



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

May 2026



Our next in-person meeting will be June 9, 2026 @ 7pm.

*There will be no meeting in May.

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)



"I can do all things through him who strengthens me" - *Philippians 4:13*

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 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.

May – No Meeting

June – Seasonal Changes/Mother's & Father's Day

July - Understanding that grief does not end

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



The Lord is close to the brokenhearted and saves those who are crushed 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 Sha'
Taylor
Kim
Amber
Erin
John & Robin
Caty
Casey
Calley
David & Anna





Angel Date

Jane
John
Kaytlyn
Erika
Pamela
Victoria
Jace

Daughter of
Son of
Daughter of
Daughter of
Daughter of
Son of

Meghan & Andrew
Libby
Gina
Anna
Vivian & Brett
Dawn & Bruce
Audra & David



May Message: Summary

In this issue of our May newsletter, we embrace the changing season as a metaphor for the grief journey. We explore how to navigate the complexities of Mother's Day, discuss the importance of "grief-kindness" for ourselves, and offer a space for collective reflection. Whether you are navigating a new loss or continuing a long-term journey, may you find a moment of peace and companionship in these pages.

Article 1

Navigating the Mother's Day Horizon

Mother's Day can be a particularly heavy time for those in our community, whether you are a bereaved parent, have lost your own mother, or are navigating the day without a child or sibling. There is no "right" way to spend this day.

For some, it helps to lean into the rituals of remembrance—planting a flower in their honor, writing a letter, or visiting a place they loved. For others, the best approach is to practice radical self-compassion: stepping away from social media, avoiding places that feel overwhelming, or simply allowing yourself the space to be still. Remember, you do not have to "celebrate" if your heart isn't in it. Your love is present every day, not just on the second Sunday of May. Be gentle with your expectations and give yourself permission to do whatever brings you the most comfort.

Article 2

The Art of Being "Grief Kind"

We often focus on being compassionate toward others, but as we move through our grief, it is vital to practice being "grief kind" to ourselves. This means acknowledging that grief is not a straight line or a problem to be solved; it is a long-term experience of adapting to a world that feels permanently changed.

Being "grief kind" means listening to your body's needs. If you are tired, rest. If you need to talk, reach out to someone who will listen without trying to "fix" your pain. If you need to cry, let the tears come as a necessary release. Avoid the trap of comparing your progress to others. Your grief is as unique as the relationship you had with your loved one. By accepting your own pace, you honor both the depth of your loss and the resilience of your own heart.

Article 3

Finding Beauty in the Midst of Change

May is a month of transition, where winter's dormancy gives way to spring's growth. In nature, this is a beautiful process, but in grief, change can feel unsettling. We may feel a sense of guilt when we experience a moment of joy or peace, as if we are leaving our loved ones behind.

However, moving forward is not the same as moving on or forgetting. It is about carrying our loved ones with us as we navigate a new landscape. Just as the garden changes from month to month, so do we. It is possible to hold profound sadness in one hand and a genuine moment of gratitude in the other. As you notice the blooming flowers and warmer days, try to allow those moments to be small seeds of comfort rather than sources of guilt. You are building a new life, and your loved one is an enduring part of that foundation.

Monthly Prayer

Heavenly Father (or Source of All Comfort),

In the stillness of this May month, I bring the weight of my heart to You. As the world blooms around me, my heart sometimes feels frozen in the winter of my grief. Grant me the grace to be patient with my own process. When I feel overwhelmed, be my anchor. When I feel lonely, remind me that I am part of a community that walks this path alongside me. Help me to cherish the memories that warm my spirit and to find, even in the smallest moments, the strength to continue forward one step at a time. May I feel the love that transcends death, holding me close even when I cannot see the way ahead.

~Amen

Grief Quote of the Month

"What we have once enjoyed and deeply loved we can never lose, for all that we love deeply becomes a part of us." — Helen Keller

Grief Support Resources

If you or someone you know needs additional support, these resources are available:

Resources for Support

- **The Compassionate Friends National Website:** Access a wealth of grief resources, brochures, and information on local chapters at www.compassionatefriends.org
 - **National Grief Support Groups:** The TCF website features a "Find a Chapter" tool to connect you with local in-person or virtual support groups tailored to your specific loss.
 - **Crisis Support:** If you are struggling and need to talk to someone immediately, please reach out to the 988 Suicide & Crisis Lifeline by calling or texting 988 (available 24/7 in the U.S. and Canada).
 - **Recommended Reading:** "The Wild Edge of Sorrow: Sacred Grief in a Difficult World" by Francis Weller—a profound look at how we can honor our grief while embracing the beauty of life.
 - **Online Private Community:** Join the official "The Compassionate Friends" Facebook groups to connect with other parents, siblings, and grandparents who truly understand the journey.
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Closing Thoughts

As we move through the month of May, please remember that your presence in this community is a gift. Whether you are finding the strength to reach out, or you are quietly holding space for yourself in the background, you are an essential part of our circle.

There is no expiration date on grief, and there is no right or wrong way to feel as the days lengthen and the world turns green. Please be patient with yourself during the quiet moments and the loud ones alike. You are doing the hard work of living with a heart that has been forever changed, and that is a testament to the depth of the love you still hold.

We are here for you, we are thinking of you, and most importantly, you do not have to walk this path alone.

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.

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Always in Our Hearts

You were a dream we held so tight,
A spark of love, a guiding light.
But like the dawn that fades too soon,
You left us beneath a pale, quiet moon.
In every smile, in every tear,
We carry you, forever near.
Your laughter's echo still remains,
A melody through life's refrains.
Though you have gone to skies above,
You filled our world with endless love.
No longer here to hold, to see,
But in our hearts, you'll always be.
The time we shared, though short, was true,
A gift of joy we owe to you.
Now in the heavens, you rest with grace,
A shining star in endless space.
So while we grieve and miss you so,
We know you're where pure souls must go.
And in the quiet of each night,
We feel your warmth, your gentle light.

The Compassionate Friends Resources

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Thank you to Christ Lutheran Church

We really appreciate your generosity!

Stay connected:

Email: info@compassionatefriends.org

Facebook: [Compassionate Friends Official](#)

Website: www.compassionatefriends.org

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