



# The Compassionate Friends

Supporting Family After a Child Dies

September/October 2020

*Hi, I'm Joye Palmer, Donna's successor as editor of the TCF Charlotte chapter. I look forward to hearing from you as we comfort and guide each other through this uncharted territory of grief and recovery.*

## OF CHARLOTTE NORTH CAROLINA

**THE COMPASSIONATE FRIENDS-CHAPTER 2358**

**CO-LEADERS:**

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

**NEWSLETTER:** *Joye Palmer & Donna Goodrich*

**PHONE:** 980-938-4589

**E-MAIL:** [tcf.clt@gmail.com](mailto:tcf.clt@gmail.com)

**WEBSITE:** [WWW.CHARLOTTETCF.ORG](http://WWW.CHARLOTTETCF.ORG)

**Facebook Page:** *Compassionate Friends of Charlotte, NC*

The first Zoom meeting was on Tuesday, 8/18/2020 from 7:00 PM - 9:00 PM. Please watch for the next Zoom meeting information in your email. Please consider joining us as it has been a while since we were together. Our discussion will focus on how we have been dealing with our grief journey during the quarantine.

Monthly meetings pre-quarantine:  
St. Matthew Catholic Church  
8015 Ballantyne Commons Parkway  
Charlotte, NC - Room 234-235  
3rd Tuesday of Each Month at 7:00 pm

**REGIONAL COORDINATOR**

Regional Coordinators for NC: Donna & Ralph Goodrich

**Phone Number:** 980-938-4589

**E-mail:** [iluvu2lauren@gmail.com](mailto:iluvu2lauren@gmail.com)

**INSIDE THIS ISSUE**

<b>WELCOME &amp; CHAPTER INFO</b>	<b>2</b>
<b>WE REMEMBER OUR CHILDREN, GRANDCHILDREN AND SIBLINGS</b>	<b>3-9</b>
<b>SIBLINGS CORNER</b>	<b>10</b>
<b>GRIEF MEDITATION</b>	<b>11</b>
<b>GRIEF RITUAL SAMPLES</b>	<b>11-13</b>
<b>BEANNACHT: A BLESSING</b>	<b>14</b>
<b>UPCOMING EVENTS, DONATIONS &amp; CHAPTER NEEDS</b>	<b>15</b>
<b>NOTE ON INFORMATION</b>	<b>16</b>

## 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 **PLEASE VISIT and LIKE us at <https://www.charlottetcf.org>** and 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.



Do you want to volunteer for the TCF Charlotte steering committee? We **NEED** you to help create and foster our grief community. Please contact any of the TCF leaders listed at the top of the newsletter for further information.



## Remembering these Children and Their Families on Their Birthdays September

George S. Barnett	Amanda	September 26, 1966
Nanci Beebe	Michelle H Beebe	September 20, 1993
Shannon Bell	Phillip Jason Bell	September 2, 1977
Kristal Bell	Phillip Jason Bell	September 2, 1977
Darla Brover	Andrea Skillman	September 9, 1977
Bunnie Brown	Edward Stephens	September 14, 1983
Dulcie & Jeff Dowling	Bobby Dowling	September 20, 1993
Michael & Susan Fletcher	Michael Wm. Fletcher, Jr.	September 11, 1983
Nicole & Christoph Golbach	Madelynn Charlotte Golbach	September 21, 2010
Theresa Haney	David Haney	September 27, 1981
Kathy Holder	Charlie Mullis	September 26, 1978
Janet & Justin Hunt	Jeffrey Michael Hunt	September 26, 1985
Jim & Elisa Hurte	Ashley	September 9, 1993
Janice & Jeff Keziah	Josh Keziah	September 5, 1993
Theresa & John Logan	Sean Patrick Logan	September 26, 1987
Julie/ Vince Mariano	Jonathan Mariano	September 22, 1988
MarieFrancesca	Hudson Lee	September 14, 1971
Jim & Linda McGrath	Paul	September 26, 1978

James & Michelle Messer	Elizabeth (Beth)	September 4, 1985
Bob and Pauline O'Shea	Bobby	September 6, 1988
Faye Pangle	Andrew Pangle	September 21, 1969
Eleanor & Frank Petrona	Maria Elena	September 13, 1968
Melissa Steele	Keeghan Drake McCormack	September 27, 1993
Pearl Stitt	Darron	September 19, 1964
Susan & Greg Tilsch	Christopher Eastman Tilsch	September 20, 1983
Daphney Torres	Seth Henderson	September 27, 1990

