



TCF - KATY Chapter Newsletter AUGUST 2021



Chapter Co-Leaders Allyson Edwards, Carolyn Porter and Ghislaine Thomsen
Newsletter Editor Ghislaine Thomsen
Treasurer Carolyn Porter

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.

***** August Meetings****

We are so happy to announce that our IN PERSON, INDOOR MEETINGS have resumed!!

Come join us the second Tuesday of each month at Kingsland Baptist church in Katy!

When: Tuesday, August 10, 2021

**6:30 PM: Doors Open
7:00 PM - Meeting begins**

Parking adjacent to Dominion Drive

Kingsland Baptist Church

**20555 Kingsland Blvd
Katy, TX 77450**

**Entrance 4 (SW side of church complex)
Rooms C-230 & C-232**

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.

**PLEASE READ:
IMPORTANT
MESSAGE**



Join our Zoom Sibling Meeting

- Thursday, August 12, 2021 @7:00 PM**
SIBLING MEETING hosted by Jill and Stephanie

SIBLING MEETING

Hosted by Jill and Stephanie

ZOOM Meeting ID: 869 6606 7161

Password: tcfsibs



Welcome

We extend a warm welcome to all our new members

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, a sibling or grandchild to death. Each of us has experienced the deep, searing pain that you are feeling now. Each of us has turned to other parents, siblings, or grandparents 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 families 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, siblings and grandparents 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, siblings or grandchildren, the wonderful memories and the various methods we have created to keep them close to us. It is here that many bereaved families 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.*

BIRTHDAYS



Hand-painted with love in Memory of Colby by his beloved Mom, Mary

1	Clayton Brooks Prine	Son of Mary & Bruce Prine
1	Laura Bear	Daughter of Don Cagle
2	Alysa Gay Wiggins	Daughter of David & Arlene Brunn
2	Taylor Ryan Brandt	Son of Paul & Julie Brandt
4	Matthew Evan Larabee	Son of Cathy Larabee
7	Samuel Arrendondo	Son of Lizbeth & Francisco Arredondo
7	Gregg Lanier Holland	Son of Carolyn Montgomery
13	Brendan Urso	Son of Kathleen & Eric Urso
15	Lillian "Lilli" Grace Curry	Daughter of Kay & John Curry
15	Mario (Mijo) Escareno, Jr.	Son of Viola Escareno
16	Johnny "Bryan" Hoover, Jr.	Son of Bonnie Guillot
18	Brett Austin	Son of Janis Austin
18	Christopher Jason Pierce	Son of Jason & Sherry Pierce
19	Tosha Danae Reese	Daughter of Jason & Sherry Pierce
19	Casey Aren Chesson	Son of Philip & Patty Chesson
21	Stephen Paul Rider	Son of Sharon & Don Sackreiter
21	Lydia Esperanza Perez	Daughter of Jose & Glenda Perez
22	Corey Demaro Renard Linwood	Son of Clifton Linwood
23	Jason Boyle	Brother of Julie Hudson
23	Jason Boyle	Son of JoAnne Moudik
23	Lauren Wiese	Daughter of Sheryl & David Wiese
25	Nicholas Roland Kaschik	Son of Rosalind (Roz) Turner
25	Solinda Ann Saladino	Daughter of Barbara & Edward Moccabee-Saladino
27	Elizabeth Anne Chamberlain	Daughter of David & Colleen Chamberlain
27	Mark Robert Leal, Jr.	Son of Michelle & Adam Duncan
30	Rodney Raymond Bradley II	Son of Rodney & Sherry Bradley
31	Robin Kumar Sen	Son of Neela & Salil Sen

