

THE COMPASSIONATE FRIENDS

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

Nashville Website: www.tcfnashville.com



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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.*

October 11th Meeting Program:

Handling the Holidays

End of the year holidays can be a traumatic time following the loss of a child. Much of the focus of these holidays is on children, family, and giving, and many times one's sense of loss is so overwhelming that the joy of the season is lost. Stores display holiday decor earlier each year and this can trigger anxiety of holiday dread far in advance of the actual holidays.

Some parents have said, "I would just rather do without the holidays, but I don't have that option." Others have said, "I just want some way to survive the holidays."

So, how do grieving parents cope with the holidays? Join us at 3:00 for a panel discussion on tips for handling what can be a very difficult time of the year for grieving parents and stay for our small sharing groups after the program.

Program is subject to change.



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 8 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 8.**

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. We need not walk alone.

ALWAYS WITH LOVE, WE REMEMBER THEM--



In the month of their births

Rosemary Aud October 24 Daughter of Stephen and Trish Aud	Jacob Sylvester Bell October 30 Son of Mike Bell and Michelle Dodrill	Gavin Bell October 22 Son of Jeniste Bell	Preston Chauncey Birdsong October 13 Son of Preston and Janice Birdsong
Roy James Davies October 19 Son of Roy and Barbara Davies	Roy Paul Ellis October 5 Son of April Ellis	Laura Paige Gibson October 16 Daughter of David and Peggy Gibson Sister of Kay and Claire	Cameron James Cantrell October 24 Son of Nikkie Robinson
Joshua Hovies October 19 Son of Alicia Hovies	Benjamin Bedell Koomen (Ben) October 9 Son of John and Betsy Koomen	Nathaniel Line October 12 Child of Kevin and Beth Line	Jacob Allen Mathis October 30 Son of Mark and Debora Mathis
Madison Allen Mays October 31 Son of Allen and Rachel Mays Grandson of Roy and Carole Renfro	Barron Sowell Preston October 3 Son of Dianne Preston	Jason William Rice October 26 Son of Rosemarie Moore	Jeremiah Saeger October 29 Son of Amy Reha



*There are things that we don't want to happen
but have to accept,
things we don't want to know
but have to learn,
and people we can't live without
but have to let go.*

author unknown

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

And in the month of their deaths

Zackery Tyler Lewis Allen

October 4

Son of
Stephanie Willis

Emily Michelle Childers

October 31

Daughter of
Michael and Paula
Childers
Sister of Sarah and Julie

**William Barcal
(Billy)**

October 4
Brother of
Kat Barcal

Jon Ashley Duncan

October 6
Son of
Mike and Kay Duncan
Brother of Jamie

Caroline Elizabeth Enright

October 16
Daughter of
Patrick and Stephanie Enright

Katara Dillard

October 2 Granddaughter
of
Stacy Atkins

Kyler Gatica

October 24
Son of
Matt and Stephanie
Gatica

Ashley Yacoub Hana

October 7
Daughter of
Kenneth and Kathy
Hensley

Chase Lee Harris

October 25
Son of
Kirk and Shayne Harris and
Paul and Stacey Fish
Grandson of
Rose H. Bartlett

James Edwin Hinesley

October 7
Son of
Steven and Sue Hinesley

Dwayne Moore

October 9
Son of
Clara McClain

Matthew H. Woods

October 22
Son of
Vaughn and Mickie
Woods

Brittany Marie Hardesty

October 28
Daughter of
Theresa Hardesty Heimer

Alexander Nicholas Parkes

October 15
Son of
Gary Parkes

Elizabeth Wyatt

October 11
Daughter of
Patricia Fields

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.

*Wayne and Kassandra Pack
in Loving Memory
of their son,
Andrew Morris Pack*

*Dr. Jeanette Norden
in Loving Memory of
David, Peggy, and Paige Gibson*

*The following individuals have made donations
In Loving Memory of Peggy Gibson:*

*Martha Davenport
Mac & Polly Moore
Eldon & Margi Scott*

*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.*

Halloween . . . Still a Holiday to Remember

Two Halloweens have now passed since my 8-year-old Stephanie and 5-year-old Stephen left us to live with God.

