



**THE
COMPASSIONATE
FRIENDS**

Linked Together

Newsletter of the Atlanta Chapter

Winter 2008

"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."

Atlanta Area Web Site

www.tcfatlanta.org

TCF Atlanta Newsletter

1364 Sanden Ferry Drive
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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

Winter Chapter Meetings:

January 8

February 12

March 11

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!"

For The New Year

Instead of the old kind of New Year's resolutions we used to make and break, let's make some this year and really try to keep them.

- 1) Let's not try to imagine the future – take one day at a time.
- 2) Allow yourself time to cry, both alone, and with your loved ones.
- 3) Don't shut out other family members from your thoughts and feelings. Share these difficult times. You may all become closer for it.
- 4) Try to be realistic about your expectations – of yourself, your spouse, other family members and friends. Each of us is an entity, therefore different. So how can there be perfect understanding?
- 5) When a good day comes, relish it – don't feel guilty and don't be discouraged because it doesn't last. It WILL come again and multiply.
- 6) Take care of your health. Even though the mind might not care, a sick body will only compound your troubles. Drink lots of water and take stress-type multiple vitamins, rest (even if you don't sleep), and get moderate exercise. Help your body heal, as well as your mind.
- 7) Share your feelings with other Compassionate Friends (or other groups you may choose) and let them share with you. As you find you are caring about the pain of others, you are starting to come out of your shell – a very healthy sign.

I know following these suggestions won't be easy. But it's worth a try, don't you think? Nothing to lose and perhaps much to gain.

Mary Ehmann
TCF, Valley Forge, PA

Reprinted from Arlington, DC, Leesburg, Prince William, and Burke-Springfield-Fairfax Virginia Chapters January 2008 Newsletter



Interested in Being Part of a Small Dinner Group From Our Chapter?

The leadership of the Atlanta Chapter is exploring the possibility (and levels of interest) in forming some small dinner groups to meet periodically for fellowship – outside of our regular chapter meetings.

The idea would be to form groups of 8-10 people to meet in each other's homes for dinner and conversation. The host would provide the setting and possibly one dish, with everyone who attends bringing something to share.

Evenings such as this would allow for greater sharing and would let us get to know each other a little better.

If you would be interested in hosting or attending a small dinner group, please complete the form below and mail it to Cindy Durham by Friday, Jan. 18. We then will follow up with everyone who responds to work on setting up some groups. The time frame for the dinner meetings will be at the discretion of the host, after talking with others in the group.

TCF Dinner Groups

_____ YES, I am interested in hosting a small dinner group of 8-10 people in my home.

_____ YES, I would be interested in attending a small dinner group of TCF members.

If you checked YES above, which group would you be participating in:

_____ Parent Group _____ Sibling Group

Name: _____

Address: _____

City, State, ZIP: _____

Phone: (_____) _____

E-mail: _____

Please clip this form and mail it (by Jan. 18) to: Cindy Durham, 1364 Sanden Ferry Drive, Decatur, GA 30033. We then will be back in touch with you.



Join Atlanta Chapter Members at TCF Conference in Nashville!

With Nashville just a four-hour drive from Atlanta, we hope to have a large group from our chapter make the trip to the 31st national conference of The Compassionate Friends, scheduled for July 18-20.

Under the theme *Volunteers for Healing... Friends for the Future*, the conference will include more than 100 workshops covering most aspects of grief following the death of a child, and many additional activities. It will conclude on Sunday, July 20, with the ninth annual two-mile Walk to Remember at 8 a.m.

The Atlanta Chapter will again carry a banner containing the names of our chapter's children. To have the name of your child, sibling or grandchild included on the banner, please complete the enclosed form and mail it to Jayne Newton.

To allow everyone to be a part of this year's conference experience, the conference committee plans to decorate the conference area with real 7" vinyl records that have pictures of our children in the center. The "sponsor a record" program is similar to programs available for previous conferences. For a nominal charge (which helps to defray the cost of the conference), pictures sent in of TCF children, will decorate the registration area, reflection and hospitality rooms. Templates and directions are available for download from The Compassionate Friends Web site at www.compassionatefriends.org. Whether or not you are able to attend the conference, a child, sibling, grandchild, or loved one can still be remembered at the conference.

