

THE COMPASSIONATE FRIENDS

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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.

September 8 Program:

Grandparents' Grief

Former Nashville TCF Chapter Leader, Polly Moore, will present our September program on the complicated grief grandparents experience. Polly's own daughter, Lauren, died at age 9 and her grandson, Samuel, died soon after his birth. Polly has also served TCF as Regional Coordinator and as a member of the National Board of Directors. She has presented workshops at National Conferences including workshops on the topic of grandparent grief. We hope you will 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 DeathMike 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
- Alcohol/Drug Overdose.....Ed Pyle
615-712-3245

Grandparents Remembrance:

We are the grieving grandparents, the shepherds of our children and grandchildren's lives. Our grief is two-fold and at times we feel powerless to help. We seek to comfort our children in the depths of their grief and yet we need the time and space to face our own broken hearts. We have been robbed of the special tender touch a grandparent shares with a grandchild, and we have lost a symbol of our immortality. As we walk by our child's side, we both give and draw strength. We reach into their hearts to comfort them, and when they reach out to us in their distress, we begin the journey to heal together. We continue to be their guardians. We allow traditions to change to accommodate their loss. We support the new ones, which symbolize the small steps on their journey. It is in their healing that our hearts find comfort.

Susan Mackey
TCF Rutland, VT

*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—

**Glenn Thomas Allen, Jr.
(Tommy)**
September 2
Son of
Ann McKee and
Stepson of Wilson McKee

Daniel Bowen Bishop
September 16
Son of
Kevin and Molly Bisop

Bonnie Elizabeth Brandon
September 19
Daughter of
Ricky and Lisa Wales

**Charles Michael Brown
(Charlie)**
September 15
Son of Dan and June Brown
Brother of Katherine Brown

Emily Michelle Childers
September 30
Daughter of
Mike and Paula Childers
Sister of Sarah and Julie

Jon Ashley Duncan
September 11
Son of Mike and Kay Duncan

Gary Lee Durichek
September 2
Son of
Jimmy and Barbara Hayes

Brandon Alexander Ellis
September 24
Son of
Mike Wnuk and
Celeste Caruso

Jeremy George Hardy
September 16
Son of
George and Thelma Hardy

Austin Blake McKinney
September 24
Son of Mark and
Stephanie McKinney

Andrew Morris Pack
September 8
Son of Wayne and
Kassandra Pack

Bert Rich
September 11
Son of Shirley Rich-Brinegar

Kevin Trostel
September 17
Son of Debra Trostel

And in the month of their deaths—



James Michael Bolton (Mikey)
September 11
Son of
Jim and Loretta Bolton

Pamela Sue Chaiken
September 29
Daughter of
Lionel and Sandra Chaiken

Kaitlyn Kimberly Cook
September 15
Daughter of
Jim Cook and Sylvia Bosma

Jared Todd Eubanks
September 7
Son of
Todd and Pam Eubanks

Darby Felts
September 9
Son of Deanie Gregory
Nephew of Jean Porch

Christopher Miller Harris
September 11
Son of
Bill Harris and Judy Harris

Michael Scott Jones
September 16
Son of
Warren and Donna Jones and
Betty D. Jones
Brother of
David, Jennifer, and Becky

Rebecca Aileen Banker Lewis
September 27
Daughter of
Jim and Lydia Banker

David Bennett Medlin
September 22
Son of
Ron and Brenda Medlin

**Lindsay Carole Miller and
Her "Other Half"
Maxim Siesov**
September 11
Daughter of
David and Rebecca Miller
Granddaughter of
Roy and Carole Renfro

Andrew Mitchell (Drew)
September 24
Son of
Tom and Alice Mitchell

Mason Corlew Oliver
September 22
Son of Ed and Melissa Oliver

Michael Anthony Sewell
September 8
Son of
Mark Sewell and Tracy Ball

**Richard Edward Smotherman,
III (Rick)**
September 28
Son of Sandra Smotherman

Brandon Frederick Weller
September 27
Son of Freddy and Pippy Weller

Don Bruce Winters
September 8
Son of
Jerry and Loretta Winters

Ryan Lee Wiseman
September 5
Son of
Roger and Deborah Wiseman



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.

