



THE COMPASSIONATE FRIENDS

LAWRENCEVILLE, GEORGIA CHAPTER NEWSLETTER

Meg Avery, Editor AUTUMN 2011
September, October & November

CHAPTER MEETING AND CONTACT INFO:

Gwinnett Chapter- 7:30 PM on the 3rd Thursday of every month. **Trinity Christian Fellowship, 1985 Old Fountain Road, Lawrenceville, 30043** Contact June Cooper by phone 770-757-4927, or email jc30044@flash.net, **next meetings: Sept. 15, Oct. 20 and Nov. 17.**

TCF Atlanta website: www.tcfatlanta.org Gwinnett website: www.tcfgwinnett.homestead.com/index.html
Georgia Regional Coordinator: Muriel Littman, 404-603-9942 Email muriellittman@comcast.net
The Compassionate Friends National Office: 1-877-969-0010 www.thecompassionatefriends.org

Our 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.

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**A non-denominational self-help support group offering
friendship, understanding and hope to bereaved families
who have experienced the death of a child at any age, from
any cause.**

"The mission of The Compassionate Friends is to assist
families in the positive resolution of grief following the death
of a child and to provide information to help others be
supportive."

www.tcfatlanta.org and www.thecompassionatefriends.org

**We need not walk alone.
We are The Compassionate Friends**

Dear Friends,

The Gwinnett newsletter is available
both in print and through e-mail. **If you
have received this issue in print and would prefer to
receive e-mail instead, please notify us at**
tcfgwinnett@yahoo.com or 770-932-5862. This will help
keep our postage and printing costs down. We welcome your
suggestions to improve our chapter newsletter.



We need your input for the newsletter. Poetry, letters and
comments submitted by parents, siblings and grandparents
will be an important part of each issue. Our next issue, Winter
2011/2012, will cover the months of December, January &
February.

We will also continue to recognize birth and death dates as
times of special remembrance within our TCF family. Please
communicate this important information to us if you have not
already done so.

MEETING LOCATION



TCF Gwinnett meets at
**Trinity Christian
Fellowship, 1985 Old
Fountain Road,
Lawrenceville, 30043.** We
meet in the 100 Building.

Visit their website, www.tcfchurch.com or TCF
Gwinnett's website:
www.tcfgwinnett.homestead.com/index.html for specific
directions. Meetings are the Third Thursday of every
month at 7:30 pm.



What Has Brought Color to Your Life?

By Matt Bunt

As I sit here at my computer in early August appreciating my air-conditioned office, I am longing for the cool days of fall. The leaves will begin to change, the air will become dryer and easier to breathe, and another season of change will ensue. When one reads about how fall relates to grief, you usually hear stories of the dying leaves, cycle of life, or the precursor to winter. However, I encourage you to take another look at fall.

As fall begins, I notice the ease of breathing in fresh, cool air, the beauty of a beaming sunset through sparse clouds in a crystal blue sky, and a landscape painted with orange, yellow, and deep red. I love being outdoors in the fall. It brings peace and calm to a chaotic life and relief from the intense heat and humidity of summer.

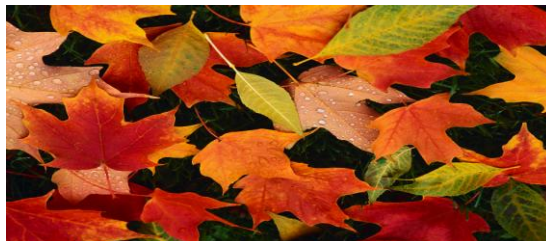
One's grief can be thought of as beginning in the heat of summer. We are all but paralyzed, seemingly wading through the humidity, hoping to get out of the blazing intensity of the sun.

This can be similar to someone wading through the painful emotions and hoping for relief from the intensity of his or her loss. However, just like the coming of fall, change does come. The humidity reduces, being outside becomes enjoyable and bearable and the leaves paint our environment with beauty and splendor.