Even before the kids were old enough to go trick or treating, I still recall their delight at the costumes worn by all the neighborhood kids who came to the door. I still remember how thrilled Stephen was to be handing out the candy when he was only one and half years old. We still have a picture of him holding the plate of goodies. If you look closely, you can see where he took a bite out of one of the candy bars (with the wrapper on) and set it back on the plate.

I can still remember the all too few times I was able to take my children out trick-or-treating. I remember my daughter dressed up as a nurse, offering to “fix-up” all those other trick or treaters who were obviously hurting with all that fake blood they were wearing.

I remember Stephen wearing his great pumpkin outfit. We stuffed it so full of padding that when he fell down, not only did he not get hurt, but he had also to be physically picked up because he was flailing his arms around like a beetle on its back.

I can still see Stef holding Stephen’s little hand and patiently leading him up the walkway and helping him hold open his bag so that the candy would find its mark. She always made certain he said thank you for the candy. It usually came out “thank-woo.”

The first Halloween following their deaths I remember driving home with tears streaming down my face as I watched the other trick-or-treaters roaming up and down the streets. My wife and I fled our home, depositing bags of candy for our next-door neighbors to hand out for us. Last year we found the courage to stick around and greet the ghosts and goblins who found their way to our door. The funny thing was, we felt as dressed up as the trick-or-treaters. We were wearing our “happy face” masks.

The memories are now starting to fade of the Halloweens before our children died. It won’t be too long, and I’ll be leading Christopher, our new son who is now a year old, up those driveways just like I did before. I feel sad that Stef and Steve can’t be there. But you know, I have a feeling that if I hold out my hands and close my eyes, two little gloved hands will slip into mine and I’ll again hear in unison, “Just one more house, Daddy!”

Wayne Loder,
TCF Lakes Area, MI

Wings Take Flight

*Feathered bodies pass demurely,
All is well, my friends, the Geese;
I, like you, with poise and peace
Glide on the surface of this Grief.*

*If my feet stop, will I drown?
Will onlookers rush in from all around
As so they gawked at my little child?*

*Honk! Honk! I want to say,
Make a noise! Do something
My feelings to betray.*

*Let not my feathers unruffled remain
While wrestling the waters of boundless pain
That webbed foot could never dare contain.*

The water is cold...Could I be so bold?

*Feathers unfold
For stories untold
As weeping, Wings take Flight.
Webbed feet paddle furiously,
Perfect patterns forming in their wake*

I wrote this poem while on retreat after the death of my daughter. I was struggling with the vast deception of my outward composure, – the graceful gliding through social circumstances – achieved only by “furious paddling” on the inside, as I grappled with the vast body of water that was my grief. Grief completely surrounded me; it was an entire lake much larger than myself, a lake in which I swam tirelessly in order to keep from drowning.

Eventually, I remembered my wings. I remembered there is always the sky. Ultimately, this poem is about moving on in the midst of grief. Even as we remain weeping, we must, at some point, spread our wings – dripping with the waters of grief, our tears – and open ourselves to new flight, new stories of hope and healing in our lives. For a goose, the water will always be there; thus so the grief for me. But I have my wings, too. And the sky.

Lisa DeBoer Tuggle
TCF, We Need Not Walk Alone

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



Trick or Treat

The night is dim
And the pumpkins grin
At children on the porch.

The doorbell rings
"Trick or treat" they sing.
My heart burns like a torch.

The Dracula's face
And a princess in lace
Are peering in at me.

How I'd love to ask
"May I lift your mask?"
And hiding, there you'd be!

You'd get such a kick
From that silly trick.
But disguised you must stay.

In the wind that blows
My heart still knows
You're playing October charades.

Kathi Slief
TCF, Tulsa, OK

Who was That Person? An Eight Year Retrospective...

Who was that person? He looks like me. He talks like me. But I don't think I know him anymore.

Who was that person? He had so many friends. He was popular at cocktail parties and told good jokes. Today, he seeks out one person he can really talk to and that is enough. His contact list is a lot smaller, but so much more important.

Who was that person? He had such different priorities. He skated over life like an ice skater on a frozen pond. He never thought about how cold the water was. Now he reaches out to people who hurt because he knows how they feel. He has felt the ice water.

Who was that person? He had an orderly chronological sense of time. Now the world is divided forever into simply "before" and "after."

