



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

June 2025

Our next in-person meeting will take place on Tuesday, June 10, 2025, at 7:00 p.m.

In-Person Meeting:

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.

Psalms 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 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.

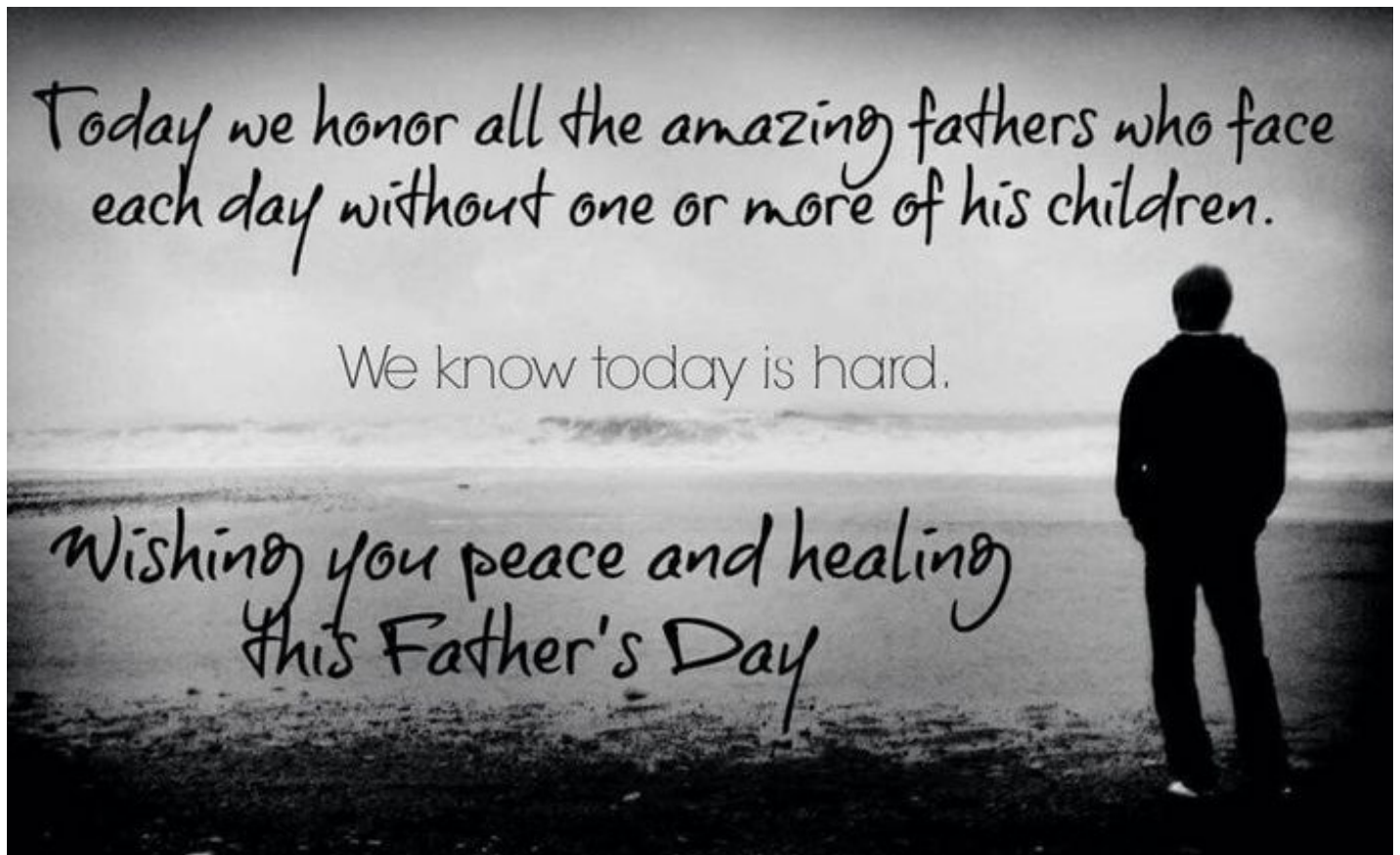
Monthly Topic for Discussion

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.

