

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.

Welcome: The Nashville chapter meets at 3:00 P.M. on the second Sunday of each month in the HCA building on Park Plaza just north of Centennial Park off of 25th Avenue, North. Inside, you will see our sign and someone will greet you. We truly regret that we have no accommodations for young children, but teenagers and older siblings are welcome to attend.

October 14 Meeting:

Handling the Holidays

The holidays are coming. How do you deal with this special time of the year when you're hurting so badly? Your child has died, and all the traditions of the past seem impossible to navigate. Some members of our chapter who have managed to memorialize their child or children during the holidays, as well as make these days special for their other family members, will share with us solutions they have found to be helpful.

We would especially like for our old timers to come with their experiences and suggestions for handling the holidays. Our newly bereaved friends need you. We're hoping to help make this a gentle season for all bereaved parents—a time for remembering the love and blessings our children brought us rather than the anguish of losing them.

Our regular sharing groups will follow. We hope you will be with us.

**Reminder: TCF Family Picnic
October 6 - Details on Page 5**

Ya'll Come!

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	646-1333
AIDS	Joyce Soward	754-5210
Illness	David and Peggy Gibson	356-1351
Infant	Jayne Head	264-8184
SIDS	Kris Thompson	931 486-9088
Suicide	Ruth Edwards	353-8547
Small Child	Kenneth and Kathy Hensley	237-9972
Alcohol/Drug Overdose	Ed Pyle	712-3245



Candlelight Memorial Service Scheduled for December 9 in HCA Auditorium

The December memorial service will be here before we know it. It is important that **everyone** wishing to have their child's photo in the memorial service follow very carefully the instructions on page 8 of this newsletter. **THERE IS A SUBMISSION DEADLINE THAT MUST BE STRICTLY ADHERED TO.** We invite all of you to enjoy this opportunity to see your child on the big screen! If you have not attended the candlelight memorial service, we encourage you to do so. This is a very moving and powerful program. All family members, siblings and friends are invited.

CANDLELIGHT MEMORIAL SERVICE—December 9, 2012

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 1, 2012. 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.)

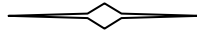
_____ I will attend and am enclosing a different photo of my child to be used in place of the photo you have from last year's service.

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



Donations to TCF—How they are used

As a bereaved parent, there is so little we can do to commemorate the life of our child, but by giving a contribution to The Compassionate Friends in loving memory of a child or someone else, you are honoring the memory of that person and at the same time, helping to fund the work of your TCF chapter.

Why does a grief support group need financial help? In order to find the newly bereaved and to provide the kind of caring that the Nashville Chapter of The Compassionate Friends gives to bereaved families in this community, there are expenses of which you may not be aware.

Here are some of the ways your donations are used:

1. Brochures and articles concerning grief and TCF are supplied free of charge for the newly bereaved as well as professionals (hospitals, therapists, first responders, clergy, teachers and school counselors.)
2. Stationery, envelopes, labels, donation acknowledgement cards, bookplates
3. Postage and P. O. Box rental (letters, reports, and the monthly newsletter)
4. Paper for the newsletter (Allegra Printing provides the printing of our newsletter free of charge.)
5. Helpful books for the chapter library
6. Meeting supplies—name tags, registration cards and pens, birthday table setups, basic refreshments (drinks, snacks, cups, plates, napkins)
7. Telephone/Answering service
8. Program expenses such as videos, balloons and helium for the June meeting, candles and supplies for the December memorial service, bookstore gift cards for special speakers
9. Annual Membership fee and extra support given to the national organization

Your donations are very carefully used, and we thank you very much for helping to keep your TCF chapter one of the strongest and most successful in the nation.

