



THE COMPASSIONATE FRIENDS

Supporting Family After a Child Dies

Fall 2011

Newsletter of the Atlanta Chapter

"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."

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The Atlanta Chapter of The Compassionate Friends meets the second
Tuesday of each month from 7:30 – 9:30 p.m. at the:

First Christian Church of Atlanta
4532 LaVista Road, Tucker, GA 30084

Directions: From I-285/Perimeter Freeway, take the LaVista Road exit and proceed east on LaVista Road (left turn from the inner loop, right turn from the outer loop). We're about a mile ahead on the left.

Upcoming Chapter Meetings:
October 11, November 8 and December 13

The Atlanta Chapter also offers a Sibling Group at the same time as our regular monthly meeting.

The Compassionate Friends, Inc. is a mutual assistance, self-help organization offering friendship, understanding, and hope to bereaved families. Anyone who has experienced the death of a child of any age, from any cause is welcome. Our meetings give parents an opportunity to talk about their child and about their feelings as they go through the grieving process. There is no religious affiliation. There are no membership dues. The purpose of this support group is not to focus on the cause of death or the age of the child, as it is to focus on being a bereaved parent, along with the feelings and issues that evolve around the death experience of a child.

To Our New Members

Coming to the first meeting is the hardest, but you have nothing to lose and everything to gain! Try not to judge your first meeting as to whether or not The Compassionate Friends will work for you. At the next meeting you may find just the right person or just the right words said that will help you in your grief work.

To Our Members Who are Further Down the 'Grief Road'

We need your encouragement and your support. Each meeting we have new parents. THINK BACK – what would it have been like for you at your first meeting if there had not been any TCF "veterans" to welcome you, share your grief, encourage you and tell you, "your pain will not always be this bad, it really does get better!"

*You Need Not Walk Alone.
We Are The Compassionate Friends.*

TCF 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.

Siblings Walking Together (Formerly the Sibling Credo)

We are the surviving siblings of The Compassionate Friends. We are brought together by the deaths of our brothers and sisters. Open your hearts to us, but have patience with us. Sometimes we will need the support of our friends. At other times we need our families to be there. Sometimes we must walk alone, taking our memories with us, continuing to become the individuals we want to be. We cannot be our dead brother or sister; however, a special part of them lives on with us. When our brothers and sisters died, our lives changed. We are living a life very different from what we envisioned, and we feel the responsibility to be strong even when we feel weak. Yet we can go on because we understand better than many others the value of family and the precious gift of life. Our goal is not to be the forgotten mourners that we sometimes are, but to walk together to face our tomorrows as surviving siblings of The Compassionate Friends. ©The Compassionate Friends.

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Candlelight Service Set for December 3, 2011



Be sure your calendars are marked for our chapter's annual Candlelight Service, to be held Saturday, Dec. 3, at 7 p.m.

Parent Speaker

Janet Mitchell, a bereaved mother of our chapter, will be our parent speaker. Janet is a mother of three adult children and two grandchildren. Her grief journey began on Valentine's Day 2000 when her second oldest, Jamarr, passed away after receiving a third heart transplant. After her loss, a dear friend introduced her and her family to The Compassionate Friends of Atlanta. For the past eight years, she and her daughter Antonina, a sibling leader, have shared their time each month in hopes that something they say or do will help to make another family's grief journey a little softer.



Sibling Speaker

Please check the chapter website and emails to learn about our sibling speaker, who will be announced soon.

Candles Will Be Provided

In addition to guest speakers and special music, a memorial candlelight ceremony will be held. Candles will be provided for all adults at the service.

Reception and Memorial Video

After the service, we will have refreshments and a memorial video presentation of our children and siblings in the Fellowship Hall.

We need your help to ensure your child or sibling is included. Please send your child's picture as soon as possible to Dan Bryl. Even if you are unsure you are attending the service, please send your child's picture, so we will have it for future candlelight services. (The deadline to submit your child's picture is Nov. 15.)

If you sent a picture in previous years, you do not need to send another photo.

Photo Tips:

The photo displayed on the slide will only be as good as the photo you send. If the photo is a quality color copy or a quality reproduction, there should be no problem.

Please include with the photo:

- Your child's name (how you want the name written under the picture on the slide). *Please print carefully.*
- Birthday and Angel date
- Your name and phone number

Photos should be scanned and sent to Dan by e-mail at danbetty23@tampabay.rr.com. Or, mail your photo to:

Dan Bryl
7428 Vista Way, # 106
Bradenton, FL 34202

Your photo will be returned to you unharmed.

Reception and Centerpieces

We also want to ask everyone who attends the Candlelight Service to bring something to share at the reception after the service. We look forward to seeing everyone and sharing this special evening with you and your child.

Chapter members also have the option of sponsoring a centerpiece or Poinsettia to be used in the decorating for the Candlelight Service.

If you would like to order a centerpiece/plant to be displayed at the Candlelight Service in memory of your child, sibling or grandchild, please return the order form included with this newsletter by Nov. 15.