<i>Michael and Treva Ambrose In loving memory of their daughter, Misty Whitney Ambrose</i>	<i>Greenbrier United Methodist Church Special Communion Offering In loving memory of Roy and Taylor Davies, Sons of Roy and Barbara Davies</i>	<i>Wayne and Cassandra Pack In loving memory of their son, Andrew Morris Pack</i>
<i>Mike and Paula Childers In loving memory of Their daughter, Emily Michelle Childers Barbara Davies Through the Nationwide Workplace Giving Program In loving memory of her stepsons, Roy James Davies and Taylor Davies Sons of Roy Davies</i>	<i>Jimmy and Barbara Hayes In loving memory of her son, Gary Lee Durichek Peggy R. Mayes In loving memory of Roy and Taylor Davies And in honor of their parents, Roy and Barbara Davies</i>	<i>Jennie Reeves and Charity Collins In loving memory of their children, Sheila Rochelle and Michael Collins, And grandson, Jonathan Lee Collins Jerry and Loretta Winters In loving memory of their son, Don Bruce Winters</i>

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.

*Normal day, let me be aware of the treasure you are.
Let me learn from you, love you, savor you, bless you before you depart.
Let me not pass you by in quest of some rare and perfect tomorrow.
Let me hold you while I may, for it will not always be so.
One day I shall dig my nails into the earth, or bury my face in the pillow,
or stretch myself taut, or raise my hands to the sky,
and want more than all the world for your return.*

Mary Jean Irion

On Memory

When you remember me, it means that you have carried something of who I am with you, that I have left some mark of who I am on who you are. It means that you can summon me back to your mind even though countless years and miles may stand between us. It means that if we meet again, you will know me, and hear my voice and speak to me in your heart. For as long as you remember me, I am not entirely lost.

Frederick Buechner - theologian

Olivia's Candle

Mour husband and I lost our baby, Olivia, during pregnancy, and having no funeral or other traditional means of finding a place for our feelings of loss and love for this cherished person, a person many believed never lived at all, we settled on burning a candle for 24 hours every time the death date passes. Beside the candle is this poem:

*To our beloved Olivia,
Whose life-light burned so briefly.
You are forever a part of us
As we remember and relive
The joy with which we discovered you and
The sadness with which we
Accepted your departure.
The light and love you lit
In us burns on.*

Patti Williams
TCF, Northeast Georgia Chapter

Learning the Hard Way

My husband, David, and I used to attend his university's semi-annual alumni meetings. There was a couple who drove in for these meetings from a town an hour and a half away. Through the years, we developed a nice friendship, often going out to dinner together after the meetings. Then one day, we heard that Fred and Jean's eleven-year-old son, Russ, had been struck and killed by a car while he was riding his bike.

Although we were terribly saddened to hear about Russ, we just never got around to doing anything to express our sympathy. Jean and Fred didn't come to the alumni meetings for a couple of years, so we simply never saw them. Finally, they came to a special function. When I saw Jean, I asked her how she was getting along, and her reply was, "I didn't know if you had heard." Typically uncomfortable, I responded by saying something like, "Yes, I knew, but I just couldn't handle it. That's why you haven't heard from us." They quit attending the meetings, so that was the last time we saw them for ten years. In the tenth year, our daughter, Paige, died following a six-month illness. We had been told from the beginning that her brain tumor was a bad one and that she would not survive. One of the things I had time to think about during this time was the awful way we had treated Fred and Jean.

Soon after Paige's death, I felt compelled to write them a long letter of apology, explaining that we now understood better what they had experienced, and that if they could "handle" the death of their child, surely we should have been able to. Immediately upon receiving my letter, Fred called to say they were on their way to Nashville to take us to dinner. We had a wonderful reunion with lots of talking and some tears. Dave asked Fred if he ever thought about Russ. Smiling, he replied, "I think about him every day. Do you want to see his picture?" And he proceeded to pull from his billfold not only his son's photograph, but the obituary as well. This was one of our first lessons about grief: it's okay to remember our child.

