



**THE COMPASSIONATE FRIENDS
FREDERICKSBURG CHAPTER
P.O. BOX 172
KING GEORGE, VA 22485
540-775-2015**

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

**SEPTEMBER
2008**

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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

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

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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

School is open once again. Once again the school buses will be out taking children to their schools. Once again, our children won't be on those buses nor will they be in school. I know that this time of year can be difficult as we watch other children go off to school and know that our children are not there. I remember Kevin going off to school for the first time, he was so excited! He had his new school clothes on and his new book bag. When the bus came, he would say goodbye mom, I love you and he would be off. Kevin enjoyed the year he had at school and I enjoyed hearing and seeing all he learned. As the school days begin, try to remember the good times and that first day off to school. For those of you who have never experienced that, try to imagine what it would be like and how your child would be. Our children may be gone, but they are always with us and they are always teaching us how to go on.

Our meeting will be September 16, 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



TRAGEDY OF 9/11/01

September 13, 2001

Horror, unthinkable, happened in the US on Tuesday. The exact numbers are unknown to us now, but thousands are dead.

"Our thoughts and prayers are with them," we read and hear from today's media. But you and I who have lost a loved child or children, know that it is more we feel today than thoughts and prayers. We are in shock like the rest of the nation, but we are also in pain for we know too well the horror mothers and fathers are now facing at the death of their children. These parents have entered what we live with each day, a life without our loved one.

Our "get on with your life" society isn't always kind to the grievers. Already it seems like there is the focus on showing the terrorists that we are not to be destroyed and that the American spirit cannot be crushed.

While this is a necessary action to project to the world, we know that what these new grievers need to have is support, empathy and the freedom to be devastated and immobilized. What better people than we, to offer them this support, tenderness and understanding.

I hope we can demonstrate to our broken country the loving arms and listening ears the newly bereaved of all ages need. Today the focus is on the tragedy as a nationwide event. But in time, the horror will diminish. However, the intense grief from the loss of thousands of loved ones will have only just begun.

For those of you who have had a loved one die due to any of Tuesday's events, my heart is heavy with sorrow. You have already suffered much.

Weep boldly. There is healing in tears.

Alice J. Wisler
 TCF Wake County Chapter
 Raleigh NC



09/01/65	Birth of DONALD FRANKLIN MORRIS, son of Lois Morris
09/01/67	Birth of CINDY, daughter of Mr. & Mrs. Howery, Sr.
09/01/92	Remembrance Date of YVONNE MORRIS MANLEY, daughter of Lois Morris
09/01/99	Remembrance Date of TAYLOR S. CAGLE, son of Andrea Creasy
09/05/89	Birth of ISAAC W. POWELL, son of David W. Powell**
09/10/04	Birth of JAMES MATTHEW EBY, son of Vicki Eby
09/11/84	Birth of BRANDON WELDON, son of Lesley Weldon
09/13/04	Remembrance Date of JAMES MATTHEW EBY, son of Vicki Eby
09/15/90	Birth of JEFFREY DEAN GIBSON, JR, son of Amy & Jeff Gibson
09/15/07	Remembrance Date of DAVID FERTSCH, son of Pamela Fertsch
09/16/94	Birth of DERRICK RYAN JENSEN, son of Kelly Jensen
09/17/93	Birth of JASON ALLAN BURGESS, son of Allison Nails
09/17/79	Birth of KELLY GIVENS, daughter of Sherry & Larry Givens
09/18/00	Remembrance Date of Linda Wright, daughter of Bill & Marjorie Wright
09/19/81	Birth of JON HEGNA, son of Mr. & Mrs. Hegna
09/19/94	Remembrance Date of DERRICK RYAN JENSEN, son of Kelly Jenson
09/19/96	Birth of DONALD VACZY, son of Tina Vaczy
09/19/99	Remembrance Date of STEVEN REED, son of Steven & Wanda Reed
09/22/07	Remembrance Date of GRAHAM THOMSON STEVENSON, son of Clair Stevenson**
09/23/85	Birth of JUSTIN PHILLIP STENGER, son of Laura & Robert Stenger
09/23/98	Remembrance Date of FRED P. CUFFY, son of Odessa Cuffy
09/24/93	Birth of CULLEN BAITH, son of Mr. & Mrs. Greg Call
09/24/05	Remembrance Date of BRYAN MICHAEL SIMPSON, son of Roberta Simpson-Campbell
09/27/97	Remembrance Date of BRANDON RAY LAUGHERTY, son of Lisa Morrett
09/28/92	Remembrance Date of SHARON PETERS BRYAN, daughter of Karen Peters
09/28/07	Remembrance Date of NIA SIMONE ALLEN, daughter of LaTeasha Green and Melvin Jeter, III**

