



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

April 2026



Our next in-person meeting will be April 14, 2026 @ 7pm.

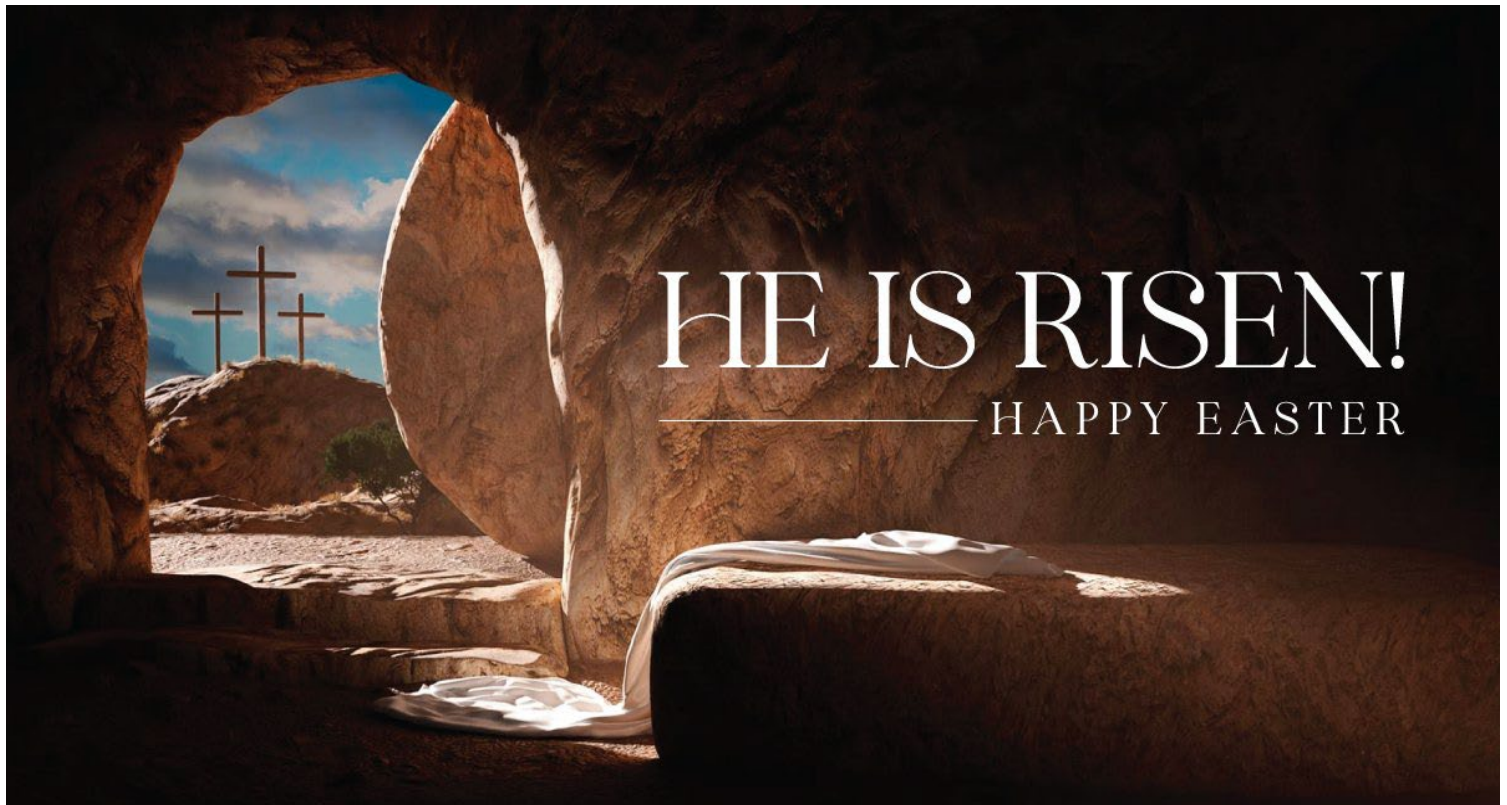
Location:

Christ Lutheran Church

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

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



They found the stone rolled away from the tomb, ³but when they entered, they did not find the body of the Lord Jesus.

