

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

**April 2025**

Our next in-person and virtual meeting will be on Tuesday, April 8, 2025, at 7 p.m.

*Virtual Meeting:*

Zoom Link: <https://us02web.zoom.us/j/82390659632?pwd=U0b0a2RQI7VNAbWTu4gzWeC52EEE38.1>

Meeting ID: 823 9065 9632    Passcode: 411411

*In-Person Meeting:*

Christ Lutheran Church

510 Luther Drive. Georgetown. TX. 78628

PH: 512-966-8139 Email: [TCFBrushyCreek@gmail.com](mailto:TCFBrushyCreek@gmail.com)

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



"He is not here, but he has risen! Remember how he told you, while he was still with you in Galilee, that the Son of Man must be delivered into the hands of sinful men, be crucified, and on the third day be raised again" –

*Luke 24: 6-7*

**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 and virtual 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, something might be said to help you cope a little bit better. We are open to suggestions for additional subjects you might like to see discussed.

**April** – Animals & My Loved One

**May** – Advice I'd give myself of yesterday

**June** – Vacation Memories



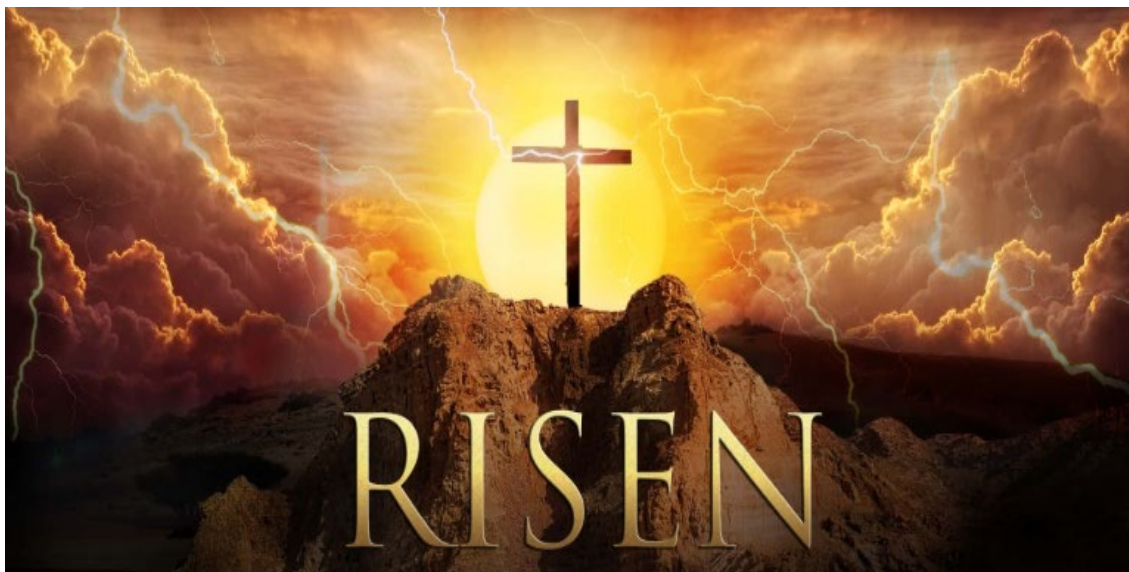
For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life – *John 3:16*





## ***Birth Date***

Casey	<i>Daughter of</i>	Cindy Cordova
Jonathan	<i>Son of</i>	Rhonda & Ben
Antonia	<i>Daughter of</i>	Elisa
Andrea	<i>Sister of</i>	Stephanie
Carol	<i>Sister of</i>	Paul
Kade	<i>Son of</i>	Julie & Marc
Kade	<i>Grandson of</i>	Becky
Daniel	<i>Son of</i>	Anita
Neil	<i>Son of</i>	Marsha
Taylor	<i>Daughter of</i>	Rebecca





## ***Angel Date***

Jerry	<i>Son of</i>	Tammy & Frank
William	<i>Son of</i>	Martin
William	<i>Stepson of</i>	Elisa
Brian	<i>Son of</i>	Brandy
Daniel	<i>Son of</i>	Karen & Len
Madison	<i>Daughter of</i>	Amber
Daniel	<i>Son of</i>	Rosa & Jesus
Marcus	<i>Son of</i>	Erin
Steve	<i>Son of</i>	Don & Betty
Steve	<i>Brother of</i>	Shelley
Steve	<i>Brother of</i>	Robin
Jake	<i>Son of</i>	Tina
Ben	<i>Son of</i>	Paul & Alissa
Travis	<i>Son of</i>	Angela
Troy	<i>Brother of</i>	Lisa
Leilani	<i>Daughter of</i>	Denise



## National Conference – 2025



### The Compassionate Friends 48th National Conference

Hyatt Regency Bellevue  
900 Bellevue Way NE  
Bellevue, WA 98004

July 11-13, 2025

## Conference Registration Now Open

We are very pleased to announce The Compassionate Friends (TCF) 48th Annual National Conference in Bellevue, WA! TCF's National Conference is an enriching and supportive event for many newer and long-time bereaved parents, grandparents, and siblings. Attendees come and find renewed hope and support, as well as strategies for coping with grief. Participants create friendships with other bereaved people who truly understand the heartbreaking loss of a child, sibling, or grandchild. Lifelong friendships are often formed and rekindled each year at TCF conferences.