Who was that person? He used to rush through dinner or cut the family vacation short to get back to the office. Now he thinks back to the family times as the most wonderful times of his life. He knows what is irreplaceable.

Who was that person? He used to worry about so many troubles, most of which never happened. Now he spends most of his time in the present. He appreciates today's sunset, simple things, and good friends. He knows how precious each moment is.

Who was that person? He used to think about what he wanted to get out of life. Now he thinks about how grateful he is for the gifts he has had.

Who was that person? He used to measure his goals in terms of where he was going. Now he focuses on what his life will have been about. He asks less and less why his child died and more often: "Why did he live?"

Who was that person? He had never heard of The Compassionate Friends. Now they are his best friends. And he knows that by helping someone else through TCF, he also helps himself.

Who was that person? I don't think I know him anymore.

Richard Edler
reprinted from TCF National Magazine

WRITING YOUR CHILD'S STORY

The possibility of forgetting even the smallest detail of our child's life is a fear most of us have. In truth, over the months and years, many of these details do dim. Writing them down is a way to keep from losing these memories. This way, we will not only have a permanent remembrance of our child for ourselves, but this will also be a legacy for other family members.

Here are some suggestions:

- Write in a spiral notebook. This way nothing you write will be lost.
- Begin at the beginning. Write all the details of your child's life from his birth to his death day.
- Use your child's pictures to help remind you of occasions and happenings over the years. Ask friends and relatives to tell you anything they remember about your child. (This may make them a little uncomfortable at first but let them know how important it is to you.) Also, write any thoughts and feelings you remember having at the time.
- Record the bad things your child did and said in his life as well as the good things. It is important to write both the child's good and bad sides so we can remember him as the real person he was.
- Write about your child's death. Record as many details surrounding it as you care to retell. Write about the days before his burial, the funeral, the day after, two weeks, a month, and so on. Record how others helped.
- Write a letter to your child. Include: What I wish I had said to you. What I wish I had not said to you. What I wish I had done. What I wish I had not done. What I wish you had done. What I wish you had not done. What I wish I could ask you. What I would like to tell you. Pour out your feelings to your child. Tell him of your anger, your guilt. Tell your child how you love him. Tell your child goodbye.
- Don't worry about whether you write well. Don't worry about form or grammar. Just write. If you want to submit part of your writing for publication, you can always edit it later or ask a friend to help you polish it.
- Keep your notebook handy. Write anytime you feel you want to say something to him, or when you remember some detail that suddenly comes to mind. When you have trouble sleeping, write down the things that keep coming into your mind.
- Writing about your child or to your child will be emotional. It will probably make you cry. Don't let this stop you. Crying can be extremely helpful in releasing your tensions and will help you with your grief work.



**REMEMBER--WRITING IS JUST
TALKING WRITTEN DOWN.**

Margaret Gerner
TCF, St. Louis, MO

SOME TIPS ON WRITING AS THERAPY:

Write for yourself. You need never show your writing to anyone else unless you just want to.

Writing is talking written down. It can relieve all the pent-up emotions that, if not released, can fester and hinder healing, causing even greater pain.

Write what you are feeling at the moment. Forget about sentence structure, spelling, grammar, etc. Just write.

Don't hesitate to write your confusion, your anger, your daily questions and moments of sheer misery. Let the tears fall. (If you write by hand, pencil won't be smudged by tears like ink will.)

Don't throw anything away; file it and take another look at it in six months or a year. It will tell you where you have been in your grief, will give you some sense of having made progress; then you may want to take it from there.

Make two lists: Using only one or two words, list all the things your child liked; then list all the things your child didn't like. This will provide a surprisingly good profile of your child.

Write letters to your child. Say the things you'd like to say if he were still living. Say the things that frustrate you because he is not still living. Explain to your child that you could not keep him from dying – that even though he has died, and you must go on living, you will always love and miss him.

Try Poetry. One suggestion is to write your child's name vertically on a page; then use the letter on each line as a beginning of a sentence about the child. Don't worry about rhyme, rhythm, or form.

Always date your material. This will give you a frame of reference in the future when you read what you have written – and very likely, you'll see how very far you've come in your healing.

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 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 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

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Hermitage, TN
37076

Return Service
Requested



October 2026



CANDLELIGHT MEMORIAL SERVICE—December 14, 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 _____