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.

April - Grief and the Pressure to “Heal” in Spring

May - Grief Triggers & Mother’s Day

June – Seasonal Changes & Father’s Day

July - Understanding that grief does not end



“Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.” - 2 Corinthians 1:3-4



Birth Date

**Malachi
Casey
Jonathan
Antonia
Andrea
Carol
Kade
Kade
Chris
Daniel
Taylor
Steve**

***Son of
Daughter of
Son of
Daughter of
Sister of
Sister of
Son of
Grandson of
Son of
Son of
Daughter of
Son of***

**Nicole
Cindy
Rhonda & Ben
Elisa
Stephanie
Paul
Julie & Marc
Becky
Anne
Anita
Rebecca
Rosa**





Angel Date

**Jerry
William
William
Brian
Daniel
Madison
Daniel
Marcus
Steve
Steve
Steve
Leilni
Jake
Ben
Travis
Troy**

***Son of
Son of
Stepson of
Son of
Son of
Daughter of
Son of
Son of
Son of
Brother of
Brother of
Daughter of
Son of
Son of
Son of
Brother of***

**Tammy & Frank
Martin
Elisa
Brandy
Karen & Len
Amber
Rosa & Jesus
Erin
Don & Betty
Shelley
Robin
Denise
Tina
Paul & Alissa
Angela
Lisa**



April Message: Hope in the Midst of Grief

April is often associated with renewal. Flowers bloom, the days grow longer, and the world seems to come alive again. Yet for grieving parents, grandparents, and siblings, the season of renewal can feel complicated. While nature celebrates life, our hearts still carry the deep ache of loss.

Grief does not follow the calendar. It does not disappear when spring arrives. Instead, it walks beside us through every season. But April can gently remind us that even after the harshest winters, life finds ways to grow again.

Hope after loss does not mean forgetting our child. It means carrying their memory forward in love. Each smile we share, each act of kindness we give, and each moment we choose to keep going becomes a quiet tribute to the life that changed ours forever.

At The Compassionate Friends, we believe healing happens in community. No one should walk this road alone. When we share our stories, speak our children's names, and support one another, we create a place where grief is understood and love is honored.

This April, may you allow yourself grace. Some days will feel heavy. Others may bring small moments of peace. Both are part of the journey.

Your child's life matters. Their love remains. And together, we remember.

Article 1

Grief and the Changing Seasons

For many grieving families, the changing seasons bring unexpected emotions. Spring in particular can stir complicated feelings. While the world around us seems full of life and renewal, we may feel disconnected from that sense of joy.

This is a very normal part of grief.

When a child dies, our internal world changes forever. We often measure time in "before" and "after." Holidays, birthdays, and seasons become reminders of what is missing. The warmth of spring may highlight the absence of the child who should be here to enjoy it.

Some parents describe feeling guilty when moments of happiness return. They may wonder if laughing or enjoying a sunny day somehow means they are leaving their child behind.

But healing does not replace love.

Joy and grief can exist together. A parent can smile at blooming flowers while still carrying deep sorrow. Both emotions are real and valid.

Spring can also be a meaningful time to honor your child's memory. Some families choose to plant flowers, trees, or gardens in their child's name. Others release butterflies, create memory stones, or spend quiet time in reflection.

These acts do not erase grief, but they create spaces where love continues to grow.

If this season feels heavy for you, please remember that you are not alone. Every person in The Compassionate Friends community understands that grief has no schedule.

Take each day as it comes. Some days will bring tears. Others may bring peace. Both are steps forward on the path of healing.

Article 2

Saying Their Name: Why Remembering Matters

One of the greatest fears grieving families experience is that their child will be forgotten. Friends and relatives sometimes avoid mentioning the child's name because they worry about causing pain.

Yet for most bereaved parents, hearing their child's name brings comfort rather than hurt.

Our children existed. Their lives mattered. Their stories deserve to be told.

When we speak their names, we keep their memory alive. We acknowledge that their life continues to shape the world through the love they left behind.

Many Compassionate Friends families find healing through remembrance activities such as:

- Creating memory books or scrapbooks
- Sharing stories at family gatherings
- Lighting candles on birthdays or special days
- Writing letters to their child
- Supporting charities or causes in their child's name

These acts are not about holding onto the past. They are about integrating our child's life into the future.

