

THE COMPASSIONATE FRIENDS

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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. (See Mailing address above.) 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 8, 2019— 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 who wish to share their child's December birthday, or if you'd prefer, you may do so in January.

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



For Siblings: There will be a table at the entrance for all siblings to be given a blue candle. During the program, siblings will be asked to stand, turn on their blue candles and hold them up.

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 NOVEMBER 27, 2019.**

*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— 

Zachary Curtis Aldridge December 12 Son of David and Kim Campbell	Jonathan Clemmons December 9 Son of Billy Clemmons and Connie Clemmons	Briana Leigh Kulesza December 5 Daughter of Larry and Donna Kulesza	Mary Catherine Nicholson December 2010 Daughter of John and Suzanne Nicholson Sister of Baby Nicholson
Taylor Nicole Barton December 2 Daughter of Alan Barton and Stella Stephens	Taylor Davies December 14 Son of Roy and Barbara Davies	Michael David Lair-Kissiar December 17 Son of Amy Kissiar	Michael Stanley Overcash December 6 Son of Mike and Jean Overcash
Adam Blake Brooks December 7 Son of Danny Brooks and Dawn Armstrong	Darby Felts December 10 Son of Deanie Gregory Nephew of Jean Porch	Jeremy Seth Lunceford December 15 Son of Jane Mance Lunceford Brother of Aubrey, Shelby, and Brittney	Ta' Carhri Richardson December 16 Daughter of Cassandra Walker
John Peres Bruno December 23 Son of John and Emily Bruno	Chad Flatt December 7 Son of James Flatt and Ann Flatt	Lindsay Carole Miller December 19 Daughter of David and Rebecca Miller Granddaughter of Roy and Carole Renfro	Stephanie Hardy Stephens December 29 Daughter of George and Thelma Hardy Sister of Jeremy George Hardy
Joy Michelle Carter-Mull December 23 Daughter of Brenda Carter	Jennifer Lee Friedmann (Jena) December 25 Daughter of John and Mignon Friedmann Sister of Dr. John Friedmann, Jr.	Arianna Marie Mitchell December 27 Daughter of Christopher Mitchell and Heather Evans Granddaughter of Frank and Brenda Nelson	Gerald Randall Townsend December 28 Son of Gerald and Jackie Townsend
Clayton Lee Chitwood December 28 Son of Jim and Connie Chitwood Grandson of Margaret Chitwood-Watkins Brother of Matthew Lance Chitwood	Daniel Lee Henson December 13 Son of Ron and Darlene Henson	Lauren Paige Moore December 30 Daughter of Mac and Polly Moore Sister of Darrell and Paul Moore	John David Warren (Johnny) December 13 Son of John and Georgia Warren Brother of Donny Warren
Matthew Lance Chitwood December 10 Son of Jim and Connie Chitwood Grandson of Margaret Chitwood Watkins Brother of Clayton Lee Chitwood	Willa Roxanne Karthikeyan December 24 Daughter of Karthia and Ryan Marimuthu		

And in the month of their deaths 

Tyler Christian Bradley December 16 Son of David Bradley and Tanya Coleman	Clayton Lee Chitwood December 28 Son of Jim and Connie Chitwood Grandson of Margaret Chitwood-Watkins Brother of Matthew Lance Chitwood	Jacob Drew Cooke December 23 Son of Greg and Diane Cooke	Gary Dale Hamilton December 14 Son of Emma Mathis Step-son of Dallas Mathis
Elizabeth Osborn Cheek December 9 Daughter of Ross and Libby Cheek		Lee Edward Halker December 10 Son of Joe and Janene Halker	Benjamin David Hardesty December 23 Son of Theresa Hardesty

(Continued on page 3)



(Children Remembered, continued)

Jeremy George Hardy December 31 Son of George and Thelma Hardy Brother of Stephanie Hardy Stephens	Willa Roxanne Karthikeyan December 22 Daughter of Karthia and Ryan Marimuthu	Robert Bryan Parrish December 12 Son of Marvin and Debbie Hampton	Daniel Wayne Vick December 14 Son of Wayne and Marsha Vick
Robert Jason Heflin (Jason) December 31 Son of Edward and Kay Heflin	Abigail Rhea Little (Abbie) December 6 Daughter of Rhea and Marie Little	Mark Elliott Reischman December 23 Son of Bill and Jean Reischman	Janessa Dian Wellman December 19 Daughter of Timothy Pharris and Debra Wellman Granddaughter of Glen and Dian Wellman
Niki Horner December 5 Daughter of Troy and Karen Horner	Mary Catherine Nicholson December 2010 Daughter of John and Suzanne Nicholson Sister of Baby Nicholson	Jacob Federman Smiley December 9 Son of Troy and Susan Smiley	Heather Ann Willis December 13 Daughter of Tom and Margaret Loose
Valerie Ingham December 8 Daughter of Ron and Marci Lance		Robert Andrew Way Swift December 13 Son of Travis Teal and Gayle Swift Teal	



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.