ANNIVERSARIES

3	Brendan Urso	Son of Kathleen & Eric Urso
3	Taylor Ryan Brandt	Son of Paul & Julie Brandt
5	Gonash Haghsheenas	Son of Ali & Rubob Haghsheenas
5	Alysa Gay Wiggins	Daughter of David & Arlene Brunn
5	Lillian "Lilli" Grace Curry	Daughter of Kay & John Curry
6	Bishaara Jamal Kennedy	Son of Nadine Piper
6	Alisha Aleen Gonzalez	Daughter of Veronica Gonzalez
6	Christopher Jason Pierce	Son of Jason & Sherry Pierce
6	Matthew Evan Larabee	Son of Cathy Larabee
6	Jason Boyle	Brother of Julie Hudson
6	Jason Boyle	Son of JoAnne Moudik
6	Corey Demaro Renard Linwood	Son of Clifton Linwood
6	Lydia Esperanza Perez	Daughter of Jose & Glenda Perez
7	Justin Ryan Swisher	Son of Quinton & Stephanie Swisher
7	Samuel Arrendende	Son of Lizbeth & Francisco Arredondo
8	Matthias Leschly Bang	Son of Rikke Bang
8	Clayton Brooks Prine	Son of Mary & Bruce Prine
9	Mackenzie Wiese	Daughter of Sheryl & David Wiese
9	Patrick Wayne McCracken	Son of Wayne & Connie McCracken
9	Daniel Luke Lazarus	Son of Cheramie Moore
9	Misty Dawn Smith	Daughter of Terri DeMontrond
9	Lauren Wiese	Daughter of Sheryl & David Wiese
10	Nicholas Roland Kaschik	Son of Rosalind (Roz) Turner
11	Mario (Mijo) Escareno, Jr.	Son of Viola Escareno
12	Wesley Wayne Bode	Son of Joyce Bode
12	Stephen Paul Rider	Son of Sharon & Don Sackreiter
13	Solinda Ann Saladino	Daughter of Barbara & Edward Moccabee-Saladino
15	Robin Kumar Sen	Son of Neela & Salil Sen
16	Brett Austin	Son of Janis Austin
17	Stephanie Anne Favorite	Daughter of Malena & Ray Lopez
24	Elizabeth Anne Chamberlain	Daughter of David & Colleen Chamberlain
28	Stormy Sean Beck	Son of Howard & Linda Beck
32	Tosha Danae Reese	Daughter of Jason & Sherry Pierce



Hand-painted with love in Memory of Colby by his beloved Mom, Mary

National TCF Contact Information

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



Ghislaine and Henrik Thomsen
Regional Coordinators, Region 15
South Texas

tcfsouthtexas@gmail.com
713-557-6637



In 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

Cards of Remembrance -	Mary Brennan
Welcome Cards to new members -	Mary Brennan
Newsletter, Social Media &	
E-Mail correspondence -	Ghislaine Thomsen
Website -	Dustin Brennan
Picture Buttons -	Looking for volunteer
Holiday & Craft Projects -	Neela Sen
Welcome Packages -	Mary Brennan
Treasurer -	Terion Peloquin
Snacks -	Carolyn Porter
Facilities Coordinator -	Melinda Ginter
Memorial Bench Maintenance -	Neela Sen
Sibling Coordinator -	Jill Greczek and Stephanie Thomsen
Group Facilitators -	Allyson Edwards Carolyn Porter, Ghislaine Thomsen

Chapter Leaders

Allyson Edwards, Carolyn Porter and Ghislaine Thomsen
281-795-1942 713-933-9455 713-557-6637

This is my son Dylan's message to all who have suffered loss and grief. My husband Mike wrote the lyrics (but credits Dylan with inspiring him) and found a band to put music and voice to them. He contracted the cover artwork, wrote the description and composed the photos. Please select the link but I suggest reading about this song first, which appears below the video.

