



THE COMPASSIONATE FRIENDS

Supporting Family After a Child Dies

Summer 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

Upcoming Chapter Meetings:
July 12, August 9 and September 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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On-Site Registration: TCF National Conference July 15-17 in Minneapolis/St. Paul, Minnesota



Although pre-registration has ended for the conference, with the motto “Shining Stars – Guiding Hope,” members can register for the conference on-site starting Thursday July 14. You can still download a registration brochure from the 2011 national conference page at www.compassionatefriends.org under *News and Events*. For questions, you can also call the National Office at 877-969-0010.

This conference, which more than 1,300 people are expected to attend, will feature keynote speakers:

- **David Morrell**, bereaved parent and grandparent, author of the poignant “*Fireflies*,” although perhaps best known for creating Rambo (adopted to the big screen with Sylvester Stallone).
- **Carol Kearns**, bereaved parent and psychologist, author of the book “*Sugar Cookies and a Nightmare*. ”
- **Mary Rondeau Westra** who recently published her memoir “*After the Death of My Son*. ”
- **Mitch Carmody**, bereaved parent and sibling, author of “*Letters to my Son*” and presenter of the popular TCF workshop “Whispers of Love, Songs from Our Children.”

Besides great speakers, the conference will feature more than 100 workshops covering most areas of grief after the death of a child, including workshops for those with no remaining children, and a complete program for bereaved siblings. Sharing sessions, a reflection room, hospitality suites, Butterfly Boutique, and a complete bookstore will be available at the conference, as well as an orientation for first-timers. There will be Friday afternoon and Saturday evening banquets, culminating with a remembrance candle-

lighting at the close of the Saturday banquet. Special entertainment on Friday evening is the comedy “How to Talk Minnesotan, The Musical,” the longest-running stage play in the state.

Sunday, the twelfth annual Compassionate Friends two-mile Walk to Remember® begins at 8 a.m. Sunday and up to 1,200 are expected to walk, carrying as many as 15,000 names of children being remembered (names can be submitted online to be carried in the Walk).

Rooms are no longer available at the host hotel, the Sheraton Bloomington Hotel, Minneapolis South. The Crowne Plaza — Bloomington is TCF’s official overflow hotel for the national conference. The Crowne Plaza-Bloomington is located across the street from the host hotel with a street address of 5401 Green Valley Drive, Bloomington, MN 55437. Hotel room rates are \$129 per day. Call 952-831-8000 to reserve a room. It is anticipated that van service may be available between the hotels.

To learn more about the conference, please visit www.compassionatefriends.org/News_Events/TCF_2011_National_Conference_Minneapolis.aspx.

Candlelight Service Set for December 3, 2011

Be sure your calendars are marked for our chapter’s annual Candlelight Service, which will be Saturday, December 3, 2011, at 7 p.m.

More information about the Candlelight Service will be included in the fall newsletter, which will be published the first week of October.



We will hold a Candlelight Planning meeting in August or September (date, time and location to be announced). We will be discussing possible speakers, music, etc. If you have suggestions that you would like the committee to consider – or would like to serve on the planning committee – please e-mail Cindy Durham at cindy_durham@bellsouth.net.

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.

If you are unable to attend the conference, we encourage you to follow along with us on Facebook at [The Compassionate Friends/USA](http://www.facebook.com/TCFUSA) (<http://www.facebook.com/TCFUSA>). Our intent is to provide you daily updates from the conference – posts and pictures!

70 Names to be carried on Atlanta Chapter's 2011 Walk to Remember Banner



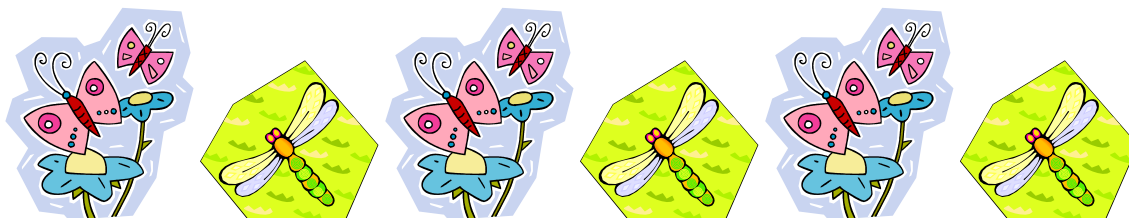
The names of 70 children or siblings of Atlanta Chapter members have been placed on the banner to be carried by chapter members in the annual Walk to Remember at the National TCF Conference this month in Minneapolis/St. Paul, Minn. The conference will be held July 15th – 17th. The banner will be carried by chapter members attending the conference.