**Remembering these Children and Their Families on Their Anniversaries  
September 2020**

Jeanie & Jim Anderson	Kathryn	September 23, 2012
Alison Baldwin-Dent	Rodney Trent Baldwin	September 3, 2009
George S. Barnett	Amanda	September 11, 2004
Bryan & Andrea Chambers	Baby	8 weeks
Yvonne Golla	Cliff	September 1, 2006
Roy & Sue Keiper	June Keiper	September 14, 2009

Janice & Jeff Keziah	Josh Keziah	September 1, 2013
Cayren Lloyd	Christopher Lloyd	September 25, 2013
Meghan Morris	Kelsey Morris	September 4, 2011
Barbara Palmer	Justin Zuk	September 27, 2008
Faye Pangle	Andrew Pangle	September 5, 2006
Eleanor & Frank Petrone	Maria Elena	September 2, 2004
Craig & Loreen Ringersen	Breanna Rae	September 11 2017
Ed & Ann Rowell	Isaac Rowell	September 9, 2014
Ed & Ann Rowell	Silje Rowell	September 8, 2014
Debbie Smith	Emily Elizabeth Smith	September 4, 2015
Elise Turner	Chris Turner	September 11, 2010
Susan Turner	Danielle Jean Callahan	September 16, 2003
Belinda Ugarte	Max Ugarte	September 10, 2015
Meredith Warren	Laura McDermott	September 23, 2012
Dennis & Karen Whittaker	Laura Whittaker	September 11, 2017
May Wiger	Aubrey Wiger	September, 2012

**Remembering these Children and Their Families on Their Birthdays  
October 2020**

Janet & Rick Allen	Kyle Bennett Allen	October 25,1992
Anderson Jackie	Sam Wallace	October 19, 1997
Alison Baldwin-Dent	Rodney Trent Baldwin	October 21, 1983
Anna Berry	Kai Parks Berry	October 11, 2008
Kim Crespi	Tess Sammie	October 16, 2000
June English	Emily Lauren Upton	October 4, 1992
Bob Flower	Christopher	October 10, 1986
Dorothy Freeman	Angel Freeman	October 8, 1962
Heidi & Jimmy Goodwin	Ryan Hortis	October 29, 1987
Marsha Gray	Christopher Cullen	October 19, 1984
Jessica Hall	Christopher	October, 1986
Carol & Dean Jordan	Ashton Sweet	October 7, 1996
Bev & Mitch Katowitz	Scott Aaron Katowitz	October 21, 1974
Sylvia Kern	Debra Kern	October 17, 1970
Dorothy Lovell	Pam Bradley	October 14, 1074
Sandra MacKinnon	Mason Crist Heller	October 7, 2006
Mary Kay Ledue Madigan	John R Madigan	October 25,1965
Jordan Malveaux	Brittany Williams	October 10, 1985
Francesca Marie	Sky Lee	October 25, 2005
Geraldine Maxwell	Richard	October 26, 1995

Carletta "Andrea"McNeil	Jasmine D. Thar	October 17, 1995
Dennis Miller	Denny Miller	October 15, 1967
Elizabeth Nicholson	Veronica	October 14, 1997
Patrick & Renee Nolan	Blake Carlton	October 1, 1994
Carol Patton	Billy	October 1, 1964
Julia Perez	Ezra Santiago Perez	October 15, 2000
Pharr Jacqueline & Roger	Jermode Darnell Pharr	October 30, 1972
Emmitt & Charlotte Ray	Jason Kendall Ray	October 7, 1985
Louis & Jodi Reed	Jennifer Hokanson	October 6, 1965
Bill & Chris Ryan	Jenna Ryan	October 10, 1985
Shah Anjali	Amaani Ariana	October 1, 2003
Samantha Shaver	Emily Lauren Upton	October 4, 1992
Smith Debbie	Emily Elizabeth Smith	October 13, 1995
Henry Solano	Liliana Patricia Solano Mevdosa	October 23, 1989
Daris Stanley	Amanda Lee Stanley	October 18, 1984
Scott & Dawn Swierski	Jonathan Troy Swierski	October 1, 1998
Tim & Kay Thomas	Elliot Grayson Thomas	October 2, 1986
Bill & Elaine Vincent	Sarah Vincent	October 3, 1984

