



**October
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 Chapter of TCF meets every 2nd and 4th Tuesday nights of the month at 7:00pm in Room 224 at Hayes Barton Baptist Church, 1800 Glenwood Avenue (at the corner of Glenwood Ave and Whitaker Mill Road at Five Points) in Raleigh.

October Meetings

**Tuesday
October 11th
7:00pm**

**Tuesday
October 25th
7:00pm**

Autumn Tears

by Penny Young

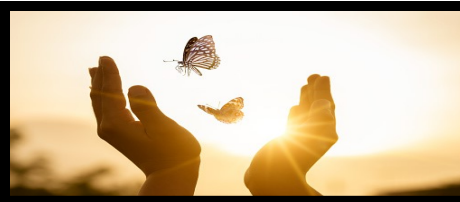
We look back on September and we realize that somehow, we made it through those dreaded first days of school. Whether it was the anticipation or the actual days that were the worst, we survived. We used our faith, our support systems or just plain hard work and made it over yet another hurdle. We watched small children heading for their first day of kindergarten, listened to excited teenagers talk of high school and heard stories of children leaving home to attend post-secondary school. Somehow, we rode the waves of grief and found ourselves ashore again.

As these waves subside, new ones will build as we head into the holidays that speak of, and to, children. Halloween will soon approach and for some, painful memories. Thanksgiving arrives to exemplify family, togetherness, and Christmas

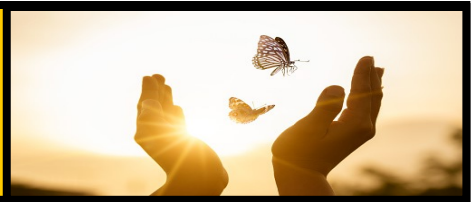
looms ahead. These special days are forever reminders of our loss—the costumes we'll never sew, the empty chair at turkey dinner, the fun and magic we'll never share with someone we love. Forever reminders that our child has died.

To survive when these events and anniversary days come around let's find time to think of the good memories we have—the announcement of our long-awaited pregnancy at Thanksgiving dinner, the look of excitement on our son's first Halloween night, the vision of our daughter helping prepare the turkey dinner. These holidays will always be reminders that our child died. Let us also make them reminders that our child lived! They left us memories more precious than any others to hold and celebrate!

—Penny Young is a member of TCF Powell River in British Columbia.



IN MEMORY
OCTOBER LOVE GIFTS
 Given In Loving Memory Of Children



Chap and Diane Haddon
 In Loving Memory of Our Daughter
Corey Chapman Haddon

We love and miss you — Mom and Dad

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: We will meet in Room 224 at Hayes Barton Baptist Church (1800 Glenwood Ave at the corner of Glenwood Avenue and Whitaker Mill Road at Five Points in Raleigh).

Tuesday, October 11th
 Tuesday October 25th

MASKS ARE OPTIONAL

angel prints
 FOREVER PRINTED IN OUR HEARTS

REMEMBERING OUR LITTLE ANGELS

AWARENESS WALK

SATURDAY, OCTOBER 15
10AM -12NOON

WALK TO HONOR AND SPREAD AWARENESS FOR PREGNANCY AND INFANT LOSS

REGISTRATION: \$35
 EARLY BIRD REGISTRATION: \$30
 REGISTRATION STARTS AT 9AM
 EVENT STARTS AT 10AM

Zebulon Town Hall
 1003 N Arendell Ave
 Zebulon, NC

REGISTER TODAY!

VISIT WEBSITE FOR MORE INFO,
 SPONSORSHIP AND VOLUNTEER OPPORTUNITIES

WWW.ANGELPRINTS.ORG

**Duke Hospice
 Bereavement Services**

Ongoing monthly Support Groups for grieving children and teens. These programs provide youth the opportunity to connect with others who have experienced a significant loss from death through games, art & crafts, and small group discussion.

ReLEAF Connections: ReLEAFConnections, a program for children K-5th grade. This group runs on the first Thursday of each month in person in North Durham from 6-7:30 pm.

Teen Connections: Teen Connections, a monthly support program for teens 6th-12th grade. This program will be starting in October virtually via zoom on the second Thursday of each month from 4:30-5:30 pm.

