



# The Compassionate Friends

Supporting Family After a Child Dies

Lubbock, Texas Chapter

SPRING 2016

VOL. 3, NO. 2

## April 5th TCF Lubbock Chapter Meeting

*Objects that "connect" us to our children*



If you are able, please plan to attend the April chapter meeting and bring a memento that provides a special connection to your loved one. We all have those items - a special picture from a memorable vacation, a piece of jewelry, a toy, a book, or art work. Share your story with other TCF members as we discover the power of these objects to evoke special memories.

*"In the telling of my story, I share what is most precious to me."*

### LOVE GIFT FROM THE HAYDEN FAMILY

*The TCF Lubbock Chapter is extremely grateful to the Hayden family for its very generous gift of \$1200 in memory of Chad...son of Teresa and brother to Jason.*

A love gift is a gift of money to The Compassionate Friends - Lubbock Chapter. It is usually in honor of a child who has died, but it can also be from individuals who want to honor a relative or friend who has died, a gift of thanksgiving that their own children are alive and well, or simply a gift from someone who wants to help in the work of our chapter.

The donations support of the Lubbock Chapter newsletter, candlelight service, website and other outreach.

All chapters within The Compassionate Friends are totally dependent on funds from our families. We DO NOT receive funds from our National Office. Everything we need to operate our local chapters is paid directly from our local resources and our local family contributions. Thank you to all who contribute and support your local chapters. Some people contribute in memory of other's children ... this is a wonderful way for others to say,

*"I am remembering your child."*

Love gifts to the **Lubbock Chapter of the Compassionate Friends** should be made payable to The Compassionate Friends and mailed to our treasurer:

Joseph Froelich  
3505 77th Drive  
Lubbock, TX 79423

All contributions are tax deductible.



*Chad with his mother Teresa*

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## TCF LUBBOCK CHAPTER MEETING INFORMATION

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**NEXT MEETINGS:** **April 5, 2016**  
**May 3, 2016**  
**June 7, 2016**

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

**DATE:** First Tuesday of each month

**LOCATION:** 2092 Dover Ave.  
Lubbock, TX; Behavioral Sciences Bldg.  
Room 105, East side of LCU Campus



### CONTACT INFORMATION:

Isabel Villa, 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.

### SUPPORT GROUP FOR PREGNANCY AND INFANT LOSS

**NEXT MEETINGS:** **March 15, 2016**  
**April 19, 2016**  
**May 17, 2016**  
**June 21, 2016**

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

**DATE:** 3rd Tuesday of each month

**Contact:** Suzy Emre, 806-441-3612  
[suzylanotte@sbcglobal.net](mailto:suzylanotte@sbcglobal.net)

**Location:** Same as Compassionate Friends  
(see above)

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### NATIONAL CONFERENCE CORNER

Registration information is available [here](#). Also see the [TCF/USA Facebook Page](#) for updated information.



The Compassionate Friends is honored that Olivia Newton-John, Beth Nielson Chapman and Amy Sky will be performing songs from their new album at our TCF National Conference in Scottsdale, Arizona on July 8th.

International superstar and multiple Grammy Award-winner Olivia Newton-John, Grammy nominee Beth Nielsen Chapman and SOCAN Award-winner Amy Sky are lending their vocal and songwriting talents to create "LIV ON," a collaborative, newly recorded eleven-song collection intended for those who wish to transcend loss while walking a journey toward new-found meaning and hope.

"As a group, it's our intention with this album to create songs with a message of compassion and hope," said Newton-John. "They are for anyone facing a time of challenge in their life, whether it is grieving a loss - or on the journey to health and recovery."



*Remembering Our  
Children....  
Always*

*Birthdays*

*Remembrance Days*

Joe Dan Felty	Jan. 1
Taylor Kucel	Feb. 4
Davey Rouser	Feb. 5
Chad Hayden	Feb. 8
Audrey McGrew	Feb. 19
Felicia Ann Smith	Feb. 22
David Wragg	Feb. 24
Colby Galland	Feb. 26
Heidi Hunt	March 1
Mark Ysasaga	March 28
Brolin Hardin	April 4
Kaitlyn Stinebaugh	April 7
Brian Chase	April 30
Mordecai Thomas	May 5
Efrain Ruiz	May 18
Jackson Roberts	May 18
Dusty Stanford	May 18
Keith Daniel Hayes	May 21
Matthew Meriwether	May 22

Brian Chase	Jan. 15
Audrey McGrew	Jan. 22
Keith Daniel Hayes	Feb. 20
Elijah Urrutia	March 14
Jacqueline Anderson	May 6
Colby Galland	May 8
Shayne Ann Kohout	May 13



## When Will The Pain End?

When I look back over my grief journey, I marvel at how far I have come and yet at how poignant and permanent the loss of my son will always be for me. How can this dichotomy exist within one person's mind?

The horror of the news of my son's death, the shock that slammed my mind into numbness, the unremembered conversations, the platitudes that followed the memorial service and the first two months of living in a complete fog of disbelief are very vivid in my mind. The horror is too real to forget. The next six months of melancholy, miserable mourning are forever locked in my mind. The pure physical pain, the piercing jolts when I momentarily thought of something beyond my child's death and was mercilessly slammed back into the finality of death's amputation of my son's smile, laughter and physical presence on this earth are etched for eternity in my soul. My mind simply couldn't accept that Todd was gone from this plane. The first anniversary of his death was a horrifying day worsened by a very bleak and foreshadowing conversation with my son's widow. Life would be much different for my husband and me from this point forward. There were no bridges to the past. She made that clear. I was inconsolable from the impact of her wicked words.