** INDICATES FIRST ANNIVERSARY VERY DIFFICULT DAY!!!

NOTE: if you do NOT want your child's name listed in the newsletter, PLEASE contact the newsletter editor immediately. If you find any mistakes and any names left off, please contact me at kellykathie@hotmail.com or 540-775-8430 . Thank you!

BIRTHDAY TABLE

Parents bring their child's photos and other mementos to the meeting during the child's birthday month and it can be placed on the table. You may also bring a birthday cake or your child's favorite treat to share with those attending.

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!

Fredericksburg Chapter Family Cookout—Cancelled

Potluck for October's Meeting—October 21st.

More details to follow—looking at having it before our October Meeting. Please let me know if you would like to participate. Basically bring a dish 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.

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!



FRIENDS ASKING FRIEND FUNDRAISER

You can still join in the Friends Asking Friends® virtual walk fundraiser! Help your chapter raise money by going to <http://www.tcfwalktoremember.org>.

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



THE DAY THE MUSIC DIED



On February 3, 1959, parents would lose children, siblings would lose brothers and grandchildren would die. This was the day a plane crash took the lives of singers J.P. Richardson (The Big Bopper), 28, Buddy Holly, 22 and Ritchie Valens, 17. Since all three were so prominent at the time, February 3, 1959, became known as "The Day The Music Died."

At the time of his death Ritchie Valens was a young man with superstar potential who, even though was still in his first year as a recording artist, had already made a name for himself in the music industry.

Growing up music would become a large part of my twin brother Alan's life. His interest in "The Wizard of Oz" would lead to an admiration of Judy Garland and in time Liza Minelli. He had seen many of Liza's concerts often sending her mailgrams of well wishes much to my mother's disapproval. It was her fear that he would get arrested for harassment. We would travel often to other concerts as well including Billy Joel, Bruce Springsteen, Diana Ross, Whitney Houston, Kenny G and even Yanni.

Alan's interest in music and the arts began in high school with the artistic productions. After graduation from Temple University he would become entrenched in the Philadelphia cultural scene. Much of his free time was spent volunteering for arts, dance and theatre organizations. His name would be listed in the credits of many artistic productions. He, like Ritchie Valens, was just starting to realize his dreams.

Then came June 25, 1992. Alan had died of an AIDS-related brain tumor that had started not more than two months earlier. This was-for me-the day the music died. Don McLean immortalized the February 1959 tragedy with his 1972 hit "American Pie", a song that took Alan and I years to understand and memorize. I would mark my personal tragedy by constantly changing the radio station. So much that I thought I would break the buttons. A break-up song would remind me too much of my loss. While in a friend's car I had him turn off the radio rather than risk crying.

Then one day a few years later, upon leaving the cemetery, on the radio I heard Whitney Houston's "The Greatest Love of All". Alan and I had recorded an awful rendition at a Hershey, PA amusement park recording studio. We agreed that no one else would hear the dreadful outcome. I switched stations twice only to hear the song two more times. It was my reflection that Alan was telling me to enjoy the music once again. To take pleasure in life and to do what we enjoyed doing together. I hear Alan's voice saying the words inscribed on Ritchie Valens grave "Come On, Let's Go."