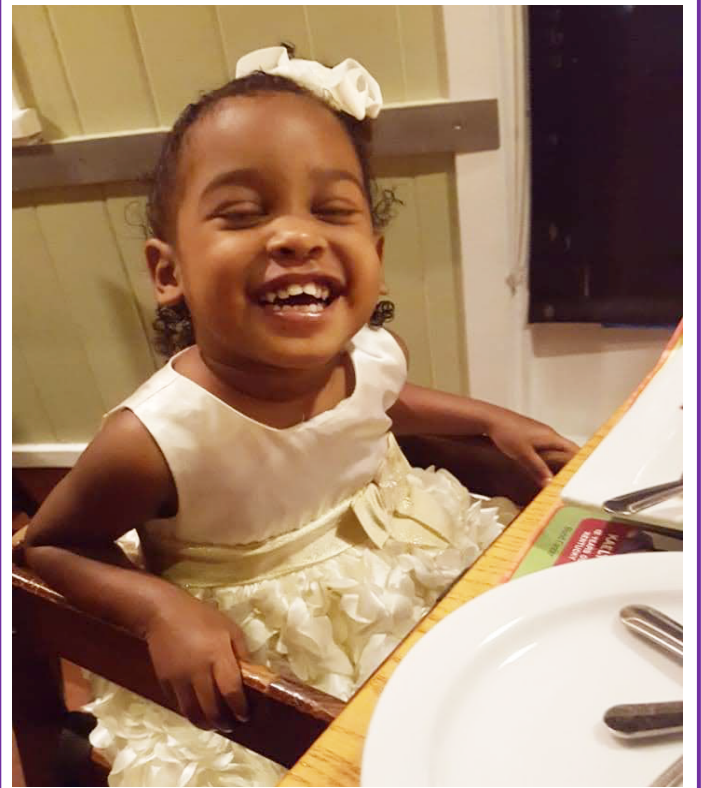
The photos of other families toward the end of the video are members of Mike's bereaved parent group Helping Fathers Heal. If you are a bereaved father or know one who could benefit from a "men only" grief group, contact mikeedwards.hph@gmail.com for more information.

- Allyson Edwards -



My sweet and lovely Norah,
We remember you everyday. We remember
your smile. Your laugh. Your humor. Your
cuddles. Your warmth.
Happy birthday moo.
We miss you.
We love you forever.

Lovingly submitted by
Norah Lynn Gracie Chavez' Mom and Dad



Birthday in Heaven

I see the tears you are crying
And the pain that's in your eyes
But please don't be sad
Because love never dies.

And though you cannot feel me hold you
Or give you a quick little kiss
The sound of my voice and the touch of my hand
Are the simple things you miss.

So please celebrate my birthday
Filled with memories and love
Just close your eyes and realize
I am celebrating in Heaven above.

And when the sorrow overwhelms you
Just pray and He will help you be strong
And you will find the peace He alone can give
Knowing I am in Heaven where I belong.

~Sallysuiter.com 2007~



I have had an interesting realization in the last few days . . . my emotional nature has changed. I recently recognized that I have moved to an emotional place where it is often very difficult to reach me.

Since losing my son and only child almost five years ago, my attempt to be “normal” and live life on life’s terms has been a day to day silent challenge. In the first year of loss it was actually anguished moment to anguished moment. But as time wore on, I found strength and resolve even though that determination often sapped my energy and drained my will. Ever-so-slowly I began to find steadiness.

But has my steadiness turned into indifference? Coldness? Did I suffer such a horrific trauma, with such a gaping hole blown through my soul, that now little brings out compassion and forgiveness in me?

In the past, many circumstances brought tears to my eyes and a welling in my heart, whether through sadness or through joy. Seeing a bride walk down the aisle, hearing my mother cry out in pain, finding out the sex of my baby, or witnessing that tough ASPCA commercial on TV are a few things that come to mind that pulled a lump to my throat and caused me to snuffle or sob silently. Also, seeing other people cry could set me off to cry. My capacity for sympathy, kindness and sensitivity was fairly predictable.

But recently I’ve been presented with situations and not felt similarly touched by those heart-tugging instances. I attended a baby shower recently and saw my friend and grandmother-to-be get emotional at watching her daughter open gifts. She was touched at the loving gestures that so many of her friends showered on her daughter. In the past, just seeing her get weepy would have triggered me to get weepy. But it didn’t. And I noticed it.

Today as I had coffee with two other friends they spoke of one of their daughters . . . a senior in college . . . who came very, very close to losing her life a year and a half ago. Thankfully she did not but she did, unfortunately, have a leg amputated. And they both welled up with tears and emotion at the thought of those dark, scary days. Instead of revisiting that fear along with them, my mind was saying, “But she didn’t die. She survived and is actually thriving pretty well right now!”

Am I so broken that all is dark inside and outside? Have I built up so much scar tissue from grief that now I’m numb? I thought learning to live with this loss might actually provide me the opportunity to become a more kind and loving individual. But deep down I also knew this life-altering event of losing my child would change me profoundly. So I don’t know why I’m surprised at this “change” in myself. Today I felt like I was grieving the part of my former self that I have apparently lost!

