



The Compassionate Friends Fayetteville Area Chapter



Volume 16, Issue 3

October 5, 2012



Shared Thoughts on Thanksgiving By Marie Hofmockel, TCF Valley Forge, PA



Thanksgiving is the beginning of our holiday season. This once joyous time can become a horrendous anticipation for us. This is the season we like all our children and siblings gathered around us. We enjoy the togetherness, for it is a time to be thankful for each of our family members. We find it difficult for such a large piece to be missing from our family circle.

We suggest you try to discuss your plans with your immediate family, your spouse and children. It not only makes them feel part of the family, but it also removes the tremendous burden of making all the decisions from your shoulders. This also sends the message you know they are hurting; by

acknowledging their pain, your open up the door of communication.

You have to decide what is best for your family. You may choose to keep it traditional, or make changes. These changes can be temporary or permanent. It may help to talk about what things you were doing just for the sake of tradition. If they aren't meaningful, and are painful, you may choose to drop them.

Some find it helpful to go away; others want to be home. Some have found it very peaceful to devote time to helping others. There are many organizations who need help to serve a meal to others who have on one to spend the holi-

day with. It is a way of bringing the love for your child or sibling to life. For some, it is impossible to give thanks when your grief is very fresh; this is normal for many. Allow yourself to cry, and grieve, if that is all you are capable of this year. In time you will be able to think beyond your pain; don't feel guilty for something you cannot do. Remember it helps others to feel good, when they can do small physical chores for us; if you are in need of their help, ask for it.



We can't avoid Thanksgiving
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I would first like to apologize for the lateness of the newsletter. Our computer was having issues but thanks to Jennifer Hall they have been resolved.

We are planning our candle lighting service, we are in need of volunteers to read poems, sing, and hand out programs at the service, If you would like to help please contact me or Jennifer German . We could also use a few to come early and help set up, please let us know if you can help. We are always looking for ways to make the candle lighting more special for everyone so if you have any ideas please share them.

If your loved ones picture was not in the slide show last year please

make sure you get the picture to me or Jennifer Hall, we will need your picture by November 25th so it will be included.

With the holidays approaching I know how hard it is to be thankful. I felt for a long time that there was nothing I could be thankful for after the death of my daughter. I miss Crystal very much but I am thankful that she was my daughter and I was her mom, and I always will be her mom. For all of you I am sorry we share this common bond. We know the pain of our broken hearts, but I am thankful that we have this support group and can share of children, grandchildren, and siblings.

Hugs, Sharon





Shared Thoughts on Thanksgiving *(Continued from page 1)*



and sometimes we even feel a little guilty for not being thankful for what we have left. Out overwhelming grief crowds out our appreciation of what we have. We are human, and it is normal to lament our loss. Perhaps this is the season to enumerate, and be thankful, for friends and family who have helped us through these devastating times. We all wanted more time, but we must remember our pain is so very great because we were given someone very special to share a segment of

our life with. For this we are thankful. We also are very thankful for all the friends and support we have in The compassionate Friends. Your sharing with us has got us through many holidays and given us strength and healing from having passed through another painful event. Each passing event tells us we can survive, and doing our grief work softens our pain. We wish you peace of mind and love, as you remember your child or sibling this Thanksgiving.

The Gift of Guilt

Sometimes, the hardest part of grief is guilt. We obsess over what we did or didn't do, the missed opportunities to say I love you, the times we lashed out in anger or impatience. A your woman can't forget telling her brother she hated him a week before he died in a boating accident. A mother is immobilized by guilt because of an argument she had with her son the day before he took his own life. A widower can't forgive himself for being away on business during his wife's fatal heart attack. Guilt complicates and prolongs the grieving process by preventing the emotional and spiritual growth necessary for recovery. Self-condemnation and regret can all too often lead to depression or suicide. So how can we escape the destructive forces of guilt when it's so much part of our grief? We can start by acknowledging that guilt stems from goodness. Guilt is the conscience protesting the violation of an inner moral code. Instead of beating ourselves up over real or imagined offenses, we can recognize the goodness that makes us wish we had done things differently or better, and work toward expressing our guilt in more productive and positive ways.

Write down the things you wish you had done differently, Underline the goodness that can be found at the source of your guilt.

If you wish.....

....you had been kinder, be kind to someone who least expects it.

....for another chance to say I love you, resolve to never let a day go by without telling the people in your life how much you care.

