

THE COMPASSIONATE FRIENDS

P. O. Box 50833 • Nashville, TN 37205 • (615) 356-4TCF(4823) • Nashville Website: www.tcfnashville.org

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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 in the American Builders & Contractors (ABC) Building, 1604 Elm Hill Pike, Nashville, TN 37210. Park and enter at the rear of the building.

We truly regret that we have no accommodations for young children, but teenagers and older siblings are welcome to attend.

Candlelight Memorial Service

December 9, 2018— 3:00 p.m.

(Please arrive by 2:30)

All family members are cordially invited to join us as we honor our children during this beautiful candlelight service.

Each family is asked to bring a picture 5"x7" or smaller, or other small memento of your child to place on tables at the front of the auditorium. This will be in addition to the picture you have already sent in for the big screen. (See the form on page 7.)

It would be appreciated if you would bring a pickup snack to share. Be sure to put your name on your container.

The birthday table will be set up for all those who wish to share their child's December birthday.

The service will be held in our regular meeting place the ABC Building, 1604 Elm Hill Pike.

May the memories of this season

Come on gentle wings

To bring you love and peace.

It is important that **everyone** wishing to have their child's photo in the memorial service follow very carefully the instructions on page 7 of this newsletter. **YOUR FORM MUST BE RECEIVED NO LATER THAN DECEMBER 1, 2018.**

*We remember our children with love and gratitude. We miss their faces,
their voices and their smiles. And we do not forget--*

In the month of their births—



Jonathan Michael Bourne

December 29

Son of
John and Patricia Bourne
Grandson of
Robert and Anne Bournt

Zachary Curtis Aldridge

December 12

Son of
David and Kim Campbell

Clayton Lee Chitwood

December 28

Son of
Jim and Connie Chitwood
Grandson of
Margaret Chitwood-Watkins
Brother of
Matthew Lance Chitwood

Matthew Lance Chitwood

December 10

Son of
Jim and Connie Chitwood
Grandson of
Margaret Chitwood-Watkins
Brother of
Clayton Lee Chitwood

Taylor Davies

December 14

Son of
Roy and Barbara Davies

Darby Felts

December 10

Son of Deanie Gregory
Nephew of Jean Porch

Chad Flatt

December 7

Son of
James Flatt and Ann Flatt

Jennifer Lee Friedmann

(Jena)

December 25

Daughter of
John and Mignon Friedmann
Sister of
Dr. John Friedmann

Bailey Heath

December 20

Son of
Justin Scott Heath
Grandson of
Earl and Betsy Branson

Daniel Lee Henson

December 13

Son of
Ron and Darlene Henson

Justin Paul Hines

December 25

Son of Kim Buckner

Briana Leigh Kulesza

December 5

Daughter of
Larry and Donna Kulesza

Michael David Lair-Kissiar

December 17

Son of Amy Kissiar

Jeremy Seth Lunceford

December 15

Son of Jane Mance Lunceford
Brother of
Aubrey, Shelby, and Brittney

SSG James Andrew Maum

December 21

Son of
Michael and Charlotte Margolis

Lindsay Carole Miller

December 19

Daughter of
David and Rebecca Miller
Granddaughter of
Roy and Carole Renfro

Arianna Marie Mitchell

December 27

Daughter of
Christopher Mitchell and
Heather Evans
Granddaughter of
Frank and Brenda Nelson

Lauren Paige Moore

December 30

Daughter of
Mac and Polly Moore
Granddaughter of
Paul Trainor
Sister of
Darrell and Paul Moore

Mary Catherine Nicholson

December 2010

Daughter of
John and
Suzanne Nicholson
Sister of Baby Nicholson

Stephanie Hardy Stephens

December 29

Daughter of
George and Thelma Hardy
Sister of
Jeremy George Hardy

John David Warren (Johnny)

December 13

Son of
John and Georgia Warren
Brother of Donny Warren

Matthew Denniston Williams

December 11

Son of
Brad and Kathleen Williams

And in the month of their deaths—

Robert Irl Bourne, III (Bobby)

December 18

Son of Robert and Anne Bourne

Clayton Lee Chitwood

December 28

Son of
Jim and Connie Chitwood
Grandson of
Margaret Chitwood-Watkins
Brother of
Matthew Lance Chitwood

