MEMORIAL SERVICE—December 9, 2018

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 1, 2018.** 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](mailto:tjmitchell68@gmail.com).  
 Be sure to include your child's name in the e-mail.

**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 9 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 crafting 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*

Nashville, TN 37205

**P.O. Box 50833**



**Return Service  
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**November 2018**

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## **A Tribute to my Sister, Lori Lee Smith**

### *I Saw You*

*I saw you today in the morning dew  
As brilliant as a sea of shimmering diamonds  
I shared the most amazing sunrise with you today  
A million shades of red so random in their perfection.*

*I heard you today in the laugh of my children  
An enchanting melody a thousand angels strong  
I walked with you today and we talked about everything  
. . . and nothing all at once*

*I saw you today in the changing of the leaves  
The colors of your life, the close of one season  
And the ushering in of another.*

*I sat beside a stream with you today  
The peaceful flow, steady and constant  
I saw you today . . . and you were perfect  
And rest assured . . . I shall see you again*

Avery Smith  
TCF Ada Area Chapter