....you had been more understanding or patient, listen to a troubled adolescent or elderly person.

....you hadn't taken your loved one for granted, say a prayer of gratitude for all the people in your life today.

....you could take back every unloving word you ever said, say something nice to everyone you meet.

....you had spent more time with your loved one, spend time with a shut-in, a lonely relative or a child.

....you could resolve the misunderstanding at the time of your loved one's death, work on improving your relationships.

....for your loved one's forgiveness, resolve to forgive yourself.

Guilt can tear us apart or inspire us to do great things. It can distance us from God or bring us closer to him. It can imprison us in darkness or fill our world with light. It can be a lasting curse—or a lasting gift.



By Margaret Brownley, Simi Valley, California

This article is from bereavement Magazine Sept/Oct 2000 issue

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,
 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 a
 deep depression;
 while others radiate an inner
 peace. But whatever pain we bring to
 this gathering of
 The Compassionate Friends,
 it is a 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.**

Trick or Treat

The night is dim
 And the pumpkins grin
 At children on the porch.

The doorbell rings
 “Trick or Treat” they sing
 My heart burns like a torch.

The Dracula’s face
 And a princess in lace
 Are peering in at me.

How I’d love to ask
 “May I lift your mask?”
 And hiding, there you’d be!

You’d get such a kick
 From that silly trick,
 But disguised, you must stay

In the wind that blows
 My heart still
 knows, You’re
 playing October
 charades.



Kathie Slier
 TCF, Tulsa OK

The Mask

People say
 “oh my, Oh
 my,”



It’s amazing
 how you’re

getting by.

I don’t think that I could be
 So strong if such a thing
 happened to me.

But how come such persons
 are never around

When I remove the face
 of a clown,

And there for all the
 world to see,

Is a person destroyed
 by a tragedy.

So I look at these people
 and give a grin,

Hiding the sickness
 I feel within,

And hope that I will
 find a way

To get me through
 another day.

-Lorraine Rodriguez
 TCF North GA Chapter

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

Regional Coordinator for the Fayetteville Area Chapter of TCF

Donna & Ralph Goodrich

1-704-882-4503 or iluvu2lauren@earthlink.net

Meeting Time: 1st Tuesday of Each Month at 7:30 PM

Room 102, Medical Arts Building, 101 Robeson Street, Fayetteville, NC



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
Ramona Jackson and Robert Jackson in memory of their brother Joey Jackson

Evelyn McNeill in memory of her daughter Phillippia Epps

Mike & Petra Syfrett in memory of their son Archie Kagy

Vickie Bowles in memory of her son Bryan Bowles

Ruby Britt in memory of her daughter Pam Tatum

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, Jenniffer and Shaun Hall in memory of their daughter, and Shaun’s sister Amber 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 Jennifer German, 703 Rosebud Ct. Vass, N.C. 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.



Why We Attend a Support Group:

Because we never want the world to forget the name of our loved one.

Because when we reach out to help someone else, we also help ourselves.

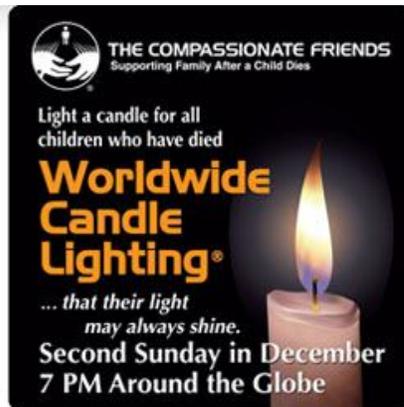
Because someone was there for us when we needed it most. The best way to say “thank you” is to pass it on by being there for others.

Because here we have found better friends and closer bonds than we ever thought possible. Here we can cry and not even know someone’s last name or what they do for a living and it doesn’t matter.

Because few people are qualified to say to a newly bereaved member “I know how you feel.” Because we, too, need to talk, to remember, to share. We may be further along than many here, but we never forget.

Because our presence might help the newly bereaved understand that they can survive and live a happy and productive life-one that is different than our life before, but more compassionate and dedicated to offering help to those in need.

The Compassionate Friends Annual Candle Light Memorial Service



December 9, 2012
at 2:00 PM
Second Baptist Church
Person Street

Please remember to bring a picture or an item of remembrance for the Memory table. Refreshments in Fellowship Hall After the service. If you would like, bring a food item to share. Please come early to drop off food and photo, the service will start at 2:00

Again this year we will be having our slide show during the service,

If we do not have your picture for the slide show,
Please contact me so that we can have your child,
grandchild, or siblings picture is included.

