



THE COMPASSIONATE FRIENDS NORTHERN VIRGINIA AND DC CHAPTERS

Arlington, Fairfax, Leesburg, Prince William, Reston, Virginia and Washington, DC
Supporting Family After a Child Dies

VOLUME 20, NO. 9

NOVEMBER 2011

The mission of The Compassionate Friends is to assist families in the positive resolution of grief following the death of a child and to provide information to help others be supportive.



THE COMPASSIONATE FRIENDS
Supporting Family After a Child Dies

Light a candle for all
children who have died

**Worldwide
Candle
Lighting®**

*... that their light
may always shine.*

**Sunday, December 11, 2011
7 PM Around the Globe**



SAVE THE DATE

The Compassionate Friends Worldwide Candle Lighting unites family and friends around the globe in lighting candles for one hour to honor and remember children who have died at any age from any cause. As candles are lit at 7 PM local time, creating a virtual wave of light, hundreds of thousands of persons commemorate and honor the memory of children in a way that transcends all ethnic, cultural, religious, and political boundaries.

Now believed to be the largest mass candle lighting on the globe, the Worldwide Candle Lighting, a gift to the bereavement community from The Compassionate Friends, creates a virtual 24-hour wave of light as it moves from time zone to time zone. Hundreds of formal candle lighting events are held and thousands of informal candle lightings are conducted in homes as families gather in quiet remembrance of children who have died, but will never be forgotten.

Watch for more information via email from your chapter or contact your chapter leader.

Chapter Services

(unless otherwise noted, services are at 7 PM on December 11)

Arlington: Trinity Presbyterian Church,
5533 N. 16th St., 6:30 PM

Fairfax: St. Mary's Historic Church,
Fairfax Station Road and Route 123

Leesburg: St. James Episcopal Church,
14 Cornwall St NW, *December 7, 7:30 PM*

Reston: North County Gov. Bldg.,
12000 Bowman Towne Dr., *December 10, 2PM*

Prince William: Manassas Presbyterian Church,
8201 Ashton Avenue

Inside this issue:

Calendar and Contacts	2
Resources and Information	3
Arlington Chapter	4
Fairfax Chapter	5
Leesburg Chapter	6
Prince William Chapter	8
Reston Chapter	9
Washington, DC Chapter	10
Our Children Remembered	14

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www.tcffairfax.org

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Prince William Website

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Washington, DC Website

<http://www.tcfwashingtondc.org>

NOVEMBER 2011 MEETINGS**November 2**

7:30 PM Fairfax Chapter
7:30 PM Leesburg Chapter

November 10

7:30 PM Arlington Chapter

November 12

2-4 PM TCF Reston

November 16

7-9 PM Washington DC

November 17

7:30 PM Prince William

Arlington Chapter

Contact: Lois Copeland
703-835-3242
loiscopeland52@gmail.com

Please send
"Love Gifts" to:
Kent Womack
1013 Riverside Dr.
Woodstock, VA 22664

Trinity Presbyterian Church
5533 N.16th St
Arlington, VA

Second Thursdays, 7:30 PM

Fairfax Chapter

Contact: Carol Marino
Carolmarino1@gmail.com
or Diane Burakow
dkburakow@verizon.net
Chapter Phone:
(703) 622-3639

Please send
"Love Gifts" to:
Monica Clark
5444 Ladue Lane
Fairfax, VA 22030
Attn: TCF

OLD ST. MARY'S HALL,
next to St. Mary's Historic
Church and Cemetery
Fairfax Station Rd
and Route 123
Fairfax, VA 22030

First Wednesdays, 7:30 PM

Leesburg Chapter

Contact: Bev or Bernie Elero
(540) 882-9707

Please send
"Love Gifts" to:
Mrs. Anne Shattuck
224 Walnut Ridge Ln.
Palmyra, VA 22963

St. James Episcopal Church
Janney Parlor
14 Cornwall St NW
Leesburg, VA

First Wednesdays, 7:30 PM

Prince William Chapter

Contact: Ken Adams
(703) 361-6574
adamsksbjk@comcast.net

Please send
"Love Gifts" to:
Melody Ridgeway
9366 Dahlia Ct.
Manassas, VA 20110

Grace United Methodist Church
Library, 2nd Floor
9750 Wellington Rd
Manassas, VA

Third Thursdays, 7:30 PM

TCF Reston (for no surviving children)

Contact:
Nancy Vollmer (VA)
(703) 860-8587
Sharon Skarzynski (MD)
(410) 757-5049

North County Gov Bld.
Reston Police Station Bld.
12000 Bowman Towne Drive
Reston, VA

Second Saturdays, 2-4 PM

Washington, DC Chapter

Contact: Olivia Gunter
(301) 552-2798

Please send
"Love Gifts" to:
Coralease Ruff
3314 Applegrove Ct.
Oak Hill, VA 20171

The Howard University
The Blackburn Center
2397 Sixth Street, NW
Washington, DC 20059

Third Wednesdays 7-9 PM

Resources and Information

The Compassionate Friends

home page: www.compassionatefriends.org

home page links:

- Facebook
- Twitter
- Chat rooms

877-969-0010

Survivors of Suicide

www.suivivorsofsuicide.com

American Foundation for Suicide Prevention

www.afsp.org

888-333-2377

Parents of Murdered Children

www.natipomc@aol.com

888-818-7662

Haven of Northern Virginia

www.havenofnova.org

703-941-7000

CrisisLink

www.crisislink.org

703-527-4077

SHARE (pregnancy & infant loss support)

www.nationalshareoffice.com

800-821-6819

MISS Foundation (miscarriage, stillborns, infant loss support)

www.missfoundation.org

local chapter: www.dcmisfoundaton.org

703-728-8446 Roberta Quirk

Washington Regional Transplant Community

www.beadonor.org

703-641-0100

National Suicide Prevention Lifeline

800-273-8255 (TALK)

Other helpful websites:

www.griefnet.org

www.goodgrief.org

www.thebereavementjourney.com

www.griefwatch.com

www.journeyofhearts.org

www.bereavedparentsusa.org

www.healingheart.net

www.childrenofdome.com

www.spacebetweenbreaths.com

www.holdingontolove.com

www.griefhaven.com

TCF NATIONAL OFFICE PARTNERS WITH LOCAL CHAPTERS

TCF has over 600 chapters nationwide offering comfort and hope to grieving families after the death of a child, sibling or grandchild. Chapters tend to raise funds for their local treasuries via direct donations, love gifts on special anniversaries, as well as sponsoring special events such as candle lightings, butterfly or balloon releases, memorial walks and a variety of other activities. The chapters use their funds for a variety of reasons which include: maintaining a sufficient supply of goods and materials to sponsor regular meetings, newsletter and/or website expenses, and making special donations to the national conferences each year in memory of their chapter's loved ones.

