

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

February 2025

Our next in-person and virtual meeting will be on Tuesday, February 11, 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

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



Love the Lord your God with all your heart and with all your soul and with all your strength. – Deuteronomy 6:5

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.

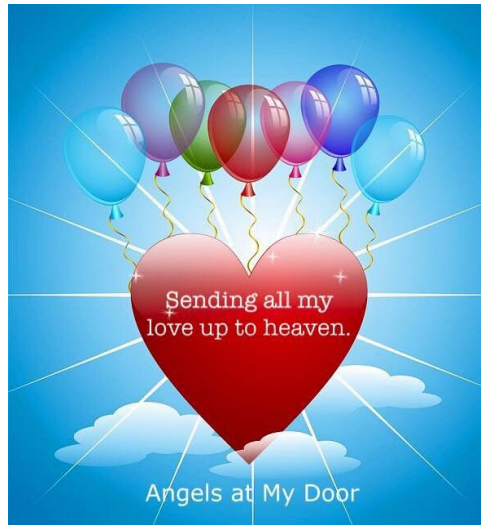
February – Friends Who Helped

March – Learning the Ropes on Grief

April – Animals & My Loved One



We love because he first loved us. – 1 John 4:19



Birth Date

Alicia "Ali"
Marcus
Madison
Caden
Dmitziy
Gabriel
Brandi
Jack
Scott
David

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

Meghan
Erin
Amber
Stephanie & Jeremy
Oleg & Larisa
Michelle & Gabriel
Lin
Joyce & Todd
Tam & Sandy
Suzy





Angel Date

Jake
Cedan
Brandi
Aaron
Kaylin
Kaylin
Brian
Jackson

Son of
Mother of
Daughter of
Son of
Daughter of
Sister of
Son of
Son of

Rebecca
Casey
Lin
Nona
Ellen
Payden
Jim & Janice
Ed





"...Grief itself contains the seeds for healing. Only through embracing brokenness, never in avoiding it or running away, is healing found. Heartache, loneliness, and broken dreams are powerful teachers. They cause us to ask the questions that will point the way: *How am I relating to my life? What matters to me? What lasts, and what doesn't? Is there courage within me that I can summon?*

