



**THE  
COMPASSIONATE  
FRIENDS**  
Rim Country Chapter

Rim Country Chapter  
P.O. Box 3482  
Payson, AZ 85547  
(928) 978-1492

## Supporting Family After a Child Dies

September/October 2010

**RIM COUNTRY CHAPTER NEWSLETTER**

VOL. 4 NO. 10

### **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 Information**

2<sup>nd</sup> Tuesday of the month -  
Doors open at 6:15PM  
Meeting Begins at 6:30 PM

Ponderosa Baptist Church  
102 W Roundup  
(Just South of Home Depot &  
the Roundabout)

#### **Chapter Website**

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#### **Regional Coordinator:**

Gene Caligari 480-361-1877

This month, we are combining our newsletter for September and October. Many of you have let us know that you will not be here for the regular September meeting and Marilyn and I will also be gone for much of September. So there will be **no meeting this month**. If you would like to talk to us, we are always as close as the phone.

We will resume our meetings on October 12th. Also, we will begin holding our meetings in a new location at that time. The new address is 102 W Roundup. This is still officially part of the Ponderosa Baptist Church campus but is located at the very south end of the property in the building previously occupied by Farm Bureau Insurance. So entering west from Beeline on Roundup, you'll see the buildings on your right. Look for our Compassionate Friends sign.



I want to thank all of you who came out and helped with our 2<sup>nd</sup> picnic and butterfly release. It was a beautiful day and the weather was ideal for the butterflies to launch successfully. What a great way to honor our precious children! Thanks to Safeway for providing the hamburgers and hot dogs.

Again, our next regular meeting will be on **October 12th at 6:30PM**. If your child's birthday or "Angelversary" occurs in September or October, please bring your child's favorite treat to share. Feel free to also bring a picture or remembrance of your child to display.

Wishing you peace, *Bill*

### For the Newly Bereaved.....

There is no detour around bereavement. There is no short cut in the mourning process. It must be worked through. As you are empty, so is the world around you. You are living a nightmare. You think, "I have touched the bottom of despair. I can't go any farther".

You do go farther.....you may cry hysterically, or you may remain outwardly controlled, showing little emotion. Reactions are varied and contradictory. Not all questions have answers. Unanswered whys are parts of life. You reject the overtures of your friends. How dare they talk of your future when you know life holds nothing for you? Your heart is breaking ---- and they offer you clichés. Accept their companionship, but you need not take their advice. Do what is best for you.

Grief is universal. At the same time it is extremely personal. Heal in your own way. Of course, your weeping will not bring back your loved one, but that's why you cry --- because you cannot bring your beloved one back to life.

Mental health is the recognition of pain and the attempt to live with it. This depression is not weakness; it is part of the mournful work of saying "good-bye" to your beloved. You are more aware than before of what is significant and what is trivial.

From *Living When a Loved One Has Died*, by Rabbi Earl Grollman

We are a self-help support organization that is dedicated to assisting parents, grandparents, aunts, uncles and siblings toward the positive resolution of grief following the death of a child. We also aim to provide information and education to extended family, friends and coworkers desirous of being supportive to our Chapter members.

We gather to listen, to care, and to understand the process of grieving as we start our recovery process and attempt to heal. Our greatest strength as bereaved families is the unity we find in shared experiences which can lead us out of isolation, give us a place to "belong", and offer us hope that together – we can make it.

## WHY?

I don't understand  
Why you had to go away.  
I wasn't done.  
I had much more to say.  
There were so many things  
I wanted to share with you.  
So many things  
Left for us to do.  
I should've made you talk,  
I should've seen through your tears.  
I should've been there.  
To comfort and calm your fears.  
You were my strength.  
But I feel I let you down.  
Oh what I'd give.  
To have you around.  
But it's too late.  
You're gone now, my friend  
But always know in your heart.  
I loved you until the end.

