



The Compassionate Friends Fayetteville Area Chapter



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Forever Entwined

By Annette Mennen Baldwin TCF Katy, Texas



Losing a child to death is statistically improbable, yet all parents harbor the concept as their worst fear, the stuff of nightmares, cold sweats, and anxiety. But when our children die, the anxiety of that possibility pales against the sole wrenching horror of the reality. At first we freeze in time as our focus is on the primal... breathe, drink water. After the initial shock has ceased to control our every moment, we seek answers. Can I get through this? Do I want to get through this? How have others managed to continue living after their child has died? I have disconnected from my friends and even my family. I don't want to go forward... the pain is too intense.

Death would be a mercy. Life is no longer a joy. My heart is broken. I will never see my child again.

If we are fortunate enough to find a Compassionate Friends group, we meet people who have taken this nightmare journey... and survived. Our first meeting is the most difficult... at my first meeting the only word I could say was my son's name. Later, we tell our story to those who have experienced the death of their child and find cathartic. If we persevere and continue to attend meetings, get to know other parents, participate in the group discussions, cry with others and smile at the memories of their child... we begin the healing process.

Now our lives are forever entwined with those of other parents who have lost a child to death.



Like the Celtic knot, we are not part of an eternal paradigm: we are strands in the know, weaving our stories into each other's lives. This interlace of our lives is a permanent and beautiful blending of souls seeking comfort from one another. Our reality is shared by others; we lean on them, they lean on us. We give, we receive. Many friends from our lives before the death of our child hesitate to mention our child's name and even fear talking about our child's life and listening to our memories. But we don't want to forget our child as that would be the worst betrayal. We want to talk about our child's life and keep their spirit with us always.

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We will be having a speaker at our April meeting, Holly Sallau will be at our meeting speaking and selling her book, *Robin's Wings*". Please come and show her our support. Read more about Holly's book on page 3 of this newsletter.

Our Pig Pickin is to be held on Saturday, June 2nd this year. We will be having it at a new location. We are in need of volunteers to come early and help set up. If you would like to volunteer to help, or if you would like to sign up to bring something please call Jennifer German at (910) 245-3177. Directions and more information about this

event is on page 5 of this newsletter.

We are not getting the donations for raffle items this year like we have in the past. The economy has taken a toll on many. We do need your help in finding donations for raffle items. Jennifer German and I have letters for any business that would like to donate, please get with her or me if you know of anyone that may be able to give. Also you can bring an item or items for the raffle. Again this year we will have the 50/50 drawing, it seemed to be a success last year.

*Hope to see everyone there,
Sharon*

Those in our lives who do not share this feeling are not part of our eternal paradigm; they will never be entwined with us as we complete our journey on this earth.

The Celtic know, the symbol of eternity is symbolic of the relationships we have found at Compassionate Friends. These lives are forever woven into ours, we accept each other's perspectives and share their sorry and the joy of their memories. There is a place in our Celtic knot for all parents who have lost a child. As other parents join us, they are enfolded forever into the eternal paradigm of healing and compassion.

To Mommy From Heaven By Sandra L. Garman



Mommy, don't cry, cause God is
holding my hand
And telling me everything is OK.

Mommy, God said that I will never
want for anything
And I will still feel your love all the
way up here.

Mommy, you should see me,
I am running and playing with God's other
children.

Mommy, guess who helps watch over us while
we play?
They are God's Helping Angels!

Mommy, I am not afraid, my grandpa and grandma
are here,
They came to me when it was dark and held my
hands; then we went to God's bright light,
Where Angels were singing.

Mommy, God said, If you feel sad, to remember
this; I'll be the gentle breeze that brushes your
face, the sun is my smile and the rain is me
washing away your pain.

Mommy, I have to go now, I send you all my love
on the wings of an Angel.

Love from your son, to you Mommy.

Spring's Tears By Sally Migliaccio TCF Babylon, New York Chapter, Remembering Tracey, always

When the sun's sharp brilliance echoes in the
luminescent blue
A grim, oppressive darkness stabs my aching
heart anew.

It's golden glow upon my face, the warmth of
winter's sun

Holds the promise of renewal when the icy
months are done.

It is this vow of nature's resurgence in the
spring

That bows my head, and breaks my heart; un-
locks my suffering.

