



THE COMPASSIONATE FRIENDS

Volume One – Number Four

March - April 2010

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Serving Georgetown
& Horry Counties

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GRAND STRAND SENIOR CENTER

1268-21st Ave N, Myrtle Beach, SC, 29577
(TCF Meetings held here on the 1st Tuesday
of each month at 6:45 pm)

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.**

Grief is not a straight line, but rather maze full of twists and turns and even some dead ends. 🦋 Remember to grieve the best way for YOU.

WHAT WE'RE ALL ABOUT

The Compassionate Friends is an international non-profit self-help support organization offering friendship and understanding to bereaved parents and siblings. **We meet on the first Tuesday of each month at 6:45 PM in the Grand Strand Senior Center.** You may find it extremely difficult to share your grief. Please know that there will be others present who are ready to listen and who truly understand what you are going through. Please try to join us. It may help. Remember...

YOU NEED NOT WALK ALONE!



OUR NEWSLETTER

This newsletter is typically published every other month and mailed to those during the first year following the death of their child. Our goal is to inform those in grief that there are others sharing similar circumstances who are available to offer support. Our hope is that our newsletter brings comfort to those reading the words within. If you wish to remain on the mailing list after the first year you may do so by attending a meeting or offering a Love Gift.

We apologize for any errors that you find. However, we would truly appreciate being made aware so we can make the necessary corrections. We also welcome any feedback... comments, complaints, ideas... If you have an article that you have found meaningful, please share it with us. We may publish it in a future newsletter.

If you know someone who would like to receive our newsletter published free, please send us their address. Those wishing to be removed from our mailing list, please let us know. We want to respect your privacy.

OUR TIME WITH YOU!

We have started a very busy time of year already making plans for our yard sale, butterfly picnic , walk to remember, and it seems just like we got done with our candle lighting but we are planning next year's already, and the newsletter has come a long way these last few months thanks to all of you and your info Barbara has been receiving. So please watch the newsletter and attend meeting so you can stay up to date.

A little health note!

Also may we remind you to stay healthy by watching your diet and exercising. It has been suggested that a large percentage of cancer is due to stress related events in our life. Those who neglect their emotional needs for the sake of others appear to develop a higher percentage of cancers.

EDITOR'S NOTE:

I would like us to share more about the lives of our children, but to do that I need your help. ***Wouldn't it be nice to read about or see your child in our bi-monthly newsletter???*** Please share some memories of the life your child. You may Email me @ quentin8smama@aol.com, a story about &/or picture of your child to include in the next newsletter. *Thanks, Barb (see page 8)*

Welcome!

If you are receiving our newsletter for the first time, it is because someone has told us that you might find it helpful. We cordially invite you to attend any of our meetings. Spending time with a small group of people who have undergone a similar loss can be very therapeutic. You can discover how natural your feelings are. Nothing is required of you. There are no fees or dues. Coming to the first meeting is the hardest, but you have nothing to lose and everything to gain! Please make an effort to attend at least three meetings so we can get to know each other better. We are truly friends who understand your grief.

SIBLINGS WALKING TOGETHER

(formerly known as the Sibling Credo)

We are the surviving siblings of The Compassionate Friends. We are brought together by the death of our brothers or sisters. Open your heart to us, but have patience with us. Sometimes we need the support of our friends, at other times we need our family 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 within us. When our brother or sister 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 we sometimes are, but to walk together to face our tomorrows as

SURVIVING SIBLINGS OF THE COMPASSIONATE

If you are seeking grief support on the web, The Compassionate Friends Online Support Community (OSC) gives you the opportunity to meet with others who are also grieving the death of a child.

There are OSC rooms for: Parents/Grandparents; Siblings; Pregnancy/Infant loss; Bereaved Two Years and Under; Bereaved Two Years and Over; Men Only; No Surviving Children; and Survivors of Suicide.

All rooms have trained moderators.

GRIEF SUPPORT

March and April Birthdays

- Christopher Peckham* son of *Richie & Annette Krapf*
- Daniel J. Fallon Jr.* son of *Dan & Marion Fallon Sr.*
- Edward P. Wallace* son of *William & Elizabeth Wallace*
- Jennifer Highsmith* daughter of *Barry & Frankie Highsmith*
- Lynne Friedman* daughter of *Richie & Annette Kraft*
- Matthew Isel* son of *Michael & Beth Isel*
- Matthew Natle* son of *Charon Hill-Natle*
- Max Thomas Lamar Glazier* son of *Michael Glazier*
- Sarah Otte* daughter of *Earl & Doris Otte*
- Susan Perkins* daughter of *Bobbie Boyer*
- Our apologies to Jill Henry for an error in our last newsletter.*
daughter Jeremy Henry's name should have been listed under birthdays.