Occasionally, someone will inquire about how monies donated directly to the national TCF office benefit chapters at the local level. TCF supports the local chapters in a variety of important ways. The national office often facilitates the first point of contact between a newly bereaved family and their closest neighborhood chapter. Since TCF is more widely known than a decade ago, many hear about TCF by word of mouth and manage to find the national website at www.compassionatefriends.org or call the toll-free number on 877-969-0010. By visiting TCF's state-of-the-art website, they can locate the local chapter in their area to obtain direct contact and specific meeting information. The website contains a wealth of information and even provides opportunities seven days a week for participation in grief-related chats during those times when a local meeting is unavailable.

The website also offers a wealth of training information, and new ventures are on the horizon with training videos and grief-related webinars being planned for the near future. In the interim, the website offers a special, password protected Leadership website that contains the latest up-to-date information from the national office, provides tools to assist in newsletter preparation, and facilitates networking.

The national office also provides important liability insurance coverage for all TCF-sponsored events, such as: monthly meetings, memorial programs, regional conferences, and walks. In addition, the national office coordinates the 501(c)(3) tax-exempt status, which enables local donors to make tax deductible donations to chapters year-round. To protect TCF's tax exempt status, the national office insures compliance with IRS regulations and ensures compliance on behalf of every chapter by filing annual reports, state registrations, and a wealth of other information.

Throughout the year, the national office staff partners with each regional coordinator and chapter leader to ensure TCF achieves our vision that "Everyone who needs us will find us and everyone who finds us will be helped."

~Kathy Collins, Regional Coordinator D.C. & Va.

Arlington Chapter

HANDLING TRAUMA AFTER TRANSPORTATION CRASHES

I recently read an article in the Metro Section of The Washington Post (9/15/11) titled *Restoring Calm after Calamities*. The article talks about how a government agency, the Office of Transportation Disaster Assistance (TDA) of the National Transportation Safety Board, helps family members after transportation calamities. The NTSB established the agency after very poor responses to families following several airline crashes. Sharon Bryson was asked to head the newly formed Office of TDA. Her office coordinates the efforts to meet family needs.

Sharon Bryson came to this new job with expertise as a mental-health professional. She formerly served as family service director of the center at Dover Air Force Base. This is where military families collect the bodies of personnel who die overseas.

What caught my eye in the article is Sharon's quote, "I don't think anybody ever gets closure," Bryson also said, "Most family members will tell you they don't particularly care for closure in the sense that you'll put that behind you and move on with the rest of your life. It becomes a part of who they are. Our role is to mitigate that trauma so they can figure out what their new normal will be." Sharon Bryson voices what we in TCF know, *there is no closure*.

~Lois Copeland, TCF Arlington VA

THANKSGIVING

Thanksgiving is one of the most difficult holidays we face. How can we be thankful when our child has died? Grief encompasses all areas of our life. It takes so much strength to find a way where Thanksgiving is not such a nightmare.



I hope, if you are newly bereaved or not so newly bereaved, that you will have a loving family and friends who truly understand. Try to let the precious memories of your child bring you some peace when you are feeling such a heavy sense of pain and loss.

~Lois Copeland, TCF, Arlington, VA

VOLUNTEERS NEEDED FOR THE CANDLE LIGHTING

Email Henry Allen (hnrallen2@gmail.com) or

Elaine Anzevino (eanzevino@aol.com).

LOVE NEVER GOES AWAY

"Why does it hurt so much? Why is this grief so incapacitating? If only the hurt weren't so crushing?" Sound familiar? All of us have known hurts before, but none of our previous "ouchies" can compare with the hurt we now feel. Nothing can touch the pain of burying a child.

Yet, most of us have discovered that the sun still comes up. We still have to function. We did not die when our child did, even though we wished we could have. So we are stuck with this pain, this grief, and what do we do with it? Surely we can't live like THIS forever!

There are no magic formulas for surviving grief. There are a few commonly recognized patterns for grief, but even those are only guidelines. What we do know is that the emptiness will never go away. It will become tolerable and livable...some day.

TIME: the longest word in our grief. We used to measure TIME by the stops of our child...the first word, first tooth, first date, first car...now we don't have that measure anymore. All we have is TIME, and it only seems to make the hurt worse!

So what do we do? Give ourselves TIME... to hurt, to grieve, to cry. TIME to choke, to scream, TIME to be "crazy" and TIME to remember.

Be nice to yourself! Don't measure your progress through grief against anyone else's. Be your own time keeper. Don't push. Eventually you will find the hours and days of grief have turned to minutes and then moments...but don't expect them to go away. We will always hurt. You don't get over grief...it only becomes tolerable and livable.

Change your focus a bit, instead of dwelling on how much you have lost try thinking of how much you had. Try letting the good memories come over you as easily as the awful ones do. We didn't lose our child...HE/SHE DIED. We didn't lose the love that flowed between us...it still flows, just differently now.

Does it help to know that if we didn't love so very much, it would not hurt so badly? Grief is the price we pay for love. And as much as it hurts, I'm very, very glad I loved!!!

Don't let death cast ugly shadows, but rather warm memories of the loving times you shared. Even though death comes, LOVE NEVER GOES AWAY!!!

~Darcie D. Sims, TCF San Antonio, TX~

WELCOME

To **Ron Byrd**, who lost his daughter **Erika**, on April 10.

It is always hard to "welcome" parents coming to our meetings because we are so very sorry for the reason you have found us. We are glad you had the courage to reach out for help.

Fairfax Chapter

SORROW

Submitted by Mary Keegan

She rises out of nowhere, like a wave from the sea,
Slowly at first, silently, then crests and peaks:
Still I have a choice
I can turn away.

But I know sorrow well.
Though I turn away, she will wait,
Perfectly patient,
Until I am still,
Then crush me with all of her accumulated power.

Once I had angry walls to shut her out,
But her incessant pounding tore them down.
So now, when she rises,
I turn to her and say,
Here I am, I know you, sorrow.
She crashes on my shoreline,
And sorrow and I are one
Until, trailing frothy whitecaps,
She sweeps away.

~ P.G. White

(From *Grief: Healing after the Death of a Sister or Brother*. Used with permission.)

MY MOM IS A SURVIVOR

Submitted In Loving Memory of Siobhan Russell
10/16 ~ 4/12

Submitted by the Russell Family

My mom is a survivor, or so I've heard it said.
But I can hear her crying when all others are in bed. ...
I watch her lay awake at night and go to hold her hand.
She doesn't know I'm with her to help her understand.

