



The Compassionate Friends Fayetteville Area Chapter



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Mitch Carmody is Coming to Fayetteville

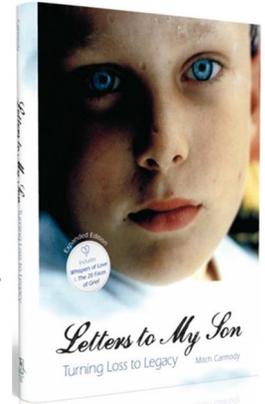


Mitch will be speaking at a T.A.P.S. conference in Pinehurst and has agreed to fly in early to speak to The Compassionate Friends Fayetteville Chapter on **Wednesday November 12, 2014 at 7:30 pm. in room 102 of the**

Medical Arts Bldg. at 101 Robeson Street, Fayetteville. The front door is locked in the evenings, so if you are facing the building come around to the right side to enter the meeting room.

Mitch Carmody *lost his father to heart disease when he was 15 years old and his mother died of lung cancer in 2000. At 21 he lost his older brother from progressive degenerative cerebral palsy. At age 29 his twin sister and her two young sons were killed in an automobile accident. Less than a year later his son Kelly was diagnosed with a cancerous brain tumor and ultimately died in 1987. Since then, Mitch has dedicated his life to serving the bereaved in any way.*

Mitch is the author of *Letters To My Son*, which has been sold worldwide. He has published articles for national grief periodicals, newsletters, and internet sites as well as appearing in radio and television interviews, and has his own Radio Show "Grief Chat". He is an accomplished artist and creator of the innovative *20 Faces of Grief and*



(continued on Page 2)

Inside this issue:

Mitch Carmody	1
Our Quarterly News	1
Butterfly Wings, Bricks and Lead	2
In memory of Justin Michael Hanan, Credo & Meeting Times	3
Love Gifts	4
What Do You Remember?	5
Birthdays	6
Angel Dates	7



Our Quarterly News



Last month we watched a video on death related to substance abuse which was said to be helpful to all in attendance. September will be a sharing session. October will be a video "Walking Through Grief, The 5 H's, Hurt, Hope, Help, Honor, and Healing. November will be a sharing session at our regular meeting on the first Tuesday and then on Wednesday November 12th we will have a special presentation by Mitch Carmody.

When Mitch Carmody contacted me about speaking to our group, I was so excited. The group has watched some of his videos in the past. I have had the

good fortune to attend numerous workshops of his at National Conferences. I never looked at the workshop titles because I knew it would be a great workshop with him speaking. To get a speaker of his caliber is an honor and a special treat for our group. Even if you do not attend our regular monthly meetings, you do not want to miss this event. Bring your spouse or a friend or both. You will not regret it. A good opportunity for past members to return.

Information regarding our December Candle Lighting service will be in the next issue.

Jennifer German
Secretary/Treasurer



Mitch Carmody (Continued from page 1)



the S.T.A.I.R.S. model of grief processing through Proactive Grieving and Somatic Integration, and the Songs of Sorrow workshop. Since losing his son, Mitch has dedicated his life to serving the bereaved in any way he can. He has conducted both national and regional workshops for T.A.P.S. organization, *The Compassionate Friends, Bereaved Parents of the USA*, as well as Hospice/health care providers, social workers and clergy across the country for over 15 years.

Mitch lives in rural Minnesota, on a hobby farm, with his wife, Barbara. He enjoys riding horses, gardening, writing, helping others, donating blood monthly and creating works of art.♥

“In grief we stand on the edge of darkness, at times afraid to take that next step...”having faith is knowing that we shall find something firm to stand on to, or we will be taught how to fly”... We live in one sphere of existence, our loved ones who have died in another but with faith, the desire and undying love we can connect at the seam where our worlds meet. Dreams may die, but their spirit does not, nor does their memory.

We substantiate our loved one's life, by how we live ours.” MC

Butterfly Wings, Bricks, and Lead

by Tom Crouthamel, TCF, Sarasota, FL

When I saw her load of grief, it looked to me to be merely a light load of butterfly wings, as compared to my full load of heavy bricks. Then I saw another man, and he seemed to be carrying a small load of lead.

But as I watched her step on the scales bearing her load of butterfly wings, the scales read "one ton." When he stepped on the scales with his load of lead, the scales also read "one ton." I knew my grief-load of bricks would weigh more, but those scales read for me, "one ton."

Our loads of butterfly wings, lead and bricks weighed exactly the same to the one carrying that particular load of grief.

