

November, 2004

November's Meeting

The Greenville Chapter of *The Compassionate Friends* will hold its monthly meeting on Thursday, November 11, 2004 from 7:30 to 8:30 pm at Pelham Rd. Baptist Church, 1108 Pelham Rd., Greenville. We are now meeting in the new "Family Life Center". We will have greeters out front to direct you to the meeting room.

"Channeling Our Memories to Happy Thoughts During the Holidays and Everyday" will be the topic of our November 11th meeting. Judy Chapman, Trent's Mom, will present this extremely important and helpful program. Join us to learn about dealing with what is the toughest part of the year for bereaved parents. Following the program, we will have a sharing time and then refreshments at the birthday table.

Mark Your Calendars Dec. 9th



The Greenville Chapter of The Compassionate Friends will hold its annual Candlelight Service in memory of our children during our regular monthly meeting on Thursday, December 9th from 7:30 to 8:30 pm at Pelham Road Baptist Church, 1108 Pelham Rd, Greenville. Light refreshments will be served following the meeting.

Thankful vs. Thankless

This is the time of year when many bereaved parents start saying out loud what newly bereaved parents have been thinking for weeks and weeks – *"I really am dreading the holidays."* And why not? When your grief is so new, you

haven't had the necessary time to accept life as it is for you now.

On the other hand, there are those of us who have had that necessary time and the proper support who are able to observe the holidays in a less painful way. We have kept some of the old traditions that warm our hearts and thrown out those that are either too painful or meaningless now. We have created a life that doesn't include someone who was a vital part of who and what we were. We're different now, doing different things because losing a child forces you into that position if you are to survive in an emotionally healthy way.

The words **thankful** and **thankless** follow one another in my dictionary; so close together in a book, yet so far apart in meaning. When you think about it, the difference between the two words is *full* and *less*. Though those of us who have had more time do, like the more newly bereaved, have less in the way of family, our lives still do have a fullness because we have learned to be thankful and appreciate that which we have left in the way of people and memories – more so than we ever thought possible.

As you approach this Thanksgiving, if you haven't yet been able to make your adjustment, I hope you will feel what you must for now because whatever you are feeling is okay. It isn't until you have reached the place in your grief where the ability to make good choices returns to your life that you can make some important changes in how you approach the holidays. I hope the transition from *thankless* to *thankful* will be soon in coming for you, for that will mean some peace has returned to your life. Above all, I do wish you peace during this holiday season.

I wish you more of the same in the New Year.

*By Mary Cleckley
Lawrenceville, GA*

Found in a Monastery in Ireland

"Death is nothing at all – I have only slipped away into the next room. Whatever we were to each other, that we are still. Call me by my old familiar name; speak to me in the easy way which you always used. Laugh as we always laughed together. Play, smile, think of me, pray for me. Let my name be the household word that it always was. Let it be spoken without effort. Life means all that it ever meant. It is the same as it ever was; there is absolutely unbroken continuity. Why should I be out of your mind because I am out of your sight? I am but waiting for you, for an interval, somewhere very near just around the corner. All is well. Nothing is past; nothing is lost around the corner. All is well. One brief moment and all will be as it was before – only better; infinitely happier and forever...."

Henry Scott Holland 1847-1918

What I've Learned Since I Last Held Your Hand

By Alice J. Wisler

- ♥ Cemeteries don't scare me any more.
- ♥ As I live the best I can; I cannot expect to always be understood.
- ♥ Life is too brief to not buy soft tissues.
- ♥ I notice the eyes of those dear to me more.
- ♥ Making time to cry is important.
- ♥ The stars seem closer to me now.
- ♥ A friend who can cry with me is worth more than gold.
- ♥ Remember to tell those you love, "I love you" often.
- ♥ Butterflies are beautiful and calm and taking time to watch them brings comfort.
- ♥ Living life is like viewing a morning glory – you have to be wanting and waiting to see the beauty.

