



The Compassionate Friends Fayetteville Area Chapter



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Father's Day



I just finished watching another miserable cologne commercial on TV. For some reason these are the first signs of the upcoming holiday, commercials that are only shown at Christmas and Father's Day to give wives and kids some idea of what to get Dad to celebrate a gift-oriented holiday.

Like the other fathers who read this newsletter, I know the gift I'd like to get this Father's Day, just as I know there is no way that it will happen. My son's life. An opportunity not to hurt when I see boys who are the age my son should be now. A chance to dream those dreams for that little boy again. But that's not going to happen. Instead I will get up on that day, having called and wished my father a happy day the night before, and go to the florist for the flowers I will place on my son's grave. I will stand alone and cry for a time, then return home to my wife and our infant son. This year will have a greater measure of peace due to young Dan's arrival, but I shall always have that Alex-sized hole in my soul, a

longing that I know I will have until I too die.

Like many bereaved fathers I have felt the lack of understanding of the non-bereaved on how a father should mourn his child's death, and for how long. I do not understand how a society can have such belief in the strength of maternal love, and do such a good job of ignoring the intensity of paternal love. From the people whose only question at Alex's memorial service was on how my wife was dealing with this tragedy, to the long-time friend who didn't understand my choking up after watching a Hallmark Card commercial last year, the majority of people around us seem to have difficulty with the thought that a father may need to grieve for his deceased child just as much as a mother might.

So that is where some support and love is needed, and needed badly. Of course we have Compassionate Friends, but something more personal and closer to home is needed. In a re-

cent newsletter there was a note from a bereaved mother from New Jersey asking fathers and siblings to be understanding of a grieving mother's needs on Mother's Day. I agree, but I would also hope that you ladies will not forget your husband's this Father's Day as well. It is frequently said that we males don't often talk of our emotional needs, and are reluctant to show our pain, but we need love and 'warm fuzzies' when we hurt also. Please remember us on June 18, and please remember also that those cute little sentimental commercials that hurt you in May, take their toll on us in June. There are definitely times when I can do without Old Spice, McDonalds, Hallmark, and AT&T.

Brothers, I wish you peace, comfort, and love.

Doug Hughes
TCF Cincinnati, OH
In Memory of my son, Alex

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Our Quarterly News



Well, we have made it all the way through Mother's Day and are quickly approaching Father's Day. No matter the holiday or the date, some days are more difficult than others. Allow yourself to grieve whenever necessary. It is allowed!

There will not be a pig picking this year. This is due to lack of interest and inability to locate a place to have a pig picking. If anyone has an idea for an alternate event, and would like to chair the planning committee, please contact Sharon Jackson-Davis at (910) 850-4998 or sharonjdavis@aol.com or Jennifer German at (910) 245-3177 or jojegerman@embarqmail.com.

The Compassionate Friends 36th National Conference and Walk to Remember will in Boston, MA. on July 5-7, 2013. For more information about this event go to the National website www.compassionatefriends.org or find a link on our website www.tcffayetteville.org. There are links to many grief resources on our website, so check it out!

For our June 4th meeting we plan to view one of two programs from "Good Grief" by Darcie Sims, Ph.D., CT, GMS. She is one of my favorite speakers. I think this will be very helpful. Hope to see you then.. Jennifer

Mother's Day Revisited

Many of us in TCF do not look forward to Mother's Day. On this holiday, when the whole nation is celebrating the joys of parenthood, grieving parents often feel a special anguish.

Mother's Day this year looms as a particularly difficult milestone for me, Sunday, May 10, 1998, is not only Mother's Day but also the second anniversary of the death of my ten-year-old son, Jacob. Because this day of private sadness also happens to be a day of public celebration, I decided that I should start thinking early about the occasion. I engaged in a little research about the holiday and learned a story that I think is worth sharing.

Mother's Day was the creation of a woman named Anna Jarvis in the early years of this century. Anna, who never married and never had children of her own, devoted herself to establishing a national Mother's Day as a way of honoring her beloved mother, who died on May 9, 1905. In Anna's view, her mother deserved a memorial because she had lived selflessly and endured considerable suffering - seven of her eleven children had died in early childhood. According to historians, Anna's mother mourned the deaths of her children throughout her life.

