



The Compassionate Friends Fayetteville Area Chapter



Volume 15, Issue 1

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With Spring Comes Hope - Finding Your Way Through Grief

By Julie Fischer, MSE, Licensed Professional Counselor



Spring is just around the corner; new life, new color, new hope. But for many who are experiencing a loss of some kind, the promise of spring is difficult to envision and even harder when it arrives. Because while many people feel light, joyful and renewed, those experiencing a loss may be deep in the trenches of grief, and find it difficult to take part in the celebration of new life, in the happiness and hope that usually accompany Spring.

Often times we associate grief only with the death of someone we know and love. But grief can be felt by anyone experiencing the loss of anything of real value about which she or he cares. Grief can be experienced any time there is a significant change or transition in

someone's life, because change is most often accompanied by loss of some kind, or giving something up. Moving to a new house, losing one's job, ending a relationship, losing one's health, loss of a pet, loss of a dream, as well as loss of self-control, loss of trust, or loss of freedom. Even the usually celebratory event of welcoming a baby into a family involves some losses and therefore some grief. The old way of being together as a couple or as a family must be given up. Small daily habits must be changed -- sleep patterns, meal times and weekend activities all may need to be altered to help fold this new life into the family.

Whatever changes, transitions or losses are the cause of your grief; know that grief is not a single

event or occurrence, but rather a process. Denial, Bargaining, Anger, Depression and Acceptance are well-known stages of grief that a person may go through. Despite the linear sequence of the steps as presented here, know that each person moves through her or his own process in her or his own way and according to her or his own timeline, and that each person may cycle through these steps many times for years to come. Normal grief reactions can vary across a broad spectrum depending on the individual and her or his circumstances. Some of the more common reactions to loss are listed below, broken down into emotional, physical, mental and behavioral reactions.

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Our Quarterly News



Our Pig Pickin' is to be held on Saturday, June 11th, this year. We are in need of volunteers to come early and help set up. If you would like to volunteer to help, or if you would like to sign up to bring something please call me at (910) 850-4998. Directions and more information about this event is on page 5 of this newsletter.

Thanks to Jody and Jenniffer Hall we will be having a TV to raffle off, they are also donating the pig this year which will allow us to keep our cost down.

We do need your help in finding dona-

tions for raffle items. Jennifer German and I have a letter for any business that would like to donate, please get with us if you know of anyone that may be able to give. Also you can bring an item or items for the raffle. Again this year we will have the 50/50 drawing, it seemed to be a success last year.

As you know this is the one and only fund raiser that we have for The Compassionate friends, so we need everyone to attend, and bring your friends and family so that we can raise a tremendous amount of funds this year.

Hope to see everyone there, Sharon

(Continued from page 1)

Emotionally -- Some feelings that may occur include:
Sadness Anger Guilt Anxiety Loneliness Fatigue
Helplessness Shock Yearning Relief Numbness Depression

Physically -- Some sensations that may be experienced include:

Hollowness in stomach, Tightness in chest, throat,
Sense of Depersonalization (nothing seems real),
Breathlessness, Lack of energy, Weakness

Mentally -- Some thoughts/cognitions may include:
Disbelief, Confusion, Preoccupation, Hallucinations,
Sense of presence, Doubting, questioning

Behaviorally -- Some noticeable changes in behavior may include:

Sleep disturbances, Appetite disturbances, Social withdrawal, Dreams of the deceased, Searching/calling out, Absent-minded behavior, Crying, Avoiding reminders of the deceased

Know that all of these thoughts, feelings and behaviors are a normal part of the grief process. Grieving is a normal process, even though it hurts.

What can you do to get through this process? Some coping mechanisms to help you move through the

grief include:

Share your thoughts and feelings with trusted family members and friends. Having and using your support system is critical.

Do some journaling or perform a ceremony or ritual to call forth any untapped feelings.

Take care of yourself. Be gentle with your physical, mental, emotional and spiritual self.

