



**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**

**OCTOBER
2008**

Inside this issue:

Chapter Leader's Page	2
Our Children Remembered	3
Poems & Writings	4
Fredericksburg Chapter Information Page	5
Compassionate Friends National Page Information	6
First Time Members Page	7
Sibling's Page	8
Credo and Phone Friend's Page	9
Newsletter Registration and Donation Page	10

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.

CHAPTER LEADER - Kathie Kelly

TREASURER - Clyde Richardson

OUTREACH COORDINATOR - Gloria Blake

SIBLING LEADER – Vickie Headley

HOSPITALITY COORDINATOR - Odessa Cuffy

BUTTERFLY AMBASSADOR – Delores Martin-Lam

LIBRARIAN - Cathy Taylor

NEWSLETTER TEAM - Keith & Kathie Kelly

REGIONAL COORDINATORS – Chuck & Kathy Collins

4505 Rachael Manor Drive, Fairfax, Virginia 22032; Phone: 703-425-9504
E-MAIL: ccollins21@cox.net

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

CHAPTER E-MAIL - tcfred@yahoo.com

NATIONAL HEADQUARTERS

P.O. Box 3696, Oak Brook IL 60522-3696; Toll Free: 1-877-969-0010
www.compassionatefriends.org
E-MAIL: nationaloffice@compassionatefriends.org

CHAPTER LEADER'S CORNER

Happy Fall everyone. I hope all of you are doing well. Fall is one of my favorite times of the year. Fall reminds me of the fun times we had playing ball with Kevin and taking our Momma & Son walks to look at the beautiful fall leaves. Now that Kevin is not here, his memory will always be and now Katie and Momma goes on those walks looking at the beautiful fall leaves and we talk of Kevin. I hope you have some wonderful memory of fall with your child.

The theme for this month's meeting is "Wearing Masks". Halloween is when we put on masks to be someone else. We as bereaved parents wear masks all the time. Tell us of when you put on your "Happy Mask". The meeting will be October 21, 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 September 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 tcfred@yahoo.com.

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



POTLUCK DINNEER

The October 21 st Meeting we will have a Potluck Dinner before our meeting beginning at 6:30 PM. Please feel free to bring a dish to share. Please feel free to come with your families even if you do not have a plate to share.

So far we have the following items:

Salad
 Ham Rolls
 Potato Salad
 Macaroni Salad
 Deviled Eggs
 Coffee, soda and water

Please come out and join us, even if you can't stay for the meeting, come for the food and socializing.



Halloween

It is here, this day of merriment and children's pleasure.

Gremlins and goblins
 and ghosties at the door
 of your house.

And the other children
 come to the door of your mind.

Faces out of the past,
 small ghosts with sweet, painted faces.

They do not shout.

Those children
 who no longer march laughing
 on cold Halloween night,
 they stand at the door of your mind –
 and you will let them in,
 so that you can give them
 the small gifts of Halloween –
 a smile and a tear.

~WINTERSUN by Sascha

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 sup-

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.

THANK YOU!

Gloria Blake in loving memory of her son Jonathan Blake
Delores Martin-Lam in loving memory of her son Jeff Martin.
Joan & Herbert King in loving memory of her son Joshua Brand

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, Lady-smith, 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.

SOME HELPFUL WEBSITES

www.thecompassionatefriends.org
www.griefnet.org
www.goodgriefresources.com
www.thebereavementjourney.com
www.nationalshareoffice.com
www.survivorsof suicide.com

www.griefwatch.com
www.journeyof hearts.org
www.lexinfertility.com
www.bereavedparentsusa.org
www.healingheart.net
www.missfoundation.org

www.growthhouse.org
www.childrenofdome.com
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, 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.

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.

Thank you for supporting The Compassionate Friends!



THE COMPASSIONATE FRIENDS, INC.
© Copyright 2008 All Rights Reserved

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

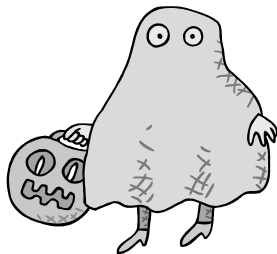
CAN YOU HELP? Do you remember your first meeting of The Compassionate Friends, those first months of your grief journey? You desperately needed someone to talk to, someone who knew the pain of losing a child, someone to hug you, cry with you, listen to you. And there are newly bereaved parents who now 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



Wearing a Mask

Halloween is a great time to pretend to be someone else. You can be mean and nasty even though you're usually a pretty nice person, or you can be scary when you usually are the one that gets scared. You can pretend to be strong and powerful or beautiful or mysterious or famous. You can pretend to be anything on Halloween.

It isn't fun, though, to try to always wear a mask. Sometimes for a person who is grieving, it seems like you need to always pretend to be your old happy self. Your friends and others may want you to forget about your loss and go on as if nothing much has changed. But it is really hard to mask your true feelings all the time. It is much better for you if you can "take off your mask" and just be yourself sometimes. If you let your feelings out, then you are being honest with yourself and others. By taking off your mask and revealing your true self, you will be a much more REAL person. It's better to save masks for Halloween.

-From the Inside Fernside Newsletter,
A Center for Grieving Children

Playing in the Shadows

We grew up together,
Big sister, little brother.
I took care of you
Until you were old enough to
care for yourself,
Though you didn't say it,
I knew you loved me.
We played in the sunlight, you
and I;
Remember the games of Mother-
May-I and Hide-and-Seek?
Sure we had our fights
As all siblings do.
But through it all we never lost

Our love for each other.
Now you're gone.
I'll never see you again,
except in the memories
of those sunny days.
You will forever be sixteen...
Far too young to die.
You had your whole life to live.
I'll always grieve, but I must go
on.
Still, without you,
I play alone in the shadows.

-Cheryl Larson
in memory of Tim Larson

Streets Of Heaven

(Lyrics)

Artist: Sherrie Austin



Hello God, it's me again. 2:00 a.m., Room 304.

Visiting hours are over, time for our bedside tug of war.

This sleeping child between us may not make it through the night.

I'm fighting back the tears as she fights for her life.

Well, it must be kind of crowded,

On the streets of Heaven.

So tell me: what do you need her for?

Don't you know one day she'll be your little girl forever.

But right now I need her so much more.

She's much too young to be on her own;

Barely just turned seven.

So who will hold her hand when she crosses the streets of Heaven?

Tell me God, do you remember the wishes that she made,

As she blew out the candles on her last birthday cake?

She wants to ride a pony when she'd big enough.

She wants to marry her Daddy when she's all grown up.

Well, it must be kind of crowded,

On the streets of Heaven.

So tell me: what do you need her for?

Don't you know one day she'll be your little girl forever.

But right now I need her so much more.

She's much too young to be on her own;

Barely just turned seven.

So who will hold her hand when she crosses the streets of Heaven?

Lord, don't you know she's my angel

You got plenty of your own

And I know you hold a place for her

But she's already got a home

Well I don't know if you're listenin'

But praying is all that's left to do

So I ask you Lord have mercy, you lost a son once too

And it must be kind of crowded,

On the streets of Heaven.

So tell me: what do you need her for?

Don't you know one day she'll be your little girl forever.

But right now I need her so much more.

Lord, I know once you've made up your mind,

There's no use in beggin'.

So if you take her with you today, will you make sure she looks both ways,

And would you hold her hand when she crosses the streets of Heaven.

The streets of Heaven.

**TUESDAY, OCTOBER 21, 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