The Compassionate Friends encourages families to continue telling their child's story. Every memory shared is a reminder that love does not end when life does.

If you feel comfortable, speak your child's name at meetings, with friends, or in quiet moments of prayer. Each time their name is spoken, their presence is honored.

Love like this never disappears.

Article 3

Walking Together Through Grief

Grief can feel incredibly isolating. Many bereaved parents say they feel separated from the rest of the world after losing a child. Conversations change. Relationships sometimes shift. Life can feel unfamiliar and overwhelming.

This is why support groups like The Compassionate Friends are so important.

When grieving families gather, something powerful happens. Walls come down. Tears are shared. Stories are told. And slowly, people realize they are not alone.

In these spaces, parents can speak openly about their children without fear of judgment. Grandparents can share the unique grief they carry. Siblings can talk about their brother or sister who should still be here.

Healing does not mean “getting over” the loss. Instead, it means learning how to live with grief while continuing forward.

Support groups provide:

- Understanding from others who have experienced child loss
- A safe place to express emotions
- Tools for coping with grief
- Opportunities to honor our children together

Sometimes simply sitting in a room with others who understand can lift a small portion of the weight we carry.

If you are new to The Compassionate Friends, we welcome you with open hearts. Your story matters here. Your child matters here.

And together, we walk this journey one step at a time.

Monthly Prayer

Heavenly Father,

We come before You with hearts that carry both love and sorrow. You know the depth of our grief and the emptiness left by the loss of our precious children.

Lord, hold our families close during moments when the pain feels overwhelming. Remind us that our children are never forgotten and that their lives continue to shine through the love they gave.

Grant us strength for each new day. Fill our hearts with moments of peace when the road feels long. Help us support one another with compassion and understanding.

May we continue to honor our children’s lives through kindness, remembrance, and love.

And Lord, remind us that even in the darkest valleys, You walk beside us. ~ *Amen.*

Grief Quote of the Month

“Grief is the price we pay for love.”
— Queen Elizabeth II

Grief Support Resources

If you or someone you know needs additional support, these resources are available:

The Compassionate Friends

Website: <https://www.compassionatefriends.org>

Provides nationwide chapters, online communities, and grief resources for families after the loss of a child.

988 Suicide & Crisis Lifeline

Dial or text 988

24/7 confidential emotional support.

GriefShare

Website: <https://www.griefshare.org>

Faith-based grief support groups and resources.

Dougy Center – National Center for Grieving Children & Families

Website: <https://www.dougy.org>

Resources for grieving children, teens, and families.

Closing Thoughts

Grief is a lifelong journey, but it is one that no one should walk alone. The Compassionate Friends exists so that every grieving family has a place where their child is remembered and their story is honored.

As we move through April and the beauty of spring begins to unfold, may you find gentle reminders of hope in unexpected places.

Your child’s love continues to live in your heart. And within this community, their memory will always be cherished.

**With compassion and remembrance,
The Compassionate Friends**



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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.

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Thank you to Christ Lutheran Church

We really appreciate your generosity!

Easter Hope – Author unknown

Easter comes with gentle light,
Soft spring mornings, warm and bright.
Flowers bloom and skies turn blue,
Yet hearts still ache remembering you.

The world awakens, fresh and new,
But part of us still longs for you.
Your voice, your smile, your loving way—
We miss them more this Easter Day.

But Easter brings a promise true,
Of life beyond what we once knew.
A stone rolled back, the grave made bare,
A sign that love is stronger there.

So though we grieve and tears may fall,
We hold to hope beyond it all.
For death is not the final door,
And love lives on forevermore.

And in God's time, we'll meet again—
Where joy is full and pain will end.
Until that day, our hearts will keep
Your precious love in memory deep.

This Easter light reminds us so:
Though we must live with grief below,
Our loved ones rest in heaven's peace,
Where pain and sorrow finally cease.

Stay connected:

 Email: info@compassionatefriends.org

 Facebook: [Compassionate Friends Official](#)

 Website: www.compassionatefriends.org

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