



The Compassionate Friends

Wake County Chapter
Supporting Family After a Child Dies

November
2016



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If this is your first Newsletter

If you are receiving this newsletter for the first time, it is because someone has told us it might be helpful for you. We hope it is. We also invite you to our monthly meetings at Hayes Barton Baptist Church. At these meetings you may talk or choose not to say a word. There are no fees or dues. We are sorry you have had to experience the death of a child (or children) but we are here for you. We, too, are on this journey of grief and extend our hearts and arms to you.

Attention: The Compassionate Friends meet in Room 224 on the 2nd Floor of the Church Building. Go left past Information Desk and at the end of the long hallway turn right. Then half way down this hallway take elevator on the right to 2nd floor. Meeting room is across from the elevator.

The Wake County Chapter meets every second and fourth Tuesday of the month at Hayes Barton Baptist Church, 1800 Glenwood Avenue, at the corner of Glenwood Avenue and Whitaker Mill Road at Five Points in Raleigh. Enter from Whitaker Mill Road into Main Entrance of the Family Life Center which is attached to

and behind the church. Ask directions to TCF meeting room at desk just inside the entrance door.

Tuesday, November 8th — The meeting will start at 7:30 pm.

Tuesday, November 22nd — The meeting will start at 7:30 pm.



Thankful

At this time of year, when it is oftentimes hard to find things to feel thankful for, we are truly thankful for the following. THANKS to those who had the courage to walk through our meeting room doors for the first time, as well as those who continue to come to meetings — not only for themselves — but also to reach out to newly bereaved members. THANKS to those members, families and friends who support our chapter with their donations (love gifts) to help ensure that our chapter will exist for those who need us now and in the years to come. THANKS to those who share their children, siblings, grandchildren with us at meetings through their personal stories, their tears, and yes, laughter. THANKS for those with their ready hugs, listening ears, and shoulders to cry on. THANKS for past and present Chapter Leadership/Steering Committee members and all the Volunteers who have helped keep our chapter a supportive and hopeful place for our members. All of you are truly appreciated.



IN MEMORY

NOVEMBER LOVE GIFTS

Gifts Given In Loving Memory Of Children



Dennis and Jean Martin
In Loving Memory of Our Son
David Briggs Martin
David is always in our hearts.

Sandra Woodlief
In Loving Memory of My Son
Caleb Woodlief

Please send Love Gifts to:

Love Gifts – Wake County Chapter, The Compassionate Friends, P.O. Box 6602, Raleigh, NC 27628-6602

Please e-mail pictures, articles & poems for newsletter to pattie.griff@gmail.com or
Pattie Griffin, 30 Shepherd St, Raleigh NC 27607. Need by 26th for next month newsletter.

SOME SUGGESTIONS FOR THANKSGIVING

Through our lives, expectations of things to come are based upon past experiences. If, in the past, you had set a glorious table and were the perfect host or hostess, it is very possible that friends and family will expect more of the same this year. They may not be aware that you are not looking toward the holidays with a fun and games attitude. They probably do not know that in anticipation of Thanksgiving, Christmas and Chanukah, you may feel anxiety and fear. They are probably thinking this year will be different and some sadness will accompany it, but I don't think they are aware of your anguish, especially if it's been "a while".

I would like to suggest to you that in fairness to yourself you need to be honest about your feelings and, just as important, you need to communicate these feelings to those around you. I really don't think it is necessary for you to believe that because you set a tradition and always made the turkey, fried the latkes, and always had the family over, you need to feel obligated to do it again this year.

Perhaps you would like to tell everyone:

- ◆ Someone else will have to make the dinner this year.
- ◆ You want to make dinner in your home but you need lots of help because you don't have the energy to do it alone.
- ◆ You want to go to the parties but you are afraid you may break down and cry and you want them to know in advance this is really okay.
- ◆ You want to tell them it's okay to talk about your child. Not to makes it very uncomfortable.

The list goes on, but the point is that to pretend everything is "just fine" is a lie, and that's not fair to you or the people who love you.

—by Diane Zamkoff, TCF, Simi Valley, CA

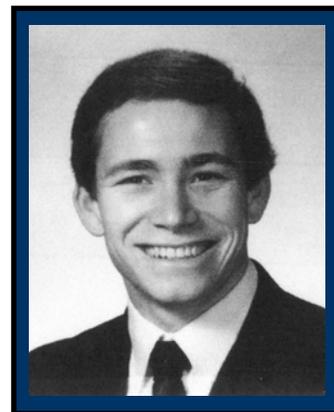
GIVING TO OTHERS

My mom takes a full Thanksgiving dinner to the local fire department because a fireman stayed in the car with my brother while waiting for the ambulance.

