



**THE  
COMPASSIONATE  
FRIENDS**

Bi-monthly newsletter of the Waccamaw SC Chapter  
Serving Georgetown, Horry & Brunswick Counties  
January — February 2009  
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A Self-Help Non-Profit Organization for Families Who Are Grieving the Death of a Child

### ***ONE LITTLE CANDLE***

I lit a candle tonight, in honor of you

Remembering your life, and all the times we'd been through.

Such a small little light the candle made until I realized how much in darkness it lit the way.

All the tears I've cried in all my grief and pain what a garden they grew,

Watered with human rain.

I sometimes can't see beyond the moment, in hopeless despair,

But then your memory sustains me, in heartaches repair.

I can wait for the tomorrow, when my sorrows ease.

Until then, I'll light this candle, and let my memories run free.



### WHAT'S IT ALL ABOUT

The Compassionate Friends is a self-help international organization offering friendship and understanding to bereaved parents and siblings. We meet on the first Tuesday of each month at 6:45 P.M. at the Grand Strand Senior Center. The next meetings will be January 6 and February 3. If you are reading this newsletter for the first time you may find it very difficult to come and share your grief. Please know that there will be others present who are ready to listen and understand what you are going through. Try it. It may help. **You need not walk alone.**

The chapter newsletter is normally published every other month and mailed to those in their first year of grief. We hope that it brings comfort to those who read it. If you wish to remain on the mailing list after that period you may do so by attending a meeting or sending a love donation. The distribution of the chapter newsletter is solely dependent upon love gifts.

### SIBLING CREDO

We are the surviving siblings of The Compassionate Friends.  
We are brought together by the deaths of our brothers and sisters.  
Open your hearts to us, but have patience with us. Sometimes we will need the support of our friends. At other times we need our families to be there. Sometimes we must walk alone, taking our memories with us, continuing to become the individuals we want to be. We cannot be our dead brother or sister; however, a special part of them lives on with us. When our brothers and sisters died, our lives changed. We are living a life very different from what we envisioned, and we feel the responsibility to be strong even when we feel weak. Yet we can go on because we understand better than many others the value of family and the precious gift of life. Our goal is not to be the forgotten mourners that we sometimes are, but to walk together to face our tomorrows as surviving siblings of The Compassionate Friends.

©The Compassionate Friends

### OUR CREDO

We need not walk alone. We are The Compassionate Friends. We reach out to each other with understanding and with hope. Our children have died at all ages and from many different causes, but our love for our children unites us. Your pain becomes my pain just as your hope becomes my hope....But whatever hope we bring to this gathering of the Compassionate Friends, it is pain we will share just as we will share with each other our love for our children. We are all seeking and struggling to build a future for ourselves, but we are committed to building that future together as we reach out to each other in love and share the pain as well as the joy, the anger as well as the peace, 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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Web site: [www.compassionatefriends.org](http://www.compassionatefriends.org)

## Save the Date!

The Compassionate Friends

2009 National Conference

August 7-9, 2009 ~ Portland Oregon

Watch the national website for details!

### *Please*

*If you would like your child(ren)'s name  
Acknowledged in the newsletter,  
Make sure that you have filled out the form on Page 7  
We regret that we are unable to publish  
His/her name without written permission.*

## International Gathering 2009

The Compassionate Friends 5th International Gathering will be held May 6-9, 2009 in Buenos Aires, Argentina. The Gathering will give us the opportunity to "continue building bridges of love without borders" and commemorates 40 years since The Compassionate Friends was founded in Coventry, England.

The Gathering will be held at Panamericano Buenos Aires Resort Hotel & Convention Center, internationally recognized for the quality of service it provides to conferences and conventions. At the Gathering, you will find workshops, panels, and other activities aimed at bereaved families following the death of a child.

For the latest information on this event, visit [World Gathering](#)

## National Office Announcements

### Grief Support After the Death of a Child

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.

The Compassionate Friends is a national nonprofit, self-help support organization that offers friendship, understanding, and hope to bereaved parents, grandparents and siblings. There is no religious affiliation and there are no membership dues or fees.

The secret of TCF's success is simple: As seasoned grievers reach out to the newly bereaved, energy that has been directed inward begins to flow outward and both are helped to heal. *The vision of The Compassionate Friends is that everyone who needs us will find us and everyone who finds us will be helped.*

## TCF Principles

TCF offers friendship and understanding to bereaved parents.

TCF believes that bereaved parents can help each other toward a positive resolution of their grief.

TCF reaches out to all bereaved parents across barriers of religion, race, income or ethnic group.

TCF understands that every bereaved parent has individual needs and rights.