Anika Alford
Jon Michael Altier
David Arnold Barrett
Desha Beamer
Kathleen Beamer
Michael Btembke
Michael Brantley Jr.
Cain Brown
Derek L. Brown
Jessica Lyn Bryl
David William Burns
Joey Capron
Julian Oliver Carter
Richard Alan Cartin
Katherine A. Chillman
Jason Daniel Cirafisi
Alex Costley
Robin Ann Craney
Ashley Danelutt
Jennifer Danelutt
Michael "Kyle" Davis
A.J. DeVol
Matthew A. Dobbs
Jessica Dodge

Preston Drummond
James Anthony Durham
Geoffrey P. Edwards
Christopher Fiala
Kristin J. Gillis
Chad Gordon
Shawn Marie Gordon
Billy Hawley
Charles S. Hearington
Micki Henderson
Jason Hight
Matthew Christopher Hinson
Christopher Hobbs
David Hoegler
Carissa Ellen Hunsaker
Kanda Michelle Jacobs
Kennon Jernigan
Arthur Jordan
Jamarr Jordan
Hannah Grace Keeton
Ian Gabriel Keller
Derrick M. Kelly
Joshua Klug
Bobbie Jo Lauter

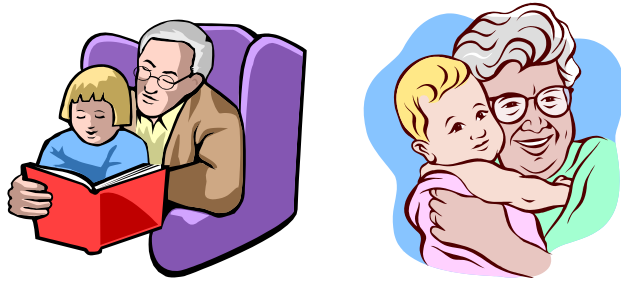
Karla Leija
Jason Maham
Mandi Lynn Mast
Vikki Mooneyhan
Ricky Otter
Brian Parker
Timothy Parker
Jefferey A. Patterson
John Daniel Pettyjohn
Derrick Plankenhorn
Brenden Kyle Rainey
Brian C. Schuster
Christopher Lee Simpson
Meleia Willis-Starbuck
Todd Stien
Reezin N. "Chip" Swilley, Jr.
Michelle Stanton Turner
David Joseph Underwood
Clinton Ron Walker
Jason Lee Webb
Antoine Williams
Aaron Woodruff
Andy Zebrowitz



Grandparents Remembrance

By Susan Mackey
TCF Rutland, Vermont

We are the grieving grandparents, the shepherds of our children and grandchildren's lives. Our grief is two-fold and at times, we feel powerless to help. We seek to comfort our children in the depths of their grief and yet we need the time and space to face our own broken hearts. We have been robbed of the special tender touch a grandparent shares with a grandchild, and we have lost a symbol of our immortality. As we walk by our child's side, we both give and draw strength. We reach into their hearts to comfort them, and when they reach out to us in their distress, we begin the journey to heal together. We continue to be their guardians. We allow traditions to change to accommodate their loss. We support the new ones, which symbolize the small steps on their journey. It is in their healing that our hearts find comfort.



STUFF

By Darcie D. Sims
Spring 2005

Darcie D. Sims, PhD, CHT, CT, GMS, is a bereaved parent, a grief management specialist, a nationally certified thanatologist, a certified pastoral bereavement specialist, and a licensed psychotherapist and hypnotherapist. She is the author of several books. Darcie is also an internationally recognized speaker and has served on several boards, including the National Board of Directors for The Compassionate Friends. Darcie received The Compassionate Friends Professional Award in 1999. She is president and co-founder of GRIEF, Inc., a grief consulting business.

