



The Compassionate Friends

Fredericksburg Area Chapter

Supporting Family After a Child Dies

**JANUARY
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 Gentle New Year to all! I trust that you all had a nice gentle holiday. Although we yearn for our children, we can still remember the good times had with them and know that they are watching over us. As the New Year comes, it is a time to start over anew. I, like all of you, would like us to start over again and have our children with us, yet that is not possible, so we start over a new way of life. As you get into the new year try to set a goal for yourself, doesn't have to be huge, something as small as helping someone else in their time of need. I hope you all have a Happy Gentle New Year.

Our First meeting in 2023 will be January 17th 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 **"Signs from our Children, Siblings and Grandchildren."** Many of us have seen signs that our loved one is with us. Seeing a butterfly, dragonfly or cardinal can be a sign from our loved one. Please share your stories. Of course, we are here for those who have questions or just need support.

We are continuing our **TCF Fredericksburg Chapter Dinner for Extra Support & Encouragement.** These are the 1st Thursday of each month. 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/Thomas' Sister
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 January 17, 2023, at 7:00 PM

MAILING ADDRESS

Compassionate Friends c/o Kathie Kelly
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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

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48660 Pontiac Trail
#930808

Wixom, MI 48393

Toll Free: 1-877-969-0010

www.compassionatefriends.org

E-MAIL: nationaloffice@compassionatefriends.org

UPCOMING EVENTS



Dinner for Extra Support & Encouragement

We will be having **Dinner for Extra Support & Encouragement** on the **1st Thursday of each month**. Below is the information for the first one:

Place: Castiglias, 10705 Courthouse Rd. Fredericksburg, VA 22407

Date: January 5, 2023

Time: 6:15 PM

Sign up at <https://www.signupgenius.com/go/10C094DA8AC2BA1FEC34-tcffredericksburg6> We hope to see you.

JANUARY CHAPTER MEETING

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

Date: January 17, 2023

Time: 7:00 PM

The topic of our meeting will be **“Signs from our Children, Siblings and Grandchildren.”** Many of us have seen signs that our loved one is with us. Seeing a butterfly, dragonfly or cardinal can be a sign from our loved one. Please share your stories. Of course, we are here for those who have questions or just need support.

Sign up at <https://www.signupgenius.com/go/10C094DA8AC2BA1FEC34-january>
We hope to see you.

CHAPTER INFORMATION PAGE

AMAZON SMILE

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

- 1/04 Ryan Anthony, son of Roberta Kessler
- 1/05 April Michelle Amburgey, daughter/stepdaughter of Keith and Marianne Amburgey
- 1/06 Krista Danielle, daughter of Valerie Sprouse
- 1/11 Ruby Elizabeth Buchanan, granddaughter of Les & Karen Burroughs
- 1/17 Meghan Reid, daughter of Denise Lancaster and stepdaughter of Danny Carroll
- 1/25 Joshua, son of Cindy & David Green
- 1/29 Cameron Kyre Daniel-Weaver, son of Lavita Daniel
- 1/30 William Allen Baker, III, son of Janice L. Baker
- 1/30 Brett, son of Carol Bryant

ANGEL DATES

- 1/02 Jessica Lynn, daughter of Bonnie Proffitt
- 1/04 Meghan Reid, daughter of Denise Lancaster and stepdaughter of Danny Carroll
- 1/08 Evan R. Whitley, daughter of Wayne & Gloria Whitley
- 1/09 Brett, son of Carol Bryant
- 1/09 Krista Danielle, daughter of Valerie Sprouse
- 1/11 Joseph Brendan Berkebile, son/stepson of Maureen & Harvey Miller
- 1/12 Connor MacMannis, son of Andy & Kathy MacMannis
- 1/14 Maximus Antonio, son of Candace Obando
- 1/14 Cameron Kyre Daniel-Weaver, son of Lavita Daniel
- 1/17 Erin C. Bosch-Fallon, daughter of Gordon Bosch
- 1/23 Hannah Grace Shultz, daughter of Beth Shultz
- 1/24 Seam Henry, son of Deborah Miles

NOTE: If you find any mistakes and any names left off, please contact me at tcffred@gmail.com or 540-220-4325.

