



The Compassionate Friends Fayetteville Area Chapter



Volume 22, Issue 2

April 2018



“Angels Across the USA”

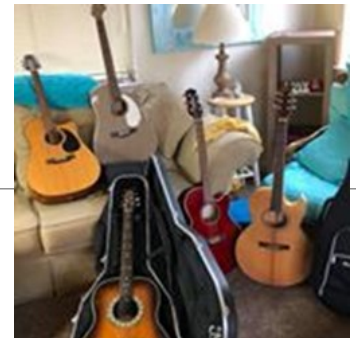


An Evening with Alan Pedersen at Fayetteville Community Church on April 16, 2018 from 7:00-9:00 PM

"An Evening with Alan Pedersen" is sponsored by the The Compassionate Friends, Fayetteville Chapter. It is open to anyone who has been touched by the death of a child.

Alan Pedersen is an award-winning speaker, songwriter and recording artist. His inspirational message of hope and his music have resonated deeply with those facing a loss or adversity in their lives. Since the death of his 18-year-old daughter Ashley in 2001, Alan has traveled to more than 1,300 cities speaking and playing his original music. Alan is currently on the road with The Angels Across the USA Tour where he will speak and perform in over 100 U.S. cities in 2018. Alan is the past executive director of The Compassionate Friends, A Presenter for Umbrella Ministry Conferences, a bereaved Dad, singer/songwriter, recording artist, producer of educational DVDs, and an inspirational speaker on grief and loss, and he is the honored Ambassador of the Bereavement Cruise. He is a highly sought-after speaker and has performed for over 800 audiences across the United States. Alan’s sole mission to offer comfort, hope, and encouragement to grieving families. Our evening will be a mixture of learning, laughing and feeling. Alan will share what he has learned on his own grief journey and from the thousands of other grievors who have shared their stories with him. The workshop will offer real tools and ideas to consider for those who are grieving and for those who work with the bereaved. Powerful music and a down to earth message will be the focus of the evening.

Fayetteville Community Church
2010 Middle River Loop
Fayetteville, NC 28312



Inside This Issue

<i>“Angels Across The USA” & Word from the Editor</i>	1
<i>Our Credo, 41st TCF National Conference, Walk to Remember</i>	2
<i>Conference Mementos, The Unfinished Path, Memorial Journal, Walk Signs & Siblings Walking Together</i>	3
<i>Love Gifts, Regional & National Information</i>	4
<i>My Perennial Love & Anticipating Mother’s Day</i>	5
<i>Father’s Day</i>	6
<i>Hands, When Fathers Weep at Greaves, Mystery & Meeting Information.</i>	7
<i>Birthdays</i>	8
<i>Angel Dates</i>	9

Words from the Editor

I first met Alan at a conference in Washington, DC somewhere between 2003-2006. I was so taken with his presentation. The words came so naturally for him. I knew they were from the heart because every word spoke to my heart. He was expressing everything I felt but couldn’t express. Even though there were hundreds in the room, I felt as if he was speaking directly to me. His music has gotten me through holiday seasons and countless times of feeling sad and blue. Holiday music comes on the radio...switch over to Alan.

Feeling down and sad...listen to Alan. I could go on, but I promise if you come to this program you will not regret it. It will be a message of hope.

I would like to thank Mary Ann Tart-Lauver, mother of Dennis, for taking time last month to share her story at our monthly meeting. She spoke of her struggles with faith and anger with her God after losing her son. An open and honest discussion followed. Thanks again Mary Ann.

