

THE COMPASSIONATE FRIENDS

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THE
COMPASSIONATE
FRIENDS

Monthly Meeting

July 12, 2007

Always the second Thursday of the month

Topic:

"Norman Raiford, Schuyler's Papa, will facilitate an open discussion of whatever is on anyone's mind.

Everyone will be given an opportunity to share but sharing is NOT required. Some will feel moved to speak - others may be in the mood just to listen."

Facilitated by:

Norm Raiford

Meeting Time & Location

7:30 P.M.

Pelham Rd. Baptist Church,
Family Life Center
1108 Pelham Rd., Greenville, SC

We acknowledge "Love Gifts" with great appreciation in memory of:

- **Schuyler Raiford** ~ by *Norm and Alice Raiford*
- **Stephanie and Carey Corder** ~ by *Mr. & Mrs. Darrell Corder*

Footprints

How very softly you tiptoed into my world - almost silently. Only a moment you stayed. But what an imprint your footsteps have left upon the heart.

Thanks!

D. Ferguson - TCF, Pocatello, ID

The children who were with us in
the rush of life....
Let them now be with us
in the peace of spirit.

By Sascha Wagner
From her book "Wintersun"

In Memory of Justin Hix ~missed just as much 4 years later. From his Mom Theresa Childs

Though his smile is gone forever,
And his hand I cannot touch,
I still have so many memories,
Of the one I loved so much.

His memory is my keepsake,
With which I'll never part.
God has him in His keeping,
I have him in my heart.

I miss my son a lot - all the time, in fact.
I missed who he had been, and just as
much, I missed who he was never able to
become.

Sadly missed but never forgotten.

Memories of Our Children Are Like a Rose



When a child dies our memories are held tightly with lots of pain, just like the tightly folded petals of the rose but with the many thorns and pricks causing pain.

As we talk about our child and share memories with others, we begin to open ourselves to healing as the rose petals start to open ever so gradually.

Just as a rose becomes more beautiful as it blooms, so do the memories of our child.

Yes, the thorns are still there and will hurt when touched, but oh how beautiful the rose and oh, how beautiful the memory of our children!

Share the memory of your child, so that memory can start to bloom to become as beautiful as the rose.

*By Julie Timmerman,
TCF, Tulsa, OK*

Compassionate Friends A Safe Place to Talk



There is a need to talk, without trying to give reasons. No reason is going to be acceptable when you hurt so much. A hug, the touch of a hand, expressions of concern, a willing listener were and still are the things that have helped the most...The people who were the greatest help... were not judgmental. It's most helpful when people understand that what is needed is to talk about it and that this is part of the grief process.

Please be Gentle

Please be gentle with me for I am grieving. The sea I swim is a lonely one, and the shore seems miles away. Waves of despair numb my soul as I struggle through each day.

My heart is heavy with sorrow. I want to shout and scream and repeatedly ask, "Why?" At times, my grief overwhelms me, and I weep bitterly, so great is my loss.

Please don't turn away or tell me to move on with my life. I must embrace my pain before I can begin to heal. Companion me through my tears and sit with me in loving silence. Honor where I am in my journey, not where you think I should be.

Listen patiently to my story. I may need to tell it over and over again. It's how I begin to grasp the enormity of my loss. Nurture me through the weeks and months ahead. Forgive me when I seem distant and inconsolable. A small flame still burns within my heart, and shared memories may trigger both laughter and tears. I need your support and understanding. There is no right or wrong way to grieve. I must find my own path. Please, will you walk beside me?

Jill Englar, TCF-Westminster, MD

RETURN SERVICE REQUESTED

**The July's newsletter is lovingly
dedicated to the memory of all our
Children . . . gone too soon.**

Our Children Remembered:

Clayton Bagwell – 7/15/79 ~ 11/7/02
Jamie Bagwell – 4/22/79 ~ 7/13/05
Russell Baldwin – 11/27/79 ~ 7/9/05
Deanne Boland – 11/12/63 ~ 7/15/90
Bryan Denny – 7/23/55 ~ 3/28/98
Quinn Hall – 7/7/82 ~ 6/22/03
Justin Hix – 1/9/81 ~ 7/19/03
Matt House – 7/20/74 ~ 11/6/92
Deborah Jolley – 12/27/61 ~ 7/24/99
Jeremy Knoke – 6/4/79 ~ 7/5/91
Victor Lawson – 5/13/91 ~ 7/21/02
Damon Leonard – 10/27/74 ~ 7/27/84
Donnie McCall – 7/22/73 ~ 1/18/04
Jeremy McIntyre – 7/20/72 ~ 1/13/99
Krystal Milwood – 7/12/83 ~ 8/28/04
Tim McKelder – 10/18/76 ~ 7/18/98
Josh Pritchett – 9/28/84 ~ 7/1/05
Melissa Rowland – 7/11/81 ~ 2/10/99
Donny Wilkinson – 8/29/72 ~ 7/5/02
Amanda Williams – 12/4/79 ~ 7/25/99



Vacations

Vacation time is upon us again. You may be having trouble with that very thought. My only advice is to go where it is most comfortable for you. Large places with many people may not be the answer this year. The family oriented spots may make it more obvious of the one that is missing. It may be that you are locked into plans that were made before the

tragedy of your child's death. You may hesitate to change these plans if they involve other people. I personally, could only be with people who understood my feelings in the beginning. If the other people involved are not sensitive and understanding, you may want to reconsider your plans. Good, warm, caring friends who will allow you to be wherever it is that you are can be a great comfort. Keeping it simple with a back door through which you can escape if necessary, can be the best answer. Going away and coming home can be a problem in the beginning. Know that it is normal.

Whatever it is that you do and wherever it is that you go, I hope you will keep in mind that it won't always be this painful. **IT WILL BE BETTER.** Be patient. If you can find peace and enjoyment, do it. You deserve it and it doesn't mean you don't care.

*Mary Cleckley
TCF – Atlanta, GA*



Fourth of July

TCF – Holmdel, NJ

Each year on the Fourth of July we celebrate the birth of a great nation. A nation of people united in a dream. It was through hope; determination and a bonded strength that the people of America strived to achieve their dream of freedom. To be a free nation. Nothing, however, is achieved without a strong will. We too, as bereaved

parents, are fighting a battle to be free, free of the pain that has become a part of our waking days. We want to be able to enjoy life again. You are one of those proud Americans. Refuse to give up. Fight for your dream. There is peace to be found in freedom!

Butterflies & Rainbows



You came to me on a Butterfly's wing, so very long ago.
What God had in his plans for us how could we possibly know?

I watched you laugh and play and dream as you grew into a man.
How beautiful you were to me, as you chased rainbows in the sand.

It's incomprehensible to think that you have gone away.
And you won't be coming back again, not even for a day.

Two years have come and gone since then and the sun still rises in the sky.
Butterflies and rainbows still exist, and I have stopped asking why.

Your light shines brightly in my heart and always will my dear.
You are with the rainbows there and I'm with the butterflies here.

By Robyn Bell – TCF, Valley Forge, PA

"The most wonderful things in life are neither seen nor touched, but are only felt with the heart." ~by Helen Keller