



**The Compassionate Friends**  
Supporting Family After a Child Dies  
*Lubbock, Texas Chapter*

FALL 2016

VOL. 3, NO. 3



**“Walk to Remember”**

**Saturday afternoon, Oct. 15, 2016**

**Buddy Holly Park**

**N. University Ave. & Canyon Lakes Dr.**

**12-1:00 p.m. Onsite Registration**

**1:30 p.m. Opening Ceremonies**

**and Walk**

*A time we can remember our children with  
other bereaved parents and siblings.*

TCF members are working closely with a variety of community groups to provide food, music, entertainment (yes, a children’s train!) and a very special time for families and friends to remember children who have left us too soon. You can register online at [Eventbrite Lubbock](#). Tickets are \$15 for children and \$20 for adults. T-shirts are included in the fee. (You will need to contact Isabel Espinoza at 806-401-7039 or [villagirls04@yahoo.com](mailto:villagirls04@yahoo.com) to give her the size you need.) See more details at the [TCF Lubbock website](#)





Join Pregnancy and Infant Loss  
Awareness of Lubbock  
For the  
5th Annual Memorial Service  
“See the Light Within”  
Featuring Samantha Evans  
Author of “Love Letters to Miscarried Moms”

October 18, 2016  
7pm at The Heights Fellowship  
6108 66th Street  
Lubbock, Texas

[Www.pilalubbock.org](http://www.pilalubbock.org)  
Questions: Suzy - (806) 441-3612

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## TCF LUBBOCK CHAPTER MEETING INFORMATION

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**NEXT MEETINGS:** **Oct. 4, 2016**  
**Nov. 1, 2016**  
**Dec. 6, 2016**

**TIME:** 7:00 - 8:30 p.m.

**DATE:** First Tuesday of each month

**LOCATION:** 2092 Dover Ave.  
Lubbock, TX; Behavioral Sciences Bldg.  
Room 110, East side of LCU Campus



### CONTACT INFORMATION:

Isabel Espinoza, Chapter Leader:  
806-218-2397  
Sharon Kohout, Newsletter Editor  
[TCFLubbock@gmail.com](mailto:TCFLubbock@gmail.com)

[www.compassionatefriendslubbock.org](http://www.compassionatefriendslubbock.org)

TCF Chapter Meetings are open to anyone who has lost a child - at whatever age, from any cause.

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## PREGNANCY AND INFANT LOSS AWARENESS (PILA) SUPPORT GROUP

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**NEXT MEETINGS:** **Sept. 20, 2016**  
**Oct. 18 (Memorial Service)**  
**Nov. 15, 2016**

**Contact:** Suzy Emre, 806-441-3612  
[www.pilalubbock.org](http://www.pilalubbock.org)

**TIME:** 7:00 - 8:30 p.m.

**DATE:** Third Tuesday of each month

**LOCATION:** Same as above except group meets in Room 105

### Thanks

Thanks to the friend who did know the right words to say:

"There is a group in town that might help you."

Thanks to the parent who somehow found the courage to call that phone number and find out about "that group."

Thanks to the mother who went to that first meeting knowing it would really hurt to talk — and talked.

Thanks to the dad who said after the first meeting that he could never come back — but did.

Thanks to the parent who, at the fifth meeting, put her arms around a "new one" and said:  
"They really can help."

Thanks to the mom who, for the first time, was again able to bake cookies — for her  
"Compassionate Friends."

Thanks to the homemaker who could never talk in front of people — who became a facilitator.

Thanks to the six-foot father who cried in front of the other men — and didn't say he was sorry.

Because of you, we will be able to help someone we don't even know — next month.

*~John DeBoer*

*TCF Greater Omaha, NE*



A decorative background of vibrant red maple leaves with yellow and orange highlights, set against a light beige gradient. The leaves are scattered across the page, with some in sharp focus and others blurred.

# Remembering Our Children

...Always

## Remembrance Days

Stephanie Arriaga	Sept. 8
Heidi Hunt	Sept. 14
Chad Hayden	Sept. 15
Joe Dan Felty	Sept. 24
Felysha Villa	Sept. 26
Brolin Hardin	Oct. 8
Jay Bellar	Oct. 12
Camille Haynes	Oct. 31
David Wragg	Nov. 3
Kimberly Moore	Nov. 14
Hope & Joy Spradling	Nov. 19
Matthew Meriwether	Nov. 25
Kaitlyn Stinebaugh	Nov. 26
Dusty Stanford	Nov. 27
Jackson Roberts	Nov. 28