...shared by Scott Mastley, TCF Duluth GA
in memory of his brother, Chris

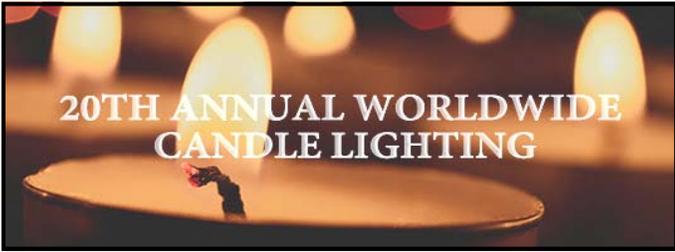


In Memory of David Briggs Martin



Remembering all the love and joy.
You are in our hearts always.

Love,
Mom, Dad, and John



The Compassionate Friends Worldwide Candle Lighting unites family and friends around the globe in lighting candles for one hour to honor the memories of the sons, daughters, brothers, sisters, and grandchildren who left too soon. As candles are lit at 7:00 p.m. local time, hundreds of thousands of persons commemorate and honor the memory of all children gone too soon.



Attention:



2016 TCF Candle Lighting Service
2nd Sunday of December
(December 11— 6:30PM)

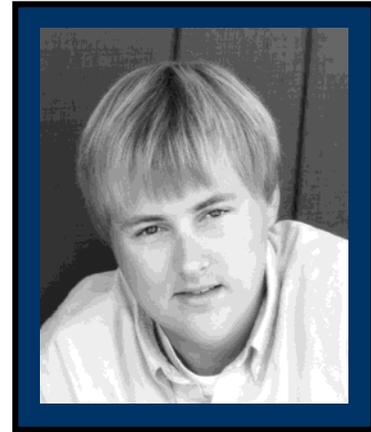
We are so lucky that Apex United Methodist Church is gracious enough to let us have our 2016 Candle Lighting Service at their church this year. This will be our eighth year to have our service at this church and many who attend comment on the hospitality and friendship the church members have always shown us as bereaved parents. It is an honor to have this service in memory of our children in their beautiful sanctuary again this year.

Apex United Methodist Church
100 South Hughes Street
Apex, NC 27502
www.apexumc.org

Please mark your calendar for this date. We hope to see you there.



In Memory Of
CALEB MARSHALL WOODLIEF



Thinking of You with Love

We thought of you with love today,
But that is nothing new.
We thought about you yesterday,
And days before that too.

We think of you in silence,
We often speak your name.
All we have are memories,
And your picture in a frame.

Your memory is our keepsake,
With which we will never part.
God has you in His keeping,
We have you in our hearts.

A million times we've wanted you,
A million times we cried.
If love could only have saved you,
You never would have died.

It broke our hearts to lose you.
But you didn't go alone,
For a part of us went with you...
The day God called you Home.

~Author Unknown

With Love and Pride Always,
Mom, Dad and Kendall
Gaah, Papa, Kent and Nana

Thanksgiving

I remember —

The inability to chew or swallow that first Thanksgiving after Linda died; the choked back tears, the sick heart, the hollowness, the painful memories of Thanksgivings past, and the blessed relief sleep brought to my pain.

I remember —

The busyness of working as a volunteer that second and third Thanksgiving after Linda died; and the good feeling it gave me of “running away” from it all, and the blessed relief sleep brought to my pain.

I remember —

The inability to prepare any of her favorite foods that fourth Thanksgiving after Linda died; the tears that fell at the smell of turkey cooking, the parade, football games, the emptiness, the incomplete family, and the blessed relief sleep brought to my pain.

I remember —

Awakening with lightness and joy in my heart that fifth Thanksgiving after Linda died; the thankfulness for having my remaining family together, the beautiful memories of past Thanksgivings, the “wholeness” of me, and the blessed relief peace brought to my pain.

Patricia J. Norton, TCF Pawtucket, RI

The Empty Chair

The table is set, and ready with food to delight the eye,
Everyone is waiting, with anticipation high.

But one place is empty, void of a loved one dear,
And as we pause to remember, we wipe away the tear.

Your chair may be empty, and your presence no longer there,
But your memory is with us, as we gather around this fare.

Someone recalls something you once said,
And the memories start to flow,
And in this magic moment, your spirit upon us glows.

Gone but never forgotten as with us you'll always be,
And if I look, your presence,
In the empty chair I see.

Sheila Simmons

Written in memory of her son, Steve Simmons



Do Thanksgiving Day Your Way

Who says we have to follow
Thanksgiving

the traditional way
with all the prescribed
rituals of that holiday?

So what if we don't have
baked ham or turkey?

We're tired of that old bird,
so why not some beef jerky?

No cranberry sauce,
no candied yams,
no pumpkin pie.

(She hated pumpkin pie,
truly, that's no lie.)

This is our very first Thanksgiving
without her, you know.

We're not in the mood
for all the fuss,
it's still touch-n-go.

Mom's in the kitchen
doing the best she can.

She crying her eyes out,
flooding the no-stick pan.

So, what about it, gang,
Let's tough it out

and avoid all the clutter.

Let's go for hoagies,
tuna salad,
maybe

jelly and peanut butter.

This year
we don't have to be
so dog-gone formal.

Next year,
hopefully,
we'll try to be more normal.

~ Author Unknown ~

The History of the Military song: "Taps"

We have all heard the haunting melody of "Taps". It's the song that gives us that lump in our throats and usually tears in our eyes. But do you know the story behind the song? If not, I think you will be pleased to find out about its humble beginnings.