If you feel stuck, unable to express your emotions, or find yourself using unhealthy coping mechanisms (over-eating, smoking, drinking, drugs, etc.), contact a professional counselor.

So, when should you be "over" all the hurt and pain? First remember it's a process, so be gentle with yourself and don't rush yourself (or anyone else). Second, know that a person never completely recovers – an emptiness may remain for years to come, and certain emotional insecurities and issues may remain. Sadness may come back, washing over you in waves on special days or in certain circumstances. But take heart – there will come a time when you feel like the worst is over, like some healing has occurred and you are ready to move forward with your life ... spring is not far off, and with the spring comes hope.



Spring Thaws The Wounded Heart

By Alice J. Wisler



That first Spring
Came too soon
Why did daffodils
Show sunny faces
Around the gravestone
Why did warm breezes blow
Clouds away
My world, a cold gray dismal
Had no room
For this season
Now years later
The blossoms of love
Hope and healing
Have broken through
Grounds of utter despair
Warmed by memories of you
I join the daffodils
Bringing my own smile



The "Veteran" Bereaved Parent

By Sandy Smith Valley Forge TCF

Have you ever attended a TCF meeting to see a "veteran" bereaved parent shed a tear, or openly show grief, and have wondered "way" after all that time? Please don't get the wrong idea. The wrong idea being:

1. You won't ever cry after 10 years or more.
2. You won't feel a need to still attend TCF meetings.
3. You won't feel like sticking with TCF in case a newly bereaved parent needs you.
4. You won't care enough to stay and help organize future meetings
5. You won't feel compassionate enough to hear a newly bereaved parent talk of their grief.

Yes, some veteran bereaved parents move on and we wish them peace. But, I am personally grateful for veteran bereaved parents who stay with TCF. What would newly bereaved parents do if they attended their first meeting and no one was there?

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 and creeds.
 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.



Compassionate Friends national conferences have always been a great healing experience for bereaved families and TCF's 34th National Conference July 15-17, 2011 in Minneapolis/St. Paul Minnesota will be no exception. With the motto "Shining Stars – Guiding Hope," the conference is now open for early registration.

Our members can register for the conference online or by downloading a conference registration brochure from the national website. If you don't have Internet access, you can also call the National Office Toll Free at 877-969-0010 to be sent the registration brochure. This conference, which is anticipating 1200 to attend, will feature keynote speakers: David Morrell, bereaved parent and grandparent, author of the poignant *Fireflies*, although perhaps best known for creating Rambo (adopted to the big screen with Sylvester Stallone); Carol Kearns, bereaved parent and psychologist, author of the book *Sugar Cookies and a Nightmare*; Mary Rondeau Westra who recently published her memoir *After the Death of My Son*; and Mitch Carmody bereaved parent and sibling, author of *Letters to my Son* and presenter of the popular TCF workshop "Whispers of Love, Songs from Our Children."

Besides great speakers, the conference will feature more than 100 workshops covering most areas of grief after the death of a child, including workshops for those with no remaining children, and also a complete program for bereaved siblings. Sharing sessions, a Reflection Room, Hospitality Suites, Butterfly Boutique, and a complete bookstore will be available at the conference, as well as an orientation for first-timers. There will be Friday afternoon and Saturday evening banquets culminating with a remembrance candle lighting at the close of the Saturday banquet. Special entertainment provided free Friday evening is the comedy "How to talk Minnesotan The Musical," the longest running stage play in the state.

Sunday, the twelfth annual Compassionate Friends two-mile Walk to Remember® begins at 8 a.m. Sunday and up to 1200 are expected to walk, carrying as many as 15,000 names of children being remembered (names can be submitted online to be carried in the Walk).

Early conference registration is \$85 for adults ages 18 and up, and \$35 for siblings ages 9-17 and full-time college students. Early registration ends June 10 at which point there is an increase in registration costs. Walk to Remember early registration is \$20. Reservations are also being accepted for the host hotel, the Sheraton Bloomington Hotel, Minneapolis South. Online reservation is available, as well as by contacting the hotel direct. Special conference rates are available until June 1, subject to availability.