I travel a lot and spend a great deal of time in airports. I spend so much time in airports that I no longer want to collect frequent-flyer miles, but rather, the hours I have spent waiting for airplanes that are late, lost, or nonexistent. I am always prepared to spend those hours constructively by traveling with my laptop computer, a small carry-on that can support my needs for several days, if necessary, and a good book.

I spend most of my airport time working or reading, but sometimes it is fun to watch the never-ending stream of humanity making its way down the walkways, heading blindly toward somewhere. I also love to watch that endless human tide board aircraft, carrying all manner of "stuff" that they then try to place in the overhead compartments, despite the repeated pleas of flight personnel to "utilize the space beneath the seat in front of you." I have learned a lot from these observations. Traveling is a lot like grieving. We are headed somewhere with high hopes, little preparation, and too much baggage for any single human to carry.

We have become a society that defines itself by its "stuff." We measure our "stuff." We sort it, count it, store it, move it, treasure it, and discard it, only to retrieve it again. Our stuff is simply who we are and without it, we risk becoming lost, disoriented, and disconnected. This stuff simply has to come with us at all times!

Grief is part of our stuff, too. Our experiences get boiled down to a few essential memories, phrases, and images that seem to become necessary to hold onto. It would be easier if we would pick and choose which memories to keep and which to toss. We could perhaps, get away with a smaller version of who we are if we only knew we did not have to fear forgetting anything that has happened to us and felt more comfortable carrying fewer reminders of the hurt and more symbols of the joys.

Trying to pack for a trip means assembling the vast amount of "necessary stuff" and deciding what can be taken and what can't. We all have seen people who obviously cannot live without everything they own crammed into one carry-on, while others figure a small reminder or two will be enough.

Grievors are like that, too. Some seem to be able to release much of the pain and horror far sooner, while others stash it away, buried deep within them, only to emerge at the least convenient moment. Some try to cram a steamer trunk into the overhead compartment, having wrestled everyone else's stuff to the floor or simply moved it to another bin. Some try to compartmentalize their hurts with the idea that hurt and grief can be dealt with in an orderly and logical fashion.

But you can't pack away grief in the same way you can toss stuff into a suitcase and then stash it on a shelf until you are ready to deal with it. Grief simply is a part of our fabric, woven into each fiber of our being, always with us, but not always recognized or even acknowledged. It nudges us, calls us, teases us, hurts us at the least touch. Grief demands to be heard, and when we turn a deaf ear, it grows louder and more persistent until we grow weary trying to ignore it.

We can sort it out, roll it up tightly, pack it carefully, lock it away, or even carry it around with us, but we cannot ignore it forever. It returns repeatedly until we learn to embrace it, wrestle with it, and adapt to its flow. If we are lucky, we learn to carry the load we have without too much guilt or anger and have found ways to release the emotions that accompany our grief.

Like our “stuff,” grief defines a part of who we are, but not all of who we are. The trick is to figure out which parts are grief-born and which parts are joy-based. If you are lucky, you will discover, some day, that it is all the same and that grief truly is the price we pay for loving someone. I am glad I bought the ticket, paid the price, shared the journey, and have a memento or two from the ride. It is often lonely, sometimes hard, but never boring. Trying to carry it all with you isn’t possible, but neither is ignoring it all and hoping it will go away.

So, pack what you truly need, give the rest away, and get going on your travels. Each breath takes you closer to your destination, even if you do not know where that is. Learn to let some things go so you can pack lighter next time. You could let go of some of the guilt or fear or anger or hurt. How about weeding through the awful parts so you can get to the loving parts? Don’t discard it without embracing it first, but once you have examined the whole picture, let go of the “stuff” you no longer need to carry in order to define yourself. Let go of the labels and the worries. Will it happen again? It could. Will I be able to handle it better next time? Maybe. Will I ever find love like that again? Not unless you look for it. Will I forget? Not likely. Maybe that is why we believe we need so much stuff around us all the time. Maybe we are really afraid of losing it all, not just the bad parts, but the good times as well. Do we carry too much, save too much, pack too much because we are afraid?