Elizabeth Osborn Cheek

December 9

Daughter of
Ross and Libby Cheek

Evan Fields Derry

December 28

Son of
Tony and Kelly Derry

Gary Dale Hamilton

December 14

Son of Emma Mathis
Step-son of Dallas Mathis

Jeremy George Hardy

December 31

Son of George and Thelma Hardy
Brother of
Stephanie Hardy Stephens

Jason Heflin

December 31

Son of Edward and Kay Heflin

Valerie Ingham

December 8

Daughter of
Ron and Marci Lance

Jack Tolbert Johnson

December 3

Son of
Ben and Jill Johnson

Mary Catherine Nicholson

December 2010

Daughter of
John and Suzanne Nicholson
Sister of Baby Nicholson

Continued on page 3

Children Remembered, continued**Robert Bryan Parrish**

December 12

Son of Marvin and Debbie Hampton

Mark Elliott Reischman

December 23

Son of Bill and Jean Reischman

Jacob Federman Smiley

December 9

Son of Troy and Susan Smiley

Robert Andrew Way Swift

December 13

Son of

Travis Teal and Gayle Swift Teal

Daniel Wayne Vick

December 14

Son of Wayne and Marsha Vick

Janessa Dian Wellman

December 19

Daughter of

Timothy Pharris and Debra Wellman

Granddaughter of

Glen and Dian Wellman

Heather Ann Willis

December 13

Daughter of

Tom and Margaret Loose

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.

*Margaret Chitwood-Watkins**In loving memory of**her grandsons,**Clayton Lee Chitwood and**Matthew Lance Chitwood**Sons of**Jim and Connie Chitwood**Norman and Diane Evans**In loving memory of**their daughter, Ruth Evans*

Barbara Davies
Through Nationwide
Workplace Giving Program

*In loving memory of**her stepsons,**Roy James Davies and**Taylor Davies**Sons of Roy Davies**Ron Henson**In loving memory of his wife,**Darlene Henson**And their son,**Daniel Lee Henson**Debby Hood**In loving memory of**her son,**Cory N. Hood**Ron and Brenda Medlin**In loving memory of their son,**David Bennett Medlin**David and Debbie Tropauer**In loving memory of their son,**Ryan James Tropauer**Jerry and Loretta Winters**In loving memory of their son,**Don Bruce Winters*

Each month, Allegra Print & Imaging, 601 Grassmere Park, 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.

Chanukah

At this season of life, we remember the light you brought into our lives:

The light of your laughter

The light of your wit and intelligence

The light of your love

May the time not be distant when the memory of these lights will illumine our hearts and minds and eradicate the darkness therein.

Stephanie Hesse
 TCF Rockland County, NY
 TCF North Palm Beach County, FL

Some Days Are Like This

*Some days are like this:
Loss shows up and takes over.
It snares and envelopes my soul
A leaden net draping over me, heavy and relentless
Every part of my body pulled down, every limb, every digit,
every organ
Dulled
Slow to move
Immobilized*

*With heavy arms, and still body I feel the pull of loss
Quietly I sit, not sure if I own it, or if it owns me
My racing pace of circling thoughts winds down
Gradually spinning slower and slower
Time stretches out, almost to a stop.*

*Why is loss such an oppressor, squeezing breath and life
away?
Why does this oppressor possess me when I know only too well
how precious life's spark is
And how limited my time is to have it?*

*Of course there are other days, too, when loss has melted
away
And the leaden net has lifted just magically, or so it seems
On those days my feet walk lightly
And laughter comes easily.*

*Today is Christmas
So we gather with our loved ones, embracing each other
Maybe warmly, maybe tentatively
Yet each embrace is shadowed by who is missing
And what has been lost
And all that we miss.*

*The shadows never leave us
Such loss cannot be outrun or outwitted
It only can be held and felt, merged and submerged in a deep
pool of wisdom
And so we gather, we hold, we wonder, we ache.*

Some days are like this.

Charles Eadie
TCF, Santa Cruz, CA



The Eighth Year of Chanukah

The first year of Chanukah was extremely difficult. Linda died on February 1st so by the time Chanukah arrived, the shock and numbness had disappeared. We could no longer pretend that she was on a business trip or visiting friends. We knew that she wasn't coming back. Chanukah had been an important part of our family life. In addition to the lighting of the candles, we had created our own traditions and rituals. Chanukah is mostly a children's holiday but my family continued these observances even when my daughters became adults. The tears streamed down my face as I lit the ritual candles that first year. We decided to discontinue the parties, singing, special foods, and all of our other observances. They were too painful.

We've become snowbirds and spend Chanukah in Florida. I still light the candles - usually by myself - but otherwise keep the holiday very low key and skip the rest of the festivities. Since I don't have young children or grandchildren to think

about, this doesn't create any problems. There's always a pang, but it has softened over the years. As a veteran bereaved parent, I am resigned to the fact that I will never celebrate with my entire family again.

Therefore, I didn't expect the eighth year of Chanukah to be unusual. I thought I had come to terms with the holiday. So why was the eighth year so difficult? Was it the fact that the eighth anniversary was approaching? Was it the symbolism of eight nights of candles and eight years? Or was it just a coincidence or the blind siding that sometimes occurs without warning to those who have grieved for a long time? I probably will never know the answer and have decided that, as with many other things, it's just the way grief is. I'm just glad that, after eight years, the grief and pain usually are softer than they were in the early years.