In your grief journey, it comes in the form of the calm and quiet in yourself and the ability to see the beauty of life around you again. So I encourage you; if you are in the "heat of the summer" of your grief, to find the people, activities, and places that will provide the temporary "air conditioning" you need to find relief during those intense moments. But just like the changing seasons, be hopeful that relief will soon come. It will come when you look around and can see how the experience has painted your life with new color, and you are able to breathe easier and find comfort and enjoyment again.

So next time you are driving down the road or walking through your neighborhood, take time to see the beautiful portrait that the leaves paint in the landscape. Allow it to remind you how each person and experience has added new color to the landscape of our life.

From The Amelia Center Newsletter, *Tears to Hope*, Sept/Oct 2010. The Amelia Center, Birmingham, Alabama, www.ameliacenter.org



September Song

I wonder how many people think about what it's like for a parent not to have to pack a Snoopy lunch pail for their child ever again. September marks the re-entry of kids into the world of academia, but for some parents, it's the reminder that the excitement of the children that electrifies the air won't be the same in their home this year. So many hopes and dreams and memories are wrapped up in what occupies a major part of a child's life.... school time. Summer cushions us from having to be painfully aware that our child won't be walking to school with the other kids or won't be trying out for the lead part in the school play or won't need new school clothes or won't fall in love with the girl he sits behind in math class.

Parents who never had the pleasure of "letting them go" to school for the first time know what they missed. They remember their own "first time" and would have liked to have made it really special and to have asked all the questions their own parents asked them when they arrived home from school. Hopes and dreams for this child's future will never be realized. I wonder if my neighbors remember that if my baby had lived, this is the year he would have started kindergarten. I wanted him to have a Snoopy lunch box just like the other kids.

From Bereaved Parents USA Anne Arundel County Chapter Sept. 2009 Newsletter

WE REMEMBER...



Sept., Oct. & Nov. Birthdays

The light of life never goes out, and so we remember their birthdays

SEPTEMBER

Franklin Lewis "Shane" Martin	Sept. 1
Andrea Nicole King	Sept. 2
Eric Montag	Sept. 2
Karen Hendler	Sept. 7
Drake Michaud	Sept. 7
Joshua Stulick	Sept. 10
Daniel Monk	Sept. 11
Kimberly Dawn Marshall	Sept. 11
Tom Waters	Sept. 16
Melissa Hermanns	Sept. 16
Jayla Cook	Sept. 16
Darryl Reed	Sept. 19
Shawn Lippman	Sept. 19
Johnathon David Solar	Sept. 23
Quavonte Combs	Sept. 24
Julie Lyn Donaldson	Sept. 26
Catherine Amiss	Sept. 26
Blake Hinson	Sept. 29
Charlie Whittington	Sept. 30



OCTOBER

Kapri Bradley	Oct. 1
David Thomas Calvert	Oct. 4
Scott Tarbell	Oct. 6
Adrian Ortiz	Oct. 7
Richard Parrish Mayberry	Oct. 10
Joseph Oliver	Oct. 10
Alan Parish	Oct. 11
Jennifer Hardy	Oct. 13
Olivia Rodriguez	Oct. 17
Jeffrey Lopilato	Oct. 17
Christopher Gordon	Oct. 19
Chase Benton	Oct. 19
Hayden Navarrete	Oct. 24
Evelyn Marie Kunkel	Oct. 29

NOVEMBER



Tyler Durden	Nov. 1
Danny Gilbride	Nov. 1
Virginia Leigh Phillips	Nov. 3
Heather Helms	Nov. 3
Misty Autumn Dubose	Nov. 5
Robert David Parsons	Nov. 7
Matthew Dwyer	Nov. 7
True Hewitt IV	Nov. 7
Brannon Springer	Nov. 10
Jeffrey Wolcott	Nov. 12
Melissa Dennis	Nov. 12
Amanda Christine Warnock	Nov. 13
Pamela Leigh Thompson	Nov. 15
Frankie Ortiz	Nov. 26
Daniel Hager	Nov. 29
Clayton Olvey	Nov. 30

Birthday Invitation



Every month we have a Birthday Table and you are warmly invited to please come share your child's birthday with us when his/her birthday is that month. This is your chance to tell us a favorite story, or share a poem or thoughts that either you or your child wrote, or whatever remembrance you choose in memory of your child. Our child's or grandchild's or sibling's birthday will forever be a very special day and we at TCF knows how important that day is and how helpful and healing it can be to share with others.