I guess this is another aspect of my “secondary loss” - the collateral damage that comes as a result of losing my child. Grief is way bigger than I ever understood. And now I get it; still “getting it” almost five years later. And I owe an apology to anyone who’s endured it because I truly didn’t get it; not on this level. Now I do.

*Dylan’s Mom
Allyson Edwards*

ON THE 15TH ANNIVERSARY OF YOUR PASSING

It has been 15 years since that August morning that you became an angel and no day has gone by without thoughts of you! We will always remember you as that awesome person with laughter always present in the droll jokes that you made and your great attitude toward life. You were the epitome of one whose cup was always half full rather than half empty and the image of “Mr. Cool under fire.” Everybody considered to be “a caution on wheels”, whipping around Taylor High School on your motorized wheel chair, making everyone double up with laughter with your antics and making the whole world a better place because you were in it. It has been very difficult to adjust with a life without you and there is a void in the house since you are not present anymore. We loved to shoot the breeze with you and now we can’t do that. We feel like “fish out of water” and miss the joy that you brought us. The Compassionate Friends has helped us grieve and not feel guilty about our insatiable need to talk about you to others. Here we don’t have to feel that talking about our children who have left this world too soon is a mark against us and we are surrounded with sympathetic people who are experiencing a shared pain. As TCF’s credo tells us “we do not walk alone”, whether our bereavement is recent or has been part of our existence for a long period; we are united in our grief and feel better because we have other shoulders to cry on. However, that doesn’t mean that we do not have moments of excruciating private pain when we do cry and feel overwhelmed with anguish over the departure of our beloved children.

Our beloved Robin left us at the tender age of 25, just when his life was starting to gain meaning and momentum. He was about three quarters done with his degree and planned to be a teacher just like his mother. We believe that Robin would have been an intuitive teacher with his compassion and out going attitude. He had a mercurial nature and graceful outlook on life. However, we find it painful to dwell on “what could have beens” and think positively that Robin was spared from further pain by the merciful fact that the Almighty removed him at a time when it would have hurt to linger longer in the bad physical shape he was in. Sepsis is a terrible condition that weakens the blood stream and so his demise was a relief from agony that was excruciating.

Robin is now an angel amongst the Heavenly Host and sings with other angels. We know that he is safe and happy where he is and that no one can hurt him. We can’t see him anymore or hold him but all we need to hold on to is the fact that he will always be happy. We also have to hold in mind the adage “better to have loved and lost, than never to have loved at all.” The fact that Robin lived until he was 25 and was given 5 more years to exist when the doctor predicted that he wouldn’t live past 20 was a triumph in itself.

Lovingly submitted by Robin's Mom
Neela Sen

August Birthdays

If your loved one's birthday is in August, please bring a picture or memento of your child, sibling or grandchild, during our July meeting. Tell us a few words about your loved one.

If you are grieving and looking for additional community support, Griefheal.org is another resource. They are not affiliated with Compassionate Friends, but also provide support to bereaved family. Their Actively Moving Forward (AMF) app is FREE to their users and designed to provide easy access to grief support resources.

If your family's life has been changed due to a birth injury, below is an additional resource that could be helpful.
<https://www.birthinjuryguide.org/additional-resources/support-groups/>.

SIBLINGS SURVIVING TOGETHER

We are the surviving siblings of
The Compassionate Friends.
We are brought together by the deaths of our
brothers and sisters.
Open your hearts to us, but have patience with us.
Sometimes we will need the support of our
friends.
At other times we need our families to be there.
Sometimes we must walk alone, taking our
memories with us, continuing to become the
individuals we want to be.
We cannot be our dead brother or sister;
however, a special part of them lives on with us.
When our brothers and sisters died,
our lives changed.
We are living a life very different from
what we envisioned,
and we feel the responsibility to be strong
even when we feel weak. Yet we can go on
because we understand better than many others
the value of family and the precious gift of life.