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

Happy
New
Year

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, at the Sheraton Denver Downtown Hotel [Downtown Denver, Colorado Hotel | Sheraton Denver Downtown Hotel \(marriott.com\)](https://www.marriott.com/hotels-and-reservations/usa-denver/sden-downtown-hotel/?cid=source=TCF&cid2=TCF%20National%20Conference%202023)

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

Wishes for Bereaved Parents for the New Year

To the newly bereaved, we wish you patience, patience with yourselves in the painful weeks, months, even years ahead.

To the bereaved siblings, we wish you and your parents a new understanding of each other's needs and the beginnings of good communication.

To those of you who are single parents, we wish you the inner resources we know you will need to cope, often alone, with your loss.

To those of you who are plagued with guilt, we wish you the reassurance that you did the very best you could under the circumstances and that your child knew that.

To those of you who have suffered multiple losses, those of you who have experienced the death of more than one child – we wish you the endurance you will need to fight your way back to a meaningful life once again.

To those of you who are deeply depressed, we wish you the first steps out of the "valley of the shadow."

To those experiencing marital difficulties after the death of your child, we wish you a special willingness and ability to communicate with each other.

To all fathers, we wish you the ability to express your grief, to move beyond society's conditioning, to cry.

To those with few or no memories of your child, perhaps because you suffered through a stillbirth, a miscarriage, or infant death, we wish you the sure knowledge that your child is a person and that your grief is real.

To those of you who have experienced the death of an only child or all of your children, we offer you our eternal gratitude for serving as such as inspiration to the rest of us.

To those of you unable to cry, we wish you healing tears.

To those of you who are tired, exhausted from grieving, we wish you the strength to face just one more hour, just one more day.

To all others with special needs that we have not mentioned, we wish you the understanding you need and the reassurance that you are loved.

-Joe Rousseau, Past resident TCF
National

Resolutions

Every time the holiday season comes to a close, I feel as if I can hear a collective sigh of relief. This year was no different except that the sigh seemed louder and longer than in past years. Some years are like that for us. This one was certainly like that for me. No matter how difficult I thought the holidays would be to get through I was wrong. In some ways they were more difficult and in other ways, surprisingly, they were less difficult. The reality is that you and I, no matter how we anticipated the holidays, did get through them. We did survive the holidays and though it may be difficult for you to believe this now, there is no reason that this new year shouldn't be better.

Which brings me to a favorite topic for this time of year, New Year's resolutions. Resolutions that I think are most helpful are those that concern our well-being. Above all else, resolve to take better care of yourself. Try to eat right and exercise. Find ways to nurture yourself—both your body and your mind. Remember all things in moderation. Seek advice from others when you need it and above all, ask for help when you need it. You won't always get the help when you ask for it, but remember, if you don't ask for it, you surely won't get it.

Another thing you can do to have a happier new year is to become more involved in our chapter of The Compassionate Friends. If you've not come to any meetings, or if it's been a while, give it a try. Commit to attending at least three meetings. If you were to attend only one, you would not necessarily get a very good idea of what our meetings are like. Join us and make your needs known to us.

This newsletter is another way you can become more involved in our chapter. Let us know what works for you and what doesn't. Consider becoming a contributor. Tell us how we might be able to better serve your needs.

Have a happier New Year!
Pat Akery
TCF, Medford, OR

WRITINGS AND POEMS PAGE

Another Year Without My Child

It's a new year and I am marking it, for the fifth time, without my child. Last month was the fourth anniversary of his death. This is one more milestone in the journey of a bereaved parent. The new year brings the promise of new adventures, happiness and prosperity to others. To bereaved parents, it adds another dimension to our loss. It also brings the opportunity to look at where we are and how far we have come.

I remember the first New Year's Day without my son. What an empty, hollow feeling I had on January 1, 2003. My world had ended, the shock was still systemic in my mind and body, and I counted the days since he last walked, talked and laughed on this earthly plane, dwelling on the passing of days, hours and minutes since the moment of his death. I was frozen.