Please plan on attending the meeting of your child's birthday and filling our Birthday Table with pictures and/or mementos. You are also more than welcome to bring his/her favorite snacks.

You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You are able to say "I have lived through this horror. I can take the next thing that comes along." You must do the thing you think you cannot.

Eleanor Roosevelt (1884-1962), U.S. First Lady, diplomat, human rights activist

Submitted by Karen Copija, in memory of her son Kyle, 12/20/89 - 9/04/06

Sept., Oct. & Nov. Anniversaries

So that their lives may always shine, our children are
remembered. As long as we live, they too shall live for they
are part of us in our memories

Chase Benton	Sept. 1
Christopher Gabriel Patton	Sept. 1
Chad Gordon	Sept. 3
Kyle Copija	Sept. 4
Shane Miller	Sept. 4
Charlie Smallen	Sept. 8
Daniel Monk	Sept. 10
G.W. Fox	Sept. 11
Ryan Pilgrim	Sept. 11
Jeffrey Wolcott	Sept. 13
Quintin Jones	Sept. 13
Drake Michaud	Sept. 19
Justin Evans	Sept. 20
Natascha Roebuck	Sept. 20
Matthew Dwyer	Sept. 21
Adam Lee Jones	Sept. 21
Karen Hendler	Sept. 21
James R. Avery, III	Sept. 22
Tommy McDonald	Sept. 22
Amanda Sullivan	Sept. 22
Scott Tarbell	Sept. 26
Brittany Hopkins	Sept. 27
Johnathon David Solar	Sept. 27

True Hewitt IV	Oct. 3
Richard Parrish Mayberry	Oct. 4
Ross Creel	Oct. 9
Wyatt Fons	Oct. 9
Johnathan England	Oct. 10
Franklin Lewis "Shane" Martin	Oct. 14
Rleigh-Jacqueline Clebert	Oct. 14
Elizabeth "Beth" Wood	Oct. 15
Drew Adams	Oct. 15
Jacob Meadows	Oct. 19
Cristina Jane Vargas Howerton	Oct. 19
Christopher Reed	Oct. 20
Bo Tuggle	Oct. 22
Joey Robinson	Oct. 23
Monta Hunt	Oct. 23
Ashley Lauren Hull	Oct. 27
Jarod Robert Wills	Oct. 28
Jared Chambers	Oct. 28
Evelyn Marie Kunkel	Oct. 29
Jack Fons	Oct. 31

Lindsey Marie Townsend	Nov. 14
Daniel Hager	Nov. 14
Robert David Parsons	Nov. 24
Ronald "Bruce" West	Nov. 24
Robert Coltman	Nov. 28
Mark William Evans, Jr.	Nov. 29



Autumn

In the fall
When amber leaves are shed,
Softly—silently
Like tears that wait to flow,
I watch and grieve.
My heart beats sadly
In the fall;
'Tis then I miss you
Most of all.

