



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

SEPTEMBER  
*please be good to me*

Our next meeting will be Tuesday, September 12, 2023 at 7p.m.  
Christ Lutheran Church  
510 Luther Drive. Georgetown. TX. 78628  
512-348-7885 [TCFBrushyCreek@hotmail.com](mailto:TCFBrushyCreek@hotmail.com)  
(If you have problems finding us call: 512-966-1651)

Our next virtual meeting on –line will be Thursday, September 28 at 7pm  
Email [TCFBrushyCreek@gmail.com](mailto:TCFBrushyCreek@gmail.com) for the link



## Welcome

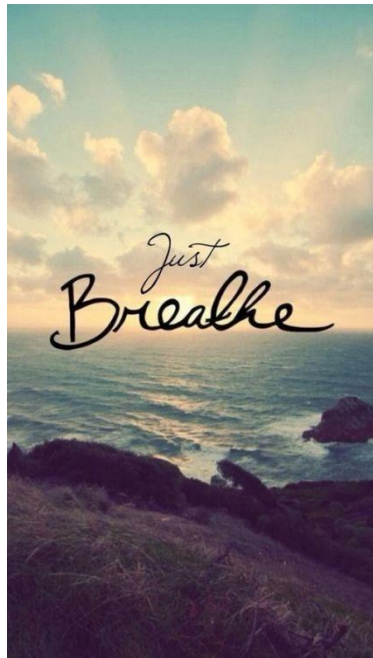
We, of the Brushy Creek Chapter of The Compassionate Friends, offer you a warm welcome. Our meetings are on the second Tuesday and the fourth Thursday of each month at 7pm. The Compassionate Friends is a mutual assistance, self-help organization offering friendship, understanding and hope to bereaved 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.



**BIRTHDAY DATES**  
**And**  
**ANGEL DATES**



**Remember our Loved Ones with  
September Birthdays and Angel Dates**



**Labor Day**  
September 4<sup>th</sup>

**Patriot Day**  
September 11<sup>th</sup>

**Grandparents Day**  
September 11<sup>th</sup>

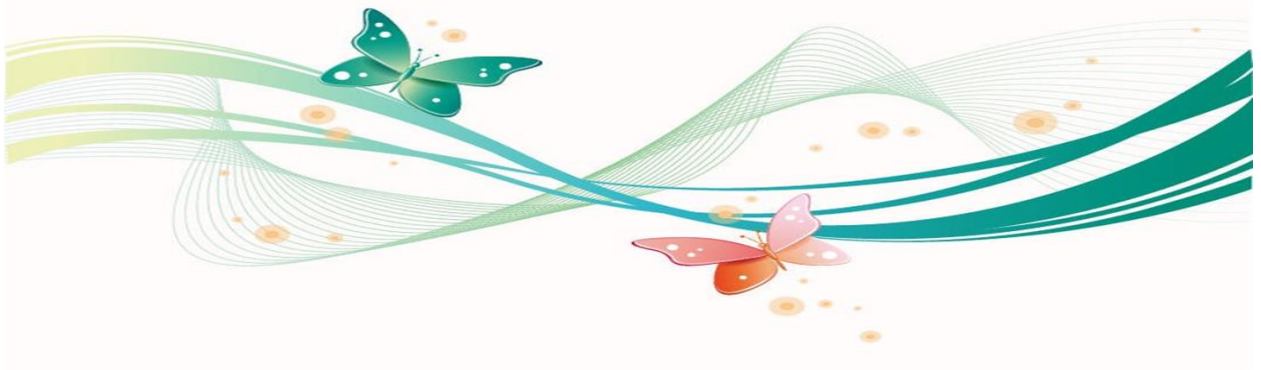
## **Monthly Topic for Discussion**

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 – What are the physical symptoms of your grief?**

## **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.



**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!

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Breathe    Calm    Imagine    Focus

