

Newsletter of the Katy, TX, Chapter



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

March 2017

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Supporting Family After a Child Dies

Chapter Co-Leaders
Newsletter Editor
Treasurer

Jan Bigbee Weesner and Jo Wood
Annette Mennen Baldwin
Lisa Leanard

When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.

*****March Meeting*****

When: Tuesday, March 14, 2017

6:30 PM – Doors Open

If this is your first meeting, please arrive by 6:30

7:00 PM—Meeting Begins

Where: Kingsland Baptist Church

20555 Kingsland Blvd,

Katy, TX 77450

John Burns Building, East side of church



Program: Listening with Your Heart

Directions:

From East of Fry Road (coming from Houston): Go west on I-10 to Fry Road. Turn left (south) on Fry Road. Turn right (west) on Kingsland Blvd and travel 0.5 miles to Kingsland Baptist Church.

From West of Mason Road (coming from San Antonio): Go east on I-10 to Westgreen Blvd. Turn right (south) on Westgreen Blvd and travel 0.6 miles to Kingsland Blvd. Turn left (east) on Kingsland Blvd and travel 0.5 miles to Kingsland Baptist Church.

(Across from Nottingham Country Elementary School)



Welcome

We extend a warm welcome to all who attended their first meeting in February.

.Rubob Haghshenas whose daughter, Gonash Haghshenas, died in August 2016

We need not walk alone.

We are The Compassionate Friends. We reach out to each other with love, with understanding, and with hope. The children we mourn have died at all ages and from many different causes, but our love for them unites us. Your pain becomes my pain, just as your hope becomes my hope. We come together from all walks of life, from many different circumstances. We are a unique family because we represent many races, creeds, and relationships. We are young, and we are old. Some of us are far along in our grief, but others still feel a grief so fresh and so intensely painful that they feel helpless and see no hope. Some of us have found our faith to be a source of strength, while some of us are struggling to find answers. Some of us are angry, filled with guilt or in deep depression, while others radiate an inner peace. But whatever pain we bring to this gathering of The Compassionate Friends, it is pain we will share, just as we share with each other our love for the children who have died. We are all seeking and struggling to build a future for ourselves, but we are committed to building a future together. We reach out to each other in love to share the pain as well as the joy, share the anger as well as the peace, share the faith as well as the doubts, and help each other to grieve as well as to grow. We Need Not Walk Alone. We Are The Compassionate Friends. ~TCF Credo

The death of your child is probably the most traumatic, life-changing event that you will ever experience. The Compassionate Friends is an organization of parents who have also lost a child to death. Each of us has experienced the deep, searing pain that you are feeling now. Each of us has turned to other parents who were farther into their grief journey for guidance, support and understanding. This is done through our monthly meetings, our newsletter, our website, our phone-a-friend program, our library, our e-mail program and our referral program. Each month parents find our meeting to be a safe place where they can talk about their pain and problems with others who are uniquely qualified to understand; bereaved parents offer gentle suggestions or often simply listen. We invite you to bring a friend to your first few meetings until you feel a level of comfort with the group. Do not be surprised if we talk about the happy times with our children, the wonderful memories and the various methods we have created to keep our children close to us. It is here that many bereaved parents find hope as those who are more seasoned in their grief shine the light of experience to help illuminate each grief path. We have no dues. We are self-sustaining through donations and the generosity of so many in our community. You Need Not Walk Alone.

Our Children Remembered

Birthdays

March 2	Fernando Isaiah Macias, son of Yolanda & Fernando Macias
March 3	Kevin John Agudelo, son of Luis Fernando & Diana Agudelo
March 4	Laura Bear, daughter of Don Cagle
March 5	Christine Yvette Mazyrack, daughter of Steven & Blanca Mazyrack
March 6	Gwendolyn Lee Danley, daughter of Bill & Carol Litton
March 10	Steven Edward Gilmore, son of Ted & Terri Gilmore
March 12	Donald Joseph Byers, son of George & Peg Byers
March 12	Keondre Dillon Viser, son of Traci & David Dugas
March 12	Eric Ray Vigil, son of Jackie Vigil
March 13	Justin Ryan Swisher, son of Quinton & Stephanie Swisher
March 13	Steven Nickel, son of James & Bonnie Nickel
March 14	Stephen Michael Wall, son of Patti Wall
March 14	Jenna Dacis, daughter of Jimmy and Linda Davis
March 15	Alyssa Guerrero, daughter of Isela & Martin Jimenez
March 16	Sandra Irene Rubio, daughter of Carlos & Irene Swedberg
March 21	Keith Alan Komorita, son of Judy & Paul Komorita
March 22	Stephanie Anne Favorite, daughter of Malena & Ray Lopez
March 23	Brian Heck, son of Debbie & George Heck
March 23	Matthias Leschly Bang, son of Rikke Bang
March 24	Mark "Bo" Bean, Jr., son of Tedri Pyle
March 25	Russell Knapp, son of Cathy Knapp
March 25	John Isbell III (Trey), son of Virginia Isbell
March 30	Michael Robert Harris, son of Jamie & Kathy Harris
March 30	Alisha Aleen Gonzalez, daughter of Veronica Gonzalez
March 31	Sean Ryan Rice, son of Tara Rice
March 31	Dylan Thomas Rice, son of Tara Rice



