



THE COMPASSIONATE FRIENDS

*Rim Country Chapter
P.O. Box 3482
Payson, AZ 85547*

A national non-profit, self-help support organization offering friendship, understanding, and hope to families grieving the death of a child of any age, from any cause.

JULY 2008

RIM COUNTRY CHAPTER NEWSLETTER

VOL. 2 NO. 7

MISSION

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.

Payson, Arizona Meeting Info

2nd Tuesday of the month -
6:30 PM—8:00 PM
Ponderosa Baptist Church
1800 N. Beeline Hwy
(Just South of Home Depot & the Roundabout)

Chapter Website

www.RimCountryTCF.org
E-mail Address
info@rimcountrytcf.org

Chapter Leaders:

Bill Knauss (928) 978-1492
Robbin Clark (928) 468-7797

TCF NATIONAL OFFICE

P.O. BOX 3696,
OAKBROOK, IL 60522-3696
(877) 969-0010, FAX (630) 990-0246

CompassionateFriends.org

Regional Coordinator:
Gene Caligari 480-361-1877

CHAPTER NEWS: As some of you know, we've mentioned our desire to find a stretch of highway that our TCF Chapter could "adopt" in honor & memory of our children. Every time we've thought we'd found a mile available, it gets snapped up. Finally, a mile section has become available for us just 10 minutes south of town on Hwy 87. Mile Post 238 to 239. We will be in contact with ADOT over the next few weeks for details. The only main requirement is that we get together twice a year to keep our section picked up. I hope everyone will consider helping out in this. Of course, we'll pick a time when the weather is a LOT cooler than it is right now!

Our next meeting is July 8. I know there are several in our group whose children's birthdays or anniversaries are this month. You are in our thoughts and prayers. If you plan to attend this month, please bring pictures of your child and perhaps one of their favorite snacks.

I SIT AND LISTEN

I sit and listen.
I think I hear your steps,
Your sigh,
The feel of your touch.
I sit and listen...
And ache.
I sit and listen
To the overwhelming
Strength of reality.

I sit and listen...
hoping,
and just wondering.
It could happen.
I hear your steps,
hear your sigh,
and feel your touch.
I sit and listen...
And wait.

Lee Ann Hutch
Crofordsville, In



VACATIONS

BY: BETTY EWART
BEREAVED MOTHER
LEWISBURG, WV

There is not a lot written about vacation time even though this can be a very difficult time. I remember so well the first July vacation we took after Ruthie's death in April. I could not face going and "leaving her" and going to all the places we had been in the past with her. That is one of the "firsts." Here are some hints that may help if you are dreading vacation time. By the way, there is never a time that you don't think of vacations past but the memories get less painful and you begin to forge new memories.

Where do we go?

There is no good answer to that. Yes, if you go where you have always gone on vacations, memories will flood in. But if you choose a totally new place, we found that you just wonder how he/she would have liked it here, what would he/she have done, etc. So, you take your choice and expect the feelings and plan for them.

What do we do if we visit relatives?

Talk to them. Tell them that it is hard and that it is alright to talk about your child— when they see that you welcome hearing the name and having them share memories they have, everyone can relax.

Will I forget her/him?

Don't fear! You can never forget just because you are away from home memories. Don't be afraid to talk about her/him and let them be a part of things.

Traveling companion?

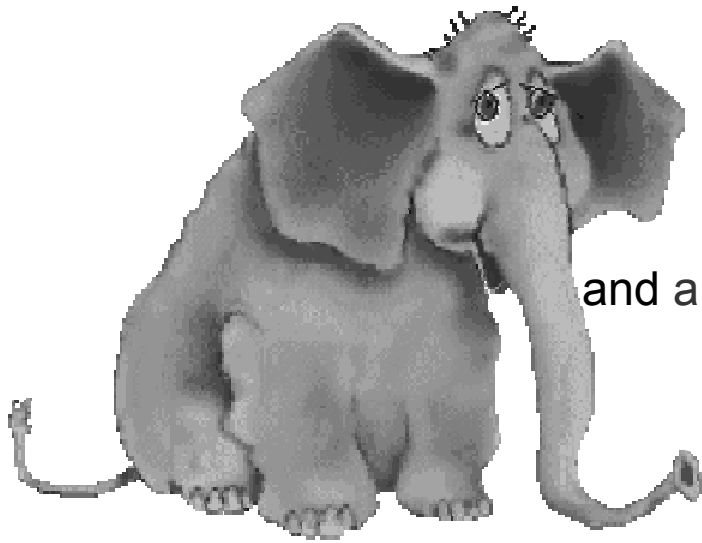
Remember that you can not really leave your grief at home when you go on vacation. It will go with you. Plan for it and pack for it. Don't over-schedule the days and activities. You won't feel like doing as much, perhaps, as usual, and you may tire more easily. Take along some reading material—perhaps on grief but some light reading too.