But like the sands upon a beach that never wash away...
I watch over my surviving mom who thinks of me each day.
She wears a smile for others, a smile of disguise...
But through Heaven's open door, I see tears flowing from her eyes.

My mom tries to cope with my death, to keep my memory alive.
But anyone who knows her knows it's her way to survive.
As I watch over my surviving mom through Heaven's open door...
I try to tell her that Angels protect me forevermore.

I know that doesn't help her, or ease the burdens she bears.
So if you get a chance, call to her and show her that you care.
For no matter what she feels,
my surviving mom has a broken heart that time won't ever heal.

~Kaye Des'Ormeaux
October 15, 1998
Used with permission.

IS IT EASING?

I heard your name today and my heart did not skip a beat, nor was my mind flooded with the emotion of losing you. I heard your name today and it did not bring back the terrible hurt feelings of when you first left me.

I heard your name today with a calmness that surprised me. Many another child carries your name, and it had been torture hearing it and seeing the smiling faces on those little girls.

But today I knew—I found out—what others in my footsteps found out and tried to tell me. The hurt will ease, but the memories, the love, the good times will never go away.

~Phoebe C. Redman
TCF Bradenton, FL

"If you know someone who has lost a child...and you're afraid to mention them because you think you might make them sad by reminding them that they died, they didn't forget they died. You're not reminding them. What you're reminding them of is that you remember that they lived, and that's a great, great gift."

~Elizabeth Edwards

(Submitted by Deb Sutor in memory of her sister Jamie Sutor)

Leesburg Chapter

SHARED THOUGHTS ON CELEBRATING THANKSGIVING WHILE GRIEVING

For many of us, fall means the time of year to be in awe of all the beautiful colors of nature, and to give thanks for our many blessings. When our child or sibling dies, our eyes still see nature's beauty, but our hearts are in too much pain to feel, appreciate, or enjoy anything. The Thanksgiving holiday seems almost unacceptable to many newly bereaved. It is very difficult to give thanks, when one of our greatest blessings has been taken from us, and the gut-wrenching pain is with us every moment.

We now know how precious the gift of life is. We are more appreciative of our surviving family, and find the dreaded anticipation of not having our whole family together for our traditional Thanksgiving adds to our grief. This is not a time to shelter others from our pain. Not being honest can give false messages, and confuses others who want to help us. Friends and extended family members frequently think they know what is always best for us. Their advice may only be best for them, by easing their pain and pretending you are capable of handling more than you can.

It is important to include immediate family members in your holiday planning. Don't try to read their minds. You are showing respect and acknowledging their pain by getting their input. They, too, have apprehensions of upcoming holidays, and need to have open verbal communications.

If you plan to be with friends or extended family, it may be wise to give advance notice that you may not be able to "keep it together." If you plan to have people in, try to let others help you prepare the dinner. You may want to deviate from traditions. Only you can decide what is best for you. Ask friends to accept your decision. We kept all our traditions, but that may not be best for you. We still had our surviving children at home, and it seemed important to hold to our seasonal celebrations.

Even though it is difficult to count blessings, we need to communicate with our feelings. Family, friends, and relationships are always at the top of our list of things to be thankful for. Next came material things, which now seem so trivial, and not even worth enumerating. "Things" don't belong on the same page anymore. Most of us have learned a new meaning about life. What a waste of time it would be if we endured all this pain and agony, and did not become a more caring person. We also have a new understanding of the word "Compassion", and have learned to reach out to those who need us.

We should not minimize our pain. It often prevents us from counting our blessings, and that is very normal during our early grief. The intense pain blocks out everything. We should feel no guilt for having normal human reactions. Allow yourselves to grieve and cry, it is very healing.

There are no shortcuts to get through our grief. But, it will get softer, and tolerable, and we learn how to handle the holidays. I could not believe this in my fresh grief. I have healed more than I ever thought possible. All memories were so

painful. One of the things I am most thankful for is that I can now remember beautiful times with Doug, without having intense pain. I feel you will also have this blessing one day.

God Bless.

~Marie Hofmockel, TCF Valley Forge, PA

A Warm Welcome

Michelle S. LeTeigner, mother of Kerian Raphael

Dear Kayleigh:

It's almost 3:00 a.m. and I just finished work and our final walk. (Note: I feel I need to apologize to everyone who reads the newsletter...I'm sorry but I don't write poetry...I write letters to my daughter.) Somehow I feel the need to express myself on this night. It's been almost 28 months since you were taken from your family and friends. I thought I was actually doing better. I could go days without shedding a tear. I thought I turned a corner. But as they say, one step forward and two steps back. My anger was so strong tonight that the tears came full force and they just wouldn't stop. No amount of walking would help. Between the jobs, your sisters, and the fact that you're not here, I just couldn't take it anymore. It's so unfair that you didn't get to live the life you wanted to, the life you planned. Your life was cut short by someone who had no logical reason. I think back to the time when you started dating Justin and I think I knew then that it was such a big mistake. I knew you could do so much better, but as I usually do, I bit my tongue because I knew he made you happy. I think, if I had the chance to go back and change time, how would I handle it?

Your friends are a great support to me. Dinner every two weeks, and text messages in between. They try to encourage me, sometimes I have to laugh at how they come across. I still attend my Friends meeting once a month. The new people come and go, but we always have the regular friends. Rachel is busy with her job and her boyfriend. I just wish she would realize how much I want to just sit and talk. I've basically given up on Trina. She's in her own world and will only come out when she absolutely has to. So, for the time being, I'm just going to lay low, keep to myself, only come out when I have to. I'll do a lot of walking with the dogs, work at home to keep my mind off everything else in my life, and of course, talk to the one person I thought would be my friend for life, until that life was taken from me. I know I need to try and keep a positive attitude, and move forward. Some days it's just too hard.

I've been to a funeral and "memorial" barbeque for a friend who lost his son six years ago. Maybe that has something to do with it. I promise, I will try to do better. But for now, please accept me as I am. I think you're the only one who will.

Love, Mom

~Debbie Plamondon, TCF Leesburg

Leesburg Chapter

SUICIDE

No one knew the torment,
That you were going through;
We only kept on seeing
What we really wanted to.

We saw the outward smile,
But not your inner pain;
We never really dreamt,
That you would never smile again.

Forgive us if we failed to see,
What we could do to aid;
Or if we failed to comprehend,
How much you were afraid.

