



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

**September 2024**

Our next meeting will be on Tuesday, September 10, 2024, at 7 p.m.

Christ Lutheran Church

510 Luther Drive. Georgetown. TX. 78628

512-348-7885 [TCFBrushyCreek@hmail.com](mailto:TCFBrushyCreek@hmail.com)

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

\*Our next virtual meeting online will be Tuesday, September 10th, at 7 pm.



**My flesh and my heart may fail, but God is the strength of my heart and my portion forever. *Psalms 73:26***

**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.

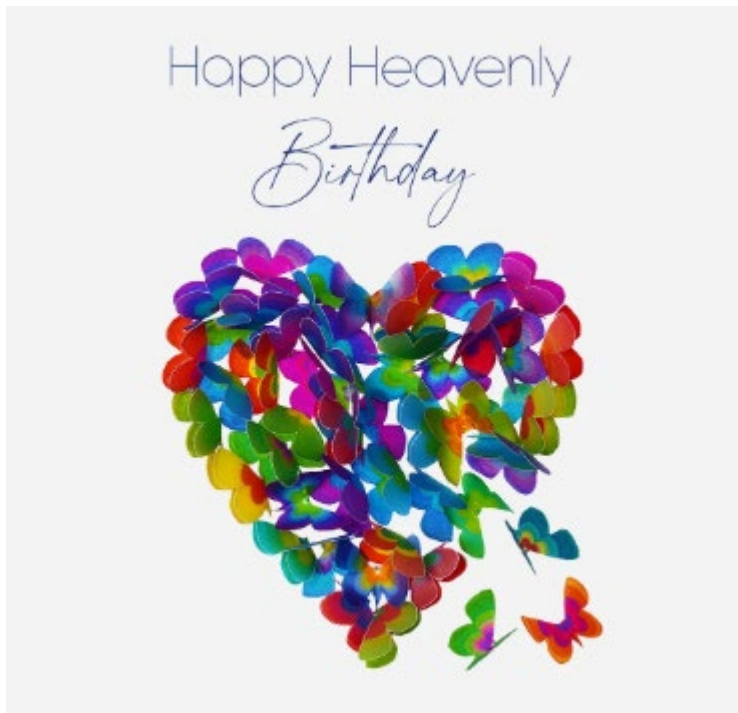
**September** – Dreams and Sleep

**October** - Understanding Emotions and the Grief Process

**November** – Getting Through the Holidays



He heals the brokenhearted and binds up their wounds. *Psalm 147:3*



### ***Birth Date***

**Mark  
Mark  
Brandon  
Shanyah  
Luis  
Matt  
Gaby  
Daniel  
Jason**

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

**Loretta  
Alicia  
Lisa  
John  
Brenda  
Vickey  
Astrid  
Karen & Len  
Bonnie**





## ***Angel Date***

**Gracie  
Gabriel  
Melanie  
Alicia 'Ali'  
Joshua  
Rylan  
Angela**

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

**Erin  
Michelle & Gabriel  
Monica  
Meghan  
Charlotte  
Andy & Heidi  
Janis**





We are looking for your loved one's favorite recipes.

Please submit them to [tcfbnewsletter@gmail.com](mailto:tcfbnewsletter@gmail.com)

*Please submit your recipe by the 10<sup>th</sup> of the month.*

Angel Food Cake Recipe: <https://www.allrecipes.com/recipe/15432/angel-food-cake-iii/>



## Spotlight Your Loved-one



If you would like to spotlight your loved one, *please submit your information by the 10<sup>th</sup> of the month* to [tcfbcnewsletter@gmail.com](mailto:tcfbcnewsletter@gmail.com)

## 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](mailto:tcfbcnewsletter@gmail.com)



### Facebook:

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

# *An Ocean of Grief*

Original Source – Crazygrief.com



**“Grief is like the ocean; it comes on waves ebbing and flowing. Sometimes the water is calm, and sometimes it is overwhelming. All we can do is learn to swim.” - Vicki Harrison**

Out of so many writings about grief, there is one particular piece that has been an important part of my own journey.

