



The Compassionate Friends

of Brushy Creek
Supporting Family After a Child Dies



Our next in-person meeting will be Tuesday, August 8, 2023 at 7p.m.

Christ Lutheran Church

510 Luther Drive. Georgetown. TX. 78628

512-348-7885 TCFBrushyCreek@gmail.com

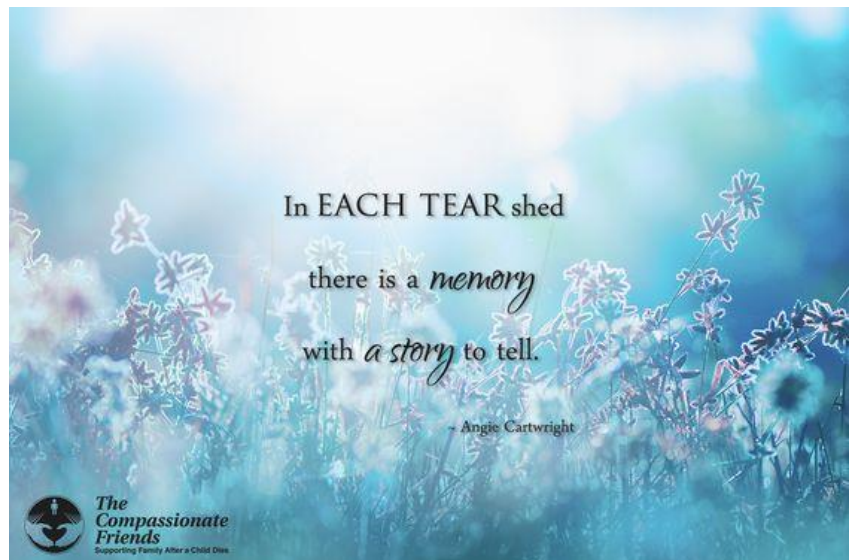
(If you have problems finding us call: 512-966-1651)


Our next virtual meeting on-line will be Thursday, August 24, 2023 at 7pm via Zoom.

Text 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 and the fourth Thursday 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.





**EACH MONTH THE
BIRTHDAY DATES
& ANGEL DATES**



**ARE REMEMBERED AND CHERISHED
AND NOT SHARED ON THE WEBSITE**



**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.



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.

August – If you wrote a letter to your lost loved one, on how things have been, what would you tell them.

A child's death forever changes a family and those who love them. The experience of grief is lifelong – it does not go away after a certain amount of time. Yes, it softens but always there is a place in your heart and your soul that yearns for that child.

Grief Stages Overview			
Shock & Denial	Anger & Depression	Release & Honor	Return To Love
*Disbelief *Tending to business *Return to "normal" *Life goes on	*Bitter & resentful *Asking "Why?" *Guilt & blaming *Loss of faith	*Emotional release *Honoring life of the departed *Sense of peace begins to settle in	*Loving thoughts & feelings re. departed *Feeling love for the living *Accepting & enjoying life

The moment that you left me, my heart was split in two, one side was filled with memories, the other side died with you. I often lay awake at night when the world is fast asleep, and take a walk down memory lane with tears upon my cheek. Remembering you is easy, I do it everyday; but missing you is a heartache that never goes away. I hold you tightly within my heart and there you will remain, you see life has gone on without you, but will never be the same.

- sayinggoodbye.org

***YOU NEED NOT WALK ALONE
WE ARE THE COMPASSIONATE FRIENDS***

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.



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



IF EVER THERE IS A TOMORROW
WHEN WE'RE NOT TOGETHER

THERE IS SOMETHING YOU
MUST ALWAYS REMEMBER

YOU ARE BRAVER THAN YOU BELIEVE
STRONGER THAN YOU SEEM
AND SMARTER THAN YOU THINK

BUT THE MOST IMPORTANT THING IS
EVEN IF WE ARE APART
I'LL ALWAYS BE WITH YOU

Winnie the Pooh



*I wish I could take
all this
pain and sorrow
from you,
but for now
I will offer my hand
to hold
and my shoulder
to lean upon.*



When I Get Where I'm Going

Brad Paisley, Dolly Parton

When I get where I'm going
On the far side of the sky
The first thing that I'm gonna do
Is spread my wings and fly
I'm gonna land beside a lion
And run my fingers through his mane
Or I might find out what it's like
To ride a drop of rain
Yeah, when I get where I'm going
There'll be only happy tears
And I will shed the sins and struggles
That I've carried all these years
And I'll leave my heart wide open
And I will love and have no fear
Oh, when I get where I'm going
Don't cry for me down here
Gonna walk with my grand daddy
And he'll match me step for step
And I'll tell him how I've missed him
Every minute since he left
On, and then I'll hug his neck
Yeah, when I get where I'm going
There'll be only happy tears
And I will shed the sins and struggles
That I've carried all these years
And I'll leave my heart wide open
And I will love and have no fear
Yeah, when I get where I'm going
Don't cry for me down here
So much pain, so much darkness
This world we stumble through
All these questions I can't answer
So much work to do
But when I get where I'm going
And I see my Maker's face
I'll stand forever in the light
Of His amazing grace
When I get where I'm going, yeah
When I get where I'm going, yeah
I'm gonna be in heaven, heaven
When I get where I'm going



A Few Hours A Month:

**Could you volunteer to
create the monthly
newsletter for the
chapter?**

**It would be a way to give
the love you have to
others who are on a
grief journey.**

Call: Penny @ 512-966-8139

Contact Information

TCF Brushy Creek Chapter Leadership

Committee Members:

Robin Cassens
Mary Delaney
Penny Leone
Stephanie Thompson –Siblings Rep.
Rebecca Burgman-Advisory
Shelley Ransom-Newsletter
Gene Caligari – TCF Regional Rep.

Website:

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TCF National Office Information:

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Toll-Free (877) 969-0010

www.compassionatefriends.org



Things I've Learned Since the Loss of My Child

by Angela Miller

I will grieve for a lifetime. Period. The end. There is no “moving on,” or “getting over it.” There is no bow, no fix, no solution to my heartache. There is no end to the ways I will grieve and for how long I will grieve. There is no glue for my broken heart, no elixir for my pain, no going back in time. For as long as I breathe, I will grieve and ache and love my son with all my heart and soul. There will never come a time where I won't think about who my son would be, what he would look like, and how he would be woven perfectly into the tapestry of my family. I wish people could understand that grief lasts forever because love lasts forever; that the loss of a child is not one finite event, it is a continuous loss that unfolds minute by minute over the course of a lifetime. Every missed birthday, holiday, milestone– should-be back-to-school school years and graduations; weddings that will never be; grandchildren that should have been but will never be born– an entire generation of people are irrevocably altered forever.

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