

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.

November 14 Program:

Tips for Handling the Holidays

End of the year Holidays can be a traumatic time following the loss of a child. Much of the focus of these holidays is on children, family, and giving, and many times one’s sense of loss is so overwhelming that the joy of the season is lost. Some parents have said, "I would just rather do without the holidays, but I don’t have that option." Others have said, "I just want some way to survive the holidays."

So, how do grieving parents cope with the holidays? Join us at 3:00 for a panel discussion on tips for handling what can be a very difficult time of the year for grieving parents.

Phone Friends

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

- Accidental DeathMike and Paula Childers
615-646-1333
- AIDS..... Joyce Soward
615-754-5210
- Illness..... David and Peggy Gibson
615-308-2520 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

Memorial Service to Be Held on December 12, 2021



Last year, Metro Health Department Covid-19 guidelines resulted in the closing of our monthly meeting place in November, 2020. Although the vaccine and mitigation measures have reduced the incidence of covid in our community, the ABC Building on Elm Hill Pike where we have met for several years was sold earlier this year, and will cease to be available for the Nashville Chapter following the November 2021 monthly meeting. While we know **where** our new permanent meeting location will be, we don’t know **when** it will be available for us to occupy. We have been pursuing options to relocate our December Memorial Service as well as several monthly meetings in 2022 until we can move into our new location.

Continued on Page 8

*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

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

Eric DeWayne Brown
November 18
Son of Sharon Brown

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

James Austin Garcia
November 30
Son of
Danny and Sherri Garcia

**Tucker Jordan Griffin
(TJ)**
November 9
Son of
Jason and Angela Griffin

Max Hillman Harris
November 10
Son of Becky Harris
Brother of Will

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

Shane Tanner Scruggs
November 7
Son of
Don and Joan Johnson and
James and Lisa Scruggs

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



And in the month of their deaths

Rosemary Aud
November 15
Daughter of
Stephen and Trish Aud

Jacob Sylvester James Bell
November 30
Son of
Mike Bell and Michelle Dodrill

Daniel Matthew Bledsoe (Matt)
November 11
Son of Dan and Barbara Bledsoe
Brother of Jason and Kaci

Stephen Joseph Donlon
November 24
Son of Patrick and Ellen Donlon
Brother of
Katy, David, John and Elizabeth

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

Stephen Christopher Gould
November 18
Son of
Herb and Susan Gould

Rylee Grace Honeycutt (Roo)
November 18
Son of
Anthony and Magen Honeycutt



You Were On My Mind

You were on my mind . . .
When I woke up this morning...

You were on my mind. You were on my mind.
You with that genuine enthusiasm,
like a kid with his first bicycle.

You with the curiosity and excitement
that dads love to be there for.

There's so much of you still with me.
Still with us!

It's not fair that we feel cheated or
that we won't share your ways anymore.



But in reality, after all the tears and
inner feelings of pain and sadness pass

We will have joy and great happiness because
we shared your days. Your laughter. You.

And when I wake up each morning
It will be OK that you were on my mind...

You are on my mind.
That's a special place for you to be,
because it will be forever.

Michael Tyler
TCF Lighthouse Chapter, Lewes, DE

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.

Linda Black

*In loving memory of
her son,*

Christopher William Black

Tom and Jenny Copeland

*In loving memory of
their daughter,*

Nancy Louise Copeland

Danny and Sherri Garcia

*In loving memory of
their son,*

James Austin Garcia (Austin)

Don and Sherry Eakes

Two generous donations

In loving memory

of their grandson,

Taylor Christian Brewer

Son of

Justin and Tracy Brewer



Don and Vickie Garner

*In loving memory of
their son, Aaron Garner*

John and Betsy Koomen

*In loving memory of
their son,*

Benjamin Bedell Koomen (Ben)

Kay Vick-Bogle and

Angie Vick-Hoffman

*In loving memory of
Their Son and Brother,*

Joey Vick

Each month, Allegra Marketing (615 360-3339) donates the printing of this newsletter as a gift to the families of TCF. Deanna Brown and her family assemble, label, sort and mail the newsletter in loving memory of her son, Marcus Dean Brown. We appreciate so much these people and their generosity to all of us.

*If you have a memory of someone who has died,
give it freely to those who are left behind...in the sharing of
memories is born the beginnings of hope and healing*

Darcie Sims

What Is Left

When a child dies, you ask, among other questions, what is left? A beautiful, sensitive, intelligent son has chosen to end his life. What can be left after such a crushing blow? Others will point out that you have a spouse, other children or grandchildren, perhaps relatives and friends. They are all left. Perhaps you have a career that is left. And yet how meaningless all of those are to a bereaved parent, to one who is suffering the most devastating loss of all. So you continue to search for what it is that is left.