Jean and Fred, these kind, forgiving people, helped us to realize that if sometimes folks don't respond exactly the way we'd like for them to, it isn't a lack of love for us or our child, but simply an example of human frailty. Because of their wonderful attitude we were more able to be understanding when we failed to hear from two families in distant cities who had been longtime friends. We also found ourselves more tolerant when inappropriate remarks were made to us. Any small effort should be appreciated – and is!

Peggy Gibson
TCF Nashville, TN
In loving memory of my daughter, Paige

There's relief when we hope – it is our compass for tomorrow.

Pamela Hagen
TCF Nashville, TN

A Stepparent's Thoughts

I am a bereaved stepparent – *Stepfather* to be exact. Robin Ann Craney, my stepdaughter, was killed at the hands of a drunk driver on June 8, 2001. She was 17 years old.

I have a son named Greg. His Mom remarried so I saw him on weekends, did the trips, and long summer visits as many divorced parents do. I did not get the chance to be a part of his life and see him every day. I got to hear about his activities and accomplishments *all* after the fact. When you marry someone with kids, you get another chance.

After several months of dating my (now) wife Cindy, I finally met her kids, Chris and Robin. Robin was almost 7 years old at the time. I remember that first meeting clearly because she wasn't feeling so good. She ended up getting sick and had to go home. What a first meeting that was!

After that, I became totally involved in the lives and activities of both of the children. I remember one of those nights well! Cindy and I attended parent-teacher conferences for both kids, a Cub Scout Pack Meeting and a Girl Scout Brownie Meeting...not bad for a single guy, who had been unmarried for 13 years!

Over the years, I got to know Robin's likes, dislikes, and all of her friends – *and she had a lot of friends!* I attended and participated in all of Robin's activities, supporting her in her many endeavors – including gymnastics (her favorite). I was there when she had migraine headaches, running her to the doctor when her Mother couldn't, encouraging her, supporting her – all the things Dads do for their kids. I want to tell you in no uncertain terms, being a stepparent is so much harder. You get the responsibility and, often times it seems, none of the respect. "Mom said I could so I don't have to listen to you" or "You can't tell me what to do, you are not my dad" and so forth. I tolerated and dealt with her emotional outbursts when she became incensed at anything (sometimes it seemed everything) during the teen years. All *Dads* know how trying those times can be!

Now I am a bereaved stepparent...the one in a kind of "no man's land." I am not biologically connected to Robin; I sometimes feel like an outsider around people who were *once* a family - Mother, Father, Son, and Daughter. Many of our friends have worried about Cindy and Chris. They often ask me "How is Cindy doing?" or "Is Chris OK?" Although I knew and lived with Robin for 10 years, very few ask, "How are *you* doing?" I am only the *stepparent*. The idea that this tragedy cannot be as devastating to me as it is to Robin's "real family" is incomprehensible.

One definition for the word father is "father figure: one often of particular power or influence who serves as an emotional substitute for a father." This is what I was for Robin. She loved to push my buttons – but that was part of our relationship – as frustrating as it could be. Robin is the only daughter I will ever have. I was every bit a *father* to her. I love her and I miss her.

We, the stepparents of children who have died, grieve for our children too. *Only* society puts the "Step" in the name. *Parent* is still the biggest part of who we are. We hurt because they were our children too - often without the support and understanding that is demonstrated towards the biologically connected parents. These beautiful children with whom we developed emotional bonds are now gone out of our lives; and we, too, endure the same feelings of loss and sadness.

