

# THE COMPASSIONATE FRIENDS



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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 HCA building #3 at 2545 Park Plaza 37203, just north of Centennial Park off of 25<sup>th</sup> Avenue, North. We truly regret that we have no accommodations for young children, but teenagers and older siblings are welcome to attend.

## Candlelight Memorial Service

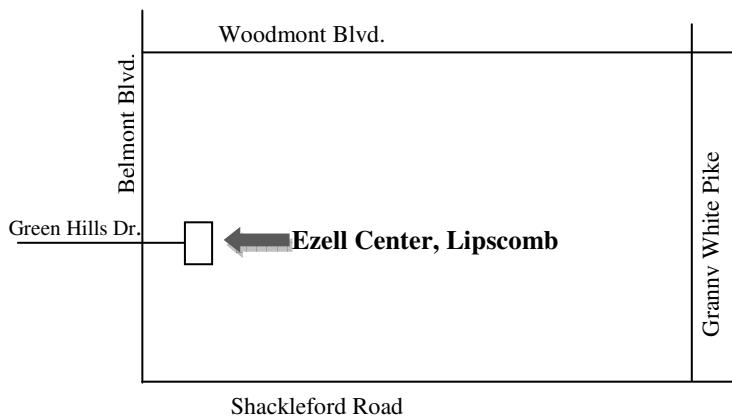
December 14, 2013– 3:00 p.m.

All family members are cordially invited to join us as we honor our children who have died.

Each family is asked to bring a picture 5"x7" or smaller, or other small memento of your child to place on tables at the front of the auditorium. This will be in addition to the picture you have already sent in for the big screen.



**This year's service will be held in the Ezell Center at Lipscomb University at 3:00 p.m.**  
(See map below - Please arrive by 2:30)



This year light refreshments will be provided by the chapter. Please do not bring other foods, except for the Birthday Table which will be set up for those who wish to share their child's December birthday.

For a more detailed map, please see our website:  
[www.tcfnashville.org](http://www.tcfnashville.org)

It is important that **everyone** wishing to have their child's photo in the memorial service follow very carefully the instructions on page 6 of this newsletter.

**THERE IS A SUBMISSION DEADLINE THAT MUST BE STRICTLY ADHERED TO.**

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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)

## *The Art of Giving*

*We give of ourselves when we give gifts of the heart:  
Love, kindness, joy, understanding, sympathy,  
tolerance, forgiveness.*

*We give of ourselves when we give gifts of the mind:  
Ideas, dreams, purposes, ideals, principles, plans,  
projects, poetry.*

*We give of ourselves when we give gifts of the spirit:  
Prayer, vision, beauty, aspiration, peace, faith.*

*We give of ourselves when we give the gift of words:  
Encouragement, inspiration, guidance.*

*Emerson said it well:  
"Rings and jewels are not gifts, but apologies for  
gifts.  
The only true gift is a portion of thyself."*

From *THE ART OF LIVING*  
Wilfred A. Peterson

## *'Tis The Season*

*It is trying to be  
A warm and loving time,  
With kindness and light,  
And a feeling of hopeful renewal.*

*Find what blessings you can.  
Help your heart to remember  
That the children who died  
Are about us, everywhere,  
Trying to make this,  
Even for you,  
A warm and loving time.*

Sascha

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## 10 Tips for Living with the Holidays this Year