~Paula D'Arcy, *When People Grieve*~



HAPPY VALENTINE'S
DAY TO MY

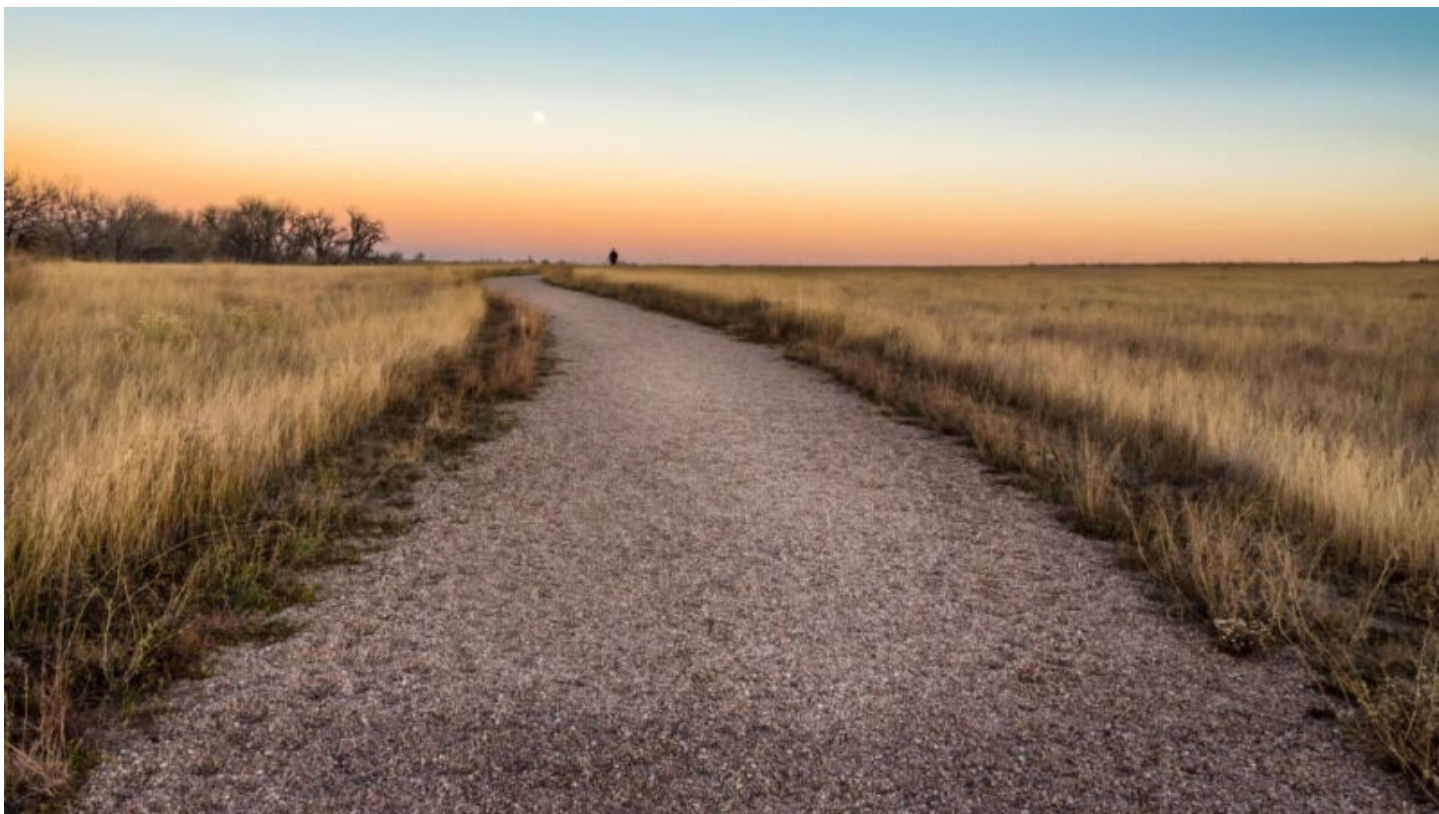
ANGEL

IN HEAVEN.

I AM SENDING YOU MY
LOVE, THOUSANDS OF
KISSES, AND HUGS
TODAY AND EVERY
DAY, JUST TO LET YOU
KNOW HOW MUCH
I DEARLY LOVE
AND MISS YOU!

HEALING HUGS

Quote & Poster by Leanne



A COMPLICATED JOURNEY

Compassionate Friends Blog - Posted on January 21st, 2025 – Marlene Enderlein

It is generally acknowledged that the loss of a child is one of the most, if not the most difficult and devastating losses that one can experience. The loss of a child defies the laws of nature. Despite the child's age, this loss can leave an indelible mark on the hearts and souls of the parents and family members, create great emotional and physical distress, and even fracture relationships within the family structure. Some may question why this loss is given this distinction among the hierarchy of losses, as each individual senses that their loss is equally important and as devastating, however, there are several elements unique to the loss of a child that contribute to making this loss difficult to grieve, creating a complicated journey to healing.

At one end of the spectrum, a pregnancy that ends with a stillborn infant or by miscarriage is a major loss for parents who had hopes, dreams, and an entire future planned for this new addition to their family. Unfortunately, our society has unspoken rules as to what losses are to be grieved and frequently, these losses are not recognized, leaving parents to grieve their loss alone with no support. Disenfranchised grief results as their loss is neither recognized nor seen as valued by society. As the loss is not recognized, expressing grief becomes difficult, causing additional emotional distress and inability to process the loss.

For those parents who experience the loss of young children and teens, most of these losses have been found to result in loss by accidents. The suddenness of the loss is very traumatic, reducing one's ability to cope with the loss and may produce post-traumatic stress response. Not only will there be shock, denial, and sadness over the loss of their child, but anger towards those who were responsible for the accident. Accidental deaths deny the family an opportunity to prepare for the loss, say their goodbyes, making these losses difficult to comprehend and grieve.

The loss of young adults may include those who have died tragically of drug overdoses or suicide. Families suffering such losses often encounter stigmatization and once again experience disenfranchised grief leaving them alone to suffer a horrible loss. In addition, these losses can also cause feelings of guilt, blame, and unanswered questions that complicate the grieving process.

On the other end of the spectrum is the loss of the adult child. When an adult man or woman dies, the attention and compassion is directed to the spouse and surviving children. Frequently, the surviving parents are neglected, never being acknowledged that they have now lost a cherished son or daughter. They have not only lost a child, but someone they thought was going to care for them in their later years. In some cases, these grandparents are now thrust into assuming the roles and responsibilities of the father or mother now that their child is no longer there to raise their grandchildren. This can have a drastic effect on their lifestyle. Yet for others, concerns for what will happen if the remaining spouse will re-marry in the future, and they will lose access to their grandchildren. Creating major shifts in one's roles and responsibilities in life and adding uncertainty in later life after having set life's goals, can result in anxiety and distress in addition to the loss of a dear child.

As a bereavement counselor, I frequently hear the expression from bereaved loved ones: "I feel as though I have lost a part of myself." It is the loss of a child that this comment truly is fitting as a child is an extension of oneself. This loss's devastating nature highlights the importance of support for the surviving loved ones: family, friends, grief support groups, and organizations willing to witness the depth and immensity of the loss. It is particularly important to partner with those who have suffered a similar loss for it is those who understand not only what it feels to experience such a loss but can help navigate the rocky pathway towards healing.

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!



Cardinal Message

A MESSENGER FROM HEAVEN
I VISIT YOU IN YOUR GRIEF
TO REMIND YOU THAT
YOUR PASSED LOVED ONES ARE NEAR
A REMINDER THAT DEATH IS NOT
THE END AND NOTHING TO FEAR
YOUR ANGELS WANT YOU TO KNOW
THEIR LOVE
FOR YOU NEVER DIES
THEY COMFORT YOU QUIETLY
AND HEAR YOUR CRIES
THEY ARE ALWAYS WITH YOU
FEEL THEM IN THE WIND
THOSE DREAMS YOU HAVE OF THEM
ARE THEIR VISITS TO YOU TOO
SO REMEMBER THE MEMORIES
THAT THEY LEFT WITH YOU
ONE DAY YOU WILL SEE THEM AGAIN
IN HEAVEN TOO

The Compassionate Friends Resources

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

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