

October 2018 Newsletter



**The
Compassionate
Friends**
RVA Chapter
Supporting Family After a Child Dies

Email: tcfva@hotmail.com Website: www.thecompassionatefriendsrva.org Phone: (804) 458-9000

*"There are no strangers here; Only
friends you have not yet met."*

- William Butler Yeatts

MEETING INFORMATION

Monthly Meetings are held at
7:00 pm on the last Tuesday
of each month at

St. Matthias' Episcopal Church
11300 W. Huguenot Road
Midlothian, VA 21113

UPCOMING MEETINGS

October 30 – Guest Speaker
November 27 – Holiday Grief
December 18 – Surviving the Season

SPECIAL EVENTS

Worldwide Candle Lighting
Sunday, December 9, 2018

October Meeting Information

Jill Fitzgerald, LCSW, of the [Grief Resource Center](#) will join us for our next monthly meeting which will take place on **Tuesday, October 30th**. Jill is a Licensed Clinical Social Worker with a Master of Social Work from Virginia Commonwealth University and a Bachelor of Social work from James Madison University. Jill opened her private practice in 1991, specializing in grief, loss and bereavement. In 1998 she became a founding board member of Comfort Zone Camp, the nation's largest bereavement camp for children. Jill is also a member of ADEC - Association of Death Education & Counseling. With over 27 years of experience Jill has helped many individuals and families heal after the loss of a loved one.

What are you interested in hearing more about? Do you have any ideas of what topics would benefit you? Are there questions you'd like to ask? If so, please send us an email at tcfva@hotmail.com.



Need to Talk? We're here to listen!

We know that meeting once a month is not enough for some people. If you need someone to talk to in-between meetings please call us! We do our best to answer every call as it comes in, however, sometimes we are not able to do so. If that happens, please leave a message and we will return your call within a day. Please call us anytime at (804) 458-9000.

CONTACT INFORMATION

The Compassionate Friends RVA

Co-Leaders:

Wanda Moser & Carolyn Perrin

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www.thecompassionatefriendsrva.com

Mailing Address:

1119 Worsham Green Terrace

Midlothian, VA 23114

Meeting Address:

St. Matthias' Episcopal Church

11300 W. Huguenot Road

Midlothian, VA 21113

<http://compassionatefriendsrva.org>

Regional Coordinator

Kathy Collins

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email: tiffaniesmom@verizon.net

TCF National Office

The Compassionate Friends

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(877) 969-0010

<https://www.facebook.com/TCFUSA>

nationaloffice@compassionatefriends.org

www.compassionatefriends.org

If Grief Could Speak, Here Are Five Things It Would Say

by Monique Minahan

IF GRIEF COULD SPEAK IT WOULD SAY, I'm sorry.

I'm sorry it's me that arrived at your doorstep instead of love. But I am made of love too. In fact, it's because I love so much that I hurt so much when I lose the people I love.

IF GRIEF COULD SPEAK IT WOULD SAY, You can survive.

I know you may not want to. I know life may not be worth living without them. I know the earth collapsed beneath your feet. I know a part of you died with them. And I know you can survive, one breath at a time, one moment at a time, one day at a time.

IF GRIEF COULD SPEAK IT WOULD SAY, Please don't hide me away.

I know when people see you with me they get uncomfortable. I know your friends don't know what to say to me. I know it's easier to hide me away when you have company over for dinner.

But I'd like a seat at the table. Will you let me speak? Will you listen to me? I can't promise I'll be polite or calm. I may raise my voice because I'm angry or I may collapse in a pile of tears, but if I can let it out then I don't have to hold it here, in you. I'd like to create some more space inside you for all of us to coexist. You, me, love, anger, laughter, peace, hope, joy... there's enough room for all of us in your heart.

IF GRIEF COULD SPEAK IT WOULD SAY, I love you.

You may not love me, but I love you. I love how you love so big. I love how you keep taking care of your babies who lost their papas or their mamas. I love how you keep taking care of that space your loved one took up even though they're gone. How you leave their favorite book in the same place, how you leave their clothes folded, how you let them live a little longer in the things left behind. I love how you don't let the world forget they were here, that they mattered, that they were a part of you. I love you.

IF GRIEF COULD SPEAK IT WOULD SAY, Find your own way.

There seem to be a lot of "experts" out there about me. They say I arrive in stages and they make it sound like I'm something to get over, like the flu. What I can tell you is there is nothing wrong with me and there is nothing wrong with you. I am not a sickness, I am grief. I am a valid experience and emotion and there is no right way to hold me. There is just your way. No two people receive me the same way. Let's find our own way to dance together, to cry together, to break together, to heal together.