Kay Bogle <i>In loving memory of her son, Joe Vick (Joey) Brother of Angie Hoffman</i>		David and Peggy Gibson <i>In loving memory of their friend, Norman J. Schuring (Norm) Father of Mike Schuring and Husband of Vickie Schuring</i>	Wayne and Marsha Vick <i>In loving memory of their son, Daniel Wayne Vick</i>
Margaret Chitwood-Watkins <i>In loving memory of her grandsons, Clayton Lee Chitwood and Matthew Lance Chitwood Sons of Jim and Connie Chitwood</i>		Ron Henson <i>In loving memory of his wife, Darlene Henson, and Their son, Daniel Lee Henson</i>	Greg and Suzette Webster <i>In loving memory of their son, Nicholas Earl Webster</i>
John and Mignon Friedmann <i>Dr. John Friedmann, Jr. In loving memory of their daughter and sister, Jennifer Lee Friedmann (Jena)</i>		Wayne and Cassandra Pack <i>In loving memory of their son, Andrew Morris Pack</i>	
	Susi Trabue <i>In loving memory of her daughter, Chelsea Howard</i>		Jerry and Loretta Winters <i>In loving memory of their son, Don Bruce Winters</i>
			Roger and Deborah Wiseman <i>In loving memory of their son, Ryan Lee Wiseman</i>

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.

A Dog Named "HOPE"

On December 24, 1989 my daughter Jeanne Marie died suddenly at the age of 31 of an aneurysm. I had given her a yellow lab puppy for Christmas 1988. Jeanne was going through some very difficult times and I thought a dog of her own would help. After she named her puppy, I asked how she came to name her Hope. She replied, "Whenever I look at her I'll know there is always Hope for me." The two of them were inseparable. So much love between the two of them. Several weeks before Jeanne died, as she was playing with Hope, she looked up at me with her big brown eyes and said "Mom, if anything happens to me will you take care of Hope?" It was as if she knew. Now I have Hope who is always happy to see me when I arrive home. When I cry Hope gets very upset with me; barking, running around me, licking my tears away, until I get so mad at her and THEN I get control of myself and love her for loving me.

At Christmas time when Hope opens her gifts, we sit around laughing at how excited she gets opening her presents. Ripping the paper off to get to another treat, etc. It brings back memories of how excited Jeanne would become as she opened her gifts opening one after another with such joy and many OH's. It's such a warm/wonderful feeling to laugh at Hope and remembering the past Christmases. Just picture adults sitting around laughing at a dog opening her gifts, laughing so hard that we feel our sides will burst.

You see, Hope is an extension of Jeanne. She was her baby. Although I'm divorced, Jeanne's father and I are Grandma and Grandpa to Hope. When friends talk about their grandchildren and show pictures, I begin to tell them about my "Grand-Dog." If someone had told me years ago that someday I would love a dog as I do, I would have told them they were crazy. Now maybe I am! Without Hope I would not have been able to survive this terrible loss.

Since Jeanne's death the house isn't so quiet and lonely. I have someone who still needs me to care for them, to talk to, to play with, laugh at, and someone to love.

I now have "HOPE"!!!

Betty J. Lambert
TCF Dubuque Area Chapter, IA



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

Candles

It is not easy to remember dead children.

*But, easy or not,
we know that we will not—
and do not want to—
forget them.*

*Therefore we reach out together again,
to love them and to celebrate their memory.*

*Again, we light their special candles
and we say their beloved names.*

*We remember our children, who died.
They remain forever part of us,
and we are richer for having shared their lives,
however briefly.*

Sascha

THE 22ND TCF WORLDWIDE CANDLE LIGHTING



The 22nd Annual Worldwide Candle Lighting will be held this year on Sunday, December 8, 2019. This is a very special and moving event, when bereaved families join together from 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 the children.

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. Started in the United States in 1997 as a small internet observance, it has since swelled in numbers as word has spread throughout the world of the remembrance. Hundreds of formal candle lighting events are held and thousands of informal candle lightings are conducted in homes as families gather in quiet remembrance of children who have died, but will never be forgotten.

