



**The
Compassionate
Friends**
Brushy Creek Chapter
Supporting Family After a Child Dies



Our next in-person meeting will be October 13, 2026 @ 7pm.

Location:

Christ Lutheran Church

510 Luther Drive. Georgetown, TX. 78628

PH: 512-966-8139 Email: TCFBrushyCreek@gmail.com

(If you have problems finding us, call 512-966-1651)



He has made everything beautiful in its time. He has also set eternity in the human heart, yet no one can fathom what God has done from beginning to end. - *Ecclesiastes 3:11*

The Compassionate Friends of Brushy Creek
YOU NEED NOT WALK ALONE; WE ARE THE COMPASSIONATE FRIENDS

Welcome

We, of the Brushy Creek Chapter of The Compassionate Friends, offer you a warm welcome. Our in-person meetings are on the second Tuesday of each month at 7 pm.

The Compassionate Friends is a mutual assistance, self-help organization offering friendship, understanding and hope to bereave families. Anyone who has experienced the death of a child at any time, of any age, from any cause is welcome. Our meetings give an opportunity to families to talk about their feelings as they go through the grieving process. The purpose of this support group is not the cause of death but rather to focus on being a bereaved parent, sibling, or grandparent. There is no religious affiliation. There are no membership dues.

The Mission of The Compassionate Friends

When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.

To Our New Members

We recognize that it takes great courage to come to the first meeting, whether you are a bereaved parent, sibling, or grandparent of one month or many years. Please don't be afraid to come to a meeting. You are welcome to bring a friend or relative for moral support if you wish. Nothing is asked of you. You will find that it is alright to cry, laugh, share how you feel, or listen. You do not have to talk at a meeting if you do not want to. We welcome your participation, but it is not a requirement. To be fair to yourself, please consider attending at least three meetings before you decide whether TCF is right for you.

To Our Members Further Down The “Grief Road”

Each meeting will have new parents, siblings, and grandparents. **THINK BACK** – what would it have been like for you at your first meeting if there had not been any TCF “veterans” to welcome you, share your grief, encourage you, and tell you, “Your pain will not always be this bad.” We welcome your presence and support!

Information Regarding Our Meetings

This is **YOUR** group, and we are here to support each other. Everyone in the room has walked the path you are on now. We hope you will find our meetings and newsletters to be a comfort and a place where you find hope.

Monthly Topic for Discussion

As we cover these subjects, some points may be made to help you cope a little better.
We are open to suggestions for additional subjects you might like to see discussed.

October - “Memories in the Fall: Coping with Change” – discussing how seasonal shifts can stir emotions and memories.

November - “Facing the Holidays Ahead” – preparing emotionally for the upcoming holiday season.

