



The Compassionate Friends Fayetteville Area Chapter



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Life Can Be Good Again

Don Hackett, TCF, Kingston, MA In Memory of my son, Olin



For nearly sixteen years, his voice has been silent. It is a span now nearly equal to the time it was heard. Never did I anticipate life without the sounds that marked his presence. Learning to survive that silence once seemed an impossible task, one so overwhelming I could find no hope or expectation of finding life once more.

He was our son, our only child. The tempo of his growing measured the cadence, the beat, for our own living. His passing left an existence without any value that I could immediately perceive. Ultimately, I came to recognize that I was wrong.

Life still had meaning, but it had fallen to me to find it, just as

it had been in the years before his coming. Indeed, even as it had been throughout the time of his living, life still demanded my active participation, my own commitment to give it purpose and resolve. Hindsight affords an ease in stating this realization that did not exist while struggling in the depths of bereavement. The steps taken to finally seize life again seem logical and ordered while intellectualizing the process but I know that this is much easier to write than it is to experience.

I confess, with both sorrow and gladness, that I can no longer summon the full measure of those savage feelings and the unremitting pain that engulfed me in those early years. Working through them

was the most demanding challenge of my life, enacting tolls in physical health perhaps even greater than the long term effects on mind and emotion.

Today, however, I can reflect with gratitude upon a decade of mastery over the sadness. Control of my thoughts returned to me and I know freedom from the utter devastation of those early years.

Looking back reveals essential turning points on the road to healing. Some would seem to generalize easily for anyone. Others seem to respond to personal strengths and weaknesses more particular to an individual.

These points included:



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We are planning our candle lighting service and are in need of volunteers to read poems, sing, and hand out programs. If you would like to help please contact me, or Jennifer German .

We also need a few people to come early and help set up, please let us know if you can help.

If we do not have your child, grandchild, or siblings picture from last year slideshow please make sure you get the picture to me, Jennifer German or Jennifer Hall. We will need your picture by November 20th to include it in the slideshow.

I know that the holidays are approaching, even though we wish that

we could just skip them. They still will come. This time of year is so difficult and to the newly bereaved just know that you will survive. There was a time when I was sure that I would not. But with the help of my compassionate friends, I have made it to a point in this journey where I can be thankful again. Thankful for my wonderful friends who no matter how long it has been, never get tired of hearing me talk about my daughter.

We are here for you, please if you need to talk just call. Many of us have been traveling this road for many, many years and know how the first few holidays can be.

Hugs, Sharon





Life Can Be Good Again (Continued from page 1)



Self forgiveness for the many deficiencies found within on the endless soul journey that is our lot in the wake of our child's death.

Forgiveness of others, relatives, friends and associates, who are less affected than are we, who seem unable to help us in our time of deep trouble and need.

The accepting, at last, the finality of our loss, and that we must gradually unleash ourselves from our former lives and structure anew.

Learn to communicate value to spouses, friends, and surviving siblings, our love for whom seems shrouded behind the totality of our grief.

Find ways to give expression to our need to somehow memorialize our child, be it through writing a book, planning trees, sustaining scholarships, or any number of ways. Our need to preserve and safeguard our child's memory is real and deserving of our attention.

A time comes for many to find new homes, jobs, and purpose. These are often part and parcel of any significant change in our lives.

Surrender to time, giving ourselves space within it to do our work. Use time to foster healing within, to enable us to grasp today and tomorrow with hope.

No recovery will return us to life as we knew it while our child lived. That life is forever gone and, to a certain extent, we may well have to accept that, as we perceive life today. The finest days of our lives may well be a part of our past. Somehow, we must recognize that this is not unique to surviving our child's death, but is often a portion of the human condition.

Olin is dead. As much as I would wish it otherwise, it will never be. He is not forgotten. His voice, his laughter, his joy, and his shortcomings live on in me. No day passes without thinking about him. I am grateful for his touch upon my life. Yet, joy is again mine. Pleasure is no longer a forbidden or guilt producing element in daily living. I live, gladly and with purpose, with Olin both behind me in time, but with me internally. Is this not our goal, to heal, to find strength to love both yesterday and today? Our children have been the richest part of our lives and today should reflect the grace of that love in all that we are today.

Reprinted with permission from *We Need Not Walk Alone*, the national magazine of The Compassionate Friends.