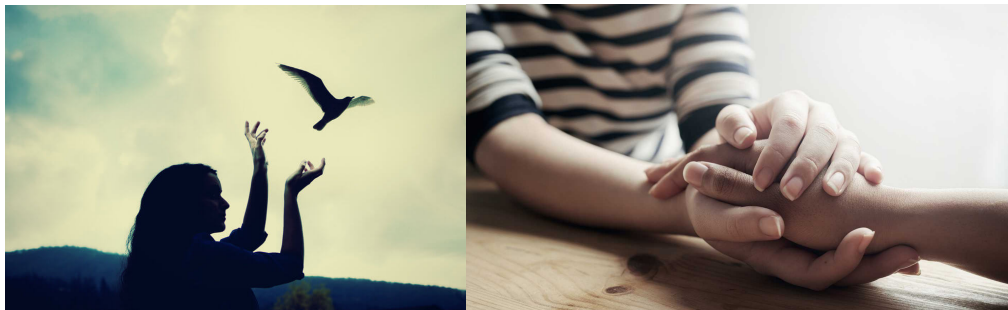
Ana & Jim Wagner	William James Wagner	October 23, 2007
Lisa Wallace	Sam Wallace	October 19, 1997
Leslie Williams & Jordan Malveaux Williams	Brittany Williams	October 10, 1985

**Remembering these Children and Their Families on Their Anniversaries  
October 2020**

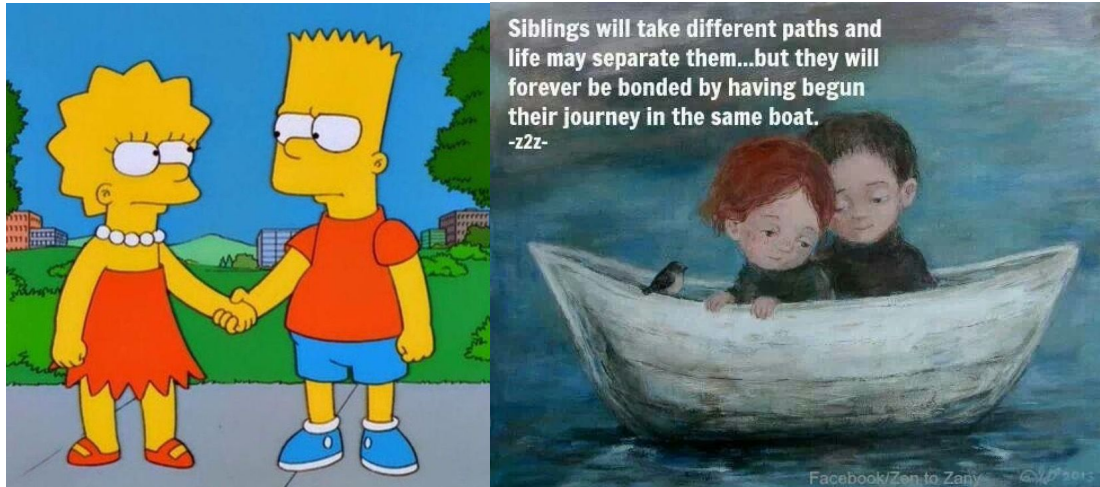
Eulita (Judy) Amoroso	Justin Ferdinand	October 22, 2009
Mike & Kay Arden	Debbie Ferrell	October 16, 2010
Michelle Arden	Debbie Ferrell	October 16, 2010
Carol & Ben Baker	Michelle DiBernardini	October 12, 2009
George S.G. Barnett	Stone Barnett	October 15, 2006
George S Barnett	Mary-Mattison	October 3, 2007
Anna Berry	Kai Parks Berry	October 29, 2009
Emily Burgholzer	Brian Yaniszweski	October 19, 2014
Matthew Crane	Blair M. Crane	October 16, 2005
Mary Crites	Ellen Michael	October 28, 2005
Dorothy Freeman	Angel Freeman	October 11, 2001
Adam & Judi Giebeler	Josselyn Giebeler	October 24, 2014
Homer & Linda Graham	Homer Denver "Buddy" Graham III	October 22, 2007



Lynn Hill	Jaxson Hill	October 14, 2013
Angie & Randy Hoover	Luke Hoover	October 17, 2009
Jenny Kolker (Paul Hicks)	Cole Kolker-Hicks	October 26, 2017
Mary Kay Ledue Madigan	John R Madigan	October 9, 2007
James Mesarus	Erica Dawn Mesarus	October 28, 2010
Miller Dennis	Denny Miller	October 18, 1996
Wendy Pierce	Raymond Pierce	October 13, 2012
Donna Ray	Joshua Robert Holden	October 7, 2007
Steve Reiland	Cullen Reiland	October 1, 2008
Shelby & Jack Roddey	Kevin	October 21, 2006
Sandi Schlager	Alan Bloom	October 9, 2013
Carrie Sharp	Joseph Sharp	October 20, 2017
Connie & Bill Smart	Brien	October 8, 1992
Ana & Jim Wagner	William James Wagner	October 23, 2007
Linda Yaniszewski	Brian Yaniszewski	October 19, 2014
Jackie Ziegler	Jake Ziegler	October 13, 2012



