



THE COMPASSIONATE FRIENDS

Supporting Family After a Child Dies

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Treasurer Tammy Spikes

Chapter Leader Becky Barch

Newsletter Editor Marian Lambeth

Registration Now Open for 2013 TCF National Conference!

It seems like everyone has been anxiously awaiting the start of registration for the 36th TCF National Conference July 5-7 in Boston. That time has arrived and online registrations have kicked into high gear. To register for the "Beacon of Love - Rays of Hope" TCF National Conference, go to www.compassionatefriends.org, hover your cursor on "News & Events" and click on TCF 2013 National Conference.

Once on the national conference page, besides the link to register, you can download a complete registration brochure (PDF) which will allow you to learn about everything that will be happening at the conference including the complete 2013 Conference Schedule. There will be over 110 workshops covering most topics related to grief after the death of a child, four great keynote speakers, sharing sessions, a complete sibling program, butterfly boutique, memory boards, two banquets, several "meet and greets," as well as a Reflection Room and a Bookstore. Plan to bring a picture of your child, sibling, or grandchild and have a free picture button made by our new button man, Ken Seibert.

There will be numerous authors at the conference so plan to catch the "author's hour" where you'll be able to talk with them and have them sign your books. For those who speak Spanish as their native language, there will be a special workshop and sharing session July 4. While there will be plenty of great entertainment at the Opening, the Friday afternoon and Saturday evening banquets, and the closing, don't miss the opportunity to hear an outstanding vocal group Friday evening, the East Coast Acappella which is "a performance oriented vocal group of professional entertainers, established to provide quality entertainment 'beyond' the average." Don't forget to plan to watch the fireworks Thursday, July 4. Boston is known for its phenomenal display which you will be able to see from some hotel rooms, or by taking a short walk to the river.

If you wish to register by mail, you can use the form in the registration brochure, although it will be much easier to register online. If you are unable to access the national conference brochure by computer, feel free to call the National Office at 877-969-0010 M-F 9-5 CST and request one.

**"Beacon of Love - Rays of Hope" ~ July 5 - 7 ~
Boston, Mass.**

Tallahassee, Florida Chapter

MONTHLY MEETING

*St. Stephen Lutheran Church
2198 N. Meridian Road
Tallahassee, FL 32303
850-422-8404*

E-mail: tcfot@yahoo.com

April 8th

May 13th

June 10th

Meeting time 7:00 – 8:45 pm

Library open 6:30 – 7:00 pm

NATIONAL OFFICE

*The Compassionate Friends
PO Box 3696*

*Oak Brook, IL 60522-3696
(877) 969-0010*

*Nationaloffice@
compassionatefriends.org
www.compassionatefriends.org*

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.

*Our appreciation to St. Stephen
Lutheran Church for providing our
office space and meeting room.*



Gifts to the Tallahassee Chapter of the Compassionate Friends

WE ARE EVER GRATEFUL FOR THE GENEROSITY
AND SUPPORT FROM OUR DONORS

**Judy Young
In Memory of Michael David Owens**



**Mr. & Mrs. Thomas Brooks
In Memory of Jonathan Barch**



TCF National Office Seeks Your Stories and Articles!

For many years, The Compassionate Friends National Office has provided on its Leadership Site stories and poems by TCF members that can be cut and pasted into chapter newsletters around the country. The National Office, in order to better serve its newsletter editors and members who receive support from chapter newsletters, has committed to doubling, over the next two years, the number of articles and poems available to the chapter newsletter editors.

Currently, the Newsletter Editor Database has 500 stories and 150 poems. The National Office would like to include your personal grief related stories and poems. Please submit your articles and poems to TCF's Public Awareness Coordinator, Wayne Loder at wayne@compassionatefriends.org. Please include your name and chapter affiliation.

Not in Color

I remember a Hollywood movie called *Pleasantville*. I don't recall many details about plot or premise, but one of the techniques used in the movie was the juxtaposition of color with black and white in the same scene. People could be in color or B&W; the backdrop could be in both, too.