## Birthdays

Jaydenmarie Rodriguez	Sept. 23
Elijah Urrutia	Oct. 5
Stephanie Arriaga	Oct. 27
Camille Haynes	Oct. 31
Lincoln DeCanio	Nov. 18
Hope & Joy Spradling	Nov. 19

## Honoring Unhappiness

I have re-read the book *Man's Search for Meaning* by Viktor Frankl more times than I can count. In it, Frankl quotes from a paper written by Edith Weisskopf-Joelson, who had been a professor at the University of Georgia. She wrote, "Our current mental-hygiene philosophy stresses the idea that people ought to be happy, that *unhappiness* is a symptom of maladjustment....in the present day culture of the United States, the incurable sufferer is given very little opportunity to be proud of his suffering and to consider it ennobling rather than degrading...so that he is not only unhappy, but also ashamed of being unhappy."

It is my hope that all bereaved parents, grandparents, and siblings will have the chance to feel that our unhappiness is honored and respected by others suffering similarly. I hope we will find validation, whether from the embrace of others at chapter meetings, from words read in a newsletter, or from conversations with other bereaved parents and siblings. I hope we will not be ashamed of being unhappy. And when our time is right, I hope we may find some moments of joy and peace even as we keep our grief for our lost children and siblings.

Peggi Johnson  
TCF Piedmont Chapter, VA

## September and a New School Year

To most people school means:

The kids out from under foot, caps on.  
Buying a new lunch box, new clothes and the usual school supplies.  
Fixing breakfast and trying to get it eaten.  
Getting to a school bus on time.

What does school mean to a mother who has lost a child?

Watching other children filled with excitement.  
A little boy who should be in kindergarten.  
A brother who must go off to school by himself.  
A teacher who must reach out to a class, when her little one won't be in school this year.  
A mother sending two children off, when there should be three.  
Many tears, behind smiling faces!

Patsy Hedges  
TCF Frederick, MD



## A MOTHER'S MUSINGS

There are no ordinary days for us. Each day brings with it something that triggers memories of our children. I've found myself in tears at the site of a TV commercial, or when I see a toy that my child loved, or a song that he sang. I've felt my heart skip a beat at the site of a blonde, curly haired little boy, or a young woman the same age my daughter would be now, or whenever I see a young man in a wheel chair. I've 'seen' Danny in the t-shirt someone was wearing, in the way someone's hair curled up at the nape of their necks and in every disabled child. Our memories are etched deeply in our hearts but can rise to the surface at the slightest hint of something that once was associated with our children.

I've found myself driving down the road with tears streaming down my face because the Beatles song, "Michelle" came on the radio. I've been in the middle of cleaning house when my mind turns to memories of my children and then the world becomes a blur of tears. I've cleaned out a drawer or closet and sat looking at an object, caressing it, cherishing it because it has some connection with one of my children. The holidays are the worst. Everything reminds me of the fact that all of my children are not here. Hanging the stockings and knowing that there are three other stockings now packed away forever. So many memories tugging at my heart at every turn...it's almost too much to bear.

For me, September is a difficult time. Not that there are any significant holidays but the one that is in September, Labor Day, holds some very painful memories. My sweet Jerry died on Labor Day and although Labor Day isn't always on September 6, for me it will always be the day that Jerry died.

For someone to say that they know how we feel because their child has gone off to college is typical of the remarks that we have all heard over the years. There is "it was God's will", "it was for the best", "at least they aren't in pain anymore", "there in a better place" and my all time favorite, "Well, now you have two angels in heaven"! I don't want ANY angels in heaven...I want them HERE with me. To these people I say, "Thank God you are not in my shoes because if you were, you would not survive...not if you think what you are going through is even close to the pain I've felt"!

For most parents, September comes and school begins, then follows Halloween, Thanksgiving, Christmas, and the beginning of a new year. For us, each month brings up old memories and new pain. We mark time by, "before he/she died" or "after he/she died." We remember their birthdays with tears and flowers, instead of gifts. But then we have one more date to mark...one we wish we had never lived to see...the anniversary of our child's death. All of those parents who are watching memories being made as their children grow up, date, graduate, and marry; have no idea of what it means to have that opportunity cut short. They assumed that when their child was born that they would experience all of these things. We have learned to NEVER assume. We know that nothing is certain, life is tenuous and fragile and can be snuffed out in an instant. For us, no month, no week, no day is ordinary. They are all reminders of what might have been.