Always hope,
Jennifer German

Our Credo

We need not walk alone.
 We are The Compassionate Friends.
 We reach out to each other with love,
 With understanding, and with hope.
 The children we mourn have died at All
 ages and from many different Causes,
 but our love for them unites us.
 Your pain becomes my pain
 Just as your hope becomes my hope.
 We come together from all walks of life,
 from many different circumstances.
 We are a unique family because
 We represent many races, creeds and
 relationships.
 We are young, and we are old.
 Some of us are far along in our grief,
 But others still feel a grief so fresh
 And so intensely painful
 That we feel helpless and see no hope.
 Some of us have found our faith
 To be a source of strength;
 While some of us are struggling to find
 answers.
 Some of us are angry,
 Filled with guilt or in deep depression;
 While others radiate an inner peace.
 But whatever pain we bring
 To this gathering of
 The Compassionate Friends,
 It is pain we will share
 Just as we share with each other
 Our love for the children who have died.
 We are all seeking and struggling
 To build a future for ourselves,
 But we are committed to
 Building that future together
 We reach out to each other in love
 to share the pain as well as the joy,
 Share the anger as well as the peace,
 Share the faith as well as the doubts
 And help each other to grieve
 As well as to grow.

We need not walk alone....

We are The Compassionate Friends.

41ST TCF NATIONAL CONFERENCE



41st TCF National Conference
 St. Louis, MO ■ July 27-29, 2018

The Compassionate Friends is pleased to announce that St. Louis, Missouri, will be the site of the 41st TCF National Conference on July 27-29, 2018. "Gateway to Hope and Healing" is the theme of this year's event, which promises more of this last's great National Conference experience. The 2018 Conference will be held at the Marriott St. Louis Grand Hotel. We'll keep you updated with details on the national website <https://www.compassionatefriends.org/> as well as on our [TCF/USA Facebook Page](#) and elsewhere as they become available. Plan to come and be a part of this heartwarming experience

19TH ANNUAL WALK TO REMEMBER

JULY 29 @ 8:30 AM - 9:30 AM

The Compassionate Friends Walk to Remember is a highlight of every TCF National Conference. It was created as a symbolic way to show the love we carry for the children we mourn. Held at 9:00 am Sunday on the final day of the National Conference it starts at the host hotel of the Conference. There is an air of anticipation and excitement as everyone gathers in preparation for the start of the Walk. Finally the Walk begins and, hand-in-hand everyone walks, meditating on a much different time in their lives. Since its inception in 2000, the Walk to Remember has taken on many distinctive facets. There is the main Walk to Remember where those attending the conference join with local bereaved families and others who fly in from across the country just for the Walk. As many as 1400 have participated. Some go the full distance while others only walk a short way knowing that in participating, they are remembering. Special Walk to Remember t-shirts are given to all who register, as well as walk bibs where the names of the children being remembered can be written.

CONFERENCE MEMENTO

Keep your child's, grandchild's or sibling's memory alive with this two-sided personalized photo memento – one side features the 2018 TCF National Conference logo, and the other side is a photo of the one you love with their name along the bottom. These mementos are created of porcelain, measuring 3" in diameter and include a ribbon for easy hanging. This is a wonderful remembrance of your TCF national conference experience to take home and cherish. Mementos are also available from some of our past national conference logos as well. The cost of this beautiful keepsake is \$15. Shipping and handling is an additional \$5 for those not attending the National Conference.



See the National TCF website www.compassionatefriends.org if you would like to order one of these lovely keepsake ornaments. Other logos available are:

Orlando, FL
Scottsdale, AZ
Dallas, TX

The Unfinished Path

When we were young, under your wing I was kept.
As I grew older, on your shoulder I wept.
With a problem I could come to you, day or night.
Just knowing your answers would always be right.
You joined the Marines and "Semper Fidelis" you barked.
I could see right then my path was marked.
It was a path to perfection or so I thought.
To be like you is what I sought.
Since your prints have ended, I don't know where to go.
I've asked Mom and Dad, but they don't quite know.
So I ask your advice just one more time.
Because your prints have ended, The rest must be mine.

Tim Maloney, USMC
TCF Hingham, MA
Printed with permission by the author

2018 Keepsake Memorial Journal

Imagine a journal where every chapter takes at least a half page or quarter page ad – and includes copy that not only sends good wishes to TCF but includes a poem or a quote – that's potentially 600 ads... imagine 500 members that take an eighth of a page ad that includes a photo of one of our children, a grandchild, a sibling....and a message of love!
For more information see the national website.



Sponsor a personalized walk sign that includes your child's/grandchild's/sibling's photo and name. These walk signs will be featured along the walk route. For more information go to the website, www.compassionatefriends.org.