On a Night in December

*As days moved on towards winter,
and trees were going bare,
we were faced with shopping malls
where carols filled the air.*

*And thoughts all turned to loved ones,
those present, and those not.
For us, whose lives were drained of light,
it was solace that we sought.*

*And so began a journey
of candles round the earth
bringing light to darkness
and honoring the worth*

*of children held so dear to us
but never to grow old,
whose lives filled our life tapestries,
with threads of finest gold.*



*Now we gather on this night
and watch the candles burn
see their pictures, say their names
one by one, in turn.*

*And our children, brothers, sisters,
for whom we gather here,
let us know, in the candles glow,
that they are always near.*

*Their light will still surround us;
their love will always flow.
As we leave may we remember,
that this is ever so.*

From *Catching the Light – Coming Back to Life after the
Death of a Child*
by Genesee Bourdeau Gentry

The holiest of all holidays are kept by ourselves in silence and apart—the secret anniversaries of the heart.

Longfellow



May the memories of this season

Come on gentle wings

To bring you love and peace.



Not Just for the Holidays, But Every Day

When you speak, speak softly, to whomever it is your privilege to speak, to wife, to husband, to child, to stranger, to friend, to God—speak softly.

Touch often. Without human touch the spirit withers and dries to dust. Shake hands, clasp shoulders, embrace, stroke a child's hair or a lover's. Rock someone on your lap in a rocking chair; adults appreciate this probably more than children. It is one of the most loving, secure feelings a person can have. You'll both feel peaceful.

Sing! Sing for someone. Sing loudly in the shower, sing in your choir. Sing as you work. If you "can't sing," sing a lullaby, a baby won't know the difference but will feel the love. Sing a silly song for a small child and the funny sound of your song will make him or her laugh and long remember the time you sang it. Sing the *Star Spangled Banner*, no one can sing that! Everyone will love your singing for some reason and by doing so, love you. And love is what life's all about, isn't it?

Most of all, love. Love yourself first. When you truly love life everyone can see it. It shines from your eyes, your face glows with love-light that makes strangers look at you a second time, you will see the corners of their mouths turn up in the beginning of a smile as they walk by.

My Christmas wish for you is that you find something to do—work or play, that you have an absolute passion for like I do in The Compassionate Friends.

Speak Softly, Touch Often, Sing, Love...

Fay Harden
TCF, Tuscaloosa, AL

Thoughts at Christmas

*There was that other child
born in the stars—
He did not stay in life
beyond his summer.*

*There was that other child
who touched the aching world
with love and hope.*

*Now, for that child and yours
(and when your heart inclines),
have time to touch the aching world
with love and hope.*

Sascha

At Christmas

*I reach for the laughter of Christmas,
around me are music and light.
The air arches clear into heaven,
a mirror of gold and of white.*

*I touch it, the laughter of Christmas.
The stars are as near as my eyes.
I find in the laughter of Christmas
your voice,
and too many good-byes.*

Sascha



The greatest gift given between you and the one you are now missing can never be worn out, weathered, exchanged or returned. For you gave each other something that can never be taken away, a treasure of memories.

Donna Krueger
Handling The Holidays

CANDLELIGHT MEMORIAL SERVICE—December 8, 2019

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 Wednesday, November 27.

PLEASE DO NOT SEND FORMS OR PHOTOS TO THE TCF P. O. BOX—it is important that they go directly to Lamar.

MAIL TO:

**Lamar Bradley
4772 Cascade Drive
Old Hickory, TN 37138**

or

You may e-mail your child's photo to lamar.bradley@comcast.net

Be sure to include your child's name in the e-mail.

Instructions: A computerized process (Power Point) is 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. 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 Memorial Service. Below is a list of the most requested items.

Most Requested Items: (Gift wrapping supplies appreciated, but please, DO NOT WRAP THE GIFTS)

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

The Compassionate Friends

P.O. Box 50833

Nashville, TN
37205

Return Service
Requested



December 2019

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Permit No. 593



Holiday Reflection

Christmas and Hanukkah are upon us once more. December is an emotionally laden month for most adults. We pause and ponder the meaning of “peace on earth, goodwill toward men.” We overflow with nostalgia for holidays past. We touch base with our beliefs, rituals, traditions and treasured memories. In passing on this heritage to our children, we are like conduits connecting past, present and future. It is a bit of immortality, a sense of tradition flowing from generation to generation. It is this very essence of the holidays that stabs at the heart of bereaved parents. Our children represent the future.

We may wonder what is the point of tradition with so many pieces of the future dead. Each grieving parent must struggle to answer that question effectively in order to establish a framework for the holiday season. Since we cannot ignore it or make it go away, we can deal with the situation by making specific plans with our families. We can assess priorities. We can make changes. We can decide which traditions to uphold and which to set aside this year. We can choose to acknowledge openly to our children our grief. We can think about some very special gifts. To ourselves we can grant the gift of acceptance by realizing that our grief is a necessary healing process. To our families we can extend the gift of empathy by remembering that they, too, hurt. To our missing children we can bestow the gift of homage by determining to work through grief so that we may live life to the fullest.

Candy McLaughlin
TCF Minneapolis, MN