Anna insisted that the holiday always fall on a Sunday so that it would retain its spiritual moorings. Because of her efforts, President Woodrow Wilson finally proclaimed the second Sunday in May as Mother's Day. Although Anna couldn't prevent the new holiday from quickly becoming a marketing phenomenon, she did try. Speaking out against "the mire of commercialization" that threatened to engulf Mother's Day, Anna attempted to preserve her creation as a true "holy day," a time for solemn reflection and prayer.

Mother's Day, then, was borne of a daughter's grief and love. More importantly, it was intended as a tribute to a bereaved mother—a brave woman who lost multiple children but who managed to live with an abiding kindness and generosity toward others. I like knowing this background, and my attitude towards Mother's Day has been colored by the knowledge. The holiday now makes me think of the common sorrow that links all bereaved parents. I feel a bond with Anna's mother that stretches over time and space. In a broader sense, the woman for whom the holiday was founded reminds me of people I've met at TCF who have continued to live productive, meaningful lives in the face of unthinkable loss.

Finally, Mother's Day in its origins symbolizes both the joy and the vulnerability inherent in parenthood. Anna's mother knew all too well that from the moment a child is born, hope and the possibility of tragedy go hand in hand. She understood the fragility of life.

Enriched by its own history, Mother's Day is easier for me to tolerate. The coincidence of dates this year—Mother's Day and the anniversary of my son's death—is not as jarring as it once seemed. Although the commercial images of the modern Mother's Day still make me wince, I can turn off the television and envision the kind of day that Anna Jarvis had in mind: a time for quiet reflection and the sharing of cherished memories.

Barbara Atwood
In memory of Jacob

Second Sunday of May

Many happy memories
Linger in our hearts this day
As we each remember our child
Who has left this earthly plane.
The day is bittersweet for us,
The mothers who have lost so much,
For to remove all pain could well
Erase the precious life we touched.
Tears will trace the memories of
Other, happier Mother's Days,
As we dwell in a quiet reverie
This Second Sunday of May

Annette Mennen Baldwin
TCF Katy, TX
In Memory of my son, Todd Mennen



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.

SOMETIMES...

"Sometimes, I still don't believe it,"
 My husband said to me.
 We had gone to bed, said our goodnights
 And were resting comfortably.
 My reply was short and to the point.
 I simply said, "I know,"
 Though it's been eight years since you have died
 Chip, we miss you so.
 The memories of our life with you
 Are treasures that we share.
 For nineteen years we loved you well
 While you were in our care.
 So once again we said goodnight.
 But before this we did pray.
 This was a very poignant night.
 This night was Father's Day.

Nancy McKeaney
 In Memory of my son, Chip
 TCF North Penn Chapter, PA

"For Crying Out Loud"

*Life has been presented to men in demanding ways
 And accepted with the expectation of fatherly praise
 Men don't Cry!
 Lest eyebrows be raised!*

*Men Don't Cry
 Is the male teachings learned from boyhood
 A teaching considered the abortion of weakness
 And is deemed the challenge of manhood*

*Who could ever know how it would feel
 To see inside
 The soft feelings of men
 Instead of their outside appearance of steel*

*There is a new place where I can remove my shroud
 Where no shame of crying is ever held
 We are "The Compassionate Friends"
 "For Crying Out Loud"*

Donald Moyers
 TCF Galveston County, TX



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

Vickie Bowles in memory of her son Bryan Bowles

Donald and Effie McPhail in memory in memory of their daughter Erica Graham

Inga Hondros in memory of her son Christopher "Chris" E. Hondros

Mide and Petra Syfrett in memory of their son Archie Kagy

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

Mickey and Hazel Smith in memory of their son Randy Smith

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

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



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

TCF 2013 National Conference

July 5-7, 2013 in Boston, MA



TCF 36th National Conference



Missing You

I just can't believe it...
 The sun still rises and sets,
 The moon and stars still shine,
 The flowers still bloom, The birds still sing.
 I expected a change in everything
 I just can't believe it...
 It still gets dark and light,
 The ocean still has waves,
 The rain still rains, The wind still blows,
 Is it because they do not know?
 I just can't believe it...
 I thought the world would stop
 When in my house I found
 an empty chair, a missing smile
 I thought it would stop For just a while.
 I just can't believe it...