For more information on either program, call Tracy Lamar at 919-815-0592 or email at dhchcamp@dm.duke.edu.

Duke HomeCare & Hospice

**A Community Outreach Program of
 Duke Hospice Bereavement Services**

Writing the Heartache Podcast

Alice J. Wisler

Studies show that writing after the death of a child brings healing, health, and hope.

Join bereaved mom Alice Wisler on her new podcast, Writing the Heartache, by heading over to this website <https://anchor.fm/alice1660> to listen to topics pertaining to the journey of grief and loss.

As the holidays approach, we often wonder how we will get through them.

In the episode, Can I Sleep Through the Holidays?, tips are provided for the bereaved parent.

<https://anchor.fm/alice1660/episodes/Can-I-Sleep-Through-the-Holidays-e1m3okj>

Move On

by Nathan Peterson

Since Olivia died, I've felt rushed to move on.

"Moving on" brings a picture to my mind of crying all my tears, then standing up and getting back to it. Like a pit-stop, it was necessary, but now I'm good and ready to go.

I fantasize about walking back into the figurative room of life, all my friends seeing me. I strongly announce, "I'm back". "He's back!" Everyone cheers.

It feels nice, but I already know that it will never happen. I will never say those words. Not because I will never heal, but because the Me who was is gone. He will never be back. And I'm not going to pretend.

But a new Me is emerging.

Part of me is buried a mile from my house with my daughter, a rubber giraffe, a pumpkin rattle held together by a piece of scotch tape, and a dress my wife knit two years ago. Not just a part of me—the best part of me I had to offer.

Part of Olivia is buried in us. Everything we see, every song we hear, everything I write, every conversation we have—everything is affected by Olivia and somehow experienced with her. It's not just her memory. It's more than that. It's her. Part of her is in us. Not just a part of her—the best part of her she had to offer.

I would never take that part of me out of her casket. I would never take that part of her out of me. Not in a million years.

But it is a new reality, and I don't know how to be

this new person. Nothing feels familiar. Nothing is comfortable. I feel like an alien. All I can do is accept the change and trust the process.

A new Me is emerging. This is beauty from ashes. It's life. Our life. We can't "move on" from that. We wouldn't if we could.

So if we are not moving on, what is ahead for us?

In front of us is uncertain—a dark room. Also, in front of us is Life. It's both. It's always that way.

Life is a dark room. We have to accept the uncertainty and the clumsiness of it, and walk into the darkness anyway.

Life is a dark room. But darkness doesn't scare us the way it used to.

What is ahead for us? Uncertainty. A dark room. Life. Life is ahead.

Chicago-based singer-songwriter Nathan Peterson has been creating music as Hello Industry for two decades. Nathan has stripped everything down to only a guitar, his voice, and a song. Nathan is currently celebrating the release of two solo albums and two books — So Am Life, Living and Letting Go and Dance Again Grief is Healing—about the life and passing of his daughter, Olivia, as well as his latest Single Release, Masks: a song about finding togetherness amid COVID. Nathan was a performer for The Compassionate Friends' first Virtual Conference in 2020, and then appeared at his first in-person national conference in Houston in August of 2022. Nathan lives with his wife and 5 children in Chicago.



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



VIRTUAL GATHERING
November 19, 2022

Please Join Us For TCF's Fall Virtual Grief Gathering

On November 19, 2022, The Compassionate Friends will hold an online event that offers an opportunity for bereaved parents, siblings, and grandparents to come together virtually to receive care, support, and information.

This special gathering will include live, interactive workshops across a variety of grief topics plus recordings of our Keynote Presentations from TCF's 45th National Conference that was held this past summer.

The Virtual Gathering includes:

- Over 15 workshops covering topics such as:*
- After Death Communication Techniques to Engage with Your Loved Ones – Rebecca Austill-Clausen
 - Coping With Suicide – Dr. Bob Baugher
 - Exploring Grandparent Grief – Barb Smith
 - Getting a Grip on Grief – Maggie Bauer
 - Help! I'm Worried about My Teen or Young Adult Child – Dr. Gloria and Dr. Heidi Horsley
 - Shame, Grief, and Love: Life Before and After a Substance-Related Death– Laura Hartles
 - Surviving Your First Year– Lisa Ellison

Struggling to Reclaim My Faith – Dennis Apple
 Why Am I Still Crazy After All These Years? – Cindy Tart and Jordon Ferber
 (Complete list on our Virtual Gathering website)

Main Session Presentations by:

- Jill Colucci
- Mindy Corporon
- Luci Rossi
- John Santoro

Meaningful grief support from the comfort of your own home.