Just as you have never forgotten the name of the very first person you fell in love with, you will not forget your child. If we let go of that fear, we all can travel a bit lighter. Fear is a heavy burden to carry. You cannot forget love that has been given and received. You cannot forget the exchange of heart and soul. You don’t need the stuff in order to remember the love.

Love is the size of a sigh, as light as a kiss, as gentle as a whisper, and as small as a moment in time. It comes in all sizes and shapes and cannot be saved until later. Love simply IS, and you *have* been loved. So lighten up. Carry less, live more, and love a lot. Love is a good thing to carry and really, the **ONLY ESSENTIAL** thing we need!



In Memory of Danny

By John W. Carlsen

Colorado Springs, Colo.

Reprinted from *Bereavement Magazine*

Danny, our only child, passed away at the age of twelve. His death was unexpected, and the pain almost unbearable. Our pastor told us that yellow is the color of life. What then could be more fitting than yellow roses? To ensure these symbols of life for years to come, I bought a rose bush for my wife. After all, she was still Danny’s mom and needed someone to remind her more than ever. I planted the bush on Mother’s Day. On the day before Father’s Day, the roses bloomed - three of them, to be exact. They were arranged in size order, just as our family had been in life. When I bought the bush, there was no way to know that there were to be only three roses. I have no doubt this was a sign from Danny. He wanted us to know that he still lives, and that there are still three roses.

“Wounds do not heal without time and attention. Yet, too many of us feel that we don’t have the right to take the time to heal from emotional and physical wounds.”

~ From Judy Tatelbaum’s “Courage to Grieve”

“...A Bear Wedged In Great Tightness”

From the opening remarks of Richard Edler

1996 TCF National Conference

In a tape called, “*To Touch a Grieving Heart*” there is a wonderful little reminder of the “*Winnie the Pooh*” story by A. A. Milne. You may recall that Winnie goes to visit Rabbit and eats too much honey. Coming out of Rabbit’s hole, he gets stuck tight – so tight he can’t even sigh. He asks his friends to stay with him, read him a story, and offer words of comfort ... and thus to help “bear wedged in great tightness.”

Notice that Pooh does not ask to be pulled out of the hole, he asks only for company so he is not alone. I think grief is like being “a bear wedged in great tightness.” And, while we cannot make the grief go away for each other, The Compassionate Friends starts and stops with the core idea that we will be there for each other; that “we need not walk alone.”

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 May and June 2011 E-Newsletter of *The Compassionate Friends*.



Q. *My older brother, Brian, died in an accident that took place 20 years ago. He was only 12 years old. There are two surviving siblings - myself and my brother Daniel, who is now 35. In many ways, I feel like it is my destiny to preserve the memory of my brother Brian. However, Daniel is afraid to dig deep into the past because he is afraid of the emotions that will resurface. I've been looking through and scanning the photos, and I have to admit that dealing with the topic is like dealing with the most powerful and sad of all human emotions. Even today, the feelings overwhelm me. I want to put together some sort of online memorial for my brother and possibly a memorial foundation down the road, but I really need some advice in terms of how to handle and introduce this discussion to the other members of my family. Part of me gets scared by the emotions that will resurface and the other part thinks that I can do something very beautiful that would touch anyone's inner soul. I would really appreciate any suggestions as I try to make this important decision.*

A. You sound like the brave soul who chooses to mention the pink elephant standing in your living room that everyone else is struggling desperately to avoid seeing. One of the most exasperating aspects of grief is that it often takes on different forms for different individuals. Others may not be at the same place in their grief nor find the same value from what has been helpful for you. Having said that, consider how your family works. In the past, when you've encountered things that were difficult to talk about with your family, what was most helpful in discussing the subject? For instance, you may want to ask

for their input about what memorial they would like to be involved with, or you may want to choose what you would like to do, and then invite them to be a part of it. Whatever you decide, be sure to discuss your desire to share this process with them. As a family, your lives are shared, as is your grief. Mention that you would also like to find some way to continue to share your deceased brother's life, memories, and love—together! You may find that when faced together, the emotions are not as overwhelming, and can even be comforting. And, in sharing this process, you and your family may feel that your own relationships become stronger.