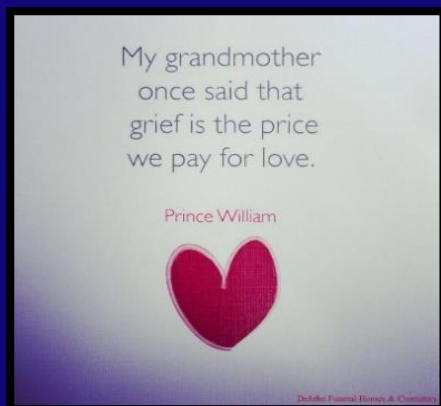
Let's find our own way through this brief and beautiful life.



WELCOME

though we are sorry you're here

It is always hard to say "Welcome" to people coming to our meetings for the first time because we are so very sorry for the reason which made you eligible for membership in TCF. However, we are glad you found the courage to come. We cannot take away your pain, but we can offer our friendship and support. We ask that you attend 3 – 4 meetings to see how TCF can help you. It might be that you hear just the right words or make just the right connection with another parent which will make a world of difference to you. Discover the special acceptance that occurs with those who truly do understand!



Worldwide Candle Lighting Information

The RVA Chapter of The Compassionate Friends will hold its Annual Candle Lighting Ceremony on December 9, 2018. Again, this year we plan to have a slideshow of our children, siblings, and grandchildren during the candle lighting phase. Last year was the first time the chapter included a slideshow and it was incredible. A huge "Thank You" to Steve Day for volunteering to format the slideshow for us again this year!

The slideshow will only include photos. Names, dates or other identifying information about your loved one will not be shared. If you would like for your loved one's picture to be included, you may e-mail a scanned copy of the picture to tcf.rvachapter@gmail.com. You may also bring a copy of the photo to a TCF meeting during October or November or mail it to 1119 Worsham Green Terrace, Midlothian, VA 23114. Please make a copy of your photo as we cannot guarantee that they will be returned. Also, be sure to include your name and your child, grandchild or sibling's name for organizational purposes.

By submitting a picture - you are giving The Compassionate Friends RVA permission to include it in the slideshow - which will we post online after the service.



READ THE LATEST ISSUE OF "We Need Not Walk Alone"

The Spring/Summer 2018 issue of We Need Not Walk Alone is available for free on [TCF's website](http://tcf.org). You can also sign up for future issues. May you find the articles, poems and other information in it--written by grief professionals and other bereaved family members--to be helpful and inspiring as you journey towards hope and healing.

I believe that tears can heal, that memories can comfort, and that love lives on forever.

October

In Loving Memory

Stephanie Cox
Nathan Peebles
Joshua Logan Helmuth
Ellie Lynn Hinson
Brenden Finley
Tom McCauley
Peter Hufschmidt
Jacob Thomas Lee Little
Casey Perkins
Melissa Haislip
Tracey Lynn Operhall
Brian Scott Mullins
Ricardo (Spud) Meghoo Sr.
Emily Perrier
James Daley
Baby Boy Lensinboltz
Adam J. (Pete) Russell Jr.



Please visit our website at

<http://www.compassionatefriendsrva.org/resources.aspx> to find local and

national resources designed to assist you in your grief journey.

You may also be interested in reading [MUSINGS ON HALLOWEEN, PAST AND PRESENT](#), especially if Halloween is a difficult time for you.



The Compassionate Friends

**Supporting Family
After a Child Dies**

Please show your support by donating now.

LOVE GIFTS

Never expected. Always appreciated.

There are no fees or dues to belong to The Compassionate Friends. As parents, grandparents, and siblings find help within the group, they sometimes make a "Love Gift" to our chapter. It is a way to honor special people in their lives or remember children and others who have passed on. Love gifts allow us to offer resources such as this newsletter, books, and brochures to assist grieving families. They also allow us to provide information to professionals and others who impact the lives and feelings of the bereaved. Love gifts are just that, gifts. They are not required of anyone, but they are very helpful and very much appreciated. We are grateful for all of the generous gifts that have been provided that allow us to continue to support our [mission](#).

The Compassionate Friends is a 501c(3) non-profit organization and your donations are fully tax deductible. If you would like to make a love gift you can either [click here to donate](#) via PayPal or you can complete and print this form and mail it with your donation to:

The Compassionate Friends Richmond Chapter #1422
1119 Worsham Green Terrace, Midlothian, Virginia 23114

Contributor's Name: _____

Address: _____

Phone and/or Email Address: _____

This gift is made In Memory / Honor of: _____

This is a Chapter Gift (without memorial or honorarium)

Donations may also be made from our website by visiting:

http://www.compassionatefriendsrva.org/support_our_chapter.aspx