CELEBRATE

Each month at our TCF meeting we celebrate life. Those who have a child, grandchild or sibling's birthday in that month will be able to light a candle in honor of their child's birth. 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.



Grieving is a healing process. It's the way we put our world back together. We know it won't undo the death or take away the void. We realize life will never be quite the same, but it can be meaningful again. Grieving heals by bringing feelings to the surface where they can be expressed, talked about, understood and resolved. If feelings are left buried, they cause prolonged turmoil, bitterness, family problems and even ill health. Unresolved grief is a serious problem. Grieving is necessary, a work that must be done. --- *William Schatz*



...that their light may always shine...

March - April Remembrances'

- Daniel J. Fallon Jr.* son of *Dan & Marion Fallon Sr.*
- Jennifer Highsmith* daughter of *Barry & Frankie Highsmith*
- Jodi Anne Conte* daughter of *Theresa & Frank Adinolp*
- Keith Horton* son of *Patricia Skipper*
- Keith Shapiro* son of *Bob & Marie Peeling*
- Lynne Friedman* daughter of *Richie & Annette Krapf*
- Robert Cowen* son of *Ronald & Katheryn Cowen*



"WE NEED NOT WALK ALONE" is a magazine published by The Compassionate Friends. It comes out seasonally and offers poems stories, contacts for similar organizations, etc. You may order yourselves a subscription by contacting the national TCF office. Contact information is on page 1.

TIPS AND IDEAS TO HONOR...
 ...OUR CHILDREN ...GRANDCHILDREN ...BROTHERS ...SISTERS

- Plant a tree
- Give to THEIR favorite cause
- Plant daffodil bulbs at the gravesite (they'll come up each spring)
- Lend an ear to someone who needs you
- Share fond memories with someone
- Take a walk in the fresh air, Write a poem!

GRIEVING IN PAIRS

How many times have people said, "Well, at least you have each other." How many times have you felt "each other" to be entirely inadequate at meeting your needs?

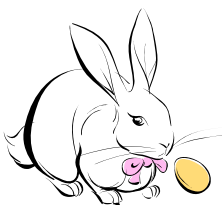
Alarming statistics are available telling us of the rocky road parents' encounter in their marriage after the death of a child. We sometimes see in ourselves a touchiness or quickness to become irritated that wasn't there before. It always seems that my "bad" day is my wife's "good" day, or the day she wakes up crying was the day I had planned on playing tennis.

Sometimes we both have a bad day and find no help from the other in pulling things back together. How can one person hope up another when he is, himself, face down in the mud?

Every person grieves differently. This is a rule that even applies within a family. And the needs of every individual are different. While you may need to talk and talk and talk, your spouse may need some time alone to reflect inwardly.

You have both been through the worst experience of your life. And while at times you can face "recovery" as a team, sometimes you must develop the patience to be able to wait out certain needs alone or with someone else. Realize that no matter how it is shown, your partner hurts too.

Gerry Hunt, TCF White River Junction



HOPPY EASTER...

MONUMENT PAVERS

If you have not yet purchased a paver at the memorial and would like to do so; you still can. There are a few blank pavers available. Contact Jayne Matlock (# on page one) for further information.

A GIFT FOR YOU

Maybe some people just aren't meant to be in our lives forever. Maybe some people are just passing through. Maybe they get it all down faster than the rest of us. They don't need to stick around for a hundred years to get it all right. It's like... some people just come through our lives to bring us something, a gift, a blessing, a lesson we need to learn, and that's why they're here. They taught us something, I'll bet... about love, and giving, and caring so much about someone... that was their gift to you...

They taught you all that and then they left. Maybe they just didn't need to stay longer than that. That gave you the gift, and then they were free to move on...

They are special souls... You'll have that gift forever

*I can only bite off chunks of grief
in bits and pieces.
How else would I manage,
to get out of bed?
Desire' Aguirre*

"FOREVER IN MY HEART" TCF Wristband



Compassionate Friends wristbands have the phrase "Forever in My Heart" framed by two butterflies. The wristbands are high quality long lasting silicon and are swirled blue and white. These wrist bands are available at each monthly meeting for \$2.00 each.