Reportedly, it all began in 1862 during the Civil War, when Union Army Captain Robert Ellicombe was with his men near Harrison's Landing, Virginia. The Confederate Army was on the other side of the narrow strip of land. During the night, Captain Ellicombe heard the moans of a soldier who was severely wounded on the field. Not knowing if it was a Union or Confederate soldier, the Captain decided to risk his life and bring the stricken man back for medical attention.

Crawling on his stomach through the gunfire, the Captain reached the stricken soldier and began pulling him toward the encampment. When the Captain finally reached his own lines, he discovered it was actually a Confederate soldier, but the soldier was dead. The Captain lit a lantern and suddenly caught his breath and went numb with shock. In the dim light he saw the face of the soldier. It was his own son. The boy had been studying music in the South when the war broke out. Without telling his father, the boy enlisted in the Confederate Army.

The following morning, heartbroken, the father asked permission to give his son a full military burial despite his enemy status. His request was only partially granted. The Captain had asked if he could have a group of Army band members play a funeral dirge for his son at the funeral. The request was denied since the soldier was a Confederate. But, out of respect for the father, they did say they could give him one musician. The Captain chose a bugler. He asked the bugler to play a series of musical notes he had found on a piece of paper in the pocket of the dead youth's uniform. This wish was granted. The haunting melody, which we now know as "Taps" used at military funerals, was born.

(I, too, have felt the chills while listening to "Taps", but I have never seen all the words to the song until now. I didn't even know there was more than one verse. I also never knew the story behind the song and I didn't know if you had either, so I thought I'd pass it along, I now have an even deeper respect for the song than I did before.)



"TAPS"

DAY IS DONE
GONE THE SUN
FROM THE LAKES
FROM THE HILLS
FROM THE SKY.
ALL IS WELL
SAFELY REST
GOD IS NIGH.

FADING LIGHT
DIMS THE SIGHT
AND A STAR
GEMS THE SKY,
GLEAMING BRIGHT
FROM AFAR,
DRAWING NIGH
FALLS THE NIGHT.

THANKS AND PRAISE
FOR OUR DAYS
NEATH THE SUN
NEATH THE STARS
NEATH THE SKY.
AS WE GO
THIS WE KNOW
GOD IS NIGH.

WHAT IS GIVING TUESDAY? — NOVEMBER 29, 2016

Since its beginning in 2012, people from all over the world have joined together on Giving Tuesday in support of deserving charities everywhere. We hope you'll consider joining them by showing your commitment to The Compassionate Friends and the thousands of families we serve each year, and make a gift to TCF.

Is Giving Tuesday impactful? We wanted to share some amazing numbers with you. In 2015, Giving Tuesday... Raised \$116.7 million in 24 hours (up from \$46 million in 2014); Had 698,961 online donors; Received \$107 as the average gift donated; And...71 countries around the world participated! By giving to The Compassionate Friends this holiday season, you'll be helping families who are dealing with the life-changing tragedy of losing a child. We'll continue to share more details on TCF's Giving Tuesday campaign in the coming weeks. Please share this important date with friends and family to spread the word of TCF's Giving Tuesday Campaign. By working together, we can accomplish a great deal and further the mission of The Compassionate Friends. Our thanks to all of you within our TCF family.

***"One of the most important things you can do on this earth is to let people know they are not alone."
I'd like to make an early donation to Giving Tuesday today.***

Surviving The Holidays When Someone You Love Has Died

by Judy Tatelbaum, MSW Carmel Valley CA

Getting through the holiday season is tough for many of us, but those living with the loss of a loved one have the hardest time. The gap left by a loss is felt most poignantly during this traditional time of celebration, family reunion and family closeness. Holidays, like anniversaries, are by nature nostalgic, and even the happiest of memories are painful, not joyous, when we are grieving.

We may need extra help for surviving the holiday season if we are in the midst of grief. Following are a number of survival strategies. Using these suggestions won't necessarily take your grief away, but they can help you manage your grief at a time of the year when the world is supposed to be joyous.

Survival Strategies for the Holidays:

Be kind to yourself



This is a time when it is important to take good care of yourself. Nothing you do will make a bigger difference than respecting yourself, your needs and your feelings. Handling your emotions may be the only job you can manage right now. Because no one knows your needs as well as you do, you need to notice them and honor them. Don't overwhelm yourself just because it is the holiday season. Instead, do only as much as you can comfortably manage. Get the rest and nourishment and affection you need. Choose what's best for you—to be with people or to spend time alone, to be immersed in the holiday spirit or not.

Express your Feelings



The surest road through grief is to feel it, not deny it. If you are hurting, the best advice is to allow your feelings. Cry if you need to cry, rage if you need to

rage. Admit the longings, the loneliness or whatever you are feeling. Don't suppress yourself. Feelings expressed ultimately disappear, but when you suppress yourself, nothing changes.

Ask for what you need



Other people do not know how you feel unless you tell them. Don't just go along with people or plans that are not for you. Tell people what would help you most. Speak up!

