

THE COMPASSIONATE FRIENDS

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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. (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.



Memorial Service to Be Held on December 13, 2020

The Coronavirus has affected everything in 2020 and our annual Memorial Service is no exception. This year our Memorial Service will be a virtual program, prerecorded and broadcast online at 3:00 PM Sunday, December 13, 2020.

The format of the Memorial Service will look very much like it has in the past, complete with photos and reading of the names of our children. Because the Memorial Service will be broadcast online, we must have your consent by way of **the form on page 7**. To participate, regardless of past participation, you must return the form.

How to participate:



1. To have your child's photo included in the Memorial Service, you must complete and submit the form located on page 7 of this newsletter. Please be sure to initial the line of your choice. Please follow the instructions on the form, and send it to Lamar Bradley by email or mail. It must be received by him on or before **Monday, November 16, 2020**. This early date is required to allow time for the production of the recorded program. Unfortunately, late additions cannot be accepted. If you miss the November 16 deadline, you are welcome to view the Memorial Service when it is broadcast (see #2 below), but your child's picture cannot be included.
2. To "attend" the online service, all you need to do is request a link by sending an email to tcfnashville@yahoo.com, and put "Zoom December Memorial" in the subject line. No special program or app is needed. You will then receive an email with a link shortly before the December 13 broadcast of the program that will allow you to view the Memorial Service on your computer or smart phone. Your own face will not appear on the screen.

TCF Nashville is also offering an in-person December Candle Lighting Memorial Program. Due to current pandemic restrictions, it will be necessary to limit the number of attendees. The program will be held at our regular meeting location, the ABC Building, 1604 Elm Hill Pike in Nashville at 3:00 p.m. on December 13, 2020. If you would like to reserve a spot, please send an email to TCFNashville@yahoo.com with the title "December Candle Lighting". Provide your name and how many will be in your group. We will respond with a confirmation and further instructions. The deadline is November 16.

*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—

Christopher William Black November 23 Son of Ray and Linda Black	James Austin Garcia November 30 Son of Danny and Sherri Garcia	Rahmir Scott Kendrick November 3 Son of DeMille Brown and Felicia Brown	Cami Leigh Parrish November 19 Daughter of Debbie Hampton
Taylor Christian Brewer November 2 Son of Justin and Tracy Brewer Grandson of Don and Sherry Eakes and Penny Waters	Dustin Wayne Hinkle November 29 Son of Gerry and Dawn Hinkle	Cole Hansen Kilgore November 14 Son of Henry and Kathy Beeler Nephew of Kacey Gant	Mark Elliott Reischman November 2 Son of Bill and Jean Reischman
Eric DeWayne Brown November 18 Son of Sharon Brown	Cory N. Hood November 8 Son of Debby Hood	Carmen Veronica McMillan November 6 Daughter of Jack McMillan and Ana Basoa-McMillan	Alexis Riner November 3 Daughter of P. J. and Tasha Ashford
Juri Austin Bunetta November 22 Son of Al and Dawn Bunetta	Niki Horner November 9 Daughter of Troy and Karen Horner	Gavin Ray Oliver November 17 Son of Jerry and Denise Oliver	Shane Tanner Scruggs November 7 Son of Don and Joan Johnson and James and Lisa Scruggs
John Roaten Cheadle, III (Ro) November 29 Son of John R. and Nancy Cheadle	Chase N. Hornsby November 2 Son of Troy and Robin Hornsby and Ben and Renee McConnell	Jason Todd Orange November 1 Son of Danny and Lisa Orange	Robert Andrew Way Swift November 12 Son of Travis Teal and Gayle Swift Teal
Richard Lee Crouse November 7 Son of Joel and Teresa Crouse Brother of Jennifer			Joe Vick (Joey) November 6 Son of Kay Bogle Brother of Angie Hoffman

And in the month of their deaths

Taylor Nicole Barton November 25 Daughter of Alan Barton and Stella Stephens	Daniel Matthew Bledsoe (Matt) November 11 Son of Dan and Barbara Bledsoe Brother of Jason and Kaci	James Wesley Evans (Snowman) November 24 Son of Brenda L. Nelson Brother of Heather	Jason Kemp November 12 Son of John and Jammie Kemp
Jacob Sylvester James Bell* November 30 Son of Mike Bell and Michelle Dodrill	Stephen Joseph Donlon November 24 Son of Patrick and Ellen Donlon Brother of Katy, David, John, and Elizabeth	Stephen Christopher Gould November 18 Son of Herb and Susan Gould	Blakeman Henry O'Neill November 27 Son of Verne and Barbara O'Neill
Daniel Bowen Bishop November 24 Son of Kevin and Molly Bishop		Rylee Grace Honeycutt (Roo) November 16 Daughter of Anthony and Magen Honeycutt	Cami Leigh Parrish November 19 Daughter of Debbie Hampton



**Jacob Bell, whose birthday was October 30, was inadvertently omitted from last month's Birthday list.
Our sincere apologies go to his parents, Mike Bell and Michelle Dodrill*



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.