We pray your mental anguish,
Will now forever cease;
And that your deep anxieties,
Will be replaced by peace.

We know your pain invaded,
Every single thought you had;
It made you cry internally,
And deeply, deeply sad.

But we in turn remember,
The good times, not the bad;
We remember when you smiled at us,
And not when you were sad.

So when we think about your life,
We won't dwell upon its close;
We'll remember all the good times,
And forget about life's blows.

We'll remember all the happiness,
The joy and not the tears;
The assurance and the confidence,
And not irrational fears.

Our lives have all been better,
Because you have been there;
So now we leave your memory,
In God's all-loving care.

(c) Dick Underwood 2008,
www.funeral-poems.net website with permission

13TH ANNUAL INTERNATIONAL SURVIVORS OF SUICIDE DAY

*Day of Healing for Bereavement After Suicide in
English, Spanish & French*

SATURDAY, NOVEMBER 19, 2011

Survivors of suicide loss gather at hundreds of simultaneous healing conferences around the world every year on International Survivors of Suicide Day to connect with others who have survived the tragedy of suicide loss, and express and understand the powerful emotions they experience.

If you do not live near a participating city, or you find it difficult to attend in person, you can watch online and join in a live chat immediately following the program.

Featured survivors address the questions that so many newly bereaved survivors face: Why did this happen? How do I cope? Where can I find support? Experts on suicide share information on what we currently know about suicide and grief.

You can view past programs throughout the year at any time.

Visit www.afsp.org/survivorconference for further details.

THANKS

To **Margaret Armstrong**

For her love gift in memory of her son, Rusty

OLDER GRIEF

It's about sudden tears swept in by a strand of music.
It's about haunting echoes of pain on anniversaries.
It's about feeling his presence one day while dusting the room.
It's about early pictures that invite me to hold him in my arms again.
It's about memories blown 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.

*~from Children of the Dome
Reprinted with permission of the publisher and founder*

Prince William Chapter

VULNERABLE

I have found in the years that have passed that **I am most vulnerable at times of remembrance**. The word "Anniversary" no longer holds a promise of celebration. Instead, holidays and birthdays, family gatherings and otherwise joyous occasions contain an undertow of sorrow. If I get caught up in it, I quickly get pulled under and wind up gasping for breath. It is ironic that the presence of the absence can be so emotionally devastating.

You'll excuse me if the bounce is gone from my step. Or the depth of my laughter has changed. Issues that were once monumental, now seem insignificant. Please excuse me if I don't commiserate that your car needs repair or the faucet leaks. My focus on life has forever changed.

You'll excuse me if my spirit seems lost during holidays of any kind. They are now days "to bear," rather than days to share and enjoy.

You'll pardon me if I bring you down or make you feel discomfort, and

I'll pardon you for not understanding that my life will never be the same; that although I'll survive, there will always be sorrow.

~Joan Fischer, TCF - Nassau County Chapter, NY

THE GRIEF OF A PARENT WHO HAS LOST AN INFANT

To experience the loss of an infant is to grieve for what never was. After all the months of anticipation and preparation, the actual birth of a child brings the feeling of hope and fulfillment. Should that child be stillborn, or die hours, days or even months later, the unrealized dreams become a source of pain for the parents. No parent expects to outlive his child; the death of an infant is often the loss of a child unknown even to the parents. The expected stages of grief (guilt, disbelief, anger, etc.) can have new directions for the parents who have lost an infant.

1. Shame and guilt. Especially if the infant was stillborn or had a birth defect, the mother may feel she has failed as a woman. "Other women have live, normal babies, why can't I?" Should an infant die months after birth, parents find it hard to resolve feelings that it was their fault.

2. No memories. Parents may only have "souvenirs of an occasion" (birth certificate, ID bracelet) by which to remember their child. If the infant is older, they may have pictures and a few belongings, but they still feel they hadn't really gotten to know their child.

3. Loneliness in grief. It is hard for friends and relatives to share your grief for a child they never knew. If the child is a newborn they may give the impression that you are grieving

unnecessarily over a non-person. They hope that you can "forget this baby" and "have another one."

4. Neglected father. Too often the sympathies of professionals and friends are directed mainly to the mother. It is important to remember that the father had made plans for this baby too.

5. Mothers vs. fathers. Since the mother has bonded with her child all during pregnancy, her grief may be much deeper than the father who only came to know this child after birth. It may be difficult for a father to understand why his wife's grief is so profound and so prolonged.

~Claire McGauhey and Sue Shelley, TCF St. Louis

As We Near The Special Season

As we near the special season that stirs up feelings of heritage, patriotism, thanksgiving, and our relationship with God, we are instantly reminded that it doesn't seem to fit together for us; our personal sense of well-being is suffering. Our hearts and spirits are undergoing the trauma of painfully fresh wounds in some cases, while others are coping with the scar tissue of older grief that refuses to heal or restore comfort to their lives. This season reminds me we are living with extra stress that must be resolved. I offer a few thoughts to each of you, along with my love, in hope that feelings of peace and purpose will return to bring you comfort.

First, be careful in agreeing to take on the traditional extra work that goes with holidays. You are coping with grief that will take much of your useable energy.

Second, be especially kind and patient with yourself. The need for physiological rest is vital at this time; regular sleep and rest hours will help.

Third, be aware that holidays and alcohol have become traditional companions; extra caution may be necessary to prevent the depressant effects of alcohol from further aggravating your grief anxiety.

Fourth, it's okay to change past practices that are especially painful reminders of what can be no more; do something different if you have to.

Finally, allow yourself private time as you need to, but also remember it's important to allow others to try to bring you comfort and give you extra help during the holidays. Loved ones need feedback that says: "I'm trying to recover, and I appreciate your help."

Peace be with you.

~Ann Frost, TCF Middle Georgia Chapter

Reston Chapter

Thanksgiving is just around the corner. Are you going to dinner with family or friends? In the past I have mentioned to the hostess that I would like to bring a candle for the dinner table. Just before dinner we light the candle, not only in Lauryn's memory, but in memory of all those who have gone before us. Everyone seems glad to say the names of those we are remembering. As we sit around the table the glow of the candle is a comfort to us all.

~Kathy Grapski



NOVEMBER AGAIN

Leaves are turning the shade of autumn, then falling, one by one, to the misted ground below. Summer flowers have faded and died. The sun hides behind dark and dreary clouds. It is November again. Was it so long ago that this month brought warm thoughts of Thanksgiving together? The smell of wood burning, walks in the nippy air? This is the month you left us. And all the warm glow of November went with you. All that remains are the chrysanthemums planted in a special memorial garden for you. They are ready to burst into beautiful shades of yellow and orange. They symbolize one more year without you. But our love has not diminished.

