



**THE COMPASSIONATE FRIENDS  
FREDERICKSBURG CHAPTER  
P.O. BOX 172  
KING GEORGE, VA 22485  
540-775-8430**

**Nonprofit Self-Help Organization for Families Who Have Experienced  
the Death of a Child**

**NOVEMBER  
2008**

**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. Parents who have experienced the death of their child at any age are welcome to attend our meetings. There are no dues. If you are receiving our newsletter for the first time, it is because someone told us our sharing might comfort you. We meet the **THIRD TUESDAY NIGHT** of each month at **7:30 PM**, at the Redeemer Lutheran Church, the fellowship hall of the church, 5120 Harrison Road, Fredericksburg, VA.

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**OUTREACH COORDINATOR - Gloria Blake**

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**CHAPTER WEB PAGE-** <http://www.geocities.com/tcfred/index.html>

**CHAPTER E-MAIL -** [tcfred@yahoo.com](mailto:tcfred@yahoo.com)

**NATIONAL HEADQUARTERS**

P.O. Box 3696, Oak Brook IL 60522-3696; Toll Free: 1-877-969-0010  
[www.compassionatefriends.org](http://www.compassionatefriends.org)  
E-MAIL: [nationaloffice@compassionatefriends.org](mailto:nationaloffice@compassionatefriends.org)

## CHAPTER LEADER'S CORNER

As the holiday season approaches, we may find ourselves slipping into a depressed mood. The holiday season can be a hard time for any bereaved parent, grandparent or sibling no matter if they are newly bereaved or those who have been bereaved for 5 or more years. For the newly bereaved this time of year can bring much sadness because for the first time we find ourselves without our child we loved so dearly. For bereaved parents who have been through this time of year before, we find ourselves feeling pangs of emptiness, some felt in previous years and some just coming to the surface. Because we know the holiday season can bring on depression; we must guard against it and take very special care of ourselves during this time of year.

Our meeting will be November 18, 2008 at Redeemer Lutheran Church, 5120 Harrison Road, Fredericksburg, VA in the Fellowship Hall beginning at 7:30 PM. I would like to thank Pastor Koehler and his congregation for having us at their church.

If you would like to contribute something for the newsletter, deadline is November 20th for the newsletter. Thank you!

Well, I hope that you all have a wonderful month. If you are in need of anything, please call me at 540-775-8430, if there is no answer, please be sure to leave your name and number so I can get back to you or e-mail me at [tcffred@yahoo.com](mailto:tcffred@yahoo.com).

*Your Compassionate Friend,*  
Kathie Kelly  
Chapter Leader  
Kevin Robert Kelly's Momma  
7/19/94 – 5/10/98



### November Again

November again, almost winter.  
Muted world outside,  
faded red, misty yellow –  
fog in the morning.  
Even the hardest wind  
seems kind enough,  
because we know, we know  
that stormy blades  
lie waiting.

November again, almost winter.  
Gently the heart reaches  
for the awareness of things to come:  
holidays, so we call them.  
Gently, the heart turns to Yuletide.  
Songs everywhere. And lights.  
Gently the heart must remember  
the things gone by,  
the time gone by,  
the child gone by.

November again.

By Sascha: from "The Sorrow and the Light"

### Autumn

In the fall  
When amber leaves are shed,  
Softly—silently  
Like tears that wait to flow,  
I watch and grieve.  
My heart beats sadly in the fall;  
'Tis then I miss you most of all.  
Lily de Lauder

TCF Van Nuys, CA

## FREDERICKSBURG CHAPTER WORLDWIDE CANDLE LIGHTING MEMORIAL SERVICE

### LOVE GIFTS

There are no dues or fees to belong to The Compassionate Friends. Just as our chapter is run entirely by volunteers interested in furthering the work of TCF, your voluntary, tax-deductible donations make it possible for us to mail this monthly newsletter, contact newly bereaved parents, continue our participation in TCF/National, and meet other chapter expenses.

Often, as they find hope and healing within the group, parents make a contribution usually in memory of a child who has died, or maybe a gift of thanksgiving for their surviving children.

These contributions are our only source of funds. All proceeds given to the our chapter are used within the community for outreach and to provide a place for newly bereaved families to seek support.

Gifts are tax deductible. If you would like to make a donation, please send to The Compassionate Friends, The Fredericksburg Chapter, P.O. Box 172, King George, VA 22485. All gifts are welcome and truly appreciated.

