



January-February 2021

THE COMPASSIONATE FRIENDS-CHAPTER 2358

CO-LEADERS: Susan Fletcher, Scott Higgins
& Lesa Hartranft
Sibling Coordinator - Courtney Langdon

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E-MAIL: tcf.clt@gmail.com

WEBSITE: WWW.CHARLOTTETCF.ORG

Facebook Page: *Compassionate Friends of
Charlotte, NC*

MONTHLY MEETING

Meeting place: St. Matthew Catholic Church, 8015 Ballantyne Commons Parkway, Charlotte, NC - Room 234-235

Meeting Time: 3rd Tuesday of Each Month at 7:00 pm
Due to the Covid 19 pandemic, our meetings are now being held virtually by way of Zoom. Meetings will still be the 3rd Tuesday of each month at 7:00. Members can look for a Zoom invitation the week prior.

UPCOMING EVENTS:

TCF Monthly Meeting: Tuesday, January 19th at 7:00. Please check your email for a Zoom invitation.

INSIDE THIS ISSUE

WELCOME & Chapter Info.....2

Donations & Chapter needs.....3

Remembering our children’s birthdays and angel dates.....4

A New Year: A Time of Hope.....8

Shared thoughts Resolving To Care For Ourselves.....10

A Valentine’s Day Wish.....11

Yesterday, Today and Tomorrow.....12

REGIONAL COORDINATOR

Regional Coordinators for NC: Donna & Ralph Goodrich

Phone Number: 980-938-4589

E-mail: iluvu2lauren@gmail.com

NATIONAL OFFICE

The Compassionate Friends
(877-969-0010)

nationaloffice@compassionatefriends.org

Website:

www.compassionatefriends.org

online private closed facebook pages:

<https://www.compassionatefriends.org/find-support/online-communities/>

TO OUR NEWEST MEMBERS!!

We congratulate you on having the courage to walk through our door for the first time. Please give our meetings at least 3 tries before deciding if they are right for you. We hope, with the resources available through TCF, you will find the right person or the right words to help you. You Need Not Walk Alone, We Are The Compassionate Friends.

TO OUR SEASONED MEMBERS:

We need your encouragement and support. TCF continues because of YOU. You give hope to the newly bereaved - hope that they too can eventually find joy in life again. Please attend when you feel you are able to reach out to another bereaved parent, grandparent or sibling.

Did you know that TCF Charlotte has its own Facebook page? Just search in facebook groups for - Compassionate Friends of Charlotte, NC

LIKE our Facebook page and please post any article, quote or personal musings that you feel may help another member. All information for meetings and special events will be listed on our facebook page.

**PLEASE VISIT US ON OUR
WEBPAGE!!**

WWW.CHARLOTTETCF.ORG

WOULD YOU LIKE TO BE PART OF TCF CHARLOTTE STEERING COMMITTEE?

We need your help. Volunteering to be on our Steering Committee is a wonderful way to give back to the organization that helped you when you were starting your grief journey, and what better way to keep your child, grandchild or sibling's memory alive? Contact any of the leaders at our meetings if you would like more information. We need YOUR help to ensure our Chapter is as successful as possible in helping others. This is YOUR Chapter - help us make it a welcoming and caring place for bereaved parents, grandparents and siblings to come to for help.

Our Chapter survives by donations only. There are costs associated with the Chapter, i.e., supplies, books, refreshments, food and supplies for our annual events, and our fee for our website. PLEASE help support our Chapter!!! Please consider donating to your Chapter in memory of your child, grandchild or sibling on their special days or during the holidays. What better thing to do in their memory than to pay it forward for the help you have received from TCF.

You can also help you chapter by being a Steering Committee Member. Just contact one of our chapter leaders. We have lots of different areas that we need help in.

We want to thank Marie and Dave Roberts for their donation in loving memory of their son Jason Roberts. We want to thank Martha Currie for her donation in loving memory of her son Ben Huff and her grandson John Rainey. We would also like to thank Carol Patton for her donation in loving memory of her sons David and Billy Patton and her grandson Michael.