December – Candle Lighting Ceremony (December 13th) – No Meeting

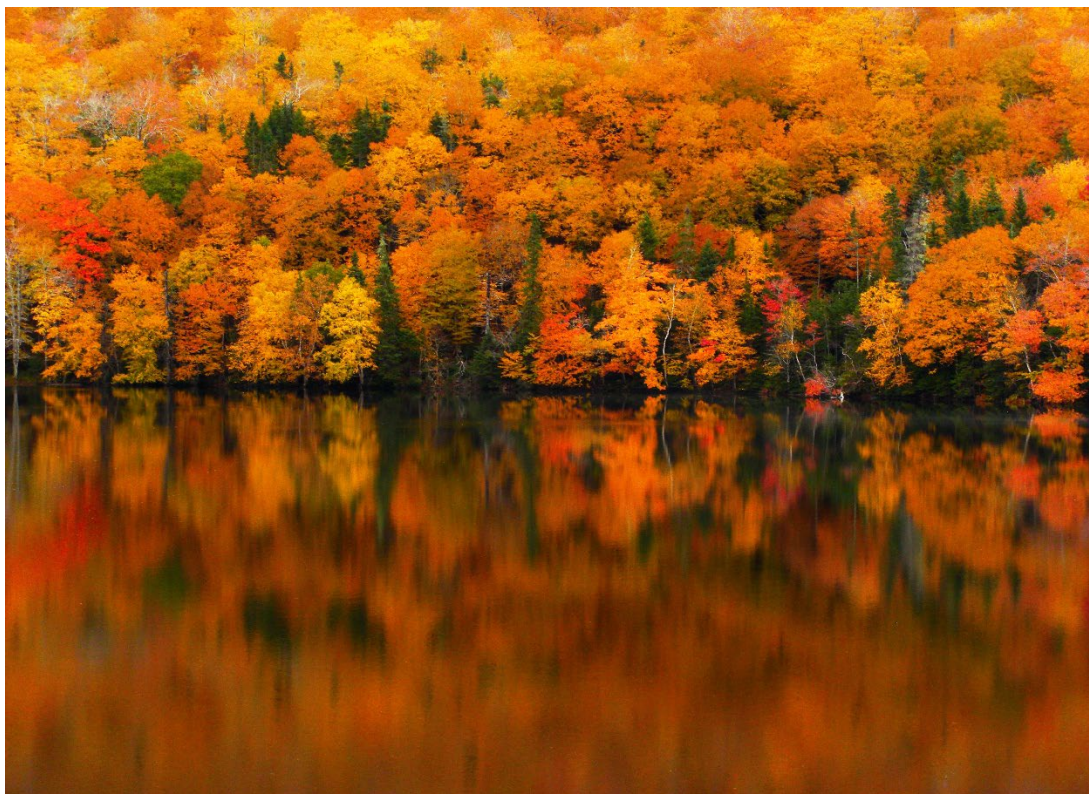


...He changes times and seasons; he removes kings and sets up kings; he gives wisdom to the wise and knowledge to those who have understanding. - *Daniel 2:20-21*



Birth Date

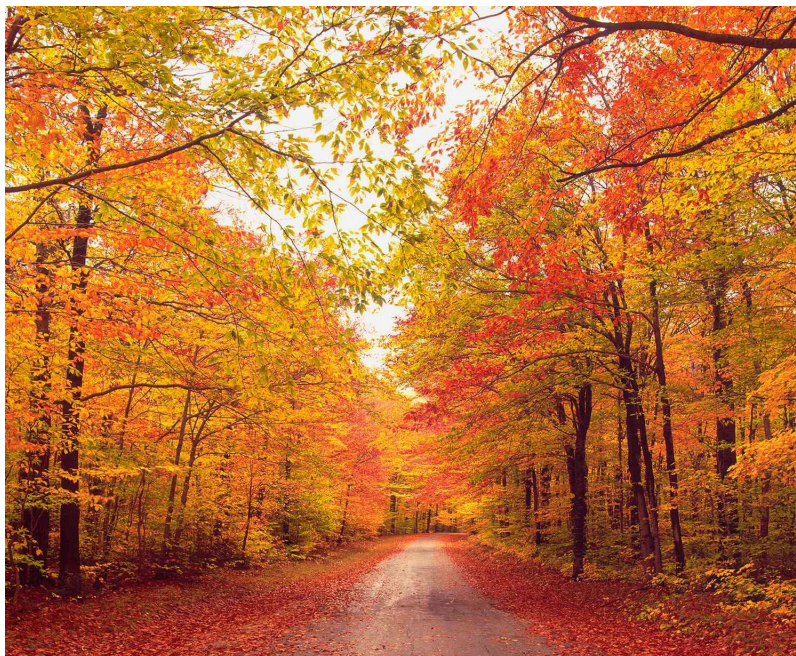
Caden	<i>Son of</i>	Casey
Tiffany	<i>Daughter of</i>	Michelle
Tiffany	<i>Sister of</i>	Taylor
Brian	<i>Son of</i>	Jim & Janice
Angela	<i>Daughter of</i>	Jani LeGarde
Kimberly	<i>Daughter of</i>	Crystena
Michael	<i>Son of</i>	Laraine
Steve	<i>Son of</i>	Don & Betty
Steve	<i>Brother of</i>	Shelley
Steve	<i>Brother of</i>	Robin
Audrey	<i>Daughter of</i>	Mike & Janet





