



The Compassionate Friends

Wake County Chapter
Supporting Family After a Child Dies

March
2022



Inside this Issue:

Love Gifts March Meetings In Memory of Jeffrey Schneider	2
In Memory of Hunter Freeman	3
In Memory of Ariana Dawson In Memory of Sophie Allen Camp ReLeaf	4
TCF 45th National Conference	5
The Grieving Person's Bill of Rights	6
Memories of Your Child After The Storm	7
Expectation for Yourself in Grief	8
Adolescent Suicide	9
March Birthdays	10
March Anniversaries	11

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.

March Meetings

**Tuesday
March 8th
7:00pm**

**Tuesday
March 22nd
7:00pm**

THE COMPASSIONATE FRIEND

"Blessed are they that mourn
for they shall be comforted."

Thus the beatitude
is faithfully reported.
Bereaved folks find in time
that this is very true.
And grief, severely borne,
at last finds hope anew.

But those who grieve also find
this truth has been adorned—
"Blessed are they that comfort
for often they shall have mourned."
To have walked in others' shoes,
to have known the pain they feel,
Brings compassion through and through,
compassion very real.

Robert F. Gloor

Originally published in Come Along With Me! (1992),
a Gloorious Acres publication.





IN MEMORY
MARCH LOVE GIFTS
 Given In Loving Memory Of Children



Diana Allen
 In Loving Memory of My Daughter
Sophie Elizabeth Allen
 "Always in Our Hearts!"

Randy and Sue Mellott
 In Loving Memory of Our Son
Jesse Aaron Mellott

Cynthia Ross
 In Loving Memory of My Daughter
Alecyn Elizabeth Ross

Vincent and Judy Schneider
 In Loving Memory of Our Son
Jeffrey Paul Schneider

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.

Love is . . . remembering all the happy times.

ATTENTION
In-Person March Meetings

We will meet at Hayes Barton Baptist Church in the Five Points neighborhood of Raleigh, at 7:00pm on Tuesday, March 8th and Tuesday, March 22nd. 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.

In Loving Memory of Our Son
Jeffrey Paul Schneider



You are forever in our hearts.

Love, Mom and Dad
 Judy and Vince Schneider

Hunter Patterson Freeman

Dearest Hunter,

One of the happiest days of our lives was March 14, 1986, when you joined our family. Erin Marie, your sister, did not initially welcome you as she had been around for 4 years before you. However, she loved you as fiercely as we all did. You made us laugh, cry, shout, and scream as we watched your athletic abilities on the soccer field and golf course. You were indeed a “force of nature,” and all who met you loved your gregarious nature and your zest for life!

Our journey as a family continued, when Dad used to take you and Erin to church every Sunday, while I ministered to the sick at Raleigh Community Hospital. The church staff were in awe of your ability to communicate, read, and create sentences at such a young age! As our family life continued you and I talked so much your Dad and Erin did not get much talk time. Then ironically, we both developed a love for TED talks and had to learn to listen!

You were an incredible athlete ... we spent many days on golf courses and attended soccer games all over the state. Your graduation from Wakefield with honors made us so proud. Then off to North Carolina State University you went to continue your academic journey. Your girlfriend relationships were fun, intense, and sometimes heart-breaking. Then you met Dr. Hope Lima in 2014 at NCSU and you told me, “She is my love and soul mate.”

We traveled extensively as a



family and you and Erin loved the adventures as we did. You both taught us to love life, people, and adventures. The Mediterranean cruise that you and I shared was a true gift and such an enriching experience. We laughed, feared (you got so seasick), fought, and embraced the beauty of many countries and culture ... Majorca, Spain being one of your favorite places. I will be eternally grateful for this gift of time we had together.

Covid 19 changed our lives in 2020, but gratefully Erin, Jacob, you, and I spent a day together at Asheboro Zoo in October wearing our masks. We did a lot of face timing on holidays, birthdays, Father’s and Mother’s Days, and special occasions. We are forever grateful for our facetime with you for Jacob’s 7th birthday July 8th this year.