For full information, visit TCF's National Website at www.compassionatefriends.org and go to "TCF 2011 National Conference – Minneapolis" under News & Events.



Love Gifts



A Love Gift is a donation of money or time to honor a child who has died, or as a memorial for a relative or friend. We thank the following for their kind generosity, love and sharing.

Frances Jackson in memory of her son Joey Jackson and husband Joe Jackson

Ramona and Robert Jackson in memory of their brother Joey Jackson, and father Joe Jackson

Cheryl Monette in memory of her son Michael Cline

Vickie Bowles in memory of her son Bryan Bowles and husband John Bowles

John and Pat Burton in memory their niece Erica Graham

Mickey and Hazel Smith in memory of their son James "Randy" Smith

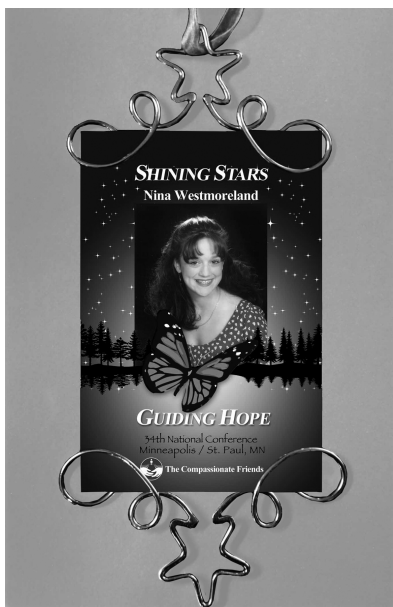
John and Jennifer German in memory of their daughter Amy Elizabeth German

Jody and Jenniffer Hall in memory of their daughter Amber Marie Hall

And Shaun Hall in memory of his sister Amber Marie Hall

Sharon Jackson-Davis in memory of her daughter Crystal Dawn Jackson

If you wish to make a donation or a love gift, please make checks payable to The Compassionate Friends, and mail to 703 Rosebud Court, Vass, NC 28394. Please include the name of the child, love one, or friend that you wish the donation to be made in memory or honor of.



Many people collect the personalized TCF National Conference mementos each year (we've had a Gold Record, Frame of Love, Dream catcher, and Reflection of Love in the last four years). This year a unique remembrance item is again being offered, the Star of Hope. With the national conference this year in Minneapolis, MN, the conference logo, reflecting the theme "Shining Stars, Guiding Hope" is a depiction of one of Minnesota's "10,000 lakes" outlined by a serenely beautiful north woods scene. A flock of butterflies seems to vanish into the horizon where they meld into glistening stars shining in the heavens. We look at our children as shining stars who remain for us beacons of light and hope in the darkness. A rectangular version of the logo is the basis for the Star of Hope and includes silhouetted pine trees, gleaming stars, and a single butterfly where the child's picture will be inserted with his or her name. That logo insert with picture will be artistically framed by a 4"X6" silver, vertical wire star-frame ornament with an attached ribbon for hanging. All Star of Hope mementos ordered will be displayed at the national conference

in a special area for everyone present to view!

The Star of Hope can be ordered online on TCF's national website. The minimum donation for each picture submitted remains \$10 again this year. If you cannot attend the conference and would like the Star of Hope sent to you, then an additional \$5 donation is requested to cover postage and handling. For more details, please go to TCF's national website at www.compassionatefriends.org and go to "TCF 2011 National Conference – Minneapolis" in the dropdown under "News & Events."

**The Compassionate Friends
Annual Pig Pickin'
Saturday June 11, 2010
At Stedman Pentecostal Holiness Church**



We will be eating around 12:00
Phil will be cooking again this year.
We will have a raffle and a balloon release

Please come and bring a picture or an item of remembrance
for the memory table. Family and friends are also welcome to come.

If you would like you may bring a food item and an item for the raffle. We are in
need of items to be raffled off.

If you would like more information please call Sharon at 910-850-4998.

All monies raised will go back into the group to help with the printing of
the newsletter, grief materials, and the cost of the candle lighting.