1. Remind yourself that you will survive. You will.
2. Think about what will bring you the most peace this holiday season.
  - a. Keeping all traditions intact?
  - b. Tweaking some traditions a bit and adding new ones?
  - c. Throwing out all the old traditions and starting new ones?
  - d. Flying to the Caribbean and completely skipping the holidays this year? It's okay to do that.
3. Don't expect anyone to mention your child by name. *Believe it or not*, that's your job. People will look to you to determine whether or not it's safe to talk about the person that died. A few subtle ways to do that:
  - a. Serve/bring your child's favorite dish to the holiday get-together – talk about it!
  - b. Bring a favorite picture – pass it around. Work it into the dining table centerpiece.
  - c. Bring a favorite memento – a book, a poem, a toy, a video, an article of clothing -- share it after dinner.
  - d. Have your child's favorite music playing in the background – tell the story!
4. Plan a special evening for close family and friends when you REMEMBER. Ask everyone to bring a favorite photo and write down a special memory. Set time aside to sit in a circle and share the photos and memories.
5. Remember that it's okay – it's even healthy – to cry.
6. It's okay to stay in bed -- you will get out, when you are ready and able.
7. It's also okay to smile or even laugh, a bit. You're not being disloyal.
8. Buy yourself a gift. Wrap it. Write a note – to you – from your beloved child.
9. Buy someone less fortunate than you a gift.
10. Light a candle.

Use in TCF newsletters granted by the author, Tom Zuba, twice bereaved parent, author, speaker, and workshop presenter.  
[www.tomzuba.com](http://www.tomzuba.com).

## A Christmas Wish

*I'll miss you at Christmas  
When laughter's everywhere,  
When church bells chime  
In merry rhyme  
And warmth is in the air.*

*I'll think of you at Christmas  
Of when you were with me,  
Of simple joys and silly toys  
And days that used to be.*

*I'll miss you at Christmas  
When children's faces glow,  
And gaze in childish wonderment  
At Santa and presents in a row.*

*I wish a Christmas miracle  
Could bring you back this way,  
And we could be together  
For one more Christmas day.*

Lily deLauder  
TCF Van Nuys, CA

## Coming Unwapped

We wrap ourselves for the holidays much like the presents we give. The brightly colored paper hides what is within. When people look at us, they only see the outside. We promise ourselves we will not come unwrapped. We'll make it through the family celebrations, the church services, and the big occasion. The paper and ribbon will remain intact. But it is the small thing that manages to untie the bow. The little insignificant moment, the Christmas parade, the search for the tree, the discovered ornament, the special carol, the memory. And the paper gets wrenched off. The true Christmas presence shows itself. The inevitable tide of feelings bursts out of the

artificially decorated façade. The emotions pour out. The intense anger wells up. The tears are shed and the holidays come. These are as sure as the tides of the sea and the march of time. Only a compassionate friend, a bereaved parent, knows of what I speak. Yet the answer isn't in fighting or denying these feelings. We have paid the price. We have the right to grieve. The resolution of our grief is the grieving. Our hope for all who read this newsletter is that you will make it through the holidays. We cannot make the pain go away, but know that there are others who suffer with you. We have made it and together will continue on.

Hank Hewett  
TCF Scranton, PA



**The Compassionate Friends**  
**Worldwide**  
**Candle Lighting**  
Join us on December 14, 2014

In the evening following our December 14 Memorial, join The Compassionate Friends Worldwide Candle Lighting that unites family and friends around the globe in lighting candles for one hour to honor and remember all children who have died. As candles are lit at 7 p.m. local time, hundreds of thousands of persons commemorate and honor the memory of children in a way that transcends all ethnic, cultural, religious, and political boundaries. Now believed to be the largest mass candle lighting on the globe, the Worldwide Candle Lighting, a gift to the bereavement community from The Compassionate Friends, creates a virtual 24-hour wave of light as it moves from time zone to time zone.