Just remember that bereaved families and people need a respite from the daily stresses of work and of life and grief. Also know that often the anticipation is worse than the actual event. If you have been through Christmas, a birthday, or a death anniversary, etc., you may remember that the weeks or days before may be worrisome and you may not be sure how you will get through it, but suddenly the day is there and over and it wasn't as bad as you expected, even if it was bad.

So just decide when and where the vacation will be, plan ahead, and go. Allow yourself to enjoy it. Often we feel guilty if we have a good time. Remember how much your child enjoyed trips and life and know that she or he would want you to do the same.

THE ELEPHANT IN THE ROOM

By Terry Kettering



There's an elephant in the room.

It is large and squatting,
so it is hard to get around it.

Yet we squeeze by with,
“How are you?” and, “I’m fine,”
and a thousand other forms of trivial chatter.

We talk about the weather;
we talk about work;
we talk about everything else—
except the elephant in the room.
There's an elephant in the room.

We all know it is there.
We are thinking about the elephant
as we talk together.
It is constantly on our minds.

For, you see, it is a very big elephant.
It has hurt us all, but we do not talk about
the elephant in the room.

Oh, please, say her name.

Oh, please, say “Barbara” again.

Oh, please, let's talk about
the elephant in the room.

For if we talk about her death,
perhaps we can talk about her life.

Can I say, “Barbara” to you
and not have you look away?

For if I cannot,
then you are leaving me alone
in a room—with an elephant

HOPE
BY: MARGARET GERNER
BEREAVED MOTHER AND BEREAVED GRANDMOTHER
ST. LOUIS, MO

I sat down regularly to read the many newsletters that I receive from the chapters across the country. Most of the time there were articles in them that made me cry a little.

I read about children who are dead and parents who were hurting, but never did I come away from those reading sessions depressed.

I came away with hope, hope that the searing torment does lessen and eventually give way to warm, loving memories of our child.

When we are in the deepest throes of our grief, when our beloved child has just recently been snatched from life by a tragic accident or succumbed to a fatal illness, or died in some other way, can we believe we can ever be happy again? When to simply get up in the morning is a major accomplishment, can we believe that we will ever be able to function with enthusiasm or purpose?

When every thought of our child brings excruciating pain, can we believe that we will someday be able to think of him/her and smile? I know it is hard to believe that this will ever happen, but it will.

Words used in defining HOPE are expect, trust, anticipate, wish, desire, and confident. These are the key words.

If we expect, trust and anticipate feeling better, we will in time.

If we wish it and are confident, the day will come when we will feel better. Of course, it doesn't just happen. It takes long hard grief work. It takes many painful hours of allowing ourselves to go through our grief.

It takes patience and it takes time. But know you will come to the light at the end of the tunnel.

Know that there is hope. Know that many many bereaved parents who have been in the same painful place that you are now have found life meaningful again.

Know that you will too.

THE GRAND FINALE

Its getting late...
And dusk is settling in....
The 4th of July fireworks...
Are about to begin.

I wonder how far is Heaven...
As I look up to the night sky...
And wonder if my child is watching....
Just from the other side?

The Fireworks have begun...
As they fly into the sky....
Just like my child, my angel...
Who is forever soaring high.

The colorful bursts explode...
Into a spectacular show of lights....
And fill the heavens above...
Its so beautiful and bright..

And as the fireworks fall...
From the Heavens way up high...
They burn out...and its dark again...
And the crowd lets out a sigh.