I know I'm definitely in black and white. No color. The grass is green, the sky is blue, the flowers may be yellow or red or purple or whatever but I am in black and white. Trying to run my errands, accomplish my tasks, walk my dog. But doing so in black and white. Muted. Grey. Definitely not in color.

I live a world where people are in "Technicolor." I can see that they are. I can remember when I was. I wish I were still one of them.

But there's no tint or paint or photo app to make me "in color" again. I suspect if and when color returns, it will be subdued. Pastel. I doubt it will ever be vivid again.

At this stage, I'd take pastel.

By: Peggi Johnson

TCF Arlington, VA

Compassionate Friends Offers Grief Related Webinar Series

The Compassionate Friends is expanding its outreach to bereaved families by offering a series of free online grief related seminars. The webinars, to be held once per month, are on various grief topics and guests are well-known experts in the field.

Webinars have included such topics as "Handling Grief Through the Holidays," "Getting 'Stuck' and 'Unstuck,'" "Caring for Your Health While Grieving," and "Coping with Guilt During Bereavement." These webinars were recorded and are available to view on demand on TCF's national website. ➡

To reserve a seat for the next webinar (or to view the previous month's webinar), go to www.compassionatefriends.org News & Events ➡ Special Events ➡ Webinars. Webinars are being archived in TCF's Webinar Library, accessible from the webinar page.

"DON'T STEAL MY GRIEF"

Don't try to make me feel better,
By quipping your cute jokes.

Don't try to rob me of my pain,
When I need it as my cloak.

I know you probably think,
You're doing me a favor,

But what you don't understand,
Is that my sadness is my savior.

Don't try to steal my right,
To express my grief in my own way.

You see, I lost my child,
And grief is the price that I must pay.

I need to feel the hurt and pain,
As it beats inside my chest.

Don't try to steal my grief,
When it's the only feeling I have left.

Faye McCord
TCF Jackson, MS
In Memory of my son, Lane McCord



HOPE

My heart has been broken.
My soul has been crushed.
My mind has gone to depths I never knew existed.
Places where only God,
In his most infinite Love, could understand.
And even He could not console me at times.
But I am here on earth,
For whatever reason I still do not know;
And I have hope that, in time,
God will show me the way
And give rhyme to my reason.
So I wait in hope for a future
And a new beginning.

Kathleen Leeper
TCF Valley Forge, PA

Newly Bereaved . . . Time will ease the hurt

The sadness of the present days is locked and set in time, and moving to the future is a slow and painful climb.

But all the feelings that are now so vivid and so real can't hold their fresh intensity as time begins to heal.

No wound so deep will ever go away, yet every hurt becomes a little less from day to day.

Nothing can erase the painful imprints on your mind; but there are softer memories that time, will let you find.

Though your heart won't let the sadness simply slide away, the echoes will diminish even though the memories stay.

By: Bruce Wilmer
TCF/NJ newsletter

2013 Boston National Conference Butterfly Boutique

Needs Your Support

TCF's Butterfly Boutique combines beauty with philanthropy at TCF's National Conferences where hundreds of meaningful and popular items are available for sale to help support bereaved families across the country. The Butterfly Boutique annually carries items that are of interest to parents, grandparents, and siblings seeking something special to bring home or to give as a gift.

"We are looking for donations from chapters and individuals of any butterfly, angel, or healing 'themed' products," says 2013 Butterfly Boutique Chair Tanya Lord. "Homemade, practical items such as kitchen items, afghans, frames, and jewelry are among the most popular."

You can send your donation items directly to Tanya at the address below or bring them to the conference. Please include in whose memory the donation is being made (this can be attached to the item) and an estimated sale price for the item. Please contact Tanya if you have any questions.

