

THE COMPASSIONATE FRIENDS

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



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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.*

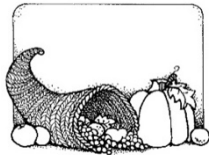
November 8th Meeting Program:

Sharing Mementos of Our Children

We all have things that are precious to us, that either belonged to or remind us of our beloved children. At this month's meeting, we invite you to bring any one thing that can be shared briefly with the rest of the group. This memento can be something that your child treasured, something your child gave you or you gave to him, or something that simply reminds you that your child lived and was loved, even if his or her life was very short (a footprint, baby blanket, hospital bracelet, etc.) Please join us November 8 as we share sweet remembrances of our dear children.

Small sharing groups will follow this program, including a group to support each other as we face the coming holidays. There will also be a table with additional handouts from October's meeting on handling the holidays.

Program is subject to change.



Wounds do not heal without time and attention. Yet, too many of us feel that we don't have the right to take the time to heal from emotional and physical wounds.

Judy Tatelbaum's
Courage to Grieve



Candlelight Memorial Service Scheduled for December 13

This is a very moving and powerful program. All family members, siblings and friends are invited to join us. Following the service, we invite you to remain for fellowship and refreshments.

It is important that **everyone** wishing to have their child's photo in the memorial service follow very carefully the instructions on page 4 of this newsletter.

**THERE IS A SUBMISSION DEADLINE,
 DECEMBER 7,
 THAT MUST BE STRICTLY ADHERED TO.**

We would like for all of you to enjoy this opportunity to see your child on the big screen! If you have not previously attended the candlelight memorial service, we encourage you to do so.

**Location: Our regular monthly meeting space at
 the ABC Building, 560 Royal Parkway,
 Nashville, TN.**

**Information and Photo Submission
 Form are on Page 4.**

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

Christopher William Black November 23 Son of Ray and Linda Black	Taylor Christian Brewer November 2 Son of Justin and Tracy Brewer Grandson of Don and Sherry Eakes	Eric DeWayne Brown November 18 Son of Sharon Brown	John Roaten Cheadle, III (Ro) November 29 Son of John R. and Nancy Cheadle
James Austin Garcia (Austin) November 30 Son of Danny and Sherri Garcia	Jacob Alexander Griffin November 5 Son of Karen Griffin	Kyler Gatica November 7 Son of Matt and Stephanie Gatica	Max Hillman Harris November 10 Son of Becky Harris Brother of Will Harris
Cole Hansen Kilgore November 14 Son of Henry and Kathy Beeler Nephew of Kacey Gant	Caleb William LeQuire November 27 Son of Craig and Jennifer LeQuire Grandson of Norma LeQuire	Cami Leigh Parrish November 19 Daughter of Debbie Hampton	Dustin Scott Reigel November 3 Son of Rebecca Powell
Mark Elliott Reischman November 2 Son of Bill and Jean Reischman	Jenna Leann Ruddy November 11 Daughter of Janet Riggan	Shane Tanner Scruggs November 7 Son of Don and Joan Johnson James and Lisa Scruggs	Joe Vick (Joey) November 6 Son of Kay Bogle Brother of Angie Hoffman
Lindsay Ware November 16 Daughter of Scott Ware			Caleb Samuel Worley November 20 Son of Carlton and Michelle Worley

The Battle

It seems we're all alone, like a few army troops in the jungle, struggling to stay alive and keep our sanity. Sometimes, right when it seems it's over and you can go home, you're ambushed, and you realize you're at the beginning. Later, after this happens over and over again, you know you'll be fighting forever; grief is a battle that cannot be won but just gets easier to live with. I'll always love and remember my big brother. As my battle goes on and others begin, we all can come together and try to overcome this everlasting battle—GRIEF.

Justin Jenkins
TCF Mesquite, TX

And in the month of their deaths

Rosemary Aud
November 15
Daughter of
Stephen and Trish Aud

Taylor Nicole Barton
November 25
Daughter of
Alan Barton
and
Stella Stephens

Jacob Sylvester Bell
November 30
Son of
Mike Bell
and
Michelle Dodrill

**Daniel Matthew Bledsoe
(Matt)**
November 11
Son of
Dan and Barbara Bledsoe
Brother of Jason and Kaci

**Kahlani Sage Brown-
Cotton**
November 2
Daughter of
Brionna Brown
and
Devon Cotton

Donald Gene Crafts, Jr.
November 4
Son of
Donna Kibler Brother of
Bridgette Warren

**Jayce Montez Easley
(Bucky)**
November 11
Son of
Heather Jarrett

Stephen Joseph Donlon
November 24
Son of
Pat and Ellen Donlon
Brother of
Katy, David, John,
and Elizabeth

