



The Compassionate Friends

Fredericksburg Area Chapter

Supporting Family After a Child Dies

**FEBRUARY
2023**

The Mission of The Compassionate Friends: 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.

Chapter Leader's Corner

Happy February. I hope this finds you well. February is one step closer to spring!! Valentine's Day is coming. Many of us have those valentines our children made to remember our children but many of us do not for those who do not remember the excitement you experienced finding out about a new little one coming into your family. Cherish those memories.

Our meeting will be February 21, 2023, meeting will start at 7:00 PM at new Redeemer Lutheran Church, 5120 Harrison Road, Fredericksburg, VA in the Fellowship Hall.

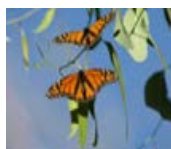
The topic of our meeting will be **"Grief and Love on Special Days."** Anniversaries, holidays and birthdays have the power to trigger memories of good times past. They remind us, sometimes painfully, that our loved one isn't here. But special days can also provide opportunities to remember the good times that were once shared with our children/siblings/grandchildren. They give us a chance to think about, talk about or take actions that honor someone who continues to be special and important. They create occasions to invite others to join our process of remembering. Please share your ways of remembering on these special days. Of course, we are here for those who have questions or just need support.

This month we are having a TCF **Fredericksburg Chapter Breakfast for Extra Support & Encouragement.** This will be February 4th. Invites will be sent out via Signup Genius. We hope to see you there.

Hope to see you there.

Healing Hugs,

Kathie Kelly
Kevin's Momma/Thc
Chapter Leader



Jill Medina
Tristan's Mom
Co-Leader

CHAPTER MEETINGS

Fredericksburg Chapter meetings are every 3rd Tuesday of each month 7:00 PM.

Redeemer Lutheran Church
5120 Harrison Road
Fredericksburg, VA 22408
(Fellowship Hall)

Next Meeting February 21, 2023, at 7:00 PM

MAILING ADDRESS

Compassionate Friends c/o Kathie Kelly
6001 Potomac Drive
King George, VA 22485

EMAIL – tcffred@gmail.com

CHAPTER LEADER - Kathie Kelly
(540) 220-4325

Chapter Leader Email – kellykathie@hotmail.com

CO-LEADER – Jill Medina
540-538-0112

Co-Leader Email: jillmedina8@gmail.com

CHAPTER WEB PAGE-
<https://tcffred.wixsite.com/tcffericksburg>

CHAPTER E-MAIL – tcffred@gmail.com

Compassionate Friends National Office
48660 Pontiac Trail
#930808

Wixom, MI 48393

Toll Free: 1-877-969-0010

www.compassionatefriends.org

E-MAIL: nationaloffice@compassionatefriends.org

UPCOMING EVENTS



Breakfast for Extra Support & Encouragement

We will be having a **Breakfast for Extra Support & Encouragement** on **Saturday, February 4th**. Below is the information:

Place: Four Season's Family Restaurant, 10660 Patriot HWY, Fredericksburg, VA 22408

Date: February 4, 2023

Time: 10:00 AM

Sign up at [Compassionate Friends Fredericksburg Chapter: Breakfast for Extra Support & Encouragement \(signupgenius.com\)](https://signupgenius.com) We hope to see you.

FEBRUARY CHAPTER MEETING

Place: Redeemer Lutheran Church, Fredericksburg, VA 22407 (Fellowship Hall)

Date: February 21, 2023

Time: 7:00 PM

The topic of our meeting will be **"Grief and Love on Special Days."** Anniversaries, holidays and birthdays have the power to trigger memories of good times past. They remind us, sometimes painfully, that our loved one isn't here. But, special days can also provide opportunities to remember the good times that were once shared with our children/siblings/grandchildren. They give us a chance to think about, talk about or take actions that honor someone who continues to be special and important. They create occasions to invite others to join our process of remembering. Please share your ways of remembering on these special days. Of course, we are here for those who have questions or just need support.