Clyde & Ruth Mungall in loving memory of Brian Fairbanks

Keith & Kathie Kelly in loving memory of Kevin Robert Kelly

Our chapter Worldwide Candle Lighting Memorial Service will be Sunday, December 14 at 4 PM. The service will be at Redeemer Lutheran Church, 5120 Harrison Road, Fredericksburg. In the Fellowship Hall. There will be refreshments following the service. If you are interested in helping with refreshments, please contact Kathie Kelly at 540-775-2015 or email me at [tcffred@yahoo.com](mailto:tcffred@yahoo.com). The cut off will be November 15th.

Please mark your calendars and remember to bring picture of your child to share.

### FREDERICKSBURG ATTRACTIONS COUPON BOOK—2009

Our chapter is doing a fundraiser selling the Fredericksburg Attractions Coupon Book. The book serves Fredericksburg, Spotsylvania, Stafford, King George, Caroline Counties, Bowling Green, King George, Dahlgren, Ladysmith, Thornburg, Spotsylvania, Stafford, Woodbridge, Dumfries, Hardwood, Ferry Farm, Chancellor, Quantico, Triangle and Woodford. This coupon book has a lot of great coupons some are listed below:

- Section 1: The Occoquan Inn; Amy's Cafe; Riverboat on The Potomac; Oasis on the Occoquan; Clearwater Grill and more  
Section 2: Buffalo Wild Wings; Foster's Grille; IHOP; Silver Diner; UNO Chicago Grill and more  
Section 3: McDonald's; Burger King; Chick-Fil-A; Hardee's; Moe's Southwest Grill and more  
Section 4: Dick's Sporting Goods; Gander Mountain; The Sports Authority; New York & Co and more

The cost of the book is \$25. The money made from this fundraiser will go towards our mailings, annual memorial candle lighting program, telephone line and general operating of our chapter. If you are interested in purchasing a book to help support our chapter, please send a check to The Compassionate Friends, Fredericksburg Chapter, P. O. Box 172, King George, VA 22485. Please make checks payable to The Compassionate Friends, Fredericksburg Chapter. Thank you in advance for your support.

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### SOME HELPFUL WEBSITES

[www.thecompassionatefriends.org](http://www.thecompassionatefriends.org)  
[www.griefnet.org](http://www.griefnet.org)  
[www.goodgriefresources.com](http://www.goodgriefresources.com)  
[www.thebereavementjourney.com](http://www.thebereavementjourney.com)  
[www.nationalshareoffice.com](http://www.nationalshareoffice.com)  
[www.survivorsof suicide.com](http://www.survivorsof suicide.com)

[www.griefwatch.com](http://www.griefwatch.com)  
[www.journeyof hearts.org](http://www.journeyof hearts.org)  
[www.lexinfertility.com](http://www.lexinfertility.com)  
[www.bereavedparentsusa.org](http://www.bereavedparentsusa.org)  
[www.healingheart.net](http://www.healingheart.net)  
[www.missfoundation.org](http://www.missfoundation.org)

[www.growthhouse.org](http://www.growthhouse.org)  
[www.childrenofdome.com](http://www.childrenofdome.com)  
[www.spacebetweenbreaths.com](http://www.spacebetweenbreaths.com)

*Please let us know if you've found a helpful website you'd like to share.*



## NEWS FROM NATIONAL

### Your Purchases Through iGive.com Can Benefit The Compassionate Friends

When a child has died, it seems like the world has stopped. Small tasks become like giant mountains. Purchasing those items necessary to go on with life is raised from an inconvenience to nearly insurmountable obstacles.

Now you can relieve some of that burden to yourself and support TCF's efforts to help bereaved families throughout the United States by making your purchases through TCF's new online shopping mall partner, iGive.com. where up to 26% of the price of your purchase is donated back to The Compassionate Friends to help it fund its many national programs.

All you have to do to participate is sign up at [www.iGive.com/TheCompassionateFriends](http://www.iGive.com/TheCompassionateFriends), designating The Compassionate Friends as your charity of choice. If you then make a purchase within 45 days from any of the participating iGive.com stores, TCF will receive a \$5 donation from iGive.com. in addition to the normal percentage from the purchase from that store. You can enter anytime through the link toward the bottom of The Compassionate Friends national website at [www.compassionatefriends.org](http://www.compassionatefriends.org).