— Lily deLauder, TCF
Van Nuys, CA

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 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



14 Years... Here and There

As September 22nd approaches, my mind goes back and forth, playing that numbers game all too familiar to bereaved parents. This year marks 14 years ago that James left us, 14 years since we've heard his voice, seen him smile, and heard his laughter. He will have been gone from us for his lifetime; James was 14 when he passed away in 1997. It is so hard to believe that he will have been gone as many years as he lived. My mind keeps going back and forth over the numbers. Born July 15, 1983, passed away Sept. 22, 1997, gone 14 years - a lifetime. I think of people I know and what they've accomplished in their lifetime; the places they've visited, challenges they experienced and all the opportunities they've explored during their lifetime and continue to do all of these. James had such a short lifetime, yet it seems as though he's been gone so much longer than those 14 years. Sometimes it feels about a hundred years ago since he was here, sometimes it feels like last week. When I look back and truly reflect, James surely did so much during his time here on earth, with school, friends, Scouts, soccer, camping, traveling, and with friends and relatives. That should be a consolation, and sometimes it is, but other times, it simply is not. His life, like with so many of our children gone too soon, was definitely nowhere near long enough. My husband & I were so blessed with James; he was a very caring, thoughtful, considerate son with a terrific sense of humor and a big heart. It will forever be one of life's greatest unsolved mysteries as to why James felt the need to end his life that first day of autumn. In the beginning I was determined to solve that mystery, and explored all different reasons as to how and why this happened. But as time has gone by, I know I won't find those answers, and that knowing won't bring James back either. It is better to focus on 14 great years, not one terrible day, because those years truly defined James' life and his joy of living. We'll never know the agony he was suffering that caused him to make a permanent decision to a temporary problem. All I do know is that we miss him so much, each and every day, and for so many different reasons. What career would he have chosen, would he have married, would he have had children, where would he live, what would make him happy and what challenges would he have faced in his adulthood are questions that flutter across my mind

all too often. Instead, James is my forever teenage son, always in our hearts, always on our mind and forever remembered & missed.

On this anniversary I hope we can focus on the 14 years we had James here with us, all the joys we experienced as parents. There is also the flip side, the 14 years James has been there in heaven and all that we have accomplished in his memory, for him, and for each other. My husband's volunteer work with Scouts has for sure made a big impact on the lives of several teenagers. I admire him so much for being able to reach out to these kids in the programs he teaches that incorporate the fun of Scouts (camping, hiking, backpacking, rappelling, kayaking, etc.) and life skills of team building, confidence, leadership skills, and wilderness survival. Together we have hosted foreign exchange students from Germany, Italy and Slovakia and our girls have enriched our lives. We have welcomed them into our home and they have a special place in our hearts. We are very blessed to have our international family! My job at a middle school involves welcoming new students, easing their worries about starting at a new school, sharing information and sometimes giving advice to their parents. Giving these families a warm welcome and creating a positive first impression of their new school is definitely something I do in memory of James. I can't help but wonder if he had a more welcome and easier transition to high school, would things have been different for him? I don't know, but I do believe that James watches over me from heaven and I can for sure feel his love & guidance and every time I help another student, it's a way of giving back and making it up to James for the support & welcome he didn't receive during his first five weeks at high school. My husband & I have both learned valuable lessons from James' life and death. All we can do in memory of James is another validation of how important his life was and an acknowledgement that he did not suffer in vain. We've learned to be more open & honest and not keep emotions bottled up. We've learned that materialistic things are not what's important, and especially, as the old cliché goes, don't sweat the small stuff.

In spite of all we've learned, and in spite of how blessed we know we are to have had James for 14 years, there is always the bittersweet flip side. We should have had more time with James; he should

have outlived us and not the other way around. Life is not the way we envisioned and certainly not the way it's supposed to be.

During James' 14 years up there in heaven, there have been some signs and messages that he has sent us that we treasure. Sunset was our favorite time of day and whenever we see such a glorious sunset, whether at home, the lake or the beach, or elsewhere on vacation, it feels as though James and the angels painted such a beautiful sunset just for us. The dolphins that we have seen in Georgia, Florida & South Carolina also seem to be heaven sent; some of James' ashes were scattered with a family of dolphins in Choctawhatchee Bay, Florida. He loved dolphins, the beach and oceanography.

This September 22nd perhaps we can look back with a smile in the middle of the sadness and look toward tomorrow with more hope. Although James will have been gone for a lifetime, we'll continue to fill our lifetime rediscovering the joy in life, making a difference to others and of course, keeping James alive in our hearts, as he walks spiritually beside us each step of the way, each and every day.