SAVE THE DATE

Hope Healing and Health
Presentation by Alan Pederson,
Angels Across America



March 11, 2023 3:00 p.m. to 6:00 p.m.
REDEEMER LUTHERAN CHURCH
5120 Harrison Road
Fredericksburg, VA 22408

CHAPTER INFORMATION PAGE

AMAZON SMILE

Unfortunately, they are ending this program
on February 23, 2023

If you shop online for gifts, please consider using
Amazon Smile. Here is the information:

Amazon will donate 0.5% of the price of your
eligible AmazonSmile purchases to **The
Compassionate Fredericksburg Chapter** whenever
you shop on AmazonSmile.

Use this link to sign up link
<https://smile.amazon.com/ch/54-1449706>

Birthday Table

We have a *Birthday Table* at our local TCF
meetings. This table is for you to share your
child/children's birthday. If you would like to
share, please feel free to display picture(s) of
your child and/or bring your child's favorite cake,
candy, or anything that you want to help share
their birthday with others who are open to
"celebrating" with you. You bring decorations
that meant something to your child, or helps you
remember that special day.

TELEPHONE FRIENDS

Having a tough day (or night)? Need someone who understands and is willing to
listen or talk, whatever your pleasure? Please call a telephone friend or write to
an e-mail friend for a conversational "hug." It helps. We are only a phone call or
quick e-mail message away.

Kathie & Keith Kelly (toddler) – 540-220-4325

Kristi Pruitt (young adult overdose/multiple children) – 540-498-7518

Jill Medina (sudden young adult)- 540-538-0112

Joan Brand-King (suicide)- (540) 288-3289

If you would like to be on this list to listen to someone who needs an ear, please
email me and let me know.

Fredericksburg, VA TCF Chapter - Steering Committee

Chapter Leader: Kathie Kelly
Co-Leader: Jill Medina
Sibling Coordinator: Vickie Headley
Treasurer: Jill Medina
Remembrance Cards: Kathie Kelly

Greeters: Seasoned Members
Candlelight Coordinator: Vickie Headley
Facilitator: Kathie Kelly/Jill Medina
Hospitality: OPEN
Newsletter Editor: Kathie Kelly

OK...WE NEED HELP!!! We will be needing people willing to let the world know what we are up
to with Publicity, people to reach out to Funeral Homes and present information to newly
bereaved parents, a person to tend to our Chapter Library and a person interested in being our
Newsletter Editor. Are you ready to help? We could really use the help. Our chapter is only as
good as the volunteers who work to make it a safe and supportive place for our bereaved
families. Please contact Kathie Kelly about anything you might be able to do at 540-220-4325 or
tcffred@gmail.com.

Our Children Remembered

This month we remember the children on this page who are deeply and sadly missed on these special days in their lives. Please take a few moments, place them in your thoughts, and remember them on their day along with their parents. A phone call or note would be so special and kind. None of us ever forget our special days and the messages that say "I care" help us get through them. Our children's lives will go on as long as we remember them, as long as we celebrate their lives.

BIRTHDAYS

- 2-02 Brandon Roat, son of Connie Sorman
- 2-03 Joshua Gibson, son of Mark & Betsy Gibson
- 2-04 Jamie Adam Lapier, son of Sharon Lapier
- 2-07 Charles Wolff, son of Jeffrey & Erika Wolff
- 2-10 Michael Scott Dennis, son of Sharon Dennis
- 2-12 Nevaeh Melissa Nicole Parkman, granddaughter, Diane Clark
- 2-13 Heather Ciccone, daughter of Dennis & Stacy Ciccone
- 2-13 Jack Armstrong, son of Rick & Nancy Armstrong
- 2-14 Tristen Lee Whitlock, son of Rhea & Michael Whitlock
- 2-14 Ryan Mott, son of Lynn Mott & Michelle Mott
- 2-16 Carla Lee Rowley, daughter of Shirley Merryman and Ralph Rowley
- 2-23 Harker Judith Ray, granddaughter of Bryn & Chris Pavek
- 2-25 Stephanie Downing, daughter of Donna and Shawn Downing