Those who attend the conference and have a record made with their child's picture will be able to carry them home. After the conference concludes, those unable to attend who would like their child's record can have it mailed to them for a slight additional charge.

The conference will be held at the Sheraton Music City Hotel and special room rates are available. Rates for a standard room (king-size bed or two double beds) are \$124 a night. Call (615) 885-2200 for reservations. Hotel rooms are expected to fill quickly, so make your reservations early.

Watch TCF's national Web site for the latest information: www.compassionatefriends.org. More than 1,200 people are expected to attend.

Marietta Chapter Invites Atlanta Members to Attend April Concert

A year ago, our chapter was honored to have Alan Pederson sing at our Candlelight Service. He has accepted an invitation from the Marietta Chapter of TCF to offer an "Angels Are Forever Concert" on April 1. The Marietta Chapter has graciously invited us to attend. Details are below.

Invitation

Angels Are Forever Concert

Alan Pederson

Tuesday April 1, 2008 at 7PM

Marietta First Baptist Church, 148 Church Street, Marietta, 30061, 3rd floor

Hosted by Marietta Chapter TCF

Performing for more than 25 years, Alan is an accomplished singer and songwriter. He joined The Compassionate Friends in Denver Colorado after his daughter Ashley died in August of 2001. He credits TCF for "saving his life and inspiring him to honor his daughter's life by helping others." His first CD titled Ashley's Songbook was released in 2003 and his second CD titled "A Little Farther Down the Road" was released in 2006. We have played two of his songs at our October meeting and December Candle Lighting. Many expressed an interest in obtaining these songs and will have that opportunity when he visits us in April. His third CD will be released February 2008 titled "More Songs for the Journey". He will have copies available at the concert.

Alan travels across the country visiting churches and grief organizations to share his story and message of hope through his music and words. He has performed at National Conferences for The Compassionate Friends, Bereaved Parents of the USA, and the World Gathering on Bereavement. We are so excited to have him come and sing for us in April! Alan's focus for the year 2008 in playing and speaking is on "celebrating our children and remembering they lived...and the profound affect that they have had on our lives".

Alan dedicates his work and music to his beautiful and precious daughter Ashley Marie Pederson.

For more information on Alan Pederson and his work, visit
www.foreverashleymusic.com.



Atlanta Walks For Our Children and Siblings Gone Too Soon

The Compassionate Friends National Walk to Remember will be held at 8 a.m. Sunday morning, July 20, in Nashville, Tenn., the National Conference host city, prior to the closing ceremony.

First held in conjunction with the national conference in 2000, this Remembrance Walk has quickly become a highlight for conference-goers with between 600 and 1,000 joining together hand-in-hand, arm-in-arm to cover the two-mile course arranged for the event.

This is our way to honor the memories of children and siblings who we will never forget.

Families who have had a child die, but are unable to attend the conference or walk, are invited to include their child's name on our "Atlanta Walks" banner carried by members of our local Atlanta TCF Chapter attending the Nashville conference.

If you would like to have your child, sibling or grandchild's name included, please complete the following form and return it to us as soon as possible. The deadline is June 15.

Atlanta Walks – 2008 In Memory of our Children and Siblings

Yes, I would like to have my child/sibling/grandchild included on the Atlanta Walks banner.

Child's Name _____
(Please print clearly)

Yes, I would like to help with the Walk to Remember expenses and support the work of The Compassionate Friends Atlanta Chapter by making a donation in the amount of:

\$ _____ (\$10, \$25, \$50.....)