Funding the Candlelight Service

While these Candlelight programs are very special, they also are expensive. We rely on contributions from our chapter members to help us with speaker expenses and other costs associated with this program. If you can send even a small contribution toward Candlelight Service expenses, it would be greatly appreciated.

Your contribution can be added to your centerpiece order (see enclosed form) or simply mailed to our Atlanta Chapter treasurer. Checks should be made payable to *The Compassionate Friends* and mailed to:

Atlanta Chapter, TCF
Attn: Jayne Newton
808 Brentway Court
Lilburn, GA 30047



Atlanta (Tucker) Chapter 31st Annual Candlelight Remembrance Service

Saturday, December 3, 2011
Centerpieces and Poinsettias for Sale

Sponsor a Centerpiece or Poinsettia
“In Memory of Your Child/Sibling/Grandchild”

We will display an “*In Memory of Your Child/Sibling/Grandchild*” sign next to each sponsored item.

This year’s centerpiece will be an 8-Cup Votive Holder with Vase. This large glass and metal piece has a wonderful upbeat appeal. You can also fill the vase with a pillar candle, seashells, polished stones and more. The stand is crafted of black metal scrollwork. The vase and candle cups can be removed from the stand. This flexible piece can be adapted to any decor or season. Measuring 14-1/2" dia. x 11-1/4" overall, this substantial piece weighs over 5 lbs. when completely assembled.



After the reception, you can take the centerpiece or flowers home with you as a special remembrance. If you cannot attend the candlelight service, your centerpiece or poinsettia will be donated to a newly-bereaved family to take home after the reception.

The cost of a Centerpiece or Poinsettia is \$30. Please consider adding an additional contribution to this fee, to help cover speaker and other Candlelight Service costs. The net proceeds from this fundraiser will help support our annual candlelight remembrance service.

Your Name (Full Name as you would like it to read on the Memory Card)

Card will read: Sponsored “In Memory of _____”

I want to sponsor a: _____Centerpiece _____Poinsettia

Please check: _____ \$30 (Centerpiece/Poinsettia) \$_____ Additional contribution to go toward the candlelight service

If you want to include a picture of your child to be displayed with the centerpiece and Memory Card, please do. The picture will be returned after the service.

Please make your check payable to *The Compassionate Friends* and mail, along with completed form, to:

The Compassionate Friends, c/o Jayne Newton, 808 Brentway Court, Lilburn, GA 30047

The deadline for ordering centerpieces/poinsettia is Nov. 15. (Supply is limited so first-come first-served) If you are ordering more than one centerpiece/poinsettia, please complete a separate form for each Memory Card. Questions? Call Cindy Durham at 770-938-6511 or e-mail cindy_durham@bellsouth.net.

TCF National Conference 2011: Walk to Remember

More than 70 names were carried on the Atlanta Chapter's 2011 Walk to Remember Banner at the National TCF Conference in July. The banner was carried by chapter members: Maureen Beamer, Trish Maham, Candace Walker, along with Norma Johnson, mother of Candace Walker.

Recordings of Workshops and Programs Now Available from TCF 34th National Conference

If you were unable to attend the conference, recordings of workshops and programs are now available from the conference. Recordings of many of the workshops, as well as the opening, closing, and Friday and Saturday banquet programs from the 34th Compassionate Friends National Conference are now available for purchase by our chapter members.

These recordings are perfect: if you weren't able to attend the conference, but want to hear keynote speakers or specific workshops you find of interest, or if you attended the conference but want to relive some of the high points or listen to workshops you were not able to attend.

To learn more and to order, visit www.freshpublishing.com. Then click **Conferences** and **2011** and TCF's Conference logo. Workshops may become available via MP-3 download. Watch the order page for updates or TCF's national website conference page.

*"Death leaves a heartache
No one can heal,
Love leaves a memory
No one can steal."*

~ Found on a headstone in Ireland



In this photo: Chapter Members Trish Maham (left) and Maureen Beamer.



In this photo (left to right): Trish Maham, Norma Johnson, Candace Walker and Maureen Beamer.



A Grief Shared – Phase II

By Lynda Boucugnani-Whitehead
TCF Atlanta, Georgia, September 2011

Written on the 15th anniversary of her daughter Maria-Victoria Boucugnani's angel date – September 13, 2011.

Smile, though your heart is aching...

It has been 15 years. No – it is not possible – it couldn't be – it was yesterday or at the most a couple of years ago.

A few years after my daughter, Maria-Victoria died, I wrote an article entitled "A Grief Shared" in which I was trying to let professionals and others know what is helpful and what is not for those of us who have lost a child. Now at 15 years, I thought it might be time to revisit "A Grief Shared" from the perspective of someone further down the path.

It is harder to write this than the first one. I don't know why, other than perhaps the accumulation of years of grief and "missingness" have eroded my stamina. But I still want to write it. Remember, it is just one person's perspective; maybe some things will resonate with others, maybe not.

Time – time goes by so quickly. Everything is in terms of before and after. The before is the refuge where smiles can come from. Those treasured little glimpses of the way we were. When I feel them, I am truly happy. But most of life is lived in the after.



Smile, even though it's breaking...