Stephanie Hesse
TCF Rockland County, NY
TCF North Palm Beach County, FL

At Dusk

*Light a quiet candle.
Blow a quiet kiss.
Say a quiet fare-thee-well
to the one you miss.*

*Light a quiet candle.
Shed a quiet tear.
Sing a quiet lullaby
and the quiet Christmas Star will hear.*

Golden Train

*I rested awhile in a dream
Where you were home again.
Trains chugged around a Christmas tree
On track that had no end.
Children watched in moonlight glow
As you laughed and spun a yarn
About a magical place so far away
Where children are free from harm.*

*You said, "Fancy trains go to and fro
And circle back again.
The rails are golden like woven thread
Laid out upon the sand.
Time stands still, there is no pain
And hearts are free as birds
All children walk and run and play"
You laughed as you spoke these words.*

*Checking a watch like grandpa wore
You said, "I have to go real soon
But I'll be back next Christmas Day
In the night but the full of the moon"
An hour more the children played
Round the Christmas tree that night
When I awoke from the lovely dream
Snow sparkled like gold in the light.*

*Oh, my son, could that be true
Were you really home last night?
Did you stop and rest awhile with me
On a golden train that has no end?*

From a dream, Christmas Eve, 2005

Katy Womack
TCF Arlington, VA



The Holidays Are Coming!

"The Holidays are coming! The Holidays are coming!" Most bereaved parents make that observation with the same sense of fear and dread that Chicken Little had when he announced, "The sky is falling! The sky is falling!" We view Christmas or Hanukkah differently than the rest of the world. In our minds they become great trials to be endured. In my opinion, this trial is tougher than birthdays or death anniversaries. This is the time when love abounds. The family (and extended family) all gather together, coming from near and far, to share in this love. The only trouble with this happy scene is that our child is missing. He or she has traveled too far from us to come for the holidays! We can't buy gifts for a photograph or hug and kiss a memory. The emptiness that this creates in us cannot be filled, no matter how many relatives gather by our hearth. To add to the pain, most well-meaning friends and relatives feel that the best way to handle the problem is to pretend that it doesn't exist. They never mention the one person that is on the minds and in the hearts of everyone. We found out early on that it is not possible to keep the "presence" of our child out of a family gathering. Trying to do so makes everyone uncomfortable and causes us as parents to feel disloyal.

The first Christmas after our son died, we did it "their" way. Never again! Now we make sure that he is very much a part of our holiday. For starters, we decided once again to hang all three stockings. We don't fill them, but just seeing them all hanging together is right for us. The tree was very important to Blake. Every year he took the responsibility of stringing the lights for us. Now it is important to us to see that Blake has a

tree. We have a very special one, about 3 feet tall, that we weight heavily at the bottom. We decorate it with weather-proof ornaments and place it at his grave. We leave the tree there until spring so it can mark the gravesite when the snows are deep. We also have a lovely candle that we burn on special days. This is our way of including our missing son in the family circle. But most important, we talk about him. We don't do it obsessively, but we don't hesitate to recall memories of him as often as we recall those of other children in the family. Because we talk of him in an easy and natural manner, the rest of the family has taken our cue. They now bring up his name naturally. It is all so much more comfortable than the way we tried to handle it that first year.

Another couple in our chapter had a wonderful idea for the first holiday after their daughter died. Their greatest fear was that no one would mention her, so they compiled an album of her pictures and casually left it out on the coffee table. It wasn't long before people were looking through it, recalling favorite memories of her, and the ice was broken.

There must be so many other ways that you can make your child a part of your holiday—ways that seem right and comfortable for you. You may choose to keep your thoughts private rather than share them with others. But the most important thing to remember is that the choice is yours. Do what makes you comfortable, not what others think should make you comfortable. If you follow the dictates of your heart and that gives you comfort, those around you will see that it is so and follow your lead.

Marge Frankenberg
TCF Arlington Heights, IL

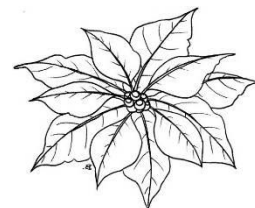
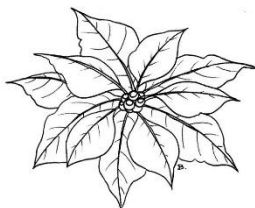


The 22nd Annual Worldwide Candle Lighting will be held this year on Sunday, December 9, 2018. This is a very special and moving event as bereaved families join together around the world in memory of all children gone too soon.

As candles are lit at 7:00 p.m. local time, hundreds of thousands of persons commemorate and honor the memory of all children gone too soon. Now believed to be the largest mass candle lighting on the globe, the 22nd Annual Worldwide Candle Lighting, a gift to the bereavement community from The Compassionate Friends, creates a virtual 24-hour wave of light as it moves from time zone to time zone in quiet remembrance of children who have died, but will never be forgotten.