**James Wesley Evans
(Snowman)**
November 24
Son of
Brenda L. Nelson
Brother of
Heather Evans

**Stephen Christopher
Gould**
November 18
Son of
Herb and Susan Gould

**Gregory Adam
Henderson**
November 14
Son of
Greg Henderson

**Rylee Grace Honeycutt
(Roo)**
November 18
Daughter of
Anthony and Magen
Honeycutt

Morgan Langham
November 30
Daughter of
Mark and Gini Langham

Cami Leigh Parrish
November 19
Daughter of
Debbie Hampton

David Lee Randolph
November 22
Son of
Terry Randolph
Grandson of
Joyce Randolph

Margaret B. Wolfkill
November 19
Daughter of
Martha Burnett



Asher James Lee Wilson
November 9
Son of
John and Ali Lee Wilson



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

The road to recovery from grief...is to take time to do things which will enable us to give a renewed meaning to our lives. That's when our journey through grief becomes a journey of discovering ourselves, our potential, and our resources in the encounter with life. That's when we become BETTER PEOPLE rather than BITTER PEOPLE. In grief, no one can take away our love. That call of life is to learn to love again.

Father Arnaldo Pangrazze
Overcoming Grief

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.

*The following individuals
have made donations
In loving memory of Charlie Hunt:*

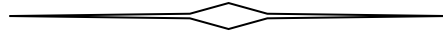
*Ron Henson
James and Donna Merritt*

*Mike and Paula Childers
in Loving Memory of
Emily Childers, Peggy Gibson,
and Charlie Hunt*

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

*Herb and Susan Gould
in Loving memory
of their son,
Stephen Christopher Gould*

*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.*

***Speaking Love***

*Thoughtful mornings in November,
winter gray and chill at twilight.
Soon there will be colored candles.
Soon there will be celebration.*

*Do not force your heart from sorrow
at this time of happy splendor;
this is also time for speaking
love to dead and silent children.*

Sascha

*The past is part of us
and our future.
He who tells us to forget
does not understand
the past
or
the future.*

Sascha

***Thanksgiving Prayer***

*I'm thankful this Thanksgiving
That my grief is not so new.
Last year it was so painful
To think of losing you.
Death can't claim my love for you
Tho we are far apart,
Sweet memories will always be
Engraved upon my heart.
Time can never bring you back.
But it can help me be
Thankful for the years of joy
You brought our family.
To all the parents with grief so new
I share your loss and sorrow.
I pray you find with faith and time
The blessings of each tomorrow.*

Charlotte Irick
TCF, Idaho Falls, ID

Turning Points

A very difficult area of functioning is coming to grips with the knowledge that there is absolutely no way of getting around holidays, despite your best effort to avoid them. And they are horrendous times for many years. Their pain cannot be minimized. But they still must be faced.

One family trying to avoid Thanksgiving—which was the dead child’s birthday as well—decided that family gatherings were no longer for them. They would travel or simply ignore the festivities. One day the mother came upon her ten-year-old daughter crying and asked what was wrong. “She was sobbing,” reported the mother. “All the children in school had told of their plans and made table decorations for the holiday, and Lynn felt completely removed from her classmates. She cried that she was not only deprived of her brother who was dead, but she couldn’t even have Thanksgiving dinner and a turkey! I listened and held her in my arms and cried. What she was saying made sense. After all, we still had three living children. They also mattered. That night I talked to my husband, and we decided that no matter how bleak and empty it would be we would have a traditional Thanksgiving.”

The family sat around the table, very quietly at first. The father said grace and thanked the Lord for a bountiful meal. When he was through, their ten-year-old said she had something to add. “I want to thank Mommy and Daddy for

making this very special dinner for our family. And most of all, I want to thank you, God for having let us have my brother Eric for six years.”

The mother, who will never forget what her daughter said, told me there was not a dry eye at the table for a few minutes. But gradually, as the meal progressed, they tried to discuss why the holiday was celebrated. From there, the parents told of amusing experiences at Thanksgiving dinners in their younger years. The mother said she planned to tell the stories to lighten the atmosphere just as carefully as she had planned the menu. By the time the meal was over, the parents discovered what had been built up in their minds as not survivable had become just another turning point.

There will be many such turning points as you work your way forward. You have already survived what you were certain you could not live through—the death of your child. Turning points, plateaus, are merely steps in coping and nothing more. As you go through each holiday, each season, each happy/sad occasion, you will gain strength from having passed beyond yet another painful event.

*From The Bereaved Parent
By Harriet Schiff*



*Here where their silent voices speak to us
where wind and cloud and stone bear
out their names.*

*Here where their laughter touches our tears,
and where their image heals the grieving time,
Where memories tremble between love and pain,
and where their glory kindles our lives.*

*Here where their beauty reaches out to us
and where their kindness warms a tired world:*

*Here let us stand and look unto their graves
to find their faces gentle in the sky.*

*Let us remember how their presence was
a treasure and a wealth beyond account*

Here let us weep

Here let us love

Here let us thank them

for the joy they gave

to our living and to our hope.