Q. *My life, like so many others, is a tragic tale. My oldest son, Jimmer (21), was killed in a construction-related accident in February 2005. He fell 50 feet from a machine that broke while his younger brother Jacob (20) watched helplessly. What hurts even more than the death of a child is watching Jacob live everyday with the memory of his brother's accident and he feels responsible. Jacob was the foreman on the job and had told his brother to go onto this machine and go get the materials they needed. Jacob feels if he hadn't told his brother to do this task, he would still be alive. He just can't get past this. Counseling has not helped; maybe it wasn't the right counselor; but he isn't all that willing to try another. What can I do for my child to tell him he had nothing to do with his brother's death? I lost one child and part of another and would greatly appreciate some advice.*

A. Parents often tell me that one of the worst parts of experiencing the death of a child is watching the pain of the surviving siblings. Unfortunately, “survivor's guilt” is far too common among surviving siblings! This is even worse in your case because Jacob was there at the time of his brother's death, and he was in a supervisory role at the time. I think you hit the nail on the head as far as what the real issue is when you said “Jacob watched helplessly.” It is sometimes helpful to talk about the origins or purpose of the feeling called “guilt”—especially when it is spelled GUILT. Guilt is related to what we commonly refer to as a conscience. Guilt is triggered to alert us to the fact that we have harmed a relationship that is meaningful to us. That intentionally or unintentionally we have hurt someone, and the feeling of guilt alerts us to that fact to give us an opportunity to repair the relationship. Guilt is a very important emotion! Individuals incapable of experiencing this emotion go far afield and are associated with unbelievably inhumane acts. Guilt is associated with responsibility, culpability, and usually intentionality. This is the part that is so important in survivor's guilt, and for Jacob — there was no intentionality, culpability, or

responsibility in the death of this brother! Siblings naturally feel “responsible” for each other—especially in emotionally close and loving relationships. The part that surviving siblings have a very hard time with is the “helplessness” of what they are feeling — the helplessness of not having been able to protect them — the helplessness they feel watching the pain in the rest of the family. Usually the more capable and strong the individual, the more acute the feelings of survivor’s guilt — because helplessness is an unfamiliar and unwanted feeling. It is important for surviving siblings to see this guilt in terms of the absence of intention and recognize that survivor’s guilt is the horrible sense of helplessness created by the death of a sibling. No one likes to feel helpless! This helplessness is even worse because it brings us face-to-face with our own vulnerability, our own mortality, and the mortality of those we love. Once we can see what survivor’s guilt is made of, we can begin to address the real issues that are keeping us in the dark hole of irreparable grief.



Water Bugs and Dragonflies

By Doris Stickney

Down below the surface of a quiet pond lived a little colony of water bugs. They were a happy colony, living far away from the sun. For many months they were very busy, scurrying over the soft mud on the bottom of the pond. They did notice that every once in awhile one of their colony seemed to lose interest in going about. Clinging to the stem of a pond lily, it gradually moved out of sight and was seen no more.

“Look!” said one of the water bugs to another. “One of our colony is climbing up the lily stalk. Where do you think she is going?” Up, up, up it slowly went. Even as they watched, the water bug disappeared from sight. Its friends waited and waited but it didn’t return...

“That’s funny!” said one water bug to another. “Wasn’t she happy here?” asked a second ... “Where do you suppose she went?” wondered a third.

No one had an answer. They were greatly puzzled. Finally, one of the water bugs, a leader in the colony, gathered its friends together. “I have an idea. The next one of us who climbs up the lily stalk must promise to come back and tell us where he or she went and why.”

“We promise,” they said solemnly.

One spring day, not long after, the very water bug who had suggested the plan found himself climbing up the lily stalk. Up, up, up, he went. Before he knew what was happening, he had broke through the surface of the water and fallen onto the broad, green lily pad above.

When he awoke, he looked about with surprise. He couldn’t believe what he saw. A startling change had come to his old body. His movement revealed four silver wings and a long tail. Even as he struggled, he felt an impulse to move his wings ... The warmth of the sun soon dried the moisture from the new body. He moved his wings again and suddenly found himself up above the water. He had become a dragonfly!!