*Daniel Yoffee, TCF Board of Directors Sibling Representative.
Reprinted from the summer edition 2003 of We Need Not Walk Alone – The national magazine of The Compassionate Friends*



The Adverse Impact of Myths About Grief

Society maintains a number of inappropriate and unrealistic myths, stereotypes and standards for mourners in general. These *not only do not help* bereaved individuals, they actually hurt them. False expectations are established against which mourners and their caregivers evaluate grief responses, and pathology may be interpreted mistakenly when reactions depart from them. Consequently, mourners may feel guilt and failure, perceive something to be wrong with themselves, or assume they are going crazy when such expectations are unmet, despite their being totally unrealistic to begin with! Additionally, mourners may not receive the necessary assistance they require, since those in a position to give it often are laboring under the same misconceptions as well. They do not have an accurate picture of what mourners require and experience.

Clearly, these myths are quite dangerous, and this is why it is important to educate both the general public and professionals about the realities of bereavement. Hopefully this will result in more appropriate expectations, accurate knowledge, compassionate understanding, and a lessening of unnecessary pain for those who mourn the loss of a loved one.

Unfortunately, the population of bereaved individuals most subject to inappropriate expectations and the negative effects of misinformation are bereaved parents. This is because they must endure all of what mourners in general must cope with, AND THEN SOME. Without question the death of a child is such a unique loss that bereavement after it fails to be explained by the general conceptualizations we have about grief and mourning. In fact, bereaved parents are predisposed to be exceptionally vulnerable to "unresolved grief" and to misdiagnoses of pathology as a result. This is because there are a number of factors inherent in losing a child which are known to promote a failure to grieve, to complicate healthy mourning, or to lead directly to pathological responses.

It becomes evident that what has been associated with "abnormal" or "pathological" grief in other mourners is part and parcel of the bereavement experience following the death of a child. The aspects that accompany this particular loss are the *very same ones* that in any other type of loss predispose a mourner to problems. Is no wonder why so many bereaved par parents have been misdiagnosed as having pathological grief or chronic mourning. For this reason, it is absolutely imperative to develop a new model of parental mourning, and to identify new criteria what does constitute unhealthy grief in this special population.

However, society is not the only group which contributes to the pain of bereaved parents by its unrealistic expectations — bereaved parents do this to themselves as well. One of the prime areas in which this is found is in the marital relationship. Far too many times, bereaved parents tend to underestimate or overestimate the impact of the death of their child on their marriage. The remainder of this article is devoted to delineating some of the myths about the impact of grief on marriage in the hope that bereaved parents will become more realistic in their expectations of themselves and their mates, and decrease the amount of avoidable distress they experience when misinformation prevails.

Myths About the Impact of Grief on the Marriages of Bereaved Parents

(1) As the same child has died, each parent experiences the same loss. Each individual mourns the relationship and person that has been lost. As parents, each of us has experienced our child differently and had a unique relationship with that child. Therefore, both bereaved parents are mourning different losses, and these will be what will influence what one misses and when one misses it (e.g., one parent may miss the opportunity to talk with the child after school, while the other especially may miss watching football games on Sunday).

(2) Spouses will tend to be more similar than dissimilar in their grief. At latest count, people grieve according to 32 different sets of factors, each of which is highly idiosyncratic, as individualistic as a fingerprint. Spouses are no more alike necessarily in their mourning than are strangers. Loving one another, or living in the same house, does not make individuals respond to loss similarly. Some of the major factors contributing to differences between parents include: type and quality of the relationship with the child; sex-role conditioning; personality and coping behaviors; past experiences with loss; social, cultural, and religious backgrounds; social support received; reliance on drugs and alcohol; and physical health. Spouses will have to give each other wide latitude for their differing experiences of grief.