Seasons

Renee Little TCF, Fort Collins, CO

The change of seasons is difficult.

It reminds me that I must change if I am to live again. We can become stuck in our grief, full of self-pity and overwhelmed with pain. I do not believe our children would want us to live the rest of our lives in pain and misery. It is so easy to fall into the "black pit" and never have the strength or courage to crawl out - because crawl out we must - on our bellies.



We are different now, with different priorities and goals. We must find a new purpose for going on, and we must accept the changes in our lives. Including ourselves, for we are different now. We cannot go backward, though there are times we yearn to. We must go forward. If we don't, we stay stuck at the point our world changed. I used to say "ended." Change is difficult. To accept the loss of our child is the most difficult of all. Our comfort comes from believing that the love we share will go on for all eternity and that we will be reunited again - and each day brings us closer.

We must learn to live again, love again, feel joy and peace again - or our survival will be without value to ourselves or others.

IS IT EASING?

Phoebe C. Redman, TCF, Bradenton, FL

I heard your name today and my heart did not skip a beat, nor was my mind flooded with the emotion of losing you. I heard your name today and it did not bring back the terrible hurt feelings of when you first left me.

I heard your name today with a calmness that surprised me. Many another child carries your name, and it had been torture hearing it and seeing the smiling faces on those little girls. But today I knew—I found out—what others in my footsteps found out and tried to tell me. The hurt will ease; but the memories, the love, the good times will never go away.

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 a
deep depression;
while others radiate an inner
peace. But whatever pain we bring to
this gathering of

The Compassionate Friends,
it is a 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.

Accepting the Unacceptable

"I will never be able to accept the death of my child."
Does that sound familiar? Have you said that? Not surprising.
That is one, if not the most, difficult thing we have to do
to get to the other side of the long dark tunnel of grief.

What does "accept" mean? One parent told me
he would never accept his daughter's death,
because he said "accept" means to "agree, approve,
to consent to," Obviously, in that context no one in
their right mind would "accept" their child's death. But
there are other meanings to "accept": "believe to be
true," "acknowledge." We do not like the sound of
those words either, but at some point, accept them,
in order to get on with our lives.

By stating we will not accept it, what is
accomplished? ... Will it make it not true? If only it
were that simple. Then I would be 100% in favor of
denial. But it doesn't work that way. There are some
things that cannot be changed, no matter how hard
we may want them to be.

One example: My husband had a heart attack a
little more than a year after Eric's death. He
vehemently denied he had had a heart attack. ... He
continued on with his HEAVY smoking. Then came
his stroke. He is now badly paralyzed on his left side.
He cannot deny his stroke. And he cannot go back,
and accept his heart attack, change his way of living
and perhaps avert the stroke. So what did his denial
accomplish? It made things worse.

So it is with us. Denial won't work. At some point
in time, we know it has happened. I realized for
myself, it was when I could say "Eric died." I could
say the word "dead." It took quite a long time. I could
say "I lost a son" but not "he died." One day it just
came out. It actually shocked and upset me. But
afterwards, looking back, I realized that was a big
step for me. Not a happy one, but it was one of my
turning points.

All of the "stages" of grief that we go through are
hard. There is nothing easy about it. As Darcie Sims
said... "grief hurts." That almost seems like too mild a
statement. The feeling is impossible to put in words.

It's devastating!!

"Grief work" takes time and effort. I wish there
was an easier way for all of you. I can only give you
the hope and encouragement that you, too, can
make it. Be kind to and patient with yourself. God

Bless!

Mary Ehmann, TCF, Valley Forge, PA
In Memory of my son Eric



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.

Vickie Bowles in memory of her son Bryan Bowles

Marilyn Wallace in memory of her son Jimmy Wallace

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

John and Jennifer German in memory of their daughter Amy Elizabeth German

Jody, Jenniffer and Shaun Hall in memory of their daughter, and Shaun's sister Amber 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 Jennifer German, 703 Rosebud Ct. Vass, N.C. 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.



Thanksgiving

Edie Kaplan, TCF, Ft. Lauderdale, FL



You may ask, "What do I have to be thankful for now that my child is dead?"

After the death of a child, where is the joy in a day off from work? What pleasure can we derive from sitting around a table when someone is missing, and an uttered prayer of thanksgiving echoes hollow in our hearts? Maybe we have been concentrating on the loss which has brought the overwhelming sorrow of death, and have forgotten the complete joy of life.