Anniversaries

March 2016	1 Year	Phillip Michael Grecsek, son of Mike & Carol Grecsek
March 2016	1 Year	David Catalan, son of Sophia Hawker
March 2016	1 Year	Angela Illiescu, daughter of Victor & Yan Illiescu
March 2015	2 Years	Richard Edward Mayoski, son of Richard & Mechele Mayoski
March 2014	3 Years	Alyssa Guerrero, daughter of Isela & Martin Jimenez
March 2011	6 Years	Jared Mathew Sanchez, son of Joseph & Melinda Sanchez
March 2011	6 Years	Robert "Hunter" Colvin, son of Susan & Drew Colvin
March 2010	7 Years	Sean Ryan Rice, son of Tara Rice
March 2010	7 Years	Dylan Thomas Rice, son of Tara Rice
March 2010	7 Years	Marijo "Colleen" Smith, daughter of Denise Smith
March 2009	8 Years	Amy Lynn Ellis Oliver, daughter of Diane Ellis
March 2009	8 Years	Elijah Manuel Alvarado, son of Martha Alvarado
March 2009	8 Years	Brandon Alexander Boudoin, son of Wanda Boudoin
March 2007	10 Years	Brittany LeeAnn Lewis, daughter of Lisa & Mike Atkinson
March 2006	11 Years	Teresa Alyss Johnson, daughter of Anna Apanel & Mark Johnson
March 2005	12 Years	Roxanne Rene Rangel, daughter of Georgina Rangel
March 2005	12 Years	Laura Eliska Swails, daughter of Markey Swails
March 2004	13 Years	Lisa Beth Wieder, daughter of Becky & Dan Wieder
March 2001	16 Years	Jonathan May, son of Doug & Laura May
March 1988	29 Years	Jamie Lynn Leasher, daughter of Joyce & Brian Dakin



Katy TCF Volunteers

Cards of Remembrance—Robin Conner

Welcome Cards to new members—Brenda Schmitt

Newsletter—Annette Mennen Baldwin: amennenbaldwin@hotmail.com

E-mail to group—Annette Mennen Baldwin-tcfkaty.messages@gmail.com

Publicity & E-Mail correspondence—Annette Mennen Baldwin

Picture Buttons—Annette Mennen Baldwin

Holiday & Craft Projects—Neela Sen

Welcome Packages—Sherrie Schurman

Library—

Web Site—Lee Schurman

Treasurer 2015—Lisa Leanard—lisaleanard@sbcglobal.net

Snacks—Laura Reding

Facilities Coordinator: Melinda Ginter

Group Facilitators - Albert Tapia, Lisa Leanard, Annette Mennen Baldwin, Jan Bigbee, Sherrie Schurman, Jo Wood, Viola Escanaro, Brenda Schmitt, Ghislaine Thomsen, Debbie & Bill Mercer

Chapter Leaders: Jan Bigbee Weesner & Jo Wood



Join Our Chapter E-Mail List

Join our chapter e-mail list to receive timely notices, writings, articles, special information and more. This is an important communication tool throughout the month for our members.

To join, send an email to: tcfkaty.messages@gmail.com. *If you signed up but haven't received emails, please send an email so that we can capture your email address correctly.*

National TCF Contact Information

TCF National Office
P.O. Box 3696
Oak Brook, IL 60522



Toll Free: (877) 969-0010
www.compassionatefriends.org

Mark Rambis
Regional Coordinator
Southern Texas

March Meeting: Listening With Your Heart

We will be doing something different during the group meeting this month; we will be participating in two ten-minute sessions of listening with our heart. This has been done at many retreats in a longer format, and all of our members will get an opportunity to develop and benefit from this mindfulness.