(3) Once a couple can learn to manage their grief, they will be back to themselves again. A major loss always changes the bereaved somewhat. Parts of us die when someone we love very much dies. Most of us continue on, but we are altered by the impact of the loss and the adaptations to it that have been required of us. We not only will have to learn to relate in a new way to our deceased child

(i.e., we still can have a relationship with that child, but it must be a different type now that he or she is dead). We also must learn how to relate to the rest of the world, including our spouse, in new ways to accommodate the changes in us occasioned by the loss. Especially during the long period of acute grief, in which the absence of our child painfully teaches us repeatedly that he or she is gone, it may be very difficult to relate to our spouse because of our pain and distress. Our communication with each other may have deteriorated; our sexual relationship may not be what it once was or it may have disappeared entirely. It is not abnormal for this to continue for a lengthy period of time. Couples who are successful in managing to weather this crisis together: (1) keep the communication open as much as possible; (2) recognize their distress and the changes in themselves, and work to express both in the healthiest possible fashions; (3) insure their expectations of one another are appropriate and give each other permission to grieve individually as necessary; and (4) find ways slowly to integrate all of the changes into the marriage.

(4) If a parent and couple are "healthy," the mourning will last longer than most people expect — up to a few years. The duration of mourning varies according to the particular loss, its circumstances, the mourner, and the conditions surrounding the mourner. Nevertheless, it is now known that mourning a beloved person may take years of acute grief and that the long-term mourning process takes much longer, with some aspects of mourning never being entirely finished; i.e., there always may occur subsequent experiences which can trigger in us temporary upsurges in grief for our child (e.g. when his brother gets married and he is not there or when it is Thanksgiving and her place is empty at the table). It constitutes neither pathological nor unresolved grief, nor does it mean that acute mourning still persists. Bereaved parents must recognize that mourning the loss of any major person, especially a child, will mean continuing throughout the rest of life to encounter times when the pain of the loss is brought back and the absence made more acute at that moment, which causes a temporary upsurge in grief. As long as this doesn't interfere too long with your continuing to move adaptively into the new life without your loved one, such reactions need not be incompatible with healthy adaptation for the rest of your life.

(5) Parental grief declines over time in a steadily decreasing fashion. Like all types of grief, parental grief fluctuates much more than society expects. In the case of the bereaved couple, parents initially may be more similar in their grief and then, from two to five years after the death, grow further apart before coming closer together again. It is suggested that this is because a mother's grief often increases for several years after the two-year point following the death, while the father's tends to decrease. Therefore for a period of time they become more discrepant from one another. It is important to realize this so that if it occurs you can be aware of it and act to manage its disruptive effects on you and your spouse.

(6) Parents who lose children usually end up with a divorce. Despite the prevalence of the belief, it is positively untrue that parents whose child dies inevitably are headed for a divorce. The death of a child places an enormous strain on a relationship, but it has *not* been proven to destroy it. In fact, Dennis Klass' study of TCF parents suggests that it is precisely because parents who survive their grief (i.e., as a result of the positive growth that can come from loss) no longer wish to remain in unhealthy relationships, and this is one reason for divorces following a child's death. When parents do divorce, more often than not it is due to their having had significant problems before the child died, and the death only brought the long-term issues to a head. Although there is no question that the loss of a child and the ensuing grief does stress a marriage, do not think you must end up with a divorce. Some parents actually become closer after their child's death.

(7) Loss only brings pain and devastation. Despite the agony of losing their child and the long-term effects of such a loss, many bereaved parents have worked enormously hard to develop some positive gains out of their loss (e.g., beginning support groups, reordering their priorities, developing better family communication, establishing closer relationships, etc.) While they never would have chosen to lose their child to achieve these gains, they are determined to choose healthy responses to it. You can do this as well.

Summary: Myths hurt all bereaved parents. The more accurate information you have, the better prepared you will be not only to encounter the vicissitudes of parental grief, but to minimize the negative effects of such misinformation.

**TUESDAY, SEPTEMBER 16, 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