Please send your items to: Tanya Lord, 3 Sanborn Drive, Nashua, NH 03063 or write tanyalord@comcast.net

Grieving and Growing

Our TCF credo states that “We are all seeking and struggling to build a future for ourselves, but we are committed to building that future together as we reach out to each other in love and 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.” I thought about those early years of grief after my son, Chris was killed. I certainly didn’t need anyone to “help me grieve,” that’s for sure. I was pretty much sobbing and wailing on my own everywhere I went. I was also in despair and not wanting to live.

But after many years of TCF experience I think the writers of the credo wanted to impress upon us “fellow grievers” that not only don’t we have to grieve alone, but we can *learn some lessons in our grief to make something positive come out of our individual tragedies. We are the only ones qualified to determine what “that positive growth” might be.* One of the lessons we might learn from grief is who or what is really important in life. Those of us who know the pain of loss can become aware of and appreciate more our meaningful personal relationships. Somehow material possessions, jobs and financial concerns don’t seem as important any more. There seems to be a shift in and reevaluation of priorities, hence the beginning of the growth process. Sometimes bereaved family members begin trying new activities, develop new interests, find “new causes,” or are focused on building closer friends—those who will listen. Part of the process of growth is to seek out those individuals who are open to sharing our pain. Sometimes people might disappoint us, but eventually we will find those who will be patient and willing to give us what we need from them. We will find we can draw closer to these friends who might not even be our long-term friends. We can focus the energies we gave to our child and work toward a cause to make a difference in our world.

The growth of grief will come when we seek to understand what it is to live without our child. We can journal to track our healing and enrich our understanding about the grief process by learning from others in our group, or from books/articles on grief. We can persevere in our attempt to go on with life, even though there are times when we want to give up and give in to the grief. *We can begin reaching out to others with the same love and care we once showered on our child or sibling.* We can be more open about reaching out to comfort and encourage others. We might learn we are more relaxed in being with others in grief. We can care for them expecting nothing in return. We can use our sufferings to make us more compassionate; we can reach out and help others during their trials.

The growth will also come when we can be thankful for the child we had in our lives, and that we were blessed to love and be loved. He or she was a gift and that gift can be shared with others by remembering, memorializing and making a difference in life for others. *Rejoicing in the gift of our child frees us to grieve as deeply as we loved without caring what others might think or feel.* There is no quick fix for grief. Grief endures and our task is to “out endure” the grief until we reach a state of reinvestment in life again. A time when each of us can look at ourselves and say, “I’m a better person because I have grieved well and have used the love I still have for my child to reach out to others, bear some of their burdens, give lavishly to life, believe in the strength of the human spirit, and embrace hope. Hope that life still holds joy and meaning for me, and I have things to do in memory and honor of my child.” May we have grace and courage as we go forward.

Dedicated to the survivors of the 911 terrorist attacks and in memory of their loved ones.

Carole Dyck
TCF Verdugo Hills, CA

2013 Love Gift Form

Consider making a Love Gift to support
The Compassionate Friends of Tallahassee

Your gift will help defray the cost of chapter expenses and allow us to provide outreach in our community related to the unique needs of those who are grieving the death of a child or grandchild. The Compassionate Friends is a 501c(3) non-profit organization and your donations are fully tax deductible. To make a love gift the Tallahassee Chapter, complete and print this form and mail it with your donation to:

The Compassionate Friends, Tallahassee
C/O St. Stephen's Lutheran Church
2198 N. Meridian Road
Tallahassee, FL 32303

Contributor's Name: _____

Address: _____

Phone: _____



This gift is made In Memory of: _____



This gift is made In Honor of: _____



This is a Chapter Gift (without memorial or honorarium)



