**October 2017 TCF Nashville, TN Volume 31● Number 10**

***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.

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*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.*

**October 8 Meeting:**

**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**………….…………..…….……KrisThompson

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

***Tips for Handling the Holidays***

E

nd 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.

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A

ttending your first TCF meeting can be difficult. Feelings can be overwhelming. We have all experienced them and know how important it is to take that first step. Please attend two or three meetings before deciding if TCF is right for you. There are no dues or fees. If you choose, you need not speak a word at a meeting. We are an international, non-denominational group, offering support and information to bereaved parents, siblings, and grandparents. We need not walk alone.

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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

bd06374_**2 TCF Nashville, TN October 2017**

***We remember our children with love and gratitude. We miss their faces,***

***bd06374_their voices and their smiles. And we do not forget--***

***In the month of their births—***

**Kymberly K. Anderson (Kym)**

October 8

Daughter of Mary Hampton

**Alexander Beatty (Alex)**

October 23

Son of

Yarnell and Liz Beatty

**Preston Chauncey Birdsong**

October 13

Son of

Preston Birdsong and

Janice Birdsong

**Roy James Davies**

October 19

Son of

Roy and Barbara Davies

**Marieke de Jager**

October 6

Daughter of

Jan and Betsy de Jager

**Joshua Holt Fischbach**

October 29

Son of Sean and Laura Fischbach

Grandson of Dan and Debbye Holt

**Laura Paige Gibson**

October 16

Daughter of

David and Peggy Gibson

Sister of Kay and Claire

**Zachary Gray Goodpaster (Zach)**

October 16

Son of

David and Lauren Goodpaster

Grandson of

Morris and Martha Smith

**Scott Graham Hartman**

October 12

Son of Kay Hartman

**Mary Clay Kenner**

October 30

Daughter of

Bill Kenner and Carole Kenner

**James Thomas King (J.T.)**

October 18

Son of Tom and Jere King

**Benjamin Bedell Koomen**

**(Ben)**

October 9

Son of

John and Betsy Koomen

**Devin Lowery-Bethea**

October 4

Son of

Johnny and Barbara Bethea

**Madison Allen Mays**

October 31

Son of

Allen and Rachel Mays

Grandson of

Roy and Carole Renfro

**Brooklyn McIntosh**

October 24

Daughter of

Joe and Shelita McIntosh

**Jessica Jo Milom**

October 25

Daughter of Judy Kenner

**Jacob Dean Raymond**

October 10

Son of

Scott and Kim Raymond

**Jason William Rice**

October 26

Son of Rosemarie Moore

**Aaron Alfredo Vasquez**

October 30

Son of

Alfredo and Desiree Vasquez

Brother of Annalise Vasquez

**Leighton Rhea Williams**

October 18

Daughter of

Dave and Kelly Hollister;

Scot and Debbie Williams

***In the month of their deaths—***

***bd06374_***

**Kymberly K. Anderson (Kym)**

October 28

Daughter of Mary Hampton

**Brian Tyler Brown**

October 24

Son of Carl and Shannon Brown

**Emily Michelle Childers**

October 31

Daughter of

Mike and Paula Childers

Sister of Sarah and Julie

**Buck Allen Dawson**

October 26

Son of

Bob and Genevia Graham

**Jon Ashley Duncan**

October 6

Son of Mike and Kay Duncan

**Chase Lee Harris**

October 25

Son of Kirk and Shayne Harris;

Paul and Stacy Fish;

Grandson of Rose H. Bartlett

**Kyndal Payge McElhiney**

October 11

Daughter of Christie Haley

**Brian Sterling Powell**

October 11

Son of Timmy Powell and

Tonya Weatherby

**Paul Rodgers**

October 17

Son of Bonnie Gay

**Elizabeth Urban**

October 29

Daughter of

Richard Urban

**Matthew H. Woods**

October 22

Son of

Vaughn and Mickie Woods

**T**here are things that we don’t want to happen but have to accept,things we don’t want to know but have to learn,and people we can’t live without but have to let go.