THE COMPASSIONATE FRIENDS
Post Office Box 583 Taylors, South Carolina 29687
www.tcfofgreenville.org

Our Children Loved, Missed, and Remembered:

Shannon Anderson – 11/14/62 ~ 8/1/01
Pamela Askew – 2/18/82 ~ 11/21/00
James A. Cox – 2/15/77 ~ 11/21/92
Cindy Esterl – 11/4/77 ~ 12/26/88
Eric Scott Gow – 4/6/71 ~ 11/4/91
Matt House – 7/20/74 ~ 11/6/92
Robert J. Howell – 11/11/92 ~ 10/11/93
Misty Dugan-Hunter – 11/17/67 ~ 4/4/03
Patrick Lay – 5/31/85 ~ 11/2/00
Ben Morris – 8/18/76 ~ 11/18/95
Josh Nichols – 11/15/78 ~ 5/3/01
Jeremy Owens – 5/15/75 ~ 11/12/98
Stephanie Penland – 10/30/77 ~ 11/25/99
Kristen Posey – 11/15/83 ~ 9/19/02
David Pyle, Jr. – 7/23/73 ~ 11/9/99
Christopher Reeves – 8/18/82 ~ 11/8/02

Compassionate Tears

I cried in my car, and was ignored.
I cried in church, and was pitied.
I cried at work, and was shunned.
I cried at home, and was hushed.
I cried at The Compassionate Friends,
And others shared their tissues & tears.

*Nona Walser
Greenville, SC Chapter - TCF*

We acknowledge the following gifts with sincere gratitude and deep appreciation in Memory of:

- **Eric Scott Gow**
~by Tom and Janis Gow
- **Matt House**
~by Beverly and Jack House
- **Jason Warlick**
~by Mary D. Warlick

- **Rachel Marie Schmidt**
~by Jill, George, Josh & Haley
~by Lynel, Dave, Zaria & Ashner
Katz (aunt, uncle, cousins)
~by Hilari & Paul Pugliese (aunt and uncle)
- **Kelly Bennett**
~by Pat and John Bennett
- **Celeste Bright**
~by Anna Franklin

Thanks

~ Thanks to the friend who did know the right words to say; “There is a group in town that might help you.”
~ Thanks to the parent who somehow found the courage to call that phone number and find out about “that group.”
~ Thanks to the mother who went to that first meeting knowing it would really hurt to talk – and talked.
~ Thanks to the dad who said after the first meeting that he could never come back – but did.
~ Thanks to the parent who, at the fifth meeting, put her arms around a “new one” and said, “They really can help.”
~ Thanks to the mom who, for the first time, was again able to bake cookies – for her “Compassionate Friends.”
~ Thanks to the homemaker who could never talk in front of people – who became a facilitator.
~ Thanks to the six-foot father who cried in front of the other men – and didn’t say he was sorry.
~ Because of you, we will be able to help someone we don’t even know – next month.

Dear Friends,

Thank you for the beautiful oil candle given to me by the Greenville Chapter. In lighting the flame, I am reminded of the many parents who I met through The Compassionate Friends. I cherish the friendships established and the memories you have shared of your children. Thank you for your support of me as I traveled my grief journey trying to find meaning to life after the loss of my only child. Our children will always be a part of our lives as they live forever in our hearts. Through The Compassionate Friends, “we need not walk alone.”

*Peace and love,
Betty Garrett, Baron’s Mom*

2004 Worldwide Candle Lighting

December 12, 2004

The Worldwide Candle Lighting is held every year on the second Sunday in December, at 7:00 PM, in every time zone. As candles burn down in one time zone, they are lighted in the next, creating a 24 hour wave of light that encircles the globe in a virtual 24 hour memorial.



In connection with the Worldwide Candle Lighting, our *Community Candle Lighting* service will be held on Sunday, December 12th at 7 PM at Thomas McAfee’s Downtown Chapel, 639 North Main Street, Greenville. Candles will be provided.