

## Newsletter of the Katy, TX, Chapter



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

September 2013



**Chapter Leaders**  
Newsletter Editor  
Treasurer

**Melinda and Glen Ginter**  
Annette Mennen Baldwin  
Lisa Leonard

(281) 492-1262  
(281) 578-9118

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.

### \*\*\*September Meeting\*\*\*

**When: Tuesday, September 10, 2013**

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



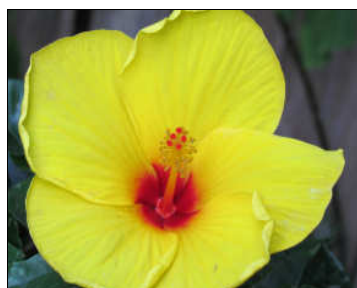
**Program: Guest Speaker: Scottie Holton—What to expect from grief counseling**

#### **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 August:***

Susan Fethke whose son, Adam Daniel Horton, died in July 2013

***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**

September 2	Austin Joseph Becer, son of Joe & Cindy Becer
September 5	Nicholas Irwin Kenefick, son of Maureen Irwin
September 8	Brian Wood, son of Michael & Jo Wood
September 8	Monica Anne Frederick, daughter of Dorothy Frederick
September 9	Troy David Murphy, son of Kimarie Linehan
September 10	Adam Daniel Horton, son of Susan Fethke
September 12	Jennifer Ann Roberts, daughter of Joe & Linda Roberts
September 16	Stephen Paul Rider, son of Sharon & Don Sackreiter
September 18	Myron "Spencer" Kinley, son of Karl & Melinda Kinley
September 19	Roxanne Rene Rangel, daughter of Georgina Rangel
September 22	Laura Eliska Swails, daughter of Markey Swails
September 25	Kelly Brienne Leasher, daughter of Brian & Joyce Dakin
September 26	Andrew Ryan Houghton, son of George & Cindy Houghton
September 27	Sonya Ann Cunningham, daughter of Jean McKinney
September 30	Travis Austin Welch, son of Kelly & Lance Golemon and brother of Kristen Hundley



### **Anniversaries**

September 2012	1 Year	Ryan Anthony Cross, son of Mike & Charlotte Cross
September 2010	3 Years	Sean Wyatt Sanders, son of Kathi Wyatt-Sanders
September 2001	12 Years	Rein Gregory Henderson, son of Rick & Kim Bozeman
September 2012	1 Year	Johnny "Bryan" Hoover, Jr., son of Bonnie Guillot. Brother of Renae Morgan
September 2004	9 Years	Gregory Jackson, son of Doug & Christine Jackson
September 2010	3 Years	Joe Michael Cabellero, son of Rosie & Eddie Caballero
September 2004	9 Years	Jennifer Ann Roberts, daughter of Joe & Linda Roberts
September 2007	6 Years	Jakob Heath, son of Dawn Lovell
September 2006	7 Years	Nicholas Christopher Sayles, son of Scott & Vickie Sayles
September 1999	14 Years	Laura Bear, daughter of Don Cagle
September 2010	3 Years	Isabella Ramirez, daughter of Natalie Ramirez
September 2006	7 Years	Sean Patrick McElroy, son of Jan & Pat McElroy
September 2006	7 Years	Gregg Lanier Holland, son of Carolyn Montgomery
September 2010	3 Years	Christopher Charles Dunlap, son of Cindy & Lloyd Dunlap



*During your child's birth month, you are invited to bring a special photograph or Keepsake of your Loved one to share with the group. If you are unable to attend the meeting during your loved one's birth month, please feel free to choose another month to share with us.*

## **Katy TCF Volunteers**

**Welcome Cards to new members**—Joyce Dakin  
**Cards for remembrances**—Robin Larsen  
**Newsletter**—Annette Mennen Baldwin [amennenbaldwin@hotmail.com](mailto:amennenbaldwin@hotmail.com)  
**E-mail to group**—Annette Mennen Baldwin— [tcfkaty.messages@gmail.com](mailto:tcfkaty.messages@gmail.com)  
**Publicity & E-Mail correspondence**—Annette Mennen Baldwin  
**Picture Buttons**—Annette Mennen Baldwin  
**Contacting Newly Bereaved Parents**—Joyce Dakin  
**Holiday & Craft Projects**—Joyce Bode  
**Welcome Packages & Meeting Room Set up**—Sherrie Schurman  
**Library**— Jan Bigbee-Weesner  
**Web Site**— Lee Schurman  
**Treasurer 2013**—Lisa Leanard—[lisleanard@sbcglobal.net](mailto:lisleanard@sbcglobal.net)  
**Snacks**—Susan Archer – [ainasusan@yahoo.com](mailto:ainasusan@yahoo.com)  
**Memorial Bench Maintenance**—Delia Granado  
**Group Facilitators** - Rhonda Vonas, Albert Tapia, Robin Conner, Lisa Leanard, Annette Mennen Baldwin, Jan Bigbee-Weesner, Melinda Ginter  
**Chapter Leaders**—Melinda & Glen Ginter



