



The Compassionate Friends

Sugar Land/SW Houston Chapter
Supporting Family After a Child Dies

JULY, AUGUST, SEPTEMBER 2019

A self-help organization offering friendship, understanding, and hope to bereaved families that have experienced the death of a child.

Special Monthly Meeting:

September 11, 2019

Time: 7:30 p.m.

Registration of new members and library opens at 7:00 p.m.

Topic: Handling Grief

First Presbyterian Church
502 Eldridge Road
Sugar Land, Texas

Directions: Eldridge Rd. (FM 1876) intersects Hwy. 90A two lights west of the Sugar Land exit of Hwy 59. The church is north of 90A, just past the RR tracks, the second building on the right. Enter the double doors at the back of the building.

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Love Gifts should be sent to:

Treasurer

Douglas Ledkins
431 Old Colony Dr.
Richmond, TX 77406
Phone 713-515-9906
E-mail:
Doug_Ledkins@whitetucker.com

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This newsletter may be reproduced and given to anyone who may find comfort from it.

The Compassionate Friends

The mission of The Compassionate Friends: When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.

The Compassionate Friends was founded over 40 years ago when a chaplain at the Warwickshire Hospital in England brought together two sets of grieving parents and realized that the support they gave each other was better than anything he, as a chaplain, could ever say or provide. Meeting around a kitchen table, the Lawleys and the Hendersons were joined by a bereaved mother and the chaplain, Simon Stephens, and The Society of the Compassionate Friends was born. The Compassionate Friends jumped across the ocean and was established in the United States and incorporated in 1978 in Illinois.

Each chapter, along with the supporting National Office, is committed to helping every bereaved parent, sibling, or grandparent who may walk through our doors or contact us.

Today TCF has over 600 chapters serving all 50 states plus Washington D.C., Puerto Rico, and Guam, that offer friendship, understanding, and hope to bereaved parents, siblings, grandparents, and other family members during the natural grieving process after a child has died. Around the world more than 30 countries have a Compassionate Friends presence, encircling the globe with support so desperately needed when the worst has happened.

On October 4 – 6, 2019, The Compassionate Friends South Texas Regional Conference will be held. This will be a weekend spent surrounded by other bereaved parents, grandparents and siblings. It is a place where hope grows and friendships are made with others who truly understand. With inspirational keynote speakers, abundant workshops for everyone's wants and needs, and a remembrance candle lighting program culminating with the Walk to Remember, this time of healing and hope is the gift we give ourselves. Join us as together we remember and share the everlasting love we have for our precious children, siblings and grandchildren.

Dear Chapter Members, **** Special meeting will be held Wednesday, September 11, 2019 ****

It is with regret we must inform you that the **Sugar Land/SW Houston Chapter of the Compassionate Friends has become inactive**. We have not been able to find someone to step up into leadership roles and our current leadership can no longer do it. Our steering committee met and decided to no longer offer monthly meetings. We will, however, still have our annual TCF Candle Lighting program as well as our annual Balloon Lift-Off for at least the next year or so. We will also continue to provide a newsletter to our members but have changed it to be quarterly instead of every two months. We will now offer phone support to those who need it as well as information on monthly meetings provided by other local TCF chapters. We hope to continue to offer support to bereaved parents in some small way. If you are interested in taking on a more active role in our chapter, please contact either Tricia Scherer at 832-541-4959 or Marguerite Ward at 979-533-0099.

With Compassionate Friends You Need Not Walk Alone

Telephone a Friend..... If you need someone to talk to and can't find a TCF meeting to go to, please call one of our volunteers below. They are a little farther down the road in their grief journey and would be glad to talk to you.

Child Loss - (Tricia)	832-541-4959
Child Loss - (Marguerite)	979-533-0099
Child Loss - (Sandy)	281-242-5015
Support for Fathers - (Doug)	713-515-9906
Murdered Child/Sudden Death - (Michelle)	832-603-7112

TCF—Katy Chapter meets 2nd Tuesday of each month 7:00 pm

Website: <https://www.compassionatefriends.org/chapter/tcf-katy-tx-chapter/>

TCF of Houston Inner Loop Chapter meets 3rd Tuesday of each month at 7:00 pm
(Newly bereaved meeting at 6:30)

Website: <http://www.orgsites.com/tx/tcfhoustoninnerloop/index.html>

**To locate a TCF Chapter located in your area with monthly meetings please go to the national TCF website at - <https://www.compassionatefriends.org>.