~Pat Dodge, TCF Sacramento, CA

HOLIDAY REMEMBRANCE

Maybe nothing seems quite right in your house or in your heart this season. Can you ever be happy again? Will the sights and sounds of the holiday season ever touch you again? Will the emptiness always be THIS BIG? No. Nothing stays the same, not even in grief.

Just as soon as you figure out how to get through one day, another day arrives...with new challenges and obstacles. What helps one day may not even touch the pain the next so be patient with yourself. Know that hardly anyone you see is as happy as you think they are. We all have hurts to hide. Do what you can this season, and let it be enough. But whatever you do, try not to lose the holiday completely.

It may not be the same as it was "before", but it is the holiday season, and you are in it. No matter how shattered your life, how fragmented your dreams, there must be light somewhere. There must be hope somewhere.

Our loved ones have died. We did not "lose" them, nor did we lose the love we shared. Our loved ones were and still are a part of us. We cannot lose their love.

As long as we know there is joy somewhere, then we know it will come to us again. We just have to hang on tight and believe. Believe in whatever you choose, but at least light a candle this holiday season. And remember the JOY that used to light your heart. Light a candle for HOPE, for remembrance.

No matter where you are, or which holiday it is for you, light a candle for LOVE because it is the GREATEST LIGHT OF ALL.

~Patti Coiligan / TCF Pasco County Chapter

Welcome to our newest members

Coming to the first or even the second meeting is hardest, but you have nothing to lose and everything to gain. Please attend at least three meetings to get a good sense of what the meetings are all about. At the next meeting, you may find just the right person or hear just the right words that will help you in your grief work.

To our members further down the "Grief Road"

We need your encouragement and support. Think back to what it was like for you at your first meeting and how much you needed TCF "veterans" to welcome you, share your grief, encourage you and tell you "your pain will not always be this bad, it will get softer."

NOW I KNOW...

I never knew, when you lost your child,
What you were going through.
I wasn't there, I stayed away,
I just deserted you.

I didn't know the words to say,
I didn't know the things to do.
I think your pain so frightened me,
I didn't know how to comfort you.

And then one day my child died.
You were the first one there.
You quietly stayed by my side,
Listened, and held me as I cried.

You didn't leave, you didn't go.
The lesson learned is...

NOW I KNOW!

~Alice Kerr, TCF Lower Bucks, PA

Washington, DC Chapter

THINKING OF THANKSGIVING

Traditionally, as we approach November, our thoughts turn to Thanksgiving and the holidays that follow. After becoming members of the bereaved parents and siblings club, I wonder if that is still true. My first inclination is to categorically say no—my child or my sibling has died—what have I to be thankful for? Loneliness and sadness? Being out of step with the rest of the world?

I invite you to read the words of the founder of our Chapter, Dr. Coralease Ruff, mother of Kandy, and perhaps you too will find ways to be thankful this Thanksgiving.

~Veronica Stubbs, TCF DC

GRATITUDE (THANKSGIVING)

Learning to identify gifts to be thankful for was very difficult after my 21-year-old daughter was killed in a car accident. Even though she was hundreds of miles from home her loving kindness followed her. Now nearly 15 years following her death I can readily see many gifts that I have been given. I am so grateful to God for sending a special daughter into my life and into our family. I appreciate her caring and unselfish spirit and the impact her life had on so many people. I am grateful to her for teaching me the importance of living each day to the fullest, taking time for self and the importance of spending time in daily meditation and exercise.

I am grateful for my entire church family who stepped in and supported us in so many ways. My neighbors came to our rescue in the early moments and provided assistance in unusual ways and for them I am grateful. I am grateful for my sorority sisters who continued their usual caring spirit during the very difficult days. I continue to be grateful to my family, friends and strangers for listening to me talk about Kandy. Additionally I really appreciate my colleagues and friends on all levels of the Howard University community who were with me at the moment I received the call and continued to be supportive.

I am especially grateful to all of the bereaved parents and bereaved siblings who shared their journey through grief in many beautifully written books. One of the greatest gifts has been The Compassionate Friends and all of the many new and wonderful friends I have made over the years. I have healed tremendously through our mutual sharing and growing together. I am grateful for each and every one of them for the many ways they have enriched my life.

Finally, I am grateful to a loving God for carrying me on his shoulder when I could not walk alone and for carrying me to the other side of grief. It is this care that empowers me to reach out to other grieving individuals

through support, education and information. These are some of the many gifts for which I am eternally grateful as I end the 14th year of my grief journey.

~Coralease C. Ruff

WELCOME

To **Shannon Malveaux**
Mother of Brittany Malveaux

ANNOUNCEMENT

We are pleased to welcome our new steering committee members:

Jean Pierce, mother of Dorian, as Co-Chapter Leader

Veronica Stubbs, mother of Darrin, as newsletter editor

Kay & Wayne Hubbard, parents of Taylor, as database managers

Brenda Ford, sister of Frank, as sibling coordinator

Thank you for your willingness to reach out and help the newly bereaved coming behind us.



I NEVER BELIEVED...

I never believed I would see another season change with gladness. I never believed I would see the world again without the haze of tears. I never expected to actually laugh again. I never felt my smile would return and feel natural on my face. I never hoped for another day when I would not want to die. I never envisioned a world that could again be bright and full of promise. I believed that all that had passed from me the day he died and went away, never to return. But I was wrong, and I know that in the fullness of your grieving, you too will come to understand that life goes on...that it can still have meaning...that even joy can touch your life once more.

~Don Hackett, TCF Hingham, MA

From the Editor...

This is me trying to be grateful, given that Thanksgiving approaches whether or not I am ready. In some ways I find it the least onerous of the holidays; less pressure to be “cheery”, I guess. Just organizing a pain-in-the-neck traditional meal, time with people who feel safe to me, a walk in the fall weather, reading and a turkey sandwich. Done.

But I’m not doing that “round the table” thing listing all I have to be thankful for. I’m not doing that.

I am trying to be grateful that when Jordan died in his university dorm room, a caring and sensitive counselor was dispatched to comfort us who told us of her admiration for Dr. Robert Neimeyer. I am trying to be grateful that when I sent this renowned scholar a desperate email asking for his help finding a therapist, that he responded quickly and compassionately. He assured me he didn’t know one in my area but would surely find me one. And he did.

I am grateful for our grief counselor, who over many months that have turned into years, proves himself to have rock solid integrity, limitless sensitivity, bottomless encouragement, vast experience helping the bereaved, and an uncanny knack for being a phenomenal comfort to me *and* my husband. No small feat.

