



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

Meeting location

Christ Lutheran Church
510 Luther Drive. Georgetown. TX. 78628
512-348-7885 TCFBrushyCreek@hmail.com
(If you have problems finding us call: 512-966-1651)

Our next in-person meeting will be Tuesday, May 9, 2023 at 7:00 p.m.

No ZOOM meeting this month.

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.

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.

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.



This Month's Topic Signs from your Loved One



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.

Remembering Frankie

My only child, my daughter, Jane Frances was born still on May 2, 2020. I named her after my mother who passed away. I planned to call my little girl Frankie. Since the delivery and my health issues, my heart continues to ache. A sad, deep, and unbearable ache. I am an invisible mother. This August I am having a funeral mass said for my Nana, my Ma and sweet Frankie girl. All of their ashes will be buried in upstate New York. This will be the first memorial I have had for Frankie. My Nana, my Ma and Frankie all share the first name Jane. I am Meghan Jane. Due to my health I will not be having another child. This has been heartbreaking and life changing. I wanted nothing more in life than to be a mother. I am currently working on an advocacy campaign to lobby for Certificates of Birth Resulting in Stillbirth across the 50 States. Many of our babies are not recognized as having existed. Whether it be from family, friends, the medical community, or legislatures, our babies were born. We carried them in our womb. We had hopes and dreams for them. We will never be the same. We left the hospital with empty arms, but not empty hearts. On days like today, I try to remember that I am a mother, and I thank God for that gift. My heart has never known such love and loss.



Meghan Weiss
Frankie's Mommy

A Loss is a Loss

One day I went to visit my son's grave. A woman came by and we started talking.

She shared with me that her daughter died at 18 months old. When I told her my son died as a newborn she said, "Well, you never really suffered then. Mine was a true loss—I had my daughter for 18 months. You didn't even bring your son home from the hospital. I suffered more."

I had to agree with her. She suffered terribly. But, it's horrible to have a child for any length of time and then to lose him/her.

What made her loss even more poignant was she didn't have any other children to ease the pain. I did. I did not come home to a childless home. I had three sons waiting for me.

I've since met other women who lost their first baby and came home to an empty home...my sister-in-law being one. It's painful to pack up your hopes and dreams to await another pregnancy and child.

I have a friend who lost her daughter at age seven to brain cancer.

I read about a mother who lost all three of her children by the age of 18 to a genetic disorder.

These women suffered horribly...perhaps more so than I did.

However, is that what death is all about...comparing and contrasting degrees of suffering?

Isn't a loss still a loss?

Suggestion:

Try not to compare your loss to someone else's loss. People always compare their weaknesses against someone else's strengths. And when death is the topic, comparing your suffering against someone else's suffering is a lose/lose situation. Everyone aches when a child dies. There are no so-called "winners" whose measure of suffering surmounts everyone else's.





Remembering our **Jared Lowrance**



We miss you every day.

Thinking of you in your birthday month. We cherish our memories with you.

Fourteen years wasn't long enough.

Love,
Jan, "Butch" & Britney

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.

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!



Does grief ever stop hurting?

When you lose someone close to you, that grief never fully goes away—but you do learn to cope with it over time. Several effective coping techniques include talking with loved ones about your pain, remembering all of the good in your life, engaging in your favorite activities, and consulting with a grief counselor.

Love Gifts

Tax deductible donations made to the chapter in memory of our precious loved ones on the anniversaries of birth or death, holiday, special occasion, or just because. There are no dues or fees to belong with The Compassionate Friends of Brushy Creek. Love Gifts provide the financial support for our chapter.

TCF National Office Information:

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TCF Brushy Creek

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