In April we will be holding our annual Balloon Release, a celebration of our children's lives and a message sent on the winds to our child. We hope you are able to join us for both of these meetings.

Self Help

For many of us, the monthly meeting of our Compassionate Friends Group is the only real healing time we give to ourselves. Helping ourselves on a daily basis is critical to our journey in the grieving process.



Many of us find solace in books. Others find it in movies, music, time with friends, meditation, journaling or intense spiritual conviction. Each day we should take some time to center ourselves, to find a place of peace.

If you haven't already done so, start with a quiet time of reflection and search your soul for the key to your own solace. There will still be bad, even terrible, days. The effort to help ourselves begins with knowing ourselves and finding the unique activity that soothes our broken hearts for just a little while.

Annette Mennen Baldwin

*In memory of my son, Todd Mennen
TCF, Katy, TX*

Loving Listeners.....Phone-A-Friend

TCF Katy has established a phone-a-friend list for parents who want to talk with someone who shares a similar loss. If you would like to volunteer to be a phone-a-friend, please contact Annette Baldwin.

- Accidental Death of Child Living at Home Jo (281) 347-1027*
- Loss of an Adult Child.....Annette (281) 578-9118*
- Only Child.....Annette (281) 578-9118*
- Murdered Child..... Robin (281) 851-5425*
- Neonatal Loss.....HAND (832) 752-1919*
- Death of Teenage Child..... Brenda (281) 804-7087
Jo (281) 347 1027*
- Accidental Death of Adult Child.....Annette (281) 578-9118*
- Death from long term illness.....Karen (832) 746-0279*
- Special Needs Child..... Neela (281) 579 1262*
- Suicide.....Sherrie (281) 579-7741*
- Support for Fathers.....Albert (832) 885-4741*

In Memory of our Beloved Children

Memorials Given by:

Robin Conner
Ghislaine & Henrik Thomsen
Yash & Sue Bhandari
Terion Peloquin
Jeff Moore
Paul Stack & Elisa Mora

In Loving Memory of:

Christopher & Dawn Wilson
Andrea Thomsen
Ashwin Bhandari
Colton Peloquin
John Moore
Patricio Aguilar

Thank you for your donation to The Compassionate Friends, Katy, TX Chapter

Our chapter is operated entirely by volunteers dedicated to furthering the work of TCF. Your voluntary, tax deductible donations honor your loved one in a meaningful way by enabling us to print and mail this Newsletter and meet other expenses involved in reaching out to other grieving families. Donations along with the name of the person being honored may be sent to:

Lisa Leanard
13814 Wheatbridge Dr
Houston, TX 77041



Birthday Table

If your child's birthday is in March or April, please bring a picture or memento to our March meeting to share with the group. In April and December we ask that you bring your child's picture for the birthday table in the month before or after the actual event. We hold our balloon release in April and our Annual Candle Lighting Ceremony in December.



Special Small Group Meetings For Parents Whose Child Was Lost to Suicide

The Katy Chapter of TCF has a unique program for parents whose children died from suicide. All parents attend the opening of our meeting each month and then adjourn to their own private meeting for the remainder of the meeting.



Death from suicide usually requires additional and unique group dynamics.

This program is offered only to parents who have lost children to suicide.

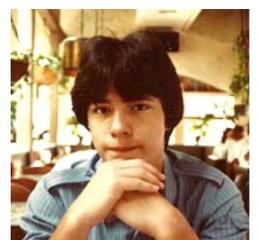
Tailored Small Group Meeting For Parents Whose Child Died From Addiction or Related Cause

By request we have established a group meeting for parents whose child died from addiction disorders, overdose or a cause of death related to the years of struggle with addiction.

You will still meet at the opening of our evening together with the entire group. Following opening remarks and special topical discussions, we will break into our small groups. If you would like to meet with this tailored group, you simply need to accompany the leader to the small group meeting room.

This is a unique group that was requested by our members.

Printed in Loving Memory Of
Todd M. Mennen
1967-2002



Grief Triggers

My Lydia had been buried. All the people staying and helping us had gone home.

I had put off going to the grocery store. The trash bags got me. There were no more trash bags. I cried. Life without Lydia was unbearable. I know it sounds silly. It seemed like everything was leaving my life with my Lydia.