I am grateful for all the grieving parents who have reached out to me, held my hand, witnessed my tears, listened to my truth, refused to be frightened, and encouraged me to soldier on. I am especially grateful to Louise and Mark and Kay and Fred.

I am grateful to my sister, our extended family who choose to stand by us, my friends and neighbors who have tolerated my wounded and broken and ill tempered self, who have been patient and forgiving with me. I am grateful that they have tried to learn how to be a safe support. I am grateful for those who walk with me, call me, send me cards and emails, and meet me for lunch. I am grateful for those who refuse to disappear.

I am grateful to my friend who has patiently taught me and coached me to become a newsletter editor. She has devoted so many hours that I would be overwhelmed with guilt if I truly knew how many. She has stayed by my side as I have struggled to conquer unfamiliar and complicated software, learn about graphic design, master proofreading, and try to transform myself into an editor. She is a true editor, although a “ghost” one since she prefers anonymity. I am immensely thankful for her tutoring and coaching.

I am grateful to Dennis Apple (author of *Life After the Death of my Son*) and to Chuck Collins, (author of *Holding onto Love*), who were willing to chronicle their personal accounts of their grief journeys and who continue to be there for me with wise counsel and bolstering advice. I am thankful that both of them are married to such lovely women, who set courageous examples for me of bereaved motherhood. I am grateful to *all* those who write of their experience so that this horrifically abnormal circumstance can somehow be “normalized”.

I am grateful to The Compassionate Friends organization and all the options they offer to lift me up while I struggle, especially the national conferences with all the incredible workshops.

I am grateful to my dog, Dixie, for rescuing me when I thought I was rescuing her.

I am grateful to my husband and my daughter who both work so hard to keep us connected as a family in spite of our pain and our different ways of coping. I am grateful for their love.

One day, maybe, I will be grateful for the nineteen years I had with my son in a way that will override the depth of my grief. I confess that at two and a half years in “grief age”, grief is winning.

~Peggi Johnson

BOOKS I HAVE FOUND HELPFUL

Life After the Death of My Son by Dennis Apple

Holding on to Love by Chuck Collins

Man’s Search for Meaning by Viktor E. Frankl

When Bad Things Happen to Good People by Harold S. Kushner

A Grief Observed by C.S. Lewis

My Son, My Son by Iris Bolton

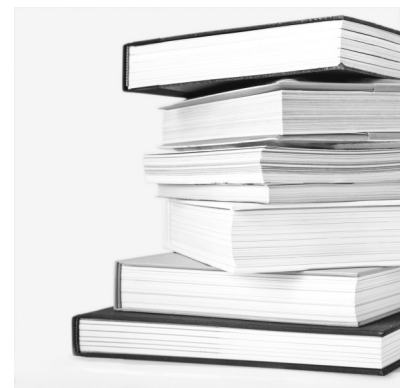
Saving Graces by Elizabeth Edwards

Resilience by Elizabeth Edwards

A Grace Disguised by Jerry Sittser

A Mother’s Story by Gloria Vanderbilt

Only Spring by Gordon Livingston



Combined Issue

The December and January issues of this newsletter will be combined. Material for both of those months (articles, poems, tributes, etc.) needs to be provided to your chapter reporter in November.

SAFE SUPPORT

Dear Friends,

For the grieving person, having a support system is a crucial piece of the healing pathway of loss, and that system looks different for everybody. For some, it is a ready-made network of friends and family who are there at the drop of a hat to provide love and care. For others, it is one or two friends who have walked a similar journey, and still there are others yet who must construct a support system from the ground up because their main system of support is gone. No matter where the support system comes from or who is a part of it, that system must be unobstructed and safe for the griever to do the work that comes with loss.

In his book titled *Understanding Your Grief*, Alan Wolfelt defines safe support coming from those who are “truly empathetic helpers. They will have a desire to understand you and your unique thoughts and feelings about the death...They will be willing to be involved in your pain and suffering without feeling the need to take it away from you” (pg. 127). It is not easy to bear witness to someone else’s pain without an urge to take it away or to soften it somehow. Unfortunately, such actions may in fact work to minimize the magnitude this loss has affected the griever which may leave the griever to feel inept, unheard, and unsupported.

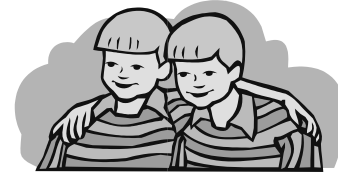
So for you the griever, it is important for you to act in one of two ways when confronted by someone who is trying to support you but is falling short of what you are needing from them. The first consideration is to identify if that person can actually give you what you need. Let’s face it, not everyone can be everything to everybody all the time. Some of us are just not wired to sit with someone else’s pain. It may be that you have to let go of what you cannot get from them; you have to adjust your expectations of that person. For example, you might be expecting a friend to be the one to listen when in fact that friend has always been the one to plan the great escapes in your friendship. In this case, adjusting your expectations could mean that you call upon that friend when you feel the need to just get out of the house and not when you need a listener. A second consideration is to communicate to this person what it is that you need and how they can best help to meet that need. We are all unique beings who have lived lives full of very different experiences and view those experiences from very different perspectives. What may work for them may not work for you. If you are uncertain as to what you need but you do know what you are finding not helpful, sometimes talking about what you don’t need can lead to what you do need.

Identifying the safe people in your life during this time of loss and grief is an important part of this experience. Remember that allowing others in is not a sign of weakness but a sign of strength. It takes more courage to ask for comfort than it does to sit alone.

May we all find our way.

~Sue Rankin,

(Sue Rankin is the Bereavement Program Coordinator, DeKalb, Il. County Hospice, www.dekalbcountyhospice.org. Used with permission.)



FOREVER ON MY MIND

When I attended my first meeting of the Bergen-Passaic Compassionate Friends, it was the day after my fifth birthday without my twin brother Alan. Up to then I was working nights and unable to attend meetings. Nine months later, May 1998 at a chapter meeting someone in the circle spoke of the tenth anniversary of his or her child’s death. They said they no longer think of their child everyday and it didn’t bother them. This was shocking to me, not to mention upsetting. I couldn’t imagine living a day without thoughts of him – both happy and sad. I went home very upset.