June – Vacation Memories

July – Navigating Summer Events After Loss

August – Ways to Preserve Memories



God will turn the hearts of fathers to their children, and the hearts of children to their fathers. –
Malachi 4:6



Birth Date

Tristan
Rick
Tanley
Justin
Lucas
Daniel
Jude

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

Katie & Freddy
Lisa
Alice
Mike & Tina
Paige
Shuana
Elise & Gabe





Angel Date

Lincoln
River
Joshua
Eddie
Verona
Mark
Luis
Kimberly
Jude
Sean

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

Alissa & Mason
Amber
Michelle
Evelyn & Eddie Sr.
Hannah
Loretta
Brenda
Crystena
Elise & Gabe
Stephanie



National Conference – 2025



**FRIENDSHIP
FOUND**

Between Mountains and Sound

**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

"When the World Moves On, and You Can't"

By Susan Hale, Bereaved Mother & TCF Chapter Leader

One of the hardest parts of grief is the moment you realize the world has kept turning.

Friends go back to work, holidays come and go, and people stop mentioning your child's name — not out of malice, but because they don't know how much it still matters.

I remember walking into a grocery store six months after my son died. No one knew what I was carrying. The cashier asked, "How are you today?" and I wanted to scream. But I just nodded.

That night, I cried and felt the weight of invisibility. Then I remembered The Compassionate Friends — and that I could go somewhere where I didn't have to pretend. Where I could say his name, talk about the pain, and be heard without judgment.

Grief doesn't end. But neither does love. And while the world may move on, we find each other — and that's how we keep going.

GRIEF SUPPORT CORNER

Coping with Loss During the Summer

By Karen Lewis, Grief Support Facilitator & Bereaved Sibling

Summer is a season traditionally associated with joy, relaxation, and togetherness. The longer days, warm weather, and frequent gatherings are meant to bring people closer — a celebration of life and connection. But for those who are grieving the loss of a child, sibling, or loved one, summer can feel like a cruel contrast to the emotions inside.

While others head to the beach or fire up the barbecue, we may find ourselves longing for a moment of quiet, a place to breathe, or simply someone who understands.

I still remember my first summer after my brother died. The world felt impossibly loud — fireworks, parties, laughter echoing through the neighborhood — while my own world had gone eerily still. The heat pressed down on me, and I felt stuck between seasons: trapped in a summer that didn't seem to notice my pain.

If this season is difficult for you, please know that you are not alone. Here are a few gentle reminders and reflections that may offer support during this tender time:

1. You Are Allowed to Feel What You Feel

There is no "right" way to grieve. If summer makes you feel angry, sad, lonely, or even numb — that's okay. Grief is not erased by sunshine or a calendar change. You don't need to force yourself to feel happy just because it's summer. You are honoring your grief by allowing it space to be what it is.

2. Give Yourself Permission to Opt Out

You do not need to attend every event, gathering, or holiday. Declining invitations, leaving early, or even creating your own quiet tradition is perfectly acceptable. Self-care during grief often means protecting your emotional and mental energy. It's okay to put your healing first.

3. Find Comfort in Nature's Stillness

Summer does offer a gift: time outside. Many people find that sitting in nature — whether on a front porch, under a tree, by the ocean, or in a garden — brings quiet comfort. The wind, the sun, the sound of birds — they don't require you to be okay. They simply hold you as you are. Sometimes, that's enough.

4. Talk About Your Loved One

You might feel that summer memories or traditions make the absence of your loved one even more painful. But talking about them — saying their name, sharing a favorite summer story, remembering how they loved ice cream or hated mosquitoes — helps keep their spirit alive. It also gives others permission to remember with you.