Sibling Walking Together

(Formerly The Sibling Credo)

We are the surviving children of The Compassionate Friends.
We are brought together by the death of our brothers and sisters.
Open your hearts to us. But have patience with us.
Sometimes we need the support of our friends.
At other times we need our families to be there.
Sometimes we feel we must walk alone, taking our memories with us, continuing to become the individuals we want to be.
We cannot be our dead brother or sister; however, a special part of them lives on with us.

When our brothers and sisters died, our lives changed. We are living a life very different from what we envisioned, and we feel the responsibility to be strong even when we feel weak.
Yet, we can go on because we understand better than many others the value of family and the precious gift of life.

Our goal is not to be the forgotten mourners that we sometimes are, but to walk together to face our tomorrows

as surviving children of The Compassionate Friends.



Love Gifts

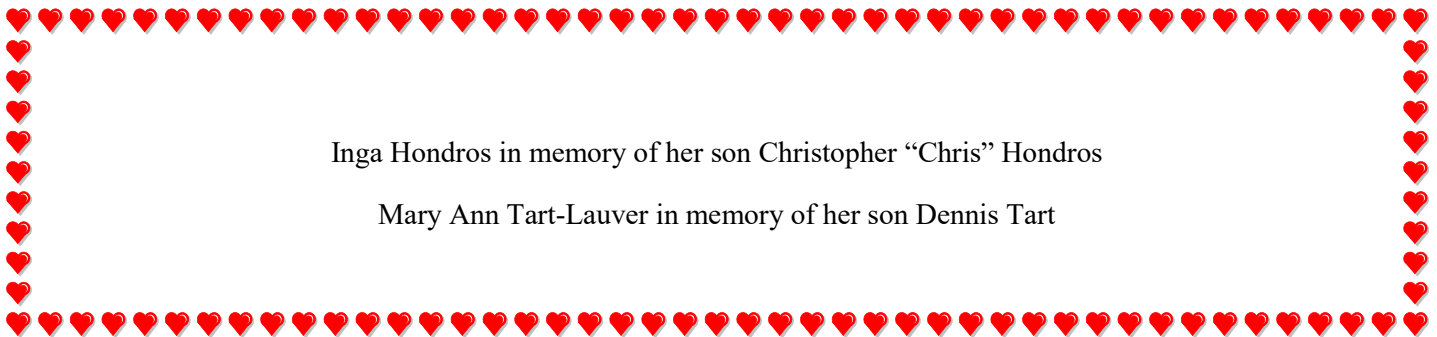


A Love Gift is a donation to honor a child who has died, or as a memorial for a relative or friend.

The Compassionate Friends depends entirely on voluntary contributions from individuals and organizations to meet chapter expenses. TCF is a 504(c)(3) non-profit organization: all donations are tax deductible.

100% of every dollar donated goes toward chapter expenses.

We thank the following for their kind generosity, love and sharing. There are no dues. We have already paid the ultimate price to be a member.



Inga Hondros in memory of her son Christopher "Chris" Hondros

Mary Ann Tart-Lauver in memory of her son Dennis Tart



The National Office of The Compassionate Friends

P.O. box 3696
Oak Brook, IL 60522-3696

Web Site: www.compassionatefriends.org Toll free: 877-969-0010
[facebook.com/TCFUSA](https://www.facebook.com/TCFUSA)



Regional Coordinator for the Fayetteville Area Chapter of TCF

Donna & Ralph Goodrich
704-822-4503 or iluvu2lauren@gmail.com

TCF Mission Statement: The mission of The Compassionate Friends is to assist families toward the positive resolution of grief following the death of a child of any age and to provide information to help others be supportive.

My Perennial Love

Every summer my son gives me flowers. He planted them 17 years ago ... the summer before he died. I remember the day he planted them. Not the exact date, but standing there talking to him as he poked holes in the ground and carefully placed each one. I remember thanking him and thinking how very sweet of him to do that for me.

Terry died the following February. After months of crying and grieving, summer came and with it his flowers bloomed! Of course it made me miss him even more, but how I loved seeing them and knowing that he had put them there the year before. I know nothing about flowers so I was astounded when my mother told me that what he had planted was an annual and not a perennial and that they should not have come back.