Tony Cinocco
In memory of Robin Ann Craney
TCF, Denver, CO

It's Over

*And it's over!
Finally everyone has gone away.
To turn their lives back on again
Like radios.
Leaving us to talk too loudly
Trying to soak up the silence.*

*Sometimes I see you turn away
So that I won't see your tears.
And we build this incredible wall
Of grief
First started with her empty chair.*

*I can't believe that I could ever be
So alone with you.
Each of us guarding our pain
Jealously.
As the last thing to hold on to.*

*And people said,
"You're so lucky to have each other."*

Sue Borrowman
TCF, Winnipeg, Canada



Memories of Love Melodies of Hope in Music City

October 17, 18 & 19, 2019



The Compassionate Friends

A Regional Conference

Hosted by the Nashville Chapter

Christ Church Nashville
15354 Old Hickory Blvd
Nashville, TN 37211

Special Lodging Rate of \$122 provided by:
Four Points Sheraton Nashville-Brentwood
760 Old Hickory Blvd
Brentwood, TN 37027
(615) 964-5500

Please complete a separate registration for each person.

Name _____

Address _____

City, State, Zip _____

Phone # _____

*Email _____

(Be sure to provide your email address for updates and surprises.)

1st Child's Name _____

2nd Child's Name _____

3rd Child's Name _____

Conference Registration - \$95 per person.

Includes Candle Lighting Dinner on Friday,
Continental Breakfast and Lunch on Saturday.

Leadership Registration - \$25 per person.

Includes Lunch

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

Questions:

TCFNashville@yahoo.com

Roy Davies: (615)-604-2087

(Please do not contact Christ Church Nashville)

Thursday, October 17, 2019

10:00 - 5:00 Leadership Training

Friday, October 18, 2019

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 19, 2019

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

Hospitality Room/Crafty Corner/Butterfly Boutique/Silent Auction

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.

What is the Yellow Slip?

Please return your yellow renewal slip. After a year on the newsletter mailing list, those names that were added in that month of a previous year, may receive a yellow half-sheet asking that their subscription be renewed. This is simply to keep our mailing list and the information in it current. If you do not send the yellow slip back, we must assume that you no longer want the newsletter.

Although you are given an opportunity to make a voluntary donation, there is no cost involved in your subscription. The newsletter is our gift to you for as long as you wish to receive it. You may request that your name be returned to the active list at any time simply by calling 615-356-4TCF (4823).

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

Sharing

SHARING is a community organization for parents who have experienced a miscarriage, stillbirth or the death of a newborn infant. They meet at 7:00 p.m. on the 2nd Thursday of the month in the Administrative Board Room on the first floor at Tri-Star Centennial Women's and Children's Hospital, 2221 Murphy Avenue in Nashville. The meetings are "open" and free. You can drop by as often as you like. The website is sharingmiddletn.org. Their informative brochure is found under "Contact Us."

Survivors of Suicide

There is a caring SOS group in Nashville. For information about meetings, you may call [615 244-7444](tel:6152447444), or go to the Tennessee Suicide Prevention Network at TSPN.org, and you will find a list of all Tennessee SOS locations.

Alive Hospice Support Group for Bereaved Parents

For general information about grief support services and groups at Alive, please call the Grief Line at: 615-963-4732 or email griefsupport@alivehospice.org. They offer eight-week groups, ongoing monthly groups, family group and Little Hearts Club for children who have experienced the death of a sibling. Services are in Franklin, Nashville, Hendersonville, Lebanon, and Murfreesboro.

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.

The Compassionate Friends

P.O. Box 50833



**Nashville, TN
37205**

**Return Service
Requested**

September 2019

Nonprofit
Organization
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Deep in my Heart

*Happy little memories
Go flitting through my mind,
And in all my
Thoughts and memories
I always seem to find
The picture of your face, my child,
The memory of your touch,
And all the other little things
I've come to love so much.*

*You cannot go
Beyond my thoughts
Or leave my love behind,
Because I keep you in my heart
And forever in my mind,
And though I cannot tell you,
I think you know it's true
That I find daily happiness
In every memory of you.*

Ruby Gibson
TCF, Anderson, SC

