



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

**May 2025**

Our next in-person and virtual meeting will be on Tuesday, May13, 2025, at 7 p.m.

*Virtual Meeting:*

Zoom Link: <https://us02web.zoom.us/j/82390659632?pwd=U0h0a2R0WUlnNAbWTu4gzWcC52EEE38.1>  
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](mailto:TCFBrushyCreek@gmail.com)

*(If you have problems finding us, call 512-966-1651)*



**"As one whom his mother comforts, so I will comfort you" – Isaiah 66:13**

**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.



## **Special Note**

### **STARTING IN JUNE: NO MORE VIRTUAL CHAPTER MEETINGS**

Since COVID, TCF Brushy Creek chapter has had a virtual chapter meeting in addition to the in-person meeting on the second Tuesday of the month. For the past several months, the virtual chapter meetings have been on the same night as the in-person meeting. The attendance for the virtual meeting has been 1 to 0 persons joining on-line and often the quality of the video and audio has been poor at best. There is a cost to maintaining the Zoom account. We have decided we will stop offering the virtual meeting after this month. We will not renew our contract with Zoom which expires in June..

IF you want to join the chapter meeting remotely, please let us know 1 day before the chapter meeting each month by texting your phone number to 512-966-8139. The night of the chapter meeting, we will call you on the phone at 6:55pm or use FaceTime to bring you into the meeting through that technology.

We also remind you that we are very aware that grief happens at other times besides the second Tuesday of the month, so feel free to call Penny 512-966-8139 or Robin 512-966-1651.



## 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.

**May** – Advice I'd give myself of yesterday

**June** – Vacation Memories

**July** – Navigating Summer Events After Loss



The Lord is near to those who have a broken heart. And He saves those who are broken in spirit. – *Psalms 34:18*



## ***Birth Date***

Jane  
Travis  
Joshua  
Elijah  
Elijah  
Shane  
River  
Gracie  
Cole  
Cole  
Cole  
Cole  
Scott

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

Meghan & Andrew  
Angela  
Michelle  
Kamecca  
Taylor  
Kim  
Amber  
Erin  
John & Robin  
Caty  
Casey  
Calley  
David & Anna







## ***Angel Date***

Seth  
Jane  
John  
Erika  
Pamela  
Victoria  
Jace

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

Karl & Penny  
Meghan & Andrew  
Libby  
Anna  
Vivian & Brett  
Dawn & Bruce  
Audra & David



## National Conference – 2025



### 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](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

#### **Mother's Day After Loss: Holding Both Love and Longing**

*By Lisa M., TCF Member*

Mother's Day used to be joyful for me. My kids would bring me breakfast in bed, draw me pictures, and giggle as they gave me homemade cards. But after my son Jacob died, Mother's Day became a minefield—something to survive rather than celebrate.

For the first few years, I avoided the day altogether. I turned off my phone. I didn't go out. I didn't want to be reminded of all that was missing. And honestly, that was okay. I needed that space.

But grief evolves. Over time, I started to long for a way to include Jacob in Mother's Day. Not to pretend everything was fine, but to acknowledge that I was still his mom—and always will be.

Now, each year I light a candle for him in the morning. I sit quietly and remember his laugh, his favorite cereal, and the way he used to trace the freckles on my hand. Sometimes I write him a letter. Sometimes I cry. And sometimes, I even smile.

If Mother's Day is hard for you, I want to say this: You're allowed to honor your grief in whatever way feels right. Skip the brunch. Plant a flower. Be alone. Be with others. There's no "right" way—only your way.

#### **Ways to honor your child on Mother's Day:**

- Create a scrapbook or memory box
- Write your child a letter or poem
- Visit a favorite place you shared together
- Light a candle or release a balloon
- Simply speak their name and let them be present in your heart

Grieving mothers are still mothers. Today and every day.

### GRIEF SUPPORT CORNER

#### **How to Cope with Springtime Triggers**

*By TCF Grief Support Team*

Spring can bring beauty and rebirth, but for many grieving families, it also brings unexpected pain. The chirping birds, blooming flowers, and longer days can feel like sharp contrasts to the inner landscape of grief. Graduations, Mother's Day, Father's Day, weddings, and family reunions can all serve as painful reminders of who is missing.