Even after five years I always thought of him each and everyday. To this day I will lick the bowl of frosting and think of the times we fought over the bowl. After a snowstorm I write his initials in the snow. When I hear something funny I think of him. But I also think of all that he has missed. He would have gotten to know his six, soon to be seven nieces and nephews. We would have been able to enjoy many vacations together. This June will be the ninth anniversary of his death. With the passing of time I have adjusted to not talking to him everyday (we both had 800#’s at work). I do think of what he would say when I have a problem to work out. I think the part of the old me is returning. I have started to exercise again. This is something I used to love to do before Alan got sick. I have taken steps to advance my career, something I was planning at the time of his death. I also think I took on some of his traits like becoming a better writer and not emptying the laundry basket after each wash.

There are now many more good days than bad. But almost nine years after Alan’s death, I am probably the only adult male to cry at a children’s movie. In “Rugrats in Paris” Chucky’s father remarries sometime after his mother’s death. Tommy is thrilled that he will have two mommies, one on earth and one in heaven. I am forced to remember that I can’t have another Alan. I have given myself a job that I love: The job of keeping Alan’s memory alive. I do this by putting this newsletter together, collecting license plates, with his name, for each new state that I visit, donating to his scholarship fund and in many other ways. When “Phantom of the Opera” opened on Broadway I had no desire to see it. That was until it opened in Philadelphia, after Alan’s death. Alan was a publicist in Philly and the show was playing at the only theatre where I had not seen something Alan had publicized. One of the songs has a line “There will never be a day in which I won’t think of you.” I think this will be true for a long time to come.

~Daniel Yoffee

Reprinted by permission of author
In Memory of my brother, Alan

Recordings of Workshops and Programs Remain Available from TCF 34th National Conference

Recordings of many of the workshops, as well as the Opening, Closing, and Friday and Saturday banquet programs from the 2011 34th Compassionate Friends National Conference in Minneapolis are now available for purchase by our chapter members.

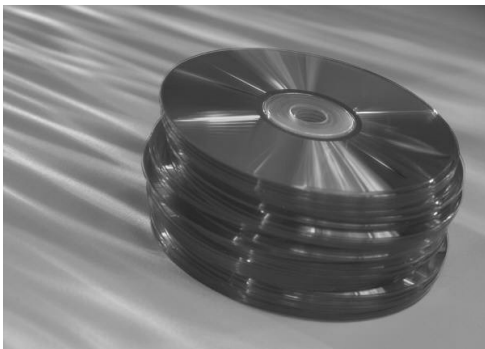
These recordings are perfect 1) if you weren't able to attend the conference, but want to hear keynote speakers or specific workshops you find of interest or 2) if you attended the conference but want to relive some of the high points or listen to workshops you were not able to attend.

The Opening Program, Friday Afternoon Banquet Program, Saturday Evening Banquet Program including the candle lighting, and the Sunday Closing Program are each available on DVD video for \$20 (\$6 for shipping for entire order of 3 or fewer DVDs). Or you can purchase the entire four program set for \$69 (plus \$10 shipping). Audio version only is available for less.

Each workshop is \$7 on audio CD (or MP3 for download). You can purchase as many single workshops as you wish on CD and pay just \$6 total for shipping or you can purchase the 59 workshops complete on CD at \$299 (plus \$10 shipping), a savings of \$114 off the \$413 regular price. The complete set is also available in MP3 format on three 1GB flash drives. Workshops recorded include a wide variety of grief topics related to the death of a child. Sibling workshops are not available due to privacy concerns.

To learn more and to order, visit www.freshpublishing.com. Then click on "conferences" and "2011" and TCF's National Conference logo.

You can still order CDs, DVDs, and MP3s from Fresh Audio and Video from the 2010 National Conference in Arlington. After reaching the freshpublishing.com website, click on "conferences," 2010, and last year's TCF National Conference logo.



WHY ME? - THE UNANSWERABLE QUESTION

Most of us have pondered this question at some time in our lives, especially since the death of our children. It resurfaces periodically in discussions with the newly bereaved. I have never been completely satisfied with the responses given and have gone away considering "Why me?" to be an unanswerable question.

That was until recently when an article was brought to my attention. The writer states that no one is immune to disaster. "Whatever else separates us, suffering is the common bond of our humanity." He told the tale of several people shattered by great losses, including the death of a child, each searching for an answer to "Why, why me?"

They came together in their suffering. Though unable to prevent the pain, these fellow grievers found that by sharing their hurt, standing together and supporting one another they could endure devastating losses.

"Why me?" is a singular and lonely question, but it doesn't have to be. Together we can give hope to the hopeless and comfort to the suffering. All we need to do is reach out, then maybe the "Why me?" will answer itself.

Polly Moore
TCF Nashville, TN

BUT YOU'RE ABSOLUTELY NORMAL!

Grief is a normal reaction to loss, and it shows up in many ways you might not expect. If you've...

- been angry with doctors or nurses for not doing enough
- been sleeping too much or not enough
- noticed a change in appetite
- felt no one understands what you're going through
- felt friends should call more or call less or leave you alone or invite you along more often
- bought things you didn't need
- considered selling everything and moving
- had headaches, upset stomachs, weakness, lethargy, more aches and pains
- been unbearable, lonely, and depressed
- been crabby
- cried for no apparent reason
- found yourself obsessed with thoughts of the deceased
- been forgetful, confused, uncharacteristically absentminded
- panicked over little things
- felt guilty about things you have or haven't done
- gone to the store every day
- forgotten why you went somewhere
- called friends and talked for a long time
- called friends and wanted to hang up after only a brief conversation
- not wanted to attend social functions you usually enjoyed
- found yourself unable to concentrate on written material
- been unable to remember what you just read,

...you're normal. These are all common reactions to grief. They take up to two years (or more) to pass completely, but they will pass. You'll never forget the person who has died, but your life will again become normal, even if it is never exactly the same. Take care of yourself. You will heal in time.