Remember to grieve the best way for YOU

A MOTHER'S LOVE REMEMBERING HER SON

The 16th of March was 7 years since Joe died. It seems like just yesterday I was waving bye to him. We used to have a funny thing w3 did when he was leaving. He was so good about saying "Bye, I love you," even in front of his friends. I'd answer back, "Bye, I love you more." We'd go back and forth a couple of times with "I love you more," "No, I love you more." When he'd get tired of the game, I'd say, "Bye I love you more," and he'd smile and say, "Okay."

I AM NOT OKAY

I am not okay and I will not be okay. You see, my child has died. My child who was once a part of my body. He is gone and I will not see him again in this lifetime. My heart is broken and there is a constant pain in my gut.

No, you see, dear friends, I am not okay and I will not be okay. Not tomorrow, not next year, not in ten years. My child died several years ago. I should be okay by now – by other standards of others.

But I am not okay and I will not be okay. I smile and do most of the things I'm supposed to do, but only because I promised God and my child I would.

Yes, I can still pray and laugh and love and do the right things. I'll tell you I'm okay, but only because it is what you want to hear.

But I am not okay and I will not be okay again in this lifetime.

By Sylvia Camp, for her son, Joe

SHOCK TO ACCEPTANCE

Rachael Remen, MD

SHOCK

The period of shock is very helpful because the person does not have to comprehend the magnitude of the loss immediately. I call this being placed in a protective bubble against the overwhelming experience of loss. This is a temporary period.

EMOTIONAL RELEASE

This is normal release when the person begins to understand how dreadful the loss is. This is the period where anger begins.

DEPRESSION

A feeling of complete loss and loneliness, or deep despair is noticed.

PANIC

Panic comes on when a person feels that there is something wrong with them. They fear that they are losing their minds, can't concentrate on anything but the loss.

GUILT

Guilt feelings about everything related to the loss. "What if... "or "If only..." are common comments at this time. Feelings of failure overtake all other feelings.

ANGER

This is a period of being very angry at everyone and everything. "Why did this happen to me?" is a question often asked during this time.

STUCK

A withdrawal period occurs. Many times from family, friends, and social activity while others think that you should carry on in a normal fashion. Society expects people to return to "business as usual" and expect for a brief sympathy, we are expected to carry our burdens alone.

PHYSICAL PROBLEMS

The body will accommodate the mind, physical illnesses become a problem, headaches, tightness in the throat, shortness of breath, fatigue, loss of appetite and sleep, a void that can't be filled and is associated with physical illness.

ACCEPTANCE

This is the period of accepting what has happened and making positive steps to re-adjust to the loss. Acceptance is not forgetting but is healing. Acceptance does not mean that you will return to your old self. You are changed forever because of the experience of loss. With acceptance come strength and compassion and a return to activities with meaning.



A FATHER'S GRIEF

The grieving process is necessary for everyone to maintain good health. Society tends to focus primarily on the mother following the death of a child. Siblings are considered, as well. However, the child's father is often overlooked or ignored. Our society has developed some very unhealthy stereotypes for grieving men.

While women tend to frequently cry openly and seek comfort by talking about the pain associated with grieving. However, our society has trained men that it's socially unacceptable for men to cry. Men tend to hold the pain of grief inside and rarely seek a friend or family member to talk about his pain.

Grieving is a process and the way we put our world back together. Obviously, things will never be quite the same, but you will be able to have a meaningful life again. When the pain is held inside and not resolved it can turn into physical and emotional problems that will affect his health and cause family problems.

Talking about feelings helps bring them to the surface so they can be discussed, understood and resolved.

GIVE YOURSELF PERMISSION TO GRIEVE!

SPRING

It's spring again, that time of year.
 The flowers bloom, but you're not here.
 The children go outside, laughing as they play.
 But I just stay inside all day.
 I miss you more than words can say.
 It's almost summertime and school will be done.
 But you won't be here to share the fun.
 But for now I'll say good bye.
 I love and miss you so much. sigh

For Katie

Grief Support For Siblings

When a child has died, siblings are often referred to as "the forgotten mourners." While parents usually receive much support, siblings usually receive little—often being asked "How are your parents doing?" The Compassionate Friends is an organization that is not just for bereaved parents. It's also for bereaved siblings (and grandparents). Some chapters have sibling subgroups while many welcome adult siblings to their meetings. On The Compassionate Friends national website, you will find support in a number of different ways.

1) Online Support Community (live chats) allows you to talk with other bereaved siblings from across the country during the Online Support Community sessions held every week. These sessions are limited in number of participants and have trained monitors who are also siblings.