I got dressed. It took me two hours. I kept forgetting what I was getting where I was planning to go. A few times I forgot about not having trash bags. Going to the kitchen reminded me.

I found my keys. After losing them a couple more times, I was in the car. The fact was I couldn't remember if I locked the door. Once I was out in the car, I didn't want to go back to the home where my daughter had died. I sat there and cried. Time passed. I can't say how long. Time really didn't matter. I was just trying to live through the next sixty seconds. I got out when a neighbor started to come over. Quickly I checked the door. Out of habit, I had locked it. The neighbor got there.

I cried. The neighbor wanted to make sure I was alright. The conversation got around to how I needed to get used to living without her. There were suggestions on how I was supposed to do that.

I cried harder. I told the neighbor that I needed to get to the grocery store. I was in the car again. The radio came on. The music playing was like a knife cutting through me. Every song for that first year seemed to remind me of Lydia. For some time, I stopped listening to the radio. There were times when I didn't even listen to it at all. This was one of those days. It took me a while to get it turn off. My hands were shaking. The radio seemed possessed. Eventually I triumphed over the radio.

Driving down the street, I saw places Lydia and I had been together. Each place had a memory. Every memory brought pain.

I cried more. I got to the grocery store. I knew a lot of people at this store. I did not know how many. Many did not know Lydia was gone. With my eyes swollen and red from constant crying, the conversation came to Lydia's death. More pain came. They did not know what to say. Many found out that day. All of them wanted to talk about Lydia.

I could not even remember why I came. One of them found some trash bags on the floor. She thought they were mine. I took them. They made me cry again. I could get them and bring them home. I couldn't bring Lydia back. More crying followed.

Then I decided to shop for needed items. Every aisle had some food or something that reminded me of Lydia. When I came to the aisle where the peanut butter and jelly aisle, I stood there crying. I would not be cooking for her that night. She would not be happy ever again to see her favorite treat.

Suddenly I remember walking toward the front of the store. One of my friends was talking to me. I saw her mouth moving. I can't tell you what she said to this day. My groceries were paid for. My friend walked me to my car. I was on my way home.

I had another fight with the radio. Somehow, I won the fight..

Getting home I found that I was crying again. I didn't want to go into the house where I found her. Breathing hurt. My whole body hurt. My neighbor was coming again. I realized this when I saw movement in my mirror. I carried in my groceries. There were quite a few of them. I had no idea why I had bought some of them.

Why am I telling you about all this pain? At Compassionate Friends in Katy, Texas, I later learned about grief triggers. I can't tell you who told me about them. Can't tell what was said about them. Grief triggers are items that when seen, smelled, touched, or remembered cause pain due to the loss of a loved one. Any person, place, or thing that reminds you that your child is gone is a grief trigger.

For the first year after your child dies, grief triggers are everywhere. How to deal with grief triggers? The answer is simple. Be patient with yourself. Allow yourself to grieve. Recognize your pain and do not belittle your feelings. Try to shop with other people for the first few months. They can gently help you get away from your grief triggers.

Grief triggers are memories. They are also reminders of our loss. They remind us of the finality of our loss. During the first year, we can't deal with that totality. It is too much; I skip grocery aisles.

People tend to want you to get over it and move on about the third month. They don't realize that you have suffered a loss like no other. Unless they went through it, they cannot understand it. Making it worse is that there is an awkwardness as they struggle for words.



Parents of Younger Children Meet in Private Group

If your child was still a minor and living at home...whether your child was two years old or 17 years old, the experience of your child's death at this young age is unique. Many parents of younger children have requested their own group to discuss their loss and establishing a new normal without their younger child.



Grief Triggers (Continued)

How do you deal with people? Recognize they care for you. The ones that do not love you will leave your life. I left everyone except one of my friends behind. You will lose some people. Know this. I think that some people are supposed to leave your life. Thinking of it as destiny helps. Some people cause more harm than good. Even the ones that care will say things that hurt you. Know that if they stay, they love you. Those are the friends that are more like family. One of my friends still talks with me every day.

Tell people when you can't talk about your child. The pain is so raw. It is horrible. The finality that you are dealing with. Your mind will take a couple of years to get a new normal established. That is fine. It is your grief. You need to do what you feel is best for you.

If you feel the need to talk with someone about your child, find a friend or family member to do that with. For some this is too much. Talk with someone from the Compassionate Friends. Funeral homes offer help lines in most cases. If yours does not, many jobs do.