Address and directions to church

432 Hillsboro St.
Stedman, NC 28391

Coming from Fayetteville: Get to Grove Street and go past where it crosses 301/
business 95 and continue straight. Go straight and it will dump you onto HWY
24E toward Clinton. Once you enter Stedman, there is one stop light. Just beyond
the stoplight you will see a First Citizen Bank, turn right onto Hillsboro St. just
before the bank. You will go down this road and when you go around a big curve
you will see the church on the right. The Fellowship hall is in the back of the
church.

Coming from I-95: Take exit 52 which says HWY 24 East toward Clinton. Once
you exit it will dump you off right onto HWY24. Once you enter Stedman, there
is one stop light. Just beyond the stoplight you will see a First Citizen Bank, turn
right onto Hillsboro St. just before the bank. You will go down this road and
when you go around a big curve you will see the church on the right. The Fel-
lowship hall is in the back of the church.

***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.
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
deceased brother or
sister; however, a spe-
cial 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 some-
times 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:



April

Joey Jackson April 1
Son of Frances Jackson
Brother of Ramona and Robert Jackson

Melanie Ruth Locklear April 2
Daughter of Jim and Kathy Evans

Kelsea Helton April 4
Daughter of Barbara Helton
Sister of Bethany Morgan and
Charisa Carstens

Andrew Williams April 6
Grandson of Jeanne Winstead

Anthony "Brian" Smith April 10
Son of Daryle & Debbi Nobles

Darryl Peckinpough April 13
Son of Marianne Browning

Whitney Hair April 13
Daughter of James and Renee Hair

Ralph Lanier April 14
Son of Bill & Diane Lanier

Christopher Eggleston April 15
Son of Wayne & Angie Eggleston

May

Karen Simmons Allee May 2
Sister of John Simmons

Vernard Whitfield III May 3
Son of Phyllis Whitfield

Dwayne Banks Jr. May 8
Son of Linda Ervin

Christopher Vargas-Herrera May 14
Son of Alfredo & Linda Vargas-Herrera

Birthday's



Michael LaCass May 21
Son of Wayne LaCass

Kristopher Caudill May 23
Son of Jason & April Caudill

Thomas Payne Hollers May 22
Grandson of Sandra Hollers

Michael Cline May 28
Son of Roger & Cheryl Monette

June

Phillippia A Epps June 4
Daughter of Eldridge & Evelyn McNeill

Tabitha Croom June 5
Daughter of Ann Croom
Sister of Christina Croom

Amy Elizabeth German June 8
Daughter of John & Jennifer German

James (Jimmy) Green June 16
Son of Mary Green

Austin Curtis June 17
Son of Keltys & April Jimmerson

Amanda Danielle Cline June 25
Daughter of Daniel & Carrie Cline

James (Randy) Smith June 25
Son of Mickey & Hazel Smith

Elizabeth Akins June 26
Daughter of Frances Overton

Evelyn Copeland June 30
Daughter of Natasha Madison

Kayla Shea Hughes June 30
Daughter of Jodi Aguilar-Turlington



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:



April

Jamell Short April 1
Son of Andre & Joslyn and
Grandson of Jonathan & Lucinda Colvin

