



Getting on With Life—What Does it Mean? by Alice J. Wisler

Of all the statements and spiritual platitudes quoted at me since my son Daniel's death, the phrase that I hear most frequently makes me squirm the most. "You have got to get on with your life." Recently I quit squirming long enough to ponder the meaning behind this phrase that is usually said to the bereaved in the form of a command.

Exactly what does this phrase mean? What are people implying when they say it?

I was pregnant when Daniel died, and three months later I gave birth to a baby girl. Wasn't that getting on with life? I nurtured my three children, took them to school, the park and birthday parties. Now wasn't that going on with life? I even cooked dinner at least four times a week!

At first after Daniel's death, I would have liked to literally stop my life and be buried next to my son, but I kept existing. Like a plastic bag tossed about by the wind, I was fluttering, being carried by the events of life. Seasons came and went. In the spring, I planted marigolds and tomato vines. In the autumn, I jumped in fallen leaves with my children. I continued; I am still continuing to live. Now I may be bereaved,

but I am by no means a fool. As I ponder the meaning behind "getting on with life," I know exactly what those who say this have in mind. "Forget your dead child. Quit grieving. You make me uncomfortable!" Getting on with life means don't acknowledge August 25, Daniel's birthday, anymore. Forget how he slid down the snowy bank in the recycle bin, sang in the van and ate Gummy Bears. Forget he had cancer, suffered and died at only age four. Don't see the empty chair at the dinner table, don't cry, just live!

Some who are more "religious" would like to believe that a bereaved parent can claim, "My child is safe and happy in heaven. Therefore, why should I yearn for him?" Perhaps I pose a threat to certain types because I have let it be known I question God. I weep. I have been angry. I miss my Daniel. Maybe old friends feel if they hang around me too long I might convince them that a few of their illusions about life are just that, illusions. As my cries of anguish are heard, there are those who can only think how to make me be quiet. To stop my heartfelt yearnings, they say quite sternly, "You must get on with your life."

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What a different place this world would be

if people remembered that *grief is born of love*

and all acts of grief are
NORMAL,
HEALTHY,
 and **EXPECTED.**

~RaeAnne Fredrickson



The Compassionate Friends
 Supporting Family After a Child Dies

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 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.

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I am living. I do move on with life with Daniel in my mind and in my heart, although he is not physically here as I continue to live and to love. To sever his memory totally from my life would cause destruction and damage that would ruin me. To push Daniel out of my life and not be able to freely mention his name or write & speak about who he was on earth would only bring more pain to my life. I'd shrivel up. Comfort for me comes in remembering with smiles how he drew with a blue marker on his sister's wall, ran outside naked and picked green tomatoes. For the reality is, getting on with life means continuing to cherish Daniel.

Found in Bereavement Magazine, Sept./Oct. 2000 Colorado,
grief@bereavementmag.com

Fourth Of July



Each year on the Fourth of July we
 celebrate the birth of a great
 nation. A nation of people united
 in a dream. It was through hope;
 determination and a bonded
 strength that the people of
 America strived to achieve their
 dream of freedom.
 To be a free nation.
 Nothing, however,
 is achieved without a strong will.
 We too, as bereaved parents,
 are fighting a battle to be free, free
 of the pain that has become
 a part of our waking days.
 We want to be able to
 Enjoy life again.
 You are one of those proud Ameri-
 cans. Refuse to give up. Fight for
 your dream.
 There is peace to be found
 in freedom!

Eloise Cole, TCF Phoenix, AZ

July's Child

Fireworks race toward heaven
 Brilliant colors in the sky.
 Their splendor ends in seconds
 On this evening in July.
 "Her birthday is this Saturday,"
 I whisper with a sigh.
 She was born this month,
 She loved this month
 And she chose this month to die.
 Like the bright and beautiful
 fireworks
 Glowing briefly in the dark
 They are gone too soon, and so
 was she
 Having been, and left her mark. A
 glorious incandescent life,
 A catalyst, a spark...
 Her being gently lit my path
 And softened all things stark.
 The July birth, the July death of
 my happy summer child
 Marked a life too brief that ended
 Without rancor, without guile.
 Like the fireworks that leave
 images
 On unprotected eyes...
 Her lustrous life engraved my
 heart...
 With love that never dies.

Sally Migliaccio
 TCF Babylon, Long Island, NY

This Can't Be

This is still such a shock to me
This really can't be!

I don't want to believe this is real
This is not something that I want
to feel!
You just came back, you can't leave
for good
If I could change this all...I would.

You were the one that was
always there.
You were the one to always care.
Now a picture is the only way to
see you.
I really don't know what to do.

