



The Compassionate Friends

Wake County Chapter
Supporting Family After a Child Dies

April 2022



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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 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.

Our Wake County TCF Chapter meets every second and fourth Tuesday nights of the month at 7:00pm in Room 224 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 the Main Entrance of the Family Life Center.

April Meetings

**Tuesday
April 12th
7:00pm**

**Tuesday
April 26th
7:00pm**



MEDITATION

**Birth is a beginning
And death a destination.
And life is a journey;
From childhood to maturity
And youth to age;
From innocence to awareness
And ignorance to knowing;
From foolishness to discretion
And then, perhaps to wisdom;
From weakness to strength
Or strength to weakness —
And often, back again;
From health to sickness
And back, we pray, to health again;
From offense to forgiveness,
From joy to gratitude,**

**From pain to compassion,
And grief to understanding —
From fear to faith;
From defeat to defeat to defeat —
Until, looking backward or ahead,
We see that victory lies
Not at some high place along the way,
But in having made the journey.
Stage by stage,
A sacred pilgrimage,
Birth is a beginning
And death a destination,
And life is a journey
A sacred pilgrimage
To life everlasting.**

Gates of Repentance Prayerbook
Meditation for the Jewish High Holy Days



IN MEMORY
APRIL LOVE GIFTS
 Given In Loving Memory Of Children



Judy and Donn Freeman
 In Loving Memory of Our Son
Hunter Patterson Freeman

Christine Torricelli
 In Loving Memory of My Son
Sean Patrick

Don and Rebecca Jones
 In Loving Memory of Our Daughter
Amanda R. Wall

Faye and Reggie Vick
 In Loving Memory of Our Son
Eric Reid Vick
"To Our Wonderful Son Who We Miss Very Much!"

Please send Love Gifts to: Love Gifts—Wake County Chapter, TCF, P. O. Box 6602. Raleigh, NC 27628-6602. Send pictures & articles to Pattie Griffin at pattie.grif@gmail.com or 30 Shepherd Street, Raleigh NC 27607.

ATTENTION
In-Person April Meetings

We will meet at Hayes Barton Baptist Church in the Five Points neighborhood of Raleigh at 7:00pm on

Tuesday, April 12th
Tuesday, April 26th

Hayes Barton requires us to wear a face mask when entering the church and walking through common areas, but vaccinated adults may remove their masks inside the meeting room. The church requires us to keep a list of attendees (in case follow-up is needed). At the same time there will also be a "hybrid" meeting, with participants present in person and on Zoom simultaneously. Please let us know which way you prefer. If you want the Zoom link, email Judy Schneider at

jschn_2000@yahoo.com

Hayes Barton Baptist Church is located at 1800 Glenwood Avenue (at the corner of Glenwood Avenue and Whitaker Mill Road at Five Points in Raleigh) Our meeting is in Room 224.

Camp RELEAF

For grieving children K-8th Grade

Saturday, April 30th, 2022
 Held at New Hope Camp & Conference Center in Chapel Hill, NC
 From 10 am to 7:30 pm

Camp ReLEAF is designed to provide a safe and supportive place for children to express their grief. Through camp experiences that include arts & crafts, small group discussions, movement activities, and opportunities to remember and honor their loved one, children learn ways to cope with the loss and know they are not alone. Camp ReLEAF is also designed to be a place where grieving children can be together and simply have fun.

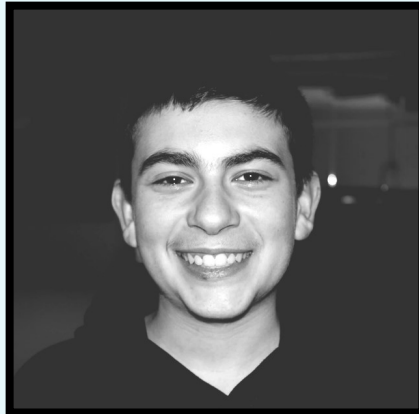
All meals are provided and accommodations are made, whenever possible, to allow children with disabilities to participate. Covid-19 precautions will be followed and plans are subject to change.

Call 919-815-0592 or email DHCHCamp@dm.duke.edu for more information.

