



# The Compassionate Friends

*of Brushy Creek*

Supporting Family After a Child Dies

Our next meeting will be Tuesday, March 12, 2024  
at 7p.m.

Christ Lutheran Church

510 Luther Drive. Georgetown. TX. 78628

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

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

Our next virtual meeting on-line will be Thursday,  
March 28<sup>th</sup> at 7pm

Email [TCFBrushyCreek@gmail.com](mailto:TCFBrushyCreek@gmail.com) for the link

March 2024

## 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.

## 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.



## 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.

March – Guilt and Grief

YOU NEED NOT WALK ALONE  
WE ARE THE COMPASSIONATE FRIENDS

## Birthdays

Matt 3/4/1972  
*Son of Rebecca*

Yeganeh 3/31/1959  
*Daughter of Mah*

## Angel Birthdays

Melanie 3/1/2011  
Granddaughter of Terri and Daryl &  
Great Granddaughter of Vicki

Matthew 3/5/2014  
*Son of Vickey*

Aaron 3/8/2010  
*Son of Kim*

Micah 3/14/2017  
*Son of Diane*

Russ 3/21/2013  
*Son of Sue*

Tanlee 3/26/2016  
*Daughter of Alice*

Jonathan 3/26/2017  
*Son of Rhonda*

Lacey 3/31/2013  
*Daughter of Penny and Pat*  
*Sister of Christina*

Cole 3/31/2013  
*Son of Robin and John*  
*Brother of Casey, Calley and Caty*  
*Grandson of Don and Betty*



According to the art and philosophy of Feng Shui, double rainbows "are considered symbolic of transformations in your life. The material world is represented by the first rainbow while the second rainbow is the spiritual world.

### **\*Go on Family Outings**

Connect with your family by going on trips together to places that hold special significance, either to your lost loved one or to the family as a whole. Visit a childhood home, picnic in a favorite park, or go to a place you all associate with happy memories. Something as simple as having a family meal together can be comforting.

Grief is a response to loss while guilt is an emotion that brings bad feelings usually for some wrong action or words said.

Guilt is easier to cope with and handle than grief, which in some people can last the remainder of their lives.

# "Gone Too Soon"

*song*

Today could have been the day,  
That you blow out your candles,  
Make a wish as you close your eyes.

Today could have been the day,  
Everybody was laughing,  
Instead I just sit here and cry,

Who would you be?  
What would you look like,  
When you looked at me for the very first  
time?  
Today could have been the next day of the  
rest of your life.

Not a day goes by,  
That I don't think of you,  
I'm always asking why this crazy world had to  
lose,  
Such a ray of light we never knew,  
Gone too soon, yeah.

Would you have been president  
Or a painter, an author, or sing like your  
mother?  
One thing is evident,  
Would've given all I had,  
Would've loved you like no other.

*continued*

Who would you be,  
What would you look like,  
Would you have my smile and her eyes?  
Today could have been the next day of  
the rest of your life.

Not a day goes by,  
That I don't think of you,  
I'm always asking why this crazy world  
had to lose,  
Such a ray of light we never knew,  
Gone too soon, yeah.

Not a day goes by,  
Oh  
I'm always asking why.

Not a day goes by,  
That I don't think of you,  
I'm always asking why this crazy world  
had to lose,  
Such a beautiful light we never knew,  
Gone too soon,  
You were gone too soon  
Yeah.

Not a day goes by,  
That I don't think of you.



## **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 Healing Process**

**\*Engage in Physical Activity**  
Get outside in the fresh air, appreciate your surroundings, and simply meditate on new life perspectives. Join a gym or yoga class, or try new walking routes and locations. Your area may include a walking labyrinth, which can be a peaceful place to get some calming, meditative exercise.

**\*Talk to a Doctor**  
You may feel that speaking to a trained professional will help you to cope with the emotional and physical stress of grief. If so, or if you are having great difficulty in performing everyday tasks, consult with your physician about your options. Many find that properly-prescribed drugs can lighten the burden of grief and aid in the healing process.

**\*Keep Old Traditions and Make New Ones**  
You may find comfort in family traditions, such as favorite holiday meals or ritual gift exchanges. Keep practicing the ones you love, but also try starting new traditions. This can allow your family to discover a healthy balance between honoring the past and moving toward the future while recognizing the changes in your lives following the loss of a family member.

## 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.

### **\*Communicate**

Invite dialogue about the person you lost. It can be as simple as mentioning his or her name, recalling a fond memory, or saying when you miss him or her the most. These won't always become deep and emotional conversations, but they will keep your loved one's memory alive and allow your family to share openly with each other.

### **\*Look at Family Photos**

We are increasingly recognizing that it is healthy to hold onto old memories, rather than cast them off in an attempt to "move on." Looking at photos of those you love can bring about close memories or times that you've shared together. Spend time going through old photo albums and reminisce together about the happy times you had with your loved one. Reminiscing can make you feel better through difficult times, and your family can collectively keep memories alive in your hearts.

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ALONE  
WE ARE THE  
COMPASSIONATE  
FRIENDS**

## Contact Information

**Robin Cassens**  
**Mary Delaney**  
**Penny Leone**  
**Rebecca Burgman-Advisory**

**Newsletter—Would you  
volunteer**

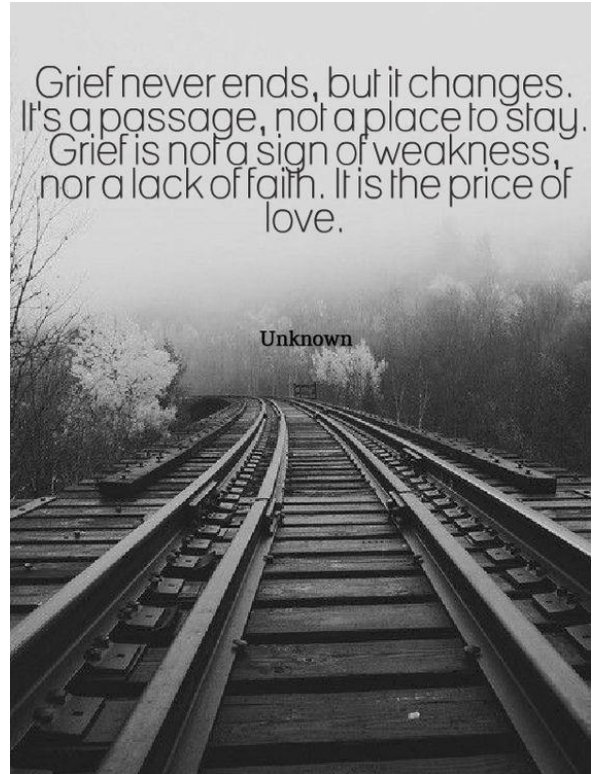
### **TCF National Office Information:**

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900 Jorie Blvd. Suite 78  
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**The Compassionate Friends  
of Brushy Creek**



**Yes, I've changed.  
Pain does that to people.**



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