The first few years in the after were survival boot camp. You don't really know if you can survive – you can't imagine it – you're not sure you want to. You make your decision – you plow through the after. It's not dark – but it's very cloudy – a thick fog – obscuring the future you don't want to

see anyway. If you are lucky enough to have friends and support, you are able to travel a little steadier. In the early months of the after, you cannot imagine ever laughing again. You will find that after you are able to do so, you have reached a very important milestone.

When there are clouds in the sky, you'll get by...

"You'll get by" is a good phrase for those of us who have experienced this loss. For a long time that is about all you are hoping to do – "get by." I had – and still have – an overwhelming fear of literally being suffocated by my own grief and sad-shock; that it will utterly take everything out of me and leave me with nothingness. Sad – shock is the combination of the realization that this has really happened, followed by the overwhelming sadness that accompanies that realization. You learn these little tricks to keep this monster at bay. I will allow myself to sink into the abyss for only a very short period of time and then rapidly climb out – or I take a detour – consciously – if I'm getting too close to the edge.

What has helped me the most – and is a very personal thing that I seldom share with others – is the way I keep my daughter present with me every day (although I know she probably has better, more important things to do). Maria-Victoria's presence permeates my home. There are pictures everywhere. I can talk to her, tell her I love her and have framed notes from her telling me she loves me too. We refer to the guest bedroom in our house as Maria-Victoria's room, since when we moved about a year after the accident, we decorated it the way she had wanted in our old home. With every trip we take we are accompanied by Patrick, her stuffed dog, so that she always sees the sights with us. I wear an angel pin every day whenever I leave the house so she is with me. I have done this for 15 years.

Over the years I've had awesome, incredible spiritual experiences that have assured me and my soul that my daughter is still my daughter, that her spirit, her consciousness survives. It is so hard to try to explain this to people. It is incredibly important to me – such a part of who I am, that I can't bear to listen to the naysayers or, worse, those who outright chastise me for believing in such things as a scientist. Yes, I am a scientist and I have devoted a lot of time and research to the scientific study of survival of consciousness. Not to mention that I've experienced wondrous things. We who have reluctantly joined the group of bereaved parents, Compassionate Friends, probably know more about this than anyone on the planet.

If you smile through your fear and sorrow...

You do learn to laugh and smile again. You are a changed person – after all, you live in the after. With all this elapsed time, how do I describe what it feels like? The one thing that stands out the most is that I have no fear of death. This has continued from the earlier – after years. I'm not in a hurry – I still want to enjoy life, try to have fun, do meaningful work, make a difference and treasure my family – but I'm not afraid to die. This is very freeing and has allowed

me to chart my own path. As I said in my earlier article, death is the door to where my daughter is. I view it as a great adventure with the ultimate joy of reuniting with Maria-Victoria.

I am a more “take it or leave it” kind of person now. I guess those of us who have traveled this journey have a clearer vision of what’s important and what is not. I don’t need to convince anybody of anything. I’ve become more tolerant and less tolerant. More tolerant of different points of view but less tolerant of narrow-mindedness, silliness or arrogance.

Smile and maybe tomorrow...

I do fall into the chasm of “what might have been.” Usually it’s when I’m feeling sorry for myself and missing the love my daughter could be physically giving me at this time and the additional grandchildren who would be a part of my life. I miss the best friend I know she would have been. That hurts – so I don’t stay there that long. I miss most her adorable face, her big eyes looking straight into mine, the feel of her skin on my hands, her tenderness, our bond. Thinking of her and visualizing her – that helps.

If I was asked, “What do you think is the biggest misconception of people who do not live in the ‘after’ have about those who do?” I would say this, “They cannot understand how we live with this so present in our lives every day even after 15 years.” As I said before, 15 years is impossible. You live every day with both the joy of having had your child with you for a time and the grief of not having your child. I truly believe that most people think we have “moved on” or something like that. Nope – that doesn’t happen. Every day in the after we feel for our child. Fifteen years is 5,475 days. I can’t put into words what 5,475 days has done to my body and mind. It has definitely caused erosion, a deep canyon. My soul, however, is enhanced, open and full.

You’ll find that life is still worthwhile, if you just smile.

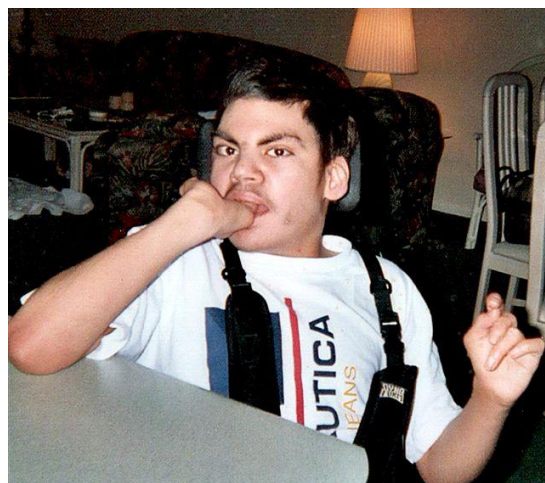
Our continuing journey is to make life worthwhile, without the physical presence of our child. Defining “worthwhile” is up to the individual person. I feel that if you have something to believe in, if hope is a big part of your life, if you are able to honor your child and find meaning in your contribution to this Earth, you have a worthwhile life. *So smile through your tears and sorrow, dare to laugh, dare to dream, and let your child’s love embrace you.*