*Danny and Sherri Garcia
In loving memory of
their son,
James Austin Garcia
(Austin)*

*Barbara Davies,
Through The Nationwide Workplace
Giving Program
In loving memory of her stepsons,
Roy James Davies and Taylor Davies,
Sons of Roy Davies*



*Jean-Ann Washam
Emma Washam
In loving memory of
Their son and brother,
Andrew Washam (Seth)*

*Thanks to you Kroger shoppers, the Nashville Chapter of The Compassionate Friends
has Received through the Kroger Plus Community Rewards Program \$112.71 on 9/16/2020 (see below)**

Each month, Allegra Marketing (615 360-3339) 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.



Some Special Ways to give

**To benefit TCF, go to the [Kroger website](#) and click on “Community Rewards”; then follow the instructions on that page. After that, when you shop at Kroger, swipe your Plus Card or key in your phone number when you check out, and Kroger will donate dollars to TCF. It’s a free and easy way to support your chapter.*

If your employer supports the [United Way](#), you might have the option to “designate” your donation. Your contribution through your payroll deductions goes to the organization you designate. TCF Nashville is an approved organization with the United Way. Please consider designating your United Way donation to TCF Nashville.

The Connection

*When I'm walking in the sunshine,
I'm walking in your love.
When I'm walking in the rain,
Your tears fall from above.
Your laughter is the bird
In song outside my window.
Your spirit passes by
Each time I hear the wind blow.
When I smell the blooming flower,
Your fragrance lingers there,
And in the water's reflection
Your face is shining fair.
You come to me in many ways*



*Each one different from before,
In the rainbow shines your eyes,
Your whisper I hear
As the waves brush the shore.
You always find a way to reach me,
Just when I miss you most,
Making that connection,
When I'm feeling lost.
Through our bond of love,
This connection will always be
A special part of you,
And a special strength to me.*

Jan K. Shell
TCF, Annapolis, MD

Find moments (no matter how brief) and just GIVE THANKS.

Pamela Hagens
TCF Nashville, TN

Holiday Gifts for Children Needed

Every year for the past 15 years TCF Nashville families have generously donated toys and gifts to the children of Youth Villages in Middle Tennessee that works with children who are not living at home and are under foster care for the holidays. The children range in age from 6 to 18. This year we will **NOT** be collecting these gifts at our Memorial Program as in the past but we do not have to abandon this tradition of helping these children.

Instead of bringing the gift in person, here are some alternatives:

- Make a monetary donation online by going to the website for Youth Villages Middle Tennessee, and choosing the ‘Donate’ tab. When making your donation, include “Holiday Heroes” in the “Leave a comment” box.
- Purchase your gifts online and have them sent to Youth Villages, 301 Plus Park Blvd, Suite 110, Nashville, TN 37217 and to the attention of Greg Schott. Make a note that it is from The Compassionate Friends. The deadline to order gifts is December 1 to allow time for delivery.
- Drop off your gifts in person by December 7 at 301 Plus Park Blvd, Suite 110, Nashville, TN 37217.

Suggested gifts include:

Art supplies & Craft Kits
 DVD’s (PG-13 and Under)
 Gift cards such as Wal-Mart, Target, Amazon
 Current Rap/ Pop CD’s (Teen Rated)
 MP3 Player/iPod Shuffle
 CD Players/ Boom Box
 Gameboy Games (Teen Rated)

Xbox/Play Station Games (Teen Rated)
 Remote Control Cars, Trucks or Planes
 Girly 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
 Hats, Gloves & Scarves
 Nail Kits & Polish
 Action Figure/Superheroes Toys
 Jewelry & Hair Accessories
 Sport Equipment
 Young Adult Books

Days of Thanks

*In a year when much was given,
 Much was taken, too.
 So we pause and give our
 Thanks for what now is.
 Think, too, of what once was,
 And we are grateful for
 The threads of lives gone by.
 Threads that enrich the fabric
 Of this, the life we know.*

Lois Wyse
 TCF St. Paul, MN



This Thanksgiving

*This Thanksgiving and always,
 Through the grief,
 Through the tears,
 Through the loneliness,
 Through the fears,
 WE ARE THANKFUL
 WE HAD OUR BROTHERS AND SISTERS*

Khaki Chambers
 TCF, Pensacola, FL



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
- Alcohol/Drug Overdose**.....Ed Pyle
615-712-3245

Legacy

*Memories are a legacy
 of hope and courage,
 left to help us go on
 when the giver is gone.*

Sascha



Just Flow with the Season and Take Care of Yourself

We're well into November and it's almost time to take the "January pill". After Tricia died, I decided I'd invent a pill you could take the week before Thanksgiving and when you came to, it would be January! I'm still working on the invention. In the meantime, I know many of you are already dreading the approaching holidays.

