



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

July 2026



Our next in-person meeting will be July 14, 2026 @ 7pm.

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)



*The LORD is close to the brokenhearted and saves those who are crushed in spirit.
-Psalm 34:18, NIV*

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 - Understanding that grief does not end

August - Dealing with the "lazy, hazy days" of summer, which can feel jarring

September - Managing Guilt and Sorrow: Discussing the "long haul" of profound loss and navigating internal guilt, grievances, and future sorrow



"So also you have sorrow now, but I will see you again, and your hearts will rejoice, and no one will take your joy from you." – *John 16:22*



Birth Date

Terry
Verona
John
Milan
Ryan
Jerry
Blaine
Dean
Ben
Kaylin
Kaylin
Christiopher
Eddie
Melanie
Justin
Jeremy

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

Laura & Paul
Hannah
Libby
Liliana
Mary
Tammy & Frank
Barbara
Cynthia
Paul & Alissa
Ellen
Payden
Ellie
Evelyn & Eddie
Terri & Daryl
Rick
Becky





Angel Date

Clay
 Andrea
 Milan
 Han
 Shanyah
 Jill Bayles
 Rick
 Ryan
 Kristin
 Melissa
 Justin
 Caden
 Dmitziy

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

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



July Message: Walking Together Through Summer

As July brings sunshine, family gatherings, vacations, and celebrations, many grieving parents, siblings, and grandparents find themselves facing a unique challenge. While the world seems focused on happiness and togetherness, grief often remains present and uninvited.

For bereaved families, summer can bring reminders of what is missing. Empty chairs at barbecues, birthdays that should have been celebrated, and memories of summers spent with our children can stir deep emotions. Yet even amid the pain, there can be moments of peace, connection, and hope.

At The Compassionate Friends, we believe grief does not have a timetable. Whether your loss occurred months ago or decades ago, your child remains an important part of your family story. This month, we encourage you to honor your loved one in meaningful ways while extending grace to yourself. Healing is not about moving on; it is about learning to carry love and loss together.

Article 1

Finding Meaningful Ways to Remember During Summer

Summer often provides opportunities to create special remembrance traditions. While grief can make holidays and family activities difficult, incorporating your child's memory into these moments can provide comfort and connection.

Consider planting a memorial flower garden or dedicating a favorite tree in your child's honor. Some families release biodegradable lanterns, visit meaningful places, or prepare a favorite meal their child enjoyed. Others volunteer for causes important to their child or perform acts of kindness in their memory.

These traditions help keep our children's stories alive while allowing family and friends to participate in remembering them. Remembrance is not about dwelling in sadness—it is about acknowledging the continuing bond of love that remains.

There is no right or wrong way to honor your child. Some parents find comfort in quiet reflection, while others prefer larger memorial events. Trust your heart and choose what feels meaningful for your family.

Remember that memories are treasures. Speaking your child's name, sharing stories, and celebrating their impact on the lives of others helps ensure their legacy continues to shine.

Article 2

Coping with Invitations, Gatherings, and Social Events

Summer calendars often fill with reunions, weddings, neighborhood gatherings, and holiday celebrations. For those who are grieving, these events can feel overwhelming.

You may find yourself wondering whether to attend, worrying about difficult conversations, or feeling anxious about seeing happy families. These feelings are completely normal.

Give yourself permission to make choices based on your emotional needs. It is okay to decline invitations. It is also okay to attend for a short time and leave early if needed. Consider bringing a supportive friend or family member who understands your grief journey.

When difficult questions arise, having a simple response prepared can help. Statements such as, "Thank you for asking. Some days are harder than others, but I appreciate your concern," can ease uncomfortable conversations.

Most importantly, remember that protecting your emotional well-being is not selfish. Grief requires tremendous energy. Taking care of yourself allows you to navigate these events in a way that honors both your loss and your healing.