Please mail your check payable to "The Compassionate Friends" to:

The Compassionate Friends
c/o Jayne Newton
808 Brentway Court
Lilburn, GA 30047
Thank you for your support. (Deadline June 15)



*Sample Banner from 2004 Walk for the Hollywood Conference
"Atlanta Walks...
In Memory of Our Children and Siblings"*

January, February and March Birthdays

Child's Name	Birthday	Angel Date	Relationship	Family
Rahim Smith	1/1/1977	3/3/2001	son	Susan Wilson
Timothy E. Dixon	1/7/1980	11/9/1999	son	Georgia Ware-Dixon
Christopher James Downs	1/9/1984	6/3/2007	son	Jim and Joan Downs
Stephen Chappel II	1/10/1985	2/24/2000	son	Stephen and Joyce Chappel
Jason Gibson	1/10/1971	6/18/1997	son	Tricia Garrett
Sharon Elizabeth Zick	1/12/1987	9/25/2005	daughter	Paul and Rebecca Zick
Leanna Piver	1/16/1978	11/7/1998	daughter	David and Janet Piver
Jessica Lyn Bryl	1/19/1977	4/3/2000	daughter	Betty and Daniel Bryl
Charlie Wellman	1/20/1988	4/27/2005	son	Mary Wellman
Steven Curtis	1/22/1974	6/26/1990	son	Janet Curtis
Jamarr Jordan	1/27/1981	2/14/2000	brother	Nina Florence
Jamarr Jordan	1/27/1981	2/14/2000	son	Janet Mitchell
Clayton Thomas Sechrist	2/1/1980	2/20/1996	son	Ann and Nelson Sechrist
Ashley Butler	2/9/1990	9/10/2001	daughter	Mishell Butler
Carlo R. Williams	2/11/1979	12/21/2003	son	Deborah Denise Williams
Arthur Burt Jordan	2/16/1973	5/6/2006	son	Ann Asbell
Arthur Burt Jordan	2/16/1973	5/6/2006	brother	Emily Jordan
Aleea Corine Blokland	2/19/1999	2/23/1999	daughter	Amy Olseth
Melvin Shannon	2/23/1956	6/30/2000	son	Lillian Smith
Melvin Shannon	2/23/1956	6/30/2000	brother	Juanita White
Kathleen Dirr	2/24/1965	10/28/1984	daughter	Jim Dirr
Dijon Plummer, Jr.	2/24/1998	12/22/2005	son	Dijon Plummer
Todd Kirk Stien	2/25/1976	4/1/2007	son	Lorann Stien
Matthew Meehan	2/26/1983	9/30/2003	son	Michael Meehan
Matthew Meehan	2/26/1983	9/30/2003	son	Vicki Webb
Allen Palmer Shugart	3/4/2002	7/23/2005	son	Kelli and Henry Shugart
Yolandra Erin Dixon	3/5/1976	5/3/1999	daughter	Georgia Ware-Dixon
Darren Avery	3/6/1967	8/7/2000	stepson	Lillie Austin
Shana Rosenwald	3/7/1971	2/23/2001	daughter	Ellie Rosenwald
Christian Nicole Ricketts	3/11/2003	3/11/2003	daughter	Nicole Ricketts
Bill Hawley	3/15/1983	9/27/2004	son	Bill and Carol Hawley
Bill Hawley	3/15/1983	9/27/2004	brother	Alan Hawley
Annie Hope Shlevin	3/15/1980	8/21/2004	daughter	Barbara Shlevin
Reezin N. 'Chip' Swilley, Jr.	3/18/1969	8/9/1985	son	Reezin and Elsie Swilley
James A. Bunch Jr.	3/21/1960	10/3/2006	son	Margie Shippey
Kim Gelly	3/24/1966	5/24/2002	daughter	Wanda and Bobby Boylston
Kim Gelly	3/24/1966	5/24/2002	sister	Laurie Rogers
Corey Adam Price	3/24/1983	1/31/2004	grandson	Angie Williams
Jamie Dalziel	3/25/1985	12/24/2003	son	Martin and Donna Dalziel
Shemariah Tafari Downer	3/26/1980	7/25/2001	son	Barbara H. Forbes
Hallbrook 'Trey' Polite, III	3/28/2006	4/9/2006	son	Linda and Hallbrook Polite, Jr.
Winn Jordan	3/31/1984	3/23/2004	son	Bill and Jan Jordan