For you will miss again the beauty of this time
of year

The growing warmth, the sunny days when
life will reappear.

For nature has no power over death that holds
you still

And though I know, I still resent spring's early
daffodil.

Oh, would that I could speak to Mother
Nature face to face!

To beg she work her magic on your lonely
resting place.

Why can't it be your rebirth when the gray,
cold days are done? You were so young, your
life so new when death crept in the door.

And in my grief, beloved
child, I'll ask forever more
The reason why the earth's
renewed when spring comes
'round each year
Yet in your grave you're
silent still, and I
condemned am here.



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 and creeds.

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 we 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 that 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.



Robin's Wings

Lessons from My Daughter on
How to Grieve for My Only Child

Robin Joy Sillau and Holly Snow Sillau

Robin's Wings: Lessons from My Daughter on How to Grieve for My Only Child

Robin Joy Sillau and Holly Snow
Sillau

Holly and Robin, mother and daughter, share their heartfelt words with readers. You'll discover Robin's intuitive advice to her mom about how to handle the grief Holly is faced with upon the unexpected death of her only child. Holly finds, in the writings Robin left behind, comfort, guidance, and soul-searching warmth, all of which are helpful navigational tools for learning to in-

corporate deep grief into her new existence. Bereaved parents, and anyone experiencing loss, will surely benefit from the expressive reflections of both of these courageous women.

You can find the book on amazon.com. On the book's Amazon page, you can read several reviews, and you can also use the "look inside" feature provided by Amazon to see a few pages from the book's interior. All proceeds from the sale of this inspiring book will go to the Robin Joy Sillau Memorial Research Fund for Connective Tissue Disease at New York City's Hospital for Special Surgery.

Holly will be at our April 3rd meeting, talking about her book and selling copies. I am asking all of our members to please come and show your support to Holly. Holly will have books with her for the price of \$15.00, she can only take cash. This is such a wonderful opportunity to meet her. I am asking that each of you please come and if able purchase a book from Holly.

About Holly

Holly is from New your City, and currently lives in Cary, NC. She used to belong to the Chapel Hill chapter and the wake County chapter, but now attends meetings regularly in Raleigh at the Wake County chapter. She is a retired NYC high school math teach. She moved to Cary after teaching for over 30 years. She raised Robin, her only child, all alone from the time she was 7 months old. She has decided to devote her time to seeing to it that Robin's dreams are fulfilled. Robin wanted to be a famous interior designer in NY, and she accomplished that goal herself. Robin also wanted to be the author of a book, and Holly has made sure that has happened. Robin was always concerned with helping other people, so Holly gives all proceeds from the sale of Robins Wings and the sale of her second boo, Missing Robin" Poems from a Mother's Grief Journey due out in June, to the charitable research fund she established in Robins memory at NYX's Hospital for Special Surgery.



Love Gifts



A Love Gift is a donation of money or time to honor a child who has died, or as a memorial for a relative or friend. We thank the following for their kind generosity, love and sharing.

Frances Jackson in memory of her son Joey Jackson and husband Joe Jackson

Ben and Christine Traylor in memory of their son Benny Michel Traylor

Vickie Bowles in memory of her son Bryan Bowles and husband John Bowles

Bob, JoAnn and Bryan Cowles in memory of their niece Erica Graham

Ruby Britt in memory of her daughter Pam Tatum

Mickey and Hazel Smith in memory of their son James "Randy" Smith

David and Teresa Redshaw in memory of their son Ian Redshaw

Jody and Jenniffer Hall in memory of their daughter Amber Marie Hall

And Shaun Hall in memory of his sister Amber Marie Hall

Sharon Jackson-Davis in memory of her daughter Crystal Dawn Jackson

If you wish to make a donation or a love gift, please make checks payable to The Compassionate Friends, and mail to 703 Rosebud Court, Vass, NC 28394. Please include the name of the child, love one, or friend that you wish the donation to be made in memory or honor of.

Choices

We had no choice in our child's death, but we do have a choice in how we respond. How we react long-term is a memorial to our child.

Will people remember your son or daughter for who they were or that their parents 'never got over it'?

We need never forget our sons and daughters. We will feel their loss painfully at different times throughout our lives, but we can learn to value what we have now and gain from our pain.