Or you can use the easy iGive.com shopping window. This feature allows you to download a small software program that then pops up a shopping window anytime you visit a store participating in the iGive.com program, whether or not you enter through the link on TCF's national website. The shopping window tells you that the store is participating in the iGive.com program and also advises you of the percentage that will be donated to TCF from your purchase. All shopping is secure and your privacy is assured.

Participating stores include such well-known names as Apple iTunes, Barnes & Noble, Best Buy, Dell, Drugstore.com., Eddie Bauer, e-bay, Enterprise, GAP, Home Depot, Hilton Hotels, Hotels.com., Hotwire, JCPenney, Kohl's, Land's End, L.L. Bean, Macy's, Neiman Marcus, Nordstrom, Office Depot, Office Max, Priceline, QVC, Radio Shack, Saks Fifth Ave, Thrifty Car Rental, and United Airlines. There are hundreds of additional large and small specialty and general merchandise stores. For a complete list, visit [www.igive.com/html/mall.cfm](http://www.igive.com/html/mall.cfm).

Thank you for supporting The Compassionate Friends!



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## To Our First-Time Readers and New Members and To Our Long-time Members

If you are receiving our newsletter for the first time, it is because someone has told us that you might find it helpful or you asked us to send it to you. We cordially invite you to attend any of our meetings which are held on the third Tuesday of each month at Redeemer Lutheran Church, in the Basement, 5120 Harrison Road, Fredericksburg from 7:00 to 9:00 PM. Nothing is required of you. There are no fees or dues. You need not speak a word. Coming to your first meeting is the hardest thing to do. But you have nothing to lose and everything to gain. If you have never come to a meeting, you are probably wondering what this group of people that you don't even know can do for you. It is here that comfort and support can be given by those that "have been there". We've all had chunks of our hearts torn out. Yet those holes get smaller with the loving touches, friendly smiles and kind reassuring words from each other.

Try not judge your first meeting as to whether or not TCF will work for you. At your first meeting you were hoping that TCF could get you over your terrible pain and depression and loneliness and guilt and anger and all of the other faces of grief. You came expecting to go home, feeling "better, if not cured." Instead you met other parents who are still coping with forms of grief after months or even years. Perhaps you didn't notice there were some parents who were doing "OK." But the bottom line is you may go home from the first meeting feeling worse than when you came. Give it another try you will probably find, that each meeting uncovers a piece of the puzzle of life after the death of a child. It may take several meetings, but, hopefully, you will find the road to recovery like we did.

### To Our Long-time Members

"TCF gives me a sense of purpose. A good enough reason for you to consider sticking around a while after you feel you have reached an acceptance or at least worked through your grief. Others need you. Pass the love on—adopt a bereaved parent!"

*Fay Harden, TCF - Tuscaloosa, AL*

**CAN YOU HELP?** Do you remember your first meeting of The Compassionate Friends, those first months of your grief journey? You desperately needed someone to talk to, someone who knew the pain of losing a child, someone to hug you, cry with you, listen to you. And there are newly bereaved parents who now need your help. Are you willing to be there for them? If two years or more have passed since the death of your child, and you feel that you are ready to give back some of the support that was shown to you, please consider a place of service in our chapter. There is a job for everyone. Don't wait call me at 540-775-8430. If you can't serve, please, at least, come to meetings to lend your support and understanding to our newly bereaved families. We have had so many new members join us the past few months. We need all the help we can get to help them. Thank you from all of our children.





## SIBLING CORNER

For all of children who have lost brothers and/or sisters



### To Those Who Don't Know

If you could imagine the loneliest moment in your entire life, remember exactly how your body felt in that moment, empty those feelings into an expanding pill and swallow it, then you could begin to imagine what it feels like to live through loss.

I have one hand in happiness - the memories we made together - and one hand in isolation - the world without my brother. I constantly push and pull in an attempt to firmly remember yet triumphantly live a positive life.

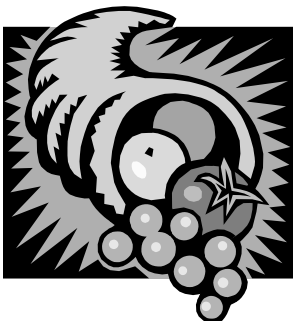
-by Scott Mastley, co-leader  
TCF Atlanta Chapter Siblings  
for his brother Chris



My big brother was so good to me  
When we were kids, he always let me go  
first.

The night he died, he looked up at me,  
smiled his little crooked smile, and said,  
"Sis, this time let me go first."