When I remember laughing brown eyes, a mischievous grin, a scraped knee that Mommy could fix, a new word learned, even the memory of the realization that I had a baby boy, I have a great deal to be thankful for. I had 2 ½ years of a dream come true, and I'm truly thankful I had my child. Sure, the agony of grief, the anguish of losing my precious child to death, the torture of wanting to see that child grow and mature and the pain of never knowing, rips me up. There is no Thanksgiving in entertaining these thoughts, so this month I am going to concentrate on the *living* of my child, the *life* that brought me so much joy. In this I am thankful that Evan was born, thankful that he lived, thankful that even for those short 30 months – I lived them, too. Even so, as he lived once, I live now and want a productive life. I am thankful I have come that far in my grief work to know I want to live and remember the good times without sorrow. And, I am thankful for my husband, who stood by me during the rough times...the husband who is the father of the child of our love. In him I have found my child, in our marriage I have found love, and that love taught us how to love that child.

I am also thankful for you, my real friends – Compassionate Friends.



The National Office of The Compassionate Friends

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Regional Coordinator for the Fayetteville Area Chapter of TCF

Donna & Ralph Goodrich

704-822-4503 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

The Compassionate Friends Annual Candle Light Memorial Service



December 8, 2013
at 2:00 PM
Second Baptist Church
Person Street

Please remember to bring a picture or an item
of remembrance for the Memory table.
Refreshments in Fellowship Hall After the service.
If you would like to bring a food item, please feel free.
Please be there early, the service will start at 2:00

Again this year we will be having our slide show during the service,

If we do not have your picture for the slide show,
Please contact me so that we can have your child,
grandchild, or siblings picture is included.

You may email it to me at sharonjdavis1@aol.com,

Or Jenniffer Hall at jhall6@nc.rr.com

Please put TCF Picture in the subject line.

If you prefer you can call me and I can arrange
a place to meet you so I can pick your picture up,
or You may mail them to me, Sharon Davis, 1900 Sloan Avenue,
Fayetteville, NC 28312.

Pictures will be returned to you.

We must have your picture no later than November 20th.

If you would like to volunteer or need more
information Call Sharon at 910-850-4998 or
or Jennifer German at 910-245-3177

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 differ-
ent 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 for-
gotten mourners that we
sometimes are, but to walk
together to face our tomorrows
as surviving siblings of The
Compassionate Friends.

Our Children, Grandchildren & Siblings Remembered

October

Bryan Bowles October 1
Son of John & Vickie Bowles

Jimmy Wallace October 2

Sharnale DeMar Thompson October 8
Son of Tammy Thompson-Jenkins

Jose Miguel Vasquez Jr. October 8, 2002
Son of Jose & Elizabeth Vasquez

Kevin Harlan October 15
Sn of Susan Harlan

Jamell Short October 26
Son of Joslyn and Andre Jackson
Grandson of Jonathan & Lucinda Colvin

