



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

March 2025

Our next in-person and virtual meeting will be on Tuesday, March 11, 2025, at 7 p.m.

Virtual Meeting:

Zoom Link: <https://us02web.zoom.us/j/82390659632?pwd=U0b0a2RQI7VNAbWTu4gzWeC52EEE38.1>

Meeting ID: 823 9065 9632 Passcode: 411411

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 my shepherd; I shall not want. He maketh me to lie down in green pastures: he leadeth me beside the still waters. He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake. –

Psalm 23: 1-3

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 and virtual 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.

March – Learning the Ropes on Grief

April – Animals & My Loved One

May – Advice I'd give myself of yesterday



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*



Birth Date

Erika
Brooklynn
Matt
Melanie
Jace
Danie
Paul
Claire
Leonard

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

Anna
Erika
Rebecca
Monica
Audra & David
Rosa & Jesus
Michelle
Katie & Evan
Sally





Angel Date

Melanie	<i>Granddaughter of</i>	Terri & Daryl
Daniel	<i>Son of</i>	Anita
Matt	<i>Son of</i>	Vickey
Terry "TJ"	<i>Son of</i>	Laura & Paul
Daniel	<i>Brother of</i>	Shauna
Micah	<i>Son of</i>	Diane
Brett	<i>Son of</i>	Michelle
James	<i>Brother of</i>	George
Gaby	<i>Daughter of</i>	Astrid
Brandon	<i>Son of</i>	Lisa
Kade	<i>Son of</i>	Julie & Marc
Victoria	<i>Daughter of</i>	Dawn & Bruce
Tanley	<i>Daughter of</i>	Alice
Claire	<i>Daughter of</i>	Katie & Evan
Jonathan	<i>Son of</i>	Rhonda & Ben
Paul	<i>Son of</i>	Michelle
Cole	<i>Son of</i>	John & Robin
Cole	<i>Brother of</i>	Caty
Cole	<i>Brother of</i>	Casey
Cole	<i>Brother of</i>	Calley
Lacey	<i>Daughter of</i>	Penny & Pat



A Season of Renewal: Finding Hope in Spring

As the days grow longer and flowers begin to bloom, spring reminds us that renewal is possible even in the midst of grief. While the pain of losing a child never fades, the changing season can offer moments of peace and healing.

Overcoming the Loss of a Child: A Journey of Healing

Losing a child is one of the most profound losses a parent can experience. The road to healing is personal and different for everyone, but there are ways to find hope and meaning again. Here are some key resources to support your journey:

1. Allow Yourself to Grieve at Your Own Pace

There is no timeline for grief. It is okay to take small steps forward while also acknowledging setbacks. Read about the stages of grief: [Understanding Grief](#).

2. Seek Support from Others Who Understand

Connecting with other bereaved parents can provide comfort and reassurance that you are not alone. Consider joining a support group.

3. Honor and Remember Your Child

Keeping your child's memory alive can be healing. Consider writing letters, creating a memorial garden, or participating in remembrance events.

4. Find Meaning and Purpose in the Midst of Grief

Many parents find healing by channeling their pain into meaningful activities, such as volunteering, advocacy, or supporting others in grief. Explore how others have found a new purpose.

5. Seek Professional Help When Needed

If grief becomes overwhelming, professional counseling can provide valuable guidance and support.



Grieving Prayers for Comfort and Strength

For many, prayer can be a source of comfort in times of deep sorrow. Whether you seek peace, understanding, or simply the strength to make it through another day, these prayers may offer solace:

A Prayer for Strength in Grief

“Dear God, my heart is broken, and I feel lost without my child. Please give me strength for today, peace for my sorrow, and hope for the days to come. Hold me in Your love and remind me that I am not alone. Amen.”

A Prayer of Remembrance

“Heavenly Father, I lift up the precious memories of my child. Though they are no longer here, their love lives on in my heart. Help me cherish their presence in my life and find ways to honor their spirit. Amen.”

A Prayer for Peace

“God of all comfort, my soul is weary, and my heart is heavy. Please grant me the peace that surpasses all understanding. Let me rest in Your love and find the courage to face each day. Amen.”

If you find comfort in prayer, you may also find these resources helpful:

[Prayers for Grieving Parents](#)

[A Collection of Healing Prayers](#)

Latest Article: “Just a Stepmom”

In our ongoing effort to support all members of bereaved families, we highlight a poignant article titled [“Just a Stepmom”](#). This piece delves into the unique challenges and emotions faced by stepparents grieving the loss of a stepchild. The author shares a deeply personal narrative about the sudden loss of her 15-year-old stepson, Taylor, and the complexities of navigating grief as a stepparent. Her story sheds light on the often overlooked role of stepparents in the grieving process and offers insights into finding support and understanding within the family and community.



Spring Self-Care Tips for Grieving Parents

Taking care of yourself while grieving is essential. Here are some small steps you can take this spring:

- ✓ Spend Time Outdoors – Even a short walk in the sun can boost your mood.
- ✓ Start a Memorial Garden – Planting flowers in honor of your child can be a healing ritual.
- ✓ Write in a Journal – Expressing emotions can be a powerful release.
- ✓ Connect with Others – Join an online or in-person support group ([Support Resources](#)).

Ways to Honor Your Child This Spring

Spring is a time to celebrate life and cherish memories. Consider these ways to honor your child:

- ✿ Release Biodegradable Balloons or Lanterns
- ✿ Create a Scrapbook or Memory Box
- ✿ Participate in a Charity Walk in Their Name



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!

YOU DON'T JUST LOSE SOMEONE ONCE

You lose them over and over,
sometimes in the same day.
When the loss, momentarily forgotten,
creeps up,
and attacks you from behind.
Fresh waves of grief as the realisation hits home,
they are gone.
Again.
You don't just lose someone once,
you lose them every time you open your eyes to a new dawn,
and as you awaken,
so does your memory,
so does the jolting bolt of lightning that rips into your heart,
they are gone.
Again.
Losing someone is a journey,
not a one-off.
There is no end to the loss,
there is only a learned skill on how to stay afloat,
when it washes over.
Be kind to those who are sailing this stormy sea,
they have a journey ahead of them,
and a daily shock to the system each time they realise,
they are gone,
Again.
You don't just lose someone once,
you lose them every day,
for a lifetime.

Donna Ashworth

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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