

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

Meeting location

Christ Lutheran Church
510 Luther Drive. Georgetown. TX. 78628
512-348-7885 TCFBrushyCreek@gmail.com
(If you have problems finding us call: 512-966-1651)



Our next in-person meeting will be Tuesday, February 14, 2023 at 7:00 p.m.
ZOOM Meeting Information will follow

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 7pm. The Compassionate Friends is a mutual assistance, self-help organization offering friendship, understanding and hope to bereaved 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.

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.

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 and to laugh, to share how you feel or just 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.

The Mission of The Compassionate Friends

When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. The 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.

This Month's Topic
Keeping a broken heart healthy



Remembering Matthew

On Matthew's birthday I went to the cemetery and prayed and talked to Matt. I miss his hugs. He was the best hugger and was always ready to give me one when I needed it or for no reason.

Little things. A word a phrase. A smell. A book. A movie bring Matt closer to my heart. I believe he is with God.

Pat

Matthew's Mom



<https://youtu.be/xcpjSMmWUDw>

Amazon Smile is being stopped after Feb 20, 2023. We've received some monies from Amazon Smile and want to let the chapter know that if they are thinking of buying something to do that before 2/20.

***Of course you can always donate to The Compassionate Friends, in memory or just because,**

Save the Date for TCF's 46th National Conference

We are excited to share that many plans are underway for this year's National Conference, which will be held in Denver, CO, July 7-9, 2023.

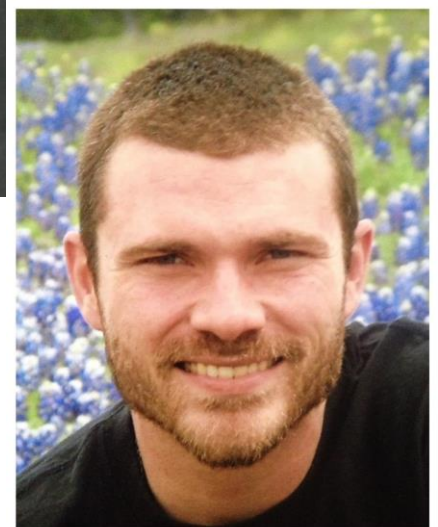
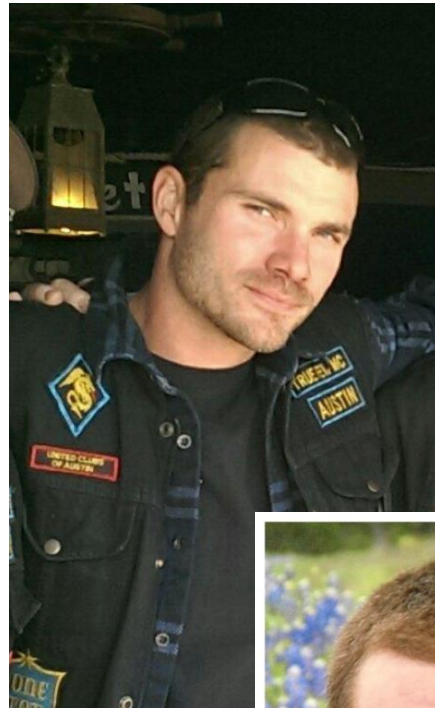
Remembering Aaron

Our son, Aaron was the light of our lives. He was our only child. Aaron was a pistol, but he loved people. It didn't matter whether they were 8 months, 8, 18, or 80. He always could carry on a conversation, with anyone. His girlfriend tells a story of them standing in line to buy tickets for a concert. Aaron struck up a conversation with the couple in front of them, who were probably in their 50's. After standing in line for 2 hours they got to the door. Aaron pulled out his money and the ticket person said here's your tickets. The gentleman in front of you bought them for ya'll and told me to tell you how much he enjoyed the conversation. That's just how Aaron affected people.

After Aaron passed away, we decided to spread some of his ashes in St. Croix. That was the last place we had traveled to together as a family. We told 3 of his friends that if they could afford their airfare and spending money, we would get a big condo. Well, 24 friends later and 4 condos later, 26 of us went to St. Croix. Again, that's just how much people loved my boy.

Aaron's birthday is 2 days after Christmas. His biggest tradition was; as soon as the Christmas gifts were opened, he would jump up and say "Ok where are my birthday gifts they HAVE to go under the tree. And then he'd laugh and laugh. But of course, I'd always go get them and under the tree they went.

Needless to say, Christmas time and his birthday are hard for us; so we usually leave. The only thing that truly soothes my soul is the beach. So off to the beach we go. It's just our way of dealing with that hard time of the year. However, his friends all still, 8 years later, gather at his favorite Mexican food restaurant to eat, on his birthday. They then go to someone's house and eat Blue Bell vanilla ice cream, with lots of Hershey's chocolate syrup and malted milk, on it. That was his favorite food!! They are always kind enough to take pictures and send us videos of their toasts to our spirited boy. And that means the world to us. As they do that, I sit on the beach and talk to him. I tell him how much we miss him and that I hope the angels are singing him Happy Birthday and he is making them laugh.



Nona Allen
Aaron's Mom

Died By Suicide

“How could they do this?” It’s a common question in the aftermath of a suicide that, though typically innocent in nature, is loaded with crucial misunderstandings about suicide and, in some cases, mental illness.

What exactly is the problem? Partly it’s in the language. Asking “how someone could do this” puts responsibility on the victim, just as the phrase “committed suicide” suggests an almost criminal intent. Depression and other mental illnesses are leading risk factors for suicide. This is why mental health advocates usually employ the term “died by suicide,” as it removes culpability from the person who has lost their life and allows a discussion about the disease or disorder from which they were suffering.”



In 2014 was the first time, I’d ever heard, died by suicide. You know, in your heart , that nobody would ever commit suicide. I’ve learned that saying and hearing things differently, can help heal your soul.

Shelley
Steve’s sister

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.

TCF Brushy Creek

Steering Committee

Co-Leaders:

Committee Members:

Robin Cassens

Caty Craig, Sibling Rep.

Stephanie Thomsen, Sibling Rep.

Mary Delaney

Vickey Harrison

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