Friends and relatives may think you will feel better if you do not talk about your loss, or they may be afraid to upset you by mentioning the missing person. If you want to talk about the person who is gone, say so. If you want your privacy respected, if you need companionship or if you want a shoulder to cry on, say so. People outside your grief may feel awkward and not know what to do. As much as they want to help, they need you to direct them.

Don't be afraid to ask for help with planning, shopping, entertaining or just getting through the day. As hard as it may be to ask, force yourself. Ultimately, asking will make your life a little easier. If you cannot shop or decorate this year, ask a friend, relative, hospice or other social agency volunteer to help. What looks arduous to you, may be a lot of fun for someone else. As hard as it may be to imagine, remember that serving you can be very satisfying and rewarding for the other person.

Create support for yourself



Sharing your pain eases it. Be sure you have people with whom you can talk. Most of us can cope best with tough times if we have a loving presence—a relative or friend to walk with us

through this painful time. When spouses or family members hurt as much as you do and cannot be a support, find an alternative. Look for a short-term support partner, perhaps a friend, another person in grief, a relative, a counselor. Or, create a small group of people who have similar concerns with whom you can stay in touch daily or frequently through the holidays or beyond. Support people and support groups really help.

Help another person in need



Contributing to someone else gets your attention off yourself. Helping another can be a very effective way of healing after a loss, because when you are immersed in someone else's needs, you can be free of your own distress and pain. If you have the energy, there are many people who need you. Some possibilities are to volunteer to be with older folks or children, to help in a hospital or a soup kitchen, or to help a friend in need over the holidays.

Appreciate your other loved ones



Enjoy the people you love. It is natural to feel alone in your grief and to want to isolate yourself, yet that closes off all chances for closeness and nourishment from other people. Don't deprive your children, spouse, other loved ones or yourself. As hard as it may be to get your attention off your loss, they need your love too. And in return, their love can nourish you and help you begin to heal.

Don't compare your life with other people's



Feeling jealous of intact families and feeling deprived are natural reactions after a loss—as if other families are happier than yours, as if other people have what you

do not. We have a lot of illusions about how other people live. Actually, for many intact families, reunions can be stressful and upsetting. Contrary to our illusions, holiday times are often not ideal times for families, intact or not. Don't try to compare lives, it only adds to your misery. Embracing what you have gives you much more power than regretting what is missing.

Resolving how or where to spend the holidays



Choosing how or where to spend the holidays may be your biggest dilemma. There is no perfect solution. Holiday time may be hard no matter what you do or where you are. In fact, it may seem as if you are trying to pick the best from some rotten alternatives. The choices: celebrate as usual, avoid the holidays altogether, or do something brand new.

Celebrating as usual



Many people wish to keep their holiday traditions intact, to celebrate as usual. This way is bound to be painful, accentuating the gap left by the loss. It is fine to follow family traditions as long as you know they cannot be the same as before your loved one died. Pretending you can recreate the past will only cause you more grief. Just remember to allow any feelings as they occur. If you have the energy to do so, following old traditions may enhance your self-esteem and may help you manage the holidays successfully.

Avoiding the holidays



It is not wrong to want to avoid Christmas or other holidays entirely. If celebrating seems too

difficult to bear, you can choose not to observe the holidays and go somewhere else—skiing, a cruise, a resort, a different city. If you cannot afford to travel, go to the zoo or the movies or some other distracting place. There is no guarantee that this will erase your pain, but it may lessen it some.

Doing something new and different



If NOT celebrating would deeply disappoint or deprive children or other family members, you probably cannot run away from Thanksgiving or Christmas. Yet, you can avoid repeating your traditional ways and perhaps observe your holidays more simply than before. People often work too hard cooking, decorating, planning, shopping and entertaining at holiday times, so you can at least ease up.

Often, the more we try to recreate the past, the more obvious is our loss, so changing traditions can be a freeing and satisfying way to spend the season. You can celebrate Thanksgiving, Hanukkah or Christmas in a brand new way by going to the home of a different relative or friend, having a family reunion away from home, or eating in a restaurant. You can do anything that will make your holiday experience new rather than a memory with someone in it missing.

If it is too hard for you, personally, to think up a new way to do the holidays, give the job of planning to a creative friend or relative. Again, most important in taking care of yourself is not to feel you have to do it all—whatever the circumstances.

You will survive the holidays



You may hurt, but you will survive. The holidays may be the worst of your grief time. Eventually, you will heal, and your memories will persist without pain. Meanwhile, it's OK not to have a good time. There may be no way you can make this holiday fun and nothing that you really want to do. Allow that you may not enjoy the parties, reunions and events of the season. If you are hurting and unable or unwilling to have your attention on anything else, let yourself be.

It is also OK to have a good time, even though you have experienced a loss. You do not have to deny pleasure to yourself or your family. While grieving, we often feel guilty about having fun, as if we should be miserable all twenty-four hours of a day. That is not necessary. Often, we think it is how much we grieve that signifies how much we care about the one who died. Not true! Our love is not measured by the extent of our grief. We can love forever without having grief as our testimonial to that love. Remember, few of us would want others to be forever bereft because we are gone.