Please Mail All Donations to Our TCF Charlotte Treasurer At The
Following Address:
Carolyn Patton
5902 Rimerton Drive
Charlotte, NC 28226-8227

TO OUR MEMBERS

If there are any errors in dates or names in our listing of our children's, grandchildren's or sibling's, please let me know. We are trying to get our database as accurate as possible. Many of our loved ones names do not have a last name listed. In these cases, we assume it is the same as the parent, grandparent or sibling who is listed as a member in our database. If this is incorrect, please let me know. There are many names that do not have a birth date or a death date listed. We know this can be very difficult to list, especially in the early days of grief. If you feel like adding those dates, just email them to me at: fletcher1mom@gmail.com
We are only human so we do make mistakes but I have tried to be as accurate as I possibly can. Thank you for understanding.

REMEMBERING THESE CHILDREN ON THEIR BIRTHDAYS - JANUARY

Gabriel Jordon 1/24
Will Blottman 1/25
Michael Rodas 1/5
Frank Chen 1/20
Dennis Darrell 1/10
Stacy Glickman 1/19
Cynthia Boza 1/24
Ryan Hartranft 1/12
Sergio Huerta Jr. 1/11
Matthew Jackson 1/2
Adyson Mendicino 1/24
Jeanna Norton 1/28
Raymond Pierce 1/13

Anthony Pijerov 1/5
Steven Vaughn Ray 1/27
Daniel J. Schrieber 1/10
Ryan Scott 1/16
Corey Smith 1/16
Joseph Matranga 1/6
Aubrey Wiger 1/?
Robert Wylie 1/29

**REMEMBERING THESE CHILDREN ON THEIR ANGEL DAYS -
JANUARY**

Jeremiah Bellard 1/27
Edward Stephens 1/6
Trenton J. Scott 1/31
Tess and Sammie Crespi 1/20
Adam Dixon 1/30
Cynthia Boza 1/14
Lauren Marshall 1/30
Karson Whitesell 1/23
Ryan Hartranft 1/15
Tommy Horton 1/21
Diana Phillipi 1/20
Isiah Pinkney 1/13
Debra Kern 1/25
Gevaughnti Lawson 1/5
Mason C. Heller 1/15
Scott Lee 1/9
Paul McGrath 1/22
Michael McKinley 1/9
Bobby O'Shea 1/7
Michael Ragone 1/17

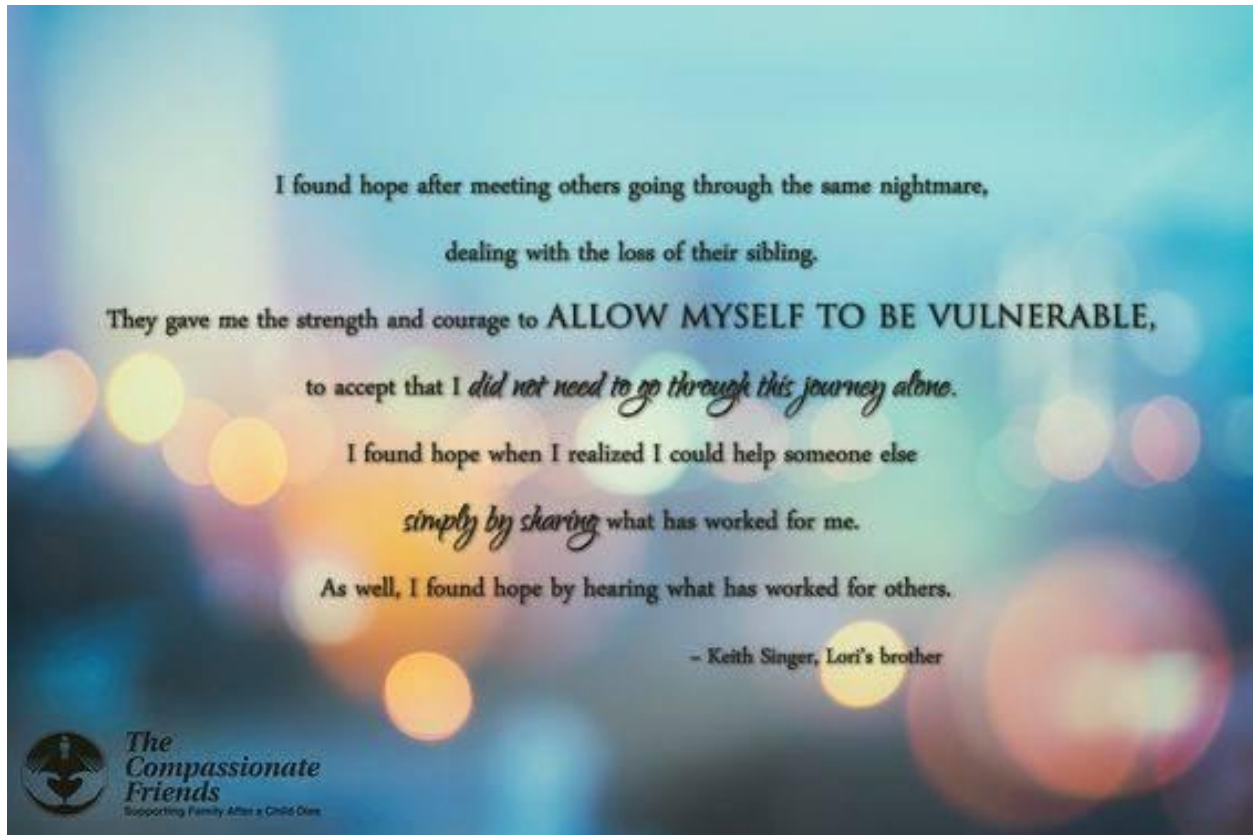
Amanda L. Stanley 1/22
Philip Templeton 1/15
Christopher Thorne 1/25
Matthew Wright 1/28
Joseph Matranga 1/8
Denis A. Giacobbe 1/18
Robert Wylie 1/17
Jacki Grinstead 1/11