January, February and March Angel Dates

Child's Name	Angel Date	Birthdate	Relationship	Family
Latoya Peart	1/1/2005	11/1/1978	daughter	Alvin and Patsy Dorman
Duane Clinton Byrd	1/2/2002	8/19/1986	son	Linda Byrd
Damien White	1/6/2003	5/17/1978	son	Robin White
Nicholas Ryan Gardner	1/9/2005	7/25/2002	grandson	Pilar Turk
Nicholas Ryan Gardner	1/9/2005	7/25/2002	son	Michelle and Dewey Gardner
Lauren Zauche	1/10/2001	12/10/1982	daughter	David and Claudette Zauche
Sherry Engel	1/12/2004	9/25/1967	sister	Andrea Huskey
Sherry Engle	1/12/2004	9/25/1967	daughter	Lou Ellen Huskey
Clayton Olvey	1/12/1998	11/30/1970	son	June Smith
Jessica Dodge	1/14/2004	9/25/1987	daughter	Dan and Tamie Dodge
Richard Alan Cartin	1/16/2005	10/2/1963	son	Nancy Murphy
Jacques Fuqua	1/19/2007	7/22/1987	son	Janice Fuqua
John Thomas Arnold	1/22/2006	10/6/1988	son	Donna Arnold
Mark East	1/25/2004	9/22/1971	son	Jeff East
Amelia Sutterthwaite Ward	1/29/2006	10/29/2005	daughter	Lisa and Greg Ward
Corey Adam Price	1/31/2004	3/24/1983	grandson	Angie Williams
Scott Wiseman	2/3/2002	10/19/1977	son	Lynn Wiseman
Stephen Ledford	2/8/1997	10/4/1975	son	Luella and Mike Ledford
Jamarr Jordan	2/14/2000	1/27/1981	brother	Nina Florence
Jamarr Jordan	2/14/2000	1/27/1981	son	Janet Mitchell
Clayton Thomas Sechrist	2/20/1996	2/1/1980	son	Ann and Nelson Sechrist
Aleea Corine Blokland	2/23/1999	2/19/1999	daughter	Amy Olseth
Shana Rosenwald	2/23/2001	3/7/1971	daughter	Ellie Rosenwald
Stephen Chappel II	2/24/2000	1/10/1985	son	Stephen and Joyce Chappel
Billy Snapp	2/25/1996	6/23/1981	son	Teal and Bill Snapp
Joshua Anavitarte	3/3/2002	6/13/1979	son	Jean Marie Anavitarte
John Allen Askins	3/3/1995	6/24/1971	son	Elaine Askins
Chamica Hardaway	3/3/2000	12/21/1972	daughter	Albert and Florence Daniels
D'Keesiyah Hardaway	3/3/2000	6/16/1996	granddaughter	Albert and Florence Daniels
Rahim Smith	3/3/2001	1/1/1977	son	Susan Wilson
Brandon Marquis Williams	3/5/2004	8/28/1988	son	Selena Randolph
Jason Curtis	3/6/1999	7/8/1976	son	Sharon Curtis
Jacob Miller	3/7/2003	10/26/1985	son	Sandra and Richard Miller
Matt Halloran	3/11/1997	7/2/1980	son	Marti Goldring
Christian Nicole Ricketts	3/11/2003	3/11/2003	daughter	Nicole Ricketts
Jennifer Marie Dailey	3/12/1997	11/9/1982	daughter	Joanne and Bob Dailey
Rachel Diane Trotti	3/15/1994	8/27/1991	daughter	Joy-Lyn and James Trotti
Candi Gaye Marshall	3/16/1984	10/16/1965	daughter	Gena and John Ivester
Joey Capron	3/17/1984	5/26/1963	son	Carmen Capron
David James Teddlie	3/22/1999	12/5/1979	son	Anne and Don Teddlie
Winn Jordan	3/23/2004	3/31/1984	son	Bill and Jan Jordan
Jamaal Addison	3/23/2003	10/7/1980	son	Patricia Roberts
Dianne Martha Shlevin	3/26/1979	12/27/1978	daughter	Barbara Shlevin
Daniel Prescott	3/31/2004	5/19/1967	brother	Pam Prescott



The New Year: A Time of Hope

Another New Year has slipped into our lives, radically changing some things and leaving other things to evolve naturally. For bereaved parents a new year marks another year on the calendar without their precious children. It is a new year, but not much has changed since the old year.

Why is that?