Duke HomeCare & Hospice

In Loving Memory of
Sean Patrick

“Beloved Brother and Son”



My Angel's Birthday

**I often wonder what my son does on his special day
Hoping it's better than what I can imagine
But it gives me comfort to try
I imagine he asks God if he can skip his angel duties for a day
And perhaps sleep in until the angels call
I imagine God smiles and agrees to Sean's birthday request
Knowing all that he had to endure and suffer through
I imagine the morning of, Sean is tucked into his fluffy bed
Slowly being awoken by the sun, helping him start his day
I imagine Sean spreading his wings, flying, soaring
Because his soul is at peace and his heart filled with love
I imagine Sean looking for his friends and family
The ones who now get to be a part of his eternal life
I imagine Sean has many many friends
How could he not, who wouldn't want to be his friend
I imagine everyone is excited to celebrate Sean's day
Of course, not as excited as I would be, but still excited
I imagine Sean getting a big birthday hug from Aunt Catherine
Who I know is the kindest, sweetest angel heaven has to offer
I imagine the men setting up a card game in Sean's honor
Which would include corny jokes, funny stories and endless laughs
At some point, I imagine Sean will think of those he left behind
Specifically his younger brothers, Peter and Christopher
I know he misses them and watches over them
Especially when they are playing his video games
I imagine he smiles when he thinks of me, his Mom
Hoping that the thought of me doesn't make him sad
I imagine that he is given a small window to come down and visit
Walking around thinking how cool it is that we can't see him
I imagine that Sean waits around till I fall asleep and whispers
"Good night Mom, I had a great birthday! See you soon."**

**I imagine that one day I won't have to imagine anymore.
Happy 7th birthday in Heaven Sean!**

**Forever Your Mom,
Christine Torricelli**



In Memory of
Amanda Wall



Your Loving Parents
Who Miss You and Love You
Always and Forever
Rebecca and Don Jones

From Sigmund Freud in a letter to a friend after the death of his 36 year old daughter.

“Although we know that after such a loss the acute state of mourning will subside, we also know that we shall remain inconsolable and will never find a substitute.

No matter what may fill the gap, even if it be filled completely, it nevertheless remains something else.”

TCF Baltimore Chapter



**The
Compassionate
Friends**
Supporting Family After a Child Dies



TCF 45th National Conference
Houston, TX - August 5-7, 2022

**Make your reservations for the
45th TCF National Conference being held
August 5-7, 2022 in Houston, TX.**

We are very pleased to welcome back TCF's annual national conference, this year in person! This eagerly anticipated event for those bereaved parents, grandparents, and siblings who attend seeking renewed hope, ways of coping with their grief, and friendships made with those who truly understand the painful loss of a child, sibling, or grandchild. With inspirational keynote speakers, numerous workshops including a wide variety of topics, and the always memorable candle lighting program on Saturday evening, culminating with the popular Walk to Remember on Sunday morning, and so much more, the TCF 45th National Conference is a much-needed gift that we give to ourselves!

This year's conference will be held at the Marriott Marquis Houston. Reservations can now be made online at TCF's dedicated reservation link. TCF's discounted room rate with Marriott is \$149 per night plus tax. Please note that each attendee will only be able to reserve two rooms. Since the conference begins early on Friday and pre-conference activities are offered on Thursday evening, attendees usually find it beneficial to arrive on Thursday.

For those not able to make your reservations online, call the Marriott Reservation line at 877.688.4323. When calling be sure to mention The Compassionate Friends National Conference to receive your room rate.

In Memory of
SSG Eric Reid Vick



“ERIC”

**I blessed the day
I laid eyes on you
Holding you so close
Is all I wanted to do.**

**Those tiny little fingers
And tiny little toes
The greatest gift from GOD
A mother could ever know.**

**Growing, I taught you about Jesus
When you were so very small
I taught you to love
And you loved each and all.**

**When in church or in school
Everything you would pass
For anything that could be questioned
You were not afraid to ask.**

**It's been fourteen years now
Since you've been gone
And everyday your memories
Still go on and on.**

**I can see you standing and
Over my shoulder looking
Saying to me, Mom,
What's that now you are cooking?**

**Opening the refrigerator door
And bending down too
Trying to find something to eat
That's what you would do.**

**Age 16, in school and working
I don't know how you had the time
Keeping up your homework
And still making a dollar and a dime.**

**My heart was broken
The day that you died
Torn to pieces was now
What it felt like inside.**

**Seems there's many years, Eric
That you've been with the LORD
And those years without you
Part of my life has been void.**

**Your family loves and misses you
Oh, yes we truly do
So rest now with Jesus, Son
Until we also can too.**

**Written by Your Mom
Faye Vick
March 5, 2021**

WITH LOVE, FROM HEAVEN

It was a cloudy afternoon in January, a warm Texas 70 degrees—five years, five months, and seven days after my beautiful son Brandon made his transition to heaven. He was 17 and taken by a sudden and ultimately unexplained illness.