Some things that helped me were making a schedule, checking off things that I had done, cleaning all my closets out, walking at the park, moving out of my house, drinking water, and being patient with myself.

Just picking up a glass of water, looking at it, taking a sip, feeling the temperature of it, and then putting it down helped. It allowed a second or two of focus. It was a small break from the pain. Annette Mennen Baldwin made these suggestions to me.

Whenever the pain became too much, she was always there for me. We would talk. I always had a plan. Simple little things that helped me through to a place that I would be able to function again. That is Compassionate Friends.

*Glenda Perez
In Memory of My Lydia
TCF, Katy, TX*

Resources Available to Our Members

Resources of all types are available to our members. We include these in the monthly newsletter and strongly recommend that, in addition to Compassionate Friends, newly bereaved parents avail themselves of one or more of the many retreats, programs, etc., that are available in the Houston area.

If you know of a special resource, please let Annette Baldwin know about it so that it can be included in our monthly newsletter.



Surviving the Loss of our son Dustin.....

April 6, 1990 – December 15, 2014

Days turn into weeks, and weeks into months and months into years...

My husband, Bill, Dustin's dad, and I just made it day by day, then weeks, months and now years. After the funeral was over, and everyone went home, now what? When a child dies, we as parents don't know what to do. Our employer offered counseling; so we decided to see a counselor. I think it helped us some, just telling someone our sorrow. But did she get it? I mean she hadn't lost a child. I attended a grief session at our local church, but it just wasn't for me. Everyone had lost a spouse...I HAD LOST A CHILD.....



Our counselor told us about The Compassionate Friends Support Group. However, she said they used to have one in our area, but they were not hosting meetings any longer. I researched online and found several in the Houston area. Bill agreed to go since it was an hour away and he didn't want me driving alone in Houston. We attended our first meeting two months after Dustin passed away. The first meeting came with a lot of emotions, but it was the first time that we were able to really talk about what had happened to us and we were among other parents who understood. Since I wanted to attend as a couple and this meeting only had women, I wanted to try another Compassionate Friends Meeting. We attended our second meeting in Katy, Texas, the next month and the meeting had men in attendance. On our 1 1/2 hour drive home, we told ourselves maybe we do have hope to survive this unimaginable child loss.

As the weeks turned into months, we read in a newsletter about The Compassionate Friends National Conference in Dallas, Texas.



"A place where you can go and know that you truly are not alone as you travel your grief journey." We attended and indeed found love, friendship, understanding and hope. Bereaved parents share an unspeakable bond. There is no greater bond than the connection between parents who understand the agony of enduring the death of a child. I think the greatest moment was when one presenter acknowledged that we had experienced

a great trauma: the death of our child was traumatic.

As months turned into two years we continued to attend the Compassionate Friends meetings, and I went to a Mothers' Memories Retreat for mothers grieving the death of a child. It was a therapeutic retreat shared by bereaved moms. Bill and I went to our 2nd conference in Scottsdale, AZ. At this conference we didn't only see people surviving, we saw people, like us, bearing this horrific pain, and "thriving" even with the pain.

Going into the third year we have started to "thrive". We are traveling again, we continue to attend our "Dustin Meetings" (Compassionate Friends meetings) and even started volunteering to help other bereaved parents at local Compassionate Friend Events. We have purchased our flights for our "Dustin Vacation", (3rd Compassionate Friends National Conference) and I am registered to go to a mother's scrapbooking retreat. Dustin's death is not gone, and we do not have to let go of it; we do not need to get over his loss, we are learning to live with it as it is a part of us now. Knowing that, not only can we survive, we can thrive.

*In loving memory of Dustin Edward Mercer,
Debbie Mercer
TCF, Katy, TX*



Journaling to Heal

Each time I look back over my grief journey, I remember the important role that journaling played in my first and second years of grief. Handwritten entries, some sentences, sometimes just a few words describing my emotions, helped me to define where I was in my daily life. As I review the tear-stained pages, I am reminded of the deep, deep pain and the catharsis of the journal. Whether I was angry, in pain, deeply depressed or just too exhausted to think, I wrote a few words, maybe even a few lines each day. I saw it as my connection to my son.



As time progressed, my journaling became writing and eventually I returned to the computer and began forming coherent thoughts and sentences, with subjects and messages to my child, myself and to others. But the process started with the healing of the journal. I learned to be very honest with myself in my journal because I never shared it with anyone. I didn't put on a mask or rationalize in my journal, as no one else would be reading it. I was completely candid, and I soon recognized my weaknesses, regrets, strengths and successes. Pure honesty and great insight were achieved in my journal's conversation with myself.