Perhaps the best testimonial we can give to our missing loved ones is how we live our lives. Don't deny yourself life because someone has died. If you can do so, enjoy the holidays and every day; for death teaches us, more than anything, that every day of life is precious and worth living to the fullest. The best gift we can give ourselves and others for the holidays and every day is to live our lives wholeheartedly.



In the morning when the sun is just starting to light the day

I am awakened and my first thoughts are of you.

At night I stare at the dark trees silhouetted against the quiet stars.

I am entranced into a complete peacefulness and my thoughts are of you.



Susan Polis Schultz



What Siblings Think About



At a local chapter meeting, the brothers and sisters explored their feelings about a number of issues. Those siblings were kind enough to record their feelings on paper to share with others.

I would like my parents to know . . .

- That I'm okay and would like to talk to them about my brother or sister whenever they feel like it.
- That I hurt too and loved my brother/sister.
- That my love for my sibling will never go away.
- How special my parents are and how proud I am of their love.
- It's all right if they want to talk to me. I will listen and be sad with them.
- That they are not at fault.
- That it's okay to cry together and that I am there for them.
- That I'll never forget my brother/sister, the good times and the hard ones.

I would like my father to know . . .

- It helps to talk.
- What really happened.
- That if anything happened to him I would feel the same way.
- He is not alone and I want to laugh and cry with him again.
- That his son knew that he loved him.
- That it's okay to talk about my brother/sister when I'm around.
- I do cry, not a lot, but I do cry.

I would like my mother to know . . .

- I love her.
- It's okay to cry and I'm there for her to talk to.
- That I will always love her.
- She has been my example of giving and love.
- That my sibling is at peace with God.
- It's okay to talk about the past.
- I cry. I knew my sibling in a different way. I think about those times and smile through my tears.

I would like my dead brother or sister to know . . .

- We miss you.
- That I love you and miss you and need you in my life.
- That we are well, sharing all we have and waiting to be with you again.

- It's sad around here, but we remember you.
- That we all love you and miss you very, very much.
- That your life won't be forgotten.
- That I try to be like you. I am in many ways. One thing I'd like to say is that I go into your room for the memories.

The hardest part of losing my brother or sister is . . .

- Having such a hole in our family.
- Believing it actually happened and that I'll never see or talk to him/her again.
- I will never have a sibling to talk to.
- Not being able to look into your eyes, hug you and laugh with you.
- That I never told you personally that I loved you—it was always assumed.
- Losing my best friend.
- Not having you there to complain at me for things I do.

I like to remember my sister or brother by . . .

- Looking at pictures.
- Thinking of you when you would goof off with my children.
- Going to the grave.
- Playing my music loud, singing like you and laughing.
- Listening to the music you liked.
- Listening to your favorite albums.
- Talking about him and looking at his truck in the driveway.

I regret . . .

- Nothing.
- All the arguments we had and not having the chance to say goodbye.
- Fighting with my brother/sister.
- Not hearing your music play and the telephone busy.
- Not sharing enough time with you.
- Not telling you how much I loved you.
- Not yelling or hugging you one more time.
- Not knowing when you were going to die.
- Not hugging you because you were the "big brother/sister."
- Not spending more time with you.
- Being a massive pest.

**The Sibling Group
TCF, Lehigh Valley, PA.**

Death of a Child Creates Ambiguous Losses

by Harriet Hodgson



The car crash was bloody. A medical helicopter flew my daughter to the nearest hospital, where surgeons operated on her for 20 hours. Their efforts failed. "I'm sorry," the lead surgeon said. "As soon as we fixed one problem another appeared. Your daughter is brain dead." My husband and I made the

decision no parent wants to make: We stopped all life support and met with an organ donation representative.

She wore a low-cut blouse, not appropriate dress for the situation, and every time she leaned over to point to something, her breasts were more exposed. It was an odd experience. Today, family members refer to this woman as "Mrs. Bosom." As time passed, we appreciated our daughter's planning even more. Thanks to her generosity, two lives were saved and two people can see.

Although I'd experienced grief before, my daughter's death stunned me. Two days later, on the same weekend, my father-in-law died. About eight weeks later my brother died. Six months later, my former son-in-law died from the injuries he received in another car crash. His death made our twin grandchildren orphans and we became their guardians. Our challenge, the greatest one we ever faced, was to care for the twins, and grieve for family members simultaneously.

Because I'm a non-fiction writer, I turned to my occupation for information and comfort. During my journey I came across the work of Pauline Boss, PhD, Professor Emeritus at the University of Minnesota. Boss did the original research on something called ambiguous loss—unclear, unacknowledged loss that "defies closure." If you're the parent of a missing child you are living with ambiguous loss. Family members whose loved ones died on September 11th also live with it, and will do so for the rest of their days.