Our goal is not to be the forgotten mourners that
we sometimes are, but to walk together to face our
tomorrows as surviving siblings of
The Compassionate Friends



Special Small Group Meeting For Families Whose
Child, Sibling or Grandchild Was Lost to Suicide

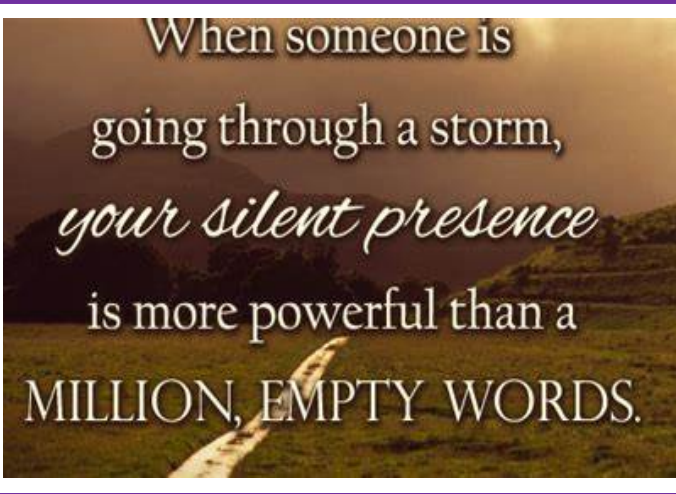
The Katy Chapter of TCF has a unique program for parents whose children died from suicide. All parents attend the opening of our meeting each month and then adjourn to their own private meeting for the remainder of the meeting. Death from suicide usually requires additional and unique group dynamics. This program is offered only to parents who have lost children to suicide.

Tailored Small Group Meeting For Families Whose
Child, Sibling or Grandchild 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 existing members. You are welcome to join this group and share your grief journey with others who have experienced a similar tragedy.

Parents of Young Children Meet in Private Group

If your child was still a minor and living at home (whether your child was 2 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 RESOURCES For Men

Bereaved dads often get overlooked when people offer comfort and solace after the loss of a child. Maybe it's because fathers tend to be more stoic and less demonstrative. But fathers grieve too. Dads miss their children just as much as mothers. Men, in general, seem to grieve more privately, mourning quietly. They may not reach out to others, whether on social media or in person, even when they are really struggling.

Helping Fathers Heal (HFH) is a "closed" support group that provides a safe, secure environment for fathers to share their struggles, challenges and successes in dealing with the loss of a child. We go a step beyond many other groups by allowing the open discussion of spiritual experiences and evidence for the afterlife, in a non-dogmatic way. All fathers are welcome, regardless of religious (or non-religious) background and we encourage very open, respectful dialogue.

In addition to a group Facebook page, HFH holds bi-weekly online Zoom meetings and membership to the facebook page is not required to attend. For more information, please contact: **Mike Edwards**
Affiliate Leader, Helping Fathers Heal
mikeedwards.hph@gmail.com
Links to more information:
<https://www.helpingparentsheal.org/groups/helping-fathers-heal/>
<https://www.facebook.com/groups/HelpingFathersHeal/>

HFH is an affiliate group of the Helping Parents Heal non-profit organization, dedicated to assisting bereaved parents to become Shining Light Parents by providing support and resources to aid in the healing process.

HFH welcomes the open discussion of spiritual experiences and evidence for the afterlife, in a non-dogmatic way. They welcome everyone regardless of religious (or non-religious) background. Helping Fathers Heal is not affiliated with The Compassionate Friends.

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.

Accidental Death of Child Living at Home :	Jo	(281) 795-3235
Loss of an Adult Child:	Ghislaine	(713) 557-6637
Only Child:	Allyson	(281) 795-1942
Murdered Child :	Ghislaine	(713) 557-6637
Neonatal Loss:	M.E.N.D	(405) 529-6363
Death of a child from Addiction or Related Cause:	Allyson	(281)795-1942
Death of Teenage Child:	Jo	(281) 795-3235
Accidental Death of Adult Child:	Ghislaine	(713) 557-6637
Death from long term illness:	Bill	(979) 709-7438
Support for Fathers:	Neela	(713) 870-7296
Special Needs Child:	Carolyn	(281) 574-5715
Suicide:	Stephanie	(713)824-0873
Sibling Loss:		



During The Compassionate Friends' virtual conference, July 16-18, I presented my workshop on **Finding a New Purpose to Life**. It has been 6 years since I have been on this grief journey, and along the way, with hard work, a lot of love and support, I have been able to rebuild my life, and find a new purpose. How did I do this?