author unknown

**October 2017 TCF Nashville, TN 3**

**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.**

***Jennie Reeves and Charity Collins***

***In loving memory of***

***Jennie’s daughter,***

***Sheila Rochelle,***

***Aunt of Kristanna***

***And***

***In loving memory of***

***Charity’s son,***

***Jonathan Collins,***

***Brother of Kristanna;***

***And***

***in memory of***

***Fedila H. Dannug***

***Kay Hartman***

***In loving memory of***

***her children,***

***Eva Renée Hartman***

***Scott Graham Hartman***

***Barbara Davies***

***Through Nationwide workplace giving program***

***In loving memory of***

***her stepsons,***

***Roy James Davies and***

***Taylor Davies***

***bd06374_Sons of Roy Davies***

***David and Peggy Gibson***

***Kay Howard and Claire Gibson***

***In loving memory of***

***their daughter and sister,***

***Laura Paige Gibson;***

***And in loving memory of***

***all the children of TCF Nashville***

***Richard and Donna Green***

***In loving memory of***

***their daughter,***

***Wendy Evon Kauffman***

***Kirk and Shayne Harris***

***In loving memory of***

***their son,***

***Chase Lee Harris***

***John and Betsy Koomen***

***In loving memory of***

***their son,***

***Benjamin Bedell Koomen (Ben)***

***Barney and Patricia Raymond***

***In loving memory of***

***their daughter,***

***Stephanie Dawn Reeves***

***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.***

***Feelings***

*Her clothing is folded in tidy array*

*How it was left is how it will stay.*

*Her desolate dresser silently weeps*

*In the still of the night, when everyone sleeps.*

*The closet continues to guard and protect*

*Items hanging on hangers, forlorn with neglect*

*The bed she adored, where she bounced high with glee*

*Cries invisible tears when no one can see.*

*The bathtub she splashed in will not again see*

*Someone who will love it as fiercely as she.*

*It sits idle now, no longer a "star"*

*And asks (in its way) if I know where you are.*

*The house that she lived in, the yard where she played*

*Are missing the landscape of love that she laid.*

*Her numerous playthings, her once favorite toy*

*Languish mournfully now without any joy.*

*This dwelling called "home" has relinquished its heart,*

*That gift from the one who was forced to depart.*

*Now it withers from grief—is spirit extinct*

*and we watch through our tears as the walls seem to shrink.*

*Our angel was gone in the blink of an eye*

*She took the light with her that day in July.*

*Yet now there are times when my heart feels her near*

*Then I know she's not left me ... her love is still here.*

Sally Migliaccio

TCF West Islip, NY

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**Fall**

I

t is so hard to believe that summer is over! Even though summer is technically still here until September, the cool evenings we have been having, school starting, and football games being played are all signs that fall is here. And I love it!

To me, fall is the most invigorating time of the year. The crispness of the air, the beautiful coloration of the trees, the smell of leaf and wood smoke, the sky full of birds traveling south “talking” with one another as they go, are all part of this wonderful world we live in. I hope all of you will be able to feel and see the wonders of fall.

Sometimes we are so “down” and preoccupied with our child’s death, and we are working so hard to just get through each day, that we are unable to appreciate what is going on in the world around us. Try to take a few minutes each day and look around. If you can focus on a beautiful tree or leaf, smell the chrysanthemums blooming in the garden or bite into a

fresh apple just picked and enjoy doing this for just a few minutes, it will make your day seem brighter. And, if you are up to it, go to a high school football game or a band competition. The enthusiasm of the young people participating in these events is contagious.

Yes, it sometimes hurts. We want our children to be there also, enjoying these activities. But it also gives us renewed faith that life does go on, and there is happiness and excitement in the world. I hope you all can find some beauty and peace in the fall months ahead.

Peggy Hartzell

TCF Ambler, PA

A

h, this beautiful world! Indeed, I know not what to think of it. Sometimes it is all gladness and sunshine and heaven itself lies not far off; and then it suddenly changes and is dark and sorrowful and the clouds shut out the day.

In the lives of the saddest of us there are bright days when we feel as if we could take the great world in our arms. Then come the gloomy hours, when all without or within is dismal, cold and dark. Believe me, every heart has its secret sorrows, which the world knows not; and oftentimes we call a man cold when he is only sad.

## Henry Wadsworth Longfellow

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**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 bent or

damaged.

**Mail to:**

**Tom Mitchell**

**8290 Cranberry Lane**

**Nolensville, TN 37135**

**or**

**You may e-mail your child’s picture to** [tjmitchell@gmail.com](mailto:tjmitchell@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\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**October 2017 TCF Nashville, TN 5**

**Halloween . . .**

**Still a Holiday to Remember**

T

wo Halloweens have now passed since my 8-year-old Stephanie and 5-year-old Stephen left us to live with God.

Even before the kids were old enough to go trick or treating, I still recall their delight at the costumes worn by all the neighborhood kids who came to the door. I still remember how thrilled Stephen was to be handing out the candy when he was only one and half years old. We still have a picture of him holding the plate of goodies. If you look close, you can see where he took a bite out of one of the candy bars (with the wrapper on) and set it back on the plate.

I can still remember the all too few times I was able to take my children out trick-or-treating. I remember my daughter dressed up as a nurse, offering to “fix-up” all those other trick or treaters who were obviously hurting with all that fake blood they were wearing.

I remember Stephen wearing his great pumpkin outfit. We stuffed it so full of padding that when he fell down, not only did he not get hurt, he had to be physically picked up because he was flailing his arms around like a beetle on its back.

I can still see Stef holding Stephen’s little hand and patiently leading him up the walkway and helping him hold open his bag so that the candy would find its mark. She always made certain he said thank you for the candy. It usually came out “thank-woo.”

The first Halloween following their deaths I remember driving home with tears streaming down my face as I watched the other trick-or-treaters roaming up and down the streets. My wife and I fled our home, depositing bags of candy for our next door neighbors to hand out for us. Last year we found the courage to stick around and greet the ghosts and goblins who found their way to our door. The funny thing was, we felt as dressed up as the trick-or-treaters. We were wearing our “happy face” masks.