It's When Things Seem Worst That You Must Not Quit... For My Sweet Kyle on Your 3rd Angel Date

By Mary Ann Davis, October 2011
TCF Atlanta, Georgia

Year one and two were so very hard. And I think by 2011, the third year, I really started to heal. I found new therapy, I had to rid myself of all toxic people, and reach so far down in my soul to find out who I really was. You see Kyle; you were my third arm for 25 years! I really did not know how to exist without you. It was the hardest and most difficult of anything in my 50 years of living. Now at almost 53, I had to be able to talk about you and your life without crying. I had to find that “peace” before I could function in the world correctly again ... Dadadee was the only person who understood.



I learned so very much this year and I know the strength I have comes from this little fighter named KYLE. You could always bring a smile to my face even on the worst of days ... Everyone loved you and was amazed at your strength & ability to explore and learn and – most of all – to fight! And if I can be as strong as you, anything is possible... I will never count the years Kyle, always the memories...

Love and miss those Big Brown Eyes,

MOM

“My son, a perfect little boy of five years and three months, had ended his earthly life. You can never sympathize with me; you can never know how much of me such a young child can take away. A few weeks ago I accounted myself a very rich man, and now the poorest of all.”

~ Ralph Waldo Emerson

When a child dies, siblings are often referred to as “the forgotten mourners.” The Compassionate Friends of Atlanta Siblings Group provides support to teens and adults after the death of a sibling. See page one of this newsletter for meeting times and location.

Ask Dr. Paulson

Mary A. Paulson, PhD, is a bereaved sibling as well as a child and adolescent psychologist at Harding Hospital in Worthington, Ohio. Her question and answer column, aimed at bereaved siblings and the family that loves them, appears in the quarterly TCF national magazine, *We Need Not Walk Alone*. Copyright 1998-2011. These excerpts were reprinted from the September and October 2011 E-Newsletter of *The Compassionate Friends*.



Q. *As the autumn season approaches, I cringe. I used to love autumn before my brother died. It was my favorite season. Now, I'm afraid it will haunt me forever. Every time I think about it, I wish it would just pass me by. Is there anything I can do?*

A. You are not alone. For everyone who has lost a loved one, there are things that trigger painful memories. The good news is that as time wears on the pain subsides, and the painful memories surrounding your loss begin to be outnumbered by the happy memories of the love and laughter you shared. These are things that will help in the long run, but in the short run you may have to try to do some very specific things to help ease the pain. In your situation it is an entire season that triggers the painful memories and feelings. It might be helpful if you plan something to look forward to during the fall season, especially if it could be something that would help you remember your brother. This could be a way of keeping him a part of your life in a special way, with a specific time set aside each year. It would be especially important that you focus on ways of celebrating your brother and the life he lived.

Q. *My 10-year-old (David) and my 9-year-old (Devon) were in a car accident and Devon was killed. David was witness to everything and even tried CPR. Now he has horrible dreams about it, and sometimes he tells me that he wishes he was the one who had passed, and that maybe I wouldn't be so sad if it had been him! I really don't know what to do because I'm aware of the pain that I go*

through, and know his pain is going to be more . . . When he tells me that he wishes he had been the one to die, I tell him that I love both of them and would be just as sad about losing him. Am I handling this in the right manner? If not, what do you suggest I do?

A. David is saying all the things that are common for a surviving sibling. Often a child feels their parent(s) would not mourn as severely for them. They also feel that on some level their parents wish they had been the child to die instead of their sibling. You are doing the right thing by reassuring him that this is not the case, and that you are also mourning all that he has gone through and will go through. David's statement that he "wishes it had been him" most likely stems from what some call "survivor's guilt." This is common among survivors of natural disasters, victims of violence, accidents, and war. It is especially common in siblings who are emotionally close. Survivor's guilt can be worse in older siblings, because it is not unusual for an older child to feel somehow responsible even if they were not present. Their birth order alone can contribute to these feelings. Older children often feel it is their job to protect and care for their younger brothers and sisters. This would have been magnified for David because he tried so hard to save Devon. I would encourage you to continue to reassure David of your love. Explain to him that when you cry you are also crying for him and the weight he is carrying, which is evident in his nightmares. You can explain to him that his dreams are a way that his mind tries to make sense of the "unthinkable." Then try to make his bedtimes as calm and soothing as possible. Over time the dreams will soften and then lessen. As time goes on, the dreams will become happier; perhaps memories of fun things he did with Devon. Years from now those dreams may even be of happy things they might have done together. It may help if you and David start a special journal in which you write everything related to Devon. Write down all of his favorites – food, color, song, TV show, animal, place to go, etc. David can also include Devon's favorite way to make David laugh (and vice versa), the favorite things they did together, their secret passwords, etc. This will be a concrete way to show David that much of who he is now is due to the relationship he shared with Devon – that he helped shape Devon, and Devon helped shape him, and that all they shared together will never die. This is the part of Devon that David will carry with him all his life. He was a fabulous brother to Devon – all brothers have their ups and downs – but David did his job of caring for Devon, loving Devon, and protecting Devon. David could never have been expected to save Devon's life, although he fought valiantly. He is a fabulous brother and a courageous young man. He will be a man filled to the brim with Devon's love into old age!