REMEMBERING THESE CHILDREN ON THEIR BIRTHDAYS -
FEBRUARY

Laura Barrowman 2/26
Stephen Benish 2/3
Chet DiMilo 2/10
Brian Courtemanchie 2/3
Jessica Cudd 2/22
Ben Huff 2/21
Karson Whitesell 2/18
Jordi Bone 2/8
Jacob P. Penrow 2/24
Jeremiah Karriker 2/17
Rickey Buchanan 2/25
Natalie R. Ruiz 2/1
Jonah Gray 2/18
Austin McRee 2/16
Chaylan Tucker 2/7
Jacqueline Nicholson 2/23
David Patton 2/25
Jameel Pearse 2/28
Adam Powalski 2/4
Kirsten A. Whicker 2/21
Chris Taylor 2/23
Philip Templeton 2/12
Zachary M. Tobey 2/4
Laura McDermott 2/10

REMEMBERING THESE CHILDREN ON THEIR ANGEL DAYS -
FEBRUARY

Sam Wallace 2/22
Jack Hicks 2/24
Brad Aylward 2/9
Laura Barrowman 2/28
Frank Chen 2/11
Kevin Goodnight 2/17
Brendan Cullen 2/24
Bobby Dowling 2/28
Mike Goepp 2/11
Christopher Cullen 2/8
Brady Hopkins 2/1
Sean McCormick 2/17
Russell Kershaw 2/28
Jeannie Liebertz 2/12
Missy Miner 2/26
Cory S. Flynt 2/2
Richard McPeck 2/8
Aiden Miller 2/25
Stephanie Midkiff 2/3
James O'Keefe 2/19
David Patton 2/25
Adam Mashburn 2/24
Kirsten Whicker 2/7
Christina Rupp 2/12
Robert P. Alexy 2/25
"Danny" Gary Scott 2/24
Allie Brown 2/21
Jason Smart 2/17
Keeghan McCormack 2/22
Elliot G. Thomas 2/13
Sam Wallace 2/22
Natalie R. Ruiz 2/1
Jason Lubeznik 2/16



THE NEW YEAR: A TIME OF HOPE

Posted on December 29th, 2020

Another New Year has slipped into our lives, radically changing some things and leaving other things to evolve naturally. For bereaved parents a new year marks another year on the calendar without their precious children. It is a new year, but not much has changed since the old year. Why is that?

We act as the catalysts of change for ourselves. We choose to help ourselves; we choose to stay in a specific place in our grief. We choose to reach out for hope or we choose to withdraw into the familiar and postpone facing life and hope another day. There are no set rules or specific timetables in bereavement. We are each unique in our grief.

Eventually we all find hope. We find it in different ways and in different times. There will be no one moment of epiphany for bereaved parents. Instead, there are a series of minutes, hours, weeks, months and often years until we realize that we can truly say we feel the power of hope coming alive from deep within us. This moment will come for each of us. It will come in its own time and its own way.

Even those of us who have found hope and who shine its light on the paths of newly bereaved parents, still regress and withdraw into the dark sadness of our loss. And that is as it should be. For we have lost the most precious gift of our lives...our children's presence with us and their future in this life. Our children live in our hearts and our memories and our dreams. They do not share this plane with us. It is normal and it is good to think of our children often and to shed some tears for all that has been lost. These aren't setbacks as much as sweet memories that bring cathartic tears.