ANGEL DATES

- 2-07 Craig Johnson, son of Jenny Sternik
- 2-11 Nathaniel Stephen Breslin, son of Leroy & Diana Kornegay
- 2-11 Lisa Dawn Butler, daughter of Patty Pryor
- 2-13 Brandon Roat, son of Connie Sorman
- 2-17 Craig Johnson, son of Jenny Sternik
- 2-21 Steven Austin Underhill, son of Mr. & Mrs. Underhill
- 2-24 Xayne Owen MacMorry, son of Sysan Woodrell
- 2-26 Ryan Mott, son of Lynn Mott & Michelle Mott
- 2-27 Robert James Leftwich II "Bert", son of Laura Maddox
- 2-27 Christopher John Ryder, Sr. son of Karen Faulkner
- 2-27 Johnathan B. Rogers, son of Teresa Meggs
- 2-28 Bailey Collen Carlson, daughter of Billy Carlson and granddaughter of Pat Fredette

NOTE: if you do NOT want your child's name listed in the newsletter, PLEASE contact the newsletter editor immediately. Thank you. If you find any mistakes and any names left off, please contact me at tcffred@gmail.com or 540-220-4325

NATIONAL NEWS

46TH TCF NATIONAL CONFERENCE

JULY 7, 2023 @ 8:00 AM - JULY 9, 2023 @ 5:00 PM



The 46th Compassionate Friends National Conference will be held in Denver, CO on July 7-9, 2023. There will be more information coming, please check [46th TCF National Conference - Compassionate Friends](#) for updates and we will be sending out emails.



We are very pleased to bring you the WINTER 2022 online issue of WE NEED NOT WALK ALONE, courtesy of The Compassionate Friends.

We Need Not Walk Alone magazine shares poems, articles, and expressions that touch the hearts of bereaved parents, grandparents, and siblings. Items in the magazine offer different perspectives and experiences of grief from those who have been bereaved for varying lengths of time. We hope that you find the magazine relatable, supportive, and filled with hope.

Thank you to the talented writers who shared their stories, thoughts, and hearts for our Winter 2022 issue.

To view previous issues, visit our online archive page at TCF National Magazine and Archive: [Winter 2022 - Compassionate Friends](#)

WRITINGS AND POEMS PAGE

BUTTERFLIES IN THE BREEZE POEM

The butterflies on the breeze,
The whisper through the trees,
The crinkle on the leaves,
Was it you?

The sparkle in the stream,
The murmurs in my dream,
The efforts for our team,
Was it you?

The beauty that beguiled,
The sounds of the wind,
The giggle of my child,
Was it you?

The fragrance in the flower,
The rainbow after the shower,
The chiming of the hour,
Was it you?

The bobbing of the bird,
The softly spoken word,
The "love you" that's unheard,
Was it you?

I know it was you
ALWAYS.

By Helen Neale



THE SCREAM

The smile you see is not all of me,
For I'm not what I seem.
I laugh and smile but all the while,
My smile holds in a scream.

For when I see a little girl,
So innocent and free,
I think about my little girl,
Who died at seventeen.

And then the scream comes welling
up,
From in my soul so black,
And so my smile must block it in,
And laughter hold it back.

I saw her born and watched her grow,
from child to blooming lass,
But through the years I couldn't know,
I'd have to see her pass.

The suffering within my heart,
I hide from all the world.
I do my job, I play the part,
And miss my little girl.

A song about a father's love,
So sweet with tenderness,
Awakes in me the horror of,
My loss and loneliness.

So, if they say "He takes it well,
He'll be OK we all can tell.
How well his life continues on,
It's almost if she wasn't gone."

Remember that I'm not so sane,
Playacting, keeping up the game,
My nightmare life trapped in a dream,
You see, my smile holds in a scream.