We act as the catalysts of change for ourselves. We choose to help ourselves; we choose to stay in a specific place in our grief. We choose to reach out for hope or we choose to withdraw into the familiar and postpone facing life and hope another day. There are no set rules or specific timetables in bereavement.

We are each unique in our grief. Eventually we all find hope. We find it in different ways and in different times. There will be no one moment of epiphany for bereaved parents. Instead, there are a series of minutes, hours, weeks, months and often years until we realize that we can truly say we feel the power of hope coming alive from deep within us. This moment will come for each of us. It will come in its own time and its own way.

Even those of us who have found hope and who shine its light on the paths of newly bereaved parents, still regress and withdraw into the dark sadness of our loss. And that is as it should be. For we have lost the most precious gift of our lives...our children's presence with us and their future in this life. Our children live in our hearts and our memories and our dreams. They do not share this plane with us. It is normal and it is good to think of our children often and to shed some tears for all that has been lost. These aren't setbacks as much as sweet memories that bring cathartic tears.

The element we find in these memories is a closeness to our child and our child's life. This, too, is healthy. An often-expressed fear is that our children will be forgotten. Worry not, gentle parent, your child will be remembered for all of your days and for many days thereafter. You will never forget your child.

Others who knew your child will never forget. The proof of this is in our memories....sweet memories that take us back to another time when our child was with us.

So this New Year's, whether you are a few months, a few years or many years in your grief, think about hope. You have not forsaken your child when you reach for hope. Your hope brings your child back in a positive way that will warm your heart. Reach for that hope. As you move forward in your grief in the New Year, reach for hope. Your child will still be with you. And one day you will find that your child's presence is sweeter when hope is within you.

Annette Mennen Baldwin
In memory of my son, Todd Mennen
TCF, Katy, TX

New TCF Chapter Chartered

A new TCF chapter has been chartered in Georgia.

Called TCF of North Georgia Mountains, the chapter meets the last Thursday of every month from 7:30- 9:30 p.m. at the Union County Library meeting room, 194 Hospital Street in Blairsville, Ga.

Kathy Malone is the chapter leader and can be reached at (770) 979-1763.

Four Chapter Members to Attend Leadership Program Feb. 15-17

Four members of our Atlanta (Tucker) chapter will attend a Chapter Leadership Training Program next month hosted by the National TCF office. The program will be held Feb. 15-17 in Atlanta.

Attending the conference will be Cindy Durham and Tamie Dodge (chapter leaders) and Trish Maham and Mary Wellman (who serve on the steering committee). Chapter leaders Ghakarhi Btembke and Joe Hobbs previously attended Chapter Leadership Training Programs.

These programs are designed to help chapter leaders:

- understand TCF's heritage and future
- share ideas with leaders of other chapters
- find funding in the community
- conduct chapter meetings that provide comfort and hope to members
- learn community awareness techniques to make sure the community understands and supports The Compassionate Friends
- organize volunteers within the chapter to share the workload and ensure future leadership transition

Grief and Anger

By Jackie Wesley

The Compassionate Friends, East Central Indiana and Miami-Whitewater Chapters

At a recent chapter meeting, we discussed anger in our grief. Many experience anger after their child or loved one dies. A description of anger is "A feeling of rage, an emotional agitation to what is viewed as unfair, unjust and sometimes even shameful."

When we are angry we need a target. Sometimes the target may be God. (He understands.) Some may even feel anger at their child or loved one, thinking, "How could he/she leave me like this? Why? Doesn't he/she know I'm hurting and in pain?" Some people are angry at the doctors, some at the funeral directors, some even feel anger toward themselves, thinking they could have done *something* to prevent the death.

We may even be angry at our spouse. He/she may not grieve the same way and we may misunderstand their feelings that are just as deep as our own. Maybe our clergyman is not as compassionate as we believe they should be, or maybe they were not available to us at all.

We are angry because we feel abandoned and that life is unfair. We also feel very alone and no longer in control of our emotions. We may also think nothing will ever be the same, and it **won't**. But as time goes on, it does get somewhat easier as you work through your grief.

We all try at times to not let this anger show to others, but suppressing it can only lead to sickness and withdrawal. Masking anger will often hurt the ones around you and may even drive them away from you.