My friend Sandy arrived on her bike to take a ride through a nearby park. I can't tell you the last time I had ridden a bike. I excavated it from the garage, among skateboards, hockey sticks, an assortment of balls—relics of another lifetime, each with a story to tell—and made a cautious circle around the driveway, and then took off down the street with Sandy.

We pedaled to the end of the neighborhood, where a school bus was making its routine stop. As we approached the bus, a young boy about ten years old called out from one of the open windows. "Are you Brandon's mom?" he asked, a wide grin on his face. I didn't recognize him and wondered how he knew Brandon; maybe it was someone from church, I thought, but he was too young to have known Brandon. It didn't matter. "Yes." I smiled back. I could hear the sweet-sad sound of children's laughter spilling from the bus. The boy appeared again at the window, this time waving his arms and laughing. "Hey, are you Brandon's mom?" He motioned to someone beside him and added, "He says you're his mom."

It was then that I realized that another boy on the bus named Brandon was telling him I was his mom. (I remember it well ... that kind of thing is a real gut-buster for ten-year-old boys!). I answered again, "Yes," now in full appreciation of the prank. Sandy and I rode past the bus as the first boy shouted after us, "He says he loves you!" "Thank you!" I called back. Then I whispered to heaven, I love you, too.

Sandy was laughing out loud, aware of the magic that had just happened. "How's that for a hello from heaven?" I said in amazement. "More like a shout-out from heaven," she agreed.

To anyone else, the incident might be explained away as an amusing coincidence. But to bereaved parents, eternally connected with our children, we might interpret such an event as nothing less than an expression of heaven's love. I don't presume to understand or explain how these things occur, but I know in my heart that the sense of connection is more than wishful thinking.



At the beginning of grief, I hesitated to talk about these experiences. They were sacred moments, and I protected them from possible scrutiny by others. But, as I listened to other bereaved parents relate their stories of heaven's presence, what I felt in the deepest place of my soul was validated and given voice.

There were stories of butterflies, dreams, electrical occurrences, personal objects showing up inexplicably, songs, fragrances, synchronicities; the phenomena were as varied and individual as our beloved children. Like images of a collective collage, the accounts were vibrant with feeling and dimension, all leading to the striking conclusion: Our children are very much alive in a realm not far away.

Never did I doubt that life continues after death; I just believed that heaven was a distant place with little interest in earthly affairs. The idea that heaven and earth somehow intersect was a new perspective for me. It implied a new kind of relationship with my son that required a willingness to release what was and what should have been, and to embrace the love that is.

As I began allowing this new relationship, I felt an inward sense of peace. I found that the awareness of an enduring connectedness, as real as any earthly relationship, enabled me to move forward with grief and reclaim a sense of meaning and purpose in life.

Like streams of silver starlight reaching through midnight clouds, heaven's gifts are reminders that love transcends the separation of death. By opening our hearts to these luminous gifts, we embrace a very-present source of comfort and strength.

What distinguishes heaven's expressions of love? While the outer form of gifts may vary, three qualities may be identified:

Unexpected—The first quality of gifts from heaven is the element of surprise. They are spontaneous windows of awareness. In fact, we may question if they are real or if we are imagining them. They may be wrapped in ordinary sights, sounds, incidents, or objects that lend themselves to logical explanation, but they generate an unmistakable impression that is recognized by the heart.

Personal—Because a brush with heaven is a spirit-to-spirit encounter, it is very personal, as unique as the

BEYOND SURVIVING

by Iris Bolton

Hundreds of books have been written about loss and grief. Few have addressed the aftermath of suicide for survivors. Here again, there are no answers; only suggestions from those who have lived through and beyond the event. I've compiled their thoughts.

