



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

August 2024

Our next meeting will be on Tuesday, August 13, 2024, at 7 p.m.

Christ Lutheran Church

510 Luther Drive. Georgetown, TX. 78628

512-348-7885 TCFBrushyCreek@hmail.com

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

*Our next virtual meeting online will be Thursday, August 22nd, at 7 pm.



"He will wipe every tear from their eyes. There will be no more death' or mourning or crying or pain, for the old order of things has passed away." – Revelation 21:4

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 meetings are on the second Tuesday of each month at 7 pm and our virtual meetings are on the fourth Thursday 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, along with the feelings and issues that evolve around the death experience of a child. 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.

August – Friends and Family Moving On

September – Dreams and Sleep

October - Understanding Emotions and the Grief Process



As for us, our life is like grass. We grow and flourish like a wildflower; (16) then the wind blows on it, and it is gone — no one sees it again. (17) But for those who honor the Lord, his love lasts forever, and his goodness endures for all generations (18) of those who are true to his covenant and who faithfully obey his commands. Psalm 103:15-18



Angel Date

Casey

Daughter of

Cindy

Scott

Son of

Anna & David

Tristan

Son of

Katie & Freddy

Valerie

Daughter of

Leonard

Valerie

Niece of

Sally

Justin

Son of

Mike & Tina





We are looking for your loved one's favorite recipes.

Please submit them to tcfbnewsletter@gmail.com

Please submit your recipe by the 10th of the month.



Spotlight Your Loved-one

If you would like to spotlight your loved one, *please submit your information by the 10th of the month* to tcfbnewsletter@gmail.com

Moving on with life

The *American Psychological Association (APA)* has identified key elements to help grieving loved ones recover from the loss of a loved one. “Mourning the loss of a close friend or relative takes time, but research tells us that it can also be the catalyst for a renewed sense of meaning that offers purpose and direction to life.”

The *APA* states that grieving individuals may find it helpful to use some of the following strategies to help them process and come to terms with loss:

- **Talk about the death of your loved one** with friends or colleagues in order to help you understand what happened and remember your friend or family member. Avoidance can lead to isolation and will disrupt the healing process with your support systems.
- **Accept your feelings.** You may experience a wide range of emotions from sadness, anger or even exhaustion. All of these feelings are normal, and it’s important to recognize when you are feeling this way. If you feel stuck or overwhelmed by these emotions, it may be helpful to talk with a licensed psychologist or other mental health professional who can help you cope with your feelings and find ways to get back on track.
- **Take care of yourself and your family.** Eating healthy foods, exercising and getting plenty of sleep can help your physical and emotional health. The grieving process can take a toll on one’s body. Make sure you check in with your loved ones and that they are taking the necessary healthy steps to maintain their health.
- **Reach out and help others dealing with the loss.** Spending time with loved ones of the deceased can help everyone cope. Whether it’s sharing stories or listening to your loved one’s favorite music, these small efforts can make a big difference to some. Helping others has the added benefit of making you feel better as well.
- **Remember and celebrate the lives of your loved ones.** Anniversaries of a lost loved one can be a difficult time for friends and family, but it can also be a time for remembrance and honoring them. It may be that you decide to collect donations to a favorite charity of the deceased, passing on a family name to a baby or planting a garden in memory. What you choose is up to you, as long as it allows you to honor that unique relationship in a way that feels right to you.

You can read the full article at: <https://www.apa.org/topics/families/grief>

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:

Robin Cassens

Mary Delaney

Penny Leone

Advisory:

Rebecca Burgman

Sibling Rep.:

Stephanie Thompson

Newsletter:

Todd & Joyce Camp

TCF Regional Rep.:

Gene Caligari

TCF National Office Information:

The Compassionate Friends

PO Box 3696

Oak Brook, IL 60522 (or)

900 Jorie Blvd. Suite 78

Oak Brook, IL 60523

Phone (630) 990-0010

Toll-Free (877) 969-0010

www.compassionatefriends.org

Email Address:

TCFBrushyCreek@gmail.com



Thank you to Christ Lutheran Church

We really appreciate your generosity!

A Letter from Heaven

To my dearest family, some things I'd like to say.

But first of all, to let you know, that I arrived okay.

I'm writing this from heaven.

Here, I dwell with God above.

Here, there's no more tears of sadness;

Here is just eternal love.

Please do not be unhappy just because I am out of sight.

Remember that I am with you every morning, noon, and night.

That day I had to leave you when my life on earth was through.
God picked me up and hugged me and He said, "I welcome you.

It's good to have you back again,

You were missed while you were gone.

As for your dearest family,

They'll be here later on.

I need you here so badly, you are part of my plan.

There is so much that we can do, to help our mortal man".

God gave me a list of things, that he wished for me to do.

And foremost on the list, was to watch and care for you.

And when you lie in bed at night, the day's chores are put to flight.

God and I are closest to you....in the middle of the night.

When you think of my life on earth, and all those loving years.

Because you are only human, they are bound to bring you tears.

But do not be afraid to cry; it does relieve the pain.

Remember, there would be no flowers unless there were some rain.

I wish that I could tell you all that God has planned.

But if I were to tell you, you wouldn't understand.

But one thing is for certain, though my life on earth is over.

I'm closer to you now than I ever was before.

There are rocky roads ahead of you and many hills to climb;

But together we can do it by taking one day at a time.

It was always my philosophy, and I'd like it for you too;

That as you give unto the world, the world will give to you.

If you can help somebody who is in sorrow and pain;

Then you can say to God at night....My day was not in vain.

And now I am contented... that my life was worthwhile.

Knowing as I passed along the way I made somebody smile.

So if you meet somebody who is sad and feeling low;

Just lend a hand to pick them up, as on your way you go.

When you're walking down the street and you've got me on your mind;

I'm walking in your footsteps only half a step behind.

And when it's time for you to go...from that body to be free.

Remember you're not going...you're coming here to me.

Author: Ruth Ann Mahaffey

The Compassionate Friends Resources

<http://www.compassionatefriends.org/find-support/>

The Compassionate Friends of Brushy Creek

YOU NEED NOT WALK ALONE; WE ARE THE COMPASSIONATE FRIENDS