Cross on Highway 47

*For those of you that are just passing through
This road may not mean all that much to you*

*But I drive it day in and day out
And there are always some things that I wonder about*

*You just see some skid marks and a bent guard rail
But I see family and friends going through hell*

*You think you're just passing some cross on Highway 47
But that's an angel that was sent to heaven*

*That cross is so much more than your eye can see
It's a child and a friend that's been set free*

*It's a sense of humor and the warmest smile
That made anybody's day worth the while*

*It's not just a cross on Highway 47
That's an angel looking down from heaven*

*It ain't the only cross like that around here
And it fills a lot of us with fear*

*Hoping we don't have another small town heartbreak
And have to worry about whose life is at stake*

*It may not mean all that much to you
But just think about it next time you're driving through*

*And remember that cross on Highway 47
Because you just saw a little piece of heaven...*

Chelsea Carpenter
In loving memory of Cole Kilgore

Time cannot steal the treasures that we carry in our hearts,
Nor ever dim the shining thoughts our cherished past imparts.
And memories of the ones we've loved still cast their gentle glow,
To grace our days and light our paths wherever we may go.

TCF, Wabash, IN

To the Newly Bereaved

As the years pass, we see new members come into the chapter, and we try to help them with their grief as we progress in our own. Over and over again I have seen newly bereaved parents come to their first meeting totally devastated and convinced that their lives are over. Through the months (and years) I have seen them struggle and suffer and try to find meaning in their lives again. And they do! Through all the anger, pain and tears, somehow the human spirit is able to survive and flower again in a new life – perhaps a changed life and possibly a sadder one, but a stronger one nevertheless

We feel so weak and crushed when our beloved children die, but I know – because I have seen it countless times in the years I've been involved with The Compassionate Friends – that we can make it together. When you walked through the door for the first meeting, you were frightened and nervous; but with that step you made a statement about your life. With that first step through the door, you said you wanted to try; you wanted to find a reason for living again, that you weren't willing to be swallowed by your grief. You wanted to go forward, and those first steps into The Compassionate Friends began your journey.

The journey will be a long one, for you loved your child with all your heart and soul. When that child died, a part of you was ripped away. It takes a long time to repair that large hole. The journey will not always be steady or constant; there will be many setbacks. Those of us who have taken the journey before you can assure you that, while there may be no rainbow at the other end, there is indeed "light at the end of the tunnel." We want to help you as we were helped, but in the beginning and in the long run, you must help yourself. You have to want to get better, to talk about your loss, to struggle through the grief. We will listen, suggest, share and laugh and cry with you; and we hope, at this time next year, you'll be several steps along in your personal journey through grief. Then you can begin to help others.

Karen Schendel
TCF Houston, TX

TCF Picnic Set for October 6

Mark your calendar. For a wonderful afternoon of friendship and fun, a time for remembering our children and for bringing our families together, please join us for our annual chapter picnic. We will gather on Saturday, October 6 at 3:00 p.m. in Fannie Mae Dees Park, Shelter 1. The park is located on the corner of 24th Avenue and Blakemore Avenue in Nashville. The shelter is on 24th, about a block from Blakemore. A map can be viewed on our website at www.tcfnashville.org. Barbeque, drinks and paper goods will be provided by the chapter. We plan to eat about 4:00. We ask each family to bring a dish large enough to serve eight, according to the starting letter of your last name, as follows:

A-G: Dessert or chips

H-M: Cole slaw, baked beans, salad or other side dish

N-Z: Main dish, other than barbeque

Plan to bring lawn chairs or a blanket, balls and bats, or other games. Restroom facilities and play equipment are nearby. This event is for families and friends; you do not have to be a bereaved parent to attend. All ages are invited. The picnic tables are under a large shelter in case of a shower. However, if heavy rain is occurring or if you have any question as to whether the picnic will take place, please call David Gibson at (615) 356-1351.

There will be a brief candle lighting ceremony in memory of our children at the close of the event. Plan to spend this afternoon with your TCF family and get to know each other better. See you there!

About Your Chapter

Did you know

...we have a phone hotline? When the chapter telephone number is dialed, a panel of Nashville members take turns (a week at a time) returning the calls. These faithful people speak with newly bereaved parents, friends, and professionals; then, give their names to the appropriate people to be added to the mailing list and to receive special materials. We're very grateful to these compassionate parents for being there for others.