Steve Tutt
TCF Tyler, Texas
In Memory of our daughter, Lisa

WRITINGS AND POEMS PAGE

The Valentines of Yesterday

In my lifetime I have received many Valentines. Parents, grandparents, aunts, uncles, school friends, boyfriends, good friends, acquaintances and my husband have showered me over the years with lovely Valentines which I have so appreciated. The tradition of declaring friendship and love on Valentine's Day is a very fond memory. However, the sweetest Valentines I have ever received are from my son. From the first days in nursery school when my son made a hand plaque and a drawing on construction paper to the final Valentine in 2002, I have cherished these gifts of love from my only child. I have kept every Valentine my son ever made for me or bought for me. I have every Valentine gift he ever gave me. These are the treasures that remind me how special a parent's love truly is.

There is no love to compare with the unconditional love we give our children. I think my son knew that nobody in the world would love him as much as his mother did. Yet, he also knew that he would love his children in just this same way. This unconditional parent's love that we give our children is the most precious love in life. It is always our hope that they, too, will find the joy of this love with their children.

When our child dies, we cling to our unconditional love as we feel the anguish of a final separation on this earthly plane and a tsunami of betrayal as the devastation of this incomprehensible loss sweeps over us. The pain is real. It is physical, emotional, psychological and forever embedded on our psyche. Yet, without that unconditional love, there would be no pain. Who among us would trade the most infinitely rewarding love and the subsequent pain of loss for a life of lukewarm relationships?

And so, as Valentine's Day once again comes into my life, I will look back at this love, at the good times, the wonderful handmade childhood Valentine cards and gifts and the carefully selected cards of adulthood that my son gave to me. His words, his love, his appreciation for all that we had shared as mother and child will be reflected in these treasures. There will be tears, certainly, but these are tempered with the many wonderful, sweet memories of my son and his life. It is these sweet memories which sustain me, give me hope, and bring me gratitude for all that was given to me. My son is forever in my heart. He is with me every day and every night, and especially, he is with me on Valentine's Day.

~ Annette Mennen Baldwin Mother of Todd
TCF Chapter Katy, Texas

Borrowed Hope

Lend me your hope for a while
I seem to have mislaid mine.
Loss and the hopeless feelings accompany me
daily.
Pain and confusion are my companions.
I know not where to turn.
Looking ahead to the future times
Does not bring forth images of renewed hope.
I see mirthless times, pain filled days, and more
tragedy.
Lend me your hope for a while.
I seem to have mislaid mine.
Hold my hand and hug me.
Listen to all my ramblings.
I need to unleash the pain and let it tumble out.
Recovery seems so far distant.
The road to healing, a long and lonely one.
Stand by me. Offer me your presence.
Your ears and your love.
Acknowledge my pain, it is so real and ever
present.
I am overwhelmed
With sad and conflicting thoughts.
Lend me your hope for a while.
A time will come when I heal.
And I will lend my renewed hope to others.



HOLDING ONTO LOVE

*Trees and flowers seem suddenly reborn,
As another spring arrives fresh and new,
Surrounded by such beauty,
My thoughts turn to you.
As another college graduation looms,
Great excitement fills the air,
Glancing at the smiling students,
I still search for strawberry blonde hair,
No matter what I do in life.
You are always there,
I feel your presence constantly,
As each new experience we share.
Though physically, you have left us,
Your love remains here to stay,
A bond so strong and nourishing,
It gets us through another day.*

By Chuck Collins
Burke/Springfield/Fairfax Chapter TCF

Eloise Cole
TCF Phoenix, AZ

WRITINGS AND POEMS PAGE

MRS. BUTTERWORTH

"Every supermarket decision has a family memory connected to it. You'd never expect a package of spaghetti or a can of creamed corn to leave you crying in the aisle at the store" Excerpt from Charlie Walton's book, "When There Are No Words."

