



The Compassionate Friends

Tallahassee Chapter

Supporting Family After a Child Dies

Volume 9, Issue 1 January – March 2015

Chapter Leader Becky Barch

Newsletter Editor Marian Lambeth

Survival Plan

There are times in the life of a bereaved parent when we are feeling fine and are going about our daily activities when suddenly, off in the distance, we begin to inwardly feel a change in the atmosphere of our soul. The rumbling storm clouds start to gather and an icy wind blows a cold rain through our heart. The dull ache that has been kept to a minimum suddenly becomes unbearable once again. We've been blindsided by grief. It's for times like these that we need to develop survival skills. We need to find a fallback position where we can seek shelter, calm ourselves, rest and regroup. The time to formulate this contingency plan is not when we're in the middle of agonizing sorrow, but when we are feeling and doing well. We can even make a list of ideas, put them into writing and save them for those moments when we are not able to think about what's going to help us in the midst of our blinding pain. What calms and soothes you the best when the bad days come and you're longing for the touch of your child? Would your respite be snuggling in bed under a warm blanket with a hot cup of tea or perhaps watching a favorite movie that you and your child would have enjoyed together? Maybe hugging and telling your surviving children or grandchildren how much you love and treasure them; would this ease your sorrow? Would writing a poem or love letter to your child and reading it out loud help afford you some peace? Would calling one of our Loving Listener's for comfort and understanding assist you during this difficult time? If you haven't been to a TCF meeting in a while, plan on attending the next one. Give yourself something to hold on to and look forward to. We all know that the death of our child is something that we will never "get over" but we can try to find ways to make it through the really bad days. We are here to help.

Janet Reyes, TCF Alamo Area Chapter, TX

MONTHLY MEETING

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

E-mail: tcfot@yahoo.com

Second Monday of each month

Meeting time 7:00 – 8:45 pm

UPCOMING EVENTS

Monthly Meetings

January 12

February 9

March 9

REGIONAL COORDINATOR

Becky Barch

850-422-8404

tcfot@yahoo.com

NATIONAL OFFICE

The Compassionate Friends

PO Box 3696

Oak Brook, IL 60522-3696

(877) 969-0010

nationaloffice@compassionatefriends.org

www.compassionatefriends.org



The Compassionate Friends Credo

We need not walk alone. We are The Compassionate Friends. We reach out to each other with love, with understanding, and with hope. The children we mourn have died at all ages and from many different causes, but our love for them unites us. Your pain becomes my pain, just as your hope becomes my hope. We come together from all walks of life, from many different circumstances. We are a unique family because we represent many races, creeds, and relationships. We are young, and we are old. Some of us are far along in our grief, but others still feel a grief so fresh and so intensely painful that they feel helpless and see no hope. Some of us have found our faith to be a source of strength, while some of us are struggling to find answers. Some of us are angry, filled with guilt or in deep depression, while others radiate an inner peace. But whatever pain we bring to this gathering of The Compassionate Friends, it is pain we will share, just as we share with each other our love for the children who have died. We are all seeking and struggling to build a future for ourselves, but we are committed to building a future together. We reach out to each other in love to 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. We Need Not Walk Alone. We are The Compassionate Friends.
©2007 The Compassionate Friends

Footprints in the Sand

There was a day of sunshine,
when you followed after me.
Bare feet in cool sand.
Small prints skipping
through swirls of foam upon the shore.

Even as we danced and laughed
The waves crashed against the rocks.
Yet when I looked behind us
Only smooth sand remained.

People have ceased to speak of you
and grow uncomfortable when I do.
But I refuse to let them, like the sea...
erase your memory.

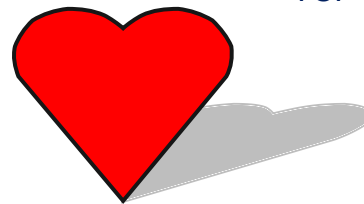
Karen Nelson, TCF, Box Elder County, UT

February

In February we celebrate the birth of George Washington and Abe Lincoln. Lent begins. We wonder if the groundhog will see his shadow, and we have Valentine's Day. Candy, flowers and cards are often exchanged. Many cards are given and received between parents and children as a way of showing love for one another. Valentine's Day is another holiday on which bereaved parents remember the drawings, cards and gifts received from their deceased children.

Take time out to be good to yourself. Perhaps you could remember your child with a special flower, or could do something kind in your child's memory for someone in need. Most of all, take time to tell your living children and your spouse or someone special how fortunate you are to have them and how much they mean to you.

Lorraine Bauman
TCF Fairmont, MN



A Love Song

The mention of my child's name may
bring tears to my eyes. But it never fails to
bring music to my ears.

If you are really my friend, Please, don't
keep me from hearing the beautiful music
of his name. It soothes my broken heart
and fills my soul with love.

Nancy Williams
TCF New Jersey

Relinquishment....

You may have noticed there was no 4th quarter newsletter in 2014. The thing about being a member of the Compassionate Friends is that grief hits each of us at the most unexpected times. In late 2014, I realized I had to stop doing some things, our newsletter was one of those things. There are times a grieving parent must balance the conflicting needs of daily life and self-preservation. As I approached the fifth anniversary of our son's death, my heart has been heavy. One of the valuable lessons I learned from Compassionate Friends is we must allow ourselves to honor our feelings. I decided to honor my feelings, relinquish to the sorrow in my heart and give myself a needed rest.

