



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

July 2025

Our next in-person meeting will take place on Tuesday, July 8, 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)



Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God. – 2 Corinthians 1: 3-4

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.

July – Navigating Summer Events After Loss

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



So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you: I will uphold you with my righteous right hand. – *Isaiah 41: 10*



Birth Date

Terry "TJ"	<i>Son of</i>	Laura & Paul
Verona	<i>Daughter of</i>	Hannah
John	<i>Son of</i>	Libby
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
Dean	<i>Son of</i>	Cynthia
Ben	<i>Son of</i>	Paul & Alissa
Kaylin	<i>Daughter of</i>	Ellen
Kaylin	<i>Sister of</i>	Payden
Christiopher	<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
Milan
Han
Shanyah
Jill
Rick
Ryan
Kristin
Melissa
Justin
Caden
Dmitziy

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

Stephanie
Lilana Gomez
Bonnie
John
Suzanne
Lisa
Mary
Kerri
Ruby
Rick
Stephanie & Jeremy
Larisa & Oleg



National Conference – 2025



The Compassionate Friends 48th National Conference

Hyatt Regency Bellevue
900 Bellevue Way NE
Bellevue, WA 98004

July 11-13, 2025

Conference Registration Now Open

We are very pleased to announce The Compassionate Friends (TCF) 48th Annual National Conference in Bellevue, WA! TCF's National Conference is an enriching and supportive event for many newer and long-time bereaved parents, grandparents, and siblings. Attendees come and find renewed hope and support, as well as strategies for coping with grief. Participants create friendships with other bereaved people who truly understand the heartbreaking loss of a child, sibling, or grandchild. Lifelong friendships are often formed and rekindled each year at TCF conferences.

Registration Link: https://eml-pusa01.app.blackbaud.net/intv2/j/9442F62E-D96B-4FE3-B53E-19499D837994/r/9442F62E-D96B-4FE3-B53E-19499D837994_1afdc08-deaa-481e-9796-71d2529383f0//78B96FE9-A76D-4505-96E5-14486156A9FC/c

Articles

FEATURED ARTICLE

Article 1: *Grieving in a Season of Celebration*

By Dr. Evelyn Marsh, Grief Counselor

The summer months, especially July, are filled with holidays, barbecues, family vacations, and patriotic pride. But for grieving families, especially those who've lost a child, this season can feel isolating and hollow.

While others light fireworks, you may find yourself searching the sky for a different light — the memory of your child's smile, the echo of their laughter. These celebratory days often serve as painful reminders of what's missing.

Ways to Navigate the Season:

- **Create Your Own Traditions:** Light a candle for your child, write their name in the sand, or share a favorite memory.
- **Say No Without Guilt:** It's okay to decline invitations or leave events early.
- **Honor Your Child:** Participate in an act of kindness in their name — donate, volunteer, or simply offer a listening ear to another.

Remember, you're not alone. Others in our community are walking this road beside you.

Article 2: *Coping with Loss During the Summer*

By Compassionate Friends Editorial Team

Summer often symbolizes freedom, fun, and family time. For those who are grieving, especially after the loss of a child, the brightness of summer can contrast painfully with internal sorrow. While others plan trips and parties, you may be focused on surviving each day.

Strategies for Support:

- **Establish a Summer Routine:** Gentle structure — morning walks, journaling, or quiet reading — can ground you.
- **Plan Breaks from Grief:** Watch a funny movie or take a brief day trip. Grief coexists with joy.
- **Seek Shade from the Heat:** Just as you physically seek shelter from the summer sun, allow yourself mental and emotional rest when needed.

Loss in the summer feels uniquely heavy — but like the sun that rises daily, so too can hope slowly return.

Article 3: *Creating Sacred Spaces Outdoors*

By Janine Howard

Nature has a way of soothing the soul. Many grieving parents find solace in creating outdoor memorials or rituals during summer. A garden, bench, or tree planted in memory of a child can be a sacred space for healing.

Memorial Ideas:

- **Butterfly Gardens:** Symbolic of transformation, butterflies can be a beautiful theme.
- **Wind Chimes:** Hang them in your yard; let the breeze carry their gentle song in your child's memory.
- **Memory Stones:** Paint rocks with words, names, or dates and create a memory path.

The outdoors can become a space of reflection and gentle connection. Let it hold your grief and your love.

Grief Quote

Grief Quote of the Month

"Grief is not a sign of weakness, nor a lack of faith — it is the price of love."
– Unknown

Grief Prayer

A Prayer for July

Hope in the Heat of Summer

By Lisa Reynolds

Dear Lord,
As the sun warms the earth and July surrounds us with long days and vibrant life,
our hearts still carry the quiet ache of absence.
While others celebrate with fireworks and laughter,
we remember the faces and voices we no longer see or hear.

Grant us peace in the moments when the world feels too full,
when the noise of celebration clashes with our need for stillness.
Remind us that our grief is sacred, our memories eternal.
Help us find moments of rest, moments of beauty, even in sorrow.
May we be gentle with ourselves and with each other,
and may hope return to us like a breeze on a hot summer day.

Amen.

Resources

Resource Spotlight

Book of the Month – July 2025

"Bearing the Unbearable: Love, Loss, and the Heartbreaking Path of Grief"

By Dr. Joanne Cacciatore

"Grief is love's unwillingness to let go."

This compassionate and deeply personal book is written by a bereaved mother and grief counselor. Dr. Cacciatore blends personal stories, spiritual insight, and clinical wisdom to help the grieving heart find meaning, presence, and purpose again. It's ideal for those grieving the death of a child or loved one, and for those supporting them.

 Available on Amazon, Barnes & Noble, and most major retailers.

Grief Resources – July 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.



Contact Information

TCF Brushy Creek

Committee Members:

Robin Cassens

Mary Delaney

Penny Leone

Advisory:

Rebecca Burgman

Sibling Rep.:

Stephanie Thompson

Newsletter:

Todd & Joyce Camp

TCF Regional Rep.:

Gene Caligari

TCF National Office Information:

The Compassionate Friends

PO Box 46

Wheaton, IL 60187 (or)

900 Jorie Blvd. Suite 78

Oak Brook, IL 60523

Phone (630) 990-0010

Toll-Free (877) 969-0010

www.compassionatefriends.org

Email Address:

TCFBrushyCreek@gmail.com



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Thank you to Christ Lutheran Church

We really appreciate your generosity!

“In the Heat of July”

By T.C. (for The Compassionate Friends)

The world is bright with summer's fire,
But in my heart, a quiet pyre.
Where laughter echoes faint and low,
And memories like rivers flow.

The sun sets slow on fields of gold,
But cannot warm the hands I hold
Only in dreams, in silent thought—
The love that loss has never caught.

While others cheer and fireworks gleam,
I sit beneath the sky and dream.
Of moments past, still held so near,
Each one a jewel, each one a tear.

Yet in this heat, my grief still grows,
Like roses blooming through the throes.
And though you're gone, your love remains,
A gentle balm for deepest pains.

So July burns, and so do I,
With love that reaches past the sky.
You are the whisper in the breeze,
The hush of night, the rustling trees.

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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