November

Ryan Stevens November 5
Son of Sherry Odom

Carolyn Kapperman November 7
Sister of Sandra Hollers

Elijah Caddick November 8
Son of David & Melissa Caddick

Baby Davis November 9, 2005
Parent Alexis Davis

Renee C Anderson November 11
Daughter of John & Pat Anderson

Omar Sharaf November 11
Son of Tony Sharaf

Keith Parker November 12
Son of Rex & Cheryle Parker

Ben Lucero November 12
Son of Ann Lucero

Joey Hernandez November 13
Son of Jennifer Hernandez

Charles Cook November 14
Son of Ron & Pam Cook

Zackery Hollister November 14
Grandson of Laura Davis

Johnny Cole November 15, 1979
Son of David & Kathryn Cole

Birthday's



Brianne Stewart-Goodrich November 18, 1998
Daughter of Tracey Stewart

Ashley Parks November 21
Daughter of Maxine Donnelly

Lamont D. Saffore November 21
Son of Carolina Saffore

Kirsten Wactor November 30
Granddaughter of George & Shirley Fredrick

December

Pam Tatum December 5
Daughter of Ruby Britt

Crystal Dawn Jackson December 5
Daughter of Sharon Jackson-Davis

Zach Grullon December 6
Son of April Grullon

Tammy Owens December 7
Daughter of Becky Owens

Kendra "Candy" Seay December 8
Daughter of Christina Barnett

Derrell Lee Dean December 16
Son of Leigh McNeill

Shermicka Grant December 14
Daughter of Douglas & Carol Grant

Edward Duane Cantrell December 16
Son of Raye Cantrell

Ranei Mae Edington December 17
Daughter of Sarah Edington

Randy Watson December 19
Son of Shelley Watson

Elaine J. Lacoste December 20
Daughter of Leroy & Betty Jenkins

Chances Briggs December 21
Son of Robyn Williams
Grandson of Charnett Muhammed

Nickolas Ross Hayden December 25
Son of Jim & Molly Hayden

Ra`Mael De`Jon McArthur
December 28
Son of Angela Livingston
Grandson of Tom & Charlene Livingston



Our Children, Grandchildren & 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:*



October

Melba Ross October 1
Daughter of Frances Harris

Tabitha Croom October 4
Daughter of Ann, Sister of Christina Croom

James Robert Page October 5
Son of Robert & Sandra Page
God Son of Kelly Wescott

Chances Briggs October 6
Son of Robyn Williams
Grandson of Charnett Muhammed

Carla Parker October 9
Daughter-in-Law of Rex & Cheryl Parker

Valencia Fredrick October 10
Daughter of George & Shirley Fredrick

Kirsten Wactor October 10
Granddaughter of George & Shirley Fredrick

Pam Tatum October 11
Daughter of Ruby Britt

Jose Miguel Vasquez Jr. October 12, 2002
Son of Jose & Elizabeth Vasquez

Ralph Lanier October 20
Son of Bill & Diane Lanier

Johnathan "JD" McKenzie October 21
Son of Ron McKenzie

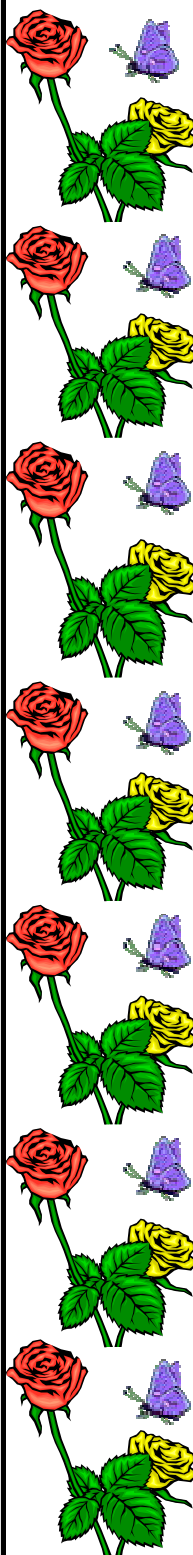
Archie Kagy October 21
Son of Mike & Petra Syfrett

Blake McKinley Rogers October 31, 2010
Son of Richard & Emilie Rogers

November

Kyle Harris November 6
Son of Cheryl Harris

Memorials



Christopher Hrvoj November 7
Son of Robert & Edna Hrvoj

Kendra "Candy" Seay November 8
Daughter of Christina Barnett

Talisha Morris November 8
Daughter of Donald & Brenda Melvin

Baby Davis November 9
Daughter of Alexis Davis

Patrick (Pat) Shea November 9
Son of Patrick & Rebekah Shea

Graylin Jackson November 12, 1994
Son of Anthony & Beverly Jackson

Zackery Hollister November 14
Grandson of Laura Davis

Shane Peoples November 15, 2005
Son of Tony & Marsha Jacobs

Dwayne Banks Jr. November 16, 2006
Son of Linda Ervin

Amy Elizabeth German November 16
Daughter of John & Jennifer German

Brianne L. Stewart-Goodrich November 22
Daughter of Tracey Stewart

December

Stephen Dew December 12
Son of Jimmy & Elsie Dew

Sharon Loletha Washington-McBrydy
December 17
Daughter of Joseph & Bernice Washington

Ryan Stevens December 30,
Son of Sherry Odom

The Compassionate Friends
 Fayetteville Area Chapter
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 Supporting Family After a Child Dies

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We're on the Web
www.tcffayetteville.org

In This Issue: *Life Can Be Good Again*

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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. Donations are tax deductible and 100% goes to chapter expenses.

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 November 1, 2013 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. You are not required to make a donation to have items printed in the newsletter.