~Connie Danson,  
eulogy for her brother, Frank Darnell  
~from the book  
"Forever Remembered"



### THE BITTER TEARS OF LOVE LOST

Because of my status in society  
I can look below to poverty  
and realize no matter how frustrated I get,  
I will always be very lucky to have a family  
who loves and cares for me.  
But still the tears roll down my face  
and my cheeks are forever stained  
because I know as long as I live  
my heart will always be pained.  
I was left in shock, pain, and fear,  
left with your unspoken words which I will never hear  
But in my days of sorrow when I feel that I will fall  
I can only repeat the phrase to myself,  
"It is better to have loved and lost than to never have  
loved at all."

Peter Smith, age 15; sibling to Gregory Smith



## November People



Upon receiving my November TCF newsletter, I look under "Our Children Loved and Remembered" and sure enough, there we are, the "November People." We are the parents and loved ones of one of the 85 children who were either born or died in November, those children who range in age from newborn to toddler to elementary-school age, to preteens and teens, to young adults and adults. And just think, those are the children whose parents and loved ones are in contact with TCF in Springfield. It's mind-boggling to think of all those November people in other TCF chapters, and all those November people spread out across our country and the world.

Some of you I know personally, some of you I "know of," and some of you I feel I "should know," simply because we have been listed together as the November People in the newsletter for so many years. I am drawn in spirit to those of you who's "day" is the same as mine, NOV. 6.

My husband Arlen and I have been November People for 14 years now. On that first Nov. 6, the day of Tony's death early in the morning, I went out and picked roses beneath Tony's bedroom window. Because Tony had been sick for so long with a malignant brain tumor, and because he, and we, had suffered so much, there was a definite feeling of relief that it was finally "over."

By the first anniversary of his death, the feelings of relief and peace had disappeared, replaced by the most "Godawful" sadness and actual physical hurting one could ever bear. Slowly, each Nov. 6 got a little better. For many years we could tell you what we did on Nov. 6, two years after Tony's death, five years after Tony's death. The first few years we took off work and just "got the heck out of here." We would go anywhere.

As the years passed and our little trips became less healing, we found we preferred to just stay home and perhaps eat out that day. For the last couple of years or so we haven't even gone out to eat, but just go about our "business as usual," except for the fact, of course, that it isn't "business as usual" at all. I do not believe that day will ever be a usual day. I have found it important and even helpful, to always mention to Tony's little brother (who was born after Tony died) that this is the day of his brother's death. This year we observed the anniversary by doing basically nothing. Both Arlen and I remarked to each other that we felt sad and empty. There were no tears no expressions of terrible sadness - just emptiness. Yet, because I was exhausted the day after, I know it was an emotionally draining day! Our friend Pat sent her usual "thoughts," which she had done every year since Tony's death. Now that relatives say nothing, Pat's expression of remembrance has become even more important to us. Somehow it's nice to know someone outside our immediate family remembers!

Soon it will be December, and we November People will have made it through another November, another year. For some it may have been easier this year and for others harder. Some of you remember all the details and swear you'll never forget a single thing. But time does have a way of dulling the pain, of blunting the edges, of softening the memories. Now, 14 years after that first significant Nov. 6, Tony's illness and death seem so long ago - so far distant we could easily wonder if it ever happened, if he ever was. Yet we don't ever want it to become just another year, yes we do know it did happen - and yes, he was. He was OUR son - the child of our flesh and love. It was not a dream, nor his illness and death a bad nightmare. It was real, as is evidenced by the fact that everything we think and do in life is colored, is influenced, by Tony, his life and his death. I'd like to believe we are better parents, better friends, better people, because at one time there was a little boy named Tony who was a part of our lives.

If you are a new November Person, or December, or any month-of-the- year person, I'd like for you to know that it does get easier. Perhaps in time you, too will be able to remember without all the pain and hurt - with only a "empty" feeling on that date. It will never be just another day, though! Why? Because we don't ever want it to become just another day, for that would mean we had forgotten that child who was such an important part of our lives. We don't want to forget we will always be November People and why!

Darrie Diamond TCF Springfield MO

Tony was diagnosed at age 3 with a malignant brain tumor and died at age 6 1/2.

**TUESDAY, NOVEMBER 18, 2008 7:30-9:00 PM  
AT REDEEMER LUTHERAN CHURCH  
IN THE FELLOWSHIP HALL OF THE CHURCH  
5120 HARRISON ROAD  
FREDERICKSBURG, VA**



## **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.

The children we mourn have died at all ages and from many different causes, but our love for them 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, creeds, and relationships.