National Headquarters

P.O. Box 3696

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Chapter Webmaster

Tricia Scherer

Sugar Land-SW Chapter Website:

www.sugarlandtcf.org

Regional Coordinator

Henrik and Ghislaine Thomsen

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thomsen.tcfkaty@gmail.com

Special Monthly Meeting:

Wednesday, September 11, 2019

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LOVE SHARES	
In Memory of	Given by
Elana Monsanto	Bonnie Monsanto
Arturo Monsanto	Bonnie Monsanto

Real empathy is sometimes
Not Insisting
 That it will be OK
 but *acknowledging it is not.*
 Sheryl Sandberg

Consider giving a Love Share in your child’s memory. Help us continue our mission to help grieving parents. All Love Shares are tax deductible and can be sent to our Chapter Treasurer:
 Douglas Ledkins, 431 Old Colony Dr.
 Richmond, TX 77406 (713) 515-9906
 Doug_Ledkins@whitetucker.com

Button Making Machine
 A button making machine has been given to our chapter in loving memory of Brandi Ward. It is available for anyone who wishes to have a picture button made of their child. If you would like to have a button made, please contact Marguerite Ward at 979-533-0099 or by email at mjward0123@gmail.com

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. We are grateful for the faithfulness of parents, grandparents and friends who remember beloved children with love gifts. Our chapter is operated entirely by volunteers dedicated to furthering the work of TCF.
 Your voluntary tax deductible donations honor your loved one(s) in a meaningful way by enabling us to offer resources, such as this newsletter, books, brochures and special programs to bereaved families in our area. 100% of the funds are used for this outreach. Donations, along with the name of the person being honored may be sent to our chapter’s treasurer. If you have any questions, please contact our chapter treasurer:
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 Richmond, TX 77406 (713) 515-9906
 Doug_Ledkins@whitetucker.com

TCF ONLINE SUPPORT
 The Compassionate Friends offers “virtual chapters” through an Online Support Community (live chats). This program was established to encourage connecting and sharing among parents, grandparents, and siblings (over the age of 18) grieving the death of a child. The rooms supply support, encouragement, and friendship. The friendly atmosphere encourages conversation among friends; friends who understand the emotions you’re experiencing. There are general bereavement sessions as well as more specific sessions.
PRIVATE TCF FACEBOOK GROUPS
 The Compassionate Friends offers a variety of private Facebook Groups. These pages are moderated by bereaved parents, siblings, or grandparents, and may not be accessed unless a request to join is approved by a moderator. Please click on the link next to the group you wish to join and answer the screening questions so we can confirm your request. If you are waiting approval, please message one of the administrators. Join requests to our Facebook groups must be requested personally, therefore when you wish to share the group with someone please pass along the link to the group.
 These groups can be found on the National TCF website at <https://www.compassionatefriends.org/find-support/online-communities/>

Beyond Surviving: “Twenty Five Commandments”

Hundreds of books have been written about loss and grief. Few have addressed the aftermath of suicide for survivors. Here again, there are no answers, only suggestions from those who have lived through and beyond the event. I’ve compiled their thoughts.

1. Know you can survive. You may not think so, but you can.
2. Struggle with “why” it happened until you no longer need to know “why” or until you are satisfied with partial answers.
3. Know you may feel overwhelmed by the intensity of your feelings, but all your feelings are normal.
4. Anger, guilt, confusion, forgetfulness are common responses. You are not crazy—you are in mourning.
5. Be aware you may feel appropriate anger at the person, at the world, at God, at yourself.
6. You may feel guilty for what you think you did or did not do.
7. Having suicidal thoughts is common. It does not mean that you will have to act on these thoughts.
8. Remember to take one day at a time.
9. Find a good listener with whom to share. Call someone if you need to talk.
10. Don’t be afraid to cry. Tears are healing.
11. Give yourself time to heal.
12. Remember, the choice was not yours. No one is the sole influence in another’s life.
13. Expect setbacks. Don’t panic if emotions return like a tidal wave. You may only be experiencing a remnant of grief; an unfinished piece.
14. Try to put off major decisions.
15. Give yourself permission to get professional help.
16. Be aware of the pain of your family and friends.
17. Be patient with yourself and with others who may not understand.
18. Set your own limits and learn to say no.
19. Steer clear of people who want to tell you what or how to feel.
20. Know that there are support groups that can be helpful, such as The Compassionate Friends or Survivors of Suicide groups. If not ask a professional to help start one.
21. Call on your personal faith to help you through.
22. It is common to experience physical reactions to your grief. i.e., headaches, loss of appetite, inability to sleep, etc.
23. The willingness to laugh with others and at yourself is healing.
24. Wear out your questions, anger, guilt, or other feelings until you can let them go.
25. Knowing that you will never be the same again, but you can survive and go beyond just surviving.