We bereaved parents often feel resentment when a non-bereaved person speaks about our child's death.

HOW can THAT PERSON know or even dream of how I feel or what I am going through?

These feelings may be justified. But when we begin to feel resentment toward another bereaved parent "That child's death was easy compared to my child's death," "I have suffered more than she/he ever did" -we should remember that each of our grief-

loads weights two thousand pounds to the one under it.

Compared to Rose Kennedy, who had one child in a mental institution, and lost one daughter and three sons in violent deaths, my grief-load begins to look as if it were made of gossamer soap bubbles, but when I again step on that scale, it still reads, "one ton." Our grief-loads may appear to weigh less because we who are under them have grown stronger through time and grief process maturation.

The load actually weighs no less; it is we who have grown stronger and can carry it more easily.

Sometimes we can even completely ignore the weight that is still there.

Always be careful in judging another's grief-load.

Remember the lead, butterfly wings and those bricks, and how they all weigh the same to the one under that load of grief.



Our 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 we 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 that 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.

Love & Hope

On a warm summer day the sun went out
 Grief walked in to stay
 I turned away from the unwanted guest
 And bid him on his way

Grief was merciless, he brought his friends....
 Loneliness, Fear, and Despair.
 They walk these rooms unceasingly
 In the somber cloaks they wear.

Every so often now, Love pays a call
 She always has hope by her side,
 I welcome love as well as hope,
 For I thought they surely had died.

Love counsels grief in a most gentle way,
 Bids him be still for awhile,
 Then love walks with me through memories hall,
 And for a time..... I can smile.

Geoff & Jan Hanan

In loving memory of our son
 Justin Michael Hanan
 February 21, 1966—December 22, 2000

MEETINGS

First Tuesday of each month
 7:30pm; Room 102; Medical Arts Bldg.
 101 Robeson St.
 Fayetteville, NC
 (Front door locked in evenings. Facing the building, come to the right
 side to enter meeting room)





Love Gifts



A Love Gift is a donation to honor a child who has died, or as a memorial for a relative or friend.

The Compassionate Friends depends entirely on voluntary contributions from individuals and organizations to meet chapter expenses. TCF is a 504(c)(3) non-profit organization: all donations are tax deductible. 100% of every dollar donated goes toward chapter expenses.

We thank the following for their kind generosity, love and sharing. There are no dues. We have already paid the ultimate price to be a member.

Bill and Diane Lanier in memory of their son Ralph Mitchell Lanier

Leigh McNeill in memory of her son Derrell Lee Dean

Mike and Petra Syfrett in memory of their son Archie Kagy

Leonce and Lucette Boivin in memory of their son Lawrence Boivin



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What Do You Remember?



Isn't it interesting how often we speak of our failing memories associated with deep grief, but at the same time have the sharpest recollection of certain moments woven in with the loss of our children? The remembrance of what was seen, heard or smelled at that particular time is etched in our minds with crystal clarity.

I have a very vivid memory of a cold Saturday morning in late fall of 2005 following the death of my daughter, Sara, in early September of that year. I remember that everything in my home was silent and chilled even though bright sunlight beamed from the living room windows, hitting the wooden floor in sharp, precise angles. The sun was shining only in spite that morning as I could feel no warmth from the rays.

My brother Steve and his wife Cindy called my husband and me to say they were dropping by for a little visit that morning. I remember thinking, "why would they even want to come over here? This house is full of pain and sorrow. Wouldn't it be better for them if they did not have to see us and our once happy home in such misery?" We were far too exhausted and burdened with sadness to even pretend with fake smiles and conversation that morning. But Sarah was their precious niece and she had dearly loved her aunt and uncle. Steve and Cindy willingly shared with us in our pain.

I recall that they arrived at our door with a white bakery box filled with doughnuts and pigs-in-the-blanket and refreshing orange juice. They sat with us and we talked and talked, about what I have no recall. But I do remember feeling deeply grateful for their willingness to show up, bringing thoughtful comfort. They brought no platitudes, they did not tell us what to do or what was best or give any advice. They were simply a calming presence in those most desolate of hours.

What I learned that morning I have tried to carry forward. All that is required to bring comfort to heartbroken people is a willingness to walk into the midst of grief and be present with them. We are called upon to summon the personal courage inside of us for the good of others.

by Carol Thompson (a member of The Compassionate Friends of Tyler Chapter)

Sibling Walking Together

(Formerly The Sibling Credo)

We are the surviving children of The Compassionate Friends.