Angel Date

Michael	<i>Son of</i>	Laraine
Elijah	<i>Son of</i>	Kamecca Sha'
Elijah	<i>Brother of</i>	Taylor
Dean	<i>Son of</i>	Cynthia
Bethany	<i>Daughter of</i>	Mary Barnhart
Jack	<i>Grandson of</i>	Joyce & Todd
Jack	<i>Nephew of</i>	James
Jack	<i>Son of</i>	Rodger & Elisa
Christopher	<i>Brother of</i>	Ellie
Tiffany	<i>Daughter of</i>	Michelle
Tiffany	<i>Sister of</i>	Taylor
Leonard	<i>Brother of</i>	Sally
Brooklyn	<i>Daughter of</i>	Erika
Chris	<i>Son of</i>	Anne
Dustin	<i>Son of</i>	Shirley



October Message: Monthly Reflection: The Gentle Transition

As October settles in, nature teaches us a profound lesson in letting go. The vibrant greens of summer give way to the golden, amber, and russet hues of autumn. Trees do not fight the process; they surrender their leaves, trusting that this period of release is necessary for rest and eventual renewal. In our grief, we often feel the pressure to "hold on" or "stay strong." This month, allow yourself the grace to be like the autumn woods—to release what you can, to honor the season of your heart, and to know that it is okay to rest..

Article 1

Navigating the Changing Seasons

When we are grieving, the shifting of the seasons can feel jarring. October brings shorter days, cooling temperatures, and the creeping reminder of upcoming holidays. It is common to feel a sense of unease as the environment changes around us. Remember that you do not have to mirror the pace of the world. If you feel less energetic or more reflective, honor that. Create a "seasonal anchor"—a small ritual like lighting a candle, taking a quiet walk, or keeping a photo of your loved one nearby—to help you feel grounded when the world feels like it is spinning too fast.

Article 2

The Art of Gentle Self-Compassion

We are often our own harshest critics in grief, wondering why we aren't "further along" or why a certain memory hit us harder today. Self-compassion is the antidote to this cycle. It means speaking to yourself with the same tenderness you would offer a dear friend. This October, try the "Pause and Breathe" technique: when you feel overwhelmed, stop what you are doing, place your hand over your heart, and acknowledge, "This is a moment of suffering; may I be kind to myself in this moment." You are doing the hard work of living, and that is enough.

Article 3

Finding Connection in Community

One of the most isolating aspects of grief is the feeling that others "just don't understand." This is why connection is so vital. Whether it is attending a local support group, joining an online forum, or simply reaching out to one person who listens without trying to "fix" your pain, sharing your story lightens the load. You are not meant to carry this weight alone. Your presence in our community is a gift, and your story has the power to offer hope to someone else who is walking the path just a few steps behind you.

Monthly Prayer

Heavenly Father, as the autumn leaves fall, we bring our heavy hearts to You. Grant us the courage to let go of what we cannot change and the strength to embrace the quiet moments of healing. Be the light in our darkest days, the comfort in our loneliness, and the peace that passes all understanding. Hold us close as we navigate this season of remembrance. *Amen.*

Monthly Bible Verse

He heals the brokenhearted and binds up their wounds. — *Psalms 147:3*

Grief Support Resources

Reading: *Bearing the Unbearable* by Dr. Joanne Cacciatore – A compassionate look at the nature of grief.

Support: Visit [The Compassionate Friends](#) website to find local chapter meetings and virtual support groups.

Self-Care Tip: Dedicate 15 minutes this weekend to a "memory craft"—perhaps framing a photo or writing a letter to your loved one to be tucked away in a special box.

Reflection

In the rhythm of the year, October represents the great "gathering in." As the earth prepares for the dormant months of winter, it offers up its final, most vibrant harvest. It is a time when the fruits of labor—both literal and metaphorical—are brought into the warmth of the home.

For those of us navigating the landscape of grief, the concept of a "harvest" can feel complicated. We may look at our lives and feel that we have lost our most precious harvest. We may feel that instead of gathering, we are struggling to hold onto the fragments of what remains.

However, there is a different kind of harvest available to us in October: the harvest of memory and grace.

When the trees let go of their leaves, they do not lose their identity; they simply reveal their true structure. In this season, we are invited to do the same. Grief has a way of stripping away the non-essentials—the busy-ness, the trivial worries, the masks we wear for the world. What remains is the core of who we are and the depth of the love we carry.