The true spirit and meaning of Thanksgiving and Christmas are not necessarily exemplified by some of our "traditions". You are re-evaluating many aspects of your life so let this also apply to the coming holidays. You will not always feel as you do now. You will find joy in holiday activities, but maybe not in all the things you once thought very important.

Flow with the season and with your sadness, knowing strength will come as you work with what you can do without overtaxing yourself. Resolve to be as generous with your energy as you can and as selfish as you have to be to protect the emerging person you will become as a result of your loss. This person can be truly beautiful and loving because of what you have learned through grief.

You will miss your child; no magic potion can wipe the pain away. Enjoy what you can—you deserve some pleasure. And may some measure of peace overtake you before this year ends.

Elizabeth B. Estes
TCF Augusta, GA

First Thanksgiving

*The thought of being thankful
fills my heart with dread,
They'll all be feigning gladness,
not a word about her said.*

*These heavy shrouds of blackness
enveloping my soul,
pervasive, throat-catching,
writhe in me, and coil.*

*I must, I must acknowledge,
just express her name,
so all sitting at the table,
know I'm thankful that she came.*

*Though she's gone from us forever
and we mourn to see her face,
not one minute of her living,
would her death ever replace.*

*So I stop the cheerful gathering,
though my voice quivers, quakes,
make a toast to all her living.
That small tribute's all it takes.*

From *Stars in the Deepest Night:
After the Death of a Child*
Genesse Bourdeau Gentry

A Season of Many Feelings

Fall is a season of many feelings

*Autumn is here once again
As it comes every year.
And with the leaves
My falling tears.*

This time of year is the hardest of all

*My heart is still breaking,
Once again it is fall.*

*Memories once so vivid
Are seeming to fade.
My time spent with you
Seems some other age.
This season reminds me
Of grief and of pain.
But yet teaches hope
And joy once again.*

*For trees are still living
Beneath their gray bark,
And you my sweet child
Are alive in my heart.*

Cinda Schake
TCF, Butler, PA



*Remember that it is our choice, and ours alone, to turn even
a nightmare into a positive experience.*

Elizabeth Kubler-Ross

Some Suggestions for Handling the Holidays

Be Intentional About How You Plan Your Holiday

- Together, as a family, examine the events and tasks of the celebration and ask the following questions:
- Do we really enjoy doing this? Is it done out of habit, free choice, or obligation?
- Is this a task that can be shared?
- Would the holiday be the same without it?

Decide What You Can Handle Comfortably

- Whether we are open to talk about our child.
- Whether we feel able to send holiday cards this year.
- Whether we can handle the responsibility of the family dinner, holiday parties, etc., or if we wish someone else to take over some of the traditions this year.
- Whether we will stay at home for the holidays or choose a different environment.
- Shopping is definitely easier if you make the entire list out ahead of time. Then, when one of the “good days” comes along, you can get your shopping done quickly and with less confusion. Shopping online or from catalogs can also help.

Don't Be Afraid to Make Changes. It Can Really Make Things Less Painful

- Let the children take over decorating the tree or invite friends to help.
- Open presents the night before the holiday instead of in the morning.
- Have dinner at a different time. Change the seating arrangement.
- Burn a special candle to quietly include your absent son or daughter.



Our Greatest Comfort May Come in Doing Something for Others

- Giving a gift in memory of our child to a meaningful charity.
- Adopting a needy family for the holidays.
- Inviting a guest (foreign student, senior citizen, someone who would otherwise be alone) to share the festivities.

Evaluate Your Coping Plans

- Do your plans isolate you from those who love and support you best?
- Do your plans allow for meaningful expression and celebration of what the particular holiday means for you?

Let Your Plans and Limits Be Known

- Write or phone family and friends to let them know of any intended changes.
- Share with friends and family how you plan to approach the holiday and how they can best help you.

Don't Be Afraid to Experience Enjoyment

- Enjoyment, laughter, and pleasure are not experiences in which you abandon your lost child. You have not forgotten him/her. Your child would not want you to be forever sad; you need not feel guilty over any enjoyment you may experience.
- Give yourself and members of your family permission to celebrate and take pleasure in the holiday.

