



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

September 2025

Our next in-person meeting will take place on Tuesday, September 9, 2025, at 7:00 p.m.

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)



So do not fear, for I am with you; do not be dismayed, for I am your God. – Isaiah 41:10

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.

September – Healthy Ways to Cope with Grief

October – Handling Guilt

November – Potluck Memories (A Guide to Celebrate Thanksgiving)

December – Candle Lighting Ceremony



He stilled the storm to a whisper; the waves of the sea were hushed. They were glad when it grew calm, and he guided them to their desired haven. Let them give thanks to the Lord for his unfailing love and his wonderful deeds for mankind. – *Psalms 107: 29-31*



Birth Date

Mark
Mark
Brandon
Shanyah
Luis
Shane
Shane
Matt
Gaby
Daniel
Jason
Jeremiah

Son of
Brother of
Son of
Daughter of
Son of
Son of
Sibling of
Son of
Daughter of
Son of
Son of
Son of

Loretta
Alicea
Lisa
John
Brenda
Joy
Shanna & Shannell
Vickey
Astrid
Karen & Len
Bonnie
Heather





Angel Date

Gracie
Gabriel
Melanie
Alicia
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



Articles

FEATURED ARTICLES

Featured Article: *The Seasons of Grief*

Just as the seasons change, so too does grief. In the early days, it can feel like the deep winter—cold, isolating, and overwhelming. But as time passes, tiny signs of spring begin to emerge: moments of warmth, gentle laughter, and renewed connection with others.

Autumn, with its falling leaves, often reminds us of letting go and the fragility of life. Yet it also holds beauty, teaching us that even in endings, there can be peace.

Grief does not follow a timeline. Instead, it moves in cycles, just like the seasons. Allow yourself to feel each moment as it comes—whether it is sorrow, joy, longing, or gratitude. Healing is not forgetting but learning to carry love forward in new ways.

Article 2: *The Back-to-School Season and Grieving Parents*

For many bereaved parents, September carries an especially heavy weight. Back-to-school time is filled with reminders of what could have been—empty chairs in classrooms, unused backpacks, and milestones their child will never reach.

The sights and sounds of children heading off to school can reopen wounds, even years after a loss. It is important to acknowledge these feelings rather than push them away. Allow yourself space to grieve, whether by journaling, lighting a candle, or sharing memories with a trusted friend or support group.

One way some parents find comfort is through rituals of remembrance: donating school supplies in honor of their child, sponsoring another student, or volunteering at a school program. These small acts can transform pain into a legacy of love.

Remember—you are not alone. Your grief is valid, and your child will always be a part of your story.

Article 3: *Finding Strength in Community*

Grief is often described as a lonely journey, but it does not have to be walked in isolation. Many bereaved parents and siblings have found strength, courage, and hope through the support of others who understand.

Sharing stories with those who have walked similar paths can bring immense comfort. In groups like The Compassionate Friends, tears and memories are welcomed, and there is no pressure to “move on.” Here, you are free to speak your child’s name, celebrate their life, and release emotions without judgment.

Community also extends beyond formal groups. It can be found in a neighbor who listens, a relative who remembers anniversaries, or a friend who simply sits in silence with you. Support does not always mean answers—it means presence.

When you feel weak, allow the strength of others to carry you. And when you are ready, you may find that your own journey inspires and uplifts someone else.

Grief Prayer of the Month

September Prayer

“Dear Lord,
As the seasons shift and the days grow shorter, help us find light in the midst of our sorrow. Grant us peace when memories bring tears, and comfort when loneliness lingers. Let the love we hold for those we have lost be our guiding star, shining bright through every season of our lives.
Amen.”

Grief Quote of the Month

“Grief is in two parts. The first is loss. The second is the remaking of life.”
—Anne Roiphe

Resource Spotlight: *The Grief Recovery Handbook* by John W. James and Russell Friedman

This practical and compassionate guide has helped countless people work through the pain of grief. It provides step-by-step actions to address unresolved grief and move toward healing. Recommended for anyone seeking tools to navigate their journey.

Helpful Grief Resources

- **The Compassionate Friends** – <https://www.compassionatefriends.org>
Nationwide support for bereaved families, including local chapters, online groups, and grief resources.
- **What’s Your Grief** – <https://whatsyourgrief.com>
Articles, podcasts, courses, and photography projects to support those coping with loss.
- **Modern Loss** – <https://modernloss.com>
Real stories and resources for navigating grief in today’s world.
- **GriefShare** – <https://www.griefshare.org>
A 13-week support program for those grieving the death of a loved one.

TCF Chapter Donations

A big thank you to *Alison's Angels GPD*, which was founded by Margaret Reynolds, a grieving mother, and Hallie Godfrey, Administrator of *Alison's Angels*.

In July, Halley, on behalf of *Alison's Angels*, delivered many copies of the book, "Whispers of Hope," to TCF Brushy Creek at no cost to be used by grieving families associated with our chapter. You can learn more here:

[Whispers of Hope Book](#)

[Alison's Angels GPS Website](#)

Like all TCF chapters, we are non-profit and do not ask our members to pay dues or make donations. Through the years, we have received gifts of books, grants from private organizations, churches, and individuals who wanted to donate in memory of children, grandchildren, or siblings. Christ Lutheran hosts our monthly meetings free of charge. All of the Brushy Creek chapter leaders donate their time, talents, and supplies. We do have expenses and must report both donations and expenses annually to the National TCF office.



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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Thank you to Christ Lutheran Church

We really appreciate your generosity!



It's been far too long
since that time.
Far too long indeed,
and I don't know
if I could ever hope
to see you again.

But I linger here...
It's as though any moment
you will suddenly come back,
and you'd sit right next to me.
It's as though any moment
you'd speak to me,
and I'd hear you say my name again.

It's been far too long, indeed.
But not long enough
to keep me from loving you.

**- Of Waves and Butterflies
@itakeoffthemask**

The Compassionate Friends Resources

Stay connected:

 Email: info@compassionatefriends.org

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

 Website: www.compassionatefriends.org

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