Author Unknown

To our members who are further down the "Grief Road"

We need your encouragement and 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, to share your grief, encourage you and tell you, "your pain will not always be this bad, it really does get better".



The Compassionate Friends
Annual Pig Pickin
Saturday June 2, 2012
At First Baptist Church of Hope Mills



We will be eating around 12:00
Phil will be cooking again this year.
We will have a raffle and a balloon release

Please come and bring a picture of an item of remembrance
For the memory table. Family and friends are also welcome to come.

If you would like you may bring a food item and an item for the raffle, we are in
need of items to be raffled off.

If you would like more information please call Sharon at 910-850-4998 or
Jennifer German at 910-245-3177

All monies raised will go back into the group to help with the printing of
The newsletter, grief materials, and the cost of the candle lighting.

Address and directions to church

4621 Cameron Road
Hope Mills NC 28348

From 301 South
Get onto the Southbound service land,
stay on the service land past where it separates from highway,
Cross little bridge past "ARC Nursing Home, past Shrine Club,
and church will be on the left

From Hope Mills
From Main street in Hope Mills
Take a left onto Cameron Road at CVS
Follow Road past Hope Mills Middle School
And church will be on the right.

***The
Sibling
Credo***

We are the
surviving children of The
Compassionate Friends.
We are brought together
by the death of our
brothers and sisters.
Open your hearts to us.
Sometimes we need the
support of our friends.
At other times we need
our families to be there.
Sometimes we feel we
must walk alone, taking
our memories with us,
continuing to become
the individuals we want
to be. We cannot be our
deceased brother or
sister; however, a spe-
cial 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 some-
times are,
but to walk together to
face our tomorrows
as surviving children
of
The
Compassionate
Friends.



Our Children & Siblings Remembered

Each month some of our members face special but very painful days. We ask that you keep in your thoughts the parents, grandparents, and siblings of the following children's:



April

Joey Jackson April 1
Son of Frances Jackson
Brother of Ramona and Robert Jackson

Melanie Ruth Locklear April 2
Daughter of Jim and Kathy Evans

Kelsea Helton April 4
Daughter of Barbara Helton
Sister of Bethany Morgan and
Charisa Carstens

Andrew Williams April 6
Grandson of Jeanne Winstead

Anthony "Brian" Smith April 10
Son of Daryle & Debbi Nobles

Darryl Peckinpough April 13
Son of Marianne Browning

Whitney Hair April 13
Daughter of James and Renee Hair

Ralph Lanier April 14
Son of Bill & Diane Lanier

Christopher Eggleston April 15
Son of Wayne & Angie Eggleston

May

Karen Simmons Allee May 2
Sister of John Simmons

Vernard Whitfield III May 3
Son of Phyllis Whitfield

Dwayne Banks Jr. May 8
Son of Linda Ervin

Christopher Vargas-Herrera May 14
Son of Alfredo & Linda Vargas-Herrera

Birthday's



Michael LaCass May 21
Son of Wayne LaCass

Kristopher Caudill May 23
Son of Jason & April Caudill

Thomas Payne Hollers May 22
Grandson of Sandra Hollers

Michael Cline May 28
Son of Roger & Cheryl Monette

June

Phillippia A Epps June 4
Daughter of Eldridge & Evelyn McNeill

Tabitha Croom June 5
Daughter of Ann Croom
Sister of Christina Croom

Amy Elizabeth German June 8
Daughter of John & Jennifer German

James (Jimmy) Green June 16, 1995
Son of Mary Green

Austin Curtis June 17
Son of Keltys & April Jimmerson

Amanda Danielle Cline June 25
Daughter of Daniel & Carrie Cline

James (Randy) Smith June 25
Son of Mickey & Hazel Smith

Elizabeth Akins June 26, 1983
Daughter of Frances Overton

Evelyn Copeland June 30
Daughter of Natasha Madison

Kayla Shea Hughes June 30
Daughter of Jodi Aguilar-Turlington



Our Children & Siblings Remembered

Each month some of our members face special but very painful days. We ask that you keep in your thoughts the parents, grandparents, and siblings of the following children's:



April

Jamell Short April 1, 2006
Son of Andre & Joslyn and
Grandson of Jonathan & Lucinda Colvin