Finally, as you seek to make sensible plans, remember to make them firm enough to support you, but flexible enough to leave you some freedom. Most important, take time in your plans...to love and let yourself be loved — for this is the real gift of the holiday season.

ONLINE MEMORIAL SERVICE—DECEMBER 13, 2020

Because of the Coronavirus, our 2020 Memorial Service will be conducted online and not in person. More details are on page 1. We hope that all who want to will participate in this event. Please provide your email address below to receive an electronic invitation to view the service online.

EVERY FAMILY WISHING TO TAKE PART IN THE VIRTUAL MEMORIAL SERVICE MUST COMPLETE AND SUBMIT THIS FORM.

Your form must be received no later than Monday, November 16, 2020 for your child's photo to be included.
We're very sorry, but no photos may be accepted after November 16

Please send your completed form directly to Lamar Bradley by email or by mail to the address below. Be sure to include your child's name as you want it to be read (including phonetic pronunciation).

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

or

**Email: lamar.bradley@comcast.net
(Be sure to include your child's name)**

Instructions: Please send an original 5x7 photo (no copies, please). If a 5x7 is not available, any size will do; however, the 5x7 or larger is easier to process and yields a better image. Do not write on the photo, but be sure to place a sticky note on the back of the photo with your name and the child's name clearly printed.

The original will be returned to you at a future meeting.

Child's name: _____
Please print the name as you wish it to be read at the service along with phonetic pronunciation, if needed.

Please initial one of the following:

_____ I am enclosing an original photo of my child to be included in the online Memorial Service and I consent to the use of my child's name and photo in the prerecorded program.

_____ Please use my child's photo from last year in the online Memorial Service and I consent to the use of my child's name and photo in the prerecorded program

_____ Please do not include a photo of my child in the online Memorial Service, but please have my child's name read as a part of the service. I consent to the use of my child's name in the prerecorded program.

_____ Please do not include a photo of my child or my child's name in the online Memorial Service, but I will attend online.

Print your name _____ **Phone** _____

Signature _____ **Email** _____



Things to Do When Desperate

- | | |
|--|---|
| <ol style="list-style-type: none"> 1. Breathe. 2. Get my teddy bear. 3. Call other bereaved people (keep their phone numbers easily available). 4. Call close friends (keep their phone numbers easily available, too). 5. Call a counselor. 6. Call a hotline. 7. Get in my rocking chair. Get in any chair and let it support me. 8. Take a hot bath. 9. Run around the block three times. 10. Listen to soothing music. 11. Put on a relaxation tape. 12. Ask someone to hold me. 13. Cry. | <ol style="list-style-type: none"> 14. Yell into my pillow 15. Join a support group. 16. Say to myself, "Others love me," or, "I have the right to survive," or, "Others have gotten through this, I can too." 17. Stroke the dog or cat. 18. Watch an old movie on TV or read a book. 19. Hug a tree. 20. Stand or lie on the floor and feel the floor support me. 21. Pray 22. Start again at the top. |
|--|---|



Edited by Anne Pieper, from *The Courage to Heal*
By Ellen Bass and Laura Davis

The Compassionate Friends

P.O. BOX 50833
Nashville, TN
37205

Return Service
Requested



November 2020

Nonprofit
Organization
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Permit No. 593

The Circle of Love

My son Jacob passed away last November, and at his memorial service we listened to a recording of a song I wrote for him when he was a newborn. I wrote it by the Harpeth River inspired by my beautiful new baby, and also thinking about my late father's loving spirit. And there I was, descended from a long line of love, a spiritual Circle of Love. After setting my guitar down, I threw a stone into the water and watched the circles of waves floating down the river, like waves of loving kindness reaching out into the world. It was Jacob's favorite song.

"The Circle of Love"

(a song by Mike Bell)

*A family's love is like a winding river
Rolling on even after they're gone
It floods your soul with precious memories
And they're part of the Circle of Love*

*Love is like a stone thrown in thrown in the water
There's no telling where the waves will end
Each generation of sons and daughters
Is growing up in the Circle of Love*

*(Chorus)
The Circle of Love is never-ending
The Circle of Love is ever-mending
And we'll sail on, and we'll sail on and on
Yes, we'll sail on The Circle of Love*

*So when you feel lost and the world seems crazy
Just think about those who gave you wings
And their sweet memory like an eagle rising
Will lift you up to the Circle of Love
(Repeat Chorus)*

Mike Bell
TCF Nashville, TN