Our Children, Grandchildren and Siblings' Birthdates



October, November and December

Azariah Suviri Anderson

10/2

Daughter of Michelle Stewart Anderson

Richard Alan Cartin

10/2

Son of Nancy Murphy

Ali Ramiz Okayay

10/2

Son of Jullie Okayay

Kaxon Harris

10/3

Son of Karen Harris

Stephen Ledford

10/4

Son of Luella and Mike Ledford

Tyler Tarbutton

10/4

Son of Renee Tarbutton

Maeve Elizabeth Fintak

10/5

Daughter of Steve and Brigid Fintak

John Thomas Arnold

10/6

Son of Donna Arnold

Jamaal Addison

10/7

Son of Patricia Roberts

Dorienne Lindsay Smith

10/8

Daughter of Pamela Earle Smith

Craig Harvey

10/8

Son of Arline Harvey

Meleia Warren Willis-Starbuck

10/10

Daughter of John and
Kimberly Starbuck

Laura Kressen

10/12

Daughter of Joanne Darko

Marquis Sekou Overstreet

10/13

Son of Keisha Langhorne

Ian Gabriel Keller

10/13

Brother of Dru Miller

Jonathan Diondre' Holloway

10/15

Son of Cynthia Edwards-Holloway

Candi Gaye Marshall

10/16

Daughter of Gena and John Ivester

Scott Wiseman

10/19

Son of Lynn Wiseman

Sallie Scanlon

10/20

Daughter of Jane R. Scanlon

Herbert Shaw, Jr.

10/21

Son of Arlena M. Shaw

Carrie Ann Plumley

10/22

Daughter of Deborah Plumley

Dilia Plummer

10/25

Daughter of Dijon Plummer

Jacob Miller

10/26

Son of Sandra and Richard Miller

Michelle Reeves

10/28

Daughter of Jim and BJ Reeves

Quin-Chay Johnson

10/29

Daughter of Tara Johnson
Sister of Amber Johnson

Marcellus Montez Richardson

10/29

Son of Paulette Perry

Amelia Sutterthwaite Ward

10/29

Daughter of Lisa and Greg Ward

Ronnie Keith Batchelor

10/30

Son of Ron Batchelor

Tyreek Seivwright

11/1

Son of Donna Derricho

Latoya Pearat

11/1

Daughter of Alvin and Patsy Dorman

Brandon Jack Phillips

11/1

Son of Susan and Jack Phillips

Kenneth David Kemp

11/2

Son of Kimberly McCain

Jameka Deshon Holmes

11/4

Daughter of Charlotte Hamm

Autumn DuBose

11/5

Daughter of John DuBose

Mark Cozine

11/6

Son of Anne Franzen

James Daniel Smith

11/6

Son of Judith Smith

Thomas Watson Jr.

11/6

Son of Linda Watson

Matthew Luke Davis

11/7

Son of Lena L. Price

Jennifer Marie Dailey

11/9

Daughter of Joanne and Bob Dailey

Rose Ann Thompson

11/12

Daughter of Kevin Thompson

Carlos Ramone Weaver

11/12

Son of Carlos Weaver

Amanda Christine Warnock

11/13

Daughter of Amy Osier

Our Children, Grandchildren and Siblings' Birthdates (Continued)

Keith Perry

11/14

Son of Oleta Perry

Zekia M Rhodes

11/15

Granddaughter of Beverly Ricks

Kathleen Beamer

11/17

Daughter of Maureen Beamer

Carter Martin

11/20

Son of Scott and Leigh Ann Martin

Najah Maryaam Greenwood

11/20

Daughter of Fadeela Rasheed

Kameron Rutherford

11/21

Son of Judy and Khristopher Rutherford

Joshua Keith

11/22

Son of Demetria Gholston

Matthew Marcus Long

11/27

Son of Timothy Long

Robert A. Lind, Jr.

11/29

Son of Bette and Bob Lind

Clayton Olvey

11/30

Son of June Smith

Ashley Craig

12/2

Daughter of La Tangie Craig

Brandon Burke

12/2

Grandson of Shirley A. Kendrick

Connor Dunn Devine

12/3

Son of Kathleen Devine

James Anthony Durham

12/3

Son of Cindy Durham

Brother of Katie Durham

Joshua Polain

12/3

Son of Kimberly Polain

David James Teddlie

12/5

Son of Anne and Don Teddlie

Brother of Lynn Teddlie

Averil Brown

12/7

Son of Carolyn Brown

Clarissa Cunningham

12/8

Daughter of Winston and

Judy Cunningham

Tony Edge

12/12

Son of Victoria Schutter

Katherine A. Chillman

12/17

Daughter of

Abigail Arthur-Chillman and

Michael Chillman

Amanda Kay Rose

12/17

Daughter of

Barbara and Jim Sinke Rose

Meseret Debru

12/18

Son of Kila Gebru

David Hoegler

12/18

Son of Doreen and James Hoegler

Brother of Denise Hoegler

Steve Inman, Jr.