Swooping and dipping in great curves, he flew through the air. He felt exhilarated in the new atmosphere. By and by the new dragonfly lighted happily on a lily pad to rest. Then it was that he chanced to look below to the bottom of the pond. Why, he was right above his old friends, the water bugs! There they were scurrying around, just as he had been doing some time before.

The dragonfly remembered the promise: “The next one of us who climbs up the lily stalk will come back and tell where he or she went and why.” Without thinking, the dragonfly darted down. Suddenly he hit the surface of the water and bounced away. Now that he was a dragonfly, he could no longer go into the water...

“I can’t return!” he said in dismay. “At least, I tried. But I can’t keep my promise. Even if I could go back, not one of the water bugs would know me in my new body. I guess I’ll just have to wait until they become dragonflies too. Then they’ll understand what has happened to me, and where I went.”

And the dragonfly winged off happily into its wonderful new world of sun and air...



Our Children's & Siblings' Births Remembered



July, August, and September



Amber Gilstrap July 3 Daughter of Kathleen Cornog	Michael Rice Lee July 29 Son of Anthony and Amber Lee	Natalie Marie Webb August 16 Daughter of Jennifer Webb	Demetrius O'Neal Span, Jr. September 2 Son of Calvin and Tammie Washington
Mechelle A. Murphy July 3 Daughter of Brenda J. Murphy	Arnessa Darlene Royster July 31 Daughter of Carolyn Gordon	Taylor Arianna Mills August 17 Daughter of Zeporice Mills	Bradley James Peerson September 5 Son of Pam and Jon Peerson Grandson of Jackie Fuller Brother of Blake Peerson
Tommy Boyert July 5 Son of Tom and Mary Boyert	Genna Watson July 31 Daughter of Gene and Mari Watson	Duane Clinton Byrd August 19 Son of Linda Byrd	Anthony Chad Willis September 6 Son of Mark and Ginger Willis
Kay Cee Herring July 7 Daughter of David and Ginny Herring	Amanda Irene Smith August 1 Daughter of Earl and Paulette Cagle	Margie Ann Lind August 21 Daughter of Bette and Bob Lind	Xavier Khamani Ray September 7 Son of Stephanie Ray
Christopher Kuzela July 7 Son of Ed and Pat Kuzela	Neal McArthur, Jr. August 9 Son of Shirley McArthur	Christopher Lee Simpson August 22 Son of Tricia and Kenny Simpson Grandson of Elizabeth Luke	Samuel West September 10 Brother of Tom West
Jenny Moriarty July 12 Daughter of Larry Moriarty	Audrey Davis Urda August 9 Daughter of Missy and Matt Urda	Todd Brandon Wehunt August 23 Son of Wanda Wehunt	David W. Burns September 11 Son of Lydia Burns
Mervyn Lanier 'Corky' Twyman July 16 Son of Carol McNeal	John Sistrunk August 10 Son of Sarah Smith Sistrunk	Zachary Mark Elliott August 25 Son of Robin Elliott	Richard West September 11 Brother of Tom West
Vernon Philipe Battle July 17 Son of Barbara Knox Brother of Glorqua Tarantine	Shawn Christopher Rogers August 12 Son of Karen Brady	Joshua Benjamin Goforth August 25 Son of John and Sue Goforth	Jacob Allen Butler September 13 Son of Sally J. Dixon
Stephanie Christele Simon July 23 Daughter of Sandra Simon	Julian Oliver Carter August 12 Son of Bryan and Julie Carter	Bayonne Phyleese Wilson August 25 Daughter of Phyllis A. Grier	Raymond Ira Buckner September 15 Son of Vera R. Morrison
Nicholas Ryan Gardner July 25 Son of Michelle and Dewey Gardner Grandson of Pilar Turk	Paul Abraham August 13 Son of Alan and Deborah Abraham	Brayden Michael Eanes August 28 Son of Kelly Eanes Grandson of Al and Jan Pittman	Anita Marepally September 15 Sister of Archana Vemulapalli-Marepally
Paul Perry July 25 Son of Mary L. Perry	Mashanda Nicole Taylor August 13 Daughter of Michelle Taylor-Scott	Brittany Ann Hopkins August 28 Daughter of Denise Hopkins	Cornishia Matthews September 19 Daughter of Gwendolyn Stegall
Christopher Shim July 25 Son of Deon and Jean Shim	Janet Ford Lambert August 14 Daughter of Troy and Natalie Ford	Brandon Marquis Williams August 28 Son of Selena Randolph	Sam Peek September 19 Son of Bobby and Carol Peek
Matthew Thomas Crowell July 27 Son of Barry and Doris Crowell		Joshua Todd Davis August 30 Son of Judy Davis	Brandon Charles Williams September 20 Son of Sharon Williams

