



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

Email: [tcfva@hotmail.com](mailto:tcfva@hotmail.com) Website: [www.compassionatefriendsrva.org](http://www.compassionatefriendsrva.org) Phone: (804) 458-9000

"There are some who bring a light so great to the world that even after they are gone their light remains."  
— Author Unknown

## We Look "Perfect" – What They Don't Know

Written by Kristy Maggs, Published in [Still Standing Magazine](#) on October 14, 2018

As I travel this journey of baby loss, of losing our one and only son Henry, I look around and no one knows, all these people I see around me in the street, they don't know, they don't know I am a mother to Henry, they don't know that my child has died. They see a woman, not a mother, they see a woman just like any other woman, they don't know the grief I hold.

My husband and I regularly visit a local beach we love, this particular beach is where we scattered our beautiful boys' ashes, this is where we said our final goodbye or 'until we meet again' as I sat on this beach the other day, and the tears began to fall, I wrote the following to our Henry.

*As I sit on the sand and tears fall behind my sunglasses, they don't know.*

The mother sitting under the blue shade tent with her baby, she doesn't know – she doesn't know we have a blue shade tent just like that which remains unused as we had planned to do the same with you.

The father running across the sand with his toddler chasing him, he doesn't know – he doesn't know we'd pictured this moment in our minds with you.

The grandmother holding her grandchild's hand as they walk along to find the perfect place to sit their belongings, she doesn't know – she doesn't know that we had thought we would do this with you.

The Dad holding his baby in the water letting the waves splash lightly on their faces, holding his baby so closely, ever so carefully and smiling, he

### 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 MEETING TOPICS

**March 26**

General Sharing  
Newly Bereaved  
Loss Due to Illness

**April 30**

*Guest Speaker*

Patti Cox and Angie Morriss from [Crater Community Hospice](#) will speak on how men and women grieve differently + sharing sessions



## 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, Robert Boyle and  
Linda Tebault

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www.compassionatefriendsrva.org

#### **Mailing Address:**

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Midlothian, VA 23114

#### **Meeting Address:**

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

#### **Regional Coordinator**

Kathy Collins

(703) 425-9504

email: tiffaniesmom@verizon.net

#### **TCF National Office**

The Compassionate Friends  
PO Box 3696  
Oak Brook, IL 60522-3696  
(877) 969-0010

<https://www.facebook.com/TCFUSAnationaloffice@compassionatefriends.org>  
[www.compassionatefriends.org](http://www.compassionatefriends.org)

doesn't know – he doesn't know your Dad and I had talked about how he would do this with you.

The Mom who's little one wants to touch the water, so she cautiously stays next to them as they run to the water's edge, she doesn't know – she doesn't know I wish that was me.

*The families sitting on the beach having picnics, they don't know – they don't know we want to be doing this too.*

The families watching the waves come in as they decide to swim, they don't know – they don't know we scattered your ashes in that very spot, in the water, they don't know that's where I broke down as the last of your ashes fell from the urn.

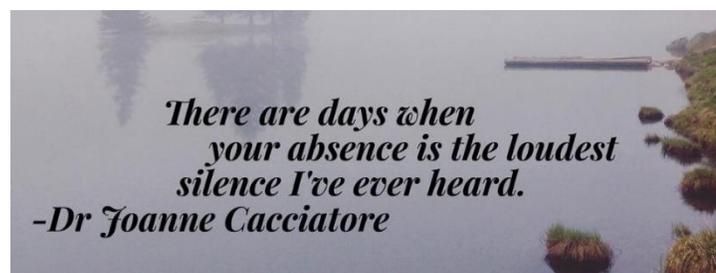
The parents sitting in the sun watching their children build sand castles, they don't know – they don't know that's where your Dad and I stood in that sunny spot on the sand releasing butterflies in your honor, one by one as the butterflies flew from my finger into the air and away.

*They don't know, none of them know, they can't see the tears and grief behind my sunglasses.*

As I sit on the same beach as them, they can't see our empty arms, our broken hearts, our pain, our hurt. They don't know, all they see is a childless couple on the beach, some of them maybe even look and envy us as we walk on to the sand together, some of them may think we are 'lucky' to have freedom to be doing 'what we want', some of them may think we are 'carefree', they don't know, they don't know we would give anything to be them, to be that family with you here.

You never know, I don't, we don't, they don't what someone else's circumstances are. You never know who is hurting, if they have lost a child too, if they had trouble conceiving, if they know the exact same grief and pain that you do.

When I see these families, I will always wish that was us with you Henry. They may wish they were us. If only they knew, but they don't.





The Compassionate Friends [National Conference](#) is a weekend spent surrounded by other bereaved parents, grandparents and siblings. It is a place where hope grows and friendships are made with others who truly understand.



