



The Compassionate Friends of Brushy Creek

Supporting Family After A Child Dies



Our next meeting will be Tuesday, November 14, 2023 at 7p.m.
Christ Lutheran Church

510 Luther Drive. Georgetown. TX. 78628

512-348-7885 TCFBrushyCreek@gmail.com

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

Our next virtual meeting on-line will be Thursday, November 17th at 7pm

Email TCFBrushyCreek@gmail.com for the link

WELCOME

We, of the Brushy Creek Chapter of The Compassionate Friends, offer you a warm welcome. Our meetings are on the second Tuesday of each month at 7pm. The Compassionate Friends is a mutual assistance, self-help organization offering friendship, understanding and hope to bereaved 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, along with the feelings and issues that evolve around the death experience of a child. 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. The 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 and to laugh, to share how you feel or just 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.

YOU NEED NOT WALK ALONE – WE ARE THE COMPASSIONATE FRIENDS

Monthly Topics 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.

November: Handling the Holidays

December: Candle Lighting Event



Special Note Our December Meeting:

*We will meet on Sunday,
December 10th at 6:30 pm.
For a special Candle lighting
Event:*

*510 Luther Drive, Georgetown
*Invite your Friends & Family to
attend*

~ Coming Soon ~

*Please watch for a special e-mail
regarding the Candlelighting, from
the Chapter.*



THANKSGIVING PRAYER

I'm thankful this Thanksgiving
That my grief is not so new.
Last year it was so painful
To think of losing you.
Death can't claim my love for you
Tho' we are far apart,
Sweet memories will always be
Engraved upon my heart.
Time can never bring you back.
But it can help me be
Thankful for the years of joy
You brought our family.
To all the parents with grief so new
I share your loss and sorrow.
I pray you find with faith and time
The blessings of each tomorrow.

Charlotte Irick
TCH, Idaho Falls, ID



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***A Special Note to those whose loved one's
Birthday or Angelversary is in December, plan
To share your love, mementoes, and pictures at
the November meeting OR the January meeting
YOUR CHOICE!***

BIRTHDAY DATES

Vivian

Daughter of Priscilla

Shawn

Son of Charlotte Newman

William

Son of Torreon & Elise

Valerie

Daughter of Leonard &
niece of Sally

Han

Grandson of Bonnie



ANGEL DATES

Henry

Son of Lourdes

Vivian

Daughter of Priscilla

Taylor

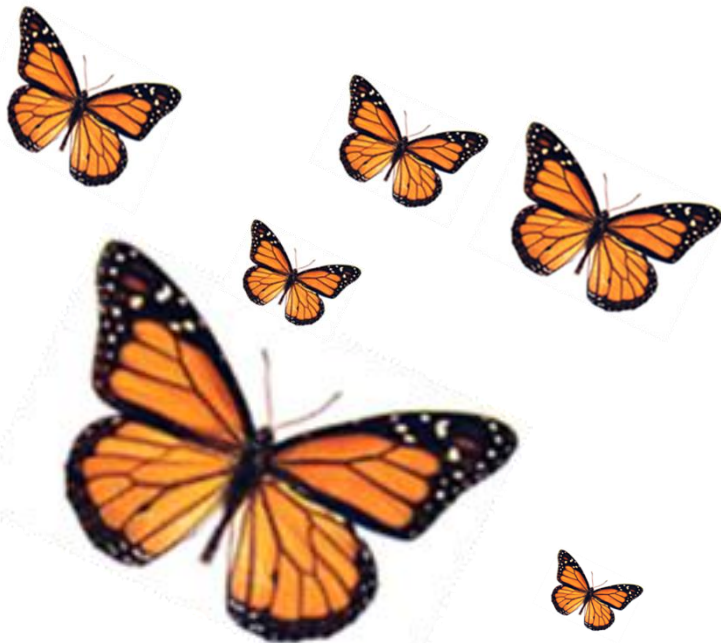
Daughter of Rebecca

Hannah

Daughter of Angela & Roger

Brendan

Son of Gene





Butterflies in November



Thanksgiving was Chad's favorite holiday. He loved the food and the football games without the hassle of all the Christmas going ons. I have so many memories of Thanksgivings past. I remember the last Thanksgiving we were together. Chad called me from Alabama and said he and Mandy were on their way to Atlanta and to please save him something to eat. I said "of course I will save you something to eat, but I thought you were eating with Mandy's family?" Chad said "Mom, I think they make their stuffing with "GRITS"....need I say more? Just save me some."

That really made me feel good. He loved my Southern Cornbread Dressing, Turkey, Ham, and all the fixins. We enjoyed so much just being together and preparing the dinner and enjoying the meal.