What is grief ?

• Grief knows no boundaries! It does not discriminate! *Regardless of ethnic, cultural, or social backgrounds, GRIEF IS A UNIFIER!*
All of us WILL, in our lifetime, experience grief!

- How do we cope, when all we want to do is be with our loved one?
- Going from despair to Hope as we navigate through the grieving journey

We experience:

- **Denial**
- **Anger**
- **Guilt and Bargaining**
- **Depression resulting from grief**
- **Acceptance of the reality**



Learning to find hope

As the fog lifts and the reality sets in, it is up to us to find a new purpose to our lives.

How do we do this?

Going back to our old life isn't possible, so finding a new purpose is a healthy step towards moving forward with our grief.

- Have the will to try and decide when you are ready, but take your time
~We are all on different grief clocks in this journey~
- Take the time reflect and figure out what could bring a sense of joy, or a sense of accomplishment, so that your loved one did not die in vain.
- **Take baby steps at first, this is not a race.**
Realize that your goals can be as small as just getting out of bed or take a shower. They slowly will evolve.

To get better ...

- I went through all stages of grief, several times
- I accepted my fate
- I embraced my grief because I love Andréa unconditionally
- When those 100' waves hit me, I let them engulf me, then started swimming again.
- I realized that I would never trade the 24 years that I had with Andréa.
- I have become her voice, I say her name, she continues to live on
- I accept that others may not agree with the way I grieve but it works for me
- *My unconditional love for my daughter and the will to make some sense of this non-sense are the driving forces that help me get better and find a new purpose to life!*
- **In order to find a new purpose to life, we must accept the reality of our loved one's death. This takes time ...**
- *Do not rush through the stages of GRIEF .. Be gentle with yourself!*
- *Life can be productive again, and you can thrive.*

What are some ideas to find a new purpose?

- Establishing a scholarship fund
- Volunteering for TCF
- Volunteering for an association dear to your loved one
- Pay it forward – random acts of kindness
- Memorials – Benches, trees, parks
- Writing a book, Blogging

My daughter was killed instantly when she was hit by a semi truck, but I know that, had she not suffered from an "undiagnosed" mental illness, she probably would still be living here on earth. There is a stigma attached to her death, and finding hope and a new purpose to life has been even more difficult.

Families grieving after a stigmatized death, such as suicide, the disease of addiction, mental illnesses, or murder, receive much less support, and it makes finding a new purpose to life much more difficult. It may take a longer time, that's ok.

David Kessler, in his book, **"Finding Meaning"**, says that we have to separate the pain from the suffering. Pain is a natural reaction to death, whether it's by suicide or any other means, but suffering is what our mind does to us.

Finding a new purpose to life, or finding meaning, will help you free yourself of the suffering.

David Kessler says that *love and grief come as a package deal*. If you love, you will one day know sorrow. David Kessler realized he could have skipped the pain of losing his son David if he had never known and loved him.

I, too, could have skipped the pain but knowing and loving my daughter Andréa for 24 years was worth all the pain that I have endured the past 6 years. **That realization was life changing for me.**

The grieving mind finds no hope after loss. But when you are ready to hope again, you will be able to find it. David Kessler goes on to say that Hope has a very close relationship with meaning.