2) *We Need Not Walk Alone*, the national magazine of The Compassionate Friends includes stories for siblings as well as the popular sibling column "Ask Dr. Paulson."

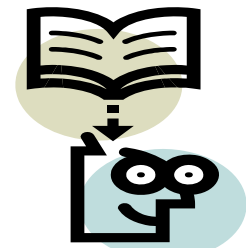
3) We have several books and brochures in our lending library that may be helpful, as well. Some include:

~~~*Children Mourning Children*

~~~*A Child Dies – A Portrait Of Family Grief*

~~~*Teenagers Talk About Grief*

How about a critique? We welcome any feedback you'd like to offer on these or other publications in our Lending Library.



# TCF Yard Sale!!!

**Time:** April 10<sup>th</sup> 7:00 am til 12:00

**Location:** Allstate Maurice Stephens Financial  
“parking lot” @ 4763 Hwy 17 Bypass S. MB SC 29577

This event will be advertised to help raise funds and awareness.

We need tables and racks to put items on, chairs to sit. We have a cash box and will have change available. One cash out location will be provided.

Please tag your own items for sale, bring your own items and pick-up your own items.

All items not claimed after sale will be donated to Street Ministry & other area charities.

We will provide breakfast items for all who volunteer.



Each year The Compassionate Friends organization holds a conference in various locations throughout the world. This summer the conference will be held in Arlington, Virginia. Attending these conferences is an extremely helpful and very rewarding opportunity for anyone grieving the death of a child. A variety of workshops are available to assist parents through their various stages of grief, as well as, helpful information for chapter steering committees. More information will be available in future newsletters.

# Love Gifts Love Gifts

The following *Love Gifts* were received since the last newsletter.

**Bill & Peggy Kinney in honor of their son**

**Light Kinney**

**Daniel & Marion Fallone in honor of their son**

**Daniel J. Fallone Jr.**

**Patricia Skipper in memory of her son**

**Keith Horton**



## OUR LENDING LIBRARY

Feel free to check out the books, DVDs, videos and cassettes from our lending library. Perhaps you'd like to write a review of an item you borrow... to have printed in a future newsletter.

LOVE  
GIFT

GIVEN BY \_\_\_\_\_ PHONE # \_\_\_\_\_

MAILING ADDRESS \_\_\_\_\_

LOVE GIFT \$ \_\_\_\_\_ CHILD'S NAME \_\_\_\_\_  
(make checks payable to: Waccamaw Chapter TCF)

BIRTH DATE \_\_\_\_\_ DATE OF LOSS \_\_\_\_\_ INCLUDE IN TCF NEWSLETTER \_\_\_ YES \_\_\_ NO

RETURN THIS FORM WITH YOUR GIFT TO:

Jayne Matlock, Secretary  
3117 Robins Nest Way, Myrtle Beach 29579

\* DATE GIFT RECEIVED \_\_\_\_\_





## The Compassionate Friends

3117 Robins Nest Way  
Myrtle Beach, SC 29579

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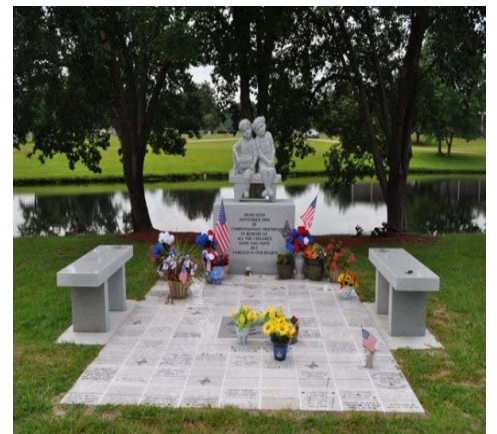
### OUR CHILDREN'S MEMORIAL

Although this monument is in honor of our children who've gone too soon, the property belongs to Hillcrest Cemetery. Therefore, we must abide by the rules listed within the contract we hold with them.

We are permitted to place potted plants at the site during the time of major holidays and special dates. However, they must be removed within 7 days of the event. The superintendent reserves the right to remove items not within these parameters.

Vases, shells, toys, ornaments, etc. are not allowed nor is digging holes for plants or trees. We are encouraged to place cut flowers (fresh or artificial) in the urns designed for that purpose. They may remain year round, as long as they maintain their beauty.

If you would like to read the entire set of rules or have questions/concerns you may contact Tina or Vonda. Thank you for your cooperation.



### PAVERS ARE STILL AVAILABLE

Contact  
Jayne Matlock, our secretary,  
for further information

(contact information is on page 1)