Every parent who has lost a child knows these words to be true. Whether it is baby food or a toddler's newly discovered favorite food, junk food for teenagers or an adult child's old time favorite, the grocery store can be a rough trip. I lost my son, Stephen, when he was 18, so it was the junk food--potato chips, Funyums, French bread for pizzas, Ragu sauce, pepperoni, Cheetos, cheese bread, cereal of all kinds, Chex mix, and so on that haunted me and made me not want to grocery shop. But--it was the golden face of Mrs. Butterworth that brought me to my knees.

As I stared in horror at her face, I remembered sticky little handprints on the wall when the highchair had been just a little too close. I remember a chubby little toddler sitting next to me at the table, talking seriously, his green eyes wide, "I sink I saw her wink at me," he said of Mrs. Butterworth, sounding a little like Tweety Bird. "Really?" I asked. Mrs. Butterworth always winked on the commercial--she seemed so lifelike.

I took Mrs. Butterworth and made her walk toward his plate. She tripped when she was just the right distance from his plate and syrup spilled from her head right onto his pancakes. He looked at me and I saw it coming in his eyes--laughter. It seems to start deep within and rolls from their chest until they lose their breath. He cackled, he gasped, his body shook with laughter as Mrs. Butterworth regained her footing and said, "Oh, my--silly me!" He laughed even more.

Therefore, Mrs. Butterworth made a ritual of tripping and spilling syrup onto his pancakes. Sometimes she would let out a shriek as she fell; other times she would say in an embarrassed, dainty voice, something about how clumsy she was or how she had tripped over her apron. Whatever she did, he rolled.

When Stephen was 15, the two of us often shared a quick breakfast before rushing out the door. He usually ate pancakes that he cooked for himself, and I joined him for a granola bar and a diet Coke. I was lost in thought one morning, a particularly stressful day ahead of me, when out of the corner of my eyes, I saw Mrs. Butterworth come walking toward me. She was helped by a hand as big as mine with slender fingers wrapped around her base.

"So-how have you been?" Mrs. Butterworth asked in a voice that tried to sound feminine but came out a little like a drag queen. She tripped suddenly and screamed in apparent horror, "Oh, crap!" she said as she stood back up. It may be the only time that Mrs. Butterworth has ever said "crap"--I'm not sure. I laughed until I was sick and left for work with a smile in my heart.

But now, I did not laugh or even smile when I saw her face. I cried. Other shoppers probably thought I was insane. I walked away. I couldn't look at her. Cheetos and Funyums and potato chips had already stabbed at me over on aisle four: Captain Crunch had almost tripped me; the Tombstone Pizzas had made me as cold as they were in the freezer just to look at them, but the little golden-faced lady broke my heart. For the next four years, I had a peculiar interest in shortening and oil--you see, they were across the aisle from Mrs. Butterworth, and I had to keep my back to her. She was an old friend, but I couldn't face her. She was an intentional emotional grenade. It was a sad situation and such a shame for two who had been so close not to acknowledge each other's presence, but I just couldn't look at her.

I always knew she was there, kindly, smiling and understanding that I couldn't face her. But just last week, I felt the golden stare strongly on my back as I once again feigned interest in the Wesson and the Crisco. For the first time in four years, I dared turn and peek at her. She boasted of half the calories--so she too understood being mid-forties, huh?

I dared turn a little more to fully face the little lady who had meant so much to Stephen and me--the fully golden one with all the calories. The tears came, but a smile came with them. The memories that the golden face evoked were gently, worth remembering forever. Older grief is, indeed, kinder.

I put her in my shopping cart and took her home with me. She stands on one of the top shelves in my kitchen pantry, guarding my granola bars and my memories--handprints on a wall, a toddler's laughter, a teenager making his stressed mom laugh. And Stephen--you know, buddy, this morning when I grabbed a granola bar, I sink I saw her wink at me.