In her book, *Ambiguous Loss: Learning to Live with Unresolved Grief*, Boss describes ambiguous losses as "frozen grief." There are two types of ambiguous loss according to Boss, physical absence with psychological presence (lack of a goodbye), and psychological absence with physical presence, as with Alzheimer's disease and other forms of dementia.

Ambiguous loss is exhausting. It goes on and on, you don't know how long it will last, family dynamics may change, there's a lack of problem-solving, and no closure. You're on pins and needles and the pain seems unbearable. I found comfort in a Japanese proverb: *To endure what is unendurable is true endurance*. Bereaved parents like you and me suffer many ambiguous losses. Since I'm a visual person, I sat down and made a list of them.

Loss of a future. My daughter was a composite engineer, earned six special certifications, and an MBA. She managed three production lines in a manufacturing plant, received outstanding reviews, and was assured of advancement in the company. Then she died. I lost a

future with her. You have lost a future and worse, family members and friends may not understand your feelings. They may even ask you not to mention your child's name.

Loss of friends. Grief is off-putting and most Americans don't like to talk about it. After my daughter died some friends stuck around and others slowly drifted away. Today, in the ninth year of life without my daughter, I am my disabled husband's caregiver, and more isolated than ever. I try to stay in touch with friends via email and social media, but these aren't the same as face-to-face meetings.

Loss of a social life. Multiple losses erased my interest in socializing. I remembered something my mother once said: "I want to crawl in a hole and pull the hole in after me." Like my mother, I wanted to crawl in a hole, stay home, and ponder life. As the years passed, we resumed many of our social contacts. Still, there were days when we felt out of touch. My current care giving duties make me feel more out of touch.

Loss of purpose. "Who am I now?" is a question I often asked myself. I didn't know what to say when people asked me how many children I had. While I was raising my twin grandchildren my purpose was clear, to protect, nurture, and love them. My purpose became less clear after the twins graduated from college and found jobs. Finally, I identified two purposes, caring for my husband and writing resources to help others.

Loss of hope. I admit it; I lost hope for a while. Thankfully, the empty feeling didn't last long. My grandchildren (one boy, one girl) helped me find hope again, and renewed my enthusiasm for the ordinary things of life. In his helpful and hopeful book, *Living When a Loved One Has Died*, Earl A. Grollman notes that life isn't fair. "You must find a way to live with an unfair life—to live without the one you loved," he writes. I learned to do this.

What can you do about ambiguous losses? Start by making a list of your losses as I did. Learn more about this unique form of grief. Talk with others who have experienced ambiguous losses and find out what worked for them. Many grief counselors recommend journaling as a healing step. Believe in yourself, because you're probably stronger than you think. I love what Martha Beck writes about grief in her book, *Following Your Own North Star*.

When the compass reads grief, Beck says we need to remember that sadness is a form of healing. She thinks the people who follow the course of grief become stronger, healthier, and have better coping skills. As she explains, "Grief pushes us into deep rest, weighing down our muscles, wringing tears from our eyes and sobs from our guts. It isn't pretty, but it's nature's way." Our children would want us to be happy, and we can let happiness back into our lives today.

Harriet Hodgson is the author of 37 books, including *Smiling Through Your Tears: Anticipating Grief* Lois Krahn, MD, co-author, *Writing to Recover: The Journey from Loss and Grief to a New Life*, *Writing to Recover Journal*, *101 Affirmations to Ease Your Grief Journey: Words of Comfort, Words of Hope, The Spiritual Woman: Quotes to Refresh and Sustain Your Soul, Help! I'm Raising My Grandkids: Grandparents Adapting to Life's Surprises*, and *Happy Again! Your New and Meaningful Life after Loss*. Visit www.harriethodgson.com for more information about this busy author.