Access to a recording of the full day event so you can listen to additional sessions.

Prices:

Early Bird Rate: \$95.00 *until October 19*
 \$115.00 *after October 19*

If you are not able to attend the Virtual Gathering on November 19, 2022, you may still register for our event and have access to the recordings of all of the presentations until February 20, 2023.

THE LAST TRICK OR TREATER

It's late Halloween night,
 the candle in the pumpkin is nearly out,
 the candy is almost gone,
 the door bell rings one last time.

It's a little boy in costume,
 with a jack-o-lantern for his treats,
 only he has no candy, and there is
 no one waiting for him in the dark.
 As he leaves, he stops, turns around
 and waves to me.

Could it be ... ?

Barbara April



After October

And if there be a perfect month,
 For me, it is October
 with days and nights like laughing fauns,
 with mornings bright and sober.

When wind will dance in sudden glee
 to do the autumn-sweeping
 or cloud and fog and wistful rain
 can move a heart to weeping.

And in October You were born,
 four days before November...
 and four years later You were gone,
 my little son, my only son
 I love you, and remember...

Sascha Wagner, Des Moines, Iowa, TCF



OCTOBER 2022

www.transitionslifecare.org/griefcare

Transitions GriefCare provides compassionate bereavement support to members of our community coping with the death of a family member or friend. This support is available at no cost, and may include short-term, by-appointment individual counseling, support groups, and/or helping you connect to another resource that best fits your need. We also offer programs and training for community groups, corporations, and health-care professionals.

Transitions GriefCare services are open to residents of Chatham, Durham, Franklin, Granville, Harnett, Johnston, Orange and Wake counties.

We appreciate calls from those concerned about their loved ones; however, bereavement services must be initiated directly by the individual by calling 919-719-7199.

Did you know that Transitions LifeCare has a blog? Each month, writers explore different topics related to hospice, including bereavement.

Please note events are subject to change; we encourage you to visit our website or call 919-719-7199.

OTHER RESOURCES FOR GRIEF SUPPORT:

[Grief Resource Guide](#)

[What's Your Grief - A Grief Website for the Rest of Us](#)

[GRIEF.com - Because Love Never Dies](#)

[Center for Loss and Life Transition](#)

[Grief in Common: Grieve, Gather, Grow](#)

Lights of Remembrance 2022

We invite you to select one of the dates below to attend and celebrate the life of your loved one through light, imagery, and quiet reflection as you walk along the illuminated pathways on our campus.

If you would like us to light a luminary in honor of your loved one, please visit transitionslifecare.org/lor to fill out our online order form. We invite you to personalize your loved one's tribute with their name, photo, and message.

Orders must be received by Friday, November 4.
Location: [250 Hospice Circle, Raleigh, NC 27607](#)

Tuesday, December 6 (5:30–7:30pm)
Thursday, December 8 (5:30–7:30pm)

COSMIC POST



The Mourner's Bill of Rights tells us that we have the right to make use of ritual. One tool available for ritual release is the Cosmic Post, located on the Transitions LifeCare campus. The Cosmic Post is a functional sculpture that allows you to "mail" correspondence to your loved one who has died. The letter is then burned, creating tendrils of smoke, symbolizing a continued connection with your loved one. If you would like to use the Cosmic Post, call 919-719-7199 or speak with your Bereavement Counselor.

For more information,
please call 919-719-7199.

Child and Teen Services

For information on child/teen bereavement support,
call Transitions Kids Services

919-748-0823

Memories will bring you... Love from the past... Courage in the present... Hope for the future.
Sascha



Return to In-Person National Conference is a Welcome and Heartwarming Success



by Dr. Pamela Gabbay

Our 45th TCF National Conference in Houston was a wonderful, heartwarming, and eagerly anticipated event. This was our first time meeting in person since 2019, and we were all so ready for that connection! With over 700 attendees, we had 35 percent who were first-time conference attendees.

