



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

August 2025

Our next in-person meeting will take place on Tuesday, August 12, 2025, at 7:00 p.m.

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)



How good and pleasant it is when God's people live together in unity!" – Psalm 133:1

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.

August – Ways to Preserve Memories

September – Healthy Ways to Cope with Grief

October – Handling Guilt

November – Potluck Memories (A Guide to Celebrate Thanksgiving)

December – Candle Lighting Ceremony



When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you; when you walk through the fire, you shall not be burned, and the flame shall not consume you – *Isaiah 43: 2*




Birth Date

Jesse
Lincoln
Micah
Brendan
Kristin
Seth
Brandon
Liza
Gabriel
Troy
Gabriel

Son of
Son of
Son of
Son of
Daughter of
Son of
Son of
Daughter of
Son of
Brother of
Son of

Catherine
Alissa & Mason
Diane
Gene
Kerri
Karl & Penny
Celinda & Armando
Debra
Kealie
Lisa
Kealie



Happy Birthday in Heaven
Sending Love Across the Skies



Angel Date

Casey
Scott
Tristan
Valerie
Valerie
Jeremiah
Jeremy

Daughter of
Son of
Son of
Daughter of
Niece of
Son of
Son of

Cindy
Anna & David
Katie & Freddy
Leonard
Sally
Heather
Mike & Tina



Articles

FEATURED ARTICLES

Article 1: Grieving in the Stillness of Summer

August is a time when the world seems to slow. Vacations happen, schools pause, and long warm days stretch out ahead. For many grieving parents, however, this stillness can intensify pain. When distractions lessen, the absence becomes louder.

You might find yourself staring out a window longer than usual, remembering summers past. The beach trip when your child built a castle too close to the tide. The family picnic where laughter rang through the trees. Those memories live on, but they cut deep now.

It's important to remember: you do not have to "move on" just because the world is still. You are allowed to grieve at your own pace. Cry. Remember. Sit in silence. You don't have to fill the stillness—let it hold space for healing.

Try gentle rituals:

- Light a candle each evening
- Keep a grief journal
- Visit a favorite place of theirs
- Speak their name aloud

This August, may the stillness offer you space—not loneliness. May it remind you that healing begins in moments of quiet remembrance.

Article 2: What I Wish the World Understood About Child Loss

When a parent loses a child, the world changes forever. There is a before and an after—and most people can never fully comprehend the magnitude of that shift. Here are things many grieving parents wish others understood:

1. We never "get over" it.

Time doesn't erase the ache. We learn to carry it differently, but it remains.

2. Saying their name helps.

Hearing our child's name reminds us they lived, mattered, and are not forgotten.

3. Triggers are everywhere.

A scent, song, or season can bring us to tears in an instant. Be patient.

4. We're not broken beyond repair, but changed.

We may smile again, but we are never the same. That's not failure—it's transformation.

If you know someone grieving, be present. Sit with them in their pain. And if you're grieving, know that your feelings are valid—today, tomorrow, and always.

Article 3: A Sibling's Voice: Living With the Loss of My Sister

By: Megan R., Age 22

When my little sister Emma died, I felt like the world forgot I was grieving too. People asked about my parents, but not me. I didn't blame them—they were hurting too—but I felt invisible.

For years, I carried guilt for laughing, guilt for moving on, guilt for breathing. I was the older sibling. I was supposed to protect her.

Now, almost five years later, I still miss her every day. But I speak about her now. I wear a necklace with her birthstone. I got a tattoo of her handwriting. She's with me in everything I do.

To other grieving siblings: your pain matters. You are allowed to talk about it. Don't disappear in the shadow of the family's grief—your heart deserves care too.

Grief Quote

Grief Quote of the Month

"There are no goodbyes for us. Wherever you are, you will always be in my heart."
— Mahatma Gandhi

Grief Prayer

A Prayer for August

 Monthly Grief Prayer – *"Rest in the Quiet"*

Dear God,
In the stillness of this August day,
when summer light feels both warm and aching,
I come to You with a heart still broken.
The world continues on, yet mine feels paused.
Remind me that my grief is love
with nowhere to go but inward.
Help me sit with my sorrow, not fight it.
Help me rest in the quiet,
where memories become prayers
and tears become release.
Amen.

-Unknown

Resources

Resource Spotlight

Book of the Month – August 2025

Grief Resource of the Month

Book: *It's OK That You're Not OK* by Megan Devine

This compassionate book challenges the cultural narrative of "moving on" after loss. Megan Devine, a psychotherapist and grieving widow, offers validation, comfort, and real-life strategies for surviving grief without rushing healing. It's not about fixing grief—it's about living with it.

Grief Resources – August Highlights

◇ The Compassionate Friends National Website

www.compassionatefriends.org

Find local chapters, online support groups, grief webinars, and memorial events.

◇ “Grief Out Loud” Podcast

<https://www.dougy.org/news-media/podcasts>

Hosted by the Dougy Center, this podcast features honest conversations about grief from all ages and backgrounds.

◇ Summer Grief Support Series (Online & Free)

Offered by **Modern Loss** and **What's Your Grief**, this seasonal series provides coping tools for the summer months.

Check their websites for sign-up info:

- www.modernloss.com
- www.whatsyourgrief.com

◇ TCF Facebook Online Support Groups

24/7 moderated grief groups for specific losses: child, sibling, grandchild.
Search “The Compassionate Friends – Online Support” on Facebook.

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!

August Remembrance Poem

Still You Live -By Megan J. Hart

You are not gone, not truly gone—
I find you in the dawn.
In morning mist and stars at night,
Your memory lingers on.

Though I can't reach or hold your hand,
Or kiss your sun-warmed cheek,
You speak to me in dreams and winds—
When my heart dares to seek.

So August hums your lullaby,
And carries all you gave.
For love like yours does not just die—
It outlasts even the grave.

The Compassionate Friends Resources

Stay connected:

 Email: info@compassionatefriends.org

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

 Website: www.compassionatefriends.org

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