1. Know you can survive. You may not think so, but you can.
2. Struggle with "why" it happened until you no longer need to know "why", or until you are satisfied with partial answers.
3. Know you may feel overwhelmed by the intensity of your feelings but all your feelings are normal.
4. Anger, guilt, confusion, forgetfulness are common responses. You are not crazy—you are in mourning.
5. Be aware you may feel appropriate anger at the person, at the world, at God, at yourself.
6. You may feel guilty for what you think you did or did not do.
7. Having suicidal thoughts is common. It does not mean that you will act on those thoughts.
8. Remember to take one moment or one day at a time.
9. Find a good listener with whom to share. Call someone if you need to talk.
10. Don't be afraid to cry. Tears are healing.
11. Give yourself time to heal.
12. Remember, the choice was not yours. No one is the sole influence in another's life.
13. Expect setbacks. Don't panic if emotions return like a tidal wave. You may only be experiencing a remnant of grief; an unfinished piece.
14. Try to put off major decisions.
15. Give yourself permission to get professional help.
16. Be aware of the pain of your family and friends.
17. Be patient with yourself and with others who may not understand.
18. Set your own limits and learn to say no.
19. Steer clear of people who want to tell you what or how to feel.
20. Know that there are support groups that can be helpful, such as The Compassionate Friends or Survivors of Suicide Groups. If not, ask a professional to help start one.
21. Call on your personal faith to help you through.
22. It is common to experience physical reactions to your grief, i.e., headaches, loss of appetite, inability to sleep, etc.
23. The willingness to laugh with others and at yourself is healing.
24. Wear out your questions, anger, guilt, or other feelings until you can let them go.
25. Know that you will never be the same again, but you can survive and go beyond just surviving...

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WITH LOVE, FROM HEAVEN *(continued from previous page)*

relationship with the loved one. Therefore, gifts are delivered in a language that will be understood by the recipient. For example, my school bus encounter had qualities that felt like my son's personality. Each gift is customized in a way that invites us to unwrap its inmost contents.

Supportive—Tucked inside each gift is a message of support, gently prompting us onward in our lives. Although it doesn't erase the pain of physical separation, the assurance that we're not alone encourages us to find what remains to be lived. It's not unusual that many bereaved parents feel closest to their children when they begin re-engaging in life. It's our gift in return to those who support us from the other side.

We might think of heaven's gifts as a UPS package: Unexpected, Personal, and Supportive. They take us by surprise, fill our hearts with love, and inspire us to live in honor of a reality beyond our limited view.

Our cherished relationships transcend the bounds of time, space, and life itself. So if a delivery arrives, "With love, from heaven," I'll gratefully sign for the gift.

ROBIN GODDARD

Robin Goddard and her husband, Bennie, live in Texas and are the parents of Ashley, 26, and Brandon, who made his transition to heaven in 2006. They have been involved with the Brazoria County Texas and Sugar Land/SW Houston Chapters of TCF.

Posted on January 18th, 2019
www.compassionatefriends.org

THE COMPASSIONATE FRIENDS ONLINE SUPPORT COMMUNITY (LIVE CHAT)

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

The intent of our Online Support Community is to provide mutual comfort, hope, and support through conversation. We are not professional grief counselors.

The chatrooms listed under Online Support Community at Compassionate Friends and times available include:

First-Time Chatter Orientation,
Parents/Grandparents/Siblings
Loss to Substance Related Causes
Bereaved Less than Three Years
Bereaved More Than Three Years
No Surviving Children
Pregnancy/Infant Loss
Suicide Loss

See www.compassionatefriends.org to learn more.

THE COMPASSIONATE FRIENDS PRIVATE FACEBOOK GROUPS

The Compassionate Friends offers a variety of private Facebook Groups. These pages are moderated by bereaved parents, siblings, or grandparents, and may not be accessed unless a request to join is approved by a moderator. Please click on the link next to the group you wish to join and answer the screening questions so we can confirm your request. Please note, all three questions need to be answered in order to be approved. If you are on a phone or tablet, you will need to scroll down before hitting “submit.” If you are still waiting approval after three days, please message one of the administrators. Join requests to our Facebook groups must be requested personally, therefore when you wish to share the group with someone please pass along the link to the group.

VIEW GROUPS: See www.compassionatefriends.org to learn more.