Iris Bolton, author of *My Son, My Son*

I Never Believed....

I never believed I would see another season change with gladness. I never believed I would see the world again without the haze of tears. I never expected to actually laugh again. I never felt my smile would return and feel natural on my face. I never hoped for another day when I would not want to die. I never envisioned a world that could again be bright and full of promise. I believed that all that had passed from me the day they died and went away, never to return. But I was wrong, and I know that in the fullness of your grieving, you too will come to understand that life goes on-- that it can still have meaning-- that even joy can touch your life once more.

By Don Hackett TCF
In Memory of my sons, Vince and Gary

MEMORIES

There is a place that we call Memory
A province by itself, which though unseen,
Is home and haven to the heart—
And there, in peace and beauty, waiting,
All those with whom we shared
our Yesterdays.

~ Nancy Cassell, TCF, Holmdel, NJ



Congratulations to Patricia Scherer for being elected to serve on the National TCF Board of Directors. She is involved with Compassionate Friends in memory of her son, Donald Ray Scherer who was killed by a drunk driver in 2003.

Tricia is a retired school teacher. She and her husband, Donald have been members for 16 years and co-leaders of the Sugar Land/SW Houston Chapter of TCF for over 10 years.

STANDING

People say
"Oh you are doing so well,
you are so strong,
you are an inspiration!"

We do not feel strong.
We feel shaken to the core,
Saddened beyond belief,
Pain beyond comprehension,
Forever changed.

What do they see that we cannot see?

"That a horrible storm,
unexpectedly ripped through
our lives and we are
still standing"

They are amazed
We are paralyzed

Still Standing

Julie Short
TCF Southeastern Illinois Chapter
In Memory of Kyra

SEARCHING . . .

Once again, my list has vanished;
it was here, but now it's missing.
Keys and glasses disappearing;
books and letters--overdue.
I'm forever searching, searching,
they must be here, and I need them!
Could it be that what is missing,
what I want this very minute--
could it be that what I'm *REALLY* searching for,
my child,
is you?

Joyce Andrews
TCF Sugar Land, TX

A Tear Fell

I rode by your school by chance today
And I just happened to look that way.
The boys all had their ball caps on;
then I remembered my son was gone.
Just when I thought I was doing so well,
Before I knew it - a tear fell.
Then on Sunday as I sat in church
I looked around and missed you so much.
I saw other boys in their Sunday suits
And I remembered you were just as cute.
People all think I'm doing so well;
They don't know today - a tear fell.
When I'm reminded of what might have been
It gets too hard to hold it in.
When life will catch me off my guard,
That's when I seem to be hit so hard.
It seems all roads lead back to you
As I take each day and try to get through.
They say time makes it better, but I cannot tell.
I only know today - a tear fell.

Carolyn Bryan
TCF Orange Park, FL

Memories

The certain special memories
That follow me each day,
Cast your shadow in my life
In a certain way.

Sometimes the blowing wind
Or the lyrics of a song
Make me stop and think of you
Sometimes all day long

Memories are good to have
To share and keep in my heart,
Just knowing that you're still inside
Makes sure we'll never part.

Collette Covington
TCF Lake Charles, LA

When

When your mind
cannot find
an answer,
open your heart
and ask
for peace.

Sascha Wagner
© The Compassionate Friends

PRIORITIZING SELF-CARE WHILE GRIEVING-

Posted on May 10th, 2019 on TCF National Facebook page

In the middle of grief, self-care often falls to the bottom of the priority list. With arrangements to be made, bills to pay and a void to fill, we busy ourselves with tasks. Distracting ourselves with washing dishes or putting together donations can keep the overwhelming grief at bay — if even for just a little while.

But the airlines have it right: If you don't put your own oxygen mask on first, you'll never be able to help anyone else. And those who put self-care low on the totem pole are frequently people who are looking for ways to make others' lives easier — if other people have what they need, it takes one burden off their mind.

The problem is that when grief is involved, the burden is never lifted unless we take some time to take care of ourselves. Anyone who constantly puts others first eventually is depleted. In fact, Simmons University's School of Social Work reported that self-care is vital for those in caring professions, from social workers to healthcare professionals. "Scheduling time for self-care is just as important as scheduling time for everything else," says Simmons' Shari Robinson-Lynk, a professor of practice in social work. "Hoping and waiting until you have time means you rarely have the time to do it." Here's how you can best use that time to give yourself as much attention as you give others.