A few weeks ago, our neighbor who moved in last summer, commented on my impatiens. She said she was surprised to see them come back from last year. I told her that they have been coming back every year now for 16 years. Just saying it aloud made me realize how extraordinary that really is!

There is something else I have come to realize. My love for my son did not end when he died. My love for him is indefinite; it is enduring. It is perennial.

Maureen Harman
TCF Tidewater Chapter, VA
In Memory of my son Terry

Anticipating Mother's Day

Before we lost our children to death, Mother's Day was a happy time. We each reflect back on Mother's Days past.....gifts, cards, special memories and one day set aside to acknowledge the best in our relationship with our treasured children.

With the death of our child, this dynamic was forever transfigured. Now, instead of looking forward to this day, we grasp at anything that will keep our minds away from it. Yet the anxiety still creeps into our minds and hearts; our stomachs churn and tears fill our eyes at the most inopportune moments. The dreadful countdown begins in late April and lasts for nearly three weeks.

This is the fifth Mother's Day I have endured since the death of my son. Each year I have the same, desperate anxiety, yet each year the day is a bit easier to handle. Each year the anticipation is far worse than the day itself.... "borrowing trouble" as my dad would say. Since my son is my only child, I do not have the comfort of other children nor do I have the need to put on a happy face. Instead, I am able to choose what I will do without feeling the burden of guilt.

While my first Mother's Day was filled with tears, subsequent Mother's Days have been more subdued.

The choice to embrace or ignore Mother's Day is yours alone. Many bereaved mothers adopt a new perspective which honors their child and still gives normalcy to their family. Mother's Day is bitter-sweet for us. The pain is part of the love that we will feel for our children for eternity. We wouldn't trade one treasured moment for a cosmic reduction of our pain.

Some of us plan the day carefully. Some of us just "go with the flow." Some of us weep; some of us work. Some of us read, some of us revel in this special moment set aside just for mothers. Each of us makes a choice that is based on our own truth. The day itself is not nearly as overwhelming as the buildup of anxiety and sadness which precedes it. I have found this to be true of all holidays, birthdays, death anniversaries and special occasions. I am trying to live in the moment. When the moment of Mother's Day happens, I will decide what I should do. I refuse to let others pressure me. I refuse to become maudlin over greeting card commercials and heart-grabbing point-of-purchase marketing efforts. I will not be manipulated by the agenda of others.

But on Mother's Day, as on each day of the year, I will think of my son, remembering the child he was and the man he became. I will honor his life by doing the best I can with what is left of my life. I will remain in the moment and treasure my memories. And for this mother, that is enough.

Annette Mennen Baldwin
In memory of my son, Todd Mennen
TCF, Katy, TX

Father's Day

I just finished watching another miserable cologne commercial on TV. For some reason these are the first signs of the upcoming holiday, commercials that are only shown at Christmas and Father's Day to give wives and kids some idea of what to get Dad to celebrate a gift-oriented holiday.

Like the other fathers who read this newsletter, I know the gift I'd like to get this Father's Day, just as I know there is no way that it will happen. My son's life. An opportunity not to hurt when I see boys who are the age my son should be now. A chance to dream those dreams for that little boy again. But that's not going to happen. Instead I will get up on that day, having called and wished my father a happy day the night before, and go to the florist for the flowers I will place on my son's grave. I will stand alone and cry for a time, then return home to my wife and our infant son. This year will have a greater measure of peace due to young Dan's arrival, but I shall always have that Alex-sized hole in my soul, a longing that I know I will have until I too die.

Like many bereaved fathers I have felt the lack of understanding of the non-bereaved on how a father should mourn his child's death, and for how long. I do not understand how a society can have such belief in the strength of maternal love, and do such a good job of ignoring the intensity of paternal love. From the people whose only question at Alex's memorial service was on how my wife was dealing with this tragedy, to the long-time friend who didn't understand my choking up after watching a Hallmark Card commercial last year, the majority of people around us seem to have difficulty with the thought that a father may need to grieve for his deceased child just as much as a mother might.