Grief therapists recommend journaling to bereaved parents quite frequently. Some people are able to find an outlet for their daily roller coaster of emotions through journaling. Some seek answers and others seek questions. Many parents feel they are connecting with their child through their journal. There are as many reasons to journal as there are types of journals.

While journaling may not be for everyone, we encourage each of you to at least attempt it for a week. Give it your best effort. If, as some have found, it offers you nothing and is a chore, not a treasured time, then stop and seek other forms of outlet. But if, as many have found, it offers you a place for your thoughts, your messages, your self-revelation and self-evaluation as well as a refuge from the world, then by all means, continue to journal.

*Annette Mennen Baldwin
In memory of my son, Todd Mennen
TCF, Katy, TX*

"The worst type of crying wasn't the kind everyone could see--the wailing on street corners, the tearing at clothes. No, the worst kind happened when your soul wept and no matter what you did, there was no way to comfort it. A section withered and became a scar on the part of your soul that survived. For people like me and Echo, our souls contained more scar tissue than life."

— Katie McGarry, *Pushing the Limits*



Updates for Newsletter Delivery

Each year in March, we remove names from our US Mail list and add these to our email list. This occurs at least two years after you have attended your first meeting. The reason we do this is the cost of postage and printing for our rapidly growing chapter of The Compassionate Friends.

If you have an extenuating circumstance (no computer access, vision problems, inability to read on a computer), please let us know and we will retain you on our US Postal mailing list. Please call or send an email to Annette Baldwin at 281 578 9118, tcfkaty.messages@gmail.com if you do NOT want to be removed from the US mail list.

This change began this month (March 2017). In two months time, we will be making the changes on our Children Remembered list for parents who have moved away or moved forward in their lives and no longer want their child included in our listings.

Never Forgotten

You have been gone for over ten years now but can never fade away.
Our thoughts always try to hold you close and draw your beautiful face
Ever nearer to our hearts so that you will always dwell with us
In constant harmony with our dreams and future aspirations!

They say that grieving parents keep the loving memories of lost children
For eternity and we know that it is a true fact for those of us who are left
Here on this earthly plane to mourn for our dearly departed.
Our love for you will always be a living and breathing part of us.

Robin, I named you after the bright and bold birds that nested at our home
In Sarnia, Ontario where you were born and the name suited you
Because you were a bright, perky little urchin with a mop of curly hair
And an audacious smile that lit up your whole face.

We did not know that we would see you grow up with a dread disease
That caused you to be wheelchair-bound by the time you were thirteen,
Be hospitalized due to an abscess on your buttock and that some
Medical negligence would take your life at the tender age of twenty-five!

As we say at The Compassionate Friends our beloved children are gone
But never forgotten and treasured in our memories throughout our lives.
The grief never lessens but changes as our journey through life continues,
Making us better and stronger people

*Neela Sen
In memory of my son, Robin Sen
TCF, Katy, TX*

“Grief does not change you, Hazel. It reveals you.”

— John Green, *The Fault in Our Stars*

“You care so much you feel as though you will bleed to death with the pain of it.”

— J.K. Rowling,
Harry Potter and the Order of the Phoenix



Birthday Memories

Keondre was such a sweet and happy kid. He had a beautiful smile that brightened everyone's day. His strength, courage, and positive attitude are some of the reasons why he is my hero. Keondre battled cancer like a champ, he never complained about anything.



He loved his family and enjoyed spending time with everyone. Never has one boy touched the lives of so many as Keondre did. He was truly the jewel of our family. There hasn't been a day since we lost him that he isn't thought about. To know him is to love him.

Happy Birthday Keondre!!!
We love and miss you so much!

*Traci Dugas
In Memory of our son, Keondre Viser
TCF, Katy, TX*

Memories

The certain special memories
That follow me each day,
Cast your shadow in my life
In a certain way.



Sometimes the blowing wind
Or the lyrics of a song
Make me stop and think of you
Sometimes all day long

Memories are good to have
To share and keep in my heart,
Just knowing that you're still inside
Makes sure we'll never part.

*Collette Covington
TCF Lake Charles, LA*

Meeting begins at 7:00 PM
Doors Open at 6:30

Meeting: March 14, 2017
Topic: Listening with Your Heart

Return Service Requested



13814 Wheatbridge
Houston, TX 77041

The Compassionate Friends