12/22

Son of Steve and Linda Inman

Michael B. Faulkner

12/24

Son of Wayne and Lise Faulkner

Dianne Martha Shlevin

12/27

Daughter of Barbara Shlevin

Jacob Martin Drollinger

12/28

Son of John and Virginia Drollinger

Debra Joy Littman

12/28

Daughter of Muriel Littman

J'Muar Taylor

12/30

Son of Cheryl A. Taylor

Christopher Hobbs

12/31

Son of Joseph and Gwendolyn Hobbs



Circle

By Eva Lager

Western Australia, TCF

Eve's daughter Milya Claudia Lager died by suicide on March 4, 1990.

How do you bear it all?
 The cry came from a mother
 Whose son had died only weeks before.
 We were in a circle, looking at her,
 Looking around, looking away,
 Tears in our hearts, in our eyes.
 How do we bear it?
 I don't know,
 But the circle helps.



October, November and December

Michael 'Kyle' Davis

10/2

Son of Mary Ann Davis

Desha Beamer

10/3

Daughter of Maureen Beamer

Mark Joseph Gore

10/7

Son of Luis and Barbara Rodriguez

Jacob Allen Butler

10/8

Son of Sally J. Dixon

Jerry Watson

10/10

Son of Linda Watson
Brother of Phyllis Watson

Audrey Davis Urda

10/12

Daughter of Missy and Matt Urda

Vernon Philipe Battle

10/18

Son of Barbara Knox

Vernon Philipe Battle

10/18

Brother of Glorqua Tarantine

Bo Tuggle

10/22

Son of Connie and Johnny Tuggle

Carlos Ramone Weaver

10/27

Son of Carlos Weaver

Kathleen Dirr

10/28

Daughter of Jim Dirr

David Ferguson

10/30

Son of Christina and David Ferguson

Marc William Waidner

10/30

Son of Mary Alice Wood

Matthew Luke Davis

11/2

Son of Lena L. Price

Brayden Eanes

11/3

Son of Kelly Eanes
Grandson of Al and Jan Pittman

Katherine Jane Wentz Williams

11/6

Daughter of Jane and Clyde Wentz

Amber Gilstrap

11/7

Daughter of Kathleen Cornog

Laura Kressen

11/9

Daughter of Joanne Darko

Robert M. Sullins, Jr.

11/11

Son of Robert and Karol Sullens

Mervyn Lanier 'Corky' Twyman

11/14

Son of Carol McNeal

Azariah Suvani Anderson

11/17

Daughter of Michelle Stewart Anderson

Elliott Vahid Brown

11/18

Son of Edward and Maria Brown

Nick Posey

11/20

Son of Diana and William Posey

Najah Maryaam Greenwood

11/20

Daughter of Fadeela Rasheed

Kathleen Beamer

11/21

Daughter of Maureen Beamer

Meseret Debru

11/23

Son of Kila Gebru

Stephanie Christele Simon

11/25

Daughter of Sandra Simon

Janet Ford Lambert

11/27

Daughter of Troy and Natalie Ford

Kay Cee Herring

12/1

Daughter of David and Ginny Herring

Arnessa Darlene Royster

12/3

Daughter of Carolyn Gordon

Mashanda Nicole Taylor

12/7

Daughter of Michelle Taylor-Scott

Sam Peek

12/10

Son of Bobby and Carol Peek

Anthony Harold Staiano

12/10

Son of Joseph Staiano

Joshua Keith

12/12

Son of Demetria Gholston

Vanishia Shantee Jinks

12/13

Daughter of Yvonne Jinks

Connor Dunn Devine

12/16

Son of Kathleen Devine

David Hoegler

12/16

Son of Doreen and James Hoegler
Brother of Denise Hoegler

Brian Trunnel Rounds

12/18

Son of Floyd and Janice Rounds

Brian Trunnel Rounds

12/18

Brother of Floyd T. Rounds

Our Children, Grandchildren and Siblings' Remembrance Dates (Continued)

Dijon Plummer, Jr.

12/22

Son of Dijon Plummer

Dilia Plummer

12/22

Daughter of Dijon Plummer

John Brendon Hope

12/23

Son of Terri and John Hope

Jamie Dalziel

12/24

Son of Martin and Donna Dalziel

Apollo Holmes

12/25

Son of Dorothea Eastman

Steve Inman, Jr.

12/26

Son of Steve and Linda Inman

Jennifer Hower

12/27

Sister of Julie Fischer

Christopher Hobbs

12/27

Son of Joseph and Gwendolyn Hobbs



I Am Your Sister and Always Will Be

By Michele Walters

TCF Baltimore, MD

In Memory of my sister, Susie

"I am your sister and always will be." That's how Susie signed her cards to me. After a while, she shortened it to, "I am..." And of course I knew the rest of it. Susie was two and one-half years younger than I. She was alive one evening talking on the phone to Mom about the Oscars and to Dad about moving. The next day she was found. Whatever it was – it ended her life and changed mine forever.