Claim your time. Give yourself a "vacation" from every other responsibility on your plate, whether it's for a day or an entire week. When you're inundated with others' needs, feelings, and requests, it's easy to lose track of how you're feeling and coping. Load your schedule up with things that give you space to decompress: hot baths, walks in the woods, and a trip to your favorite hobby store. Remembering that you're a person, not just a vessel to hold things in (or upright!), can go a long way toward healing.

Set boundaries. Worrying about others in the midst of your own grief can be draining. Not worrying about others at all can be equally draining. A good middle ground can be found by determining what's truly important and what's not. Will you regret not helping out with the memorial fundraiser? Commit to making it a priority. Are you less than excited about giving a speech on grief to a local grieving parents group? Then gently, but firmly, say no.

Check in on your physical needs. If you've recently lost a child, it's easy to become so consumed with your grief and your to-do list that you forget to do basic things like eat lunch or go to bed at a reasonable hour. Periodically make a point to check in: Are you hungry? Is your body craving a drink that doesn't contain caffeine? Are you so tired you're dragging yourself from appointment to appointment? Giving yourself permission to stop and eat or book a day at the spa to take care of dry skin and

tense muscles can be a blessing in the middle of crushing grief.

Get creative. Creativity can take many different forms, from writing to painting to constructing LEGO towers. Whether you're knitting or doing woodworking, give yourself an outlet to express your feelings — anger, sadness, regret, relief, joy, gratitude, and dozens of other feelings can come out in a lot of different ways. Using creative outlets to see what bubbles up can be both comforting and energizing.

Let others help you. If you're a compassionate person who's used to attending to others' needs, it can be hard to accept help, even when you need it. After all, you think, you may be taking help from someone who needs it more. But when you're grieving, there's no shame in letting others' strength shine. If a friend offers to take something off your plate, let him; if a neighbor wants to bring you weekly casseroles for a while and you could use the help in getting dinner ready, take her up on it! If guilt still follows you, remind yourself that you'll return the favor someday.

Dive deep into your grief. If you've been running yourself ragged to get things done or help others, the exact thing you may need is time to grieve. Surface-level grief is often all we have time for when we're not getting enough time to sit down and just be. Read books on grief and coping, attend grieving parents' groups, and spend time in silence meditating or praying. It sometimes can feel like you're feeling the myriad emotions of grief while you're busy running around, but it's occasionally shocking how many feelings are waiting on your doorstep when you welcome them in.

Self-care can easily take a back seat to other things when you're grieving. But self-care is a key component of coping and healing, and assuming you'll "get around to it" is a recipe for never making yourself a priority. Take the time now to care for yourself — future you will thank you for it.

BY GLORIA HORSLEY

Dr. Gloria Horsley is an internationally known grief expert, psychotherapist, and bereaved parent. She started "Open to Hope" to help the millions in the world with grief.

Author's Website: <http://www.opentohope.com>

A friend who *understands your tears*
is MUCH MORE VALUABLE than
a lot of friends who only *know your smile*

Author—Unknown

BACK TO SCHOOL FOR THE CHILD LOSS PARENT

It's mid-August in Nebraska which marks another school year starting. To some it's the thrill of having their kids gone all day so they can get things done at home. To others it's the stress of wondering if their child is making friends, behaving, and understanding the material; however, to the bereaved parent it marks another anniversary of not having a First Day of School picture. I see you. I hear you. I feel it too.

I think about another school year starting, specifically 3rd grade. I walk through Target seeing all of the school supplies, the Back to School display with shiny backpacks, thermoses and lunch boxes. There's so many choices, a lot more than I had to choose from when I was starting 3rd grade. It's almost too many choices. From animals, sparkles, super heroes, sports teams, Disney characters, and plain ones; I look at them all, wondering... Would Macie have wanted everything princess like her little sister or would she be a "tom boy" wanting everything Cornhuskers like her daddy? We live in Nebraska and everything is Go Big Red in our house.

Then I stroll over to the supplies, there was always something about a freshly sharpened pencil and the smell of the paper of a new notebook that excited me when I was little. The brand new markers that are so new the caps are still hard to take off! I've always had a passion for learning and a love for "school" supplies and at 35 this hasn't changed. I'm still a book nerd. I wonder if she would have had my love of learning. If she'd be excited to pick out supplies. If she'd have a preference for a freshly sharpened pencil or mechanic pencil? Things that seem so simple to parents. Things that most parents may even rush through. It's okay.

