



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

March 2026



Our next in-person meeting will be March 10, 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

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.

March – Spring renewal and remembrance

April - Grief and the Pressure to “Heal” in Spring

May - Grief Triggers & Seasonal Changes



Blessed are those who mourn, for they will be comforted. – *Matthew 5:4*



Birth Date

**Erika
Brooklynn
Carson
Matt
Christie
Melanie
Jace
Daniel
Claire
Leonard**

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

**Anna
Erika
Marcy & Troy
Rebecca
Anna & David
Monica
Audra & David
Rosa & Jesus
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	<i>Son of</i>	Laura & Paul
Daniel	<i>Brother of</i>	Shauna
Shane	<i>Son of</i>	Joy
Shane	<i>Sibling of</i>	Shanna & Shannell
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
Tanley	<i>Daughter of</i>	Alice
Claire	<i>Daughter of</i>	Katie & Evan
Jonathan	<i>Son of</i>	Rhonda & Ben
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
Malachi	<i>Son of</i>	Nichole



Theme: When Spring Feels Different

March is known as the season of renewal. Trees begin budding, flowers push through cold ground, and the world feels like it is waking up again. Yet for grieving families, spring can feel complicated.

While others celebrate new life, we may quietly notice the absence of the life we love.

Grief often intensifies during seasonal transitions. Winter allows us to stay inside — physically and emotionally. But spring gently asks us to re-enter the world. Invitations increase. Holidays approach. Sunshine returns. And suddenly the contrast between nature's renewal and our loss becomes painfully clear.

If this month feels heavier than expected, you are not doing grief wrong.

Love does not follow the calendar.

Healing does not erase missing.

And hope does not require you to feel “better.”

Sometimes hope simply means:
You kept going today.

You are allowed to hold both — sorrow and the smallest hint of warmth. Spring does not replace winter; it grows around it. Just like your life grows around your child's memory.

Article 1 — The Myth of “Moving On”

One of the most painful phrases grieving parents hear is: *“You need to move on.”* But grief is not a destination you leave — it is a relationship that changes form.

Healthy grieving does not mean forgetting, detaching, or replacing your child. It means learning how to carry love forward while living in a world that no longer looks the same.

Instead of moving on, bereaved parents learn to **move forward with:**

- We move forward with their favorite song still saved in our phone
- We move forward with birthdays still marked on calendars
- We move forward with habits shaped by loving them

Psychologists now recognize continuing bonds as a normal and healing part of grief. Maintaining connection helps the brain integrate loss instead of resisting it.

You may talk to them.

You may include them in decisions.

You may celebrate their day every year.

This is not denial.

This is enduring attachment.

Your child changed your identity forever — parenthood does not end because life did.

**We do not move on from our children.
We move forward carrying them differently.**

Article 2 — When Grief Comes Back Stronger

Many families are surprised when grief resurfaces intensely months or even years later. Often this happens in spring.

Why?

Because grief unfolds in layers.

Early grief is shock and survival. Later grief is comprehension. As your mind accepts the permanence of loss, your heart revisits it with deeper awareness. This is not regression — it is processing.

Triggers may include:

- Seasonal change
- Milestones your child should be reaching
- Other children aging
- Increased social activity
- Warmer weather and memories

You may suddenly feel like you are back at the beginning.

You are not.

You are encountering grief at a deeper level of understanding. Each wave integrates another part of reality into your life story.

Think of grief as circles expanding outward, not steps backward.

Every return is actually movement.

Article 3 — Supporting Siblings in Spring

Spring often highlights grief for surviving siblings. School activities, sports, graduations, and family outings emphasize the absence of their brother or sister.

Children frequently grieve quietly to protect parents.

Signs they may be struggling:

- Increased irritability or withdrawal
- Sudden maturity or caretaking behavior
- Avoiding conversations about their sibling

- Anxiety about safety or death
- Difficulty enjoying activities

Helpful approaches:

Name the missing person openly

“Your sister should be here for this.”

Give permission for mixed emotions

It is okay to have fun and still miss them.

Create sibling rituals

- Release balloons or plant flowers together
- Light a candle on special days
- Include their name in family traditions

Answer hard questions honestly

Avoiding truth increases anxiety.

Most importantly, reassure them:

“Our family changed, but your place in it never will.”

Children heal best when grief is spoken aloud, not hidden in protection.



Monthly Prayer

God of comfort,

In a season where the world awakens, our hearts still carry winter.

Hold the parents who wake to silence,
the siblings who search empty spaces,
and the families learning to breathe again.

Let memories be gentle today.

Let love feel closer than absence.

Give us courage for tomorrow and rest for tonight.

And when hope feels far away,
remind us we are still held.

Amen.



Grief Support Resources

The Compassionate Friends National Website

www.compassionatefriends.org

Local chapters, sibling resources, and online communities

Online Support Communities

- TCF Facebook Groups (parents, siblings, grandparents)
- TCF Live Chats & Virtual Meetings
- GriefShare (faith-based grief recovery groups)

Crisis Support (24/7)

- Call or text **988** — Suicide & Crisis Lifeline
- Crisis Text Line — text **HOME** to 741741

Books Many Families Find Helpful

- *It's OK That You're Not OK* — Megan Devine
- *Healing After Loss* — Martha Whitmore Hickman
- *Tear Soup* — Pat Schwiebert (for children & adults)

For Children & Teens

- Dougy Center: www.dougy.org
- National Alliance for Children's Grief: www.childrengrieve.org

Closing Thoughts

Grief rarely announces progress.

It shows itself quietly — in the day you smiled without guilt, the moment you spoke their name and warmth followed pain, or the evening you rested without replaying the past.

Spring will not replace what was lost.

But sometimes it softens the edges enough for love to breathe again.

If this month feels heavy, walk gently.

If this month feels lighter, that is allowed too.

Both are forms of remembering.

You are not alone in this season.

And you never will be.

— The 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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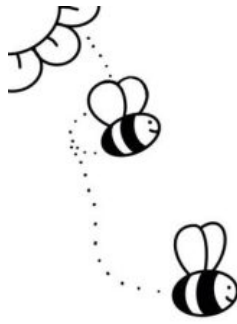
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Thank you to Christ Lutheran Church

We really appreciate your generosity!



Butterflies in the breeze

The butterflies in the breeze,
The whisper through the trees,
The crinkle on the leaves,
Was it you?

The sparkle on the stream,
The murmurs in my dream,
The efforts for our team,
Was it you?

The beauty that beguiled,
The sound of the wild,
The giggle of my child,
Was it you?

The fragrance in the flower,
The rainbow after the shower,
The chiming of the hour,
Was it you?

The bobbing of the bird,
The softly spoken word,
The "love you" that's unheard,
Was it you?

I know it was you,
ALWAYS.

By Helen Neale



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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