# Panic Attack Solutions

Simply Stepping

4,6,8 Deep Breaths	Calming Behaviors	Imagine the Positive	Shift your Focus
Breathe in for 4 seconds, then exhale all the way out	Take a warm bath	Repel a negative consuming state with a more powerful positive state	Focus on a neutral object or person
Breathe in for 6 seconds, then exhale all the way out	Find a way to laugh	Imagine a time when you've felt confident, safe or calm	Focus on a color that calms you, focus on it surrounding you
Breathe in for 8 seconds, then exhale all the way out All the way.	Look at a soothing/funny photo	Imagine, the sounds, tastes, view, and feeling of that calm moment	Focus on a neutral or silly word
Notice feeling even slightly more relaxed	Move to a more quiet place	Submerge in this moment until your body relaxes	Notice how your focus shifts and your body responds
	Practice Meridian points tapping		
	Listen to Yoga Nidra		



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

### Alcohol and Grief Don't Mix

You've heard the phrase, "drowning out your sorrows," but it's not a good bit of advice. In fact, it could be one of the worst decisions you make if you are struggling with grief. Grief is the process of coming to grips with the loss of a loved one. It's an emotional process that is never easy to work through much less overcome. However, you shouldn't drink if you are grieving. In fact, doing so could make you feel even worse. As you look for ways to get through this time in your life, put the bottle down and consider the options you have for making better decisions.

#### Why Alcohol Doesn't Help

Alcohol is a type of depressant. That is, it does not make you forget, but can make you dwell further on what you are facing. Alcohol can make you feel even more depressed than you already are. Because this is a depressant type of drug, it cannot help you through the emotions you are feeling. When the numbness wears off, you remain frozen in the same state. The only options you have are to keep drinking to stay numb or to find another way to face it. Keep in mind that making the first choice can alter the path of your life forever.

#### How to Cope with Death

It is time to consider the options available to you to cope with this loss.

–Find someone to talk to about the way you feel. If you cannot find someone in person, look at grief forums and online venues that provide support.

–Use creativity as a way through the grief. Write something, create a painting, or start a journal.

–Create an online memorial that allows others to help support you even from a distance.

Alcohol isn't the choice to make when it comes to overcoming grief. Though you may want to feel the numbness, it cannot last.

## 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.



### 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

## Contact Information



### TCF Brushy Creek Chapter Leadership:

#### *Co-Leaders:*

Robin Cassens

Mary Delaney

Penny Leone

Stephanie Thompson Sibling Rep

Rebecca Burgman-Advisory

Gene Caligari- TCF Regional Rep

**Won't you help with the Newsletter ?**

### Website:

[www.TCFBrushyCreek.org](http://www.TCFBrushyCreek.org)

Email:

[TCFBrushyCreek@gmail.com](mailto:TCFBrushyCreek@gmail.com)

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201 Oakwood Dr., Georgetown

### 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](http://www.compassionatefriends.org)



The Compassionate Friends  
of Brushy Creek

### Things I've Learned Since the Loss of My Child

*by Angela Miller*

It's a club I can never leave, but is filled with the most shining souls I've ever known. This crappy club called child loss is a club I never wanted to join, and one I can never leave, yet is filled with some of the best people I've ever known. And yet we all wish we could jump ship— that we could have met another way— any other way but this. Alas, these shining souls are the most beautiful, compassionate, grounded, loving, movers, shakers and healers I have ever had the honor of knowing. They are life-changers, game-changers, relentless survivors and thrivers. Warrior moms and dads who redefine the word brave.

Every day loss parents move mountains in honor of their children gone too soon. They start movements, change laws, spearhead crusades of tireless activism. Why? In the hope that even just one parent could be spared from joining the club. If you've ever wondered who some of the greatest world changers are, hang out with a few bereaved parents and watch how they live, see what they do in a day, a week, a lifetime. Watch how they alchemize their grief into a force to be reckoned with, watch how they turn tragedy into transformation, loss into legacy. Love is the most powerful force on earth, and the love between a bereaved parent and his/her child is a lifeforce to behold. Get to know a bereaved parent. You'll be thankful you did.

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