I wonder who her teacher would be. What school she'd attend? Would we have moved back from Lees Summit if she hadn't passed away? The truth is, as much as I love being back home in Nebraska, I simply do not know. I wonder who her friends would be and what'd they'd be like? Would she be into wearing dresses or athletic shorts? Would the first day of school be as monumental to her as it was to me? Would she have to try everything on to make sure she had just the right outfit for the first day? Would she let me walk her in on her first day or tell me good-bye from the sidewalk while she ran independently inside to her class?

I want to hug my 3rd grader and to hear all about her day. To see if she liked her teacher. To ask the daily question "what was the best part of your day today, Macie?" and "what was the worst part of your day, Macie?" If Maxene learns one thing from me, I hope it's to find the good in people, in every situation, in all of life and everything in general. You may have to really look to find the good, but it's always there just below the surface, waiting... I digress, we're talking about my other daughter Macie.

I'm always going to wonder because Macie died. The day she died part of me died as well. A part of me that hasn't come back to life just yet and probably never will; there is forever this tiny little void that is empty in my heart, for that is the spot where Macie's love lived; the very essence of me that was all hers... and it is forever gone now. The day she died all of my hopes for her died. My dreams for her. My plans for her, plans that she probably would have changed because, let's face it, she's my kid.

With all of this said, here is what the take away is: Enjoy the small things because when you look back they truly will be the BIG things. In the hustle and bustle of everyday life it's okay to take that extra minute to enjoy the moment. Cherish it! Give that extra hug or kiss, give two or three! Take the picture, take a hundred of them! Capture that moment, remember it, love it and share it!

There will be a graduation day in 2029 and there will be one missing. And, on that day, please say a quick prayer of comfort for us as well.

Lisa Barton
All my love,
Forever Macie's Mama.
Should be 3rd grader.
Forever 3 months and 19 days.
Posted August 21, 2019 on the TCF National Facebook Page

Lisa Barton is currently on the Board for the Nebraska SIDS Foundation and understands grief after losing her daughter, Macie, to SIDS in 2011. She is married to her husband, Chris, and they are the proud parents of Maxene and beloved Macie. They currently reside in the Omaha, NE area where Lisa is the CFO for Makovicka Physical Therapy and Chris is a Nursing Recruiter at Fusion Medical Staffing.

**Our time
on earth is a school.**

**Grief is the toughest class
we will have to take.**

Author Unknown

**Workshops that will be presented at the
2019 South Texas TCF Regional Conference October 4—6, 2019**

GRIEVING A STIGMATIZED LOSS: HOW PARENTS AND SIBLINGS HEAL, A PANEL

With Cathy Seehuetter, Steve Roberts, Jill Greczek, Carolyn Porter

A child's death from any cause is devastating, but when their death is from suicide, homicide, disease of addiction, mental illness, or other stigmatized manner, the grief of the surviving loved ones is often complicated by stigma and shame. How does one cope with all the feelings of complicated grief such as anger, guilt, betrayal, and depression when often no one wants to talk openly about your loss? A panel of individuals with varied types of stigmatized loss will share their own grief experience and coping strategies useful in dealing with their loss to not only survive but to thrive. Attendees of this workshop should expect open discussions in a supportive environment.

FINDING A NEW PURPOSE TO LIFE

Presented by Ghislaine Thomsen

How can one thrive while going through the unimaginable? Finding a new purpose to life after the death of her daughter was a turning point in Ghislaine's grief journey. A testimonial and a very interactive workshop on how finding a new purpose to life can, not only bring hope and healing, but bring a sense of accomplishment, a sense that the bereaved parent, grandparent or sibling is continuing to honor their loved one in the most loving way. All are welcome.

RESILIENCY

Presented by Alan Pedersen

Are you further down the road in your grief journey? If so, you may be ready to change the way you feel. This interactive workshop is for those who are ready to transform their losses and find hope, healing, and joy again. You will learn 10 tools techniques for reducing bereavement stress and will develop skills for healing after loss. Participants have reported that they left this workshop feeling more hopeful and energized and learned techniques that could be used anywhere.

WHEN GRANDPARENTS LOSE A GRANDCHILD: THE REALITIES OF OUT OF SEQUENCE LOSS

Created by Bradley and Bonita Vinson

When a child dies, the grandparents experience grief in a profound, indescribable way, so different from any other relationship to the child. Some describe the depth of pain and recovery as much more intense than other losses they have experienced. Compounding grief and the relationship with the child's parents, grandparents are tasked with processing their own grief while simultaneously assisting their own child with losing a child. This session will engage participants by highlighting differences in grief for grandparents, exploring and expanding the grief stages model, and making suggestions for the grandparent grief journey as well as the journey of their children and others around them when a child has died. Presenters will engage participants in a lively discussion of tips and truths about grandparent grief that will aid in their recovery. This session will be helpful for anyone else desiring to understand the complexities of the grief journey of bereaved grandparents.