We miss you so much James!

Love forever and always, your mom & dad

*By Meg Avery
In Loving Memory of our son James Raymond Avery,
III*

The Compassionate Friends of Atlanta now has a Facebook Group. We invite you to join.



For more information, Click the following link
<http://www.facebook.com/group.php?gid=43057397614>

You will need to log into Facebook to join the group. You will also need a Facebook account (they are free). Our hope is that you will be able to connect to someone to help you in your grief journey.

Remember "We Need Not Walk Alone"
<http://www.facebook.com>

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 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 acquaintances. We have masked our feelings of anger and bitterness for the traditional belief that a kind God would not do this to innocents. Most importantly, we have masked the person we have become. The person that has evolved after living through the death of a child.. Let us celebrate the month of October by taking 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 arduous 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 a mask.

Cathy Crawford, PROPS, Erie from the Brandywine Delaware TCF Newsletter

Grief Support For Siblings

When a child has died, siblings are often referred to as "the forgotten mourners." While parents usually receive much support, siblings usually receive little—often being asked "How are your parents doing?" The Compassionate Friends is an organization that is not just for bereaved parents. It's also for bereaved siblings (and grandparents). Some chapters have sibling subgroups while many welcome adult siblings to their meetings. Contact your local chapter to find out their policies on siblings and their meetings. On The Compassionate Friends national website, you will find support in a number of different ways.

[Online Support Community](#) (live chats) allows you to talk with other bereaved siblings from across the country during the Online Support Community sessions held every week. These sessions are limited in number of participants and have trained monitors who are also siblings. Check out www.compassionatefriends.org and go to Resources/Siblings.

Turkey, Cranberry Sauce and Memories

The holiday season has arrived and I welcome it! I open my arms to the experience of feeling excited and simultaneously having the sensation of a throat constricting grief – well-known visitors during the holidays. Together, bitter and sweet emotions have given my life vibrancy I would have least expected, especially when my brother died sixteen years ago.

Indeed, I would have gladly cast off any emotions that are the antithesis of joy or happiness. And as an eight-year-old at that time, I probably did avoid such feelings. Today, I give thanks for those moments that I can mourn the loss of my brother and give thanks for the life that he lived. Thus begins the annual journey through the holiday season: family gatherings and painful reminders of those who are not present physically, turkey and cranberry sauce and trips down memory lane!

Looking forward to the Thanksgiving holiday, I was reminded of a quote by H.U. Westermayer who wrote, “The Pilgrims made seven times more graves than huts. No Americans have been more impoverished than these who, nevertheless, set aside a day of Thanksgiving.”

There is nothing quite like reading a quote that gets to the heart and marrow of the coming holiday. How paradoxical it is, though – the thought of giving thanks while digging more graves than building houses. So what was it that gave the Pilgrims the ability to give thanks during such a difficult period of history? Could it be that the trials they endured individually and corporately as Pilgrims added a certain perspective and dimension to life?

When I think of the Pilgrims, petticoats, stockings and buckle shoes come to mind, along with the image of a group of people traveling together. As I begin preparing for Thanksgiving by baking an assortment of after-dinner treats and readying my stomach for the feast that is to come, I cannot help but think that all of these subtle preparations are done in anticipation of sharing a meal with those that I love – my immediate family and extended

relatives, and of course our four legged companions!

If or when I feel the tears begin to pool in my eyes, I hope that the image of Pilgrims journeying together comes readily to mind. Not only because I love a bit of sappiness every now and then, but because I believe we too are a “Pilgrim People.”



After all, Thanksgiving is a day when we individually and collectively give thanks – and while giving thanks may bring up intense emotions, I can be assured that I am not alone. The memory of loved ones who have died is with me on Thanksgiving, and so too are those that are still living – traversing this life right beside me ... two gifts for which I am very grateful!