Marcia Carter, Waleska, GA, author of "Stephen's Moon"

To Our First-Time Readers and New Members And To Our Long-time Members

To Our New Members

If you are receiving our newsletter for the first time, it is because someone has told us that you might find it helpful or you asked us to send it to you. We cordially invite you to attend any of our meetings which are held on the third Tuesday of each month at Redeemer Lutheran Church, in the Basement, 5120 Harrison Road, Fredericksburg from 7:30 to 9:00 PM. Nothing is required of you. There are no fees or dues. You need not speak a word. Coming to your first meeting is the hardest thing to do. But you have nothing to lose and everything to gain. If you have never come to a meeting, you are probably wondering what this group of people that you don't even know can do for you. It is here that comfort and support can be given by those that "have been there". We've all had chunks of our hearts torn out. Yet those holes get smaller with the loving touches, friendly smiles and kind reassuring words from each other.

Try not judge your first meeting as to whether or not TCF will work for you. At your first meeting you were hoping that TCF could get you over your terrible pain and depression and loneliness and guilt and anger and all of the other faces of grief. You came expecting to go home, feeling "better, if not cured." Instead, you met other parents who are still coping with forms of grief after months or even years. Perhaps you didn't notice there were some parents who were doing "OK." But the bottom line is you may go home from the first meeting feeling worse than when you came. Give it another try you will probably find, that each meeting uncovers a piece of the puzzle of life after the death of a child. It may take several meetings, but, hopefully, you will find the road to recovery like we did.

To Our Long-time Members

"TCF gives me a sense of purpose. A good enough reason for you to consider sticking around a while after you feel you have reached an acceptance or at least worked through your grief. Others need you. Pass the love on—adopt a bereaved parent!"

Fay Harden, TCF - Tuscaloosa, AL

CAN YOU HELP? Do you remember your first meeting of The Compassionate Friends, those first months of your grief journey? You desperately needed someone to talk to, someone who knew the pain of losing a child, someone to hug you, cry with you, listen to you. And there are newly bereaved parents who now need your help. Are you willing to be there for them? If two years or more have passed since the death of your child, and you feel that you are ready to give back some of the support that was shown to you, please consider a place of service in our chapter. There is a job for everyone. Don't wait call me at 540-220-4325. If you can't serve, please, at least, come to meetings to lend your support and understanding to our newly bereaved families. We have had so many new members join us the past few months. We need all the help we can get to help them. Thank you from all of our children.



Siblings



Find the Support you Need Online.

Being a member of Sibling loss can be challenging at any phase of life. Our world has physically pulled us apart from getting the connection we need the most. Join our online community of Siblings that understand what you are going through. Regular meetings, art, writing, yoga and book clubs help you to feel connected and realize that you are not alone.

Please click on this link [TCF SIBS \(mailchi.mp\)](mailto:TCF SIBS@mailchi.mp)



Open Letter to Our Siblings

Dear Sibling,

How can I possibly tell you how much I miss you? But of course, you probably know - since you knew me better than anyone. No matter how much time passes, I still wish you were here to share our lives and the future I expected us to have together.

Even though we fought and at times neglected each other, I just assumed that you would always be there. That we'd grow old together and remember stories of growing up and laugh at each other as we looked and acted more like our parents. That we'd share our joys and setbacks and adore each other's children.

Your death has rocked me harder than I could imagined I'd survive. Ultimately, there are no answers to my questions. There is no replacing you and there is no solace for my grief.

There is only the simple choice I make every day to live on in the honor of your memory and the love we shared. To strive to carry on the best of who you were. To cherish the brief time, we have with others. To celebrate the opportunity to be alive. To have compassion for the pain of others as well as my own. To have the courage to love fully as I have loved you and to remember that you would want me to go on and find joy again.

You gave me so many gifts while you were alive, and I continue to discover the gifts in this loss. I am so thankful you were born my sibling. I would not have traded our time together for anything. You are always with me because you are a part of me.

Mary Lamourex
TCF Marin County, CA

A Sibling's Feelings

The pain of a sibling is so real we sometimes hide it deep inside of ourselves. As we watch our parents hurting, we see the pain in their eyes. We are also hurting not only for the loss of our brother or sister but also for our own parents. We need to reach out to each other to let each other know we are hurting inside. Our lives have all changed forever. I know they lost a son, but I lost my younger brother I loved, and as siblings we share a special bond that will never have any more for he no longer lives...my brother, my friend.