AM I STILL A PARENT? BECOMING CHILDLESS

Presented by Steve Roberts

This workshop covers not only the loss of a child (or all children) but the singular grief and additional questions that come with becoming suddenly childless. "Am I still a parent?", "How do I answer the question 'do you have children?'", "Who will care for me in my old age?" and many more. Becoming childless presents a unique set of challenges. In this workshop, we will attempt to touch on many of the issues "now childless" parents may be reluctant to discuss.

MEN'S PANEL: MEN EXPLAINING MEN TO WOMEN

With Bill Mercer, Steve Roberts, Ronnie Plotkin, Mike Greczek

We all hear that men and women grieve "differently," but is that true? Is the grief experience so different for a Dad than it is for a Mom? This interactive question and answer format is designed to help women understand the grief experiences of male partners and if "gender grief" truly exists. The goal is honest conversation about the grieving male mindset, how male partners grieve, why they might be acting differently; to discuss openly how men communicate (or not), and how to better support their wife, as well as fielding honest questions on how women can best support their husband. No sincerely questioned topic is taboo! Each participant will be encouraged to anonymously write their concerns and placed in a "fishbowl" for open candid discussion. Direct questions from "the floor" will also be welcomed.

Continued on Page 9

Con'd from Page 8: Workshops that will be presented at the 2019 South Texas TCF Regional Conference October 4—6 ,2019

JOURNALING/WRITING A MEMOIR/MEMORIALIZING

Presented by Annette Mennen Baldwin and Nada Scanlan

The death of a child is the worst thing that can happen. You lose a big part of your future. It is well known that keeping your child's memory alive, saying your child's name, and telling your child's story are important to the grieving process and to the new life you did not choose. Annette Mennen Baldwin, an accomplished published author, will show you valuable tips and techniques on capturing precious memories, and penning them to paper. Nada Scanlan will focus on the many other ways parents and families can keep their loved one's memory alive.

COPING WITH TRAUMATIC GRIEF

Presented by Dr. Lynn Hagan

Grief is the emotional reaction to loss – any loss. Painful as an experience might be, many people are able to cope. But when we talk about traumatic grief, we speak of a life-altering experience that brings horror, helplessness, shock, pain, and a feeling of “losing it”. The ongoing effects of this type of event can be devastating. We will explore ways to handle traumatic grief and provide strategies for managing these intense effects of trauma.

HEALING GUILT AND REGRET

Presented by Alan Pedersen

Participants will gain an understanding of guilt and regret the bereaved may face in relation to both the life and the death of their loved one. They will be given many examples of how the bereaved may try to cope with guilt and regret. Alan will share his personal story of guilt and regret and give examples of some of the common regrets of others. The participants will be given effective tools to offer the bereaved to help them work through guilt and regret including owning their guilt, accepting their guilt, sharing their guilt and releasing their guilt. With this workshop, they will have an understanding of some of the common denominators at work in the lives of the bereaved who successfully move away from their guilt, The 5 H's (hurt, hope, help, honor, and healing) will be shared in detail and practical examples given of each

UNDERSTANDING WHY PEOPLE COPE DIFFERENTLY & LEARNING TO LIVE TOGETHER

Created by Allie Sims Franklin

Every person grieves in a unique way. This can become very complicated in families where the grieving styles of each member seem to clash. Come spend some time exploring the ways in which children, adolescents and adults grieve differently. We will discuss how the factors of personality, temperament and character traits affect grieving styles. This is a fun workshop for all ages to come and learn about ways to honor your own coping style, while learning to cherish the different styles within a family. When families, couples, people, learn to support one another in the way that best suits their unique perspective, healing can begin.

BEYOND LOSING A LOVED ONE TO A SUBSTANCE ABUSE RELATED CAUSE

Created by Barbara Allen

A child, grandchild or sibling's death from any cause is a profound loss. When substances such as alcohol and/or drugs are involved, grief is often complicated by stigma and shame. Any indication of substances as a contributor to death complicates our grief journey beyond the loss itself. Substance related deaths continue to skyrocket in every area of our country with opioids (prescription drugs) and heroin the leading causes today. Moving from the outdated moral model of ignorance to the medical model of disease, combining science with compassion, we find hope. Understanding the complexity of substance related issues, we erase stigma and discover a future. Together we learn to cope with anger, guilt and depression finding a new purpose beyond loss. No Shame or Blame ~ Just Love'.