You may email it to me at sharonjdavis1@aol.com,

Or Jenniffer Hall at jhall6@nc.rr.com

Please put TCF Picture in the subject line.

If you prefer you can call me and I can arrange
a place to meet you so I can pick your picture up,

or You may mail them to me, Sharon Davis, 1900 Sloan Avenue,
Fayetteville, NC 28312.

Pictures will be returned to you.

We must have your picture no later than November 25th.

If you would like to volunteer or need more
information Call Sharon at 910-850-4998 or
or Jennifer German at 910-245-3177

Siblings

Walking Together

(Formerly The Sibling Credo)

We are the surviving siblings
of The Compassionate
Friends.

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

Open your hearts to us,
but have patience with us.

Sometimes we will need the
support of our friends.

At other times we need our
families to be there.

Sometimes 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 differ-
ent 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 for-
gotten mourners that we
sometimes are, but to walk
together to face our tomorrows
as surviving siblings of The
Compassionate Friends.

Our Children & Siblings Remembered

October

Bryan Bowles October 1
Son of John & Vickie Bowles

James Robert Page October 4
Son of Robert & Sandra Page
God Son of Kelly Wescott

Sharnale DeMar Thompson October 8
Son of Tammy Thompson-Jenkins

Jose Miguel Vasquez Jr. October 8
Son of Jose & Elizabeth Vasquez

Shane Peoples October 9
Son of Tony & Marsha Jacobs

Jamell Short October 26
Son of Joslyn and Andre Jackson
Grandson of Jonathan & Lucinda Colvin