And then on July 12, 2021, our worlds were shattered ... me, your Dad, Erin, Josh, Jacob, and Thomas (and many others too). Your family loves you dearly and

you will be forever with us. Jacob Bennett and Thomas Hunter will miss your athletic interactions. Josh and your Dad as well as Erin and I are tossing footballs and kicking soccer balls with them, and that is a hoot!

You taught us all so much. The love of life, character, and the goodness of people. You made us laugh with your witty humor and now you must continue to bring us laughter, tears, sadness, and love. Our sadness is beyond profound and the emptiness we all feel will forever remain as we will miss your jokes, hugs, kisses, voice, and physical presence. The fierceness of our love will forever live on in our earthly and thus heavenly LIFE.

May we all live on in spiritual love my dearest son **Hunter Patterson Freeman**. Please continue to teach me and your Dad how to minister to others with purpose.

To our family and friends, thank you for your outpouring of love, support, compassion, and for being there for our family. Our family will have a private celebration of Hunter’s life at the beach which he loved so much and spent every summer.

We are finding comfort in John 14:27 :

Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.

With love,
Mom, Dad, Erin, Josh,
Jacob, and Thomas

In Memory of
Ariana Taylor Dawson



“Missing our Ariana-billybana every day!”

**Mom and Dad,
Paul and Shelly Dawson**

In Loving Memory of My Daughter
Sophie Elizabeth Allen



Forever

Your

**Mom,
Diana Allen**

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.

TCF 45th National Conference

August 5, 2022 thru August 7, 2022
in Houston, TX

The Compassionate Friends National Conference is a weekend spent surrounded by other bereaved parents, grandparents and siblings. It is a place where hope grows and friendships are made with others who truly understand. With inspirational keynote speakers, abundant workshops for everyone's wants and needs, and a remembrance candle lighting program culminating with the annual Walk to Remember, this time of healing and hope is the gift we give ourselves. Join us as together we remember and share the everlasting love we have for our precious children, siblings and grandchildren.

The purpose of the Walk is to remember all our children, grandchildren, and siblings who died too soon but still walk in their families' hearts, to unite the families of the local chapter and to raise funds to support the mission of the local chapter.

*My child died.
I felt my life died, too.
I went to a support group
And there I met you.
You said my life
Would have meaning again.
Your words didn't mean much to me.
But I watched as you helped others,
As you listened and gave so tenderly.
You were my symbol of hope that
Someday life would be worth living.
You showed me how to start.
That living again, begins with giving.*

Marilyn Willett Heavilin
TCF Long Beach, CA



**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.

The Grieving Person's Bill of Rights

Though you should reach out to others as you do the work of mourning, you should not feel obligated to accept the unhelpful responses you may receive from some people. You are the one who is grieving, and as such, you have certain "rights" no one should try to take away from you. This message is intended to both empower you to heal and to help you decide how others can and cannot help. This is not to discourage you from reaching out to others for help but rather to assist you in distinguishing useful responses from hurtful ones.

You have the right to experience your own unique grief.

No one else will grieve in exactly the same way you do. So, when you turn to others for help, don't allow them to tell you what you should or should not be feeling.

You have the right to talk about your grief.

Talking about your grief will help you heal. Seek out others who will allow you to talk as much as you want, as often as you want, about your grief.

You have the right to feel a multitude of emotions.

Confusion, disorientation, fear, guilt and relief are just a few of the emotions you may feel as part of your grief journey. Others may try to tell you that feeling angry, for example, is wrong. Don't take these judgmental responses to heart. Instead, find listeners who will accept your feelings without condition.

You have the right to be tolerant of your physical and emotional limits.

Your feelings of loss and sadness will probably leave you feeling fatigued. Respect what your body and mind are telling you. Get daily rest. Eat balanced meals. And don't allow others to push you into doing things you don't feel ready to do.

You have the right to experience grief "attacks."

Sometimes, out of nowhere, a powerful surge of grief may overcome you. This can be frightening, but it is normal and natural. Find someone who understands and will let you talk it out.

You have the right to make use of ritual.

The funeral ritual does more than acknowledge the death of someone loved. It helps provide you with the

support of caring people. More important, the funeral is a way for you to mourn. If others tell you that rituals such as these are silly and unnecessary, don't listen.

You have the right to embrace your spirituality.