*Jacquelyn M. Comeaux*

*In Memory of Michelle, Jerry, and Danny*

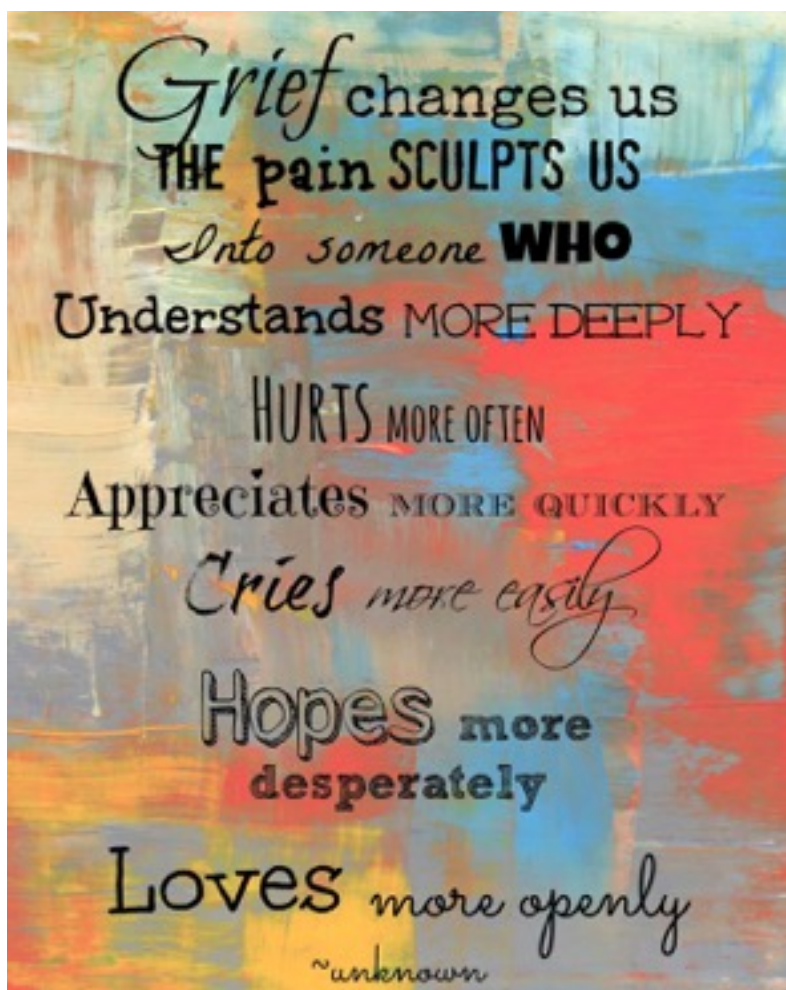
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## ON NOT SAYING IT

I never got around to saying it.  
There was always tomorrow,  
When the time would be more appropriate.  
Besides, you hated "embarrassment,"  
Or was the embarrassed one really me?  
Now I say it a lot,  
To the sky, to your photo, to a gravestone.  
Knowing facts say you cannot hear it,  
But believing, inside me, you can.  
When a child, a youth, then a young man,  
I remember how you watched my face.  
First as your god, then as your monitor,  
Finally, I hope, as a friend.  
But "I love you," as years went by,  
Were words we kept bottled inside.  
Now that you've left, the bottle overflows.  
Until I, too, cross the Divide,  
I have to believe you knew.  
And forgave me for not saying it.

*Leonard Rupert  
TCF Atlanta, GA*



## TCF "Online Support Community" Offers Opportunity for Grief Sharing

The Compassionate Friends national website offers "virtual chapters" through an Online Support Community (live chats). This program was established to encourage connecting and sharing among parents, grandparents, and siblings (over the age of 18) grieving the death of a child. The rooms supply support, encouragement, and friendship. The friendly atmosphere encourages conversation among friends; friends who understand the emotions you're experiencing. There are general bereavement sessions as well as more specific sessions.

The sessions last an hour and have trained moderators present. For more information, visit [www.compassionatefriends.org](http://www.compassionatefriends.org) and click "Online Support" listed under the Find Support menu.



# RESOURCES

**American Foundation for  
Suicide Prevention**

[www.afsp.org](http://www.afsp.org)

888-333-2377

**CONTACT LUBBOCK (Suicide Hotline  
and Prevention Programs)**

[www.contactlubbock.org](http://www.contactlubbock.org)

806-765-8393

**THE COMPASSIONATE FRIENDS**

[www.compassionatefriends.org](http://www.compassionatefriends.org)

[TCF/USA Facebook Page](#)

**MISS Foundation ( compassion & hope  
for grieving families)**

[www.missfoundation.org](http://www.missfoundation.org)

**National Suicide Prevention Lifeline**

800-273-8255 (TALK)

**Parents of Murdered Children**

[www.pomc.com](http://www.pomc.com)

888-818-7662

**PREGNANCY & INFANT LOSS OF**

[LUBBOCK Facebook Page](#)

