

THE COMPASSIONATE FRIENDS

MAILING ADDRESS: P. O. Box 8283 • Hermitage, TN 37076 • (615) 356-4TCF(4823)

Nashville Website: www.tcfnashville.com



Chapter Leaders: Robin Hunt (615) 319-2090 rmhunt4651@att.net and Ron Henson (615) 789-3613 packerron10@gmail.com

Newsletter Editor: Melanie Bell, (615) 513-5913, email: melaniebell2210@gmail.com

Treasurer: Ed Pyle, (615) 712-3245, email: edpyletaxlaw@gmail.com

Regional Coordinators: Polly Moore, (931) 962-0458, email: lolly39@aol.com and Dana Gall (931) 581-7090

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.

*Welcome: The Nashville chapter meets at 3:00 P.M. on the second Sunday of each month at the ABC (Associated Builders and Contractors of Greater Tennessee) Building, 560 Royal Parkway, Nashville, TN 37214 (**SEE MAILING ADDRESS ABOVE**). We truly regret that we have no accommodations for young children, but teenagers and older siblings are welcome to attend.*

July 12th Meeting Program:

Men and Women Grieve Differently - A Panel Discussion

Grief is handled differently by each one of us and it is very hard work. Many bereaved parents have found that our grief differs greatly from the same process in our spouse or significant other. It is a fact that men and women grieve differently.

At our July meeting, we will address these important issues in the form of a unique panel. Please join us as we learn from each other. You might just be enlightened as to "why they do that," or "why they don't do this."

Our regular sharing groups will follow.

We hope you will be with us.



Phone Friends

We have all experienced the pain of losing a child. We understand and would like to listen. If you can't reach one of us, feel free to call another person on this list.

Accidental Death	Mike and Paula Childers
	615-294-4959
Infant	Jayne Head
	615-264-8184
SIDS	Kris Thompson
	931-486-9088
Suicide	Ron Henson
	615-789-3613
Alcohol/Drug Overdose	Ed Pyle
	615-712-3245

Attending your first TCF meeting can be difficult. Feelings can be overwhelming. We have all experienced them and know how important it is to take that first step. Please attend two or three meetings before deciding if TCF is right for you. There are no dues or fees. If you choose, you need not speak a word at a meeting.

We are an international, non-denominational group, offering support and information to bereaved parents, siblings, and grandparents.

ALWAYS WITH LOVE, WE REMEMBER THEM--**In the month of their births**

**Daniel Matthew Bledsoe
(Matt)**
July 26
Son of
Dan and Barbara Bledsoe
Brother of Jason and Kaci

**Kelsee Nicole Corbitt
(Princess Kelsee)**
July 26
Granddaughter of
Cheryl Carney

Katara Dillard
July 18
Granddaughter of
Stacy Atkins

**Michael Dorman
(Mikey)**
July 8
Son of
Daniel and Michelle Clark

**Caroline Elizabeth
Enright**
July 26
Daughter of
Patrick and Stephanie
Enright

**Stephen Christopher
Gould**
July 20
Son of
Herb and Susan Gould

**Heidi Kathleen
Hedstrom**
July 20
Daughter of
Charlie and Kris Foust

**Rylee Grace Honeycutt
(Roo)**
July 3
Daughter of
Anthony and Magen Honeycutt

Michael Scott Jones
July 4
Son of
Warren and Donna Jones
and Betty D. Jones
Brother of
David, Jennifer, and Becky

Joshua Allen Kebert
July 7
Son of
Greg Kebert
and
Susan Whitaker

Jaxon Leasure
July 14
Son of
Trip and Darcy Leasure

David George Shriver
July 15
Son of
Warren and Donna Jones
and George Shriver
Brother of Bekki, Bonnie,
and Laurie

**Robert Bryan Parrish
(Bryan)**
July 7
Son of
Marvin and Debbie
Hampton

Brandon Allen Payne
July 21
Son of
Terry and Kimberly
Payne

Lindsay Smith-Trostle
July 2
Daughter of
Wendy Smith
and Greg Trostle

Dwayne Moore
July 7
Son of
Clara McClain

Megan Emily Rotella
July 12
Daughter of Patti Kelly

Isaac Schujahn
July 15
Son of
Derek and Linda
Schujahn

**Matthew James
Truman**
July 7
Son of
Cathy McMorro

Brian Presley Reynolds
July 22
Son of
Pam Reynolds

Tonya Marie Harrison Tyler
July 11
Daughter of
Sharon Wayman

Cody Turner
July 21
Son of
Teresa Crutcher

Jonas Whitwell
July 1
Son of
Sandra Whitwell

The most wonderful things in life are neither seen nor touched but are only felt with the heart.