There was a wonderful side of my sister that I didn't pay enough attention to. She was a kind and loving person, always ready to shelter lost animals and lost souls. When she was in a good mood, her smiles warmed my heart. Yet I spent most of my life wishing that things were different: wishing that she thought more of herself, wishing that she would take my advice, wishing that she were happier, wishing that we could accept each other.

Now, for two years, I've done nothing but wish she were here so we could have another chance to work at our relationship. Now, I wish that I had been able to give her my unconditional love & support. (She needed it and deserved it.) Now, I wish that I could have been with her that night so she would not have been alone. Now, I wish that I would have held her in my arms and told her how very much I loved her. Because, Susie, I am your sister and always will be.

Announcements

Fourth Annual Rainbow of Roses Remembrance

Hosted by the Zoe Rose Memorial Foundation on National Pregnancy and Infant Loss Awareness Day, the [Fourth Annual Rainbow of Roses Remembrance Event](#) is set for the evening of Saturday, October 15 in Alpharetta, GA. This candle-lighting ceremony honors babies lost due to miscarriage, medical termination, stillbirth, SIDS, neonatal and infant death. The special night of remembrance - which last year honored more than 350 babies – is an opportunity for families who have experienced loss to memorialize their child in a safe environment, among others who understand.

There is no cost to participate, and babies of parents who cannot attend in person may still be honored during the event.

Youth 4 Healthy Hearts

Chapter member Candace Walker and Gospel singer and radio personality Darlene McCoy, spoke with *Good Day Atlanta's* Karen Graham about Youth 4 Healthy Hearts. To view the interview visit:

http://www.myfoxatlanta.com/dpp/good_day_atl/3rd-Annual-Youth-4-Healthy-Concert-20110930-gda-sd.

TCF National Organization is on Facebook and Twitter



Please visit and help promote The Compassionate Friends National Organization's Facebook page by becoming a fan. You can get there by:

- Clicking the link from TCF's national website home page at www.compassionatefriends.org.
- Log into Facebook and search for *The Compassionate Friends/USA*.
- Visiting www.facebook.com/TCFUSA

"We want this to be both an informative and supportive place for those of us who are mourning the death of a child, sibling, or grandchild," says TCF's Executive Director Patricia Loder. "All are welcome to leave messages and talk about the child and their grief. As in our meetings, we especially appreciate shared insights about anything that has brought you comfort, hope, or some measure of peace."

Our Facebook page provides a forum for free and open conversation. While messages are reviewed, they will not be screened before they are posted. So we are asking members to be gentle and respectful of one another and to use common sense in their posts – no offensive language, no overt selling of products or services and no religious proselytizing. TCF is now also on Twitter (<http://twitter.com/#!/tcfofusa>). Please keep in mind that all opinions expressed are those of the individual poster and do not necessarily reflect those of The Compassionate Friends, Inc. or its sponsors.

In addition to the social support aspect, The Compassionate Friends/USA Facebook and Twitter pages will have information about upcoming events such as conferences, the Walk to Remember, and the Worldwide Candle Lighting. Please visit often and contribute to the conversations.

These social media initiatives are important to TCF because they will help increase public awareness about our organization and better enable us to fulfill our mission to help bereaved parents, siblings, and grandparents.

For more information, you may call TCF's National Office toll-free at 877-969-0010 or write Wayne@compassionatefriends.org.

TCF Atlanta: The Compassionate Friends of Atlanta is also on Facebook.

We invite you to join. For more information, visit the following links:

- www.facebook.com/group.php?gid=43057397614
- www.facebook.com/TCFAtlantaSiblings

You will need to log into Facebook to join the group. You will also need a Facebook account (it's 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*."

Sign Up for The Compassionate Friends E-Newsletter

The Compassionate Friends National Office publishes a monthly e-newsletter designed to keep you up-to-date on what's going on with the organization and its 630 chapters.

Published once a month (as well as occasional special editions), the e-newsletter includes information on such things as TCF National Conferences, the Walk to Remember, the Worldwide Candle Lighting, regional conferences, and other events of importance.

Each e-newsletter also includes a story specially selected from a past edition of "*We Need Not Walk Alone*," the national magazine of The Compassionate Friends. For the siblings, the e-newsletter features a past question and answer column by Dr. Mary Paulson.

All you have to do to receive The Compassionate Friends e-newsletter is sign up for it online by visiting The Compassionate Friends national website at www.compassionatefriends.org and clicking on e-newsletter at the top of the Home page.



*"The passage of time alone does not cause our grief to end,
but its softening touch helps us to survive."*

~ Wayne Loder

Gifts of Love

A love gift is a gift of money to The Compassionate Friends of Atlanta. 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, a gift of thanksgiving that their own children are alive and well, or simply a gift from someone who wants to help in the work of our chapter.