TCF helps bereaved parents primarily through local chapters.

TCF chapters belong to their members.

TCF chapters are coordinated nationally to extend help to each other and to individual bereaved parents everywhere.

Waccamaw Chapter News

A MOMENT WITH MARIE

Another year has come and gone and with it, another holiday season. Each of us has had to walk this road of grief, however, we each are aware that we need not walk alone because we have each other.

The candle lighting was beautiful, moving and healing in its own way as each of us was able to speak the name of our beloved into the air once again with no fear of reprisal or judgment.

Thanks to Jane and all of her helpers who helped to make this possible.

May each of you continue to heal as this new year progresses into that different place and time each of us has reached. ~You need not walk alone ~

THANKS!

Thanks to Tina & Gary for the birthday cake and drinks in remembrance of their son Chance's birthday and all the December birthdays in the chapter.

A FAR AWAY PLACE

*There is a far away place I sometimes go,  
that no one can come but me alone.  
A place so lonely that I can sometimes hardly see  
our Maker and Creator.*

*What caused that journey there?  
Was it a spoken word, or a poignant memory?  
Was it the recollection of something as mundane as  
a peanut butter and jelly sandwich and the way that the  
peanut butter and jelly grew up your face as you  
ate it from the middle?*

*Or perhaps was it the remembrance of a bag of sumptuous,  
delectable oranges, that when you ate them,  
the way the juice ran down your chin?*

*Was it that Carolina blue sky with puffy clouds of white  
that look like cotton candy?  
Or maybe was it that big beautiful full moon  
that glowed iridescent in the sky like a large illuminated  
basketball?*

*Could it be the blackberry vines in blossom by the roadside  
waiting for your tender fingers to pluck them  
when they are ripe and black?*

*Or perchance was it the taste of the strawberries, red,  
ready and ripe to make into freezer jam or dip in yummy  
chocolate?*

*Was it any or all of these things that carried me to that far  
away place, where I must go alone?*

*And what will bring me back from there, that desolate  
place where ragged breath can hardly draw  
near?*

*What can possibly cause me to return except the realization  
of how empty I would be without those priceless  
memories and what they mean to me?*

~Vonda Cox~

Waccamaw Chapter TCF

COMPASSIONATE HIGHWAY  
SECTION CLEANUP

On a cold, windy, damp Saturday morning, ten members of The Compassionate Friends met at Chick-fil-A. Their goal was to fulfill our obligations to clean two miles of Highway 31 a/k/a Carolina Bays Parkway. A heartfelt thanks to Annette, Carolyn Moore, Earl, Gardiner, Gary, Jason, Jenny, Richie, Tom Oaks and Wayne who kept at it until the drizzle turned into pelting rain.

Hopefully the next time that we're due to clean the highway, more of the members will be there and the weather will be better. Please see Tom Oaks or Jenny Tier to volunteer — we need your help!

Web Address Change

Our web address has changed to: [www.compassionatefriendsmb.com](http://www.compassionatefriendsmb.com). Jason, our current webmaster, is diligently working to update our website. Thank you Jason!

And along those same lines a heartfelt thanks to Rebecca Smith, who so lovingly and thoughtfully provided this service to our chapter for several years. Thanks to Carolyn Bethea for maintaining the monthly fees so that so many of us have been able to visit our children's web page.

**Sorrow is Not Forever -- Love Is!**

from "The facts of Death"

by Michael A. Simpson

from Birmingham, Alabama TCF

So often, one attempts to face the whole future at once. But we will not live that period all at once, only day by day.

Don't try to face twenty years.

Face today.

When that has been achieved, face tomorrow.

You will find more and more ways in which you can cope.

The Chinese have a saying that a journey of a thousand miles starts with a single step.

There is no way you can take the fifteenth, or the two hundred seventh step, before you have taken the first.

It can be difficult to face going out again and resuming your regular activities.

It can take more courage to face the little things than the big things in life. Going out shopping for groceries for the first time can become an ordeal. Making the change more complete could help. Try a different store, a different day or time, and go with a friend.

When it seems very hard to decide what to do first, maybe it's not very important where you start, as long as you start.

Choose a simple task and get started. Once you've begun, it will be far easier to set your priorities, and you will have gained in confidence for already having achieved something."

*I Saw You Today*

I saw you today in the sunset.  
You were a beautiful mixture of pink and orange.

I was amazed at your beauty.

All I could do was stare.

I saw you today in the clouds.

You floated and danced in the wind.

You briefly covered up the sun,

And I saw your shadow on the mountains.

I saw you today in a rainbow,

Through a tiny window of the airplane.