# Sibling Corner



Our Sibling Coordinator, Courtney Langdon has started zoom meetings each month for the siblings. The zoom meetings will be the last Saturday of the month at 2pm. To attend these zoom meetings, please email Courtney (cltsibs@gmail) for the zoom link.

## Guided Meditation For Grief



Chelsey Cooper

### SAMPLE RITUALS

From Wheeler-Roy, S. and Amyot, B., "Grief Counseling Resource Guide: A Field Manual." New York State Office of Mental Health, 2004. (<http://www.omh.ny.gov/omhweb/grief>)



**Prepare a favorite meal of the loved one and enjoy it as he/she did.**

**Prepare a favorite dessert – share with family or friends.**

**Attend a concert/performance that would be pleasurable to you both.**

**Enjoy lunch or dinner at a favorite cafe/restaurant.**



**Watch a movie(s) enjoyed by your loved one.**

**Play music appreciated by your loved one and see if you can enjoy it now.**

**Wear a piece of jewelry that was a favorite of the person. Read a favorite poem(s) or book enjoyed by your loved one.**



**Plant flowers, a tree or a flowering bush in memory of your loved one.**

**Enjoy a toast to your loved one on a birthday, anniversary or holiday.**

**Light a candle and recall the comfort or guiding light he/she was for you.**

**Visit the burial place - bring a balloon or symbolic item to leave.**

**Purchase flowers on the anniversary. Bring for display at church or home gathering. When people leave, have them take a flower.**



**Send flowers to a close family member on the anniversary.**



**Read book(s) or article(s) on a favorite topic(s) he/she enjoyed. Wear cologne or perfume he/she liked on you.**

**Wear an item of clothing given to you by him/her.**

**Buy something for yourself he/she would like you to have.**



**Look through photo albums and focus on shared times and memories. Watch home videos and remember**

**If you kept greeting cards given to you by your loved one, take time to read them again.**



**Review how your life is better because he/she was a part of it.**

**Focus on the gift he/she was to you.**

**Enjoy a leisurely walk taking time to recall shared events in life together.**



**Volunteer for an organization in memory of your loved one.**

**Become an activist in the cause of death issue – by participating in a walk-a-thon, phone-a-thon, etc.**



**Journal some favorite stories.**

**Travel to a place he/she enjoyed or always desired to visit.**



## Beannacht: A Blessing

--by *John O'Donohue*, Jan 01, 2016

On the day when  
The weight deadens  
On your shoulders  
And you stumble,  
May the clay dance  
To balance you.

And when your eyes  
Freeze behind  
The grey window  
And the ghost of loss  
Gets in to you,  
May a flock of colours,  
Indigo, red, green,  
And azure blue,  
Come to awaken in you  
A meadow of delight.

When the canvas frays  
In the currach of thought  
And a stain of ocean  
Blackens beneath you,  
May there come across the waters  
A path of yellow moonlight  
To bring you safely home.

May the nourishment of the earth be yours,  
May the clarity of light be yours,  
May the fluency of the ocean be yours,  
May the protection of the ancestors be yours.

And so may a slow  
Wind work these words  
Of love around you,  
An invisible cloak  
To mind your life.

**UPCOMING EVENTS:**

If you missed attending our Virtual Conference, you still have an opportunity to see many of the sessions presented. Over 70 of the sessions were recorded and are available to watch until November 30, 2020. If you did not register for the conference, click below and you can purchase access to view the conference recordings for the registration price of \$85.00.

<https://www.compassionatefriends.org/virtual-conference-2020-recordings/>

<https://www.compassionatefriends.org/event/43rd-tcf-national-conference/>

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.

As mentioned above, an additional way to help your chapter is by being a Steering Committee Member. There are many different areas of service. You can contact one of our chapter leaders for further information.

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

*\*PLEASE LET US KNOW IF ANY OF THE INFORMATION LISTED ABOVE IS INCORRECT. WE KNOW HOW PRECIOUS OUR MEMORIES ARE AND WE STRIVE TO BE ACCURATE.*