Looking back at that time, I recall just how the pain felt; unlike other pain, the pain of losing a child is never forgotten. I feel the familiar jolt that rocked my mind and body each time I awoke to remember that my son had died. I remember the misery of slogging through endless, meaningless days. I remember the tears, the second guessing, the anger, the guilt.... I remember it all. I still bounce in and out of those emotions; this will never end. It has moderated greatly, but it never ends.

Now I am more focused on my son's life. Details about his life spring into my mind.... happy times, maturing times, good times and funny times. I remember it all with the clarity that only a mother can possess. And so, that is how I will begin this new year.... remembering the life of my child but never forgetting the loss.

I am a different person than I was before my son died. I feel as though a lightning bolt struck me on the day of his death, and now I perceive the world from a different vantage point. I have simplified my life from what it once was. I have many new friends who share the experience of losing a child; I have permanently removed old friends from my life who simply couldn't accept my grief and were fearful of talking about my child. I have a new understanding of the problems that other parents face.....problems that a mother of one never has to address. I have become more solidly spiritual. I have gone through Dante's seven circles, walls and gates of hell and emerged as the unique person I should have been all along. People change. Bereaved parents change a great deal.

I no longer dread each new day. I no longer weep silently every night. I no longer ache from head to foot with the pain of losing my child. I read, I write, I stay active in the community. I work in my small business, doing what I want to do and what I must do. I go to museums, to movies, to stage plays. I listen to music, watch television and work in my home and yard. Amazingly, my word recall and memory are returning. Forgetting names, events, people, destinations and other critical factors of daily life was something I dealt with for over three and half years. I thought I had lost my mind until I started talking to other parents. I have begun doing memorization exercises.....something I probably should have done three years ago. I am learning that the journey through grief lasts for a lifetime. Each stage is different, each sudden, poignant memory is paralyzing and each new day brings an opportunity to evaluate progress.

Much has changed during the past four years. Much will change throughout my life. Each of us experiences the loss of our child at the deepest level of our psyches. Yet each of us comes to this place with a different set of experiences and a unique genetic composition. I cannot compare myself to others. I can only mark my tiny steps forward with a sense of wonder at the resiliency of the human mind and spirit while simultaneously accepting that I am not in control.....at any moment a flash of the past might bring me to my knees. I have learned to go with it.

I have found hope for the future. It certainly isn't the future I had envisioned. There will be no late-night talks with my son, no holidays or birthdays shared, no participation in my son's children's lives, no cards, no handmade gifts. That door was closed by lawsuit happy former in-laws who have no standing in my life today. I have crawled through the minefields and dodged the bullets of some pretty mentally unbalanced people and survived. I have faced the abyss of losing my only child while enduring the cruelest of sniping, the worst of intentionally inflicted pain. I did none of this with grace and finesse....I merely got through it. I survived. I became stronger by letting go of my anger. I found hope by remembering the goodness that is my son and by leaning on friends who had lost their children. These friends were there for me when I so desperately needed the comfort of kindred souls: Compassionate Friends who reached out to me gave me the glimmer of hope when all seemed forever lost and living was almost intolerable.

Now the healing process has completed its circle. I am here for those parents who need me. Strangely this helps me to heal as well. I reach out to others who are new to the process of grief, and I tell them that there is hope. One day the sunrise will again be beautiful and you will find peace within yourself. You will remember your child's life; you will honor your child's life and you will forever be changed by your child's death. But always, always, your child will remain in your heart. This is my truth to all who wish to know. Lean on us, for we have been where you are today. We will walk with you on your journey toward hope, peace and resolution. It is in this place that the healing will begin. This is a new year.

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

WRITINGS AND POEMS PAGE

Waiting for the Wake-Up Call

I'm waiting for the wakeup call that surely must come someday in this journey through grief. When will it get better?!! I'm waiting for the day when the memories are softer, the step a little lighter and when the sounds in my heart aren't always those of sadness, I'm waiting for the music to return, for the light to shine, for the magic to come back. I'm waiting for the pain to stop, the hurt to leave and for everything to go back to its original place. I want the picture to look the same as before, and I'm waiting until it does.