GOOD GRIEF: LEARN TOOLS TO NAVIGATE THROUGH GRIEF AND LOSS

Presented by Dr. Lynn Hagan

A death not only affects families but also friends, peers, teachers, co-workers, community members and even strangers to the situation. The onset of being faced with grief and loss can affect one's ability to engage with others. Many people of all ages continue to live with untold hardships and hidden traumas tucked away in their backpacks. The goals of this no-nonsense presentation are to educate and provide some much-needed honesty and candor about a topic that everyone else is afraid to discuss or bring out into the open. This session will offer effective methods for dealing with loss and sadness. Attendees will learn the right things to say and the wrong things not to say when dealing with grief or loss. Attendees will be learning how they can positively navigate life after loss and help others deal with changes in their lives in a positive way. This session will educate parents, siblings, and grandparents by providing "Good Grief" educational guidelines that can help them acquire lifelong healthy responses for coping with situations if they arise.



Remembering Our Children's Birthday



Birthdays hold treasured memories and are especially difficult for surviving parents and siblings; TCF offers a wonderful venue to honor and celebrate the precious life-story of your loved one. Taking a few minutes to share a picture, memento, award, or even their favorite toy is a gentle reminder to all that love continues and grows with each passing year.

Birthday	Child's Name	Parents/Family/Friend	Birthday	Child's Name	Parents/Family/Friend
7/2	Martin Elizondo	Catalina Lozano	8/16	Jeffrey Scott Kachmar	Florine and Bob Kachmar
7/5	Raymond Silvas III	Ray Silvas & Sandy Almanza	8/17	Michael Donato Scinto	Ralph and Jacki Scinto
7/5	Brian Thomas	Thomas & Brenda	8/21	James Neil Havlik	Joyce Wilkinson
7/9	Nievesch Mody	Ranjan and Neil Mody	8/23	Mark Gregory McDonald	Tim & Cindy McDonald
7/10	Alexandria Anette Charbeneau Phillips	Norman and Anette Phillips	8/25	Rhyder Josiah Anderson	Dave & Michelle Anderson
7/16	Nneka Ijeoma	Nwanna Ijeoma	8/26	Anthony Charles Jones	Deshunna Harvey
7/17	James P. Salinas II	James & Hortensia Salinas	8/26	Lillian Shae Hansen	Shana & Dean Hansen
7/17	Justin Lee Stavinoaha	Sue Ann and Donnie Stavinoaha	8/27	Ashley Nicole Wilson	Renee Coulter
7/18	Kris Gonzalez	Raquel & Juan Gonzalez	8/29	Douglas Ray Ledkins, II	Doug Ledkins
7/19	Jacob Leen	Jim & Patti Leen	8/29	Douglas Ray Ledkins, II	Helen Ledkins
7/20	Michelle Etiese	Afiong Etiese	8/31	Joseph Sebastian DiMare, IV	Karen and Joe DiMare
7/23	Christopher (Chris) Michael Benoit	Brittany Benoit	9/2	Sigifredo (Sigi) Gonzalez Jr.	Sigifredo & Maria Gonzalez
7/27	Evan Thomas Miles	Matt & Christie Miles	9/8	Stan Engelke	Carolyn Tarver
7/28	Arthur Joseph Oakley Jr.	Renonda C. St. Cyr & Arthur J. Oakley	9/12	Karen Gorka Hammerschmidt	Dennis Gorka
7/29	Richard Patrick Lange	Michele Kelly	9/13	Thomas Christopher Murray	Margaret Murray
8/1	Ty Cavazos	Tina Cavazos	9/14	Jamie Leigh Britt	Maxine Erderly
8/2	Hector Maldonado	Maria Gamble	9/15	Stephen Ellison	Darlene Ellison
8/3	Robert Tyree Grays	Tammy & Robert Grays III	9/15	Jennifer Haynie	Mary Haynie
8/4	Jamaal Foster	Sheryl Foster	9/16	Jason Robert Kachmar	Florine and Bob Kachmar
8/6	Jordan Daemond-Hall Hicks	Helen Hicks	9/17	Tessa Abell Casey	Jeb Casey
8/6	Jonathan Logan Martin	Pat and Logan Martin	9/22	David A. "Bubba" Scott	Mr. and Mrs. David Scott
8/7	Angelica (Angel) Rae Cartwright	Michael & Stephanie Cartwright	9/23	Dustin Lavoy Chaney	Cindy Chaney
8/9	Alan	Tim and Pat	9/27	Gregory (Greg) Thomas Warden	Monica & Steve Warden
8/9	Cameron Michael Powers	Tom and Eva Donalson			
8/13	Richard (Rick) Ross Simper	Richard Simper & Judy Mendez			
8/14	Primo Acosta Jr.	Primo & Susie Acosta			
8/15	Dustin Tallichet	Patti Belcher			

When I grieve, when I stand by others as they grieve, even in the midst of seemingly unbearable sorrow, grief becomes a way to honor life—a way to cling to every fleeting, precious moment of joy.