## **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](mailto:tcfkaty.messages@gmail.com)

## **National TCF Contact Information**

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

**Toll Free: (877) 969-0010**  
**[www.compassionatefriends.org](http://www.compassionatefriends.org)**

Annette Mennen Baldwin  
Regional Coordinator



## What To Expect From Private Counseling: Scottie Holton to Speak with Our Group

Our September 10th meeting will include a special guest speaker who will be discussing private counseling and what bereaved parents should expect from this effort. Scottie Holton, LPC, will be providing information for our group regarding the process of counseling, what to expect and how to set goals for yourself in counseling. Many of our members know Scottie, and our group is comfortable with her gentle discussions of the many topics which impact us on our grief journey.



We especially encourage newly bereaved parents to attend this meeting in order to weigh the option of private grief counseling as a tool on your grief journey.

Scottie will be available to answer questions after her presentation which will last about 30 minutes. We will then adjourn to our small group discussions. Each year we invite Scottie to speak to our group in order to reach the newly bereaved and also to provide possibility thinking for members who may have stumbled a bit on their grief journey.

## Walking the Lonesome Valley

One of my favorite gospel songs is "You've Got to Walk That Lonesome Valley" which is attributed to various composers in the early 20th Century but appears to have been written by Woody Guthrie. Many adaptations have been made to the words, yet all seem to fit.

This gospel song is particularly poignant for bereaved parents. We must take our grief journey alone. We must take our grief journey on our own terms and in our own way. I found myself humming and then singing this gospel song after my son died over ten years ago.

I was never really alone in this lonesome valley; however, many are taking this same walk, in their own ways and on their own terms. In TCF, we learn from other parents who walk the lonesome valley. We receive hope from those who take this journey with us. Some bereaved parents choose to return to the darkest places in the lonesome valley and help our newly bereaved parents as they define their own personal journey. Gradually, after thousands of steps, the bereaved parent comes to the place of resolution and emerges from the valley into the gauzy sunlight of hope and peace.

Reach out for assuring words and thoughts and ideas and hope. Take comfort in knowing that each of us has walked the lonesome valley. You gain insight and understanding from the wisdom and experiences of those who have walked this valley before you. But you determine the nature of your journey through this valley.

"You've got to walk that lonesome valley  
You've got to walk it by yourself  
There's no one who can walk it for you,  
You've got to walk it by yourself."

*In memory of my son, Todd Mennen  
Annette Mennen Baldwin,  
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.

- Loss of an Adult Child.....*Annette (281) 578-9118
- Only Child.....*Annette (281) 578-9118
- Murdered Child.....* Robin (281) 851-5425
- Neonatal Loss.....*HAND 832 615 2006
- Death of Teenage Child.....*Joyce (281) 858-4551 or  
Brenda (281)804-7087
- Accidental Death.....*Annette (281) 578-9118
- Death from long term illness.....*Karen (832) 746-0279
- Support for Fathers.....*Albert (832) 885-4741
- Special Needs Child.....* Volunteer needed
- Suicide .....*Rhonda (832) 282-7773  
Cathy (832)-746-1980



## Birthday Table

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



## Inner Loop Houston Monthly Meeting

The September monthly meeting of the Houston inner Loop Chapter is scheduled for Tuesday, September 17, 2013.

Topic: "Ask-It Basket" - Group members will write questions on pieces of paper which will be put into a basket. The leader will draw questions one at a time, read aloud to the group, then ask for volunteers to respond to them. Questions can be anything on the subject of grief and the death of a child

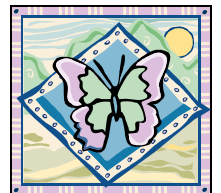
Meeting time is 7:00 to 8:30 p.m. (Newcomer/Newly Bereaved meeting starts at 6:30 p.m).

Inner Loop Houston monthly meetings are held at the First Unitarian Universalist Church, Fireside Room, 5200 Fannin, Houston, TX 77004.