***May the memories of this season***

***Come on gentle wings***

***To bring you love and peace.***



## 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.



<b>Accidental Death</b> .....	Mike and Paula Childers 615-646-1333
<b>AIDS</b> .....	Joyce Soward 615-754-5210
<b>Illness</b> .....	David and Peggy Gibson 615-356-1351
<b>Infant</b> .....	Jayne Head 615-264-8184
<b>SIDS</b> .....	Kris Thompson 931-486-9088
<b>Suicide</b> .....	Ron and Darlene Henson 615-789-3613
<b>Small Child</b> .....	Kenneth and Kathy Hensley 615-237-9972
<b>Alcohol/Drug Overdose</b> .....	Ed Pyle 615-712-3245

## 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 14 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 for places like Game Stop, Wal-Mart, Target & Amazon  
I tunes gift cards  
Current Rap/ Pop CD's  
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 playsets  
Lego Sets  
Books (Twilight, Harry Potter, Narnia, and current top sellers  
Fashion Bracelets or 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 Spiderman or Spongebob

### 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

## **CHAPTER INFORMATION**

### **The “Children Remembered” Listings**

If you are unable to attend TCF meetings and would like for your child to be listed on pages 2 and 3 in The Children Remembered list, please let us know, printing the exact way you'd like the child's name to appear, the child's birth and death dates, and the parents' names as they should be listed. You may call the database manager at 615 356-1351, drop us a note at TCF, P.O. Box 50833, Nashville, TN 37205, or email us at davidg14@bellsouth.net. We'll be glad to include them. You need to contact us only once, unless any of your information changes.

### **Picture Name Tags**

If you will bring a clear picture of your child, wallet size or larger, to a TCF meeting, Lamar Bradley will make a beautiful permanent name tag with your child's picture on it for you to use each month. You will also have an opportunity to select your own butterfly to accompany the photograph. The original photo will be completely safe with Lamar and will be returned to you at the following meeting. The best part of this is that there is no charge. A big thank you goes to Lamar for unselfishly giving his time and talent.

### **We Need Your Help**

If you know a family outside the immediate Nashville area who has experienced the death of a child, regardless of age or cause of death, and you have access to the address (and phone number) of the parents, it would be most helpful if you would call us with that information. Our mission is to reach every bereaved family in Middle Tennessee, but we have to know about them in order to give them the support we ourselves have received. If you know the child's name, birth date, date of death and cause of death, so much the better. Our outreach chairperson will send a warm letter of sympathy and information about TCF along with appropriate brochures and articles. There will be no demands made upon the parents, and the information you provide is strictly confidential.

### **TCF Nashville Sibling Support**

We encourage siblings from teens to adults to come support one another at our monthly chapter meetings. Siblings face a unique and complicated grief journey and are finding hope and healing through our sharing groups.



## **BEREAVEMENT RESOURCES**

### **Alive Alone**

Alive Alone is an organization to benefit parents whose only child or all children have died. Visit their website at [www.alivealone.org](http://www.alivealone.org).

### **Alive Hospice Support Group for Bereaved Parents**

A support group for bereaved parents meets at Alive Hospice. For details, please call John Baker at 615 963-4674. Diane Castellano, LCSW is a grief counselor there for children and their families. Call her at [615 327-1085](tel:6153271085).

### **Sharing**

SHARING is a community organization interested in helping parents who have experienced a miscarriage, stillbirth or the death of a newborn infant. Call 615 342-8899 to confirm dates and times of meetings. See [www.nationalshare.org](http://www.nationalshare.org)

### **Survivors of Suicide**

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

## TCF Web site —A Treasure for You

When you log onto the TCF Web site at [www.compassionatefriends.org](http://www.compassionatefriends.org) you will find a wealth of information about TCF and grief—poetry and articles, chat rooms, grief in the news, other chapter Web sites and numerous other resources. Check it out.

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December 2014

### CANDLELIGHT MEMORIAL SERVICE—December 14, 2014

**R**egardless 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 6, 2014.** Do not send photos to the TCF P.O. box—they might get bent or damaged.

**Mail to:**  
**Steve & Paige Czirr**  
**1623 Fair House Road**  
**Spring Hill, TN 37174**

**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** \_\_\_\_\_

**You may alternatively e-mail your child's picture to Steve Czirr at [czirrs@gmail.com](mailto:czirrs@gmail.com)**  
**Be sure to include your child's name in the e-mail**