[TCF – Loss to COVID-19 and Other Infectious Diseases](#)

[TCF – Loss of a Child](#)

[TCF – Loss to Miscarriage or Stillbirth](#)

[TCF – Miscarriage, Stillbirth, Loss of an Infant Grand-child](#)

[TCF – Infant and Toddler Loss](#)

[TCF – Loss of a Child 4 -12 Years Old](#)

[TCF – Loss of a Child 13-19 Years Old](#)

[TCF – Loss of an Adult Child](#)

[TCF – Loss of an Only Child/All Your Children](#)

[TCF – Loss of a Stepchild](#)

[TCF – Loss of a Grandchild](#)

[TCF – Sibs \(for bereaved siblings\)](#)

[TCF – Loss of a LGBTQ+ Child](#)

[TCF – Bereaved LGBTQ Parents with Loss of a Child](#)

[TCF – Multiple Losses](#)

[TCF – Men in Grief](#)

[TCF – Daughterless Mothers](#)

[TCF – Sudden Death](#)

[TCF – Loss to Substance Related Causes](#)

[TCF – Sibling Loss to Substance Related Causes](#)

[TCF – Loss to Suicide](#)

[TCF – Loss to Homicide](#)

[TCF – Loss to a Drunk/Impaired Driver](#)

[TCF – Loss to Cancer](#)

[TCF – Loss of a Child with Special Needs](#)

[TCF – Loss to Long-term Illness](#)

[TCF – Loss After Withdrawing Life Support](#)

[TCF – Loss to Mental Illness](#)

[TCF – Finding Hope for Parents Through TCF SIBS](#)

[TCF – Grandparents Raising their Grandchildren](#)

[TCF – Bereaved Parents with Grandchild Visitation issues](#)

[TCF – Inclusion and Diversity](#)

[TCF – Grieving with Faith and Hope](#)

[TCF – Secular Support](#)

[TCF – Reading Your Way Through Grief](#)

[TCF – Crafty Corner](#)

See www.compassionatefriends.org to learn more.

SUGGESTIONS FOR JOURNAL WRITING AS A MEANS OF GROWING THROUGH CRISIS

Identify as many feelings as you can which you have experienced today. You may have coped with grief, relief, denial, confusion, weakness, nausea, a heavy chest, crying, or sleep disturbance (P.S. all of the above are normal.)

1. Take a memory trip through one event which you can remember clearly with your loved one. Write about it in detail as you fully experience the memory. Don't be afraid to feel.
2. List as many "losses" other than the current loss which you have experienced in your life. How were they similar and different? How did you cope with them?
3. Write about the person(s) you have felt most supported by since your loss. When finished, write that person a note of gratitude.
4. Write about the persons who have pulled away from you since your loss. Explore why. Who have you pulled away from? Why?
5. Take out a favorite picture of your loved one. Write about the things you appreciated most about him or her. Then write about how you feel now.
6. Write about some of the things you are angry about in relation to your loss. Write about how you can express those feelings rather than holding them in.
7. Write about the guilt you feel: the "should-haves" and the "if-onlys." Check what is rational and mark out what is irrational. Then write a letter to someone or to God asking forgiveness for those items which are rational.
8. Write about your fears: being alone, driving a car, money, the future.
9. Write down how you have helped yourself since your loss: emotionally, spiritually, socially, physically, and intellectually.
10. Write about your three biggest "wants" in the months ahead. When do you believe you can accomplish them?

Author Unknown



THE GIFT

I have a gift.
I did not want this gift,
 It meant suffering and pain.
The pain came because of love.
A love which had manifested itself in a child.
The child brought its love to me
 and asked for my love.
Sometimes I did not understand this.
Sometimes I did not appreciate it.
Sometimes I was too busy to listen quietly
 to this love.
On day the child died.
The love remained.
This time the love came in other forms.
This time there were memories,
 there was sadness and anguish.
And unbelievable pain.
One day a stranger came
 And stood with me.
The stranger said "I understand", and did.
You see the stranger had also been this way.
We talked and cried together.
The stranger became my friend
 as no other had.
My friend said "I am always here", and was.
One day I lifted my head.
I noticed another grieving,
 grey and drawn with pain.
I approached and spoke.
I touched and comforted.
I said, "I will walk with you", and did.
I also had the gift.