Written by Beth Simmons who lost a friend by suicide

## BORROWED HOPE

Lend me your hope for awhile.  
I seem to have mislaid mine.  
Lost and hopeless feelings accompany me daily.  
Pain and confusion are my companions.  
I know not where to turn.  
Looking ahead to the future times does not bring forth images of renewed hope.  
I see mirthless times, pain-filled days, and more tragedy.  
Lend me your hope for awhile, I seem to have mislaid mine.  
Hold my hand and hug me: listen to all my ramblings.  
I need to unleash the pain and let it tumble out.  
Recovery seems so far distant; the road to healing a long and lonely one.  
Stand by me; offer me your presence.  
Your ears and your love acknowledge my pain.  
It is so real and ever present.  
I am overwhelmed with sad and conflicting thoughts.  
Lend me your hope for awhile, a time will come when I will heal  
and I will lend my renewed hope to others.

By Eloise Cole, Scottsdale. Arizona

## OUR LOGO..ITS MYSTERY AND ITS HISTORY



Are the hands reaching out or letting go? Are they the hands of one person or two? These are questions often heard from new members ... so we asked the people who know.

Much of the beauty of our logo lies in the fact that there are no definitive answers to its symbolism. At first glance, its meaning seems obvious; yet as you look more closely, these questions may arise.

The hands represent different things to us at different periods in our grief journeys. To the newly bereaved, the hands reach out toward him or her, offering comfort and support. Later in our grief journeys, they may symbolize the process of letting go, of coming to terms with our child's death, of acknowledging that our child is no longer a part of our earthly existence. Still later in our grief journey, we begin to reinvest in life and reach out toward others. Then our hands become the hands which are extended to the newly bereaved.

The circle is complete: a circle of friends, a circle of love and understanding, with the child at the center.

Thanks to the efforts of the TCF Historian Helen Robinson, of the Tuscaloosa, Alabama Chapter, the origin of our logo has now been documented. Helen has been in touch with Joe Lawley, Founder-Chairman of the Society of The Compassionate Friends. Joe supplied the details on how the logo came about, as well as a copy of a letter which John and Maggie Fisher of Coventry, England wrote on February 12, 1975.

In the letter, John says that their daughter Clare was killed on November 17th last, aged 8 1/2. By chance we met someone who had heard of the Friends, who lived in Waterford, some twenty or thirty miles from our home, and as a consequence, Mrs. Joan Willis wrote to us and subsequently came to our home....Although we still feel loss greatly we both know that we are not ready to assist the Friends ourselves.

Our help would also include the services of my own company, (John Fisher Design & Marketing, Ltd.) which include advertising, design, marketing, and public relations activities...We are mobile, immediately available and ready, both spiritually and physically, to begin work for the Friends. Please use us.

Joe tells us that " its first appearance was on the June 1975 newsletter and is recorded on that occasion as being 'in a bright emerald green' subsequently however, settling into the generally universal color of royal blue and white from 1977 on."

By Joyce Andrews, reprinted from "Friends Caring and Sharing" Spring 1998

## WHEN I WAS THERE

When I was there with you and lived my life as your son  
I knew you loved me with all your heart: I felt it from day one.  
I never once regretted having chose you for my mom and dad,  
And although our time together was short, please don't stay sad,  
You see, when I was with you I learned so very much, and I took  
With me to my other life all my memories of your love...  
I share it with the other kids I've met since I've arrived,  
We all have memories of those special times, and  
Please never doubt that we're alive....

We are busy helping others and we watch over you with pride  
As we see you helping others and giving of your time.  
I see sometimes when you think of me you are sad that I am gone,  
But remember that I'm still with you; you just can't see me tag along.  
I go with you on your travels, and yes that's me in your dreams at night;  
I still look the same, just maybe a little more handsome in this light...  
Here there is no sadness, Mom, only joy and love and peace,  
And here is where I'll wait, until you can come and live with me...  
In my world now there is no rush, things just happen day by day,  
So take your time and enjoy life, have a little fun, it really is okay.  
And when you make yur journey to this place where we're all one,  
Remember, I'll be waiting and I'll always be your son....  
By Sharon Hauber, in memory of her son, Spence

## THE CORD

We are connected,  
My child and I, by  
An invisible cord  
Not seen by the eye.

It's not like the cord  
That connects us 'til birth  
This cord can't be seen  
By any on Earth.

This cord does it's work  
Right from the start.  
It binds us together  
Attached to my heart.

I know that it's there  
Though no one can see  
The invisible cord  
From my child to me.

The strength of this cord  
Is hard to describe  
It can't be destroyed  
It can't be denied.

