

**October, 2003**



**Grief is Like A Bucket of Water**

You can start out with a full bucket, but when you find it too heavy to carry, you can bump it a little, so that some spills, and you can carry it a little farther. As you continue, you bump it again so that it becomes lighter to carry for the longer distance. You must do the same with grief. To keep the burden from becoming intolerable, you must “bump the bucket” a little and let a little of your grief spill out from time to time, so that you can continue.

How true is this? I am ever so grateful to my “Compassionate Friends” for encouraging me to “bump the bucket” occasionally.

If your burden seems to be getting too heavy for you it might be time for you to join us for a meeting. I think some of us tend to try and carry that full bucket too long and too far. Remember that we are here if you need to “bump the bucket”.



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**FRIENDS**

“Friends are those rare people who ask how we are and then wait to hear the answer.”

**The Ache We Hold Inside**  
*TCF Cincinnati Chapter*

When these children we loved are taken, and the years pass slowly by. You feel the grieving is over, but the ache is still inside.

This life of ours must continue, and the tears we must learn to hide. But you know it will never leave you, this ache we feel inside.

Their siblings go on with their future, and you know this is how it should be. You share in their joys and sorrow, but that ache won't let you free.

Where they rest, you visit less often, and their voices are not as clear. And our zest for life is returning, but the ache is always near.

Our friends and families tell us, how well we handled our grief. If they only knew deep within us, from this ache there is no relief.

When alone we talk to them often, for we know they are still by our side. And the warmth of our memories comfort, but the ache will always abide.

As we continue this earthly voyage, and the calm and the storms pass by. We will cherish our precious memories, and this ache we hold inside.



**October**

The month of October brings with it a smorgasbord for the senses. We can hear the crunching and crackling of the leaves under our feet. We can see the brilliant reds; oranges and yellows splash the earth. We can feel the magical approach of winter in the air. October is also the month for Halloween, a date synonymous with masks. As bereaved parents we have, at various times, worn many and varied masks. We have masked our feelings of despair, sorrow and anguish for the sake of our loved ones, friends and co-worker. We have masked our feelings of anger and bitterness for the traditional belief that a kind God would not do this to innocence. Most importantly, we have masked the person we are becoming, the person living through the death of our child. Let us celebrate the month of October by beginning to take off some of our masks. A very positive and helpful way to begin this process is to attend the next Compassionate Friends meeting. Share your sorrow, your fears, your bitterness and disappointment. Above all, share your progress and triumphs through the journey of grief. When you enter a room full of caring and supportive people who have shared your grief, there is no reason to wear your mask.



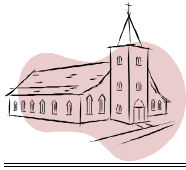
**THE COMPASSIONATE FRIENDS**  
Post Office Box 583 Taylors, South Carolina 29687  
(864) 288-8342  
[www.tcfogreenvillesc.org](http://www.tcfogreenvillesc.org)

**OUR CHILDREN REMEMBERED**

Michael Allen 10/16/94 – 8/25/02  
Kelly Bennett 9/14/81 – 10/28/02  
Alyson Duncan 6/18/84 – 10/16/84  
Lisa Etherington 10/9/80 – 2/11/00  
Baron Garrett 10/26/67 – 6/21/78  
Katelin Heaton 10/29/02 – 4/7/03  
Richard K. Jenkins 12/5/84 – 10/15/97  
Tim McKelder 10/18/76 – 7/18/98  
Terrance Lomax 10/30/86 – 6/14/99  
Geoffrey Lowry 10/29/59 – 10/1/87  
Rick O'Brien 10/4/62 – 1/10/87  
Stephanie Penland 10/30/77–11/25/99  
John Rice Jr. 10/14/76 – 2/14/97  
Matthew Roper 10/7/86 – 5/21/02  
Rachel Schmidt 1/1/93 – 10/25/96  
Christopher Teems 10/14/96–10/23/00  
Jason Turner 9/20/81 – 10/7/99  
Cam Turner 5/16/85 – 10/4/02

**MONTHLY MEETING**

Thursday, October 9th at 7:30 pm at  
Pelham Road Baptist Church, 1108  
Pelham Road.



There has been a change in our meeting place at the church. We will meet in the Education Building. Enter the end door of the Education Building and the room will be the first room on the left (Room 101). We will have members at this entrance to help you find it.

**LOVE GIFTS RECEIVED IN  
LOVING MEMORY OF:**

- **Geoffrey Lowry** - by Eva Marie and Phillip Lowry  
- **Ricky O'Brien** - by Peggy and John O'Brien  
- **Matt House** - by Jack and Beverly House

**Please Ask**

*Barbara Hudson  
Cincinnati, OH*

Someone asked me about you today. It's been so long since anyone has done that. It felt so good to talk about you...to share my memories of you...to simply say your name out loud.

She asked me if I minded talking about what happened to you or would it be too painful to speak of it? I told her I think of it everyday and speaking about it helps me to release the tormented thoughts whirling around in my head.

She said she never realized that my pain would last this long. She apologized for not asking sooner. I told her, "Thanks for asking."

I don't know if it was curiosity or concern that made her ask, but I told her, "Please do it again sometime soon."



**WE WILL ALWAYS LOVE....**

The children still in the womb, the infants, little ones, teens and adults.

**WE WILL ALWAYS LOVE....**

Those that died as a result of illness, accident, suicide, and homicide.

**WE WILL ALWAYS LOVE....**

Our children, grandchildren, sisters and brothers who lived but died too soon.

**WE WILL ALWAYS LOVE....**

those of you from whom we've inherited this legacy of love, hope, determination, courage, and compassion.....

**Note:** If your child's name did not appear in the "OUR CHILDREN REMEMBERED" column, it is probably because we do not have an updated consent form for you. TCF National now requires a signature giving us permission to publish your child's name in our newsletter. You can find our consent form on our local website below, or request one by mail and we'll be glad to mail you one.



*Visit Greenville's own website of The  
Compassionate Friends at:  
[www.tcfogreenvillesc.org](http://www.tcfogreenvillesc.org)*