... Nashville TCF now has a **Sibling Sharing Group** which began last month? We are very happy to now offer this group which is open to ages fifteen and up. The group is being supported by long time TCF member, Melanie Ladd, alongside TCF sibling member, Curtis Reed, both of whom who are committed to making this a successful monthly opportunity for siblings. We encourage siblings fifteen and older to participate and relate to other siblings who share their unique grief journey. The group meets following the opening program like all other sharing groups, giving siblings a chance to receive support from each other apart from their parents.

Grief preserves the memory of the loss. It also serves as a link to the person who has disappeared. Outsiders to grief may think it kind to encourage those who mourn to forget. The opposite is true. The great fear of grieving people is that by letting go of their sorrow they will somehow be cut loose from the one who died. Human emotions cannot be put neatly into storage.

From Harrop Providence Journal
TCF, Canada/Winnipeg

FALL

It 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



*The man who removed mountains began by
carrying away small stones.*

Chinese Proverb



Halloween

It is here, this day of merriment and children’s pleasure.

*Gremlins and goblins
and ghosties at the door
of your house.*

*And the other children
come to the door of your mind.
Faces out of the past,
small ghosts with sweet, painted faces.*

*They do not shout.
Those children
who no longer march laughing
on cold Halloween nights,
they stand at the door of your mind*

*and you will let them in,
so that you can give them
the small gifts of Halloween,
a smile and a tear.*

From *WINTERSUN* by Sascha

Little Brother

*Someone took you away from me
And I wonder if they cared
About the ones they left behind
And the pain that each must bear.*

*Why did you have to leave me
When there was so much left to do?
I’m not sure if I can go on
If I have to go on without you.*

*But life dictates the rules.
There are things that I can’t change.
When you left, my heart was torn in two.
My life got rearranged.*

*I have to believe I’ll see you again.
It keeps the hope alive and new.
So until we meet again, little brother
Never forget that I love you.*

Jenny
TCF, Indianapolis, IN

CHAPTER INFORMATION

Are you Moving?

Each time a newsletter is returned to us with an incorrect address, it costs us 44 cents to retrieve it in order to find out where you've moved; then we pay another 44 cents to mail it back to you. This is in addition to the original bulk mail cost. It would help a great deal in both time and money if you would notify us immediately of any address change so your newsletter can reach you right away. You may call, write or email the chapter leaders or the newsletter editor. Thanks for your help.

Children at TCF Meetings

It is always painful for newly bereaved parents to be with babies and small children, but it is even more difficult to see them at a TCF meeting where grief is heightened. The presence of a baby can be very disturbing and distracting to others, especially to those who have themselves lost one, and a TCF meeting is not an appropriate place for youngsters where they see visible pain in their parents and other members. We want you to be with us, but since we promise each parent who has lost a child a safe place at our meetings, we urge you to make other arrangements for your little ones.

Newsletter Deadlines

In order for donations, articles, poems and other material to be included in the newsletter, we must receive them by the second Sunday of the month prior to publication. We welcome original material as well as copyrighted pieces; however, no material may be used without giving complete credit to the author. Please keep in mind the fact that space is limited. Also, since TCF espouses no specific religious or philosophical ideology, we ask that in your writing, you show respect for others whose beliefs might be different from your own.



BEREAVEMENT RESOURCES

Survivors of Suicide

There is a caring SOS group in Nashville. For information about meetings, you may call the Crisis Center at 615 244-7444.

Sharing

SHARING is a community organization interested in helping parents who have experienced a miscarriage, stillbirth or the death of a newborn infant. SHARING meets the second and fourth Thursday evenings of each month at 7 p.m. in the Administrative Board Room at The Women's Hospital at Centennial Medical Center located at 2221 Murphy Avenue (between 22nd and 23rd Ave). The phone number is 615 342-8899.

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.

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.