

THE COMPASSIONATE FRIENDS

MAILING ADDRESS: P. O. Box 8283 • Hermitage, TN 37076 • (615) 356-4TCF(4823) •

Nashville Website: www.tcfnashville.com



Chapter Leaders: Justin and Tracy Brewer, (615) 812-1504, email: tbrewer395@gmail.com

Newsletter Editor: Melanie Bell, (615) 513-5913, email: melaniebell2210@gmail.com

Treasurer: Ed Pyle, (615) 712-3245, email: edpyletaxlaw@gmail.com

Regional Coordinators: Polly Moore, (931) 962-0458, email: lolly39@aol.com

Dana Gall (931) 581-7090



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.

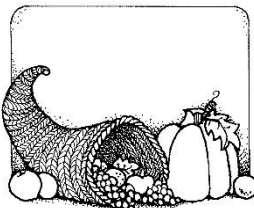
Welcome: The Nashville chapter meets at 3:00 P.M. on the second Sunday of each month at the ABC (Associated Builders and Contractors of Greater Tennessee) Building, 560 Royal Parkway, Nashville, TN 37214 (SEE MAILING ADDRESS ABOVE). We truly regret that we have no accommodations for young children, but teenagers and older siblings are welcome to attend.

November 10th Meeting: Facing the Holidays:

Traditions vs. Self-Care

Anticipation of the year-end holidays can be a traumatic time following the loss of a child. So, we are offering an expanded version of our October program, "Handling the Holidays". 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."

Join us at 3:00 for this discussion on tips for handling what can be a very difficult time of the year for grieving parents. Our regular sharing groups will follow.



Candlelight Memorial Service Scheduled for December 8

This is a very moving and powerful program. All family members, siblings and friends are invited to join us. Following the service, we invite you to remain for fellowship and refreshments. If you wish, you may bring a dessert, but other finger foods and drinks will be provided.

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.

**PHOTO SUBMISSION DEADLINE:
Friday, November 30.**

We would like for all of you to enjoy this opportunity to see your child on the big screen! If you have not previously attended the candlelight memorial service, we encourage you to do so.

**Information and Photo Submission
Form are on Page 7.**

***The 2024 Candlelight Memorial Service will be Sunday, December 8 at 3:00 p.m.
at Citipointe Church, 7533 Lords Chapel Drive, Nashville 37211.***

***The location is off Nolensville Road (Highway 31A) about a mile south of the
intersection of Bell Road (Old Hickory Boulevard) and Nolensville Road.***

ALWAYS WITH LOVE, WE REMEMBER THEM--**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	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 (Austin) November 30 Son of Danny and Sherri Garcia	Jacob Alexander Griffin November 5 Son of Karen Griffin	Cami Leigh Parrish November 19 Daughter of Debbie Hampton	Max Hillman Harris November 10 Son of Becky Harris Brother of Will Harris
Cole Hansen Kilgore November 14 Son of Henry and Kathy Beeler Nephew of Kacey Gant	Dustin Scott Reigel November 3 Son of Rebecca Powell	Mark Elliott Reischman November 2 Son of Bill and Jean Reischman	Jenna Leann Ruddy November 11 Daughter of Janet Riggan
Shane Tanner Scruggs November 7 Son of Don and Joan Johnson; James and Lisa Scruggs	Joe Vick (Joey) November 6 Son of Kay Bogle Brother of Angie Hoffman		Lindsay Ware November 16 Daughter of Scott Ware

**And in the month of their deaths**

Rosemary Aud November 15 Daughter of Stephen and Trish Aud	Taylor Nicole Barton November 25 Daughter of Alan Barton and Stella Stephens	Jacob Sylvester 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
Kahlani Sage Brown- Cotton November 2 Daughter of Brionna Brown and Devon Cotton	Donald Gene Crafts, Jr. November 4 Son of Donna Kibler Brother of Bridgette Warren	Jayce Montez Easley (Bucky) November 11 Son of Heather Jarrett	Stephen Joseph Donlon November 24 Son of Pat and Ellen Donlon Brother of Katy, David, John, and Elizabeth

Continued on page 3

And in the month of their deaths, continued

**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
Daughter of
Anthony and Magen
Honeycutt

Morgan Langham
November 30
Daughter of
Mark and Gini Langham

Cami Leigh Parrish
November 19
Daughter of
Debbie Hampton



David Lee Randolph
November 22
Son of
Terry Randolph
Grandson of
Joyce Randolph

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.

*Mike and Kay Duncan
in Loving Memory
of their sons,
Jon Ashley Duncan and
Jamie Michael Duncan*



*Linda Black
in Loving Memory
of her son,
Christopher William
Black*

*Thanks to you, Kroger Shoppers,
we received a gift of \$118.81
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.

A thought to ponder as you search for something for which to be thankful...

