



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

January 2025

Our next in-person and virtual meeting will be on Tuesday, January 14, 2025, at 7 p.m.

Christ Lutheran Church

510 Luther Drive. Georgetown. TX. 78628

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



The Lord is close to the brokenhearted – Psalm 34:18

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.

January - Grief Resolutions - Hope and Healing for the New Year

February – Friends Who Helped

March – Learning the Ropes on Grief



And we know that in all things God works for the good of those who love him, who have been called according to his purpose. - *Romans 8:28*



Birth Date

Jackson
Melissa
Victoria
Hannah
Pamela
Sean
Lacey
Lacey
Brett

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

Ed
Ruby
Dawn & Bruce
Angelga & Roger
Vivian & Brett
Stephanie
Penny & Pat
Christina
Michelle





Angel Date

**Liza
Gabriel**

***Daughter of
Son of***

**Debra
Kealie**





Glimpse Into the New Year – *Dr. Bob Baugher*

If you are like most bereaved people, thinking about the future without your loved one is not pleasant. In thinking about the next year, some people shake their head saying, “I don’t want to go there. It’s too difficult to even imagine.” Perhaps this is an article you’d rather not read. I’m writing it because—and I think you’ll agree—making plans when dealing with a difficult issue is usually better than just letting it happen. As you can see with the lists below, I’ve put together holidays in one column with a number of suggestions in the other. The suggestions are from bereaved parents, siblings, grandparents, spouses and those who’ve lost parents in response to my question, “What did you do on special days to acknowledge your love one?” If you’d like, make a copy of this article, look over the suggestions, and place a number or numbers in the column of holidays on the left to indicate what you might do on that day. If the list seems overwhelming, just put it aside and perhaps return to it later.

After you finish, consider sharing your results with family members and ask what he or she would like to do. Whatever you select from this list, choose those activities you feel may give you some comfort.

Regards,
Dr. Bob

Dr. Bob Baugher is a psychologist and certified death educator who teaches at Highline College in Des Moines, WA. He is the professional adviser for the South King County Chapter of TCF. Bob is the author of grief-related books and several articles on coping with bereavement. For the past 25 years, he has been invited to present workshops at most TCF national conferences.

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|----------------------------------|--|
| _____ New Year's Day | 1. Look at pictures or video and share memories |
| _____ My loved one's birthday | 2. Visit a special place such as the cemetery or a place with special memories of my loved one |
| _____ My birthday | 3. Write a letter to my loved one |
| _____ The date of the death | 4. Set a place for this person at the dinner table and include a picture |
| _____ Valentine's Day | 5. Watch a favorite movie of my loved one |
| _____ Religious Holiday | 6. Do volunteer work with my loved one in mind |
| _____ Mother's Day | 7. Light a candle to burn all day |
| _____ Memorial Day | 8. Fix a special meal or dessert |
| _____ Father's Day | 9. Plant a tree, a bush or a flower |
| _____ July 4th | 10. Listen to or sing a favorite song |
| _____ Halloween | 11. Smell something that elicits fond memories |
| _____ Thanksgiving | 12. Tell stories of my loved one |
| _____ Christmas/Hannukah/Kwanzaa | 13. Create an ornament that can be hung on the wall or on a tree |
| _____ Anniversary | 14. Buy a special gift and give it away |
| _____ Another special day | 15. Read a special book or poem |
| | 16. Go to a place where I can shout my loved one's name as loudly as I want and say, "I LOVE YOU!" |
| | 17. Say a prayer or meditation |
| | 18. Consider something I'm ready to let go of such as anger or guilt - build a fire, find a pinecone, and toss it into the fire as a way to begin to "burn up" and "release" my anger or guilt |
| | 19. During a walk find a rock that symbolizes my love for this person |
| | 20. Write a list of all things I am thankful for having had this person in my life |
| | 21. Write a poem, draw a picture, or write a story about how I feel |
| | 22. Using my loved one's clothing, make a quilt |
| | 23. Go out to dinner |
| | 24. Create a slide show or scrap book of memories of my love one |
| | 25. Another thing I can do |

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!*

Facing a New Year

*Happy New Year they all say
But would they if they felt this way?*

*Another year without you has gone by
And sometimes I find it hard to try*

*To act normal, like everything's fine
Oh, I walk in such a wavy line*

*The ups and the downs, the highs and the lows
What lies ahead, no one really knows*

*I face another year that looms ahead
To face it without you I truly dread*

*I try to look forward and not look past
Yet the memories, I hope they can last*

*I gather to me all I hold dear
As I face this upcoming New Year*

*They say you're close by and never too far
I see you smiling, my Angel, my Star*

*I know you watch over your family & friends
Until we join you in Heaven & see you again*

*So the New Year is just a big gaping hole
As I face more unknowns, I'm cut to my soul*

*Your birthday, Mother's Day and so much more
We'll gather & celebrate just like before*

*We'll miss you & remember the years gone by
As your Mom I'm allowed to have a good cry*

*Some good days & bad days, are surely ahead
But I'll just say Happy New Year instead*

- Cynthia Kocsis, Kyle's Mom

The Compassionate Friends Resources

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

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