Tim Alt October 27
Son of Jan Alt

November

Carolyn Kapperman November 7
Sister of Sandra Hollers

Ryan Stevens November 11
Son Sherry Odom

Alexander Carlson November 6
Son of Victoria Carlson

Elijah Caddick November 8
Son of David & Melissa Caddick

Baby Davis November 9
Parent Alexis Davis

Keith Parker November 12
Son of Rex & Cheryle Parker

Ben Lucero November 12
Son of Ann Lucero

Christopher Inman November 13
Son of Phil & Melissa Inman

Joey Hernandez November 13
Son of Jennifer Hernandez

Charles Cook November 14
Son of Ron & Pam Cook

Zackery Hollister November 14
Grandson of Laura Davis

Johnny Cole November 15
Son of David & Kathryn Cole

Birthday's



Brianne Stewart-Goodrich November 18
Daughter of Tracey Stewart

Ashley Parks November 21
Daughter of Maxine Donnelly

Lamont D. Saffore November 21
Son of Carolina Saffore

Kirsten Wactor November 30
Granddaughter of George & Shirley Fredrick

December

Pam Tatum December 5
Daughter of Ruby Britt

Crystal Dawn Jackson December 5
Daughter of Sharon Jackson-Davis

Zach Grullon December 6
Son of April Grullon

Tammy Owens December 7
Daughter of Becky Owens

Kendra "Candy" Seay December 8
Daughter of Christina Barnett

John Kraus Jr. December 11
Son of Debbie Kraus

Shermicka Grant December 14
Daughter of Douglas & Carol Grant

Edward Duane Cantrell December 16
Son of Raye Cantrell

Derrell Dean McNeill December 16
Son of Leigh McNeill

Ranei Mae Edington December 17
Daughter of Sarah Edington

Randy Watson December 19
Son of Shelley Watson

Elaine J. Lacoste December 20
Daughter of Leroy & Betty Jenkins

Nickolas Ross Hayden December 25
Son of Jim & Molly Hayden

Ra`Mael De`Jon McArthur
December 28

Son of Angela Livingston
Grandson of Tom & Charlene Livingston

Kip Wilson Jr. December 31
Son of Dianne Wilson



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:*

October

Melba Ross October 1
Daughter of Frances Harris

Tabitha Croom October 4
Daughter of Ann, Sister of Christina Croom

James Robert Page October 5
Son of Robert & Sandra Page
God Son of Kelly Wescott

Carla Parker October 9
Daughter-in-Law of Rex & Cheryle Parker

Valencia Fredrick October 10
Daughter of George & Shirley Fredrick

Kirsten Wactor October 10
Granddaughter of George & Shirley Fredrick

Pam Tatum October 11
Daughter of Ruby Britt

Jose Miguel Vasquez Jr. October 12
Son of Jose & Elizabeth Vasquez

Ralph Lanier October 20
Son of Bill & Diane Lanier

Johnathan "JD" McKenzie October 21
Son of Ron McKenzie

Phillippia A. Epps October 21
Daughter of Eldridge & Evelyn McNeill

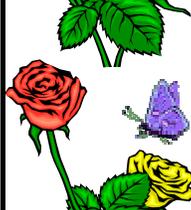
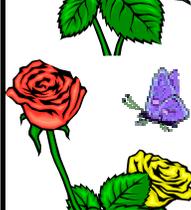
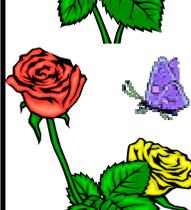
Archie Kagy October 21
Son of Mike & Petra Syfrett

Blake Mckinley Rogers October 31
Son if Richard & Emilie Rogers

November

Kyle Harris November 6
Son of Cheryl Harris

Memorials



Kendra "Candy" Seay November 8
Daughter of Christina Barnett

Patrick (Pat) Shea November 9
Son of Patrick & Rebekah Shea

Baby Davis November 9
Parent Alexis Davis

Graylin Jackson November 12
Son of Anthony & Beverly Jackson

Christina Varnadoe November 12
Daughter of Michelle Marfisi

Zackery Hollister November 14
Grandson of Laura Davis

Shane Peoples November 15
Son of Tony & Marsha Jacobs

Dwayne Banks Jr. November 16
Son of Linda Ervin

Amy Elizabeth German November 16
Daughter of John & Jennifer German

December

Randy Watson December 6
Son of Shelley Watson

Stephen Dew December 12
Son of Jimmy & Elsie Dew

Sharon Loletha Washington-McBrydy
December 17
Daughter of Joseph & Bernice Washington

Dan Arrowood December 29
Son of Brenda Nightingale

Ra` Mael De` Jon McArthur
December 28
Grandson of Tom & Charlene Livingston

Ryan Stevens December 30,
Son of Sherry Odom

The Compassionate Friends
Fayetteville Area Chapter
703 Rosebud Court , Vass, NC 28394
Meeting Time: 1st Tuesday of Each Month at



THE COMPASSIONATE FRIENDS
Supporting Family After a Child Dies

7:30 PM
Room 102, Medical Arts Building, 101 Roberson Street, Fayetteville, NC

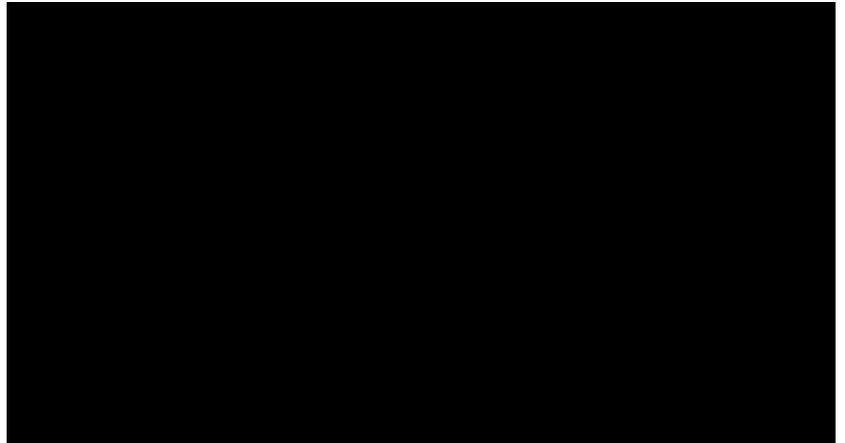
Acting Chapter Leader /
Newsletter Editor
Sharon Jackson– Davis...(910) 850-4998

Secretary/Treasurer
Jennifer German.....(910) 245-3177

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

Webmaster and Co Newsletter Editor
Jenniffer Hall.....(910) 483-8920

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



We're on the Web
www.tcffayetteville.com

In This Issue: Shared Thoughts on Thanksgiving By Marie Hofmockel
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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 November 1, 2012 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 703 Rosebud Ct, Vass, North Carolina 28394. You are not required to make a donation to have items printed in the newsletter., but if you do please send form with check.