**SHARE (pregnancy & infant loss  
support)**

[www.nationalshare.org](http://www.nationalshare.org)

800-821-6819

**Suicide Grief (online support forum)**

[www.suicidegrief.com](http://www.suicidegrief.com)

**Other helpful websites:**

- ❖ [www.opentohope.com](http://www.opentohope.com)
- ❖ [www.griefnet.org](http://www.griefnet.org)
- ❖ [www.griefwatch.com](http://www.griefwatch.com)
- ❖ [www.journeyofhearts.org](http://www.journeyofhearts.org)
- ❖ [www.bereavedparentsusa.org](http://www.bereavedparentsusa.org)
- ❖ [www.healingheart.net](http://www.healingheart.net)
- ❖ [www.childrenofdome.com](http://www.childrenofdome.com)
- ❖ [www.holdingontolove.com](http://www.holdingontolove.com)
- ❖ [www.griefhaven.org](http://www.griefhaven.org)
- ❖ [www.centerforloss.com](http://www.centerforloss.com)
- ❖ [www.survivorsof suicide.com](http://www.survivorsof suicide.com)
- ❖ [TCF Lubbock Facebook Page](#)

## COMPASSIONATE LISTENERS

Should you need to speak with someone and cannot wait until the next meeting, please feel free to contact one of the following volunteers.

Cause of Death	Name	Phone	Email
Motor Vehicle	Isabel Espinoza	806-218-2397	<a href="mailto:villagirlso4@yahoo.com">villagirlso4@yahoo.com</a>
	Deneis Arriaga	806-549-6476	<a href="mailto:deneis.arriaga@yahoo.com">deneis.arriaga@yahoo.com</a>
Suicide	Beverly Colbert	806-773-1375	<a href="mailto:bevcolbert@aol.com">bevcolbert@aol.com</a>
	Sharon Kohout	806-392-1886	<a href="mailto:sharon.kohout@gmail.com">sharon.kohout@gmail.com</a>
Sudden Death	Yolonda Moore	806-535-6551	<a href="mailto:yomoore@yahoo.com">yomoore@yahoo.com</a>
*Father to Father (support for grieving fathers)	Charles Peek	806-698-1803	<a href="mailto:JPeek91474@aol.com">JPeek91474@aol.com</a>
Miscarriage/Infant Loss	Suzy Emre	806-441-3612	<a href="mailto:suzylanotte@sbcglobal.net">suzylanotte@sbcglobal.net</a>



## The Compassionate Friends National Office

PO Box 3696  
Oak Brook, IL 60522-3696  
877-969-0010

[www.compassionatefriends.org](http://www.compassionatefriends.org)

### Regional Coordinator:

Bill Campbell  
972-935-0673  
[willied53@sbcglobal.net](mailto:willied53@sbcglobal.net)

## 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.

### TCF Mission Statement

When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.

## Calendar

**Sept. 20, 2016 7:00 p.m.**

Pregnancy and Infant Loss Awareness Support Group

**Oct. 4, 2016 7:00 p.m.**

TCF Lubbock Chapter Support Group

**Oct. 15, 2016 7:00 p.m.**

TCF Lubbock Chapter "Walk to Remember"

**Oct. 18 7:00 p.m.**

Pregnancy and Infant Loss Awareness Memorial Service

**Nov. 1, 2016 7:00 p.m.**

TCF Lubbock Chapter Support Group

**Nov. 15, 2016 7:00 p.m.**

Pregnancy and Infant Loss Awareness Support Group

**Dec. 6, 2016 7:00 p.m.**

TCF Lubbock Chapter Support Group

**Dec. 11, 2016 7:00 p.m.**

TCF Worldwide Candlelighting

### *Tribute to Joe*

On May 16, 2016 we lost an enthusiastic and valued member of our TCF Lubbock group. Joe Froelich, our treasurer, died suddenly of a heart attack. Joe was also my sweetheart and best friend. Joe and I had been together since meeting at a work related conference in 2002. He parented my adult children, supported me in every endeavor, and most importantly mourned and cried with me when my daughter Shayne took her life in May 2010. We held on to each other for dear life as we navigated this deep and painful loss.

Joe certainly had his own interests in life - gardening, woodworking, volunteering for Hospice - but the greatest tribute to his kind heart was his support of those causes that became my passion - Compassionate Friends and suicide prevention. His accounting and managerial background made him a natural for the job of TCF Treasurer and he was a wonderful steward for this fledgling group's finances.

Grief is so hard....no matter how many times we go through it. But oh how fortunate we are to have such deep love to remember.

*-Sharon Kobout  
Newsletter Editor*