—Joe Lawley, TCF Founder
Coventry, England 1969



LOVED & ALWAYS REMEMBERED

OUR APRIL CHILDREN
Birthdays



Michael Kokos	Son	Mary Ann & Dennis Kokos
Ryan Moore	Son	Kimberly & Dennis Palacios
Larry Donald Barbour, Jr.	Son	Diane & Larry Barbour
Walton Edwin Barbour	Son	Diane & Larry Barbour
Michael Alley, Jr.	Son	Michael & Karen Alley
Zachary Poisson	Son	Jean-Marie & Lani Poisson
Michael Joy	Son	Nicholas & Amber Joy
Caroline Allen	Daughter	Betsy & Alex Allen
Taylor Jude Dworznicki	Daughter	Denise Dworznicki
William Vincent Amirante	Son	Toni Amirante
Jeffrey Alderson	Son	Todd & Jeanne Alderson
Noah Lanni	Son	Ruth & Arthur Lanni
	Grandson	Claudia Mormino
Ashley Gilley	Daughter	Kristi & Mike Gilley
Bedie Joseph	Son	Mike & Kate Joseph
Alex Slaney	Son	Debra & Lenny Slaney
Connie Kokos	Daughter	Mary Ann & Dennis Kokos
Sandy Lanza	Son	Annette Lanza
Benjamin "Ben" Woodruff	Son	Bonnie & Leon Woodruff
Derrick Palmer	Son	Renie Palmer
Zachery Marten Riggle	Son	Nancy Riggle
Sean Patrick	Son	Christine & Vincent Torricelli

This I Can Share With You

I have not experienced the death of my only child, but some have. I have not experienced a child dying by suicide, but some have. I have not watched my child try to fight a terminal illness, but some have. None of us would dare to say "I know how you feel." Even if our experiences are similar, no two situations are exactly alike.

But I can say, I remember the pain when my child died. I remember the feeling of insanity. I remember the feelings of aloneness. I remember wishing I could die. I remember wanting to share something with my child, but he wasn't there. So my friend, our experiences have parts in common and parts that are different. So why should we listen to each other?

Do you know what heartbreak feels like? All of us do. Do you know what it's like to have empty arms? All of us do. So let's learn what we can of our commonalities. We loved a child, but our child left too soon. **This We Can Share With You.**

TCF Cape Fear NC Chapter



LOVED & ALWAYS REMEMBERED
 OUR APRIL CHILDREN
 Anniversaries



Eric Reid Vick	Son	Reggie & Faye Vick
Anthena Williams	Daughter	Karen & Greg Williams
Robert Hallman Moore	Son	Barbara Moore Dantonio
Lee Rodgers	Brother	Kati & Kevin Bourque
Perrin Smith	Son	Dawn Smith
Sarah Tatum	Daughter	David Tatum
Walton Edwin Barbour	Son	Diane & Larry Barbour
Larry Donald Barbour, Jr.	Son	Diane & Larry Barbour
Nathan Tew	Son	Angela & Cameron Tew
Kevin Parrott	Son	Margaret Parrott
Mark McDavid	Son	Macon McDavid
Melissa Gray Watkins	Daughter	Larry & Barbara Watkins
Lorren Alaine Daniels	Daughter	Tonya Koonce-Daniels
William Earnest Davis	Son	Mary D & James Malone
Meredith Elisabeth Edwards	Daughter	Beth Eastman-Mull
Olivia Menard	Daughter	Jen & Chad Menard
Charlie Holt	Grandson	Mary Charles & Thomas K Sutphin
Amanda Wall	Daughter	Rebecca & Don Jones
Matthew Horney	Son	Donna McLaren
Valerie Anne Chalmers	Daughter	Leah Chalmers & Linda Lomax
Cameron Wagner	Son	David & Cindy Wagner
Derek Ray Lemieux	Son	Holly & Dave Richard
Beth Szczepanski	Daughter	Adam Szczepanski & Sunie Stanton
Jenifer Heintzelman Rice	Daughter	Richard & Constance Heintzelman
Alexis "Lexi" Richardson	Granddaughter	Kelly Thompson
Zachery Marten Riggle	Son	Nancy Riggle
Seth Holden Mainguy	Son	Leah & Jonathan Mainguy
Timothy Bassett	Son	Alyce Laird
Symphony House	Daughter	Chariti & Joe House
Thomas Anthony Weiner	Son	Edith Weiner
Jacqueline Helmke	Daughter	B Sue Helmke
Ashley Nicole Hamilton	Daughter	Nan & Larry Hamilton
Lee Michael Neisz	Son	Ann Neisz
Christopher Furtick	Son	Russell & Brenda Furtick
Christopher Bambara	Son	Claire & Stephen Bambara
Alexandra Tweedy	Daughter	Robert & Susan Tweedy

Having traveled to the depths of mourning has given me a different understanding of life. I'm able to connect with others who have experienced this kind of grief. We recognize each other, speak the same language and exist in a vaguely different reality.

—Lynn Jaffee



The Compassionate Friends

Wake County Chapter
Supporting Family After a Child Dies

**The Compassionate Friends, Inc.
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**THE COMPASSIONATE FRIENDS, INC.
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