**[Love and Sorrow: Dealing with the death of a child with special needs](#)**

In this video program you will meet four parents who have experienced the death of a special needs child. These parents speak openly about their children and the many grief experiences they have encountered.

Video Link:

<https://www.youtube.com/watch?v=nTTxaXUn1e8>



## TCF RVA Walk to Remember

Saturday, April 13, 2019  
10:00 am – 1:00 pm

**Join us as we walk to honor** those who are no longer physically with us. Our chapter's Walk to Remember was created as a symbolic way to celebrate the lives of our children, siblings, grandchildren, parents, grandparents, other relatives, friends, neighbors, and coworkers. Our Walk is open to all who want to remember a loved one – invite your family and friends to come.

**Speaker & Walk  
Dove Release  
Raffle & Fellowship  
Lunch by Carytown Burger & Fries**  
*(veggie option available)*

### **[PRE-REGISTER ASAP](#)**

The registration fee is \$25.00 (for ages 13+) and includes a walk bib, lunch and 2019 Walk t-shirt (if registered by April 1<sup>st</sup>). Children 12 and under walk and eat free.

**Church of the Epiphany  
11000 Smoketree Drive, Richmond, VA 23236**

## **Guest Speaker Anne Moss Rogers**

Anne is known as an [emotionally naked](#) Public Speaker sharing messages of hope and healing. After the death of her youngest son, Charles, she sold her company and began focusing on taboo topics of suicide, addiction, mental illness and grief. She is also the President of [The Beacon Tree Foundation](#) and was featured as a [CBS6 Heroes Among Us](#).

# We Remember – March 2019

Thinking of You  
**ON YOUR BIRTHDAY**

*In Loving Memory Of*

LANIE KRUSZEWSKI	MARCH 4
KAI NOAH GALLEO	MARCH 5
TRYON (KELLY) NEVINS	MARCH 16
DOUG DIETZ	MARCH 19
STEVEN GRICH	MARCH 19
ALEX MOORE	MARCH 27
LESLEY ANN WALTER	MARCH 28
ADAM GLAZIER	MARCH 29
LANCE VISNICH	MARCH 29
RENEE BROWN JOHNSON	MARCH 30
MARCUS JOHN WEBER	MARCH 30

SCOTT DAWSON PETTIT	MARCH 1
KYLE JAMES MULLINS	MARCH 2
JANELLE NANAVATI	MARCH 10
TAYLOR LANE ANDERSON	MARCH 11
AMY JANE TRIVETT	MARCH 13
MATTHEW SPENCER	MARCH 15
TRACY CARLISLE	MARCH 17
FARZAD SULTANI	MARCH 17
LEA WILSON	MARCH 18
STEPHEN EISENBERG	MARCH 25

*Always on my mind ♡  
Forever in my heart*



*"The Compassionate Friends is about transforming the pain of grief into the elixir of hope. It takes people out of the isolation society imposes on the bereaved and lets them express their grief naturally. With the shedding of tears, healing comes. And the newly bereaved get to see people who have survived and are learning to live and love again."*

*- Simon Stephens, founder of The Compassionate Friends*

## **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 The Compassionate Friends (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!

# WE NEED YOUR SUPPORT

## **Do you shop at Kroger?**

We are in Kroger's Community Rewards program! When you link your Kroger card to our chapter, Kroger will donate a percentage of what you spend. Please consider joining this program in support of our organization.

To enroll your card:

- Pick up a Kroger Plus card at any Kroger service desk
- Go to <http://www.kroger.com/>
- Click on Sign In / Register
- Sign up by inputting your zip code or clicking on your favorite Kroger store
- Once verified, click on My Account
- Click on Edit Kroger Community Rewards
- Enter our non-profit number of PQ998 or The Compassionate Friends #1422



## **Do You Shop on Amazon? Use Amazon Smile!**

Click [here](#) to begin using Amazon Smile for your purchases. You may also select The Compassionate Friends Chapter #1422 as your charity. Be sure to bookmark our Amazon Smile page and use it every time you shop on Amazon!

**amazon**smile  
You shop. Amazon gives.



**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  
1119 Worsham Green Terrace, Midlothian, Virginia 23114

Contributor's Name:

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Address:

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Phone and/or Email Address:

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This gift is made In Memory / Honor of:

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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](http://www.compassionatefriendsrva.org/support_our_chapter.aspx)

*thank you*

**Love Gifts Received**

**This Month We Thank**

Patricia and Louis Operhall  
in memory of their daughter  
Tracey Lynn Operhall



**WE LOVE  
OUR VOLUNTEERS**

Are you interested in volunteering? Want to learn more? Join us for one or more of our Steering Committee Meetings.

- May 5
- July 14
- Sept 15
- Nov 10

All meetings are 2-4 on Sundays.  
Locations to be announced.

Please let us know if you're interested. We'd love to have you join us as a volunteer!