**IF YOU ARE HAVING A BAD DAY... NEED SOMEONE TO TALK TO...
WE ARE THERE FOR YOU...**



Friends Supporting Friends — Telephone and E-Mail Contact List



Betsy Allen, 18 year old daughter, fire suffocation	<i>kiddiekottage@gmail.com</i>	919-981-0767
Janet Anderton, 29 year old son, unknown	<i>janbaglady@hotmail.com</i>	586-214-4000
Marye Badgett, 11 year old son, accidental gun shot	<i>mlbadgett@outlook.com</i>	919-901-4084
Dee Bell-Phillips, 22 year old son, unknown	<i>deebellphillips@gmail.com</i>	919-559-2543
Shalika Bethel, stillborn, unknown	<i>shalika.b14@gmail.com</i>	919-864-9895
Kati Bourque, 2 day old daughter, diaphragmatic hernia	<i>frogsducksanddoc@hotmail.com</i>	919-637-9544
and 38 year old brother, heart attack	<i>frogsducksanddoc@hotmail.com</i>	919-637-9544
Debbie & Steve Brady, 31 yr old son, accidental prescription drug toxicity	<i>bizmen@aol.com</i>	919-441-0967
Kathleen Breland, 17 year old son, suicide	<i>ksabreland@gmail.com</i>	919-463-9409
Diane Brinkerhoff, 29 year old daughter, auto accident	<i>dbrinkerhoff@nc.rr.com</i>	919-781-1765
Mindy Burgin, 25 year old daughter, suicide	<i>dafodil2@yahoo.com</i>	703-244-2133
Mechelle Champion, 1 month old son, congenital heart failure	<i>mchampion91@aol.com</i>	919-753-7511
Mary Lou Clarkson, 21 year old son, leukemia		919-501-7769
Kathleen Combs, 20 yr old daughter, seizure	<i>kat6119@yahoo.com</i>	919-292-1251
Elise Cope, 15 year old son, auto accident	<i>surrld@aol.com</i>	919-656-5005
Rebecca Creech, 14 day old daughter, heart defect	<i>leonaselena0105@aol.com</i>	919-803-5889
Chris Crosier, 25 year old son, motorcycle accident	<i>cc71236@gmail.com</i>	440-223-1765
Teresa Cyr, 24 year old son, complications from drug overdose	<i>teresacyr@gmail.com</i>	919-215-2641
Kimberly Edens, 16 year old daughter, auto accident	<i>kedens1015@gmail.com</i>	919-971-6975
LaTonya Ellis, 18 year old daughter, sickle cell anemia	<i>latonya.s.ellis@gmail.com</i>	919-706-2348
Cate Forrester, 21 year old son, undiagnosed heart defect	<i>kittycate521@gmail.com</i>	919-621-9666
Susan Gray, 27 year old daughter, auto accident	<i>scmusic62@gmail.com</i>	919-757-1664
Mary Chris Griffin, 44 year old son, heart disease	<i>mcgriffin48@gmail.com</i>	919-552-4440
Diane Haddon, 26 year old daughter, metastatic melanoma	<i>dkhaddon@nc.rr.com</i>	919-363-9721
Natisha Hall, 8 week old daughter, oral procedure—frenulum cut	<i>natisha.leonora@gmail.com</i>	919-638-6561
Nan Hamilton, 5 year old daughter, accident		919-605-5557
Diane and Robert Harkness, 47 year old daughter, cancer	<i>dharkness.home@gmail.com</i>	919-803-1134
Sosan Harlan, 30 year old son, drug overdose	<i>sharlan48@gmail.com</i>	508-789-0839
Becky Hart, 16 year old son, auto accident	<i>bhart@rl-law.com</i>	
Terra and Kati Hodge, 19 year old son, drug overdose	<i>terrahodge@gmail.com</i>	
June Jeffreys, 25 year old son, drug overdose	<i>jmjrdh13@yahoo.com</i>	919-839-1015
D. Marie Jones, 13 year old son, struck by hit & run driver	<i>joness9807@att.net</i>	910-218-0754
Sharon Jones 21 year old daughter, brain tumor	<i>shabrownjones@gmail.com</i>	919-971-1606
Cathy Joostema, 28 year old son, stroke	<i>joostema2@hotmail.com</i>	919-341-8434
Christi (Cathy's daughter) 28 year old brother, stroke	<i>christif@workplaceoptions.com</i>	919-880-8135
Gloria Jusino, 28 year old son, heart attack	<i>ghjusino3@gmail.com</i>	919-208-7360
Ellen King, infant son	<i>divabella2000@yahoo.com</i>	919-740-8799
Debra Lamberis, 25 year old son, drug overdose	<i>coohousedeb@gmail.com</i>	919-693-9922
Mara Lewis, 15 year old son, osteosarcoma	<i>mlewisnc@gmail.com</i>	919-655-5659
Jackie McCoy, 8 hour old son, complications of birth	<i>1204jacmcc@gmail.com</i>	919-633-2136
Cindy McLeod, 23 year old son, blunt force trauma	<i>cindymcleod1954@att.net</i>	330-926-7771
Sue Mellott, 21 year old son, suicide	<i>suemellott@yahoo.com</i>	
Jen Menard, 4 year old daughter, genetic illness	<i>jenmenard3@yahoo.com</i>	919-610-6781
Malissa Obonyo, 18 year old son, murder	<i>ann.mitzi@yahoo.com</i>	919-798-2831
Charlene Peacock, 22 year old son, congenital heart tumor	<i>peacockbig@aol.com</i>	919-706-9176
Faira Pearce, 3.5 month old son, pneumonia	<i>fairaharris@yahoo.com</i>	919-427-7169
Dolly and Rick Richardson, 38 year old son, suicide	<i>rricha2595@aol.com</i>	919-790-0485
Ann Riddick, 33 year old daughter, breast cancer	<i>ann.riddick@gmail.com</i>	252-939-0295
Ora Riggs, 30 year old son, primary brain tumor	<i>orasriggs@gmail.com</i>	919-274-2769
Cori Rochford, 20 day old son, kidney failure	<i>cori.rochford@gmail.com</i>	919-701-5066
Michelle Rosoff, 17 year old daughter, electrocuted in pool	<i>rosoffmichelle@yahoo.com</i>	919-624-2248
Ron & Cindy Salyer, 21 year old son, motorcycle accident	<i>salyer86@hotmail.com</i>	919-868-7542
Angie Selvia, 25 year old daughter, murder	<i>kaiser22006@hotmail.com</i>	910-893-9607
Carol Shelton, 40 year old son,	<i>yaelsgma@bellsouth.net</i>	919-460-0694
Amber Silvers, stillborn daughter	<i>silversa0226@gmail.com</i>	919-400-3077
Linda Strother, 15 year old son, colon cancer	<i>ljstrother@yahoo.com</i>	919-294-6842
Barbara Thorp, 40 year old son, flue complications	<i>bstaw@aol.com</i>	919-847-7787
Rita Tolley, 23 year old son, auto accident	<i>ritatolley123@bellsouth.net</i>	919-215-0401
Christine Torricelli, 17 year old son, suicide	<i>mom3boysalways@yahoo.com</i>	
Libbie Toth, 36 year old daughter, prescription drug overdose	<i>libbie318@att.net</i>	919-848-1876
Jade and Bill Tsao, 24 year old son, accidental overdose	<i>billandjade@suddenlink.net</i>	252-560-9187
Lisa Tucker, 26 year old daughter, suicide	<i>phototucker@gmail.com</i>	919-938-9651
Nancy Turlington, 19 year old son, car accident	<i>dhtntt2@gmail.com</i>	919-553-4995
Mercedes Vedock, 24 year old daughter, accidental overdose	<i>mevedock@hotmail.com</i>	919-656-2364
Edith Weiner, 30 year old son, murdered	<i>edithweiner1025@gmail.com</i>	919-559-0194
Risa Wolfzahn, 23 year old son, gun shot	<i>risenshine321@gmail.com</i>	984-232-0055