But I made it through the first and second years with help from my Compassionate Friends Chapter. I could cry and scream about the injustice of my loss and all that followed, and each parent understood. Eventually I had told my story enough times to enough people that I subconsciously accepted Todd's death and all the changes in my life that followed.

At some point in my second year of grief I began reaching out to others. Helping others, seeing their pain, hearing their tearful words, had become cathartic for me. The more I helped, the more I was helped.

Yes, my son is still with me in my heart and in my memories. The movies of his life play in my mind almost daily. I have made new friends. I have walked away from old acquaintances. I have learned to separate the meaningful from the meaningless. And I have learned that I will always feel the pain of my son's death, yet I must always move forward into hope. Each day brings more hope as I accomplish another piece of my lifelong grief work.

So the dichotomy exists within me. In my heart, mind and soul my child will live forever. The memories of the full measure of each day of his life are there to give me peace and solace. Yet, the brutal pain of my son's death is there, too. Unlike any other love in life, a parent's love is unconditional and transcends all. There is a peace in knowing that. The pain doesn't end. It simply reshapes itself into a quiet, soft ache that gives us a gentle, often tearful, reminder that our child will always be with us. And perhaps that is as it should be.

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



## ***Angels Among Us***

Our Angels are among us  
We see them everyday  
In all the forms that God created...  
They are with us along life's way.

We see them in the sunrise,  
That brightens and warms our soul.  
We feel them in the summer breeze  
That chases away our cold.



They are there among the flowers...  
Their sweet scent a memory of love.  
They soar with the eagles,  
As they fly so high above.



The night will find them in the stars,  
Lighting our path below.  
And even in our dreams,  
Their presence we'll still know.

As the snow melts with the sun,  
And spring flowers peek through their beds,  
They come on the wings of butterflies,  
And flutter about our heads.



They are telling us they are with us,  
And will be forever more...  
Until it's time for us to meet again,  
As we pass through heaven's door.



Jacquelyn M. Comeaux  
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## *I Am Spring*

I am the beginning.  
I am budding promise.  
I spill cleansing tears of life  
from cloudy vessels  
creating muddy puddles  
where single cell creatures abide  
and splashing children play.

I am new green growth.  
I softly flow from winter's barren hand.  
On gentle breeze I fly – embracing sorrow.  
With compassion, we feather nests  
where winged voices sing winter-spring duets.  
As frozen ice transforms to playful stream  
I whisper truth – life is change.

I am spring.  
I bless long, dark wintry days.  
I crown mankind's pain  
with starry skies  
in deepest night  
lighting solitary paths from sorrow to joy  
as the wheel of life turns 'round and 'round.

Carol Clum

I believe that God is in me as the sun is in the  
color and fragrance of a flower—the Light in  
my darkness, the Voice in my silence.

- Helen Keller

## **OLDER GRIEF**

Older grief is gentler. It's about sudden tears swept in by a strand of music. It's about haunting echoes of first pain at Anniversaries. It's about feeling his presence for an instant one day while I'm dusting his room. It's about early pictures that invite me to fold him in my arms again. It's about memories blown in on wisps of wood smoke and sea scents.

Older grief is about aching in gentler ways, rarer longing, less engulfing fire.

Older grief is about searing pain wrought into tenderness.

-Linda Zelenka  
TCF, Jacksonville, FL

# RESOURCES

**American Foundation for  
Suicide Prevention**

[www.afsp.org](http://www.afsp.org)                      888-333-2377

**CONTACT LUBBOCK'S Heartbeat:  
Support Group for survivors of suicide  
victims**

806-787-1209

**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.thebereavementjourney.com](http://www.thebereavementjourney.com)
- ❖ [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.spacebetweenbreaths.com](http://www.spacebetweenbreaths.com)
- ❖ [www.holdingontolove.com](http://www.holdingontolove.com)
- ❖ [www.griefhaven.com](http://www.griefhaven.com)
- ❖ [www.centerforloss.com](http://www.centerforloss.com)
- ❖ [www.survivorsofsuicide.com](http://www.survivorsofsuicide.com)
- ❖ [TCF Lubbock Facebook Page](#)

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## COMPASSIONATE LISTENERS

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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

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

Pregnancy and Infant Loss Support Group

**April 5, 2016 7:00 p.m.**

TCF Lubbock Chapter Support Group

**April 19, 2016 7:00 p.m.**

Pregnancy and Infant Loss Support Group

**May 3, 2016 7:00 p.m.**

TCF Lubbock Chapter Support Group

**May 17, 2016 7:00 p.m.**

Pregnancy and Infant Loss Support Group

**June 7, 2016 7:00 p.m.**

TCF Lubbock Chapter Support Group

**June 21, 2016 7:00 p.m.**

Pregnancy and Infant Loss Support Group

**THE COMPASSIONATE FRIENDS**

**39th Annual Conference**

**July 8-10, 2016**

**Scottsdale Arizona**

### *The Secret of TCF*

The secret of The Compassionate Friends is simple: There is no line between being a helper and being helped. In the early months of peoples' membership in TCF, it seems that most of the time is spent absorbing ideas, crying and letting the grief flow, and "learning the ropes" of being a bereaved parent. The next step is reaching out to others and helping them. It is not a big step, for listening to another person sort out his life helps us to sort out our lives, too. But it is an important step because it is the first point at which the movement is reversed. All the energy has been going inward. We had been feeling so empty inside that we kept withdrawing into ourselves. But at that point when we turn around is the point when we first listen to another, speak the words of comfort and hope, share our pain instead of just feeling our pain. At that time, the real healing has started.

*-Dennis Klass, Ph.D.*

*Advisor - TCF, St. Louis, Missouri*