You may even risk losing your closest support system. Dealing with your anger and admitting it and also seeking help from others who have experienced this feeling is always the healthy thing to do. Personally, talking has been the best help for me. Attending a Compassionate Friends meeting and talking to others who have "been there" has helped many.

CF Chapter Meeting to be Held

Tuesday, Jan. 8 – Please Join Us

Whether you want to talk about anger, how you dealt with the holidays, the turning of the calendar into a new year or how much you miss your son, daughter or sibling, or whatever is on your mind this month, we hope you will

join us on Tuesday, Jan. 8, for our Atlanta (Tucker) Chapter meeting.

We meet from 7:30-9:30 p.m. at the First Christian Church of Atlanta, 4532 LaVista Road, Tucker, GA 30084.

We have both a group for parents and a group for siblings (ages 11 and up) that meet at this time/location.

For more information about our chapter meetings, contact one of our chapter leaders. Names, phone numbers and e-mail addresses are located on the front page of this newsletter.

We hope you will join us on Tuesday.

In This Place

Brave hearts, you are here. You have traveled a dreadful distance. You have come, seeking solace, understanding, hope, threads to patch what death's so cruelly undone.

In this place you can relax and breathe . . . the coats of others' expectations taken off. Walk into these few days as into an oasis where draughts of love and memories can be quaffed.

In this place all names can be spoken; in this place each one's story can be told. We will not be discouraged by your sorrow; in this place ALL feelings, we enfold.

Here laughter does not mean we are forgetting; we do not count how many tears are shed. Both fuel us, fellow travelers, give us courage, for the long and winding road we see ahead.

And those we love are pleased we are together, smile down on us, and bless these days, glad for every tiny step we are taking as they send their light to guide us on our ways.

Traveling with us as we journey onward, sending strength for what the miles may bring, they are a part of everything we do that matters - in every dance we dance, and every song we sing.

Genesse Bourdeau Gentry
The 2004 Compassionate Friends National Conference
written July 23, 2004, for the First Timers.

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 chapters. The following donations are in support of the Atlanta Chapter newsletter, candlelight service, Web site 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 are 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.

Donations are not listed online

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.



Things to Do When Desperate

1. Breathe.
2. Get my teddy bear.
3. Call other bereaved people (keep their phone numbers easily available)
4. Call close friends (keep their phone numbers easily available, too.)
5. Call a counselor.
6. Call a hot-line.
7. Get in my rocking chair. Get in any chair and let it support me.
8. Take a hot bath.
9. Run around the block three times.
10. Listen to soothing music.
11. Put on a relaxation tape.
12. Ask someone to hold me.
13. Cry.
14. Yell into my pillow
15. Join a support group.
16. Say to myself, "Others love me," or "I have the right to survive," or "Others have gotten through this, I can too."
17. Stroke the dog or cat.
18. Watch an old movie on TV or read a book.

19. Hug a tree.
20. Stand or lie on the floor and feel the floor support me.
21. Pray
22. Start again at the top.

*Edited by Anne Pieper from "The Courage to Heal"
by Ellen Bass and Laura Davis*

Special Birthday Table

Our chapter has a monthly Birthday Table. This is a special table set up for those who have a child, grandchild or sibling's birthday in that month. Please bring a photo/memento and share a special memory of your child.

You are also welcome to bring your child's favorite food or birthday cake to share with the group. We hope you will take this opportunity to share your child with us.

For more information, please call Tamie Dodge at 770-982-2251 or Dodgecat2001@yahoo.com

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) _____ E-mail: _____

Do you prefer to receive the newsletter by (check one): _____ Mail _____ E-mail (provide e-mail address above)

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? Please circle one: (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 _____
2. Do you wish to have your child's name included on the Wall of Memory on our TCF Atlanta Web Site? Yes ___ No ___
3. 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) _____ TCF Atlanta Web site
(6) _____ library (7) _____ 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



®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. ©2007



The Compassionate Friends Atlanta Chapter
1364 Sanden Ferry Drive
Decatur, GA 30033

Honoring 28 Years of Support and Friendship for
Bereaved Families

Winter 2008 Newsletter