Gretta Viney
 TCF Yakima, WA

Siblings

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 dif-
 ferent from what we envi-
 sioned,

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 Compassion-
 ate Friends. © The Compassion-
 ate 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

Birthday's

April

- Joey Jackson April 1
- Christine Powell April 8
- Anthony "Brian" Smith April 10
- Ralph Lanier April 14
- Amy Lynn Zinsser April 21
- Izhia E. Kraut April 23

May

- Thomas Payne Hollers May22
- Michael Cline May 28

June

- Amy Elizabeth German June 8
- Christopher Hrvoj June 8
- James "Randy" Smith June 25

July

- Jonathan David "JD" McKenzie July 11
- Jeremy Scott Melvin July 12
- Carla Parker July 14
- Justin Tyler Seifert July 17
- Glenda Hudson July 18

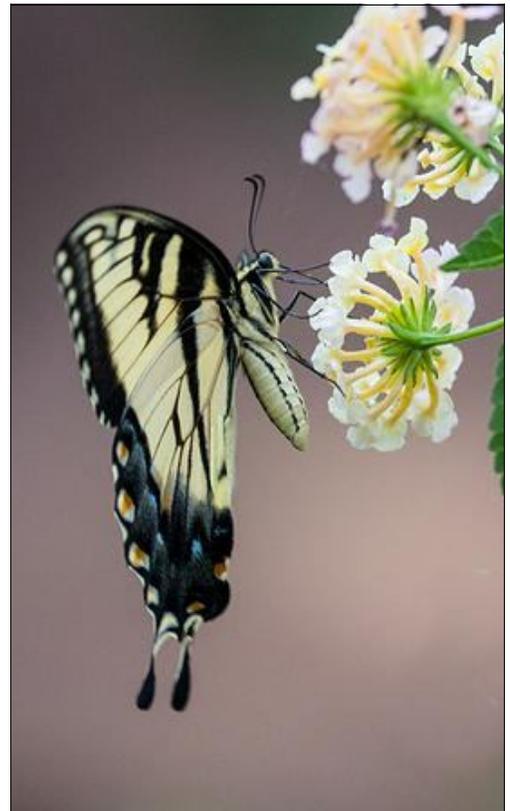


August

- Archi Kagy August 7
- Valencia Federick August 24

September

- Emily Haddock September 5
- Querokee M. Vélez September 8
- Jon Wayne Tyner Jr. September 21
- Stephen Dew September 23





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

Memorials

April

Christine Powell April 5

Michael Cline April 9

Glenda Hudson April 16

Ian Redshaw April 18

Christopher "Chris" Hondros April 20

Izhia E. Kraut April 23

Lamont D. Saffore April 24

May

Derrell Lee Dean May 17

Thomas Payne Hollers May 22

Christine Bailey May 25

Amber Marie Hall May 26

Robert Stevens May 28

June

Christopher "Chris" Eggleston June 2

Querokee M Vélez June 4

Keith Parker June 22

Jon Wayne Tyner, Jr June 26

Joey Jackson June 29

Drew Howell June 30



July

Benny Michael Traylor July 11

Justin Tyler Seifert July 11

Anthony "Brian" Smith July 18

Nickolas Ross Hayden July 22

Elijah Caddick July 26

August

Renee C. Anderson August 3

Daniel "Adam" Clark August 8

Joe Dan Rumley August 8

Victor Spearman August 12

Crystal Dawn Jackson August 14

Jimmy Wallace August 22

Jeremy Scott Melvin August 28

September

Akiana López-Sellas September 1

Joey Hernandez September 4

Malachi Sepastian Matthews September 16

Emily Haddock September 21

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Supporting Family After a Child Dies

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We're on the Web
www.tcffayetteville.org

In This Issue: Twelve Ways to Face the Twelve Days of Christmas and Other Festive Occasions

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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 703 Rosebud Court, Vass, NC 28394

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