Kip (Geronald) Wilson Jr. April 2
Son of Dianne Wilson

Leslie (Lee) King April 2
Daughter of Lorie King

Danielle Rambeaut April 4
Daughter of Charlene Favreau

Michael Cline April 9
Son of Roger & Cheryl McAdams

Glenda Hudson April 16
Daughter of Pat Arnette

Mark Heil II April 21
Son of Mark Heil

Audrey Lynn Harris April 25
Daughter of Jamie & Heather Harris

May

Carl Huggins May 19
Son of Debbie Huggins

Thomas Payne Hollers May 22
Grandson of Sandra Hollers

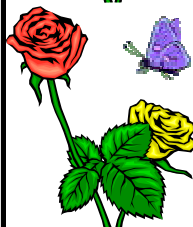
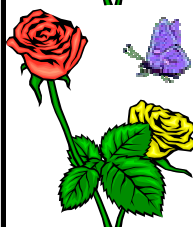
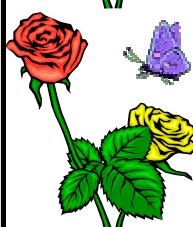
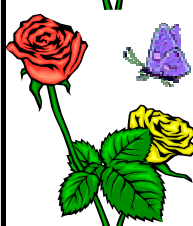
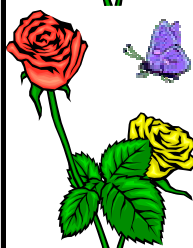
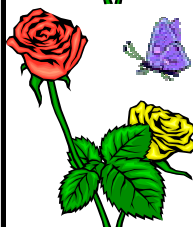
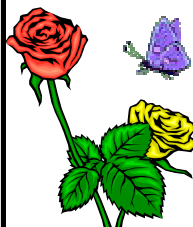
James (Jimmy) Green May 23
Son of Mary Green

Kristopher Caudill May 23
Son of Jason & April Caudill

Christine Bailey May 25
Daughter of Rita Bailey

Amber Marie Hall May 26
Daughter of Jody & Jenniffer Hall
Sister of Shaun Hall

Memorials



Robert Stevens May 28
Son of Steve & Martha Brennan and
Brother of Angela Ashworth

June

Christopher (Chris) Eggleston June 2
Son of Wayne & Angie Eggleston

Sherry McCrdle June 6
Daughter of Charlene Seay Patrick

Dustin Emanuel Hunt June 6
Son of Ginger Hunt

Dominic Trottier June 7
Son of Martin & Barbara Gibson

Ben Lucero June 20
Son of Ann Lucero

Melanie Ruth Locklear June 21
Daughter of Jim and Kathy Evans

Randy Lee Dalton June 22
Son of Jesse & Sharon Dalton

Christopher Inman June 22
Son of Phil & Melissa Inman

Keith Parker June 22
Son of Rex & Cheryl Parker

Wayne Tyner Jr. June 26
Son of Jon & Mary Tyner
Brother of Monica Tyner

Joseph Meyer June 28
Son of Richard & Jeanette Meyer

Joey Jackson June 29
Son of Frances Jackson
Brother of Ramona & Robert Jackson

Drew Howell June 30
Son of Debra Howell

The Compassionate Friends
 Fayetteville Area Chapter
 703 Rosebud Court
 Vass, North Carolina 28394



Chapter Co-Leader / Newsletter Editor
 Sharon Jackson– Davis...(910) 850-4998

Chapter Co-Leader /Treasurer
 Jennifer German.....(910) 245-3177

Printing of the newsletter
 John German.....(910) 245-3177

Webmaster
 Jenniffer Hall.....(910) 483-8920

Librarians
 Mickey & Hazel Smith...(910) 483-4294

We're on the Web
www.tcffayetteville.com

Meeting Time: 1st Tuesday of Each Month at 7:30 PM
 Room 102, Medical Arts Building, 101 Robeson Street, Fayetteville, NC

Regional Coordinator for the Fayetteville Area Chapter of TCF
 Donna & Ralph Goodrich
 1-704-882-4503 or iluvu2lauren@earthlink.net

The National Office of The Compassionate Friends
 P.O. Box 3696
 Oak Brook, IL 60522—3696 -
 Web Site: www.compassionatefriends.org - Toll-free: 877-969-0010
 Email: Nationaloffice@compassionatefriends.org

In This Issue: With Spring Comes Hope By: Julie Fischer

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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 _____

All love gifts, poems, donations, etc. must be received by June 1st, 2011 in order to appear in the next newsletter.

If you would like to make a donation please make checks payable to The Compassionate Friends, and mailed to Rosebud Ct, Vass, North Carolina 28.

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

Please provide your email address to Jennifer at jojegerman@embarqmail.com or at the monthly meetings. Our postage bill could be greatly reduced if we develop a good email distribution list.