The element we find in these memories is a closeness to our child and our child's life. This, too, is healthy. An often-expressed fear is that our children will be forgotten. Worry not, gentle parent, your child will be remembered for all of your days and for many days thereafter. You will never forget your child. Others who knew your child will never forget. The proof of this is in our memories....sweet memories that take us back to another time when our child was with us.

So this New Year's, whether you are a few months, a few years or many years in your grief, think about hope. You have not forsaken your child when you reach for hope. Your hope brings your child back in a positive way that will warm your heart. Reach for that hope. As you move forward in your grief in the New Year, reach for hope. Your child will still be with you. And one day you will find that your child's presence is sweeter when hope is within you.

Annette Mennen Baldwin; In memory of my son, Todd Mennen

Shared Thoughts Resolving to Care For Ourselves

We all approach the New Year very differently. Many cannot wait for the year our child or sibling died to pass, while others feel it separates them further from that person. But, the one thing most newly bereaved agree on, is that they are glad the holidays are over. For some the anticipation was far greater than the holiday itself. When pain and stress control our lives it is very difficult to be optimistic.

We must try to face the New Year with the thought that we will not always be in this much pain. As difficult as it is for us to believe, the pain does soften. One day you will find a tolerable life again. It will not be the same as it was, but in many ways our lives can be richer, for we don't fret over the trivial things we used to. We have learned the real values in life. January is the time of year we struggle to put all our trying events behind us, and begin the year with new expectations. Unfortunately, that does not apply to our grief. We cannot "get on with our life" until we have spent sufficient time resolving our grief. All too often, we choose to repress the most painful emotions. They are too difficult to share with others, and we feel too fragile to deal with them. Once unresolved issues become delayed grief, it can be very damaging, and much harder to resolve.

Perhaps, one of our New Year resolutions should be allowing ourselves freedom to grieve. We need to take time to read,, attend meetings, phone a friend, cry, walk, eat healthier, and in general remove our name from the bottom of the list of people to care for, we need to place ourselves at the top of the list, making ourselves number one. We cannot always be a reservoir of strength; this may be the time to let others care for us.

We can't expect this to be a good year if our grief is fresh. But, we should expect good things as well as bad. We have survived the impossible ordeal of the death and funeral. We have learned to take one day at a time, and not to set our expectations too high. If a good day comes, cherish it. Many times we have problems with the most important ingredient of recovery, and that is to learn to laugh and be happy again. We feel guilty for that moment of pleasure, and sometimes even feel it disrespectful. This is not a sign of forgetting, or a lack of love, it is a very healthy sign of hope. I would

like to share the last stanza of one of *Sascha Wagner's* poems, "The New Year," with you.

But let us not forget
that this may be the year
when love and hope and courage
find each other somewhere
in the darkness
to lift their voice and speak
Let there be light.

Marie Hofmockel
TCF Valley Forge, PA

A Valentine's Day Wish

How I wish I could bring our children back to us for Valentine's Day—24 hours we could spend telling our children of our love.

But, alas, we are doomed to spend another Valentine's Day without our beloved children. Others who have not lost a child, tend to take for granted these special days. A card that says "I love you, Mom and Dad" should be carefully folded and saved in a special place. All too many parents consider these cards to be renewable commodities. There's no need to save this one—"we'll always get another one next year."

For many of us, next year came and there was no card. Tears of sadness replaced tears of joy on this special day. But for many of us the memories remain of those Valentine's Days gone by. Because our child's love remains with us, our child will never truly be gone.

This year on Valentine's Day, let us shed tears of joy that we were given even a short time with our child—for this, no matter how short, can never be taken from us.

Wayne Loder
TCF Lakes Area, MI

Yesterday, Today and Tomorrow

Yesterday

You were here and I took it for granted that you would always be here. Telling you I loved you and was proud of you seemed unimportant. There would be time for that when we were older – when we fought less and talked more.

Today

I know that time will never come, and I will never have the chance to say things face-to-face. So I write them and think them and hope you know I mean them now and have always felt them.

Tomorrow

Each day the pain and regrets of things left unsaid get easier to deal with. I have begun to realize that you knew how I felt because you felt the same way. And as more tomorrows turn into yesterdays, I will find peace in that knowledge. Someday, somewhere, we will meet again and I will have my chance then.

