



**THE
COMPASSIONATE
FRIENDS**

Bi-monthly newsletter of the Waccamaw SC Chapter
Serving Georgetown, Horry & Brunswick Counties
November—December 2008
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A Self-Help Non-Profit Organization for Families Who Are Grieving the Death of a Child



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.

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.

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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 griever 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.*

Waccamaw Chapter News

This is your newsletter and this page is set aside for our Chapter. We would love to have you share here. Please feel free to share anything that you may have written to or for your child.

Please email to:

slunkie724@yahoo.com
with TCF in the subject line

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.*

Some suggestions for handling the holidays

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Know when your holidays are:

- Holidays are not just Thanksgiving, Chanukah, Christmas or New Year's
- Holidays are those times that family and friends get together for fun. It may or may not be associated with one of the traditional days of celebration.
- Mark on your calendar the months during which your family's holidays occur.
- Begin early to plan your coping strategies.

Be intentional about how you plan your holiday. Together, as a family, examine the events and the task of the celebration and ask the following questions:

- Do we really enjoy doing this? Is it just done out of habit, free choice, or obligation?
- Is this a task that can be shared?
- WOULD THE HOLIDAY BE THE SAME WITHOUT IT?

Decide what you can handle comfortably.

- Whether we are open to talk about our child.
- Whether we feel able to send holiday cards this year.
- Whether we can handle the responsibility of the family dinner, holiday parties, etc., or if we wish someone else to take over some of these traditions this year.
- Whether we will stay at home for the holidays or choose a different environment.
- Shopping is definitely easier if you make the entire list out ahead of time. Then when one of the "good" days comes along, you can get your shopping done quickly and with less confrontation. Shopping by phone or catalogues can also help.

Don't be afraid to make changes. It can really make things less painful.

- Let the children take over decorating the tree or invite friends in to help.
- Open presents the night before the holiday instead of in the morning.
- Have dinner at a different time. Change the seating arrangement.
- Burn a special candle to quietly include your absent son or daughter.

Our greatest comfort may come in doing something for others.

- Giving a gift in memory of our child to a meaningful charity.
- Adopting a needy family for the holidays.
- Inviting a guest (foreign student, senior citizen, someone who would otherwise be alone) to share the festivities.

Evaluate your coping plans.

- Do your plans isolate you from those who love and support you best?
- Do your plans allow for meaningful expression of what the particular holiday means to you?

Let your plans and limits be known.

- Write or phone family and friends to let them know of any intended changes.
- Share with friends and family how you plan to approach the holiday and how they can best help you.

Don't be afraid to have fun.

- Enjoyment, laughter and pleasure are not experiences in which you abandon your child. You have not forgotten him/her. Your child would not want you to be forever sad; you need not feel guilty over any enjoyment you may experience.
- Give yourself and members of the family permission to celebrate and take pleasure in the holiday.

Finally as you seek to make sensible plans, remember to make them firm enough to support you, but flexible enough to leave you some freedom. Most important, take time in your plans for three things.

- Take time to pray — it is the key to the greatest power on earth.
- Take time to worship — it is the road to reverence and it washes the dust of earth from our eyes.
- Take time to love and let yourself be loved — for this is the real gift of the holiday season.

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OUR CHILDREN LOVED, MISSED AND REMEMBERED

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<u>CHILD'SNAME</u>	<u>NAME</u>	<u>BIRTHDATE</u>
Jacqueline Denise Simoes	daughter of Linda Montgomery	11/05/66
Cory Robert Snyder	son of Robert & Phyllis Snyder	12/01/85
Quentin Mitchell Stacy	son of Barbara & Timothy Stacy	12/17/95
Chance Allen Caffery	son of Tina & Gary Cuevas	12/21/82
Alexander Blake Lourenco	son of Denise & Manny Lourenco	12/21/88
Kristin Leigh Highfill	daughter of Gayle & Mitch Highfill	12/23/78
Kayla Marie Bennett	daughter of Greg & Connie Bennett	12/28/90

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>
Jeanna Marie Norton	granddaughter of Stephen & Roxie Owens	11/03/07
Joshua Stephen Walters	son of Stephen & Robbin Walters	11/04/06
David Howard	son of Brenda Howard	11/16/06
Sandy Lee Thatcher	daughter of Sharon Thatcher	11/20/94
Ralph Ielfield	son of Reed & Marjorie Ielfield	11/21/96
Lauren Erica Oaks	daughter of Tom Oaks	11/23/05
Wendy Costanzo	daughter of Joe & Robin Costanzo	12/21/03
Amanda Mae Moore	daughter of Carolyn & Gardiner Moore	12/21/05
Jami Beth Webb	daughter of Doug & Trish Mullins	12/27/07

Memorial Love Gifts
 The following gifts have been received since the last newsletter
 In Memory of Amanda Mae Moore's birthday: Florence Richards, Virginia & James Jenkins, Betty & Pete Chaney, Pamela & Daniel Townsend. Helen & John Moran, Linda & Larry Gross
 In memory of Jackie & David Golebiewski: Gary & Peggy Wharton
 In memory of David Golebiewski: Paul & Peggy Cusick, Dorothy George
 In memory of her son, Robert Quaranto's anniversary: Louise Maiorini
 In memory of Stephen Vaughn, son of Bev Heverling, to be used in the care of the Children's Memorial: Nancy Wulff
 In memory of her son, Keith Horton's birthday: Patricia Skipper
 Thanking Tina & Gary Cuevas for creating and donating the beautiful dedication programs in memory of her son, Chance Allen Caffery
 Also thanking, Tom & Debbie Chase for the balloons, in memory of their son, Thomas A. Chase at the dedication ceremony

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



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P.O. Box 2893
Myrtle Beach, SC 29578

**A Self-help Non-Profit Support Organization for
Families Who Are Grieving the Death of a Child**

The newsletter is printed in a little different format this issue. This chapter had a dream and we felt that when that dream came into fruition, it deserved a special place to commemorate that the culmination of that dream — that dream is something special that each person that contributed to, no matter how small or how large the gift.

Thanks to Jane for bringing the dream to the chapter; to Ren & Anna for their generosity of their gift to the chapter that they won for being such selfless, wonderful people. Thanks to them, again, and Tom for securing the property from Hillcrest Cemetery. Many thanks for the graciousness of Hillcrest Cemetery and Mr. R.W. Russ for their generous donation of that property to the Chapter. Thanks to Joey Timms of Coastal Monuments for his vision and the beautiful, heartfelt work of art that he produced. And thanks to each of you — this is your dream. May it bring some solace to each of your hearts.

... you need not walk alone

It's here, in pictures — Your Dream!

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 November 4 and December 2. 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.

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