Our Conference Co-Chairs, Ghislaine Thomsen and Tricia Scherer, welcomed everyone to Houston where they would find a community of people who truly understood, because a Compassionate Friends conference is an entire weekend of being able to talk about our children, grandchildren, brothers, and sisters in a caring and loving environment. The conference was a time to share memories, say their names, and display their photos on treasured buttons and on Memory Boards.

This year's conference offered wonderful and inspiring keynote speakers. They included Mindy Corporon, John Santoro, Jill Colucci, and Lucy Rossi. These amazing speakers shared their stories, brought us to tears, uplifted, and moved us.

Our 45th conference also offered over 100 engaging and powerful workshops on a variety of topics, including workshops for newly bereaved as well as seasoned grievers. These workshops left us feeling connected and understood in a way that often does not happen in our everyday lives. That feeling of, "I'm understood here." During these workshops, it was ok to cry and share heartbreak, while at the same time being able to share heartwarming stories. Meaningful connections and friendships were made during these sessions.

Some of the workshop titles included: *Surviving Your First Year, Heal-*



ing Guilt and Regret, Does It Ever Get Better?, Sibling Panel by Siblings for Siblings, Life Derailed: Panel on the Loss of Only/All Children, and Finding Hope in the Face of Grief

With over 50 TCF Sharing Sessions throughout the conference weekend, we were able to share our experiences, and our often very heavy grief. We also had the opportunity to share what it's like to go through what we have been through, all the while being in an environment of people who truly get it. Whether newly bereaved or a seasoned griever, these Sharing Sessions offered community, connection, encouragement, and hope. Truly a gift amid our grief.

Our Saturday evening Candle Lighting was an emotional and moving night. The Candle Lighting program offered beautiful and touching music by Lora Krum, Alan Pedersen, Jill Colucci, and Nathan Peterson. Together, we lit candles in remembrance of our beloved children, siblings, and grandchildren. Tears of both joy and sadness were shed as our candles were held high. Hundreds of us sang "Tonight I Hold This Candle" in unison.

Some of the other special highlights of the conference included Healing Haven, where we found respite and comfort, and Crafty Corner where we had the chance to create a craft in memory of our cherished loved ones. The Gather-

ing Place and the Reflection Room offered spaces for friendship and quiet reflection, while the Silent Auction Room and the Butterfly Boutique gave conference attendees a chance to shop and have the opportunity for some light-hearted time.

New for 2022, we offered our first ever TCF Sibling Camp for younger children and siblings ages 9-17. This special camp gave children and teens a place to call their own during the camp weekend. The Camp offered fun activities, as well as opportunities to remember their brothers and sisters with grief-related projects that they could take home with them.

On Sibling Sunday, TCF Sibs came together to celebrate their connection, community, and friendship. An incredibly special part of Sibling Sunday was the Sounds of the Siblings, a chance for newly bereaved and seasoned sibs to sing together and share their special bond.

Our Sunday morning Walk to Remember around Minute Maid Park gave us a chance to walk together, hold signs of our loved ones, and be together as a community of grievers walking in hope. This year, over 400 of us came together and wore our Walk to Remember t-shirts as we carried walk signs and banners in honor of our beloved children, grandchildren, sisters, and brothers.

Throughout the conference weekend, it was wonderful and moving to see the closeness, warmth, and connections that were made. It was touching to see and hear the stories of others. Of being able to share memories and tears. Of knowing that we are not alone and that our children, grandchildren, brothers, and sisters will never be forgotten.