**"WHEN YOU FEEL YOU NO LONGER NEED THE COMPASSIONATE FRIENDS,
REMEMBER WE NEED YOU!"**



**OUR NOVEMBER
CHILDREN**
Loved and Always Remembered



Birthday

Ginny Buckner	Daughter	Mike & Meredith Buckner
David Briggs Martin	Son	Dennis & Jean Martin
Brian Avery Burdette	Son	Rick & Karen Burdette
Ashley Duncan	Daughter	Judy Allen
Andre Eric Houseman, Jr.	Son	Sharon Houseman
Mark Bidwell	Son	Pat & Larry Bidwell
Colton Ayscue	Son	Steve & Theresa Ayscue
Carin Johnson	Sister	Tiffany Johnson
Robert Dower	Son	John & Barbara Dower
LaTonya Ellis-Hoffman II	Daughter	LaTonya Ellis
Valerie Anne Chalmers	Daughter	Leah Chalmers & Linda Lomax
Johnny Luciano	Son	Debra Lamberis
Ryan Hamilton	Son	Harold & Sandra Hamilton
Chase Rodgers	Son	Kimberly (Kim) & Darryl Rodgers
Kittrell Travis "Kitt" Blake	Son	Sallie Summers & Keith Blake
Riley King	Son	Ellen King
David Thompson	Son	Susan Thompson
Warrick Fister	Son	Lorraine Romiti
Lindsey Michelle Blythe	Daughter	Jonnie Diane Poole

Anniversary

Carin Johnson	Sister	Tiffany Johnson
Kate Cherny	Daughter	Peg & George Cherny
Brandon Lowery	Son	Susan Lowery
Amark Patra	Son	Shuva Patra
Joshua Riggs	Son	Dennis & Ora Riggs
Scott Shorter	Son	Jeanne & Ken Shorter
Cameron Jackson	Grandson	Mary Lou Jackson
Marcellus Robert Lennon	Son	Morgan & Michael Lennon
Casey Edens	Daughter	Kimberly Edens
Darryl Badgett	Son	Marye & Glenn Badgett
Cindy Osborne	Sister	Kathleen Loos
Larry E Stafford	Son	Alvah & Rachel Ward
William R Wheless Jr.	Son	Gail B. & Wm. Randall Wheless Sr.
Scott Ryan Snyder	Son	Cindy Snyder McLeod
Garrilyn J.I. Horton	Daughter	Shewan Lynette Horton
Joseph (Indy) Vecchione III	Son	Elizabeth Curry
Curtis "Curt" Gardener	Son	David & Helen Gardener
Brian Aronson	Son	Josie & Art Aronson
Annette White-Williams	Daughter	Aimee White
Collin Silva	Son	Carol Silva
	Son	Kevin Silva
Caleb Woodlief	Son	Sandra Woodlief
Gustin Garet Hinnant	Son	Malissa Obonyo
Riley King	Son	Ellen King
Matthew William Lee	Son	Bill & Colleen Lee
Paul Terrelonge	Son	Linda & F. Ray Strother
Blake Tolley	Son	Rita Tolley



We thought of you with love today.

~ Author Unknown





The Compassionate Friends

Wake County Chapter
Supporting Family After a Child Dies

The Compassionate Friends, Inc.
Wake County Chapter
PO Box 6602
Raleigh, NC 27628-6602



November 2016

THE COMPASSIONATE FRIENDS, INC.
Wake County Chapter
PO Box 6602
Raleigh, NC 27628-6602

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