5. Seek Out Community

Whether through a local Compassionate Friends chapter, an online support group, therapy, or a close friend, connection is essential. You are not the only one walking this path. Others have walked it before and will walk it beside you now. In community, grief becomes more bearable.

6. Create a New Ritual of Remembrance

The absence of old traditions may open the space for new ones. Light a candle at sunset. Plant a tree or flowers in memory. Journal at the same time each week. Go to a meaningful place on a special date. These small rituals can become powerful ways of staying connected to your loved one while still allowing space for healing.

7. Remember: Love Never Ends

Summer will come and go. But your love for the person you lost will remain. That love is not bound by seasons or settings. It is woven into who you are now — and in every step you take forward, you carry them with you.

In Closing

Grief doesn't take a summer vacation. It doesn't fade because the days are longer or the skies are blue. But neither does your strength. Neither does your ability to survive the hardest days.

Be gentle with yourself this season. Rest when you need to. Cry when you must. Laugh when it feels right. And know that even on the hottest, brightest day — it is okay to grieve.

You are not alone.

Grief Quote

Grief Quote of the Month

“Grief is like the ocean; it comes on waves ebbing and flowing. Sometimes the water is calm, and sometimes it is overwhelming. All we can do is learn to swim.”

– Vicki Harrison

Grief Prayer

A Prayer for June

“A Prayer for Peace and Presence”

God of Comfort,
In this season of light and growth,
Let Your presence settle gently upon those who grieve.
Wrap them in quiet peace,
In the mornings that come too soon,
In the nights that linger with longing.
Let memories bloom with grace,
And may hope take root once more.
Amen.

Resources

Resource Spotlight

Book of the Month: *“Bearing the Unbearable” by Dr. Joanne Cacciatore*

A profound, honest, and compassionate guide for grieving parents. Highly recommended by TCF members for its heart-centered reflections.



"Death leaves a
heartache
no one can heal,
love leaves
a *memory* no
one can steal."

~ From a Headstone in Ireland

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!

Happy Father's Day Dad From Heaven

Author – Unknown

As I sit here in Heaven and watch down below,
this Father's day Dad, I need you to know,
How much it meant having you for a Father,
a better confidant or protector there was no other.

Promises made were promises kept,
there when I laughed, there when I wept.
Every hello and goodbye, a hug and a kiss,
and special events you never would miss.

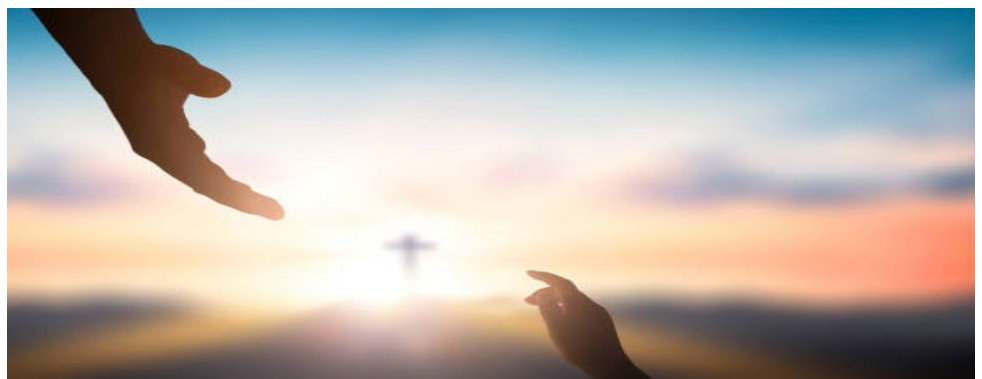
There when I was scared or needed a friend,
and patched up my hurts again and again.

So no "what if's" Dad, no more regrets,
you loved me wholeheartedly and gave me your best.

In this book of life, you're only on the first chapter,
and the rest of it you'll spend with me here after.

So until then please give everyone my love,
and tell them I'm smiling as I watch from above.

With all that being said, there's only one thing left to say,
I love you so much Dad, Happy Father'



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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