## 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.



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



## FEELINGS

Her clothing is folded in tidy array  
How it was left is how it will stay.  
Her desolate dresser silently weeps  
In the still of the night, when everyone sleeps.

The closet continues to guard and protect  
Items hanging on hangers, forlorn with neglect  
The bed she adored, where she bounced high with glee  
Cries invisible tears when no one can see.

The bathtub she splashed in will not again see  
Someone who will love it as fiercely as she.  
It sits idle now, no longer a "star"  
And asks (in its way) if I know where you are.

The house that she lived in, the yard where she played  
Are missing the landscape of love that she laid.  
Her numerous playthings, her once favorite toy  
Languish mournfully now without any joy.

This dwelling called "home" has relinquished its heart,  
That gift from the one who was forced to depart.  
Now it withers from grief—is spirit extinct  
and we watch through our tears as the walls seem to shrink.

Our angel was gone in the blink of an eye  
She took the light with her that day in July.  
Yet now there are times when my heart feels her near  
Then I know she's not left me ... her love is still here.  
(For Tracey, Always)

Sally Migliaccio  
TCF West Islip, NY

## Benchmarks

Good bye would be too difficult,  
Although I know you are gone.  
Instead, I keep you in my heart  
And your memory lives on.

I have redefined my purpose, son,  
Since you are no longer here.  
With your death I faced a choice  
To die, exist or to live free.

My life has changed forever, child,  
I'm redefined each week,  
You would call these "benchmarks"  
Of goals set and then achieved.

And so I set my benchmarks,  
Achieving many, reshaping some...  
But everything is different now  
Except your mother's love.

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

## Don't Steal My Grief

Don't try to make me feel better,  
By quipping your cute jokes.  
Don't try to rob me of my pain,  
When I need it as my cloak.

I know you probably think,  
You're doing me a favor,

But what you don't understand,  
Is that my sadness is my savior.

Don't try to steal my right,  
To express my grief in my own way.

You see, I lost my child,  
And grief is the price that I must pay.

I need to feel the hurt and pain,  
As it beats inside my chest.

Don't try to steal my grief,  
When it's the only feeling I have left.

Faye McCord  
TCF Jackson, MS  
In Memory of my son, Lane McCord

## Compassionate Friends Webinars

As bereaved parents, we know that there are times when there are no words to describe the depths of our pain and devastation. Especially during the holiday season, on birthdays and anniversaries and other special occasions, we seek answers, solace and peace.

Check the Compassionate Friends website at [www.compassionatefriends.org](http://www.compassionatefriends.org), click on news and events, then search for Webinars. Upcoming webinar events will be listed; some dates will be listed. When you see a webinar you in which you would like to actively participate, just click and register.



### Picture Buttons

Picture buttons are free to our members. These are buttons that are made with various pictures of our children on them. If you would like a picture button, e-mail the picture you would like on the button to Annette Baldwin. If you have a digital output or an original photo that you want used, bring this to a meeting. Annette will scan photographs and create a digital print out. Digital (paper-not photographic paper) print outs are used on the buttons. We encourage our members to have at least one picture button of their children. There is no charge for this.

### Subscribe to TCF Magazine

*We Need Not Walk Alone*, the Magazine of The Compassionate Friends is published quarterly for bereaved parents and professional grief counselors. This is a beautiful publication which has a full color picture of a different butterfly on the cover each quarter. The writings and information in the magazine are tailored specifically for bereaved parents and siblings. The cost is \$10 per year.

To subscribe to the printed version of the magazine, write or fax our national TCF office:

The Compassionate Friends, Inc.  
P.O. Box 3696  
Oak Brook IL 60522-3696  
Phone: (630) 990-0010  
Fax: (630) 990-0246

To receive an email version of the magazine, *We Need Not Walk Alone* as well as the emails from TCF National, go to the website, [compassionatefriends.org](http://compassionatefriends.org) and click on the home page at the top "Sign up for National Publications." There is no charge for this.

"As long as I can I will look at this world for both of us. As long as I can I will laugh with the birds, I will sing with the flowers, I will pray to the stars, for both of us."

~ Sascha Wagner

"A real friend is one who walks in when the rest of the world walks out."

~Widely attributed to Walter Winchell



## When Words Become Gifts

On Thanksgiving Day, 1994, two of my three young adult sons, Erik and David, were killed in a freak car accident. Years after the accident, my husband and I were at David's college alma mater for a holiday event. I was in the dessert line when a woman came up to me and said, "I saw your name tag—are you David Aasen's mom?" After doing a double take (it had been some time since I had been asked what used to be a rather common question), I replied with much appreciation, "Yes, I am!" With those three, almost magical, words this person gave me five gifts.