(Continued on next page)



A Sibling's Journey

by Maggie Bauer



All grief is as unique as the relationship you had with your loved one. This is especially true for sibling relationships. We were supposed to have them with us for a lifetime! Our first childhood playmate(s), learning communication, growing up and growing old together. My beloved big brother and only sibling Chris died a decade ago, he was 31 and I was 28. I can attribute my love of nature to him. I can attribute my awe and wonder of the world from him. Life is so drastically different without him. Holidays, family celebrations, even family dinners will never be the same. He is no longer a phone call or a text away. He is no longer within arm's reach of a hug. I no longer have him at my side as my parents age. I never thought I would live life without him until I was forced to. In an instance I had to figure out who I was with the title of sister now being past tense. It's important to acknowledge the feelings associated with grief. Again, each person's grief is unique to them but there are often common feelings.... for me, anger, disbelief, shock, and often questioning why only to realize there will never be a full answer. Navigating the earthquake of feelings along with trying to keep your life, job and responsibilities going is a lot for anyone to handle. One year after Chris' death our family found

The Compassionate Friends (TCF). Encouraged by my Minneapolis steering committee, I went to my first National TCF conference in 2017 in Orlando, FL. What a lifechanging experience. Suddenly, I had dozens and dozens of siblings who had their sibling(s) die. For a whole weekend I was surrounded by people who "get it" more than anyone else. They understood what it felt like when their sibling(s) died and could deeply relate to my loss. It's hard to accept a relationship that was supposed to last a lifetime cut short. It's hard to accept whether best friends or estranged, the relationship was no longer going to change, improve or flourish. There would be no more sibling adventures together. It takes a lot of active grieving to feel better; really, it's a second job. Exhausting, overwhelming, and at times a disappointing journey. It takes courage, strength, determination, and acceptance to find joy on the other side of losing a sibling. Time does not heal our wounds; being an active participant along our grief journey does AND that looks different for each of us. I am grateful to have found TCF SIBS within The Compassionate Friends organization. With their support, encouragement, friendship, and laughter, I am further along on my grief journey and am forever healing.

Keep trying, We need not walk alone!

Maggie is Chris' little sister and a Certified Grief Recovery Specialist who has spoken to hundreds of people about dealing with grief and her experiences with sibling loss. She has also been the sibling loss facilitator for the Minneapolis Chapter of The Compassionate Friends for five years. She was the recipient of the Karen Snepp Sibling Award at the 45th National Conference in Houston, TX. She lives on a 32-acre farm with her fiancé and a multitude of farm animals.

TCF Sibling Zoom Meetings

Grief Writing - Meets Mondays at 7:30 pm ET

Book Club - Meets last Monday of the month at 7:30 pm ET

Meeting with Jordon - Meets Tuesdays at 7:00 pm ET

Growing Up with Grief (*death of a sibling when you were a child/teen, regardless of your age now*)

Meets Tuesdays at 6:00 pm ET

Creative Expression - Meets Wednesdays at 7:30 pm ET

Meeting with Jason - Meets Thursdays at 6:30 pm ET

LGBTQ+ Sibs Meeting - Meets 1st and 3rd Thursdays at 9:30 pm ET

Twins Only - Meets Fridays at 9:00 pm ET

Sunday Connection - Meets Sundays at 4:00 pm ET

To sign up for TCF SIBS newsletter, visit: <https://mailchi.mp/782a053d4bbe/tcf-sibs>

TCF We Need Not Walk Alone, Autumn 2022



Return to In-Person National Conference

(continued from previous page)



Lifelong friendships are often made at our conferences, through meeting others who truly understand. These new and old friendships allow us to laugh and cry together. They give us encouragement and they give us hope, knowing *We Need Not Walk Alone*.

We look forward to seeing you in Denver for our 2023 conference next summer! Please Save the Date for the 46th National Conference to be held July 7-9, 2023!

Dr. Pamela Gabbay is the Director of Operations and Training for The Compassionate Friends. Pamela is a bereaved stepmom and sibling, serving in memory of Megan, Donna, and Jerry. She is a co-author of Understanding and Supporting Bereaved Children and also a national trainer for the American Foundation for Suicide Prevention. She holds a Fellow in Thanatology from the Association for Death Education and Counseling and a Doctor of Education degree in Organizational Leadership.



Grief and Groups: Eight Curative Factors

by Gloria Horsley



During my over 30 years as a therapist and counselor, I have often been asked by clients and friends, "What do you think is best, a bereavement group or individual therapy?" Those who decide to go with a group then ask, "What is best, a peer-led group like the Compassionate Friends or a group led by a trained therapist?" Often mental health professionals make the case that a trained therapist is needed in order to run an effective group. I believe that a case can be made for either peer or professionally led groups depending on individual needs and desires. Some professionally trained grief therapists encourage clients to attend private therapy as well as a support group, but expenses often enter the picture. Many join a peer-led group because they do not have the financial resources or desire to participate in paid grief support..

