



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

July 2024

Our next meeting will be on Tuesday, July 9, 2024, at 7p.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, July 25th at 7 pm.



The LORD himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged. – *Deuteronomy 31:8*

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.

July - Favorite Holiday of your loved one.

August – Friends and Family Moving On

September – Dreams and Sleep



Psalms 28:7 - The LORD is my strength and my shield; my heart trusts in him, and he helps me



Birth Date

Terry "TJ"	<i>Son of</i>	Laura & Paul
Verona	<i>Daughter of</i>	Hannah
John	<i>Son of</i>	Libby
Chloe	<i>Daughter of</i>	Francine
Milan	<i>Son of</i>	Liliana
Ryan	<i>Son of</i>	Mary
Jerry	<i>Son of</i>	Tammy & Frank
Blaine	<i>Son of</i>	Barbara
Ben	<i>Son of</i>	Paul & Alissa
Kaylin	<i>Daughter of</i>	Ellen
Kaylin	<i>Sister of</i>	Payden
Christopher	<i>Brother of</i>	Ellie
Eddie	<i>Son of</i>	Evelyn & Eddie
Melanie	<i>Granddaughter of</i>	Terri & Daryl
Justin	<i>Son of</i>	Rick
Jeremy	<i>Son of</i>	Becky





Angel Date

Andrea	<i>Sister of</i>	Stephanie
Milan	<i>Son of</i>	Liliana
Han	<i>Grandson of</i>	Bonnie
Selby	<i>Daughter of</i>	John
Jill	<i>Sister of</i>	Suzanne
Rick	<i>Son of</i>	Lisa
Ryan	<i>Son of</i>	Mary
Kristin	<i>Daughter of</i>	Kerri
Melissa	<i>Daughter of</i>	Ruby
Justin	<i>Son of</i>	Rick
Caden	<i>Son of</i>	Stephanie & Jeremy
Dmitziy	<i>Son of</i>	Larisa & Oleg





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.

July Recipe

The recipe for July comes from Penny (This is Lacey's favorite dessert):

Peanut Butter Pie

1 cup of crunchy peanut butter

1 cup of sugar or Splenda

1 bar 8oz. (melt if not very soft) cream cheese

1 teaspoon vanilla extract

2 tablespoons melted butter

Mix the above ingredients well. Then, fold into the mixture:

1 tub 8 ounces of Cool Whip

Place in a prepared crust. I've used graham cracker crust or chocolate cookie crust. Chill for at least 4 hours.

Glimpses of Grief and Hope

Grief instills deep emotions that can paralyze even the strongest of individuals. The letter below from Cara Martinisi (Founder of the non-profit *Love From Heaven*) describes how she works through her grief journey through creativity.

Good afternoon.

I hope you are in a place where you are open to creativity. In the journey of grief, relief is often a sought-out state of being. When we first experience loss, it is so painful and all consuming. As time passes, we still seek relief from our reality at times. In addition, we must make space for emotions as they arise.

While I am finally able to meditate, it has taken me years to develop this practice. To be honest, I still don't think I'm great at it! This is one reason I LOVE JourneyDance. It offers me a chance to have a meditative session without having to sit still and be focused on only breath. It's a different kind of meditation than the traditional practice, but it works for me.

Engaging in creative activities is another way I am able to express emotions. It looks different on different days. There are so many ways one can be creative. It varies from crafting to writing to painting to photography to going in nature and arranging beautiful items. The possibilities are endless. Again, it gives you something to focus on while moving through emotion.

We all know the negative effects grief has on our brain. I want to share the positive effects of creativity. It allows us to increase connectivity in the brain. It offers us relief from stress and depression and helps us to focus on a piece of joy. Laura Healy, LCSW says, "Increased connectivity, especially in the left prefrontal cortex of the brain, makes us more emotionally resilient in a way that is similar to what occurs when we meditate." Emotional resilience allows us to manage our grief in healthy ways.

I recently met Carey Kirkella at a retreat I attended. She is the creator of the L.E.N.S. Method Workshop. Her personal experience with deep grief, mental health and trauma led her to develop this method of photography that helps after grief rips apart our lives.

Grief takes away any sense of control we once felt we had. It leaves us feeling held captive by its intense presence. Carey's Method empowers participants to express their pain in a manner that creates space for love and grace.

Mission Save A Life - Voices For Change, a non-profit organization focused on teen suicide prevention, has invited Carey to share about her method. She will be discussing the inspiration behind it and will be giving examples of how making your own photos can help your emotional and mental well-being.

- Cara Martinisi

Spotlight Your Loved-one

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

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!*

A Pair of Ugly Shoes

I am wearing a pair of shoes.

They are ugly shoes.

Uncomfortable shoes.

I hate my shoes.

Each day I wear them, and each day I wish I had another pair.

Some days my shoes hurt so bad that I do not think I can take another step.

Yet, I continue to wear them.

I get funny looks wearing these shoes.

They are looks of sympathy.

I can tell in others eyes that they are glad they are my shoes and not theirs.

They never talk about my shoes.

To learn how awful my shoes are might make them uncomfortable.

To truly understand these shoes you must walk in them.

But, once you put them on, you can never take them off.

I now realize that I am not the only one who wears these shoes.

There are many pairs in the world.

Some women are like me and ache daily as they try and walk in them.

Some have learned how to walk in them so they don't hurt quite as much.

Some have worn the shoes so long that days will go by before they think of how much they hurt.

No woman deserves to wear these shoes.

Yet, because of the shoes I am a stronger woman.

These shoes have given me the strength to face anything.

They have made me who I am.

I will forever walk in the shoes of a woman who has lost a child.

~unknown

The Compassionate Friends Resources

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

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