It's stronger than any cord  
Man could create  
It withstands the test  
Can hold any weight.

And though you are gone,  
Though you're not here with me,  
The cord is still there  
But no one can see.

It pulls at my heart  
I am bruised...I am sore,  
But this cord is my lifeline  
As never before.

I am thankful that God  
Connects us this way  
A mother and child  
Death can't take it away!  
That is a strong cord...and it will last forever.

**Submitted in memory of Robbin & Chuck Clark's son  
Cory James Clark,**

## I WILL LOVE YOU

As long as I can dream,  
As long as I can think,  
As long as I have a memory...

**I will love you.**

As long as I have eyes to see,  
And ears to hear,  
And lips to speak..

**I will love you.**

As long as I have a heart to feel.  
A soul stirring within me,  
An imagination to hold you...

**I will love you.**

As long as there is time,  
As long as there is love,  
As long as I have a breath  
To speak your name...

**I will love you.**

**Because I loved you more than anything in all the world.**  
Daniel Haughian, TCF, Coeur d'Alene, ID

## **Coping with grief and loss tip: Get support**

The single most important factor in healing from loss is having the support of other people. Even if you aren't comfortable talking about your feelings under normal circumstances, it's important to express them when you're grieving. Sharing your loss makes the burden of grief easier to carry. Wherever the support comes from, accept it and **do not grieve alone**. Connecting to others will help you heal.

### **Finding support after a loss**

**Turn to friends and family members** – Now is the time to lean on the people who care about you, even if you take pride in being strong and self-sufficient. Draw loved ones close, rather than avoiding them, and accept the assistance that's offered. Oftentimes, people want to help but don't know how, so tell them what you need – whether it's a shoulder to cry on or help with funeral arrangements.

**Draw comfort from your faith** – If you follow a religious tradition, embrace the comfort its mourning rituals can provide. Spiritual activities that are meaningful to you – such as praying, meditating, or going to church – can offer solace. If you're questioning your faith in the wake of the loss, talk to a clergy member or others in your religious community.

**Join a support group** – Grief can feel very lonely, even when you have loved ones around. Sharing your sorrow with others who have experienced similar losses can help. To find a bereavement support group in your area, contact local hospitals, hospices, funeral homes, and counseling centers.

**Talk to a therapist or grief counselor** – If your grief feels like too much to bear, call a mental health professional with experience in grief counseling. An experienced therapist can help you work through intense emotions and overcome obstacles to your grieving.



### **Travis**

**I close my eyes**

**I see your face**

**I hear your voice**

**I enjoy your smile**

**I wake up**

Submitted by your mom:  
Patricia J. Edwards Glendale, AZ

## **How to Deal with the Unbearable Grief of Losing a Child**

### **By Randy Gilbert**

The loss of a child is something most parents cannot even bear to contemplate. It is such a horrible thought that most people do not envision it. They feel everything will follow the normal path of everyday life. Their children will grow to adulthood and go on to live happy lives of their own.

Cathy James, who lost her daughter in an accident says, 'The one thing I would hope if nobody does anything else is, please know that you will see joy. You will see joy again. There is help out there. Your child was absolutely a gift. If you had to do it all over again, you would have that child over again, because of how much you love them. You would still do it all again and have the pain, because you had the love.' Cathy and Frank James live every parent's greatest fear. Every day they grieve the loss of their 17-year-old daughter, Valerie. Their journey of grief led them to write a book explaining strategies they used to deal with the emotional pain of their loss. They are committed to helping one parent at a time cope with the aching loss of a child. Using their proactive strategies will assist those suffering from a devastating loss, coping in the days to come:

- Do not try to rush the grief journey. Let it be in your own time. Everyone is different and grieves in his or her own way.
- Find what works for you.

Do something special to honor your lost child. Make it a monthly or yearly project. Get the other members of your family together and coordinate it. It can be anything that makes you feel closer to your child: scholarships, memory gardens, scrapbooks, gift baskets to your child's friends. Parents can do a number of things to keep their child's memory alive.

Move forward. Find ways for you and your family to adjust to the loss.