If faith is part of your life, express it in ways that seem appropriate to you. Allow yourself to be around people who understand and support your religious beliefs. If you feel angry at God, find someone to talk with who won't be critical of your feelings of hurt and abandonment.

You have the right to search for meaning.

You may find yourself asking, "Why did he or she die?" "Why this way?", "Why now?". Some of your questions may have answers, but some may not. And watch out for the cliched responses some people may give you. Comments like, "It was God's will" or "Think of what you have to be thankful for" are not helpful and you do not have to accept them.

You have the right to treasure your memories.

Memories are one of the best legacies that exists after the death of someone loved. You will always remember. Instead of ignoring your memories, find others with whom you can share them.

You have the right to move toward your grief and heal.

Reconciling your grief will not happen quickly. Remember, grief is a process, not an event. Be patient and tolerant with yourself and avoid people who are impatient and intolerant of you. Neither you nor those around you must forget that the death of someone loved changes your life forever.

Alan D. Wolfelt, Ph.D.



We all hit a time when we've lost hope and need someone to put their arms around us and say:

"I've got you right now. I won't let you face this alone."



MEMORIES OF YOUR CHILD

For all of you that have lost a child
there is a bridge we all have to cross
I know that it is not very easy
when in your heart there is such a loss
But there is always some hope and guidance
in your heart and prayers to see them again one day
Always keep your faith in the Lord above
for He will surely show you the way.

Time does help as you will soon find out
but the hurt and pain stay in your heart
There is nothing that anyone can really do or say
it is just so hard to make a new start
Remember that Compassionate Friends are always there to help
if you just want to talk about your child that is gone
Because all you have left are all of their memories
and that is something you will always carry on.

Most of your memories are all beautiful ones
and they will last you your whole life thru
But no one knows how you really feel
there is nothing that anyone can ever do
To fill your heart where the piece is missing,
or make you ever be as you were before
Your life will never be the same as it was
our hurt and pain will be with us for evermore.

But there is light at the end of the tunnel
and someday we will find our dreams come true
We believe that we will see our children once more
they will be together again with me and you
So until that day keep your faith in God
for we know He will watch over each one with care
And I believe some day we will find all the answers
to why our children went before us over there.

by Jack Heil - 9/1/94 - NE Phila Chapter TCF

AFTER THE STORM

*The rain came today and,
oh my, what a rain!*

*It ran like a river
down gully and drain.*

*The lightning flashed bright and the
thunder did roar.*

*And briefly we wondered
if life here was o'er.*

*The storm soon passed on,
but the clouds were still there.*

*What wonderful freshness
was left in the air.*

*So crisp and so clean
was the feeling we knew*

*And not just because the fierce storm
was now through.*

*No, storms, when they come,
have a healing effect,*

*Removing debris
that in air does collect*

*And storms in our lives
serve for that purpose too.*

*Some things are discarded,
some truths remain true.*

*We revise our values
and look differently*

*At what we once clung to,
and, importantly,*

*We learn to be patient
and tolerant too*

*With those who don't view things
the way that we do.*

*So, though we may fear them,
storms still will arrive.*

*And whether we first think so,
good will derive.*

*From what we endure,
even though we've no choice.*

*For times when we weep,
there are times to rejoice.*

*Robert F. Gloor
Yesterday's Eyes and Other Poems (1988)*



Appropriate Expectations You Can Have for Yourself in Grief



by Therese A. Rando

Please review the following list of expectations and evaluate yourself on each one to see if you are maintaining realistic expectations for yourself. You can expect that:

- Your grief will take longer than most people think.
- Your grief will take more energy than you would have ever imagined.
- Your grief will involve many changes and be continually developing.
- Your grief will show itself in all spheres of your life: psychological, social and physical.
- Your grief will depend upon how you perceive the loss.
- You will grieve for many things both symbolic and tangible, not just the death alone.
- You will grieve for what you have lost already and for what you have lost for the future.
- Your grief will entail mourning not only for the actual person lost but also for all the hopes, dreams, and unfulfilled expectations you held for and with that person, and for the needs that will go unmet because of the death.
- Your grief will involve a wide variety of feelings and reactions, not solely those that are generally thought of as grief such as depression and sadness.
- The loss will resurrect old issues, feelings, and unresolved conflicts from the past.
- You will have some identity confusion as a result of this major loss and the fact that you are experiencing reactions that may be quite different for you.
- You may have a combination of anger and depression, such as irritability, frustration, annoyance, or intolerance.
- You will feel some anger and guilt, or at least some manifestation of these emotions.
- You may have a lack of self-concern.
- You will have trouble thinking (memory, organization and intellectual processes) and making decisions.
- You may feel like you are going crazy.
- You may be obsessed with the death and pre-occupied with the deceased.
- You may experience grief spasms, acute upsurges of grief that occur suddenly with no warning.
- You may begin a search for meaning and may question your religious and/or philosophy of life.
- You may find yourself acting socially in ways that are different from before.
- You may find yourself having a number of physical reactions.
- Society will have unrealistic expectations about your mourning and may respond inappropriately to you.
- You may find that there are certain dates, events, and stimuli that bring upsurges in grief.
- Certain experiences later in life may resurrect intense grief for you temporarily.

In summary, your grief will bring with it, depending upon the combination of factors above, an intense amount of emotion that will surprise you and those around you. Most of us are unprepared for the global response we have to a major loss. Our expectations tend to be too unrealistic, and more often than not we receive insufficient assistance from friends and society. Your grief will not only be more intense than you expect but it will also be manifested in more areas and ways than you ever anticipated. You can expect to see brief upsurges of it at anniversary and holiday times, and in response to certain stimuli that remind you of what you have lost. Your grief will be very idiosyncratic and dependent upon the meaning of your loss, your own personal characteristics, the type of death, your social support, and your physical state.



*There are times when you have been hurt so badly
That you become certain that the pain will never pass
But it does . . . Sometimes because of your efforts,
Sometimes in spite of them - but always, always it goes away.
So hold on, and know that tomorrow will come
And with each tomorrow it will be better.*

by Sue Mitchell, TCF Dallas, TX



Adolescent Suicide: Causes, Signs, and Prevention

David G. Kravetz, Psy.D.

Suicide is the third leading cause of death of adolescents. The suicide rate among adolescents has tripled within the past 25 years and has doubled within the past 10 years. And, for every teenager who succeeds in killing himself, perhaps 50 to 150 others make serious attempts that fail. There is an increased rate of suicidal behavior among adolescents who have known an individual (particularly a parent or close friend) who has attempted or committed suicide; suicide of a peer may serve as a model for similar behavior by the vulnerable adolescent and may lessen social constraints against suicide.

How can those adolescents who are at increased risk for making suicide attempts be identified? And what can be done to decrease the risk of adolescent suicidal behavior in our communities?

Researchers see adolescent suicide as being the result of a progression of problems through three stages:

A longstanding history of problems. Adolescents who attempt suicide tend to have had difficulty reaching out for help and using it when offered, and tend to feel little hope about the future. They typically see their lives as being the product of forces beyond their control. Often these teenagers have wishes for high degrees of personal gratification and a high sense of personal importance that leaves them a "long way to fall" in the event of disappointment. Their families tend to be economically stressed (making it harder for their parents to attend to their emotional needs) and are often disrupted by divorce or death (with father absence being a particularly notable contributory factor). Family members are frequently characterized by medical problems, alcoholism, psychiatric disorders, and/or suicide. Also, anger, grief, and shame are not seen in these families as normal human emotions that can be expressed and learned through; as a result, these teens tend to wall themselves off emotionally.

Introduction of new problems with the onset of adolescence. Adolescents often feel as if they are "caught between two worlds," being no longer children yet not yet ready or able to be an adult. Feeling adrift, they tend to center their attention and their hopes for a stable sense of identity on their peer group; however, their peers themselves are insecure, often are unable to provide emotional support, and often show maladaptive styles of dealing with stress. Also, vulnerable adolescents tend to adopt the current culture-wide preference for instant solutions to problems and to despair when these solutions do not occur as shown on half-hour TV programs.

A precipitating problem which overwhelms weakened coping abilities. Problems most frequently cited by surviving adolescents as the "trigger" for their suicide attempts include (listed in descending frequency): parental problems; problems with members of the opposite sex; school problems; problems with siblings; problems with peers.