Group Process

I am a strong advocate of the group process whether the group is led by a professional therapist or is peer-led. The Compassionate Friends is my preferred grief group for child loss as it provides siblings, parents and grandparents the opportunity to both serve and be served depending on their situation. The newly bereaved are helped by listening to the stories of those who are further along in their grief and the more seasoned griever has the chance to see how far they have come and to assist others in coping with their grief. There are many opportunities to serve. One can be a chapter leader, a member of the steering committee, or set up chairs or bring refreshments. Small and larger assignments give those in grief a feeling that they have something to

offer and a reason to attend meetings.

Why Group?

It all started for me in nursing school years ago when I was exposed to the work of Dr. Victor Yalom in his classic 1970 book *The Theory and Practice of Group Psychotherapy*. In this book Dr. Yalom identifies 11 Therapeutic Factors (sometimes referred to as Yalom's Curative Factors) that he believes significantly help facilitate change in individuals in the group setting. The Curative Factors are: (1) Instillation of hope, (2) Universality, (3) Imparting information, (4) Altruism, (5) the Corrective Recapitulation of the Primary Family Group, (6) Development of Socializing Techniques, (7) Imitative Behavior, (8) Interpersonal Learning, (9) Group Cohesiveness, (10) Catharsis and (11) Existential Factors. But before we discuss these therapeutic factors let's explore why it is useful for the bereaved to talk about his or her loss.

Prince Harry Says, "Talk About It"

I recently read an article written by Dan Bilefskiy in the New York Times, July 25, 2016. The article, "Prince Harry Says He Regrets Not Discussing His Mother's Death," was based on a speech Prince Harry made at a BBC breakfast regarding the death of his mother, Princess Diana, when Harry was 12 years old. Harry said, "It is okay to suffer. As long as you talk about it, it is not a weakness. Weakness is having a problem and not recognizing it, and not solving that problem." The Prince went on to say that he has only talked about his mother in the past three years and regretted he had not done it earlier.

Candice Lightner Says, "Don't Put Grief Off"

This reminded me of a radio interview we did on Open To Hope radio with Candice Lightner, founder of Mothers Against Drunk Driving, where she cautioned others not to put off mourning. Candice said that after the death of her daughter, Cary, she was so busy lobbying in Washington D.C. for stiffer penalties for drunk drivers that she didn't grieve for three years. This was painful as friends and family by then expected her to be "better".

Byron Katie asks, "Who Would You Be Without Your Story?"

My friend Byron Katie, founder of The Work of Byron Katie, often asks those in her healing workshops, "Who would you be without your story?" Writing and telling the story of your loved one's death can change it in positive ways. When we hold our stories in our minds and bodies they become stale and stilted. In fact, the stories you tell about your losses are not as accurate as you might think. The act of remembering, says eminent memory researcher and psychologist, Elizabeth F. Loffus of the University of California, Irvine, is "more akin to putting puzzle pieces together than retrieving a video recording." Groups are a great place to revisit and examine your story.

Talking Helps Heal Grief

In her groundbreaking work with those who have suffered a loss, Dr. M. Katherine Shear, director of the Center for Complicated Grief, Columbia University School of Social Work, uses the technique of having clients tell their story of the death over and over as one of the

(Continued on next page)

Grief and Groups *(Continued from previous page)*

major strategies for resolving complicated grief.

Talking Saved My Life

I regularly attend The Compassionate Friends annual conferences and was a founding member of the Burlingame, California chapter. I have heard countless people say, "The Compassionate Friends saved my life." When asked how this happened they say that the group meetings and conferences gave them a chance to talk with others who "understand."

What Happens In Group?

So, now let us explore the specifics of how getting together in groups helps us. As I stated earlier, Dr. Victor Yalom in his classic 1970 book *The Theory and Practice of Group Psychotherapy* identified 11 Therapeutic Factors that he feels significantly help facilitate change within individuals in the group setting. I have taken the liberty of selecting 8 of the 11 curative factors, modifying them to reflect the benefits I believe the bereaved can derive from a group setting.

