

# THE COMPASSIONATE FRIENDS

Post Office Box 25573 Greenville, South Carolina 29616

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## Monthly Meeting

October 11, 2007

*Always the second Thursday of the month*

### Topic:

**“Journaling Through Grief”**

Expressing What’s Hard to Express”...

### Facilitated by:

Robb Ellis

### Meeting Time & Location

7:30 P.M.

Pelham Rd. Baptist Church,

Family Life Center

1108 Pelham Rd., Greenville, SC

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.



~ Words Left Unsaid! ~

I didn’t get to say “goodbye”, and all the words I wanted you to hear. I should have said them when I had my chance, but I thought that you would always be near.

I ran out of time to let you know, just how much you meant to me. I should have told you, but I thought you knew, but now I will never know, if you really did see.

## Falling Apart

I seem to be falling apart. My attention span can be measured in seconds. I cry at the drop of a hat. I forget things constantly. The morning toast burns daily. I forget to sign the checks. Half of everything in the house is misplaced. Anxiety and restlessness are my constant companions. Rainy days seem extra dreary. Sunny days seem an outrage. Other people’s pain and frustration seem insignificant. Laughing, happy people seem out of place in my world. It has become routine to feel half crazy. I am normal, I am told. I am a newly grieving person.

*Eloise Cole  
TCF ~ Phoenix, AZ*



## Halloween

It is here, this day of merriment and children’s pleasure. Gremlins and goblins and ghosties at the door of your house. . . . And the “other” children come to the door of your mind. Faces out of the past, small ghosts with sweet, painted faces. They do not shout. Those children who no longer march, laughing on cold Halloween night, they stand at the door of your mind – and you will let them in, so that you can give them the small gifts of Halloween – a smile and a tear.

*~Wintersun by Sascha*

## Dear Child of Mine

Dear Child of Mine, who died before your time, I am grateful for your life. Though death brought the end of hopes and dreams, still I am grateful for your life. Through you I have known joy and sorrow, laughter and tears. Through you my life has been enriched, my compassion heightened, and I am more keenly aware of the grief of others. I am grateful for your life. Now I draw upon my memories of you, some happy, some sad. They keep you close in many ways. They are priceless, precious memories that help me bear the pain. Through them I will learn to live again. I am grateful for your life. I have been blessed with your life and left with your love. I will share that love and strive to live to be a blessing to others. Dear Child of Mine, though you died before your time, you are never far away from me. I have loved you in my heart of hearts and there I will love you through eternity. I am grateful for your life; Dear Child of Mine.

*Betty Stevens  
TCF ~ Baltimore, MD*

## 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-workers. 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

RETURN SERVICE REQUESTED

*The mission of The Compassionate Friends is to assist families toward the positive resolution of grief following the death of a child of any age and to provide information to help others be supportive*

The October newsletter is lovingly dedicated to the memory of all our Children . . . gone too soon.

#### Our Children Remembered:

Michael A. Allen – 10/16/94 ~ 8/25/02  
Dewey Barton – 5/24/73 ~ 10/6/01  
Kelly Anne Bennett – 9/14/81 ~ 10/28/02  
Chad Allen Bibb – 11/28/77 ~ 10/10/06  
Devin Chumley – 10/4/03 ~ 8/20/04  
Little “Ty” Couch – 10/10/96 ~ 5/10/03  
Alyson P. Duncan – 6/18/84 ~ 10/16/84  
Lisa Etherington – 10/9/80 ~ 2/11/00  
Baron Garrett – 10/26/67 ~ 6/21/78  
Jessica Gosnell – 10/26/87 ~ 5/7/06  
Jason Goss – 5/31/83 ~ 10/6/06  
T.C. Gramling – 10/10/81 ~ 4/4/03  
Karen M. Hayden – 10/17/69 ~ 1/19/04  
Robert J. Howell – 11/11/92 ~ 10/11/93  
Bobby Jones – 10/16/86 ~ 12/22/03  
Damon Leonard – 10/27/74 ~ 7/27/84  
Geoffrey Lowry – 10/29/59 ~ 10/1/87  
Tim McKelder – 10/18/76 ~ 7/18/98  
Mark Miller, Jr. – 10/4/86 ~ 6/18/98  
Shane O’Sullivan – 8/12/85 ~ 10/20/03  
Matthew Roper – 10/7/86 ~ 5/21/02  
Jantzen Satterfield – 2/8/88 ~ 10/17/97  
Rachel M. Schmidt – 1/1/93 ~ 10/25/96  
Nathan A. Stein – 5/7/96 ~ 10/1/99  
Terri Thomas – 10/22/79 ~ 11/22/04  
Cam Turner – 5/16/85 ~ 10/4/02  
Daniel Walker – 10/18/80 ~ 9/7/01  
Jason Warlick – 10/12/73 ~ 9/14/98

*“Hurting will ultimately lessen. Pain will slowly become more bearable. Fears and guilt will gradually pass away. But love...that inner dance of the heart which leaps to our child’s name or memory, will not pass away”*

## Upcoming Events:

### Mark Your Calendars

#### Upcoming Events in December



#### 2007 Worldwide Candle Lighting

Sunday, December 9, 2007

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 for our children.



In connection with the Worldwide Candle Lighting, our Community Candle Lighting service will be held on Sunday, December 9<sup>th</sup> at 7 PM at Thomas McAfee’s Downtown Chapel, 639 North Main Street, Greenville. Candles will be provided.



#### Thursday, December 13<sup>th</sup> will

be our Chapter Meeting. This will be the *Slide Show Presentation* honoring our children. We’ve had these in the past during different times of the year and it’s always been a beautiful and moving experience for all who attend.

If your child’s picture has already been included in our presentation,

there is no need to re-submit, however if you are new to Compassionate Friends and would like to have your child’s picture included in the slide show, please submit them by e-mail to: [tjgow@bellsouth.net](mailto:tjgow@bellsouth.net). Please put “TCF Pictures” in the subject line so I know this is a legitimate e-mail. You can also mail to: Janis Gow, 520 Dean Rd., Greer, SC 29651. All pictures must be received no later than Nov 30<sup>th</sup> in order to be included.

#### A Season of Many Feelings



Fall is a season of many feelings; Autumn is here once again as it comes every year, and with the leaves, my falling tears.

This time of year is the hardest of all. My heart is still breaking, once again it is fall.

Memories once so vivid are seeming to fade. My time spent with you seems of some other age.

This season reminds me of grief and of pain. But yet teaches hope and joy once again.

For the trees are still living beneath their gray bark, and you, my sweet child, are alive in my heart!

~Cinda Schake  
TCF – Butler, PA