So that is where some support and love is needed, and needed badly. Of course we have Compassionate Friends, but something more personal and closer to home is needed. In a recent newsletter there was a note from a bereaved mother from New Jersey asking fathers and siblings to be understanding of a grieving mother's needs on Mother's Day. I agree, but I would also hope that you ladies will not forget your husband's this Father's Day as well. It is frequently said that we males don't often talk of our emotional needs, and are reluctant to show our pain, but we need love and 'warm fuzzies' when we hurt also. Please remember us on June 18, and please remember also that those cute little sentimental commercials that hurt you in May, take their toll on us in June. There are definitely times when I can do without Old Spice, McDonalds, Hallmark, and AT&T.

Brothers, I wish you peace, comfort, and love.

Doug Hughes
TCF Cincinnati, OH
In Memory of my son, Alex

Hands

Little handprints
in a frame,
Flashback of memories
days long gone,
yet still so fresh in my mind
as if only yesterday.

Tiny hand of my baby girl,
Fingers curled around my own,
Only a reflex to some,
But not in my mind,
For me only the purest
of loving connections.

Outstretched toddler hand
reaching out for mine.
trusting mother's protective
grasp,
maneuvering the busy streets,
we skipped together,
hand-in-hand.

Slender-fingered teenage
beauty,
polished nails, smooth scented
hands.
Seeking independence,
Hands pushing me away,
Sensing somehow her
reluctance,
Not really ready, not quite yet...

Hands of her adult years,
I thought would have held mine
as I navigated through the
ageing years.
Hands to comfort and hold, but
never to be,
I am left only with my
memories,
and tiny handprints,
in a frame...

Cathy Seehuetter
TCF St. Paul, MN
In Memory of my daughter, Nina

When Fathers Weep at Graves

I see them weep
the fathers at the stones
taking off the brave armor
forced to wear in the work place

clearing away the debris
with gentle fingers

inhaling the sorrow
diminished by anguish

their hearts desiring
what they cannot have--

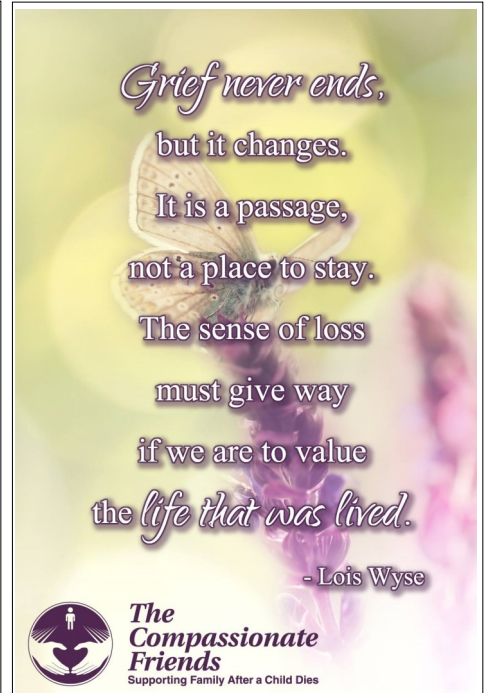
to walk hand in hand
with children no longer held--

to all the fathers who leave a
part
of their hearts at the stones

may breezes underneath trees
of time
ease their pain

as they receive healing tears
...the gift the children give.

Alice J. Wisler
For David, in memory of our son
Daniel



Mystery

I bought toys for my baby after
she died

And I opened the cedar chest
and put them inside

And nobody ever knew but me
The meaning of the mystery

Of brand new toys hidden here
and there

And not one baby anywhere.

Andy Cipriano
TCF Tallahassee, FL

MEETINGS

First Tuesday of each month
At 7:00pm;

Meetings will be held in room 224 of the General
Class Building at Fayetteville Technical
Community College, 2817 Ft. Bragg Road, Fayetteville, NC 28303
(Unless otherwise stated on our website)

tcffayetteville.org.