You'll always be my big sister,
But life's not the same.
Life without you seems so lame.
No more car rides, no more late nights.
No more singing and no more
play fights.

Where are you? You should still
be here.

Where are you? I can't find
you anywhere.

I need you still you just can't go away.
I need you here, please come back
and stay!

Useless to pray you'll come back,
you're gone.
God took you with Him to call his own.
But you'll always be present here in
our hearts.
You always have been, right from
the start.

This is still such a shock to me,
This really can't be!

Lilli Pugh
TCF Houston Northwest, TX
In Memory of my sister, Mandi

Playing in the Shadows

We grew up together,
Big sister, little brother.
I took care of you
Until you were old enough to care
for yourself.
Though you didn't say it,
I knew you loved me.
We played in the sunlight, you and I;
Remember the games of
"Mother-May-I" and "Hide-and-Seek"?
Sure we had our fights
As all siblings do,
But through it all we never lost
Our love for each other.
Now you're gone.
I'll never see you again
except in the memories
of those sunny days.
You will forever be sixteen--
Far too young to die.
You had your whole life to live.
I'll always grieve, but I must go on.
Still, without you,
I play alone in the shadows.

Cheryl Larson
TCF Pikes Peak, CO

Get Well Soon Poem

I know our loss is very great
but I'm sure many people
can relate
I know it's hard to say good-bye
don't hold back your tears!
It's ok to cry
Just hold my hand and we will
stand up high
We will gather strength from
one another
hugging and holding each other
we will find each other and
together we will be
once again, a family.

Alyssa Flora
In Memory of my brother, Bryson

Sibling Walking Together

(Formerly 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. But
have patience with 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 mem-
ories 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 dif-
ferent from what we envi-
sioned, and we feel the re-
sponsibility 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 children
of
The Compassionate
Friends.



Love Gifts



A Love Gift is a donation to honor a child who has died, or as a memorial for a relative or friend.

The Compassionate Friends depends entirely on voluntary contributions from individuals and organizations to meet chapter expenses.

TCF is a 504(c)(3) non-profit organization: all donations are tax deductible.

100% of every dollar donated goes toward chapter expenses.

We thank the following for their kind generosity, love and sharing.
There are no dues. We have already paid the ultimate price to be a member.

Bill & Diane Lanier in memory of their son Ralph Lanier

Vickie Bowles in memory of her son Bryan Bowles

Cindy Tart in memory of her brother Dennis Tart



The National Office of The Compassionate Friends

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[facebook.com/TCFUSA](https://www.facebook.com/TCFUSA)



Regional Coordinator for the Fayetteville Area Chapter of TCF

Donna & Ralph Goodrich
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TCF Mission Statement: 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.

CONFERENCE MEMENTO

Keep your child's, grandchild's or sibling's memory alive with this two-sided personalized photo memento – one side features the TCF National Conference logo, and the other side is a photo of the one you love with their name along the bottom. These mementos are created of porcelain, measuring 3" in diameter and include a ribbon for easy hanging. This is a wonderful remembrance of your TCF national conference experience to take home and cherish. Mementos are also available from some of our past national conference logos as well. The cost of this beautiful keepsake is \$15. Shipping and handling is an additional \$5.



42ND TCF NATIONAL CONFERENCE



RINGS OUT IN PHILADELPHIA

JULY 19-21, 2019

The Compassionate Friends National Conference is a weekend spent surrounded by other bereaved parents, grandparents and siblings. It is a place where hope grows and friendships are made with others who truly understand. With inspirational keynote speakers, abundant workshops for everyone's wants and needs, and a remembrance candle lighting program culminating with the annual Walk to Remember, this time of healing and hope is the gift we give ourselves. Join us as together we remember and share the everlasting love we have for our precious children, siblings and grandchildren.

The 42nd TCF National Conference will be held in Philadelphia, on July 19-21, 2019 at the Philadelphia 201 Hotel. "Hope Rings Out in Philadelphia" is the theme of this year's event, which promises more of last year's great National Conference experience. We'll keep you

updated with details here, on the national website as well as on our [TCF/USA Facebook Page](#) and elsewhere as they become available. Plan to come and be a part of this heartwarming experience.

- Choose to attend from nearly hundred different workshops and sharing sessions, given by professionals and also individuals just like you.
- Take advantage of "Healing Haven" to receive free personal services such as a massage.
- Craft items to commemorate the love for your family member in the "Crafty Corner".
- Step away for a quiet moment of pause in the "Reflection Room".