But, while I'm waiting, I'm learning a lot, I know I have to make lists now in order to capture my chores and things I have to do. I gave up trying to remember and now just carry a notepad with me (with a pencil attached!) I have set the clocks 10 minutes fast so I have a better chance of being on time, and I have stocked the car with maps of every place I need to be.

I make menus and create shopping lists. I plan ahead, write down everything and then don't worry when I lose the list, get lost, or simply change my mind, I think most people thought I was always confused, so now I don't worry so much about not remembering. I'm liking advantage of being bereaved and am learning to work with the lack of concentration, the forgetfulness, the confusion. If it isn't written down, it doesn't exist and I've been much happier ever since!

If the weather and the seasons can't get it together, why should I try to coordinate an outfit? I'll just wear what's comfortable for the moment and worry less about what others think. Maybe they are as confused as I am. Maybe they're struggling too. Maybe we should all just stop, look and listen...trying to remember to hold hands when crossing the street and practice hugging instead of hitting.

Maybe spring reflects nature's inability to make up its mind or maybe that hesitation to change is more of Mother Nature's mourning the passing of her winter season. Maybe it's hot one day and cold the next to keep us on our toes, to keep the blood flowing, the legs moving. Maybe shoveling snow one day and planting seeds the next is what we are supposed to be doing...maybe spring is the season of change and we should let go of the whys? and work on the hows? Maybe pushing the plow is better than trying to pull it.

Maybe just relaxing into the craziness and letting the tides ebb and flow across the beach will work better than trying to direct the winds that change rides on. Perhaps letting the sun warm my winter-weary bones is a more productive activity than rearranging the closet, and maybe the good memories will come back if I let them.

Maybe spring is the reason for getting up...to simply see what is possible today. Maybe today is the day and if I'm in bed, I'll miss the beginning, and I'll still be lost.

Maybe I'm already in the middle of change and maybe I will always be confused, lost and slightly off balance, but maybe that's okay, and I'll just have to figure out how? instead of why? And when that happens, I know I won't be lost anymore! It really doesn't matter if it's Tuesday or Friday (unless one of those days is garbage day, and then it does matter!) Maybe I can let go of the time frames and calendar pages that dictate my life and my emotions and let life simply flow.

Perhaps you and I have already answered the wake up call. Don't let a poor yesterday or an uncertain tomorrow use up today. I think this is it, and now is the time for being all I can be. Half of me is still in winter and dyeing eggs. All of me is still perhaps a bit off balance, but I am alive and that's a start! This wasn't the life I expected to live, but it is the one I've got.

If I'm lost, I'd explore wherever it is I am. If I'm late, I'll just apologize and enjoy the time I have left. If I'm out of place, out of style or out of sync, I'll just keep dancing to the tune I hear and let the rest of the world figure out their own melody...

Darcie Sims Bereavement Magazine Mar/Apr 1995

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)



The Unfinished Path

When we were young, under your wing I was kept.
As I grew older, on your shoulder I wept.
With a problem I could come to you, day
or night. Just knowing your answers
would always be right.
You joined the Marines and "*Semper Fidelis*" you
barked.
I could see right then my path was
marked. It was a path to perfection
or so I thought.
To be like you is what I sought.
Since your prints have ended, I don't know
where to go. I've asked Mom and Dad, but they
don't quite know.
So I ask your advice just one more time.
Because your prints
have ended, The rest
must be mine.

Tim Maloney, USMC TCF Hingham, MA
Printed with permission by the author

THE BITTER TEARS OF LOVE LOST

Peter Smith, age 15; sibling to Gregory Smith

Because of my status in society
I can look below to poverty
and realize no matter how frustrated I get,
I will always be very lucky to have a family
who loves and cares for me.
But still the tears roll down my face
and my cheeks are forever stained
because I know as long as I live
my heart will always be pained.
I was left in shock, pain, and fear,
left with your unspoken words which I will never hear
But in my days of sorrow when I feel that I will fall
I can only repeat the phrase to myself,
"It is better to have loved and lost than to never have loved at all."



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.

LOVE GIFTS



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.

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:

Dominick Barlow | CEO of Sunlight Solar for our continued outreach to bereaved families in our area.

Shirley Baney in loving memory of Lauren and Dean Sperry

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