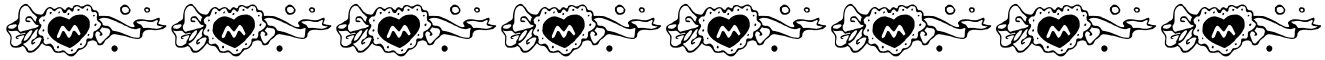
But..then another is lit...sparkling brilliantly
As the light trails through the night sky...
I think I am beginning to understand..
For its the same when our loved ones die.

For a life that has burned brightly...
Can never fade away....
For its rekindled through our memories...
Each and every day.

So even though my child has gone...
To the Heavens up Above....
Their light will always remain ...
And shine down on me with love.

And our Grand Finale WILL come...
When we are reunited in Heaven again...
But their light will always remain lit...
...Until then.

By Laura Heavenly Lights Children's Memorial



LOVE GIFTS AND DONATIONS

A love gift is to "REMEMBER THE LIVES OF OUR CHILDREN." Since TCF has no membership dues, we rely upon tax-deductible donations for funds to pay the three chapters' expenses: printing and mailing of our newsletter, books for our lending libraries, our 24-hour phone message line and information packets sent to newly bereaved families and professionals in the community. Books donated for our libraries and volunteer work for your chapter also qualify as "love gifts." Make your checks payable to The Compassionate Friends and mail to: PO Box 3482 Payson Arizona 85547. Love gifts received prior to the 10th of each month will appear in the following month's newsletter.

MEMORY PAGE

If you wish to have your child remembered on our Memory Page, please complete the form below and Mail to PO Box 3482, Payson Arizona 85547

PARENT(S) NAME(S) _____

ADDRESS _____

CITY, STATE, ZIP _____

PHONE _____

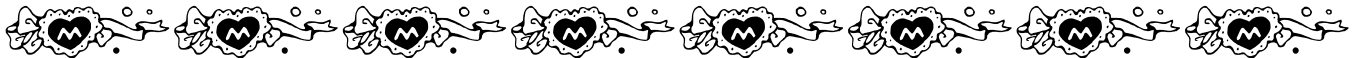
CHILD'S NAME _____ M or F (circle)

DATE OF BIRTH _____ DATE OF DEATH _____

Enclosed is a love gift in memory of my child to help deray costs of the Rim Country Chapter:

_____ \$5 _____ \$10 _____ \$25 _____ Other THANKS!!!!

The anniversary of your child's birth and death are often extremely painful days. We ask that you keep in your thoughts the parents who are observing such days in August. In this newsletter is the memory page update. If you haven't sent one in yet, please take a moment to fill it out and send it in. We would like to share your memory days with you.



JULY MEMORY PAGE

Our children... always loved... always missed... always remembered

KEVIN JOHN CARNOW...son of Michael & Eileen Carnow, died 7/06/1967.

ROBERT E. COTTON...son of Bonnie Cotton, was born 7/01/1983.

KAYLA DIANE FLOYD... daughter of Jerry & Chris Floyd, died 7/13/2005.

LACEY A OLDLAND...daughter of Mark & Lynn Gardner, died 7/09/2007.

RANDY K WOOD...son of Jim & Sue Scovel, was born 7/23/1961.

JASON VINCENT TAYLOR...son of Tom & Chris Taylor, died 7/20/2005.

Artist: Monk & Neagle
Song Title: Dancing with Angels lyrics

Memories surround me
But sadness has found me
I'd do anything for more time
Never before has someone meant more
And I can't get you out of my mind
There is so much I don't understand
But I know

You're dancing with the angels
Walking in new life
You're dancing with the angels
Heaven fills your eyes

Now that you're dancing with the angels

You had love for your family
Love for all people
Love for the Father, and Son
Your heart will be heard
In your unspoken words
Through generations to come
There is so much that I don't understand
But I know

We're only here for such a short time
So I'm gonna stand up
Shout out
And sing Hallelujah
One day I'll see you again





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***We need not walk alone... We
are The Compassionate Friends.***

E-mail us at info@rimcountrytcf.org or call us at 928-978-1492 if you receive this newsletter and do not wish to receive it or to change an address or add an address.

The Compassionate Friends Credo

**We need not walk alone. We
are The Compassionate
Friends.**

We reach out to each other with love, 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. 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 for strength; some of us are struggling to find answers. Some of us are angry, filled with guilt or in a deep depression; 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 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, share the anger as well as the peace, share the faith as well as the doubts and help each other grieve as well. as to grow.