We are brought together by the death of our brothers and sisters.

Open your hearts to us. But have patience with us. Sometimes we need the support of our friends.

At other times we need our families to be there.

Sometimes we feel we must walk alone, taking our memories with us, continuing to become the individuals we want to be.

We cannot be our dead brother or sister; however, a special part of them lives on with us.

When our brothers and sisters died, our lives changed.

We are living a life very different from what we envisioned, and we feel the responsibility to be strong even when we feel weak. Yet, we can go on because we understand better than many others the value of family and the precious gift of life.

Our goal is not to be the forgotten mourners that we sometimes are, but to walk together to face our tomorrows as surviving children of The Compassionate Friends.



Our Children & Siblings Remembered

Each month some of our members face special but very painful days. We ask that you keep in your thoughts the parents, grandparents, and siblings of the following children's:



August

Randy Lee Dalton August 3
 Will Rivalland August 7
 Archi Kagy August 7
 Melba Ross August 19
 Valencia Federick August 24
 Grant Miles August 29

September

Emily Davis September 5
 Querokee Velez September 8
 Drew Howell September 10
 Cody McIendon September 11
 Wayne Tyner, Jr. September 21
 Stephen Dew September 23

October

Bryan Bowles October 1
 Jimmy Wallace October 2
 Sharnale DeMar Thompson October 8
 Kevin Harlan October 15

November

Preston Riley November 1
 Ryan Stevens November 5
 Elijah Caddick November 8

Birthday's



Carolyn Kapperman November 7
 Baby Davis November 9
 Renee Anderson November 11
 Omar Sharaf November 11
 Keith Parker November 12
 Charles Cook November 14
 Zackery Hollister November 14
 Brianne Stewary-Goodrich November 18
 Lamont Saffore November 21
 Lawrence Boivin November 24
 Kristen Wactor November 30

December

Pam Tatum December 5
 Crystal Dawn Jackson December 5
 Zach Grullon December 6
 Tammy Owens December 7
 Kendra "Candy" Seay December 8
 Ricky Diaz December 15
 Derrell Lee Dean December 16
 Nickolas Ross Hayden December 25
 RaMael McArthur December 28
 Lexi Minyon December 31



Our Children & Siblings Remembered

*Each month some of our members face special but very painful days.
We ask that you keep in your thoughts the parents, grandparents,
and siblings of the following children's:*

August

Renee C. Anderson August 3
 Ricky Diaz August 3
 Will Rivalland August 7
 Daniel "Adam" Clark August 8
 Joe Dan Rumley August 8
 Gregory Trent August 8
 James Campbell August 12
 Victor Spearman August 12
 Crystal Dawn Jackson August 14
 Jimmy Wallace August 22
 Jeremy Scott Melvin August 28

September

Akiana Lopez-Sellas September 1
 Malachi Matthews September 16
 Emily Haddock September 21
 Scott Tyree September 27

October

Melba Ross October 1
 Carla Parker October 9
 Valencia Fredrick October 10
 Kirsten Wactor October 10
 Pam Tatum October 11

Memorials



Kayden & Chase Cox October 11

Ralph Lanier October 20

Archie Kagy October 21

Johnathan "JD" McKenzie October 21

Christopher Ortega October 26

November

Kyle Harris November 6

Christopher Hrvoj November 7

Talisha Morris November 8

Kendra "Candy" Seay November 8

Baby Davis November 9

Patrick "Pat" Shea November 14

Zachery Hollister November 14

Lawrence Boivin November 15

Amy Elizabeth German November 16

Brianne Stewart-Goodrich November 22

December

Stephen Dew December 12

Grant Miles December 22

Preston Riley December 23

Ryan Stevens December 30

The Compassionate Friends
Fayetteville Area Chapter
703 Rosebud Court,
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The Compassionate Friends
Fayetteville Area Chapter
Supporting Family After a Child Dies

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We're on the Web
www.tcffayetteville.org

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Love Gifts

There is no charge for our newsletter, meetings, or lending library, and we depend solely on your contributions. Love gifts can be made in memory of your child, grandchild, or sibling. Your love gift will insure that all who need our newsletter, will receive it.

I wish to make a donation in memory of _____

Date of Birth _____ Date of Death _____

Donated by _____ Relationship _____

Address _____

If you would like to make a donation please make checks payable to The Compassionate Friends,
and mail to TCF Fayetteville Area Chapter, 703 Rosebud Court, Vass, NC 28394

Please send form with check. **A donation is not required to submit items for the newsletter.**