*Little by little,
we let go of loss...
but never
of love. ♥*

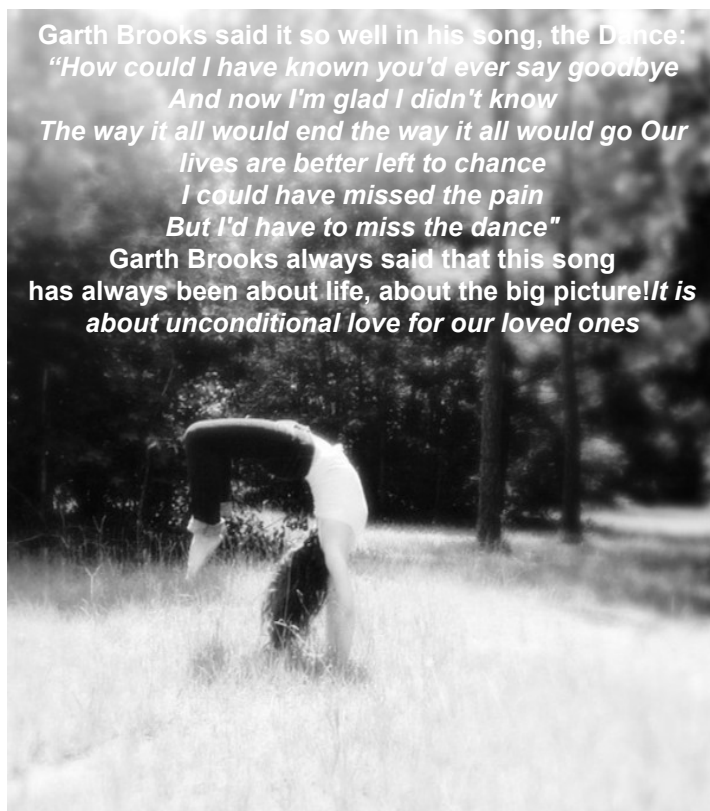
Finding meaning is finding a new purpose.

"There will come a day when the thought of your son or daughter or sibling or grandchild will bring a smile to your lips before it brings a tear to your eye! .."

**- Joe Biden -
Bereaved Dad**

Garth Brooks said it so well in his song, the Dance:
"How could I have known you'd ever say goodbye
And now I'm glad I didn't know
The way it all would end the way it all would go Our
lives are better left to chance
I could have missed the pain
But I'd have to miss the dance"

Garth Brooks always said that this song has always been about life, about the big picture! **It is about unconditional love for our loved ones**



Ghislaine Thomsen
In Honor of my beautiful daughter, Andréa

Grandparents' Remembrance

We are the grieving grandparents, the shepherds of our children and grandchildren's lives.

Our grief is two-fold and at times we feel powerless to help.

We seek to comfort our children in the depths of their grief and yet we need the time and space to face our own broken hearts.

We have been robbed of the special tender touch a grandparent shares with a grandchild and we have lost a symbol of our immortality.

As we walk by our child's side, we both give and draw strength.

We reach into their hearts to comfort them, and when they reach out to us in their distress, we begin the journey to heal together.

We continue to be their guardians.

We allow traditions to change to accommodate their loss.

We support the new ones which symbolize the small steps on their journey.

It is in their healing that our hearts find comfort.



We are changing our Newsletter distribution!

Our leadership team has made the decision to change the frequency of the newsletter. Our next newsletter will be in October, and quarterly thereafter!

Birthdays and Anniversaries will now be listed on a quarterly basis, and by month!

We encourage you to send articles, writings, poems about your loved ones, as we will continue to publish them in our quarterly newsletter.

If you are interested in becoming a newsletter editor, please contact Ghislaine at thomsen.tcfkaty@gmail.com Training is available.



The Katy Chapter of the Compassionate Friends makes free buttons for all parents, siblings and grand-parents who provide us with a picture or send a digital picture of their child. If you would like to have a **picture button** for your child, please email the digital file to thomsen.tcfkaty@gmail.com or give the picture to Allyson, Carolyn, or Ghislaine at a meeting.

Memorials Given By:
The Thomsen Family
Patrick and Mary Brennan

In Loving Memory Of:
Andréa Mary Støttrup Thomsen
Colby Brennan

**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. We hold no fundraising events, and we rely on our members to sustain our chapter. Donations along with the name of the person being honored may be sent to:

**Carolyn Porter
C/o The Compassionate Friends
10878 Westheimer Road #212
Houston, TX 77042**

When a child dies, siblings can feel invisible.

Give their grief a space to be
seen,
heard,
and supported.

HospiceWhispers.com
#31DaysWithGrief

TCF E-Newsletter

An E-Newsletter is available through the National TCF Organization. To subscribe, go to TCF's National website home page (www.compassionatefriends.org) and click on Register for E-Newsletter link.