As we turned and you were gone,

Your brother reminded me that you're always with us.

I saw you today everywhere I went.

You were the little girl at the park,

You looked at me through Daddy's eyes at dinner time,

Your light burns brightly in the candle on our dinner table.

I saw you today.

I'll see you tomorrow.

I'll hold you in Heaven.

Kara Newland

M.i.s.s.i.n.g Angels Sept/Oct 2004 Vol8 Iss 5

In loving memory of Maia Grace Newland. January 17, 2004



Unless you had been there to participate, your mouth would have hung slightly ajar when you passed Hillcrest Cemetery on



Saturday evening around 8 o'clock or later. Many graves had a glowing luminary placed shining with its gentle glow. To those who had loved ones interned there, Hillcrest Cemetery and Goldfinch Funeral Services has offered since 1996 the opportunity of lighting a luminary at the Service of Remembrance that is held annually in December.

The luminary candles, coffee, hot chocolate and cookies, along with a short program were furnished to all attending. Members of the Waccamaw Chapter of the Compassionate Friends were able to gather at the Children's Memorial, whose site was donated by Mr. R.W. Russ of Hillcrest, and light a luminary to honor their children. Thanks are again expressed for this generous donation of the property for our Chapter to come and honor our children.

### Ten Self-Compassionate Principles

**The Mourner's Code**; from Understanding Your Grief by Alan D. Wolfelt, Ph.D, published by Companion Press, copyright 2003

Though you should reach out to others as you journey through grief, you should not feel obligated to accept the unhelpful responses you may receive from some people. You are the one who is grieving, and as such, you have certain "rights" no one should try to take away from you.

The following list is not to discourage you from reaching out to others for help, but rather to assist you in distinguishing useful responses from hurtful ones.

1. You have the right to experience your own unique grief. When you turn to others for help, don't allow them to tell you what you should or should not be feeling.
2. You have the right to talk about your grief. Talking about grief will help you heal. Seek out others who will allow you to talk as much as you want as often as you want. You also have the right to be silent.
3. You have the right to feel a multitude of emotions. Confusion, disorientation, fear, guilt, and relief are a few of the emotions you might feel. Others may try to tell you that feeling angry is wrong. Find listeners who will accept your feelings without condition.
4. You have the right to be tolerant of your physical and emotional limits. Your feeling of loss will probably leave you fatigued. Respect what your body and mind are telling you. Get daily rest, eat balanced meals. Don't allow others to push you into things you don't feel ready for.
5. You have the right to experience "griefbursts". Sometimes, out of nowhere, a powerful surge of grief may overcome you. This is normal and natural.
6. You have the right to make use of ritual. The funeral helps provide you with the support of caring people. It is a way for you to mourn. Don't listen to those that tell you rituals are unnecessary.
7. You have the right to embrace your spirituality. If faith is a part of your life, express it in ways that seem appropriate for you. Be around people who understand.

Cont'd next column

8. You have the right to search for meaning. You may find yourself asking ".Why".? Some questions may have answers others may not. Watch out for clichéd responses. Comments like". It was God's will" are not helpful and you do not have to accept them.

9. You have the right to treasure your memories. Memories are one of the best legacies that exist after the death of your child. Find others with whom you can share them.

10. You have the right to move toward your grief and heal. Reconciling your grief will not happen quickly. Be patient and tolerant of yourself. Avoid people who are not tolerant with you.

### How long will the pain last?

"How long will the pain last?" a broken hearted mourner asked me.

"All the rest of your Life." I have to answer truthfully. We never quite forget. No matter how many years pass, we remember. The loss of a loved one is like a major operation. Part of us is removed, and we have a scar for the rest of our lives. As the years go by, we manage.

There are things to do, people to care for, tasks that call for full attention. But the pain is still there, not far below the surface. We see a face that looks familiar, hear a voice that echoes, see a photograph in someone's album, see a landscape that once we saw together, and it seems as though a knife were in the wound again. But not so painfully. And mixed with joy, too. Because remembering a happy time is not all sorrow, it brings back happiness with it.

How long will the pain last?

All the rest of your life. But the thing to remember is that not only will the pain will last, but the blessed memories as well. Tears are proof of life. The more love, the more tears. If this be true, then how could we ever ask that the pain cease altogether. For then the memory of love would go with it.

The pain of grief is the price we pay for love.