Chad died in September of 1996. Thanksgiving came way too fast. For those who have gone through their first Thanksgiving you know the feelings I am describing. Everything seems to go in slow motion with the inability to move forward...the heaviness and the physical and mental fatigue...the pain in your heart, the lump in your throat and the tears in your eyes. No, I did not want Thanksgiving to come this year or ever again. My daughter was away at school and I knew she would be coming home. My mother was struggling with lung cancer and I knew there would not be many more Thanksgivings with her. What do I do? I think we all decided that if we could just go through the motions it would be better than doing nothing and I think we all did it for each other.

I cried the whole time I was preparing the meal. I do not remember anything other than the tears. Several friends wanted to join us for Thanksgiving that year and they volunteered to bring a turkey and dessert. I readily accepted their offer.

We gathered together at noon, my husband said the blessing (which I really had a hard time with) and then I wanted to read a poem in Chad's memory. I asked everyone if they would bear with me as I read this. Several times I could not speak. The words would not come, but I was determined that I was going to read this poem. When I neared the end of the poem I felt the lump in my throat and I knew I was going to start crying out loud. As soon as I finished I got up from the table and left the room.

There was dead silence. No one spoke a word. Then I heard one of our friends say "Look at that butterfly. I can't believe there is a butterfly this time of year. And he looks at though he wants to come in. He is hitting himself against the glass door."

My tears turned from sadness to tears of joy. I knew that was Chad. I knew he had come to get some of my Cornbread Dressing. The only regret that I have is that I did not let him come in. I knew if I went back to the dining room and told my friends that was Chad they really would think I was crazy. If I had to do it over again....it wouldn't matter but at that time I had not gotten involved with TCF or did not know another bereaved parent....so to me my "crazy thoughts" were just that and I thought they probably were not normal.



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Butterflies in November

(continued)



We do not have butterflies in Atlanta in late November. I choose to believe it was a sign from my son. This will be our fifth Thanksgiving without him. The pain has softened. My tears do not come as often. The memories are sweeter. My heart is a little lighter. My love for my son is as strong as ever. I feel his presence in everything I do. I do not fear I will forget anymore. I know he is with me.

This Thanksgiving my plan is to make a LARGE pan of my southern cornbread dressing along with Chad's favorite Ham recipe and take these to the hospital to share with my daughter, who is an RN, and all the staff in the PICU at Children's Hospital–Egleston Campus and the parents who are spending Thanksgiving with their children in the Intensive Care Unit. For some, this will be their last Thanksgiving with their own children.

The staff at the Children's Hospital work very long and stressful hours. They are away from their own families on this holiday to take care of the children who are in the hospital. I feel this is a way I can help others and also include some precious memories of my Thanksgivings past with my own son and daughter. I am looking forward to this very much and I am thankful I can be with my daughter.

I wish for those of you who are facing your First Thanksgiving that you can read this and know that it will get better. You will find joy again. There is hope. The love will always remain and your child will always be with you. Of course, it is not like we hoped it would be but it can be good. Our children will always be a "present" part of our lives....they will not be forgotten.

I pray you find peace this holiday season. I pray your sorrows will soften and your memories bring smiles. I pray you will be able to enjoy your other family members. I pray you know you are not alone.



Jayne Newton
TCF Atlanta, GA

In Memory of my son, Chad Gordon 5/21/72 - 9/3/96 and All Our Children



**There is always, always
always something
to be thankful for.**



GRIEF IS LIKE A RIVER

My grief is like a river –
I have to let it flow,
But I myself determine
Just where the banks will go.
Some days the current takes me
In waves of guilt and pain,
But there are always quiet pools
Where I can rest again.
I crash on rocks of anger –
My faith seems faint indeed –
But there are other swimmers
Who know that what I need
Are loving hands to hold me
When the waters are too swift,
And someone kind to listen
When I just seem to drift.
Grief's river is like a process
Of relinquishing the past.
By swimming in Hope's channel,
I'll reach the shore at last.

Cynthia G. Kelley
TCF Cincinnati, OH



Taking care of yourself...

Take a walk. Hike in the woods, on a local trail, or around the neighborhood. The exercise will do you good and you never know what you'll see or who you'll meet.



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Contact Information



TCF Brushy Creek Chapter Leadership:

Robin Cassens
Mary Delaney
Penny Leone
Stephanie Thompson – Siblings Rep.
Rebecca Burgman-Advisory
Newsletter – WE NEED YOUR HELP
Gene Caligari – TCF Regional Rep.



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Toll-Free (877) 969-0010
www.compassionatefriends.org

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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