So what can we do?



### *1. Anticipate Triggers*

Make a list of upcoming events or holidays that might be difficult. Awareness is a powerful tool. When you can anticipate the pain, you can also plan how to care for yourself around it.

### *2. Set Boundaries*

You don't have to attend every event or respond to every invitation. Give yourself permission to say no—or to attend for a short while and then leave. You're not being rude; you're being honest about your needs.

### *3. Create Your Own Rituals*

Sometimes, the pain is that everyone else is moving on while you're still holding on. Creating your own rituals—like lighting a candle, going on a memorial walk, or writing your loved one's name in the sand—can offer a quiet way to connect.

### *4. Seek Support*

You don't have to navigate this alone. Lean on support groups, therapists, or friends who understand. Even a brief conversation with someone who “gets it” can bring a wave of relief.

### *5. Be Gentle With Yourself*

Some days will be harder than others. Be kind to yourself on the tough days. Your grief is a reflection of your love. It's okay to rest, to cry, to laugh, and to live.

*"You are not the same person you were before this loss. And that's okay. Growth can be painful, and healing can be slow. But it's still healing."*

## **Grief Prayers**

### *Prayer for a Mother Who Has Lost a Child*

Dear God,  
Hold close every mother whose arms ache with emptiness today.  
Surround her with your peace, and let her feel her child's love in the wind,  
in the sun, in the quiet moments between tears.  
Help her remember she is still a mother,  
and that her love reaches beyond time and space.  
Wrap her in your comfort. Let her rest in your presence.  
Amen.

### *Prayer for Grieving Hearts on Mother's Day*

God of compassion,  
This day is filled with mixed emotions—joy and sorrow,  
gratitude and longing, celebration and grief.  
For all who struggle today,  
be our steady place, our breath of peace,  
our reminder that love endures even through pain.  
Bless the mothers who mourn. Bless the children who grieve.  
And bless those who quietly carry broken hearts.  
Amen.

## Resources

### Resource Spotlight

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

A compassionate and powerful guide for grieving hearts, written by a bereaved mother and grief expert.

### **TIME-SENSITIVE - FREE SEMINAR!**

**Free Webinar:** David Kessler of Grief.com invites you – a grieving mother - to join the webinar on Sunday, May 4, 2025 at 2pm central time. You must register as soon as possible! If you are interested in this free webinar by a world renown grief specialist, log on to: <https://www.davidkesslertraining.com/mothers-day> and follow the prompts.





## **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:*

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#### *Advisory:*

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*Thank you to Christ Lutheran Church*

*We really appreciate your generosity!*



## A Sacred Space for Remembering - *By The Compassionate Friends*

On this Mother's Day,  
we pause.  
Not in celebration, but in remembrance.  
Not in laughter, but in love that still echoes,  
quiet and deep.  
This is a day that holds both beauty and pain.  
For some, it brings joyful memories.  
For others, it brings a hollow ache  
for the child they no longer hold,  
the mother whose voice is now only a memory,  
or the dreams that were never fully lived.  
So today, we create a sacred space.  
A space where sorrow is welcome.  
Where names can be spoken without apology.  
Where tears are allowed to fall freely,  
and silence is not awkward, but honored.  
We remember:  
The mothers who hold their children in their hearts  
instead of their arms.  
The children whose mothers are only a whisper  
in the wind or a flicker in a photo.  
The fathers, siblings, and grandparents  
who carry the weight of missing, too.  
Those who never got the chance to become a mother,  
and those whose motherhood was brief but infinite.  
May this space be filled with grace—  
the kind that doesn't fix, but gently holds.  
The kind that doesn't need words, but understands.  
We light a candle.  
We breathe.  
We remember.  
And in this remembering,  
we find one another.  
Not alone in grief,  
but together in love.  
A love that cannot be taken,  
not by time, not by death,  
not by silence.  
This is our sacred space.  
Today, we remember.  
And we are not alone.

## The Compassionate Friends Resources

Stay connected:

Email: [info@compassionatefriends.org](mailto:info@compassionatefriends.org)

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

Website: [www.compassionatefriends.org](http://www.compassionatefriends.org)

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