Signs often exhibited by adolescents becoming depressed include:

- slow withdrawal into helplessness and apathy
- falling grades
- withdrawal of interest from hobbies, sports, and other activities that were once important
- change in sleep and eating habits
- sudden outbursts of fury or unusual and reckless behavior
- less and less communication and increased isolation.

Last-minute signs often given by adolescents contemplating suicide include:

- giving away of treasured personal possessions
- preoccupation with death in music, art, and personal poetry and journals
- mentioning that they are worthless and that their families would be better off without them
- mentioning to another (most typically a friend) that they want to die. (Although some element of interpersonal manipulation **might** be present in such a threat it is better judgment to respond to the threat as if it is real rather than to disregard it.)

If as a parent, teacher, neighbor, or friend, you get the feeling that a teenager is possibly at immediate risk for suicide, actively open up the subject in conversation. (If the teen is not thinking of suicide, your relationship in all likelihood will not be threatened, for such a question is an expression of caring and concern. And there is no need to be concerned that such a question might implant suicidal ideas which did not previously exist.) Some questions which might be of help if the youth appears at all interested in talking include: "How's your life going? How are you feeling about things these days? How long have you had these feelings? How did they begin? When were you first aware of such feelings? What were the circumstances then? What has happened now? Have you talked to anyone else about this?" If he is thinking of suicide, the opportunity such questions provide for him to talk (and for you to listen) may cause him to feel relieved and to respond positively to suggestions to approach others who may be of assistance. Planning for further help with the teenager should be done in active collaboration with parents. If the youth does not want his parents contacted, weigh this desire (and the teen's trust in your relationship) against the risk of immediate harm to self or others; your contacting a mental health professional might aid in your decision-making at this point.

We need to help our children learn four things at an early age which would diminish the risk of suicide:

- An internalized, intrinsic sense of value and self-esteem;
- Communication skills to permit expression and discussion of feelings;
- "Positive failure" — that is, that effort is positive and that we can enjoy and grow from what we do regardless of the outcomes; and
- The ability to handle loss and grief, which are frequently precipitants of suicide.

David G. Kravetz, Psy.D., is a practicing psychologist at the Adolescent Unit of Holly Hill Hospital, a private hospital in Raleigh. He is also in private practice. — 1985



LOVED & ALWAYS REMEMBERED
OUR MARCH CHILDREN
 Birthdays



Alecyn Elizabeth Ross	Daughter	Alexander & Cynthia Ross
Jeffrey Schneider	Son	Vince & Judy Schneider
Dylan Raitz	Son	Marie & Bill Raitz
Ashley Scarborough	Daughter	Lynn & Emerson Scarborough
Andy Crosier	Son	Chris Crosier
Casey Snead	Daughter	Tenita Mail
Mateo Rochford	Son	Cori & Thomas Rochford
Cole Burwell	Son	Cathy Joostema
Ben Smeller	Son	Kathleen Hodge
Wade Halford	Son	Maggie & Scott Halford
Blake Rosin	Son	Christine Rosin
Kenny Lewis	Son	Mara & Jack Lewis
Hunter Patterson Freeman	Son	Judy & Donn Freeman
Ricky "Lee" Walker	Son	Kim Walker
Ariana Taylor Dawson	Daughter	Paul & Shelly Dawson
Cara Grace Hazell	Daughter	Cynthia & Tim Hazell
Julie Elizabeth McClelland	Daughter	Dru McClelland Smith
Lisa Diane Gatlin	Daughter	Jo Ann & Miller Gatlin
Mark McCain	Brother	Nickie McCain
Charlie Holt	Grandson	Mary Charles & Thomas K Sutphin
Damian Curran	Son	Sharon Wilks
Matthew Horney	Son	Donna McLaren
Benjamin A. Thorp IV	Son	Barbara Thorp
Anna Christine Brinkerhoff Helms	Daughter	Diane Brinkerhoff
Kadarius Montel Durham	Son	Andrea & Daniel Williams
Derek Ray Lemieux	Son	Holly & Dave Richard
Gavin William Boyd Westover	Son	Ted & Patty Westover
Thomas M. Carr III	Son	Thomas & Donna Carr
Sophie Elizabeth Allen	Daughter	Diana Allen

S E A R C H I N G

Once again, my list has vanished - It was here, but now it's missing.