Her first gift was saying David's name. Instead of just thinking to herself, Hmmm, I bet that's David Aasen's mom but I better not say anything, she said something. Her second gift was sharing a story with me about how her daughter, a classmate of David's, still treasures the friendship she and David shared. Acknowledging that I'm still a mom was her all-important third gift. While my sons' deaths have resulted in my becoming a bereaved mother, death cannot take away the fact that I am, and always will be, Erik and David's mom.



The fourth gift was permission to share a bit of my grief journey with her. Since their deaths, I explained, there haven't been any truly easy, carefree, feeling-on-top-of-the-world days, but taking each day as it comes has been the most "doable" way for me to go on. Her questions and manner did not make me feel obligated to cover up my grief and was the fifth gift. I felt valued for my honesty and my integrity remained intact.

The warmth of those five gifts has lingered on in my heart and has comforted me. As I reflect on the experience, I marvel at how just a few simple words had such an impact. I have come to the conclusion that most bereaved parents want nothing more than the opportunity to talk comfortably with others about their children. Just being able to share stories about our sons and daughters in a safe place, along with the permission to mourn in our own way and for as long as we need to, even for a lifetime, is what matters most to us.

The real treasure comes when others introduce our children's names and stories into an everyday conversation. Knowing our sons and daughters are remembered and live on in the hearts and lives of others is a measure of the meaningful legacy that our sons and daughters have left to us and to the world.

*Nita Aasen  
In memory of my sons, Erik and David Aasen  
St. Peter, Minnesota*

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"In the night of death, hope sees a star, and listening love can hear the rustle of a wing."  
~Robert Ingersoll

## 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. This information could be very valuable to one or more of our members.

### Webinar Archives—A Great Resource

The Compassionate Friends national website offers resources that are available whenever you need them. One such resource is the archives of the webinars that have been recorded over the past two years. Here is a list of what is available now. Simply go to [compassionatefriends.org](http://compassionatefriends.org) and click on the webinar archives under resources.

#### *When Your Child Dies from a Substance Related Cause*

Presenter: Barbara Allen (Recorded March 21, 2013)

#### *Children's Grief in Today's World*

Presenter: Hazel Woodward (Recorded February 21, 2013)

#### *On Becoming Childless*

Presenter: Marie Levine (Recorded January 23, 2013)

#### *The Nation Mourns and Together We Heal*

Presenters: Dr. Gloria Horsley, Dr. Heidi Horsley, and Pat Loder (Recorded December 19, 2012)

#### *Dreams a Blessing in Disguise for the Bereaved*

Presenter: Carla Blowey (Recorded December 10, 2012)

#### *Handling the Holidays*

Presenter: Darcie Sims (Recorded November 7, 2012)

#### *A Father's Grief*

Presenter: Dennis Apple (Recorded October 23, 2012)

#### *Grief and Today's Family*

Presenter: Scott Davis (Recorded September 19, 2012)

#### *Seven Dos and Don'ts for Staying Connected as a Couple During Grief*

Presenter: Chandrama Anderson (Recorded August 10, 2012)

#### *Siblings Grieve Too*

Presenters: Drs. Gloria and Heidi Horsley (Recorded May 16, 2012)

#### *Coping with Guilt During Bereavement*

Presenter: Dr. Bob Baugher (Recorded March 8, 2012)

#### *Caring for Your Health While Grieving*

Presenter: Dr. Coralease Ruff (Recorded February 9, 2012)

#### *Getting "Stuck" and "Unstuck"*

Presenter: Vicki Scalzitti (January 18, 2012)

#### *Handling Grief Through the Holiday Season*

Presenters: Drs. Gloria and Heidi Horsley (December 12, 2012)



### *In Memory of our Beloved Children*

#### Memorials Given by:

Glen and Melinda Ginter  
Robin Conner  
Joyce Dakin

Lee & Sherrie Schurman  
Markey Swails  
Sharon & Donald Sackreiter

#### In Loving Memory of:

John Robert Ginter  
Christopher & Dawn Wilson  
Kelly Brianne Leasher  
Jamie Lynn Leasher  
Sandra Schurman  
Laura Eliska Swails  
Steve Rider

**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 Leonard  
13814 Wheatbridge Drive  
Houston, TX 77041

## Grief: A Lifelong Process

When my son was killed I was certain that I would die. My life went on autopilot, my heart was broken, my will to live was gone and I could see no meaning in the world. Six months later I was still in a bad place. I could not vary from a routine, I became angry very easily, I rarely laughed and I didn't communicate with many people.