The memories are now starting to fade of the Halloweens before our children died. It won’t be too long and I’ll be leading Christopher, our new son who is now a year old, up those driveways just like I did before. I feel sad that Stef and Steve can’t be there. But you know, I have a feeling that if I hold out my hands and close my eyes, two little gloved hands will slip into mine and I’ll again hear in unison, “Just one more house, Daddy!”

Wayne Loder,

TCF Lakes Area, MI

**Seasons**

T

he change of seasons is difficult. It reminds me that I must change if I am to live again. We can become stuck in our grief, full of self-pity and overwhelmed with pain. I do not believe our children would want us to live the rest of our lives in pain and misery. It is so easy to fall into the “black pit” and never have the strength or courage to crawl out – because crawl out we must…on our bellies.

We are different now, with different priorities and goals. We must find a new purpose for going on, and we must accept the changes in our lives – including ourselves, for we are different now. We cannot go backward, though there are times we yearn to. We must go forward. If we don’t, we stay stuck at the point our world changed. I used to say “ended.”

Change is difficult. To accept the loss of our child is the most difficult of all. Our comfort comes from believing that the love we share will go on for all eternity and that we will be reunited again – and each day brings us closer. We must learn to live again, love again, feel joy and peace again – or our survival will be without value to ourselves or others.

Renee Little

TCF, Fort Collins, CO

****

***After October***

*and if there be a perfect month,*

*for me, it is October…*

*with days and nights like laughing fauns,*

*with mornings bright and sober.*

*when wind will dance in sudden glee*

*to do the autumn-sweeping*

*or cloud and fog and wistful rain*

*can move a heart to weeping.*

*and in October You were born,*

*four days before November…*

*and four years later you were gone,*

*my little son, my only son,*

*I love you.*

*and remember. .*

Sascha Wagner

*All who have been touched by beauty are touched by sorrow at its passing.*

Louise Cordana

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**Please join us for this regional conference hosted by the Nashville Chapter of The Compassionate Friends, offering workshops, national speakers, sharing sessions, a candlelight service, and special features such as Music, Silent Auction, Reflection Room, Hospitality Room, and Crafty Corner.**

**Enjoy great fellowship with other bereaved parents.**

***Christ Church Nashville****,* ***15354 Old Hickory Blvd****,* ***Nashville, TN 37211***

**For questions call: 615 604-2087)**

**Guest speakers and presenters include:**

**Alan Pederson, Glen Lord, Debbie Rambis, Dale Dullabaun, R. Glen Kelly, Mitch Carmody**

**Some of the many workshops:**

**Friday, October 20, 2017**

12:00 – 1:00 Registration

1:00 – 1:45 Welcome – Opening Speaker

2:00 – 3:15 Workshop Session #1

3:30 – 4:45 Workshop Session #2

5:30 – 7:00 Dinner/Speaker/Candle Lighting

**Saturday, October 21, 2017**

7:30 – 8:15 Get the Grief Moving

8:00 – 9:00 Continental Breakfast

9:00 – 10:15 Morning Speaker

10:30 – 11:45 Workshop Session #3

12:00 – 1:15 Lunch/Speaker

1:30 – 2:45 Workshop Session #4

3:00 – 4:15 Workshop Session #5

4:30 – 5:30 Closing Speaker

**Guilt and Grief**

**Memorials to our Children**

**Grief of Single Parent**

**Loss of Only Child/All Children**

**Handling the Holidays**

**Having Another Child After Loss**

**Loss Due to Impaired Driver**

**Learning to Live Differently**

**Creating Digital Memories**

**Stigma of Suicide**

**My Address Book Has Changed**

**Chapter Meeting Ideas**

**Surviving Grief as a Man**

**Loss Due to Miscarriage or Stillbirth**

**Multiple Losses**

**The Many Faces of Grief**

***We hope you can join us for this healing, sharing, learning event.***

**October 2017 TCF Nashville, TN 7**

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**Please join us for this regional conference hosted by the Nashville Chapter of The Compassionate Friends, offering workshops, national speakers, sharing sessions, a candlelight service, and other special features. Enjoy warm fellowship with other bereaved parents.**

**Christ Church Nashville**

**15354 Old Hickory Blvd**

**Nashville, TN 37211**

**Please complete a separate registration for each person.**

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City, State, Zip \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1st Child’s Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2nd Child’s Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3rd Child’s Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Registration - $75 per person.**

Includes Candle Lighting Dinner on Friday,

Breakfast Pastries and Lunch on Saturday.

Please make check or money order payable to:

“TCF Nashville Regional Conference”

**Mail to:**

**The Compassionate Friends**

**C/O Roy Davies**

**1028 Moncrief Circle**

**Greenbrier, TN 37073**

**(For questions: 615 604-2087**

Special Lodging rate of $119 provided by

Four Points Sheraton Nashville-Brentwood

760 Old Hickory Blvd

Brentwood, TN 37027

(615) 964-5500 https://www.starwoodmeeting.com/events/start.action?id=1703066026&key=17035E84