Helen Keller

And in the month of their deaths



Christopher William Black July 8 Son of Ray and Linda Black	Parker Gabriel Coats July 2 Son of Glenn and Jessica Coats	Jonathan Lee Collins July 31 Son of Charity Collins Grandson of Jennie Reeves Nephew of Kristanna	Eric Compton July 3 Son of Rick & Mittie Compton
Kevin Zachary Ferguson July 31 Son of Andrea and Chris Landers	Za'Ryiah TeHani Floyd July 5 Daughter of Trina Floyd	Cindy Marie Gabrysiak July 28 Daughter of Terri Holsapple	Aaron Garner July 30 Son of Don and Vicki Garner
Samuel Christopher Hagens July 5 Son of Christopher and Pamela Hagens Brother of Luke and Caleb Hagens	Matthew Kent Hensley July 15 Son of Kenneth and Kathy Hensley	Daniel Lee Henson July 21 Son of Ron and Darlene Henson	Allen Glenn Mays July 8 Son-in-law of Roy and Carole Renfro
Shawn Patrick Martin July 22 Son of Annie and Michael Martin Brother of Austin	Madison Allen Mays July 8 Son of Allen and Rachel Mays Grandson of Roy and Carole Renfro	Jeremy Russell Powers July 13 Son of Phillip and Linda King	Christian Thompson July 14 Son of Chris Thompson
Michael Reeves July 6 Son of Jennie Reeves Brother of Sheila, Michael, and Mark	Mark William Ryman (Brutus) July 24 Son of Charlie and Gay Ryman	Alex Watson Tuttle July 25 Son of Ron & Betty Tuttle	Jonas Whitwell July 3 Son of Sandra Whitwell

The Chocolate Kiss

It was a sweet chocolate kiss that I got that day, the last kiss I would ever have from my son, Jared. Had I known when I leaned over to get that chocolate kiss that I would never again see your sweet face, your naked bottom running down the hall after a bath, see you asleep in bed with Rabbit and your silky rag, or hear you say "I wuv you," I would never have leaned over and got that chocolate kiss. But now that you are gone, I'm so glad that God let me have that last sweet kiss.

Anna & Wayne Holeman
TCF, Atlanta, GA



GIFTS OF LOVE AND REMEMBRANCE

We are deeply grateful for the voluntary gifts of love that make it possible for The Compassionate Friends to offer comfort to those families who do not know today that they will need us tomorrow.

**Linda Black
in Loving Memory
of her son,
Christopher William Black**

**Henry and Kathy Beeler
in Loving Memory
of their son,
Gole Hansen Kilgore**

**Barbara Morgan
in Loving Memory
of her son,
Wade H. Morgan**

**Don and Sherry Eakes
in Loving Memory
of their grandson,
Taylor Christian Brewer,
Son of
Justin and Tracy Brewer**

***The following individuals have made donations in Loving Memory
of David Gibson:***



**Henry & Kathy Beeler
June Brown
Mike & Paula Childers
Roy & Barb Davies
Mike & Kay Duncan
Ruth Edwards
Mac & Polly Moore
Barbara Morgan**

***Each month, Price Printing, 615.360.3339, donates the printing of this newsletter as a gift to the families of TCF.
Deanna Brown and her family assemble, label, sort, and mail the newsletter in loving memory of
her son, Marcus Dean Brown. We appreciate so much these people and their generosity to all of us.***

*Surely there is no journey as lonely, or one embarked on with more pain,
than the walk a grieving parent takes through the wilderness of grief.*

**Martha Bittle Clark
Are You Walking With Me, God?**

Rainbows

As the sunlight streaming in the window passes through a prism, the colors of life are reflected in the beautiful rainbows that appear.

Violet: Spring's first flowers sparkling with dew so lovingly picked by little hands treasured by the receiver far more than the florist's most expensive bouquet.

Blue: Skies washed clear by a summer rain; small eyes sparkling with wonder at life's mysteries; the softness of a girl's first prom dress.

Green: The color of springtime when life and hope are renewed; giggling children running barefoot through the grass; a world awakening after the icy sleep of winter.

Yellow: Sunlight glinting off tousled hair; bouquets of dandelions; soft yellow ducklings; the delicious warmth of the morning sun after evening's coolness.