The Compassionate Friends Walk to Remember is a highlight of every TCF National Conference. It was created as a symbolic way to show the love we carry for the children we mourn. Held at 9:00 am Sunday on the final day of the National Conference it starts at the host hotel of the Conference. There is an air

of anticipation and excitement as everyone gathers in preparation for the start of the Walk. Finally the Walk begins and, hand-in-hand everyone walks, meditating on a much different time in their lives. Since its inception in 2000, the Walk to Remember has taken on many distinctive facets. There is the main Walk to Remember where those attending the conference join with local bereaved families and others who fly in from across the country just for the Walk. As many as 1400 have participated. Some go the full distance while others only walk a short way knowing that in participating, they are remembering. Special Walk to Remember t-shirts are given to all who register, as well as walk bibs where the names of the children being remembered can be written.

PRIVATE FACEBOOK GROUPS

The Compassionate Friends offers a variety of private Facebook Groups. These pages are moderated by bereaved parents, siblings, or grandparents, and may not be accessed unless a request to join is approved by a moderator. You can connect 24/7.

[TCF – Loss of a Stepchild](#)

[TCF – Loss of a Grandchild](#)

[TCF – Sibs](#)

[TCF – Bereaved LGBTQ Parents with Loss of a Child](#)

[TCF – Multiple Losses](#)

[TCF – Men in Grief](#)

[TCF – Daughterless Mothers](#)

[TCF – Sudden Death](#)

[TCF – Loss to Substance Related Causes](#)

[TCF – Sibling Loss to Substance Related Causes](#)

[TCF – Loss to Suicide](#)

[TCF – Loss to Homicide](#)

[TCF – Loss to a Drunk/Impaired Driver](#)

[TCF – Loss to Cancer](#)

[TCF – Loss of a Child with Special Needs](#)

[TCF – Loss to Long-term Illness](#)

[TCF – Loss to Mental Illness](#)

[TCF – Loss to Miscarriage or Stillbirth](#)

[TCF – Miscarriage, Stillbirth, Loss of an Infant Grandchild](#)

[TCF – Infant and Toddler Loss](#)

[TCF – Loss of a Child 4 -12 Years Old](#)

[TCF – Loss of an Adult Child](#)

[TCF – Loss of an Only Child/All Your Children](#)

[TCF – Grandparents Raising their Grandchildren](#)

[TCF – Bereaved Parents with Grandchild Visitation Issues](#)

[TCF – Reading Your Way Through Grief](#)

[TCF – Crafty Corner](#)

[TCF – Loss of a Child](#)



Go to [**https://www.compassionatefriends.org/resources/247-private-facebook-groups/**](https://www.compassionatefriends.org/resources/247-private-facebook-groups/)

FEELINGS

Her clothing is folded in tidy array
 How it was left is how it will stay.
 Her desolate dresser silently weeps
 In the still of the night, when
 everyone sleeps.
 The closet continues to guard
 and protect
 Items hanging on hangers, forlorn
 with neglect
 The bed she adored, where she
 bounced high with glee
 Cries invisible tears when no
 one can see.
 The bathtub she splashed in will
 not again see
 Someone who will love it as
 fiercely as she.
 It sits idle now, no longer a "star"
 And asks (in its way) if I know
 where you are.
 The house that she lived in, the
 yard where she played
 Are missing the landscape of
 love that she laid.
 Her numerous playthings, her
 once favorite toy
 Languish mournfully now
 without any joy.
 This dwelling called "home" has
 relinquished its heart,
 That gift from the one who
 was forced to depart.
 Now it withers from grief—
 is spirit extinct
 and we watch through our tears as
 the walls seem to shrink.
 Our angel was gone in the blink
 of an eye
 She took the light with her that
 day in July.
 Yet now there are times when
 my heart feels her near
 Then I know she's not left me ...
 her love is still here.

(For Tracey, Always)

Sally Migliaccio
 TCF West Islip, NY

Huggin' The Wind

*It seems like yesterday
 But maybe it was long ago
 Our children were so special
 They dwelt within our souls*

Those days were so bright, with
 happiness and zeal
 The great times that we had
 With the wonders of their lives,
 all so real
 So beautiful, with great
 expectations so out of control
 Nothing more could we have
 ever wanted
 As our lives were healthy
 and whole

We remember what happened
 that fateful day
 How our world came
 tumbling down
 How the sadness came into
 our lives to stay
 Oh why, did they have to go away!