Kate

McGrath 2010, Open to Hope online newsletter, www.opentohope.com

THE LIGHT SWITCH

I was thinking today about grief and child-loss and it occurred to me that losing a child can happen as fast as turning off a light switch. Here we are going on with our daily lives living day by day. Some are happy days, some are not so happy days, but all the time thinking our lives will always be this way. Then, as quickly as turning off a light switch, our lives are forever changed.

That is how fast our lives changed when we lost our child. We were thrust into darkness, not knowing where we were going. We fumbled around in the dark, trying to find some light again but not knowing if we ever will.

People who have not experienced child-loss have a hard time imagining how fast our lives forever changed. They just do not understand how many emotions we all go through. I guess it would be too hard for them to understand. Their lives are just moving along and forward as they always have. Some happy days and some sad days.

My greatest wish and hope for bereaved parents and grandparents is that someday we will be able to find light again in our lives. The light will never burn as brightly as it did when our children still walked this earth. But maybe someday we will be able to see our way out of the darkness and turn the light switch on once again.

By Louise Lagerman, from Open to Hope Newsletter online, www.opentohope.com

GIVING THANKS

My memories are flowing,
Of Holidays past,
If only I'd known,
That they'd be his last

Right now I see nothing,
I can be thankful for,
My Son is gone,
My heart on the floor

Must I celebrate?
And pretend to have joy?
I just cannot do it,
Without my baby boy

His face now appears,
In the front of my mind,
That smile, that strength,
Of an Angel so kind
He tells me "It's ok,
No need to be sad,
I'll be there with you,
I still love you Dad"

He tells me to remember,
The Holidays past,
Of all we had shared,
And of memories cast

He says, "Dad, go forward,
And please spread the word,
Of the joy that we shared,
Of the Angels we heard"

"Of the family and friends,
Who stood by our side,
Who were with us always,
And the day that I died"

"Dad, give them my best,
And make sure they know,
I am now at rest,
Yet continue to glow,
Because they have kept me,
So close in their hearts,
My memory lives on,
We're not far apart"

And so once again,
I pick up the pieces,
I wipe away tears,
And my sadness decreases.

I'll celebrate knowing,
Though he is at rest,
My Son is still glowing,
I am truly so blessed!

By Scott Tallman –

In loving memory of my dear son, James

GAINESVILLE GRIEF SUPPORT GROUP

Hospice of Northeast Georgia Medical Center has started a grief support group for parents. Meetings are held the 1st and 3rd Tuesdays of each month from 3 – 4 pm. Meeting will be held at 2150 Limestone Parkway, Suite 222, Gainesville. Contact Jennifer Sorrells at 770-219-8528 or jennifer.sorrells@nghs.com for more information.

SURVIVORS OF SUICIDE SUPPORT GROUP

Meets the first Thursday of every month at 6:30 pm at The Warehouse at Family Festival, 5095 Post Rd, Cumming, 30040. The Meeting Room is located past The Land of 1000 Hills Coffee Bar, down the hall, first door on the right. For info contact Sherry 404-660-0907, sherryunwala@yahoo.com or Karen, 770-355-1024, Karen_copija@att.net

**New Support Group in
Gainesville Rock Goodbye
Angel** (Recognizing, Gifting and
Affirming Families of Pregnancy
& Early Infancy Loss)



We are a family of bereaved parents who have come together to provide an organization serving and assisting those who have experienced a loss due to miscarriage, stillbirth, perinatal loss or neonatal loss. We provide Hope, Compassion, Understanding and Love for families to honor our little angels who have been 'Rocked Goodbye' to our Heavenly Father.

There are many struggles associated with a premature loss. If you or someone you know needs support during this time, please contact us.

The group meets every Monday at 7 pm at Lanier Park Campus, 675 White Sulphur Road, Gainesville. For information, contact Angela at angela@rockgoodbyeangel.com.
www.rockgoodbyeangel.org

Gifts of Love

A love gift is a financial donation to The Compassionate Friends Gwinnett Chapter. It is usually in honor of a child who has died, but it can also be from individuals who want to honor a relative or friend who has died, or simply a gift from someone who wants to help in the work of our chapter. Love gifts are acknowledged in each quarterly issue.