- Rearrange the seating at your dinner table so that the empty chair will not always be a reminder that a family member is missing. Do the same thing with the family car. Sit in a different place than you normally do.
- Physical activity helps. Whether it is walking, biking, swimming, or just walking the mall, the activity helps you cope as each day passes.
- Helping others is the best way to heal yourself. Get involved in a selfless project. The satisfaction and gratitude you receive from helping others will soothe you.
- Attend a grieving organization meeting. They are located in almost every state. They lend support and walk beside you in grief, because they have lost children also.

Sometimes the days will feel just too hard to get through, but with the help of your family, it will get easier. Develop a family plan; establish catch phrases or code words to use. If you or a family member realizes that the situation is emotionally unbearable, mention the code word and leave the situation. Once each member of the family hears the code word, you all turn and walk away, no arguments, no forcing, and no questions. You are going to have good days and bad days. The love you have for your lost child will always be there. It never goes away. However, realize that you will experience joy again. Do the best you can. Your grieving journey will teach you what is important in life: love, concern for others, caring for others, and doing things without the possibility of benefit to help others. Through all these things, you will learn about hope, joy, and the things that are of real value.

Follow these proactive strategies to cope with the loss of a child. There is no right or wrong method to learn to cope, and there is no timeline to follow. Take your time; do not burden yourself with self-doubt about what should be normal. You will find your way, feeling hope and joy in your life again.

# ANOTHER SEASON WITHOUT YOU

**By: John Plourde**

The first day of all has now past,  
The pain of your death will forever last.

I think of you as I look into the clear, cool sky,  
As I think of you, again, I begin to cry.

As I walk along and feel the autumn in the air,  
I miss seeing the autumn sun glistening in your hair.

Your beautiful smile as gentle as an autumn leaf  
Are now only memories in my life of grief.

Oh, how I wish I could hold you once more,  
I pray for the day you meet me at heaven's door.

My deep love for you will never fade away,  
No matter how long on this earth I have to stay.

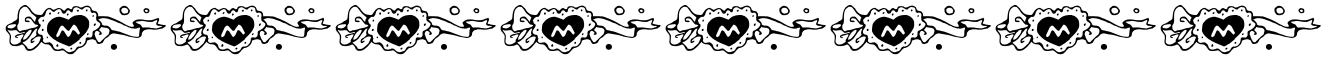
The day you died at the age of eleven,  
I knew that you had the prettiest angel wings in heaven.

Each day since your death is a challenge to survive,  
Missing you more and more each day I am alive.

My darling daughter Danielle Marie, I promise you this,  
On my entrance into heaven, you will be the first one that I kiss.

Your loving Daddy.

John—Daddy of Angel  
Danielle Marie Plourde  
1/4/1995—2/20/2006



**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 chapters expenses: printing and mailing of our newsletter, books for our lending libraries, our 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 23rd 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 defray 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 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.

**Our children ... always loved, missed, remembered ...**

**September/October 2010 MEMORY PAGE**

- KEITH PATRICK CALDWELL... Son of Patty Behm**
- MONICA ROSE CASEY... Daughter of Tim & Annette Casey**
- HAL STEVEN PEACHER... Son of Carol Cavanaugh**
- ROBERT E COTTON... Son of Bonnie Cotton**
- SLADE DAVID GIBSON... Son of Slad & Becky Gibson**
- RYAN DAVID GOLEMBEWSKI... Son of Dave & Claire Golembewski**
- KAITIE MARIE GOOCH... Granddaughter of Jack & Barbara Gooch**
- JIMMY HARRIS... Son of LQ Harris III**
- KENNETH CHARLES HARTNELL... Son of Ben & Laura Hartnell**
- KIM MARIE BAILEY... Daughter of Bits Siller**

**September/October 2010 LOVE GIFTS**

- Jack & Barbara Gooch in memory of KAITIE GOOCH**
- Carol Cavanaugh in memory of HAL STEVEN PEACHER**
- Jim & Sue Scovel in memory of RANDY K. WOOD**



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***We Need not Walk Alone.....  
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E-mail us at [info@rimcountrytcf.org](mailto:info@rimcountrytcf.org) or call us at 928-978-1492 if you would like to submit articles, be added to or removed from this newsletter mail list or to correct information.

## Supporting Family After a Child Dies

**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.

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