Imani Thompson Twine
September 21
Daughter of Stephanie Thompson Harris

Jessica Dodge
September 25
Daughter of Dan and Tamie Dodge

Brendon Hope
September 26
Son of Terri and John Hope

Kawasiki S. Ricks
September 29
Son of Beverly Ricks

Dane Tolson
September 21
Son of Jeanie Lovelady

Hadiyah Rasheedah Evans
September 25
Daughter of Patricia Evans

Sarah Lynn Preston
September 27
Daughter of Barbara Simmons

Mark East
September 22
Son of Jeff East

Sherry Engel
September 25
Daughter of Lou Ellen Huskey
Sister of Andrea Huskey

Georgia Wimberly Pierce
September 29
Daughter of Michael and
Anna Pierce

Our Children's & Siblings' Angel Dates Remembered



July, August, and September



David W. Burns
July 2
Son of Lydia Burns

David Arnold Barrett
July 5
Son of Jacqueline Barrett

Ian Gabriel Keller
July 7
Brother of Dru Miller

**Nichelle Yvette 'Nikki'
Twyman**
July 10
Daughter of Carol McNeal

Genna Watson
July 12
Daughter of Gene and Mari
Watson

Paul Perry
July 13
Son of Mary L. Perry

Janice Benator
July 13
Daughter of Carol Wolper

Padraic Dirr
July 15
Son of Jim Dirr

Zekia M. Rhodes
July 17
Granddaughter of
Beverly Ricks

**Meleia Warren Willis-
Starbuck**
July 17
Daughter of John and
Kimberly Starbuck

Autumn DuBose
July 19
Daughter of John DuBose

James Anthony Durham
July 22
Son of Cindy Durham
Brother of Katie Durham

Allen Shugart
July 23
Son of Kelli and Henry
Shugart

Shemariah Tafari Downer
July 25
Son of Barbara H. Forbes

Dr. Thomas Brown IV
July 27
Son of Lillie Brown

Ali Ramiz Okayay
July 28
Son of Jullie Okayay

Sarah Lynn Preston
July 29
Daughter of
Barbara Simmons

Richard West
July 31
Brother of Tom West

Michael Btembke
August 3
Son of Ghakarhi Btembke

J'Muar Taylor
August 4
Son of Cheryl A. Taylor

Samuel West
August 4
Brother of Tom West

Mechelle A. Murphy
August 7
Daughter of
Brenda J. Murphy

Donald Wesley Carithers
August 8
Son of Susan and John
Carithers
Brother of Brooke Carithers
and Jennifer Sanders

Reezin N. 'Chip' Swilley, Jr.
August 9
Son of Reezin and Elsie
Swilley

Ronnie Keith Batchelor
August 14
Son of Ron Batchelor

Kathleen Darko
August 15
Daughter of Joanne Darko

Mandi Lynn Mast
August 15
Daughter of Diane and
Daniel Mast

Jason Maham
August 17
Son of Trish Maham

Tommy Boyert
August 18
Son of Tom and Mary Boyert

Clarissa Cuningham
August 20
Daughter of Winston and
Judy Cunningham

Brian Patrick Devine
August 21
Son of Eileen and Patrick
Devine
Brother of Colleen Devine