We Need Not Walk Alone

Our Children Remembered - Birthdays

April	May	June
3 rd Michael Joseph Watson	1 st Jenny Amy Correia	2 nd Morgan Christine Hooper
5 th David Morales	3 rd Hayley Michele Meyer Ashleigh Diane Jacobs	3 rd Dena Suzanne Herndon
9 th Gia Michelle Francheschi	5 th Ronshay Dugans Will Wright	5 th Ricky Powers
13 th Colin Angel Miller David Andrew Kull Keith Roberts	6 th Michael David Owens	6 th Justin Alexander Ferrell
14 th Gregory Corder Hranicky	9 th Frank Donofrio Gregory Paul Burris	7 th Bronwen Ashley-Cooper
15 th Diana McShae Harris	13 th Christopher J. Mazza	8 th Leslie Anne Knowles
20 th John Langdale Johnson	20 th Amanda Page Smith	9 th Megan Elizabeth Barksdale Jadyn Burch
22 nd Nancy Elizabeth Dahl Sylvia Marie Richardson	22 nd Diondra Peters	12 th Sara Combs
26 th John Adam Christie	24 th Doris Jean Losey Robert Wilson Thornal Malayshia Nicara Chaires	15 th John William Sitalski
29 th Brittany Leigh McKinnell	25 th Laura Marie Haight	16 th Jerrold Walker Bullock
	26 th Eric Shaw	17 th Robin & Hannah Rogers
	27 th Suzie Mueller	18 th Donald Mathis
	28 th John Brown	21 st Margaret Wedlake
	30 th Scott David Salerno	22 nd Michael Sternchak Justin Timothy Petynia
	31 st Amanda Brooke Miller Christopher Sean Kelly	24 th Kathryn Carr Alday Thomas "Mac" Crutchfield
		26 th Troy Tedder
		27 th Trace Boy
		29 th Richard (Rick) Thompson
		30 th Michael Kenneth Eubanks

Our Children Remembered ~Anniversaries

April	May	June
1 st Robert Thea Robinson	1 st Jenny Amy Correia	1 st Jason "Sun" Paris Scribner Mark Anthony Pope
3 rd Brent Blaisdell	3 rd Hayley Michele Meyer	5 th Robert Sean Gunn
4 th Kelly Lane Gaddy	4 th Justin Timothy Petynia	9 th Danny Kinsey Ja'marcus Christian
5 th John David Pollock Joshua Martin Wolfe William "Will" Ryan	5 th Albin (Bin) T. Chalk, III	10 th Megan Elizabeth Barksdale
7 th Jeff Godwin Sean O'Brien	6 th Paul David Bussey Stephen "Stevie" S Dobson IV Anthony Michael Pizzuto	11 th Bronwen Ashley-Cooper
12 th Hunter Mozolic	7 th Michael Sayah	12 th Nicholas Irving
13 th Colin Angel Miller	8 th Dena Suzanne Herndon	15 th John William Switalski
14 th Kris Ann Jones	9 th Abraham Smith, Jr. Danielle N Smith	16 th John Langdale Johnson Sammy Mobley Garrett Hughes
19 th Diana McShae Harris	10 th Gregory Paul Burris J.J. Goodman, Jr.	17 th Robin & Hanna Rogers
22 nd Gia Michelle Francheschi Charles Douglas Kirby	13 th Perry Ward Chandler	20 th Noah Colvin
23 rd Seth Smelko Timothy E Page	16 th Darrielle Monique Copeland	23 rd Sara Combs
26 th Gregory Corder Hranicky John Adam Christie	18 th David Owen Crapo	24 th Kathryn Carr Alday Amy McDonald Colby Strickland
28 th Zelma Smith-Jordan	19 th Ivan Larue Richardson	25 th John A Wolfe Brian J Dehner
29 th Jerrold Walker Bullock	20 th Clint 22 nd Diondra Peters Andrew "Drew" Thompson 23 rd Amanda Page Smith Sherry Lynn Fulcher 24 th Malayshia Nicara Chaires 25 th Laura Marie Haight Scott David Salerno 26 th Joseph (Jessie) Correia 28 th David Andrew Kuell Joshua Floyd 31 st Amanda Brooke Miller	26 th Danny John Densmore