Huggin' the Wind
 We're just people, Huggin'
 the Wind
 We were all young and old
 but still just
 Huggin' the Wind

As the days and weeks roll past
 And we know we must go on
 We just cover our feelings
 with a mask
 And find our lonely selves, a mere
 creature
 Turned into stone

We desperately try each day,
 to find our life,
 And we feel helpless, to find a
 way to begin
 But yes, we must find our own way
 Or just keep on Huggin' the Wind

When we remember back, to the
 days that we call "Before"
 Our minds flirt with good times
 And the energy of a child
 That we knew and loved
 to the core

With agony, we awaken!
 And become overwhelmed in this
 realm we call, "After"
 And fall back into the silent
 darkness
 Without laughter

Then we just reach out
 And find ourselves Huggin'
 the Wind
 Huggin' the Wind
 We're just runnin' and Huggin'
 the Wind

Donald Moyers
 TCF Galveston County, TX

MEETINGS



First Tuesday of each month
 At 7:00pm;



Meetings will be held in room 210 of the General
 Class Building at Fayetteville Technical
 Community College, 2817 Ft. Bragg Road, Fayetteville, NC 28303
 (Unless otherwise stated on our website)

tcffayetteville.org.

If you have questions contact Jennifer German
jojegerman@outlook.com or (910) 245-3177

Our Children & Siblings Remembered on Their Birthday's

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

July

Shaun Boswell July 4
 Eli Boswell July 4
 "DJ" McKenzie July 11
 Joshua Jona July 12
 Jeremy Melvin July 12
 Carla Parker July 14
 Justin Seifert July 17
 Glenda Hudson July 18
 Alison Thomas July 20
 Gregory Trent July 23
 Dominic Barnes-Mateo July 26

August

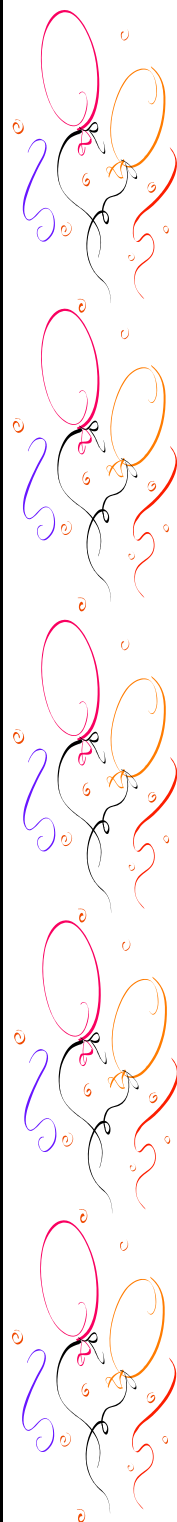
Randy Lee Dalton August 3
 Nicholas Martinez August 6
 Will Rivalland August 7
 Archi Kagy August 7
 Melba Ross August 19
 Valencia Federick August 24
 Justin Lopes August 26

Kayla Francis August 28

Grant Miles August 29

September

Emily Haddock September 5
 Spencer Walden September 5
 Dylan McKelvey September 6
 Amelia Moody September 6
 Querokee Velez September 8
 Cody McLendon September 11
 Tony Pantano September 17
 Wayne Tyner, Jr. September 21
 Stephen Dew September 23
 Timothy Bowman September 24
 Sean Payne Jr. September 27





Children & Siblings Remembered On Their Angel Date's

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



July

Shaun Boswell July 4
Eli Boswell July 4
Allison Bennett July 7
Tony Pantano July 9
Benny Michael Traylor July 11
Justin Seifert July 11
Johnny Cole July 14
Justin Lopes July 15
Anthony "Brian" Smith July 18
Sean Payne, Jr. July 21
Nicholas Hayden July 22
Elijah Caddick July 26
Dominic Barnes-Mateo July 29

August

Christopher Harris August 3
Renee Anderson August 3
Ricky Diaz August 3
Will Rivalland August 7
Daniel "Adam" Clark August 8



Erran Zachary Dawson August 8

Joe Dan Rumley August 8

Gregory Trent August 8

James Campbell August 12

Crystal Dawn Jackson August 14

Ronald Hamilton Jr. August 15

Daniel McDonough August 15

Jimmy Wallace August 22

Jeremy Melvin August 28

Jeffrey George August 29

Pierce Matthews August 30

September

Akiana Lopez-Sellas September 1

Amelia Moody September 6

Mikayla Watkins September 8

Malachi Matthew September 16

Emily Haddock September 21

Scott Tyree September 27

The Compassionate Friends
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We're on the Web
www.tcffayetteville.org
 And Facebook

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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 _____

If you would like to make a donation please make checks payable to The Compassionate Friends,
 and mail to TCF Fayetteville Area Chapter, 703 Rosebud Court, Vass, NC 28394
 Please send form with check. **A donation is not required to submit items for the newsletter.**