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 they feel helpless and see no hope.

Some of us have found our faith to be a source of strength, while some of us are struggling to find answers. Some of us are angry, filled with guilt or in deep depression, while 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 the children who have died.

We are all seeking and struggling to build a future for ourselves, but we are committed to building a future together. We reach out to each other in love to 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 to grieve as well as to grow.

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



### **Need to talk? Need a Friend?**

**TELEPHONE FRIENDS & REFERRALS:** Do you need someone to talk to? Here is a list of Friends who can offer a listening ear. Please don't hesitate to call if you need someone to listen - - that is why we are here.

Gloria Blake (804) 633-9521

Dee Martin-Lam (540) 582-6921

David & Cathy Taylor (540) 582-2760

Kathie & Keith Kelly (540) 775-2015

Clyde & Cheryl Richardson (540) 659-6564

Odessa Cuffy (804) 633-6708

Wayne & Gloria Whitley (540) 371-9092

Millie Fleming (540) 373-5324

Greg & Cathleen Baker (540) 370-4838

Young Teen Accidental Death

Young Teen Accidental Death

Adult Accidental Death

Toddler/Sudden Death

Adult Sudden Death

Illness

Suicide

Adult Accidental Death

Unexpected/Expected Newborn Death



## THE COMPASSIONATE FRIENDS, FREDERICKSBURG CHAPTER NEW SUBSCRIPTION – RENEWAL – CHANGE FORMS – DONATIONS

If you are receiving our newsletter for the first time...everyone within the Compassionate Friends Organization wants to say...We are sorry you have the need for this publication but we are glad you found us and we hope our newsletters will be helpful on your journey. Someone may have lovingly sent you the newsletter...and if so and you find it helpful, please complete the data sheet enclosed and return it so that we may add you to our newsletter database for future mailings. This is to insure that all the information we have is correct and complete.

*(This is for internal use only.)*

**Please print, filling in all applicable blanks/boxes:**

Your Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP Code: \_\_\_\_\_

Phone (including area code): \_\_\_\_\_ Email: \_\_\_\_\_

Do you prefer to receive the newsletter by (check one): Mail \_\_\_\_\_ Email \_\_\_\_\_

Child's Full Name: \_\_\_\_\_ Male: \_\_\_\_\_ Female \_\_\_\_\_

Child's Birth Date: \_\_\_\_\_ Child's Remembrance Date: \_\_\_\_\_

Cause of Child's Death (optional): \_\_\_\_\_

Child's relationship to you (e.g. son, daughter, brother, sister, grandchild) \_\_\_\_\_

Names and ages of all surviving siblings living with you:

Siblings: \_\_\_\_\_

\*How did you find out about The Compassionate Friends? Please circle one: Family, Friends, Hospital, Church, School, Funeral Homes, Internet, Newspaper, Employer (Human Resources) or Other

**Note: The information you have given above will be confidential (used for internal purpose only) unless you answer "yes" to one or more of the following questions:**

1. Do you want your child's name to appear in the newsletter's "*Our Children Loved and Remembered*" section of birth and remembrance dates? Yes \_\_\_\_\_ No \_\_\_\_\_
2. Do you want your phone number given to another member for one on one support, otherwise known as Telephone Friends? Yes \_\_\_\_\_ No \_\_\_\_\_
3. Do you wish to have your child's name included on the Wall of Memory on our TCF Fredericksburg Web Site? This is currently in the process of being put together Yes \_\_\_\_\_ No \_\_\_\_\_

Voluntary donations are TCF Fredericksburg Chapter's only source of income. The Compassionate Friends needs to be here for the families who do not know today that they will need us tomorrow.

**Yes, I want to help with TCF Outreach...a donation is enclosed in Memory of** \_\_\_\_\_

**I would like to apply my donation toward the following outreach:**

Newsletter ☐ (recommended amount for paper newsletter is \$15.00 which would go towards postage, paper and copying) Library \_\_\_\_\_ General Expenses ☐ Birthday/Remembrance Date Cards \_\_\_\_\_  
Newly Bereaved Packets ☐ Annual Candlelight Remembrance Service ☐

**Make Checks Payable to:** The Compassionate Friends **Please Return To:** The Compassionate Friends, Fredericksburg Chapter, P. O. Box 172, King George, VA 22485