Jennifer Gryzinski
August 21
Daughter of Lisa Mary Katz

Carrie Ann Plumley
August 21
Daughter of Deborah Plumley

Annie Hope Shlevin
August 21
Daughter of Barbara Shlevin

Antwain Danta Whatley
August 21
Son of Gloria Whatley

Our Children's & Siblings' Angel Dates Remembered (continued)

Neal McArthur, Jr.
August 23
Son of Shirley McArthur

James Daniel Smith
August 26
Son of Judith Smith

Christopher Allen Williams
August 29
Son of Cynthia Williams

Todd Brandon Wehunt
August 31
Son of Wanda Wehunt

Anika Alford
September 2
Daughter of Selma Calaman

Chad Gordon
September 3
Son of Jayne and Wayne Newton
Brother of Lisa Gordon Remshik

Joshua Todd Davis
September 8
Son of Judy Davis

Spencer McCrea Oedel
September 11
Son of Amy Lighthill

Carter Martin
September 12
Son of Scott and Leigh Ann Martin

Mark Cozine
September 14
Son of Anne Franzen

Michael Moskowitz
September 14
Brother of Arnie Moskowitz

Terrell Wilson
September 15
Son of Tracy Wilson

Dane Tolson
September 16
Son of Jeanie Lovelady

Sharon Elizabeth Zick
September 25
Daughter of Paul and Rebecca Zick

Marcellus Montez Richardson
September 26
Son of Paulette Perry

Michelle Reeves
September 26
Daughter of Jim and BJ Reeves

Ashley Craig
September 27
Daughter of La Tangie Craig

Bill Hawley
September 27
Son of Carol and Bill Hawley

Brittany Ann Hopkins
September 27
Daughter of Denise Hopkins

John Daniel Pettyjohn
September 27
Son of Julia Moon Pettyjohn

David Underwood
September 29
Son of Sunny Underwood

Henry Robinson Cart
September 30
Son of Roberta and Rob Cart

Matthew Meehan
September 30
Son of Michael Meehan and Vicki Webb

*"An important way to cope with grief is having an outlet, be it interpersonal, be it artistic,
that will allow you to not have to contain your grief, but will give you an opportunity to express it,
to externalize it to some degree."*

~ R. Benyamin Cirlin, Grief counselor



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."*

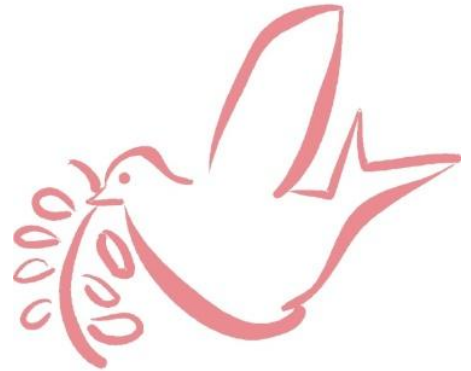
~ Wayne Loder

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 Derek L. Brown, from his parents, Denise and Gerald Brown, Elizabethtown, KY
- In Loving Memory of Joey Capron, from his mother, Carmen J. Capron, Atlanta, GA
- In Loving Memory of Michael Moskowitz, from his brother, Arnie Moskowitz, Atlanta, GA
- In Loving Memory of Michael Moskowitz, from Gayle E. Brown, Atlanta, GA

- In Loving Memory of Kathleen Darko, from her mother Joanne Darko, Atlanta, GA
- In Loving Memory of Laura Kressen, from her mother Joanne Darko, Atlanta, GA
- In Loving Memory of Michael Btembke, from his father Ghakarhi Btembke, Norcross, GA
- In Loving Memory of Todd Kirk Stien, from his mother, Lorann Stien, and his sister, Kim Stien, Eau Claire, WI

- In Loving Memory of Jenny Gryzinski, from her mother, Lisa M. Katz, Atlanta, GA
- In Loving Memory of Christopher Lee Simpson, from his grandmother, Elizabeth Luke, Auburn, GA
- In Loving Memory of Alex Costley, from his mother, Janet Costley, Kite, GA

A Walk to Remember

For a list of *A Walk to Remember* donations, please see page 4.

TCF Atlanta: Membership Form

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 your 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

Or Make Donations Online by Pay Pal at <http://www.tcfatlanta.org/donationdataform.html>