One Little Candle

*I lit a candle tonight, in honor of you.
 Remembering your life, and all the times we'd been through.
 Such a small little light the candle made until
 I realized how much in darkness it lit the way.
 All of the tears I've cried in all my grief and pain.
 What a garden they grew, watered with human rain.
 I sometimes can't see beyond the moment, in hopeless despair.
 But then your memory sustains me, in heartaches repair.
 I can wait for the tomorrow, when my sorrows ease.
 Until then, I'll light this candle and let my memories run free.*



Sheila Simmons
 TCF Atlanta, GA

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
615-646-1333
- AIDS**.....Joyce Soward
615-754-5210
- Illness**.....David and Peggy Gibson
615-356-1351
- Infant**.....Jayne Head
615-264-8184
- SIDS**.....Kris Thompson
931-486-9088
- Suicide**.....Ron Henson
615-789-3613
- Small Child**.....Kenneth and Kathy Hensley
615-237-9972
- Alcohol/Drug Overdose**.....Ed Pyle
615-712-3245

Yule

*The song of yuletide rings
 with tears and laughter.
 And if you listen deeply,
 you will find the sound of every voice
 you ever knew.*

Sascha

CANDLELIGHT MEMORIAL SERVICE—December 9, 2018

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 Saturday, December 1, 2018.** Do not send photos to the TCF P.O. box—they might get damaged.

MAIL TO:
Tom Mitchell
829 Cranberry Lane
Nolensville, TN 37135

or

You may e-mail your child's picture to tjmitchell68@gmail.com.
 Be sure to include your child's name in the e-mail.

Instructions: A computerized process (Power Point) is being 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 year's 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** _____



Holiday Gifts for Children Needed

Each year, our chapter donates holiday gifts to children at a worthy establishment that works with children who are not living at home and are under care for the holidays. Since things went so well with Youth Villages in years past, it has been decided to provide gifts for them again this year. The children range in age from 6 to 18. For many of these children, these will be the only gifts they receive this holiday season. If you would like to help this year, you may participate by bringing new UNWRAPPED gifts to the TCF December 9 Memorial Service. Below is a list of the most requested items.

Most Requested Items:

Art supplies
 Toys from the movie Frozen
 Pre-paid Cell Phones (and minutes)
 DVD's (PG-13 and Under)
 DVD players
 MP3 Player
 Gift cards such as Game Stop, Wal-Mart, Target, Amazon
 I-tunes gift cards
 Current Rap/ Pop CD's (Teen Rated)
 CD Players/ Boom Box
 Gameboy Games (Teen Rated)
 Xbox Play Station Games (Teen Rated)
 Digital cameras
 Remote Control Cars, Trucks or Planes
 Girlie things like journals, gel pens, scrap booking items
 Board Games (Monopoly, Life, Mouse Trap, Jenga, Uno etc.)
 Barbie Dolls & Accessories for Barbie
 Matchbox/ Hot Wheels car play sets
 Lego Sets
 Books (Twilight, Harry Potter, Narnia, and current top sellers)
 Fashion Bracelets or crafting kits
 Action Figure Toys
 Watches (Girls & Boys)

Puzzles for teenagers
 Winter coats for teenagers, Hats/Gloves/Scarves
 Hair accessories
 Skateboards/helmets
 Footballs, Basketballs, Soccer balls etc.
 Nerf toys
 Anything Batman, Star Wars, Spiderman, Spongebob or current popular items

Stocking Stuffers:

Matchbox cars
 Small notepads, pens and pencils
 Candy
 Decks of Cards
 Jewelry
 Hygiene products
 Billfolds and wallets, Cute little change purses for girls
 Makeup items/nail polish
 Socks
 Gift cards for fast food restaurants

***Gift wrapping supplies appreciated, but please,
 DO NOT WRAP THE GIFTS***

*The
Compassionate
Friends*

*P. O. Box 50833
Nashville, TN 37205*



**Return Service
Requested**

December 2018

As we light our candles December 9:

Remember

*Remember the children, we ask tonight,
As we continue this wave of light.
Remember the babies, never given a chance,
To grow, to play, to love, or dance.
Remember the toddlers, just starting to live,
Teddy Bears and blankies and big hugs to give.
Remember the children, who grew strong and true,
Maybe struck by an illness that devastated you.
Remember the teen-agers and the promise in each,
Taken suddenly or slowly, beyond our reach.
Don't forget the adult child, fully grown,
Whether 18 or 80, we still called them our own.
Our grandchildren, sisters and brothers have died,
For nieces and nephews and cousins, we've cried.
Some of us say, "I've lost my dreams,"
While others say, "my memories."
So tonight we remember with this candlelight,
So like our love that shines so bright.*

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