Article 3

Hope Does Not Mean Forgetting

One of the greatest fears grieving parents often express is the fear that healing means forgetting. Nothing could be further from the truth.

Hope and healing do not erase the love we have for our children. They do not diminish the significance of their lives. Instead, healing helps us carry our grief differently.

In the early days of loss, grief can feel overwhelming and all-consuming. Over time, many families discover that grief becomes woven into the fabric of their lives rather than controlling every moment. The pain may soften, but the love remains just as strong.

Hope may appear as a smile at a treasured memory, the ability to enjoy a family gathering, or finding purpose in helping others. Hope is not the absence of grief; it is the presence of courage.

As we continue our journeys together, may we remember that healing is not betrayal. Living fully honors the love our children brought into our lives. Their influence continues through every act of kindness, every cherished memory, and every life they touched.

Monthly Prayer

Heavenly Father,

As we journey through another month, we carry both love and sorrow within our hearts. We thank You for the precious gift of our children and loved ones whose lives continue to impact us each day.

Grant us strength for the difficult moments, peace when memories bring tears, and comfort when loneliness feels overwhelming. Help us find hope amid our grief and remind us that love never ends.

Bless every grieving parent, sibling, grandparent, and friend. Surround them with compassionate people who will listen, understand, and walk beside them. May we continue to support one another with kindness, patience, and grace.

We trust that You hold our loved ones close and that one day we will be reunited.

Amen.

Grief Quote of the Month

"The loss of a child is not the end of love. Love continues in every memory cherished, every tear shed, and every act of kindness inspired by their life. Though they are no longer beside us, they remain forever within us." — Unknown

Grief Support Resources

National Support

- The Compassionate Friends National Organization
www.compassionatefriends.org

Crisis Support

- 988 Suicide & Crisis Lifeline
Call or Text 988

Grief Support Resources Continued

Grief Education

- Dougy Center
www.dougy.org

Helpful Books

- *Healing a Parent's Grieving Heart* by Alan D. Wolfelt
- *Empty Cradle, Broken Heart* by Deborah L. Davis
- *When a Child Dies* by Claire Berman

Self-Care Reminders

- Stay hydrated during the summer months.
- Spend time outdoors when possible.
- Connect with supportive friends or family.
- Journal your thoughts and memories.
- Attend support group meetings regularly.

Reflection

Grief is the price we pay for deep and enduring love. As bereaved parents, siblings, and grandparents, we carry our loved ones forward through the stories we tell, the traditions we keep, and the love that never fades. This month, may we find comfort in knowing that the bond we share with our children transcends time and distance, remaining a lasting part of who we are.

Scripture of Comfort:

"The Lord is close to the brokenhearted and saves those who are crushed in spirit." — Psalm 34:18

Closing Thoughts

As we move through July, may we remember that grief is a reflection of deep love. Though our journeys are different, none of us walks alone. The Compassionate Friends exists because understanding hearts make difficult roads easier to travel.

May you find moments of peace, comfort in cherished memories, and strength in the support of others who truly understand.

"Those we love and lose are always connected by heartstrings into infinity."

With love and support, Compassionate Friends



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!



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A Vacation from Grief

**Vacations, beaches, traveling and fun
Playing, talking, baking in the sun**

**Summer a season of relief
Can there be a vacation from my grief?**

**Grief does not ever go away
For summer or any other day**

**Remembering is what I can do
Thinking of all things done with you**

**I can let the tears to be washed away
By the waves insistent play**

**I can remember all the times of fun
And feel your love in the hot, hot sun**

**I can feel you in the wind's warm breath
And for a moment think of life not death**

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www.TheGriefToolbox.com
www.facebook.com/grieftoolbox

-Tanya Lord



The Compassionate Friends Resources

Email: info@compassionatefriends.org

Facebook: [Compassionate Friends Official](https://www.facebook.com/CompassionateFriendsOfficial)

Website: www.compassionatefriends.org