



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

June 2026



Our next in-person meeting will be June 9, 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)



**My flesh and my heart may fail, but God is the strength of my heart
and my portion forever-*Psalm 73:26***

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.

June – Seasonal Changes & Father's Day

July - Understanding that grief does not end

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



Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, ⁴who 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*



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
Mark
Luis
Kimberly
Jude
Sean

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

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



June Message: A Month of Gentle Intention

This June, our newsletter focuses on the theme of "Cultivating Kindness & Community." We explore how slowing down can help us honor our own needs, how vulnerability acts as a bridge to deepen our connections with others, and how celebrating the successes of our friends fosters a spirit of collective abundance. Through our monthly prayer and curated resources, we hope to provide you with the tools to navigate this month with a heart that is both resilient and tender, reminding you that you are worthy of rest, belonging, and joy.

Article 1

The Art of Slowing Down

In a world that constantly demands our productivity, June serves as a gentle reminder to breathe. As the days reach their longest, we often feel pressured to match that intensity. However, true compassion starts with how we treat ourselves.

This month, I invite you to practice the "art of the pause." Whether it is taking five minutes to sit in the morning sun without a device, or simply choosing to walk a little slower to your car, these small moments of intentionality ground us. When we slow down, we create the spaciousness needed to listen—not just to others, but to our own hearts. Remember: you do not have to earn your rest. You deserve it simply because you are here.

Article 2

The Strength Found in Vulnerability

There is a common misconception that being compassionate means always being the "strong one." We often feel that if we show our cracks, we might let others down. But in truth, vulnerability is the bridge that connects us.

When we share our struggles, we give those around us permission to do the same. This June, try reaching out to a friend not to offer solutions, but to share a burden. You might be surprised by how much weight is lifted when it is shared. Compassion is not about fixing everything; it is about standing beside one another in the middle of the mess. You are never as alone as you feel.

Article 3

Celebrating the Growth of Others

Sometimes, it is easy to fall into the trap of comparison, especially when we see others blooming while we feel like we are still in the soil. However, a garden is not a competition; every flower has its own season.

This month, make it a practice to celebrate the people around you. When a friend succeeds, let your heart genuinely swell with joy for them. When you practice compassion—the ability to feel happiness

for another's joy—you actually expand your own capacity for contentment. By cheering for others, we cultivate a community of abundance rather than scarcity.

Monthly Prayer

Divine Source of Peace,

As we step into the warmth of June, grant us the grace to be gentle with ourselves and others. May our hearts be open to the beauty of the present moment. When the world feels heavy, remind us to lean on one another. Help us to speak words that heal, to act with hands that serve, and to hold space for the stories of those around us. May we be conduits of your light, reflecting kindness in every corner of our lives.

Amen

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 Support Resources

Monthly Book: *"It's OK That You're Not OK"* by Megan Devine In a culture that often tries to "fix" grief or rush us through our pain, this book offers a compassionate, honest, and deeply validating perspective. It is a vital resource for anyone learning to live alongside loss rather than trying to move past it. Whether you are currently grieving or supporting a friend who is, this book serves as a gentle guide toward self-compassion.

For Mental Well-being: [Self-Compassion.org](https://www.self-compassion.org/) – Explore Dr. Kristin Neff's guided meditations and exercises on treating yourself with the same kindness you offer a dear friend.

- **For Connection:** The Dinner Party – If you are navigating grief or loss, this organization connects people in their 20s, 30s, and 40s to share experiences over a meal.

- **For Daily Reflection:** The "Insight Timer" App – A wonderful, free resource for guided meditations focused on loving-kindness and stress reduction.

Closing Thoughts

As we move into the rhythm of June, remember that healing and connection are not linear journeys. Some days you will feel the warmth of the sun, and on others, you may need to retreat into the shade—and both are perfectly okay.

Carry this thought with you: You do not need to be "fixed" to be worthy of love and belonging. You are enough exactly as you are, in this very moment. Thank you for being a part of this community; your

presence makes our circle stronger, kinder, and more whole. May your month be filled with quiet grace and moments of unexpected peace.
With peace and companionship,

The Compassionate Friends Team





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

Ghislaine Thomsen

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

Email Address:

TCFBrushyCreek@gmail.com



Thank you to Christ Lutheran Church

We really appreciate your generosity!

Happy Father's Day Dad From Heaven

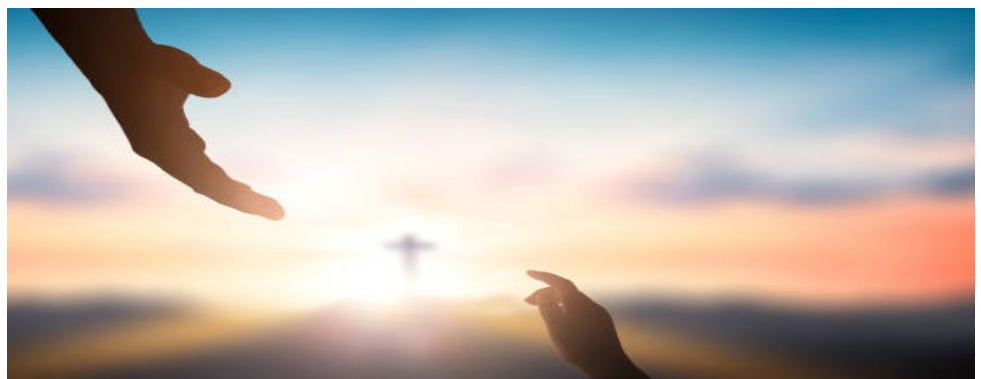
Author – Unknown

As I sit here in Heaven and watch down beow,
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

The Compassionate Friends of Brushy Creek

YOU NEED NOT WALK ALONE; WE ARE THE COMPASSIONATE FRIENDS