As we enter 2015, I walk with hope that the newness of the year will fill me and all my compassionate friends with the strength, courage and resilience to pick ourselves up when we are weary, join in unison with those who walk this journey and be a light in our world, a light that will share the love we have for our children. This can be a lonely journey, but it does not have to be. In our own grief, reaching out to soothe the heart of another is a powerful balm. Sharing compassionate understanding brings affirmation to both the giver and recipient that we are not alone in grief. In 2015, I encourage you to reach out to those who are grieving, share a walk or a coffee, send a card or make a phone call. No matter how small the act, I'm confident it will not go unnoticed or unappreciated. Peace

~ Marian Lambeth



There is a sacredness in tears. They are not the mark of weakness but of power.

They speak more eloquently than ten thousand tongues.

They are the messengers of overwhelming grief, of deep contrition, and unspeakable love.

~ Washington Irving

The Wounded Heart

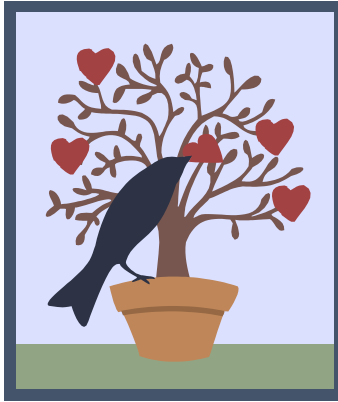
Children have preceded their parents in death for eons of time. We are not the first, nor will we be the last, to enter the realm of Bereaved Parents. But for now right now it is OUR HEARTS that are freshly wounded and OUR HEARTS in need of mending.

Wounded hearts must be allowed to mourn and lament their loss; to pour out their pain, agony, sadness, hurt, and anger; and to release their well of tears. Wounded hearts need to be wrapped in quietness, gentleness, and compassion, away from the turmoil of daily life.

A wounded heart, not allowed to mend from the depth of its agony, will be as an abscess to swell and undermine, erupting at a distant time. Or, suppressed, will slowly choke the spirit of its host. Only the bearer will know when his heart has healed.

The wounded heart, encouraged and given the time and freedom to mend, will carry in its chambers the memory and shared love of a precious child.- Nancy Gree, TCF Livonia, MI





WITH GRATEFUL HEARTS WE RECOGNIZE GIFTS
TO THE TALLAHASSEE CHAPTER

In Memory of Gabriel Hall

Given by First Commerce Credit Union



In Memory of Christian Nimis

Given by Marion Nimis



In Memory of Mary Jane Thurston

Given by
Linda Presnell
Bill and Sheila Ryan
Celest Gilday
Doug and Pat St. Angelo
Emily Landreth
Lois Franklin
Susan Fristoe
Mindy Martin
Mr. and Mrs. Wayne McDaniel
Capital City Bank



OUR THANKS TO ST. STEPHEN LUTHERAN CHURCH FOR PROVIDING OUR OFFICE
SPACE AND MEETING ROOM

2015 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 of Tallahassee
C/O St. Stephen 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

A self-help organization offering friendship, understanding, and hope to
bereaved families that have experienced the death of a child.

December Meet-Ups

In December CF of Tallahassee hosted three events

The Worldwide Candle Lighting

The Retreat at Bradley's Pond was a beautiful location for our candle lighting. We lit the five candles of Grief, Courage, Memories, Love, and Hope and listened to recollections of friendships, poetry readings and music. We read our children's names, lit our candles, lifted a sky lantern and watched the light of our candles shine as the bagpipes played a lament. It was a beautiful time of reflection and remembrance.

Thank you to everyone who shared this very special event and to all those who lit candles around the world... so their light may always shine.



Holiday Lights at Dorothy B. Owen Park

Several friends gathered to walk through the beautiful lights at Dorothy B. Owen Park



Coffee & Tea at the Black Dog Café

We sipped hot tea and coffee on a cool evening and chatted with friends. It was a nice way to end a Tuesday afternoon.



Please join us for more meet ups in the coming months... look for an email, check out our Facebook page or our webpage at www.tcftally.org

Our Children Remembered ~Anniversaries

January	February	March
1 James "Wyatt" Lambeth	11 Jimmy	10 Ashleigh Diane Jacobs
4 Cody Essig	14 Joel Gray Henry	10 Miles Kent
7 Morgan Christine Hooper	14 Phillip T LaCombe	13 Thomas Hollister
8 David Morales	22 Kaia Star Peterson	23 Patricia Ann Reed
9 William Richard "Buddy" Wallace	28 Andrew "Scott" Mathews	23 Christopher Thomas Reed
10 Gabrialle Abigail		24 McKenzie Bailey
13 Brook Catherine Bowers		24 Tyler Christian Simpkins
15 Quentez Ruffin		25 Heather Braswell
20 Carter Winston Pittman		26 Rebecca Ann Starnes
23 Justin Patrick Murphy		Milner
		27 Russell Todd Cody

Our Children Remembered - Birthdays

January	February	March
6 Darrielle Monique Copeland	4 Michele Carter Mays	3 Jason "Sun" Paris Scribner
8 Lawson Susanne Mayfield	10 Luke Rigsby	4 Suella Howell
10 Elizabeth Lauren Butler	11 Garrett Hughes	14 Milton Johnson
16 Dustin "Pooh Bear" Rae	12 Shelly Greenberg	20 Christopher Anthony Breeze
16 Katie Knapp	17 Joshua Floyd	22 Tiffany Miranda Spikes
16 William Bryan Royce	21 Robert Thea Robinson	29 Brook Catherine Bowers
19 Michael Lindberg Hardy, Jr	25 Andrew "Drew" Thompson	
20 Matthew William Beard	25 McKenzie Bailey	
21 Rebecca Ann Starnes Milner		
25 Brent Blaisdell		
30 Jimmy		

Birthday and anniversary dates are provided to remember our children and so we as compassionate friends can reach out to each other on these difficult days to provide companionship, sharing and comfort. Please let us know if there is an error or omission in our list or if you no longer wish to have your child's name on our birthday or anniversary list.