



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

October 2024

Our next meeting will be on Tuesday, October 8, 2024, at 7 p.m.

Christ Lutheran Church

510 Luther Drive. Georgetown, TX. 78628

512-348-7885 TCFBrushyCreek@hmail.com

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

*Our next virtual meeting online will be Tuesday, October 8th, at 7 pm.



When they walk through the Valley of Weeping, it will become a place of refreshing springs. The autumn rains will clothe it with blessings. – Psalm 84:6

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, 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. 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.

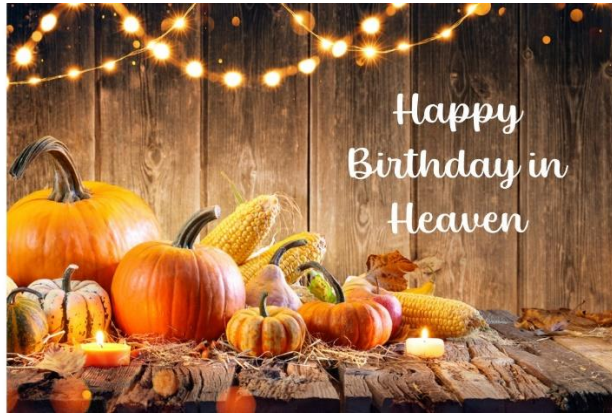
October - Understanding Emotions and the Grief Process

November – Getting Through the Holidays

December – (No Chapter Meeting) Candle Lighting Event



If we live, we live for the Lord; and if we die, we die for the Lord. So, whether we live or die, we belong to the Lord. – *Romans 14:8*



Birth Date

**Caden
Tiffany
Tiffany
Brian
Angela
Kimberly
Joshua
Michael
Steve
Steve
Steve**

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

**Casey
Michelle
Taylor
Jim & Janice
Jani
Crystena
Charlotte
Laraine
Don & Betty
Shelley
Robin**





Angel Date

**Elijah
Elijah
Jason
Jack
Christopher
Tiffany
Tiffany
Leonard
Brooklynn
Dustin**

**Son of
Brother of
Son of
Grandson of
Brother of
Daughter of
Sister of
Brother of
Daughter of
Son of**

**Kamecca Sha'
Taylor
Bonnie
Joyce & Todd
Ellie
Michelle
Taylor
Sally
Erika
Shirley**



Types of Grief

By: Melissa Porrey LPC, NCC (Verywell Health) – June 28, 2024

Types of Grief

Grief can come in many different forms and the way people experience grief changes over time. Healthcare providers talk about different types of grief but remember that grief is different for everyone, and no one follows a precise pattern of grieving after the loss of a child.

Acute vs. Integrated Grief

Acute grief is the immediate response following a loss. During this time, it's common to be in shock or disbelief and to have a hard time processing the death. The focus tends to be on memories of the person who died, and it can feel all-consuming.

During acute grief, a person's experience tends to be internal, and it's common to avoid other people and normal activities for a while. The circumstances of the death can also impact the severity of the reaction. Death from violence, [suicide](#), and unexpected deaths are often more difficult to cope with.

Although acute grief can be overwhelming and extremely painful, most people are able to move through their bereavement over time. Grieving is not a straightforward path or a series of stages to move through, but a back-and-forth journey that constantly moves between pain and joy, difficulty, and positive experiences.

Eventually, the worst parts of grief should ease and allow space for finding enjoyment in life again. As this happens, grief is becoming integrated. This means that, while grief may always be present on some level, it does not control or define the person anymore.¹

[The Four Phases and Tasks of Grief](#)

Complicated Grief

For some people, intense grief reactions continue for a long time, and grief doesn't become integrated on its own. When grief causes ongoing worry or [rumination](#) about the death, or when a person avoids talking or thinking about the death or becomes stuck in experiencing the most painful parts of grief without relief after several months have passed, it's called [complicated grief](#).

For those experiencing complicated grief, it may feel like the acute grief phase is never-ending. It's common to have difficulty moving through grief in a healthy way and finding meaning from the loss, and many people even [consider suicide](#).

Complicated grief is most common in those who have lost a child. In these circumstances, a [mental health professional](#) can help with processing the loss and working through complicated grief to be able to confront the death and heal from the pain.³

[Differences Between Normal and Complicated Grief](#)

If you would like to read more about this topic, please click on the link below

<https://www.verywellhealth.com/grieving-loss-of-child-5220740>

Memorial & Dedication Social Media Pages

If you would like to share your loved one's memorial and dedication pages with the group, please send them to tcfbcnewsletter@gmail.com



Facebook:

Jack Rider Claycomb's Legacy of Kindness - <https://www.facebook.com/groups/419523077348879/>

GRANDPARENTS' REMEMBRANCE

(The Grandparents' Credo)

We are the grieving grandparents,
the shepherds of our children and grandchildren's lives.
Our grief is two-fold and at times we feel powerless to help.
We seek to comfort our children in the depths of their grief
and yet we need the time and space to face our own broken hearts.
We have been robbed of the special tender touch a grandparent shares
with a grandchild and we have lost a symbol of our immortality.
As we walk by our child's side, we both give and draw strength.
We reach into their hearts to comfort them,
and when they reach out to us in their distress,
we begin the journey to heal together.
We continue to be their guardians.
We allow traditions to change to accommodate their loss.
We support the new ones which symbolize the small steps on their journey.
It is in their healing that our hearts find comfort.

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:

Robin Cassens

Mary Delaney

Penny Leone

Advisory:

Rebecca Burgman

Sibling Rep.:

Stephanie Thompson

Newsletter:

Todd & Joyce Camp

TCF Regional Rep.:

Gene Caligari



TCF National Office Information:

The Compassionate Friends

PO Box 3696

Oak Brook, IL 60522 (or)

900 Jorie Blvd. Suite 78

Oak Brook, IL 60523

Phone (630) 990-0010

Toll-Free (877) 969-0010

www.compassionatefriends.org

Email Address:

TCFBrushyCreek@gmail.com



Thank you to Christ Lutheran Church

We really appreciate your generosity!

Empty

by Kim Knapp

Do not tell me I am strong
You only see my days
Filled with details and work

You have never shared my nights
Long evenings empty
Except for memories and tears

My despair is sacrificed
to responsibility
You would be strong too
If you had no other choice

The Compassionate Friends Resources

<https://www.compassionatefriends.org/find-support/>

The Compassionate Friends of Brushy Creek

YOU NEED NOT WALK ALONE; WE ARE THE COMPASSIONATE FRIENDS