On the first anniversary of my son's death I was a zombie. I dreaded the day. I remembered the last conversation; I went over his death in my mind a thousand times. I started asking myself what if I had done this or that....would my child still be alive? I felt a misplaced guilt that was sadistically hammered home by the wrongful death lawsuit of my former daughter in law and her accompanying attitude that can only be described as purely malevolent. My husband, who was driving the vehicle when my son was killed, spent hours in self-recrimination, hours with attorneys doing depositions, hours quietly sobbing and my response was that we had to buck up. We had no choice. I hardened on the exterior, but inside I was broken into pieces.

I continued to go to Compassionate Friends meetings, became active in our chapter and read books on grief, death, dying and coping strategies. I leaned heavily on my Compassionate Friends as I endured the pain of losing my son and any possibility of a normal relationship with his children. I know the excruciating pain of intentional cruelty and the radiant warmth of compassion.

18 months after my son was killed, I decided that I had to quantify my progress. I began to soften, to give positive reinforcement to those around me. I reached out to others. I stopped thinking of the negatives within myself and began searching for the positives. I began taking down my emotional wall and allowed some people inside.

It has been 3 years and 3 months since Todd was killed and, in hindsight, I can see the progress I have made. Initially each step was difficult. Now I move forward much like an amputee, progress is steady, but it is slow. I will never be the same again. A part of me has been confiscated by death. This is my reality.

I can laugh now, I can enjoy other people, I can see the beauty in each child I meet, each sunrise and each day. But I can also see and acknowledge the ugly side of this world. There is much cruelty in our world. There is much sadness. Some days I focus on the beauty and joy and some days I look at the cruelty and ugliness.

I have discovered that grief is a lifelong journey. Our children are with us forever. I close my eyes and see my son. I dream of him at night; our conversations are very interesting, very reassuring. He is with me. And because I always told him that the world is what you make of it, then I must also tell myself the same thing. My world is what I make of it.

Yes, I still grieve. I still miss my child. To hear his voice would be a gift worth more than my life. But I have my memories....memories of raising a beautiful son who became an exceptional man. Our time together was the most meaningful experience of my life. I knew it then, I know it now. There is a void in my life that will never be filled.

My world was never perfect. It certainly will never be perfect. Each day I ask myself what kind of day I want this to be. Sometimes I choose a bad day. My sadness overwhelms me and I choose to exorcise it with a bad day. I have the right to have a bad day: my only child is dead. But these days I usually want it to be a good day.....the kind of day my son would have enjoyed.

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



## Articles & Poems For Our Newsletter

If you would like to submit a poem, a writing or a brief article (no more than 800-825 words) about your child or your grief journey for publication in our Katy Compassionate Friends newsletter, e-mail your work to Annette Mennen Baldwin at [amennenbaldwin@hotmail.com](mailto:amennenbaldwin@hotmail.com). We encourage our members to share their memories and thoughts with all of us.

## Add A Page To Our Chapter's Memory Book

We encourage each of our members to add a page to Chapter Memory Book....a page devote to your child. If you would like to include your child in this album, the page size is 8 1/2 x 11. If you have questions, contact Annette Baldwin.

## Check Out Our Library

Our TCF library has many books, tapes, CDs and DVDs for our members. Each one has been carefully selected by a member of our TCF Chapter. The library is available for browsing before and during our meeting. Jan Bigbee Weesner is our librarian, and our steering committee has devoted much thought to the many books and our media in our library.

## Email of Chapter Newsletter Offered to Members

Our TCF Katy Chapter newsletter is available in a PDF format as an email document for those who would prefer to receive this instead of a paper copy. If you do not read the printed copy, we unnecessarily spend chapter resources. If you would like to make the change, simply email Annette Baldwin at [tcfkaty.messages@gmail.com](mailto:tcfkaty.messages@gmail.com). This is an *option, not a requirement*....many parents prefer to have the printed copy. This is your choice.

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"She was no longer wrestling with the grief, but could sit down with it as a lasting companion and make it a sharer in her thoughts."

~George Eliot

**Meeting: Tuesday, September 10, 2013**  
**Topic: Personal Grief Counseling**  
**Speaker: Scottie Holton,**  
**Licensed Professional Counselor**

Return Service Requested

Katy Chapter  
P.O. Box 45  
Barker TX 77413



**The Compassionate Friends**