If you have questions contact Jennifer German
jojegerman@outlook.com or (910) 245-3177

Our Children & Siblings Remembered on Their Birthday's

Each month some of our members face special but very painful days. We ask that you keep in your thoughts the parents, grandparents, aunts, uncles and siblings of the following children following children's:

April

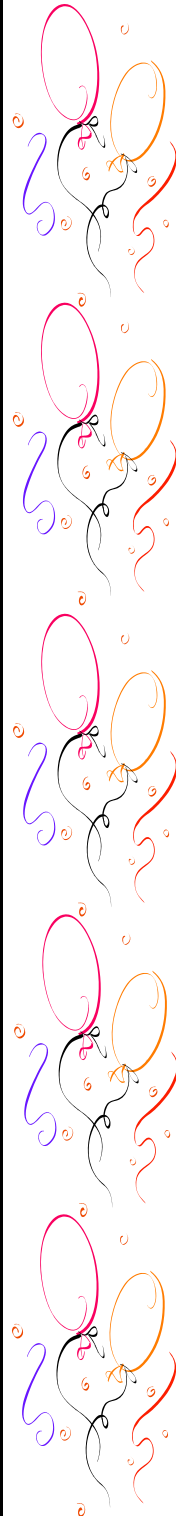
Joey Jackson April 1
 Erran Dawson April 5
 Christine Gable Powell April 8
 Dustin Nerren April 10
 Anthony "Brian" Smith April 10
 Ralph Lanier April 14
 Chris Eggleston April 15
 Amy Lynn Zinsser April 21
 Izhia Kraut April 23
 Scott Tyree April 26
 Andrew Beutelspacher April 29

May

Gregory Lovings May 7
 Allison Bennett May 8
 Thomas Payne Hollers May 22
 Michael Cline May 28

June

Michael Pizzarella June 5
 Amy Elizabeth German June 8
 Christopher Hrvoj June 8
 Melissa Lynn Thornton June 16
 Christopher Ortega June 20
 James "Randy" Smith June 25





Children & Siblings Remembered On Their Angel Date's

*Each month some of our members face special but very painful days.
We ask that you keep in your thoughts the parents, grandparents, aunts,
uncles and siblings of the following children.*



April

Christine Gable Powell April 5

Spencer Walden April 5

Michael Cline April 9

Manzonian Hall April 9

Glenda Hudson April 16

Carissa Gillis April 17

Ian Redshaw April 18

Christopher "Chris" Hondros April 20

Izhia Kraut April 23

Lamont Saffore April 24

May

Hope Parker May 15

Derrell Lee Dean May 17

Thomas Payne Hollers May 22

Lexi Minyon May 25

Christine Bailey May 25

Amber Marie Hall May 26

Robert Stevens May 28



June

Chris Eggleston June 2

Querokee Vélez June 4

Randy Lee Dalton June 22

Keith Parker June 22

Timothy Bowman June 22

Wayne Tyner, Jr. June 26

Joey Jackson June 29

I loved you

like there was

NO TOMORROW

And then

One day

THERE WASN'T.

-unknown author

The Compassionate Friends
Fayetteville Area Chapter
703 Rosebud Court,
Vass NC 28394
Secretary/Treasurer



The Compassionate Friends
Fayetteville Area Chapter
Supporting Family After a Child Dies

Chapter Leader
Cindy Tart Bowers.....(910)-391-0779

Newsletter Editor
Jennifer German.....(910) 245-3177

Printing of the newsletter
John German.....(910) 245-3177

Webmaster
John German.....(910) 245-3177

We're on the Web
www.tcffayetteville.org
And Facebook

Copyright © The Compassionate Friends

Love Gifts

There is no charge for our newsletter, meetings, or lending library, and we depend solely on your contributions. Love gifts can be made in memory of your child, grandchild, or sibling. Your love gift will insure that all who need our newsletter, will receive it.

I wish to make a donation in memory of _____

Date of Birth _____ Date of Death _____

Donated by _____ Relationship _____

Address _____

If you would like to make a donation please make checks payable to The Compassionate Friends,
and mail to TCF Fayetteville Area Chapter, 703 Rosebud Court, Vass, NC 28394
Please send form with check. **A donation is not required to submit items for the newsletter.**