By Ginny Brancato (Fificat)

**OUR CHILDREN LOVED, MISSED AND REMEMBERED**

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<u>CHILD'SNAME</u>	<u>NAME</u>	<u>BIRTHDATE</u>
Light Kinney	son of Mr. & Mrs. William Kinney, Jr	01/04/1969
Michael Hohn Kluver	son of Brenda Dudley	01/18/1973
Ralph Ielfield	son of M.Reed & Marjorie Ielfield	01/20/1960
Jodi Anne Conte	daughter of Theresa Adinolp	01/21/1961
Robert Cowan	son of Ronald & Katheryn Cowan	01/25/1976
Jeanna Marie Norton	granddaughter of Stephen/Roxie Owens	01/28/1999
Stephen Vaughan	son of Beverly & Ray Heverling	01/29/1981
Adele Spring	daughter of Adele McWatters	02/01/1949
Wesley Josiah Tier	son of Jenny & Eric Tier	02/24/2002

**LOVE GIFTS**

A Love Gift is a gift of money to Compassionate Friends. It is usually in memory of a child who has died, but can also be from individuals to honor a relative or close friend., 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 The Compassionate Friends.

The distribution of the chapter newsletter is solely dependent upon love gifts.

If you would like to have your child's name added to our list, we request that you complete & return the form below. A love gift is not required, but please consider one as a memorial to your child.

<u>CHILD'SNAME</u>	<u>NAME</u>	<u>DATE OF LOSS</u>
Jeffery Robert Bird	son of Robert & Jean Bird	01/02/2006
Michelle Martin	daughter of Jayne Matlock	01/01/2008
Kayla Jane Wenrich	daughter of Jack & Susan Wenrich	01/09/2004
James Michael Lee	son of LeAnne Lee	01/14/2007
Paul Schabot	son of Edward & Barbara Schabot	01/24/2007
John "Chris" Williams	son of Diane Williams	02/01/2005
Scott Melahn	son of Sandy & John Melahn	02/04/2006
Chelsea Lauren Elizabeth Ashe	daughter of Linda Ashe	02/05/2007
Michael Hohn Kluver	son of Brenda Dudley	02/05/2008
Stephen Bryan Mott	son of Glenda Mott	02/17/2007
Chance Allen Caffery	son of Tina & Gary Cuevas	02/18/2006
Thomas Francis Sullivan	son of Thomas & Theresa Sullivan	02/23/2007
Wesley Josiah Tier	son of Jenny & Eric Tier	02/25/2002

**Memorial Love Gifts**

The following gifts have been received since the last newsletter

A brick has been added in loving memory to The Wall of Love on our website:[www.tcfmyrtlebeach.com](http://www.tcfmyrtlebeach.com)

Phyllis & Rob & Lucas Snyder, in honor and in memory of their son and brother, Cory Snyder  
 Edward & Judi Brooks, in memory of their son, Corey Matthew Brooks  
 Ron & Kathy Cowan, in memory of their son, Bobby Cowan's birthday

As stated before if you have previously donated a love gift, you do not need to complete the form. We will continue your child's name in our active file. Please accept our apologies if we include or omit a name in error. Let us know so that we may make the necessary correction.

**NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**TELEPHONE:** \_\_\_\_\_

**LOVE GIFT ENCLOSED: \$** \_\_\_\_\_ **IN MEMORY OF:** \_\_\_\_\_

**CHILD'S NAME** \_\_\_\_\_

**BIRTHDATE:** \_\_\_\_\_ **DATE OF LOSS:** \_\_\_\_\_



Please include my child(ren) as listed above in "Our Children Remembered" list as published in the newsletter.  **YES**  **NO**

Return this form to Jane Alirie, Secretary/Treasurer, 706 Bonnie Drive, Myrtle Beach, SC 29588



# THE COMPASSIONATE FRIENDS

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P.O. Box 2893  
Myrtle Beach, SC 29578

## Because

Because you can't feel me,  
doesn't mean I don't speak.  
Because you can't see me,  
doesn't mean I'm not there.  
Because I am dead,  
doesn't mean I'm gone.

Beth Oldani, bereaved sibling  
TCF, Arlington Heights, IL

## A Love Story

The mention of my child's name,  
may bring tears to my eyes.  
But it never fails to bring  
music to my ears.  
If you really are my friend,  
please don't keep me from  
hearing the beautiful music.  
It soothes my broken heart,  
and fills my soul with love.

Nancy Williams, 1988  
Central New Jersey Chapter TCF

## REMEMBER

When you remember me, it means that you have carried something of who I am with you; that I have left some mark of who I am on who you are. It means that you can summon me back to your mind even though countless years and miles may stand between us. It means that if we meet again, you will know me. It means that even after I die, you can still see my face and hear my voice and speak to me in your heart.

by Frederick Buechner, Whistling in the Dark