Kip (Geronald) Wilson Jr. April 2, 2004
Son of Dianne Wilson

Leslie (Lee) King April 2, 2005
Daughter of Lorie King

Danielle Rambeaut April 4, 1999
Daughter of Charlene Favreau

Michael Cline April 9, 2003
Son of Roger & Cheryl McAdams

Glenda Hudson April 16, 1992
Daughter of Pat Arnette

Ian Redshaw April 18, 2010
Son of David & Teresa Redshaw

Chris Hondros April 20, 2011
Son of Inge Hondros

Mark Heil II April 21, 2008
Son of Mark Heil

Audrey Lynn Harris April 25, 2003
Daughter of Jamie & Heather Harris

May

Carl Huggins May 19, 1990
Son of Debbie Huggins

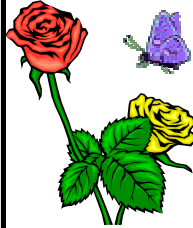
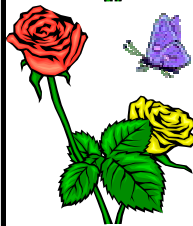
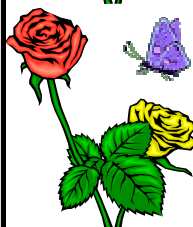
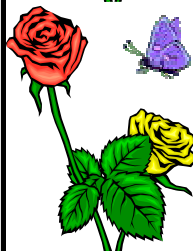
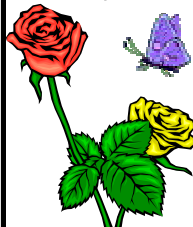
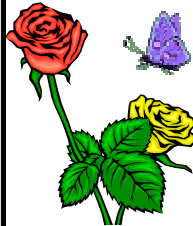
Thomas Payne Hollers May 22, 1992
Grandson of Sandra Hollers

James (Jimmy) Green May 23, 2006
Son of Mary Green

Christine Bailey May 25, 2000
Daughter of Rita Bailey

Amber Marie Hall May 26, 1996
Daughter of Jody & Jenniffer Hall
Sister of Shaun Hall

Memorials



Robert Stevens May 28, 1996
Son of Steve & Martha Brennan and
Brother of Angela Ashworth

June

Christopher (Chris) Eggleston June 2, 1997
Son of Wayne & Angie Eggleston

Sherry McCrdle June 6, 1997
Daughter of Charlene Seay Patrick

Dustin Emanuel Hunt June 6, 2006
Son of Ginger Hunt

Dominic Trottier June 7, 2000
Son of Martin & Barbara Gibson

Ben Lucero June 20, 2010
Son of Ann Lucero

Melanie Ruth Locklear June 21, 2006
Daughter of Jim and Kathy Evans

Randy Lee Dalton June 22, 1993
Son of Jesse & Sharon Dalton

Christopher Inman June 22, 2004
Son of Phil & Melissa Inman

Keith Parker June 22, 1997
Son of Rex & Cheryl Parker

Wayne Tyner Jr. June 26, 1993
Son of Jon & Mary Tyner
Brother of Monica Tyner

Joseph Meyer June 28, 1997
Son of Richard & Jeanette Meyer

Joey Jackson June 29, 2001
Son of Frances Jackson
Brother of Ramona & Robert Jackson

Drew Howell June 30, 2006
Son of Debra Howell

The Compassionate Friends
Fayetteville Area Chapter

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Donna & Ralph Goodrich

1-704-882-4503 or iluvu2lauren@earthlink.net

Meeting Time: 1st Tuesday of Each Month at 7:30 PM
Room 102, Medical Arts Building, 101 Robeson Street, Fayetteville, NC

In This Issue: Forever Entwined By Annette Mennen Baldwin

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Love Gifts

There is no charge for our newsletter, meetings, or lending library, and we depend solely on your contributions. Love gifts can be made in memory of your child, grandchild, or sibling. Your love gift will insure that all who need our newsletter, will receive it.

I wish to make a donation in memory of _____

Date of Birth _____

Date of Death _____

Donated by _____

Relationship _____

Address _____

All love gifts, poems, donations, etc. must be received by June 1st, 2012 in order to appear in the next newsletter.

If you would like to make a donation please make checks payable to The Compassionate Friends, and mailed to 703 Rosebud Ct, Vass, North Carolina 28394

Please send form with check. A donation is not required to submit items for the newsletter.