Cortney Davis, Nurse Practitioner

Our Children Remembered On Their Day of Passing

Passing Date	Child's Name	Parents/Family/Friend	Passing Date	Child's Name	Parents/Family/Friend
7/2	Brian Randall Martin	Becky and Henry Martin	8/15	Tyler Avery McAdams	Kristin Parker
7/3	Steven M. Simpson	Anne and Bill Simpson	8/16	Jeffrey Scott Kachmar	Florine and Bob Kachmar
7/3	Dustin Lavoy Chaney	Cindy Chaney	8/17	Terrell Cowherd	Michelle & Terry Cowherd
7/3	Raymond "Sonny" Greer III	Rebecca Lynn Marsalis	8/19	Austin Matura	Cathie Matura
7/4	Michelle Etiese	Afiong Etiese	8/19	Enyi Nwankwo	Geraldine & Kanu Nawankwo
7/6	Cameron Michael Schaub	David Schaub	8/25	Julianne Allen	Joe & Susan Allen
7/11	Kevin Grant Kyle	Anita & R. C. Kyle	8/29	Alan Lewis	Yvonne Lewis
7/13	Makaila Marie Hamilton	Martha and De'Ederick Hamilton	9/3	Elana Monsanto	Bonnie Monsanto
7/14	Scott Kendal Orsak	Denise & Robert Orsak	9/19	Rhyder Josiah Anderson	Dave & Michelle Anderson
7/14	Jerene Wilson Faulkner	Jim & Cathy Wilson	9/19	Robert Tyree Grays	Tammy & Robert Grays III
7/16	Douglas Ray Ledkins, II	Doug Ledkins	9/20	Alan Hollingsworth	Tim and Pat Hollingsworth
7/16	Douglas Ray Ledkins, II	Helen Ledkins	9/21	Arturo Monsanto	Bonnie Monsanto
7/17	Frank Alas	Carla Alas	9/28	David A. "Bubba" Scott	Mr. and Mrs. David Scott
7/18	Justin Lee Padgett	Janice and Lee Padgett	9/29	Ross Spencer Ryan	Bette Jezuit
7/19	Ariel Franco	Ana Tovar & Ismael Franco Jr.			
7/19	Karen Gorka Hammerschmidt	Dennis Gorka			
7/22	Keven Lewis	Mary and Richard Lewis			
7/22	Michael Donato Scinto	Ralph and Jacki Scinto			
7/23	Christopher (Chris) Michael Benoit	Brittany Benoit			
7/24	Benjamin Geigerman	Joann Must			
7/24	Christopher Gaona	Michelle Cruz			
7/25	Eric DeLeon Hicks	Helen Hicks			
7/28	Ryan Joseph Pineda	Rachel Pineda Harbuck			
7/29	Arthur Joseph Oakley Jr.	Renonda C. St. Cyr & Arthur J. Oakley			
8/1	Nicholas (Nick) Alexander Wellington Lang	Yolanda & Gary Lang			
8/3	Christian Perriman	Gloria Perriman			
8/5	Justin Lee Stavinoha	Sue Ann and Donnie Stavinoha			
8/7	John Fernandes	Agnes Fernandes			
8/12	Brandon Hunter Goddard	Robin and Bennie Goddard			
8/14	Daniel P. Hyde	Richard and Annie Hyde			

Finding Hope

Written by Karen Pope

Some find hope in butterflies
 and some in children's smiles.
 Some find hope in photographs
 and some in walking miles.
 Some find hope in quietness
 and solitary reflection.
 Some find hope in helping others
 and sharing friendly affection.
 Some find hope in holding tight
 to all the old traditions.
 Some find hope in the creation
 of a special new variation.
 Some find hope in family gathered,
 some in cherished friends.
 Some find hope in seeking God,
 feeling peace in worship again.
 Beyond the sad and beyond the past,
 beyond the ache that lasts and lasts,
 there is a path that winds its way
 into your future and a hopeful day.



The Compassionate Friends

Sugar Land—SW Houston Chapter
P. O. Box 231, East Bernard, TX. 77435

Honoring 22 Years of Support and Friendship
for Bereaved Families



**JULY, AUGUST, SEPTEMBER
2019 NEWSLETTER**



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