A Note to Our New Members

Attending your first Compassionate Friends meeting can be a frightening experience. Bereaved parents are vulnerable, lost, heartbroken and fearful of the unknown. Please remember, each of us was in this same place not so long ago. Bring a friend or your spouse for support to your first few meetings. Someone from our group will talk with you and sit with you as well. We are here for you the newly bereaved. We suggest that you attend at least three meetings before deciding whether or not TCF will help you on your grief journey. You need not walk alone.

A Request of Our Longer-Term Members

Take a moment of your time today to think back to the beginning of your grief journey. It's difficult even to recall the events surrounding your child's death, let alone remember your first Compassionate Friends meeting. Yet you came, and when you arrived a sweet voice soothed your shattered nerves, talked with you, welcoming you and explaining the chapter meetings so you would know what to expect.

Someone was there for you. Many "established bereaved" were ready to give you a hug, dry your tears, hold your hand and support you as you said your child's name for the first time in an open group setting. There was a gentleness and kinship in this room that you would find no where else in the world.

Your unique perspective is needed by the many newly bereaved who enter our meetings each month for the first time. Each of these parents deserves a gentle welcome, a kindred soul upon whom they can rely. Trust is a sacred bond that gets us through the first meeting and perhaps the second and third meeting as well.

Remember who you were and all that you have become since coming to Compassionate Friends. If you can find it in your heart to give back to those who need the security of our group now, please return for them. The gift of hope is such a precious treasure.



The Compassionate Friends - Private Facebook Groups

The Compassionate Friends offers a variety of private Facebook Groups. These pages are moderated by bereaved parents, siblings, or grandparents, and may not be accessed unless a request to join is approved by a moderator. Please go to www.compassionatefriends.org , click on SUPPORT, click on ONLINE COMMUNITIES, click on PRIVATE FACEBOOK GROUPS. Please click on the link next to the group you wish to join and answer the screening questions so we can confirm your request. Please note, all three questions need to be answered in order to be approved. If you are on a phone or tablet, you will need to scroll down before hitting “submit.” If you are still waiting approval after three days, please message one of the administrators. Join requests to our Facebook groups must be requested personally, therefore when you wish to share the group with someone please pass along the link to the group.

- TCF – Loss of a Child
- TCF – Loss to Miscarriage or Stillbirth
- TCF – Miscarriage, Stillbirth, Loss of an Infant Grandchild
- TCF – Infant and Toddler Loss
- TCF – Loss of a Child 4 -12 Years Old
- TCF – Loss of a Child 13-19 Years Old
- TCF – Loss of an Adult Child
- TCF–Loss of an Only Child/All Your Children
- TCF – Loss of a Stepchild
- TCF – Loss of a Grandchild
- TCF – Sibs (for bereaved siblings)
- TCF – Loss of a LGBTQ+ Child
- TCF – Bereaved LGBTQ Parents with Loss of a Child
- TCF – Multiple Losses
- TCF – Men in Grief
- TCF – Daughterless Mothers
- TCF – Sudden Death
- TCF – Loss to Substance Related Causes
- TCF – Sibling Loss to Substance Related Causes
- TCF – Loss to Suicide
- TCF – Loss to Homicide
- TCF – Loss to a Drunk/Impaired Driver
- TCF – Loss to Cancer
- TCF – Loss of a Child with Special Needs
- TCF – Loss to Long-term Illness
- TCF – Loss After Withdrawing Life Support
- TCF – Loss to Mental Illness
- TCF – Finding Hope for Parents Through TCF SIBS
- TCF – Grandparents Raising their Grandchildren
- TCF – Bereaved Parents with Grandchild Visitation Issues
- TCF – Inclusion and Diversity
- TCF – Grieving with Faith and Hope
- TCF – Secular Support
- TCF – Reading Your Way Through Grief
- TCF – Crafty Corner

The Compassionate Friends Chapter Leadership (for anyone currently serving on a Chapter steering committee)



The Compassionate Friends
Katy , TX Chapter





**Remembering our beautiful
Children, Siblings and Grandchildren
Cherished Always
Forever Loved
You Will Remain
In Our Hearts Forevermore**

TCF - Katy Chapter
[Www.Compassionatefriends-katy.org](http://www.Compassionatefriends-katy.org)