The first time I read this particular post was months before my husband passed away. Someone had shared it on FaceBook after the death of an acquaintance. I remember thinking how beautiful it was, how authentic it felt. But even though I was moved by it in light of the death of someone I knew and once worked together, I never realised how deeply I would come to related to it just less than a year later.

I have read it many times, and it always resonates with me. In the early stages of my grief, it would make me sadder, sometimes angrier. After a few months I felt let down by it's truth. As if God, or life, or even my own husband could've prevented this painful life sentence I now have to carry forever.

But even within all the mixed emotions, this piece of writing has, in some strange way, also brought me comfort and hope. If someone survived this maddening and cruel ocean of grief, maybe so could I. Maybe I wouldn't drown. Maybe one day I could learn how to swim in it, given that I had only the choices of doing or or to allow myself to sink.



Often I considered letting myself sink. I grew tired of living, and I felt scared and resentful of living without the man I love. Giving up seemed like a relief. But I have two daughters. The most precious gift from the love I shared with Jason. They also were trying their best to learn to swim in their own ocean of grief. So giving up would mean adding to their sorrow and I wasn't prepared to cause them even more pain.

Wave after wave of grief have crashed over me. So far I haven't drowned. They still come, and I am still learning to swim.

*"As for grief, you'll find it comes in waves. When the ship is first wrecked, you're drowning, with wreckage all around you. Everything floating around you reminds you of the beauty and the magnificence of the ship that was, and is no more. And all you can do is float. You find some piece of the wreckage and you hang on for a while. Maybe it's some physical thing. Maybe it's a happy memory or a photograph. Maybe it's a person who is also floating. For a while, all you can do is float. Stay alive.*

*In the beginning, the waves are 100 feet tall and crash over you without mercy. They come 10 seconds apart and don't even give you time to catch your breath. All you can do is hang on and float. After a while, maybe weeks, maybe months, you'll find the waves are still 100 feet tall, but they come further apart. When they come, they still crash all over you and wipe you out. But in between, you can breathe, you can function. You never know what's going to trigger the grief. It might be a song, a picture, a street intersection, the smell of a cup of coffee. It can be just about anything...and the wave comes crashing. But in between waves, there is life.*

*Somewhere down the line, and it's different for everybody, you find that the waves are only 80 feet tall. Or 50 feet tall. And while they still come, they come further apart. You can see them coming. An anniversary, a birthday, or Christmas, or landing at O'Hare. You can see it coming, for the most part, and prepare yourself. And when it washes over you, you know that somehow you will, again, come out the other side. Soaking wet, sputtering, still hanging on to some tiny piece of the wreckage, but you'll come out.*

*Take it from an old guy. The waves never stop coming, and somehow you don't really want them to. But you learn that you'll survive them. And other waves will come. And you'll survive them too. If you're lucky, you'll have lots of scars from lots of loves. And lots of shipwrecks."*

*This piece about grief was taken from a Reddit page which you can access it here <https://www.reddit.com/r/Assistance/comments/hax0t/comment/c1u0rx2/>*

## **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

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*Thank you to Christ Lutheran Church  
We really appreciate your generosity!*

## AS LONG AS THERE IS LOVE, THERE WILL BE GRIEF.

The grief of time passing, of life moving on half-finished, of empty spaces that were once bursting with the laughter and energy of people we loved.

As long as there is love there will be grief because grief is love's natural continuation.

It shows up in the aisles of stores we once frequented, in the half-finished bottle of wine we pour out, in the whiff of cologne we get two years after they've been gone.

Grief is a giant neon sign, protruding through everything, pointing everywhere, broadcasting loudly, "Love was here." In the finer print, quietly, "Love still is."

HEIDI PRIEBE

**The Compassionate Friends Resources**

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

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