You read books on bereavement scarcely remembering what you have read; you attend meetings, talk with others who have suffered a loss like yours. If you are fortunate you have one or two good friends who, while they cannot fully understand, are there to love and listen. Perhaps there is a therapist who guides you in your search for an answer. But for a long while everything you read or hear has little meaning and certainly cannot provide the answer to your question. Or can it? Does all that you have read and heard and experienced finally come together and answer the questions of what is left?

For me it does. The answer was 13 months in coming, but how clear it seems now. I am left. That's it! I am left and I have been left with the love of Scott. It is a new love, it is different, more intense, it is undemanding, it need not be reciprocated, there are no strings attached. I love this love of Scott's. It warms me and comforts me. It is a wonderful love, but I cannot keep it. It would be wrong to do so; this love is too precious to keep to myself. I am left with love to spare and love to share. It will never run out. He will always be with me to replenish it. I have found my answer! I am left to share Scott's love with you.

Betty Stevens
TCF Baltimore, MD

Autumn In Grief's Garden

There is an underlying
sadness to autumn.
It is the beginning of the end of things –
and fueling the flames,
its exquisite beauty
burns open our hearts,
and for those
brimming with grief,
or remembering gladness,
tears overflow
from deep within the wells of sorrow.

From *Catching the Light: Coming Back
to Life after the Death of a Child*
Genesse Bourdeau Gentry



How Will It Be?

Three years of holidays have gone,
How will this one be?
It's now mid-November,
blue sky, gold, russet leaves.

The second year almost as hard
as the first, in memory,
and last year with its dark descent,
brought me poetry.

What will year's end bring this time?
Just celebrations' mire?
Or will the love surrounding strong
bring peace to damp the fire?

From *Stars in the Deepest Night:
After the Death of a Child*
Genesse Bourdeau Gentry

On Being Heather Kathleen's Mommy

We've all heard the saying, "It's better to have loved and lost than never to have loved at all." I don't know that that quote is even correct. What I do know is that on the day Heather was born, had someone told me I could have her for four years, four months and twenty-three days and then she would be gone and I would suffer a pain and sorrow so acute that it would all but kill me; that my personality would change; I'd breathe fire and anger; that it would take almost two years of my life to decide I was still a member of the human race and that I had to accept her death and live the life I was given—like it or not—that my choice on how I'd live that life would be mine alone, I'd do it.

You are gone and I will always want you back. But I wouldn't have missed your short life, Heather, not for anything in the world.

Nothing has changed—I'm your mom, you're my girl. That's it.

Nancy Foye
TCF, Clarksville, TN

November Again

November again, almost winter.
Musted world outside,
faded red, misty yellow—
fog in the morning.
Even the hardest wind
seems kind enough,
because we know,
we know that stormy blades
lie waiting.

November again, almost winter.
Gently the heart reaches
for the awareness of things to
come.



Holidays, so we call them.
Gently, the heart turns to
Christmas—

Songs everywhere. And lights.
Gently the heart
must remember
the things gone by,
the time gone by,
the child gone by.

November again.

Sascha

Some Suggestions for Handling the Holidays

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?

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 online 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 Experience Enjoyment

- 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.

Holiday Gifts for Children Needed

Every year for the past 15 years TCF Nashville families have generously donated toys and gifts to the children of Youth Villages in Middle Tennessee that works with children who are not living at home and are under foster care for the holidays. The children range in age from 6 to 18. This year we will **NOT** be collecting these gifts at our Memorial Program as in the past but we do not have to abandon this tradition of helping these children.

Instead of bringing gifts to the Memorial, here are some alternatives:

- Make a monetary donation of any amount online by going to the website for Youth Villages Middle Tennessee, and choosing the 'Donate' tab. When making your donation, include "Holiday Heroes" in the "Leave a comment" box.
- Be a Holiday Hero by signing up to sponsor a specific child. As a Hero you will receive a specific child's wish list (ages newborn to 23), shop for their gifts and return them unwrapped to Youth Villages' Nashville collection site. As a hero you will receive a specific child's wish list (ages newborn to 23), shop for their gifts and return them unwrapped to Youth Villages' Nashville workshop. The amount to be spent on each child is \$100 - \$150. To be a Holiday Hero to a child in need, please contact Greg Shott at (61) 250-7262 or email greg.schott@youthvillages.org.
- Purchase gifts from the suggestions below to be used for children who come into Youth Villages programs during the last two weeks before Christmas. Drop off your gifts in person by December 15 at 301 Plus Park Blvd, Suite 110, Nashville, TN 37217.