In Loving Memory of:

Jenny Gryzinski, from her grandmother, Dolores Gryzinski

Stamps were donated by Marvin Choate, for Remembrance Cards, in loving memory of his daughter, Fara Nicole

.If you make a monetary donation to TCF Gwinnett, (which is tax-deductible) you may specify whether you would like your contribution to go toward the memorial garden account, newsletter account or general account. Funds from the general account pay for remembrance cards, postage, labels, the annual picnic, expenses associated with monthly meetings and for information packets for newly bereaved parents. We do not receive funds from The Compassionate Friends National Office and we are always extremely appreciative for any contributions. Please be assured, however, that there are no financial dues to be a member of TCF.

THANK YOU!

Many parents give back to TCF through volunteer opportunities as a means of honoring their child. Without volunteers our group would not exist. We are grateful to these volunteers: **June Cooper**, Chapter Co-Leader, in memory of her daughter, **Wendy McMair** & in memory of her sister, **Noreen Keenan**; **Meg Avery**, Chapter Co-Leader & Newsletter Editor in memory of her son **James Avery**; **Barbara Dwyer**, Chapter Treasurer and group facilitator and **Leo Dwyer**, group facilitator and community outreach, in memory of their son **Matthew Dwyer**; **Terry Sparks**, provides newly bereaved packet info & group facilitator, in memory of his daughter, **Natalie Sparks**; **Nancy Long**, creating & mailing Remembrance Cards in memory of her son **Joseph Beatty**; **Gary Fox**, facilitator, in memory of his son, **G.W. Fox**; **Sandy Lavender**, organizing & setting up the library in memory of her daughter **Ashley Lauren Hull**; and **Patti & Chuck Hatchett**, reaching out to newly bereaved parents in memory of their son, **Bryan Hatchett**.

The Gwinnett Chapter reaches out to you with the understanding and love only another bereaved parent can offer. Attending meetings and learning from others what has helped them is one way to ease the pain of losing a child. We welcome you to join us at the Gwinnett Chapter of TCF.

Monthly support group meetings are the heart of The Compassionate Friends. These gatherings provide a safe

and caring environment in which bereaved parents and siblings can talk freely about the emotions and experiences they are enduring. Parents receive the understanding and support of others who have "been there." *Our small sharing groups would like to focus more on the issues and topics that bereaved parents face each day, from what to do on a birthday, how to handle tough questions, how to find the will to go on, what works and what doesn't work during the grieving journey & why or why not, to ideas on how to reinvest in living, how to rediscover joy & how to carry our child's memory and legacy through our daily lives.*

There are opportunities to give back and to help out with the "behind the scenes" efforts for our local chapter. We need new volunteers to successfully continue the efforts begun when the Gwinnett Chapter was created in 1994. Volunteer opportunities range from helping to set up a meeting, becoming a facilitator, and making phone calls. Most especially, we need a new co-leader to help out with the organization, details and paperwork involved with our chapter. This is a great way to give back in memory of your child after you have found hope, encouragement and strength from TCF to survive & thrive in spite of life's worst tragedy. Making the change from needing help & finding help to giving help & support to new parents is another healing milestone. **Please call or e-mail June Cooper, 770-757-4927, jc30044@flash.net, or Meg Avery, 770-932-5862 if you have questions or if you'd like to volunteer.**

Would you like to honor your child by making a donation to the Gwinnett TCF Chapter in his or her memory?

Please fill out the information below, clip and mail with your tax deductible donation to: Gwinnett TCF, Barbara Dwyer, 4905 Pond Ridge Lane, Cumming, GA 30041. (Please make checks payable to TCF Gwinnett.)

Name _____

Address: _____

In Memory of: _____

Please specify if you would like your donation added to the Children's Memorial Account, Newsletter Account, or General Account.