Sascha

Holiday Gifts for Children Needed

Every year for the past 18 years TCF Nashville families have generously donated toys and gifts to the children of Youth Villages in Middle Tennessee that works with children who are not living at home and are in foster care for the holidays. The children range in age from 6 to 18. For many of these children, these will be the only gifts they receive this holiday season. **If you would like to help this year, you may participate by bringing new UNWRAPPED gifts to The Compassionate Friends December 14 Candlelight Memorial Service. Below is a list of the most requested items.**

Suggested gifts include:

Art Supplies and Craft Kits	Board Games (Monopoly, Life, Mouse	Nail Kits and Polish
DVD's (rated G, PG or PG-13)	Trap, Jenga, Uno etc.)	Action Figures / Superheroes Toys
Xbox / Play Station Games (Teen Rated)	Barbie Dolls & Accessories for Barbie	Jewelry and Hair Accessories
Remote Control Cars, Trucks or Planes	Matchbox or Hot Wheels car sets	Sports Equipment, Balls etc.
Journals, gel pens	Lego Sets	Young Adult Books

Here are alternative ways to give to Youth Villages if you prefer not to bring a gift to the Candlelight Memorial Service:

- Make a monetary donation of any amount online by going to the website for Youth Villages Middle Tennessee.
- Be a Holiday Hero by signing up to sponsor a specific child. As a Hero, you will receive a specific child's wish list (ages newborn to 23), shop for their gifts, and return them unwrapped to Youth Villages' Nashville collection site. The average amount to be spent on each child is \$150. To be a Holiday Hero to a child in need, please contact Greg Schott at (615) 250-7262 or email greg.schott@youthvillages.org.
- Purchase gifts from the suggestions above to be given to children who come into Youth Villages programs during the last two weeks before Christmas. Drop off your gifts in person at 301 Plus Park Blvd, Suite 110, Nashville, TN 37217.

The List of Firsts Tugs at the Heart

How well I remember...

...the first time I mowed the grass after you died. I cried for three hours; that's how long it took for me to mow it alone.
 ...the first time I heard the high school band you were in, play. It was one year after your death. Inwardly, I screamed. Outwardly, silent tears rolled down my cheeks.
 ...the first movie we went to. We left, crying, before the movie was even half through.
 ...the day your sister got her driver's license. She was seventeen when she got it. She couldn't stand the thought of driving—that's how you died.
 ...the first time your sister was thirty minutes late coming home, while driving. We were frantic. We called friends she had gone out with, the State Patrol and the hospital. Once I got through ranting and raving at her, I fell apart.
 ...the first time your mom and I were thirty minutes late coming home. Your sister was as mad as we had been. Did she ever let us have it!
 ...the first time I went fishing. I went to the same place we often went to the place where you caught your first trout. I cried more than I fished. I was glad I was the only person there.
 ...the first wedding we went to--friends of yours. We felt so robbed. My son would never know the joy of having a helpmate, of having his own child.
 ...the first funeral I went to. I sat in shock—the flowers, the casket, the funeral home. I was back at your funeral!
 ...the first Christmas our doorbell rang and there stood one of your friends. It made us feel good that he thought so much of you he would come to see us. His presence spoke highly of you. He has not missed a Christmas in seven years.
 ...the first time I sang again. I quit singing shortly after you died. It took me four years to start back. There is one song I still can't sing, can't listen to.

As I look back on this list of firsts, my heartstrings are pulled anew. I still miss you, son.

Jess Johnson
TCF, York, PA

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 <https://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 <https://alivehospice.org/care/grief-support>. They offer eight-week groups, ongoing monthly groups, family groups 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 <https://nationalshare.org/tennessee>.

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 <https://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 <https://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

Nonprofit
Organization
U.S. Postage
PAID
Nashville, TN
Permit No. 593

P. O. BOX 8283
Hermitage, TN
37076

Return Service
Requested



November 2026



CANDLELIGHT MEMORIAL SERVICE—December 13, 2026

Regardless of past participation, **EVERY FAMILY WISHING TO TAKE PART IN THE MEMORIAL SERVICE MUST RETURN THIS FORM.**

We need to receive it no later than Monday, December 7.

PLEASE DO **NOT** SEND FORMS OR PHOTOS TO THE TCF P. O. BOX—it is important that they go **directly** to Lamar.

MAIL TO:
Lamar Bradley
4772 Cascade Drive
Old Hickory, TN 37138
or

You may e-mail your child's photo to lamarbradley1951@gmail.com
Be sure to include your child's name in the e-mail.

Instructions: A computerized process (Power Point) is used to display our children's pictures on the big screen. An original 5x7 photo (no copies, please) may be used. If a 5x7 is not available, any size will do; however, the 5x7 or larger is easier to process.

The original photo will be returned to you at the memorial service while the image will be stored for use next year.

Place a sticky note on the back of the photo with the child's name clearly printed. Do not write on the photo itself.

Child's name: _____
Please print the name as you wish it to be read at the service along with phonetic pronunciation, if needed.

- _____ I will attend and am enclosing an original photo of my child. (First time in the memorial service.)
_____ I will attend and am enclosing a different photo of my child to be used in place of the photo you have from last years' service.
_____ I will attend and would like for you to use the photo you have saved from last year.
_____ I will attend and would like for my child's name to be called and I'll light a candle, but I will not have a picture shown.

Your name _____ Phone _____