Keys and glasses disappearing - Books and letters overdue.

I'm forever searching, searching - They must be here, and I need them!

Could it be that what is missing - What I want this very minute

Could it be that what I'm really searching for - My child - Is You?

**Joyce Andrews
 TCF Sugar Land, TX**



LOVED & ALWAYS REMEMBERED
 OUR MARCH CHILDREN
 Anniversaries



Landen Bass	Son	Kristie Bass
David Briggs Martin	Son	Dennis & Jean Martin
Chad Dunlap	Son	Janet & Ray Dunlap
Amy Newton	Daughter	Libbie & Steve Toth
Kadarius Montel Durham	Son	Andrea & Daniel Williams
Penny Jo	Daughter	Gale Taylor
Keith F Larson II (Kip)	Son	Keith & Mary Ann Larson
Noah Lanni	Son	Ruth & Arthur Lanni
	Grandson	Claudia Mormino
John Castro-Rappl	Son	Chris Rappl & Maria Castro
Ginny Buckner	Daughter	Mike & Meredith Buckner
William "Joseph" Clarkson	Son	Mary Lou & Bill Clarkson
Michael Carpenter	Son	Theresa & Vince Carpenter
Sarah Glesner	Daughter	Kathleen & Kevin Combs
Ashley Scarborough	Daughter	Lynn & Emerson Scarborough
Brian Darnell	Son	Pam & Pete Harris
Cole Burwell	Son	Cathy Joostema
Shiloh Brock	Daughter	Peter Brock
Nicholas Padula	Son	Cathy & Randy Padula
Cara Grace Hazell	Daughter	Cynthia & Tim Hazell
Greg Schrieber	Son	Joanne & Randy Schrieber
Alyssa Camejo	Daughter	Mercedes & Matthew Vedock
William Vincent Amirante	Son	Toni Amirante
Brandon Japhet	Son	Jennifer & Efrain Hernandez
Daniel Lee Winn	Son	Pat Winn Altman
Kenny Lewis	Son	Mara & Jack Lewis
Colton Turner	Son	Tiffany High
Lori Schooley	Daughter	Elizabeth & Virgil Carden
Mateo Rochford	Son	Cori & Thomas Rochford
Matthew Cossa	Son	Bill & Amy Cossa

March Twenty-Seven

Today's a very special day.
 It has not always been this way,
 But, oh, how much this day has meant
 Since loved ones had that accident!
 We're healing, yet there still are tears
 Although it has been eight long years.
 For we loved greatly those we lost;
 That love continues, at what cost!
 Now, since our love remains so strong,
 Our thoughts of them cannot be wrong.
 While these may bring some tears our way,
 Fond memories take those tears away!

Robert F. Gloor (March 27, 1992)

**Don't try to destroy a beautiful
 part of your life because
 remembering it hurts.**

**As children of today and
 tomorrow, we are also children
 of yesterday.**

**The past still travels with us
 and what it has been
 makes us what we are.**

— Rabbi Earl A. Grollman



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**



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

Chapter Leaders
Bereavement Letters
& Hospitality
Treasurer
Newsletter Editor
& Membership Info
Wake TCF Phone Line
Website
Greeter & Social Planner
Social Planner

Vince and Judy Schneider

Charlene Peacock...919-395-4107
Gary Yurcak...919-847-1780

Pattie Griffin...919-829-1982
Cathy Joostema...919-833-4022
www.TCFWake.com

David Tatum...919-623-3428
Dawn Cullom...919-247-9649

vpsch@nc.rr.com

peacockbig@aol.com
gyurcak@bellsouth.net

pattie.grif@gmail.com
joostema2@hotmail.com
sarah@tcfwake.com

david.tatum@aol.com
dawn_mooney2@hotmail.com

**National Office Information:
The Compassionate Friends
48660 Pontiac Trail, #930808
Wixom, MI 48393
Toll-Free: 877-969-0010
Website: www.compassionatefriends.org
Email: nationaloffice@compassionatefriends.org**