As a parent, you have known love ----
Some people have never known love --- in all their lives.

From “*Helping Ourselves*”
TCF, OK

Autumn Memories

My son and I always enjoyed the autumn season. Yes, when we lived in the cold zone, we knew that winter's winds and snows were on the way. But, yet, we took time to enjoy the beautiful array of colors that nature gave us as a final salute to the growing season.

Todd and I raked leaves in the autumn. I had purchased a home in a town on the Mississippi River bluffs; the home had been built in the 1860s and I am sure some of the trees were well over 50 years old. The leaves would fall and we would rake. We made a game of it. Sometimes his best friend, Allen, would come over and help. The boys would jump into the piles and laugh with delight. We'd create a big pile and rake it to the concrete so that it could be burned. I can still see Todd laughing and dancing around that fire. His pure childhood joy was contagious.

Todd and I loved to look at the changing leaves along the bluffs of the river. We would drive on weekends and find the best view. Then we'd park and marvel at nature's wonder. The big bluffs, the turning leaves, the eagles soaring above us. Ducks flying south...even the occasional group of geese overhead...honking, honking as they journeyed to a warmer climate.

The light is different in the autumn...it's diffused somehow. It's different than the light in any other season. Autumn sun was our favorite light. It seemed less harsh, more forgiving, gentler in a strange sort of way. That was another time and another place.



Now in the autumn, I remember all the special times I shared with my child. Looking at leaves, collecting leaves, raking leaves.....we did this together, just the two of us. "Mom, when are we going to go look at leaves?" Todd would ask. That was my cue to load up some soft drinks and sandwiches and head out on the first sunny Saturday. We'd repeat this ritual until the leaves had all fallen and it was time to rake.

When we moved to the Houston area, Todd was 12, and we talked about the seasons. He told me about his great memories of leaves and drives and time together. He said he would miss autumn with me. That made me feel good. These were memories that we shared, of a time when it was just Todd and me for those special moments. Looking back, I am so glad that I spent the time to make memories. I thought I was making memories for my child, but in fact, I was making memories for us both. And now those memories are my memories.....good memories.....memories that I will cherish always.

Here it is autumn again. Soon Todd will be gone five years. The memories are flooding back: the first day of each school each year, the changes as he grew to become a man. High school, college, and graduate school....all began in the autumn. Autumn marks the beginning of many good memories for me. I listen as the school bus stops in front of our house to pick up today's children. Once in a while I go to the door and watch them load up, chatting with each other as they take their seats. I think of my 12-year-old son, getting on that bus in front of our home for the first time: the first day of school in Houston. And for a moment, just a fleeting moment, I think I can see him sitting at a window seat, waving at me. Waving goodbye.

Annette Mennen Baldwin
TCF, Katy, TX

My Best Suggestion

How I struggled that first Thanksgiving after Wade died to see how in the world I could possibly be thankful. The idea came to me to separate the two – what I could never be thankful for, from those things for which I was still thankful in spite of the tragedy that had come. I wrote my two lists on paper, and it helped.

Janet Reindle
TCF, Houston NW Chapter

Right now

take a moment,

close your eyes

and remember

the smile of your child!

Sascha



Getting around the Holidays

A very difficult area of functioning is coming to grips with the knowledge that there is absolutely no way of getting around holidays, despite your best effort to avoid them. And they have been horrendous times for many years. Their pain cannot be minimized. But they still must be faced. One family trying to avoid Thanksgiving—which was the dead child’s birthday as well—decided that family gatherings were no longer for them. They would travel or simply ignore the festivities. One day the mother came upon her ten-year-old daughter crying and asked what was wrong. “She was sobbing,” reported the mother. “All the children in school had told of their plans and made table decorations for the holiday, and Lynn felt completely removed from her classmates. She cried that she was not only deprived of her brother who was dead, but she couldn’t even have Thanksgiving dinner and a turkey! I listened and held her in my arms and cried. What she was saying made sense. After all, we still had three living children. They also mattered. That night I talked to my husband and we decided that, no matter how bleak and empty it would be we would have a traditional Thanksgiving.”

The family sat around the table, very quietly at first. The father said grace and thanked the Lord for a bountiful meal. When he was through, their ten-year-old said she had something to add. “I want to thank Mommy and Daddy for making this very special dinner for our family. And most of all, I want to thank you, God for having let us have my brother Eric for six years.”

The mother, who will never forget what her daughter said, told me there was not a dry eye at the table for a few minutes. But gradually, as the meal progressed, they made an effort to discuss why the holiday was celebrated. From there, the parents told of amusing experiences at Thanksgiving dinners in their younger years. The mother said she planned to tell the stories to lighten the atmosphere just as carefully as she had planned the menu. By the time the meal was over, the parents discovered what had been built up in their minds as unsurvivable had become just another turning point.