Grief Groups: Eight Curative Factors

1) Installation of Hope – Sharing with and supporting others who have lost children, grandchildren or siblings leads to the hope that life can be good again. Being with individuals who are earlier in their grief gives those who are a little further down the road the feeling

that they are making progress.

2) Universality – Just being with other bereaved people helps the participants know that they are not alone and isolated in their sorrow. Grief is a universal human experience and grieving together provides a sense of connection. Simply being in a group and sitting with individuals who have similar issues can be a healing experience.

3) Imparting of information – Sharing information is an important part of the group experience. While it is not recommended that specific advice or solutions be given, members are encouraged to relate how they have personally handled similar situations.

4) Altruism – The act of selfless giving without the expectation of a reward helps grievers begin to show interest in someone apart from himself or herself. The Compassionate Friends offers many opportunities for service – some as simple as making snacks or setting up chairs.

5) Development of Socializing Techniques – Monthly group meetings, conferences and Internet groups provide the opportunity to develop and maintain relationships over time. Skills at handling emotions can be learned by example and used to help participants in their relationships with others.

6) Imitative Behavior – Watching how others respond to their loss can give members the opportunity to experiment with their own be-

havior and find out who they are, and who they are not. Behavior of group members can teach skills that can be used in situations outside of the group.

7) Group Cohesiveness – Over time, members begin to feel the warmth and comfort of being part of a group. With the trauma of loss it is recommended that people attend three sessions before leaving the group.

8) Catharsis – Group sharing provides the bereaved with the opportunity to express deep emotional feelings.

It can also be cathartic for other group members to witness someone dealing with an emotional experience, as they can relate to it and grow by sitting with them in their emotional release.

As you can see, participating in a group has many healing aspects. My hope is that this article will encourage you to explore your story and to use these curative factors to inspire others to join a grief support group. The Compassionate Friends recommends that you participate in three meetings before making the decision about whether or not the group is for you. The first one or two meetings can be stressful, but over time you will find that sharing stories and meeting like-minded people will enhance the healing process. Remember, we as humans are social beings and grief is a journey you need not take alone.

Dr. Gloria Horsley is an internationally known grief expert, psychotherapist, and bereaved parent. She started "Open to Hope" to help the millions in the world with grief.

Posted on September 21st, 2018

"Just as it is impossible to explain child birth to a woman who has never given birth, it is impossible to explain child loss to a person who has never lost a child."

—Lynda Cheldelin Fell

LOVED & ALWAYS REMEMBERED
OUR OCTOBER CHILDREN
Birthdays

Christopher Maness	Son	Randy Maness
J.R. Butler	Son	Linda & Michael Godwin
Daniel Lee Winn	Son	Pat Winn Altman
Lee Michael Neisz	Son	Ann Neisz
Nicholas Padula	Son	Cathy & Randy Padula
Amy Elizabeth Uhland	Daughter	Mary Uhland
Rebecca (Becky) Schwartz	Daughter	Pam & Aaron Graber
Tiffany Pemberton	Daughter	Angie & Greg Selvia
Jonathan Thee	Son	Marcia & Bill Thee
Greg Schrieber	Son	Joanne & Randy Schrieber
Thomas Greenhalgh	Son	Bonnie Greenhalgh
Perrin Smith	Son	Dawn Smith
Amy Elizabeth Brinson	Daughter	Brenda Hoffee
Kevin Harlan	Son	Sosan Harlan
Curtis "Curt" Gardener	Son	David & Helen Gardener
Michael Iaropoli	Son	Joyce & Michael Iaropoli
Shreya Rastogi	Daughter	Sudhir Rustogi & Neerja Rastogi
Chad Dunlap	Son	Janet & Ray Dunlap
Carlo Hargraves	Son	Stephanie Ellis
Priya Balagopal	Daughter	Geetha & Nair Balagopal
Alyssa Camejo	Daughter	Mercedes & Matthew Vedock
Christopher Johnson	Son	Libby & Richard Johnson
Hayward Woo Young, Jr., MD	Son	Jacqueline Young
Mila Taylor	Daughter	Alyssa & Zachary Taylor
Kemp Jefferson	Son	Lynn Morris
Amanda Wall	Daughter	Rebecca & Don Jones
Thomas Austin Cope	Son	Elise Carroll Cope
Andrew Kintzele	Son	Terra & Kati Hodge
Dakota Paige	Son	Kathy Paige
Alomaun Dunn	Son	Tomocus Alston
Marcellus Robert Lennon	Son	Morgan & Michael Lennon
Amari Bethel	Son	Shalika & Adrian Bethel
Nathanael Holt	Son	Terri & Bill Holt