I will always miss you and I will never forget you for you will always live in my heart, and I have wonderful memories no one can ever take away from me. In my heart you will stay, love you forever.

Marie Porreca
TCF Rockland County, NY



THE COMPASSIONATE FRIENDS CREDO

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.

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There are dozens of tasks that go into running our chapter and our special events. If you feel you are now in a place in your grief journey where you can help and give back to the chapter in any little way, we would love your help. Most of us find that when we reach a point of giving back to those who come after us, we gain far more than we give.

I could really use volunteers to plan our special events (Picnic and Candle Lighting). Other areas of need are in Fundraising, Publicity, and Outreach.

If you would like to volunteer to help please contact me at tcffred@gmail.com or 540-220-4325.

LOVE GIFTS

There are no dues or fees to belong to The Compassionate Friends. Just as our chapter is run entirely by volunteers interested in helping bereaved families, your voluntary, tax-deductible donations make it possible for us to mail this monthly newsletter, contact newly bereaved parents, continue our participation in TCF National, and meet other chapter expenses. Often, as they find hope and healing within the group, parents contribute, usually in memory of a child who has died, or a gift of thanksgiving for their surviving children. These contributions are our only source of funds. It is a meaningful way to honor our children and we are grateful to members who can contribute their generous support.

If you would like to donate to our chapter, you can do it in a few ways. ***You can drop it in the container at our meetings, donate online at <https://tcffred.wixsite.com/tcffredericksburg>, or you can mail it to us.*** Our mailing address is below:

TCF Fredericksburg Chapter
c/o Kathie Kelly
6001 Potomac Drive
King George, VA 22485
Make check out to TCF Fredericksburg Chapter

Thank you to the following who donated to our chapter:

All members who donated at the meeting and candle lighting.

RESOURCES

HELPFUL PHONE NUMBERS

Suicide Hotline - 988

Mary Washington Hospice – (540) 287-7231

Snowden of Fredericksburg – 540-741-9900

Capital Caring - Kristi DiFilippo, LCSW - 540-735-0972

HELPFUL WEBSITES

The Compassionate Friends National Office - www.compassionatefriends.org

Bereaved Parents USA - www.bpusanova.com

Capital Caring - <http://www.capitalcaring.org/>

Llost - www.llost.org/index.html

Grief Net - www.griefnet.org

Good Grief - www.goodgriefresources.com

The Bereavement Journey - www.thebereavementjourney.com

National Share Office - www.nationalshareoffice.com

Survivors of Suicide - www.survivorsofsuicide.com

Healing Heart - www.healingheart.net

MISS Foundation - www.missfoundation.org

Holding onto Love - www.holdingontolove.com

Comfort Zone Camp - <https://www.comfortzonecamp.org/>

Camp Rainbow - <http://www.marywashingtonhealthcare.com/services/hospice/351-grief-support/3347-camp-rainbow-grief-camp>

Mary Washington Hospice - <http://www.marywashingtonhealthcare.com/services/hospice/351-grief-support/2840-child-family-bereavement-hospice-support-care>

Teens Helping Teens - Ann Bernardi at ann.bernardi@mwhc.com or (540) 287-7231

Kids Helping Kids - Ann Bernardi at ann.bernardi@mwhc.com or (540) 287-7231

Grief 101 – Ann Bernardi at ann.bernardi@mwhc.com or (540) 287-7231

Grief Share - <http://www.griefshare.org/>

Compassionate Friends Online Support

The Compassionate Friends offers "virtual chapters" through an Online Support Community (live chats). This program was established to encourage connecting and sharing among parents, grandparents, and siblings (over the age of 18) grieving the death of a child. The rooms supply support, encouragement, and friendship. The friendly atmosphere encourages conversation among friends; friends who understand the emotions you're experiencing. There are general bereavement sessions as well as more specific sessions.