Suggested gifts include:

Art supplies & Craft Kits

DVD's (PG-13 and Under)

Gift cards such as Wal-Mart, Target, Amazon

Current Rap/ Pop CD's (Teen Rated)

MP3 Player/iPod Shuffle

CD Players/ Boom Box

Gameboy Games (Teen Rated)

Xbox/Play Station Games (Teen Rated)

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

Hats, Gloves & Scarves

Nail Kits & Polish

Action Figure/Superheroes Toys

Jewelry & Hair Accessories

Sport Equipment, Balls etc.

Young Adult Books

As many of us feel compelled to do "something" in honor of our lost children (grandchild in my case who died in a house fire), I have put together a public service video in honor of 5-year-old Kamden, hoping to save lives by encouraging people to test their smoke alarms regularly.



I'm trying to get the video widely viewed by as many audiences as possible between now and November 7, when we change our clocks. Please watch this video, test your smoke alarms, and share with family and friends so we can help save other innocent lives: www.Time2Test.org.

Laura Buchanan
TCF, Nashville, TN

Grieving takes time. Give yourself time.

Pamela Hagens
TCF, Nashville, TN

I Never Believed...

I never believed I would see another season change with gladness. I never believed I would see the world again without the haze of tears. I never expected to actually laugh again. I never felt my smile would return and feel natural on my face. I never hoped for another day when I would not want to die. I never envisioned a world that could again be bright and full of promise. I believed that all that had passed from me the day he died and went away, never to return. But I was wrong, and I know that in the fullness of your grieving, you too will come to understand that life goes on...that it can still have meaning...that even joy can touch your life once more.

Don Hackett
TCF Hingham, MA



MEMORIAL SERVICE DECEMBER 12, 2021



Our 2021 Memorial Service will be an in-person service as we have done in the past, however we are also considering a video similar to what we did last year to be used **ONLY** in the event it becomes impossible to do an in-person service and we are investigating the possibility of Live Streaming the service. See details on Page 1. We hope that all who want to will participate in person in the live event. Please provide your email address below in case we need to contact you concerning a change in the service.

**EVERY FAMILY WISHING TO TAKE PART IN THE MEMORIAL SERVICE
MUST COMPLETE AND SUBMIT THIS FORM.**

**Your form must be received no later than Wednesday, December 1, 2021 for your child's photo to be included.
We're very sorry, but no photos may be accepted after December 1.**

Please send your completed form directly to Lamar Bradley by email or by mail to the address below. Be sure to include your child's name as you want it to be read (including phonetic pronunciation).

Lamar Bradley
4772 Cascade Drive,
Old Hickory TN 37138

or Email: lamar.bradley@comcast.net
(Be sure to include your child's name)

Instructions: Please send an original 5x7 photo (no copies, please). If a 5x7 is not available, any size will do; however, the 5x7 or larger is easier to process and yields a better image. Do not write on the photo, but be sure to place a sticky note on the back of the photo with your name and the child's name clearly printed. The original will be returned to you at a future meeting.

Child's name: _____

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

Please initial one of the following:

_____ I/we are enclosing an original photo of my child to be included in the Memorial Service and I/we consent to the use of my/our child's name and photo in the prerecorded and/or Livestream program.

_____ Please use my/our child's photo from last year in the online Memorial Service and I/we consent to the use of my/our child's name and photo in the prerecorded and/or Livestream program.

_____ Please do not include a photo of my/our child in the Memorial Service, but please have my/our child's name read as a part of the service. I/we consent to the use of my/our child's name in the prerecorded and/or Livestream program.

_____ Please do not include a photo of my/our child or my child's name in the Memorial Service, but I will attend the in-person service.

Print your name _____ Phone _____

Signature _____ Email _____

The Compassionate Friends

Nonprofit
Organization
U.S. Postage
PAID
Nashville, TN
Permit No. 593

P.O. BOX 50833
Nashville, TN
37205

Return Service
Requested



November 2021

Memorial Service, continued from Page 1

Unless Metro Health Department guidelines preclude, we will have an in-person Memorial Service this year; however, as this goes to press, we do not have a location secured for the Memorial Service. Watch your mail for a first class mailing announcing the new location of the December Memorial Service. We are also looking into the possibility of Livestreaming the Service for those unable to attend in person. Details will be forthcoming. When the location is selected, we will also be announcing it on our website and on our Facebook page.

Please go ahead and fill out and mail or email the form on Page 7 indicating your preference (with your child's photo) if necessary. Please follow the instructions in the form and be aware of the deadline to receive photos: **December 1**. Please also be aware that by signing the form you are granting permission for TCF to use your child's image and name in a Livestream or pre-recorded video.