Orange: Crisp leaves saying goodbye to summer; harvest moons; carved pumpkins; balloons; little things which fill a child with delight.

Red: Cheeks rosy from a romp in the snow; crayon valentine hearts on homemade cards; lips that whisper life's sweetest words, "I love YOU."

The slightest breeze sends rainbows shimmering and dancing about the room like children so full of life's excitement and anticipation they can't hold still. Our children who have died dance in the rainbows of our memories.

May we never forget to look for the rainbows.

Judith Jarboe
TCF, Central Iowa

Be Good to Yourself this Summer

Summertime is a time to get away and renew yourself. When you are grieving, it is even more important to relax and take time to be good to yourself. Grief work takes physical, emotional and spiritual energy. Here are some mini vacations.

Get outside as often as possible. The warmth of the sun and soft breezes help you to feel more alive. Exercise helps work off frustration, anger and depression. Search out local parks, nature trails, country roads—even a walk around your own block. Brisk walking, bike riding and swimming are good ways to reduce tension.

Try to visit places where there is water. Watching water and hearing it lap against the shore is soothing. As the waves recede, try to envision your grief receding; as the waves return, imagine them bringing peace and comfort. The sound of a rippling stream eases our tension.

Escape into another world through a good mystery or spy novel. Read a book you enjoy or go to or stream a movie. Light reading or an entertaining movie helps to take your mind off your grief. A well written story can help you gain perspective on your loss.

Don't push your grief down. Get it out into the open so you can deal with it and control it, or it will control you. Find and turn to a good listener. Attend a support group meeting. You will gain ideas on coping and meet those bereaved longer than you, who have survived their losses. The meetings can give you hope and knowledge that you are not alone. I hope "things" get easier for all of you. Please don't lose hope.

Adapted from HOPE Line
Buffalo, NY

The Lily

We can't know why the lily has so brief a time to bloom in the warmth of the sunlight's kiss upon its face, before it folds its fragrance in and bids the world goodnight to rest its beauty in a gentler place.

But we know that nothing that is loved is ever lost, and no one who has ever touched a heart can really pass away, because some beauty lingers on in each memory of which they've ever been a part.

Ellen Brenneman
From the Evansville, IN TCF newsletter

Storytellers in the Circle of Weavers

*They come to tell their story
in the circle of weavers.
Because it is a story of love,
it is also a story of pain.
They tell how they wove their fabric,
with care, with many threads.
They tell how the fabric was ripped beyond repair.
The sound of that long, final tear
is in their voices, and in the air.
It follows them relentlessly, everywhere.*

*The silence at the end of the story
could be the end.
But in the circle of weavers,
it is not the end. Torn threads begin to stir.*

*Back and forth,
across and around the circle,
the weaving begins.
The threads are torn, and broken,
but there is life and power
in the weaving of them.*

*Pain and loss can be respected.
They cannot be changed.
But new cloth can be woven,
of caring and understanding.
Even with broken threads,
In the circle of weavers.*

Elizabeth Morris
TCF, Concord, MA



Recognizing Unsuccessful Grief

All of us who have searched for healing following the death of a child, grandchild or sibling know the roller coaster of emotions that are part of our grief process. We know there is no “quick fix” that magically lets us get on with our lives, and grief can be physically exhausting. We cannot go back to what was! And time, in and of itself, does not heal.

Although there is no set schedule for grieving and there will always be a hole in our hearts, many of us in TCF have found that within a year to eighteen months, we are beginning to make some progress—granted the progress may seem minute to the bereaved. Grief therapists have learned that if death is from prolonged or serious illness there is grieving during the illness. The second year of grief may be as intense or even more emotionally devastating than the first year. However, no two people have the same grief timetable. If we feel that we are not making progress, is there some way to determine whether we may need professional help or evaluation or at least reassurance? The following considerations may help you decide:

- Extended withdrawal from the world around you and prolonged inability to accomplish normal tasks or participate in everyday activities.
- Self-imposed isolation where you do not want to be around anyone—friends, family or others.
- Becoming too scared to be alone. You must have someone around all the time.
- Anger or guilt that (a) is out of proportion, (b) does not fit the circumstances, (c) extends for a long time without retreating, or (d) may be directed toward or imposed on others close to you.
- Depression that is exaggerated, unremitting, prolonged and occurs in original intensity years after the loss. Anxiety that interferes with going away from home.
- Dependence on alcohol or medications to cope or forget.
- An emotional “logjam” resulting from an accumulation of losses over the years.
- Contemplating or attempting suicide to “get away from it all” or to join your child.
- Self-caused illness or physical health problems that do not go away, or the inability to separate the real from the imagined. This kind of illness is different from the “ailments” that most of us experience during the anniversary of our loved one’s death.
- Placing your child on a pedestal and forgetting his/her imperfections; or being unable to redirect your activities or to shift your focus, so that you can honor your child in a positive way.
- An absence of grief or a numbness, anxiety, sadness, or any kind of overall attitude that negatively affects others around you, including over-protectiveness of your loved ones.
- Converting all emotions into one or two favorite or “safe” emotions—like anger, boredom, or despair—which become all you are feeling, taking the place of grief.
- When talking does not seem to help or there is no one able to listen.

Libbyrose D. Clark, TCF, Deep East Texas
From information provided by
Vera Baron, LPC, and Ray Johnson, CSW

CHAPTER INFORMATION

Are you Moving?

Each time a newsletter is returned to us with an incorrect address, we pay to retrieve it in order to find out where you've moved; then we pay again to mail it back to you. This is in addition to the original bulk mail cost. It would help a great deal in both time and money if you would notify us immediately of any address change so your newsletter can reach you right away. You may call, write or email the chapter leaders or the newsletter editor. Thanks for your help.

The “Children Remembered” Listings

If you are unable to attend TCF meetings and would like for your child to be listed on pages 2 and 3 in The Children Remembered list, please let us know, printing the exact way you'd like the child's name to appear, the child's birth and death dates, and the parents' names as they should be listed. Drop us a note at TCF, P.O. Box 8283, Hermitage, TN 37076. We'll be glad to include them. You need to contact us only once, unless any of your information changes.

Corporate Donations to TCF

To benefit TCF, go to the Kroger website and click on “Community Rewards”; then follow the instructions on that page and designate The Compassionate Friends Nashville Chapter. After that, when you shop at Kroger, swipe your Plus Card or key in your phone number when you check out, and Kroger will donate dollars to our chapter.

How You Can Help

Most people who attend TCF meetings never heard of TCF before they lost a child, and many bereaved parents still have not heard that there is an organization that exists to help them navigate their grief journey. If you know a family in the middle Tennessee area who has experienced the death of a child, regardless of age or cause of death, and you think they would benefit from finding out about TCF and possibly attending a TCF meeting, we will be happy to send you some information that you may share with them about what TCF is and what we do to support bereaved parents. If you have attended a TCF meeting, it might be helpful if you would invite them to attend their first TCF meeting with you. We also have a monthly newsletter that they can receive free of charge simply by asking for it.



BEREAVEMENT RESOURCES

Alive Alone

Alive Alone is an organization to benefit parents whose only child or all children have died. Visit their website at www.alivealone.org.

Alive Hospice Support Group for Bereaved Parents

For general information about grief support services and groups at Alive, please call the Grief Line at: 615-963-4732 or email griefsupport@alivehospice.org. They offer eight-week groups, ongoing monthly groups, family group and Little Hearts Club for children who have experienced the death of a sibling. Services are in Franklin, Nashville, Hendersonville, Lebanon, and Murfreesboro.

Sharing

SHARING is a community organization for parents who have experienced a miscarriage, stillbirth or the death of an infant. The website is sharingmiddletn.org.

Survivors of Suicide

There is a caring SOS group in Nashville. For information about meetings, you may call (615) 244-7444, or go to the Tennessee Suicide Prevention Network at TSPN.org, and you will find a list of all Tennessee SOS locations.

TCF Website —A Treasure for You

When you log onto the TCF Website at www.compassionatefriends.org you will find a wealth of information about TCF and grief—poetry and articles, chat rooms, grief in the news, other chapter Web sites and numerous other resources.

The Compassionate Friends

P.O. BOX 8283
Hermitage, TN
37076

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Memory

*I saw you standing on the shore
Where your sandaled feet
will stand no more.
Your daughter's hand cupped in your hands,
Her chubby feet on wave-washed sands,
Joy shining in her baby face
At sharing in this sacred place.
I saw you standing here, my son,
Where dolphins play and waters run,
But you will never come again
To ride the waves as you did then,
For death has bleached your life to bones,
And your daughter walks the beach alone.*

Jeannie Nestojko
TCF, South Bay/LA, CA



School's Out

*That time of year again,
When children move
From classroom to reality.

And deeper even than before
Your heart recalls the child
Who left this life
To move from here
To ultimate reality.

Give blessing to that journey,
When you can.*

Sascha