<https://www.compassionatefriends.org/find-support/online-communities/online-support/>

Private Facebook Groups

The Compassionate Friends offers a variety of closed 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. A private message will be sent prior to approval, please be sure to check your mailbox marked "Other" if you do not receive one in your main mailbox. These pages were established to encourage connection and sharing among parents, grandparents, and siblings grieving the death of a child, grandchild, or sibling.

<https://www.compassionatefriends.org/find-support/online-communities/private-facebook-groups/>

TCF - Loss of a Child - <https://www.facebook.com/groups/407123299460580/> Moderators: Janet Ferjo, Karen Gieselman, Donna Goodrich, and Goody Tendall

TCF – Loss of a Stepchild - <https://www.facebook.com/groups/1615569958699734/> Moderators: Babe Muro

TCF – Loss of a Grandchild - <https://www.facebook.com/groups/421759177998317/> Moderators: Debbie Fluhr, Jennifer "Sue" Hale, Helen Hill,

The Compassionate Friends Sounds of the Siblings (for bereaved siblings) -

<https://www.facebook.com/groups/21358475781/> Moderators: Tracy Milne and Keith Singer

TCF - Men in Grief - <https://www.facebook.com/groups/1614661475452607/> Moderators: Gary Odle and Mark Rambis

TCF - Loss to Substance Related Causes - <https://www.facebook.com/groups/1515193738693712/> Moderators: Barbara Allen, Mary Lemley and Karen Zaorski

TCF - Sibling Loss to Substance Related Causes - <https://www.facebook.com/groups/1516508415263760/> Moderators: Andrea Keller, Kristy Flower and Barbara Allen

TCF - Loss to Suicide - <https://www.facebook.com/groups/100315106988458/> Moderators: Donna Adams, Donna McGrew Anderson, Leanna Leyes, Mary Ann Ward, and Barbara Reboratti

TCF - Loss to Homicide - <https://www.facebook.com/groups/924779440868148/> Moderators: Dawn Wassel and Rebecca Perkins

TCF - Loss to a Drunk/Impaired Driver - <https://www.facebook.com/groups/858226880883307/> Moderators: Michelle Arrowood and Robin Landry

TCF - Loss to Cancer - <https://www.facebook.com/groups/903539646362818/> Moderators: Rita Studzinski

TCF - Loss of a Child with Special Needs - <https://www.facebook.com/groups/1150750608285413/> Moderators: Carla Gust Nordlinder and Donna Reagan

TCF - Loss to Long-term Illness - <https://www.facebook.com/groups/833665880062696/> Moderator: Debbie Gossen

TCF - Infant and Toddler Loss - <https://www.facebook.com/groups/1511758585777339/> Moderators: Tiffany Barraso, Julia West and Deanna Wheeler

TCF - Loss of an Only Child/All Your Children - <https://www.facebook.com/groups/976514755722145/> Moderators: Anne Arbalaez, Becky Barch, Joannie Kemling, and Tonja Knobel

TCF – Loss to Miscarriage or Stillbirth - <https://www.facebook.com/groups/1416535188654265/> Moderators: Libby Hall and Kelly Kittel

TCF – Loss to Mental Illness - <https://www.facebook.com/groups/1481781792114726/> Moderators: Sherry Cox and Annette Swestyn

TCF – Crafty Corner - <https://www.facebook.com/groups/663193450477232/> Moderators: Gail Lafferty and Kathy Rambo

The Compassionate Friends Chapter Leadership (for anyone currently serving on a Chapter steering committee) Moderator: Debbie Rambis - <https://www.facebook.com/groups/1422251371371148/>

TCF – Sudden Death - <https://www.facebook.com/groups/103330700152910/> Moderators: Dana Young, Carol Ladouceur and Bettie-Jeanne Rivard Darby

TCF – Grandparents Raising their Grandchildren (for grandparents who are raising the children of their child who died) Moderators: Diana Marie