Our Butterflies

*We are weary caterpillars awash on life's tide.
Little do we realize there's a butterfly inside.*

*Our feet solidly on the ground, the earth it holds our eye.
It's hard to imagine that one day we will fly.*

*While we mourn our children's loss they fly freely up above.
Floating free and peacefully on breezes of God's love.*

*Their wings an iridescent glow, their bodies are pure light.
And somewhere choirs of angels sang the moment they took flight.*

*They live in joy and happiness and peace we cannot know.
We can only bide our time and await our time to go.*

*But one day we will join them and together we will fly.
Then we will have forgotten we ever said goodbye.*

by Marilyn Futrell, the Heart of FL Chapter





LOVED & ALWAYS REMEMBERED
 OUR OCTOBER CHILDREN
Anniversaries



Billy Buckley	Son	William & Therese Buckley
Warrick Fister	Son	Lorraine Romiti
Dakota Paige	Son	Kathy Paige
Patrick Lee	Son	Cheryl Lee
Willie Herskowitz	Son	Risa Wolfzahn
Danielle Surabian	Daughter	Judy Surabian
Zarek Kniffen	Son	Jay Kniffen
Anna Christine Brinkerhoff Helms	Daughter	Diane Brinkerhoff
Garrett Whitt	Son	Mitch and Robin Macon Whitt
Timothy Justin Castaneda	Son	Karen & Tito Castaneda
Antony Smith	Son	Eric & Laura Smith
Whitney Mebane	Daughter	Betsy Mebane
Kyle DuBose	Son	Debbi & Kevin DuBose
Connie Kokos	Daughter	Mary Ann & Dennis Kokos
Jonathan Thee	Son	Marcia & Bill Thee
Nathan Pribble	Son	Robin & Bill Pribble
Brian Avery Burdette	Son	Rick & Karen Burdette
Kimberly Johnson	Daughter	Denise Johnson
Jeffrey Alderson	Son	Todd & Jeanne Alderson
Zachary Taylor	Son	Diane & Larry Barbour
Jon Paul Baker	Son	Paul Baker
Corey Chapman Haddon	Daughter	Diane & Chap Haddon
Eliana Brynn Navy	Daughter	Cecilia & Frank Navy
Derrick Palmer	Son	Renie Palmer
Amari Bethel	Son	Shalika & Adrian Bethel
Wade Halford	Son	Maggie & Scott Halford
Tabitha Smith	Daughter	Barrie Smith

CHASSIDIC TALE

A man had been wandering in the forest for many days, and was nearing the end of his water and food supply. With each passing hour his sense of fear and despair was increasing. His body was weary with fatigue, yet he was unable to sleep.

Slowly it became clear to him that he had been walking in circles and retracing his steps. He knew that his end was near.

Suddenly, in the distance, he noticed the figure of a bedraggled fellow wanderer approaching him. His joy was boundless as he thought to

himself, "At last, a way out of this dark and foreboding forest."

The man gathered all of his remaining strength and ran towards the stranger and exclaimed, "My brother, I can't begin to tell you how happy I am to see you. Which way leads out?"

The stranger responded, "My dear friend, I am so sorry to disappoint you, but I too have been wandering in this forest for days on end. I can't save you—I too am looking for a way out.

In a fit of despair the first wanderer shouted, "Then all is lost. It is over. There is no use in continuing," and fell to his knees in a fit of tears.

The stranger responded in a deeply caring and comforting voice, "My friend, why are you giving up hope? Let us journey together. I will show you the paths I have taken that have led me nowhere and you will show me the paths you have taken that have not brought you to your destination. Let us walk together and find a path home."

—A Chassidic Tale



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**



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