~Joanne Bonelli
TCF, Greater Boise Area, ID

Our November Children Remembered *on their birthdays*

Ross Church	Nov 2	Pat & Phil Church	Fairfax
Ronda Lawrence Noyer	Nov 2	Allen and Louise Lawrence Robert and Shelly Lawrence	Arlington
Sasha Burakow	Nov 3	Diane and Nick Burakow	Fairfax
Joseph L. Sloan Jr.	Nov 3	Joseph and Gloria Sloan	DC
Allie Grimsley	Nov 4	Jamie Pompelly and John Grimsley	Fairfax
Michael Titunik	Nov 5	Steve and Margie Titunik	Fairfax
Mary Margaret Moriarty	Nov 6	Mary Frances and Tim Moriarty	Arlington
Richelle Chante Brisbon	Nov 7	Vivian Dewberry	DC
Buffy Durand	Nov 8	Dottie Lambert	Prince William
Jon Hansen Jr.	Nov 9	Jean Ballard	Arlington
Tony Milin	Nov 9	Ruth and Al Milin	Fairfax
Fernamdo Molleda	Nov 9	Elia and Oscar Molleda	Fairfax
LaShaun Maria Parker	Nov 9	Lori and Barbara Parker	DC
Claire Alexis Sachse	Nov 9	Kathleen and Brett Sachse	Fairfax
Michael DiToro	Nov 10	Cathy DiToro	Fairfax
Erin Aurora Navarrette	Nov 11	Luis and Julie Navarrette	Fairfax
Eric Monday	Nov 12	Penny Rossi	Fairfax
Christopher Shawn Yost	Nov 12	Mary Ellen and Dennis Sullivan	Fairfax
Alex Burke	Nov 13	Sharon Burke	Arlington
Brian Frederick Scott	Nov 15	Frederick and Anita Scott	Arlington
Sarah Watson	Nov 15	Margaret Watson	Leesburg
Katrina Nelson	Nov 17	Lila and Mark Nelson	Fairfax
Christopher L. McGaha	Nov 17	Richard and Selma Brown	Prince William
Don R. Poehler Jr.	Nov 17	Richard and Evelyn West	Prince William
Patricia June Allen (PJ)	Nov 18	Henry Allen	Arlington
Christian "CJ" Crum	Nov 18	Curtis Crum	Fairfax
Darnell Gregory Gunter	Nov 18	Olivia Gunter	DC
Barry Mitchell Lawrence	Nov 18	Allen & Louise Lawrence; Brette Lawrence	Arlington
Beth Ann Coefield	Nov 19	Lorrie and Warren Fox	Leesburg
Taylor Isao Hubbard	Nov 21	Kay and Wayne Hubbard	Arlington
Nels Oley Roningen	Nov 22	Vern, Jane, and Anne Roningen	Arlington
John Joseph Mullins	Nov 23	Margaret A. Mullins	Prince William
XB Cox IV	Nov 24	Kelly and XB Cox	Fairfax
Callie Theerman	Nov 26	Elizabeth Pickett	Leesburg
Tyler Bentley	Nov 28	Nancy and Bob Bentley	Fairfax
Elizabeth Rose Coggins	Nov 30	Ernie and Diane Coggins	Arlington
Ben McGinn	Nov 30	Lynn Barron	Arlington
Sophia Meagher	Nov 30	Joanna and Keith Meagher	Arlington

If there are any errors or omissions in the two Our Children Remembered pages, please contact your local chapter leadership so our data bases can be corrected.

Our November Children Remembered

on their remembrance days

Lesley Garelick	Nov 1	Stephanie Dziekan	Prince William
Annie McCann	Nov 2	Mary Jane Malinchak McCann	Fairfax
Joseph L. Sloan Jr.	Nov 4	Joseph and Gloria Sloan	DC
Kimberly Heather Adams	Nov 5	Kenneth and Susan Adams	Prince William
Douglas Chambers	Nov 6	Jean Rosenbluth	Leesburg
Angel Charlene Gaines	Nov 6	Melissa Gaines	Leesburg
Francies Leo Bofua Geh	Nov 6	Annunciatta and George Geh	Fairfax
Rachel Kaplan	Nov 6	Glenn and Robin Kaplan	Prince William
Collin Bedford Parker	Nov 7	Allie Parker	Leesburg
Nanette Simon	Nov 7	Stephanie Nottingham	DC
Bryan Weed	Nov 7	Karen and Jim Weed	Reston
Cindy Kerr	Nov 8	Monica Clark	Fairfax
Craig Matthew Shultz	Nov 9	Barbara Shultz	Leesburg
Kathleen Johnson	Nov 10	Jean Driscoll	Arlington
Suzanne Elizabeth Robertson	Nov 10	Patricia Robertson	Arlington
Melissa Kirschbaum Coleman	Nov 11	Marti and Ira Kirschbaum	Arlington
Daniel Joseph Pawlak	Nov 11	Debbie and Joe Pawlak	Reston
Andrew Rutkowski	Nov 11	Pam and Mark Rutkowski	Fairfax
Bryan Sean Miller	Nov 12	Roger and Mindy LaBruno	Arlington
Kelly Monahan	Nov 13	Mary and Dan Monahan	Fairfax
Marlee Rae Treger	Nov 13	Paula and Steve Treger	Fairfax
Joshua Ryan Lutz Leven	Nov 14	Yvonne and Brett Leven	Leesburg
Taylor Erin Thomasson	Nov 14	William Thomasson	Reston
Connor Murray	Nov 16	Erin & Eric Murray	Fairfax
Tiffany Wampler	Nov 16	Joan and Bob Wampler	Reston
Lauryn Elizabeth Grapski	Nov 17	Kathy and Ed Grapski	Reston
Benjamin (Jamie) Cecil	Nov 18	Joe Cecil	Arlington
Christopher Michael Diegelmann	Nov 19	Denise and Mike Diegelmann	Reston
Darren McKeever	Nov 19	Cecelia and Mac McKeever	Reston
Andres A. Yelicie	Nov 19	Maria Christina and Fedor Yelicie	Fairfax
Joshua Newman	Nov 20	Brad & Sherri Newman	Fairfax
Victoria Benjamin	Nov 22	Philip & Regina Benjamin	Arlington
Angela Fay Wojtowicz Jewell	Nov 22	Ed, Fay and John Wojtowicz	Arlington
Sarah Louise Farrel	Nov 23	Betty Farrel	Arlington
Jennifer Masters	Nov 23	Ronald and Betty Masters	Leesburg
Tyler Bentley	Nov 24	Nancy and Bob Bentley	Fairfax
Leslie Ann Conners	Nov 24	Jay and Audrey Conners	Fairfax
Andrea Dawn Reece	Nov 24	Stephen and Diane Reece	Arlington
Alison Elizabeth Nichols	Nov 25	Karen, Ted and Mark Nichols	Leesburg
Scott Peters	Nov 25	Bill and Jennifer Peters	Prince William
Mary Diane Nagy	Nov 26	Diane and Dave Nagy	Fairfax
Joanna Womack Youngblood	Nov 26	Kent and Karen Womack	Arlington
Aaron Anzevino Pitman	Nov 27	Elaine Anzevino	Arlington
Sierra Grace Tickner	Nov 29	Steve Tickner	Leesburg
Michael Titunik	Nov 30	Steve and Margie Titunik	Fairfax



Compassionate Friends
5533 North 16th Street
Arlington, VA 22205

Trinity Presbyterian Church

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“Praising what is lost makes the remembrance dear.”

William Shakespeare

November 2011