This month, I invite you to look for the "harvest" in your own life:

- A memory that brings a smile amidst the tears.
- A quiet moment of peace that caught you by surprise.
- The strength you found to simply get through another day.
- The love that continues to connect you to your loved one, even across the divide.

Just as the farmer trusts that the soil needs a period of rest before it can bloom again, trust that your heart is in a season of necessary, quiet work. You are not empty; you are holding the seeds of everything you have loved, waiting for the gentle cycles of healing to carry you forward.

Closing Thoughts

As we walk through October, please remember: there is no deadline for grief and no "right" way to feel. Some days will be soft, and some days will be sharp. Through it all, you remain worthy of love, support, and peace. We are walking with you, side by side, through the changing leaves and the cooling air.

With warmth and support,

The Compassionate Friends Team

Leadership Volunteers Needed

After much thought and consideration, we want to share that the current leadership of the Brushy Creek Chapter of The Compassionate Friends will be stepping down from our leadership roles on December 31, 2026. It has been a privilege and an honor to serve this chapter and to walk alongside so many families who are grieving the loss of a child, sibling, or grandchild.

As we look toward the future, we are asking members of our chapter to consider becoming involved in leadership. Our chapter is important because it provides a safe place where grieving families can find understanding, comfort, friendship, and hope. We would love to see this work continue and grow, and that will require new leaders willing to step forward.

If you have ever thought about helping lead a meeting, organizing activities, welcoming new members, or simply being part of keeping our chapter going, we invite you to talk with us. We will gladly share what we have learned and help make the transition as smooth as possible. There is no financial input needed - only YOUR time and kindness.

The future of our chapter depends on those who are willing to step forward, and perhaps that person is you.

With heartfelt gratitude,

Robin, Penny, and Mary
The Leadership Team
Brushy Creek Chapter, The Compassionate Friends





The Compassionate Friends Credo

We need not walk alone. We are The Compassionate Friends. We reach out to each other with love, with understanding, and with hope.

The children we mourn have died at all ages and from many different causes, but our love for them unites us. Your pain becomes my pain, just as your hope becomes my hope.

We come together from all walks of life, from many different circumstances. We are a unique family because we represent many races, creeds, and relationships. We are young, and we are old. Some of us are far along in our grief, but others still feel a grief so fresh and intensely painful that they feel helpless and see no hope.

Some of us have found our faith to be a source of strength, while some of us are struggling to find answers. Some of us are angry, filled with guilt or in deep depression, while others radiate an inner peace. But whatever pain we bring to this gathering of The Compassionate Friends, it is pain we will share, just as we share with each other our love for the children who have died.

We are all seeking and struggling to build a future for ourselves, but we are committed to building a future together. We reach out to each other in love to share the pain as well as the joy, share the anger as well as the peace, share the faith as well as the doubts, and help each other to grieve as well as to grow.

Contact Information

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Thank you to Christ Lutheran Church

We really appreciate your generosity!

The Harvest of You — Author Unknown

The air turns crisp, the shadows grow long, And autumn returns with her quiet, old song. She dresses the trees in crimson and gold, A beauty so vast, yet a story so told Of letting things go, of the cycle of sleep, Of promises made that the earth has to keep.

But October brings more than the frost on the pane, It brings back the rhythm of remembering again. For how can the world turn to amber and rust Without me recalling the turn into dust? A life that was vibrant, a bloom cut so soon, A sun that went down in the middle of noon.

They say that the harvest is time to be glad, To gather the gifts that the summer has had. But I am out gathering memories instead, Of the words that you spoke, of the dreams in your head, Of the space where you should be, now filled by the light Of a star I keep watching all through the night.

So let the leaves fall, let them drift to the ground, There is holiness here in the silence I've found. For though you are gone from the reach of my hand, You are woven in time, in the sea, in the land. And though winter is coming to cover the view, My heart is a harvest—of love, and of you.

The Compassionate Friends Resources

Email: info@compassionatefriends.org

Facebook: [Compassionate Friends Official](#)

Website: www.compassionatefriends.org



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