There will be many such turning points as you work your way forward. You have already survived what you were certain you could not live through—the death of your child. Turning points, plateaus are merely steps in coping and nothing more. As you go through each holiday, each season, each happy/sad occasion, you will gain strength from having passed beyond yet another painful event.

*From The Bereaved Parent
By Harriet Schiff*

TO BEREAVED GRANDPARENTS

A HOLIDAY SUMMARY

1. Know that your grief over the loss of your grandchild is legitimate. You have the need and right to grieve.
2. Learn about the grief process, not only so you will know that what you are experiencing is normal, but it will help you know that your grieving child is not “going crazy.”
3. Find someone with whom you can share your thoughts and feelings about your grandchild’s death.
4. Know that the holiday will be difficult for you as well as your grieving child. Don’t expect too much of yourself this year.
5. Your grieving child will especially need you this year. Find ways to include memories and/or memorabilia of the dead child in your family holiday ritual. You may even want to change some of your traditional holiday plans this year.
6. Know that your children who have not lost a child may be uncomfortable with whatever you do, but explain to them how necessary it is for your grieving child.
7. Know that however you plan this year’s holiday arrangements, it will not be as it has been in the past. The holidays will never be the same because your grandchild will never be there again. Know too that it does get easier as the years go by.
8. Take this opportunity to cement a very special relationship with your grieving child by being sensitive to their needs during the holiday season.

Margaret H. Gerner, M.S.W.
Bereaved Grandparent
TCF, St. Louis, MO

The melody that the loved one played upon the piano of your life will never be played quite that way again, but we must not close the keyboard and allow the instrument to gather dust. We must seek out other artists of the spirit, new friends who gradually will help us to find the road to life again, who will walk that road with us.

Rabbi Joshua Liebman
TCF, Tuscaloosa, AL

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 importantly, take time in your plans...to love and let yourself be loved — for this is the real gift of the holiday season.

*It turns out that time doesn't heal all wounds.
Instead, time is a gift we're given to grow
accustomed to living with wounds.*

Bill Tammeus,
Kansas City Star

Holiday Gifts for Children Needed

Every year for the past 18 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 in foster care for the holidays. 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 Compassionate Friends December 8 Candlelight Memorial Service. Below is a list of the most requested items.**

Suggested gifts include:

Art Supplies and Craft Kits	Board Games (Monopoly, Life, Mouse Trap, Jenga, Uno etc.)	Nail Kits and Polish
DVD's (rated G, PG or PG-13)	Barbie Dolls & Accessories for Barbie	Action Figures / Superheroes Toys
Xbox / Play Station Games (Teen Rated)	Matchbox or Hot Wheels car sets	Jewelry and Hair Accessories
Remote Control Cars, Trucks or Planes	Lego Sets	Sports Equipment, Balls etc.
Journals, gel pens		Young Adult Books

Here are alternative ways to give to Youth Villages if you prefer not to bring a gift to the Candlelight Memorial Service:

- Make a monetary donation of any amount online by going to the website for Youth Villages Middle Tennessee.
- 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. The average amount to be spent on each child is \$150. To be a Holiday Hero to a child in need, please contact Greg Schott at (615) 250-7262 or email greg.schott@youthvillages.org.
- Purchase gifts from the suggestions above to be given to children who come into Youth Villages programs during the last two weeks before Christmas. Drop off your gifts in person at 301 Plus Park Blvd, Suite 110, Nashville, TN 37217.



CANDLELIGHT MEMORIAL SERVICE—December 8, 2024

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, November 30.

PLEASE DO NOT SEND FORMS OR PHOTOS TO THE TCF P. O. BOX—it is important that they go directly to Lamar.

MAIL TO:
Lamar Bradley
4772 Cascade Drive
Old Hickory, TN 37138

or

You may e-mail your child's photo to lamarbradley1951@gmail.com

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

Instructions: A computerized process (PowerPoint) is 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 _____

The Compassionate Friends

Nonprofit
Organization
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Nashville, TN
Permit No. 593

P. O. BOX 8283

Hermitage, TN

37076

Return Service
Requested



November 2024

Magic

*I have no magic words for you
and none for me as well.
On the day I buried my child,
there were no words to tell.*

*Now we have come to bury yours
and I feel your desolate pain.
How sad it is to know the sun
will never shine the same.*

*This is a long hard road, my friend,
the unendurable which we endure.
You ask me for magic words to help,
I've no magic—yet I'm sure.*

*There must be a peace that so slowly
comes
you scarcely know when it arrives.
The peace of knowing our children
will always be part of our lives.*

*I'm told "it does get better"
it has to—someday it must.
Others farther down the road have
told me so,
and it's the peace in their eyes I trust.*

Donna Dragoo
TCF, Norman, OK