**Registration Link:** [https://eml-pusa01.app.blackbaud.net/intv2/j/9442F62E-D96B-4FE3-B53E-19499D837994/r/9442F62E-D96B-4FE3-B53E-19499D837994\\_1afdc08-deaa-481e-9796-71d2529383f0//78B96FE9-A76D-4505-96E5-14486156A9FC/c](https://eml-pusa01.app.blackbaud.net/intv2/j/9442F62E-D96B-4FE3-B53E-19499D837994/r/9442F62E-D96B-4FE3-B53E-19499D837994_1afdc08-deaa-481e-9796-71d2529383f0//78B96FE9-A76D-4505-96E5-14486156A9FC/c)



## Featured Articles

### *Embracing Hope in Spring*

Spring is often associated with new life and growth. However, for those grieving, it can be a reminder of what has changed. In this month's article, we explore ways to embrace hope while honoring our loved ones.

#### **Key points covered:**

- The power of nature in healing
- Rituals to remember and celebrate our loved ones
- Finding personal growth through grief

#### **Embracing Hope in Spring**

Spring is a season of renewal, yet for those who are grieving, it can also serve as a reminder of loss. The beauty of blooming flowers and the warmth of the sun may contrast with the pain we carry inside. However, this season can also offer a chance for healing and reflection.

##### *The Power of Nature in Healing*

Spending time in nature has been shown to reduce stress and promote emotional well-being. Take a walk in a garden, sit by a lake, or simply breathe in the fresh air. These small moments can provide a sense of peace and connection.

##### *Rituals to Remember and Celebrate Loved Ones*

Creating traditions to honor those we have lost can bring comfort. Consider planting a tree in their memory, writing a letter to them, or lighting a candle in their honor. These acts can help keep their presence alive in our hearts.

##### *Finding Personal Growth Through Grief*

Grief changes us, but it also offers an opportunity for growth. By embracing the pain and allowing ourselves to heal, we can find new perspectives and even new purpose in life. Surrounding ourselves with supportive communities, engaging in creative outlets, and practicing self-compassion can all aid in this journey.

Hope does not mean forgetting. It means finding ways to live while carrying our love forward. This spring, may you find moments of peace, connection, and renewal in your own way.

## Coping with Grief: Finding Your Way Through Loss

Grief is a deeply personal journey, and no two experiences are the same. While there is no right or wrong way to grieve, there are strategies that can help you cope during difficult times.

### *Understanding Grief*

Grief is a natural response to loss, but it manifests differently for everyone. Some may feel sadness, anger, or even numbness. Recognizing that all emotions are valid is an essential step toward healing.

### *Ways to Cope with Grief*

- **Allow Yourself to Feel:** Give yourself permission to experience emotions without guilt or judgment.
- **Seek Support:** Surround yourself with understanding friends, family, or a grief support group.
- **Create Rituals of Remembrance:** Light a candle, write a letter, or dedicate a special activity in memory of your loved one.
- **Prioritize Self-Care:** Maintain a healthy routine, including proper nutrition, exercise, and rest.
- **Express Your Grief:** Journaling, art, or talking with a counselor can help process emotions.
- **Engage in Healing Activities:** Meditation, spending time in nature, or listening to music can bring comfort.

### *Finding Meaning After Loss*

Although grief never fully disappears, we can find ways to honor our loved ones while continuing forward. Volunteering, sharing their story, or engaging in meaningful projects can transform sorrow into purpose.

Remember, healing takes time. Be patient with yourself, and know that support is always available.



## Grief Prayers

During times of sorrow, words of prayer can offer comfort and peace. Here are a few prayers to guide you through your journey:

**A Prayer for Strength:** *Grant me, O Lord, the strength to carry this sorrow. Let your light shine upon my heart, bringing peace and healing in my moments of despair.*

**A Prayer for Comfort:** *Loving God, wrap me in your embrace and soothe my soul. May your presence bring me solace, reminding me that I am never alone.*

**A Prayer for Hope:** *Through my tears, I seek hope. Through my pain, I search for meaning. Help me to see beyond my grief, to find light in the darkness, and to carry my loved one's memory with love.*

## Resources & Support

- **Book Recommendation:** "Finding Meaning: The Sixth Stage of Grief" by David Kessler
- **Inspirational Quote:** *"Grief is like the ocean; it comes in waves, ebbing and flowing. Sometimes the water is calm, and sometimes it is overwhelming. All we can do is learn to swim."* – Vicki Harrison



## **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

### TCF Brushy Creek

#### *Committee Members:*

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#### *Advisory:*

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*Thank you to Christ Lutheran Church*

*We really appreciate your generosity!*



## The Compassionate Friends Resources

Stay connected:

Email: [info@compassionatefriends.org](mailto:info@compassionatefriends.org)

Facebook: [Compassionate Friends Official](https://www.facebook.com/CompassionateFriendsOfficial)

Website: [www.compassionatefriends.org](http://www.compassionatefriends.org)

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