The following donations are in support of the Atlanta Chapter newsletter, candlelight service, website and other outreach.

All chapters within TCF are totally dependent on funds from our families. We DO NOT receive funds from our National Office. Everything we need to operate our local chapters is paid directly from our local resources and our local family contributions. Thank you to all who contribute and support your local chapters. Some people contribute in memory of other's children ... this is a wonderful way for others to say, "I am remembering your child." Other "Gifts of Love" are evident by all the compassionate and giving volunteers we have within our TCF Atlanta organization.

Love gifts to the Atlanta Chapter of TCF should be made payable to *The Compassionate Friends* and mailed to our treasurer:

Jayne Newton
808 Brentway Court
Lilburn, GA 30047



Love Gifts

In Loving Memory of Michael Btembke, from his father Ghakarhi Btembke, Norcross, GA
In Loving Memory of Maria-Victoria Boucugnani, from her mother Lynda Boucugnani Whitehead, Fayetteville, GA
In Loving Memory of Katherine A. Chillman, from her family in Georgia and Illinois
In Loving Memory of Ashley Craig, from her mother La Tangie Craig, Hampton, GA

In Loving Memory of Chris Dirr and Honor of Jim Dirr, from Teal Snapp, Champaign, IL
In Loving Memory of Billy Hawley, from his parents Bill and Carol Hawley, Jakarta
In Loving Memory of James Horton, from his parents Wright and Beverly Horton, Herndon, VA
In Loving Memory of Christopher Kuzela, from his parents Patricia and Ed Kuzela, Tucker, GA
In Loving Memory of Kevin W. McFarlin, from his sister Kelly McKellar, Bethlehem, GA

In Loving Memory of Matthew Meehan, from his father Michael Meehan, Stone Mountain, GA
In Loving Memory of Christopher Simpson, from his grandmother Elizabeth Luke, Auburn, GA
In Loving Memory of Doriennne Lindsay Smith, from her mother Pamela Earle Smith, Decatur, GA
In Loving Memory of Mervyn Twyman, from his mother Carol A. McNeal, Stone Mountain, GA
In Loving Memory of Nichelle Twyman, from her mother Carol A. McNeal, Stone Mountain, GA

Monthly Meeting Room Update

Our monthly meetings, currently held in the Fellowship Room at the First Christian Church of Atlanta, may be moving in the months ahead to a new room at the church. Please watch for details in the monthly meeting email reminder.

NEW SUBSCRIPTION - RENEWAL - CHANGE FORM - DONATIONS

If you are receiving our newsletter for the first time...everyone within The Compassionate Friends Organization wants to say We are sorry you have the need for this publication but we are glad you found us and we hope our newsletter will be helpful on your journey. Someone may have lovingly sent you the newsletter...and if so and you find it helpful, please complete the data sheet enclosed and return it so that we may add you to our newsletter database for future mailings. This is to insure that all the information we have is correct and complete. *This is for internal use only.*

Please print, filling in all applicable blanks/boxes:

Your Name: _____

Mailing Address: _____

City: _____ State: _____ ZIP Code: _____

Phone (including area code) _____ Email: _____

Our chapter publishes a quarterly newsletter that is available electronically – at no cost. Please clearly print your e-mail address so we can send it to you:

E-Mail: _____

Child's Full Name: _____ Male ☐ Female ☐

Child's Birth Date: _____ Child's Death Date: _____

Cause of Child's Death : (optional): _____

Child's relationship to you (e.g. son, daughter, brother, sister, grandchild) _____

Names and ages of all surviving siblings living with you:

- How did you find out about The Compassionate Friends? Enter # here _____ (1) Friends (2) Family (3) Hospital (4) Church (5) School (6) Funeral Homes (7) Internet (8) Newspaper (9) Employers (Human Resources) (10) Other _____

Note: The information you have given above will be confidential (*used for internal purposes only*) unless you answer "yes" to one or more of the following questions:

1. Do you want you child's name to appear in the newsletter's "***We Remember You***" section of birth and death dates?
Yes ☐ No ☐
2. Do you want to receive the daily e-newsletter from TCF Atlanta? If so, please include your email

3. Do you wish to have your child's name included on the Wall of Memory on our TCF Atlanta Web Site? Yes ☐ No ☐
4. May we include the above information in the TCF Atlanta Chapter directory? Yes ☐ No ☐

Voluntary donations are TCF Atlanta's only source of income. The Compassionate Friends needs to be here for the families who do not know today that they will need us tomorrow.

Yes, I want to help with TCF outreach...a donation is enclosed in Memory of _____

I would like to apply my donation toward the following outreach: 1) ☐ Newsletter (2) ☐ Birthday/Angel Date Cards (3) ☐ Newly-Bereaved Packets (4) ☐ Annual Candlelight Remembrance Service (5) ☐ Library (6) ☐ General Expenses

Make Checks Payable to: The Compassionate Friends

Please return to: The Compassionate Friends, c/o Jayne Newton (treasurer), 808 Brentway Court, Lilburn, GA 30047
Or, return by e-mail to: jayne@tcfatlanta.org