

THE COMPASSIONATE FRIENDS CENTRAL VIRGINIA CHAPTER



CHAPTER NEWSLETTER

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“WE NEED NOT WALK ALONE”

YOU NEED NOT WALK ALONE, we will walk with you!

We will share your pain. Attend our meetings.

MARCH 2003

A NONPROFIT SELFHHELP ORGANIZATION FOR FAMILIES WHO HAVE
SUFFERED THE PAIN OF LOSING A CHILD

How To Find Us:

We meet the second Thursday of each month 7:30 PM at Virginia Baptist Hospital in the Private Dining Room, next to the Cafeteria.

Parking is available from the Vassar Street entrance.

You do not have to be a member to attend. There is no formal membership and no dues.

We offer sharing and support for each bereaved parent, grandparent and adult sibling who

attends our meetings.

If you don't want to come alone—bring a friend.

We understand - we have all been there.

Why Come?

There is no one that can understand your travel through the grief process better than those who are on the same trip. You can say it here. You can cry it here. You can remain silent. We will understand.

*The Compassionate
Friends Central VA*

C/O Chaplain's Office

Virginia Baptist Hospital,

3300 Rivermont Avenue

Lynchburg VA 24503

(434) 947-4501

TCFCVA@CS.COM

National Headquarters

PO Box 3696

Oak Brook IL 60522-3696

(877) 969-0010 Toll Free

(630) 990-0246 Office Fax

Nationaloffice@compassionatefriends.org

www.compassionatefriends.org

**There will be a regular chapter meeting Thursday March 13, 2003 ,
7:30 PM**

PLEASE COME

A decision will be made at THIS MEETING whether to continue or discontinue our meetings.

Due to lack of attendance there was not a chapter meeting in February.

For information please contact any member of the steering committee.

**-Steering Committee,
TCF Central Virginia Chapter.**

Energy Drain

It's surprising to me that much bereavement literature omits mention of the high energy drain which comes with grief. If you are newly bereaved and have not yet realized that nearly all your energy is required just to deal with these many emotions you are now confronting, then let me assure you that this is the case. Don't expect yourself to complete projects within the same time frame as you once were able to. And if you work outside the home, don't expect to be able to dazzle clients with your usual repartee. It simply takes too much energy just to dress in the morning, to make the simple decision to eat, to stifle tears in public, to keep your anger from inappropriately erupting. There is very little energy for anything else. Everything will take longer than you think including grief recovery. You will, however, gradually rediscover yourself and build a new life. Your life will be a rich and full one in which the memories of your child will no longer produce pain. In fact those memories will enrich your life. And that's the truth! Meanwhile, conserve your energy when and where you can and allow yourself time to grieve. Remember that those persons who deny their grief simply delay the process. The quickest way to recovery is straight through the grief not around it.

-Shirley Ottman, TCF Denton Texas

OUR CHILDREN REMEMBERED, AND LOVED

March Birthdays

April Dawn
Roger Cole
Joseph (Joey)
John Cary

03/03/1977-02/07/1990
03/14/1977-08/16/1999
03/05/1971-06/10/1995
03/10/1989-03/10/1989

PARENTS

Henry & Nancy
 Diane
 Joseph & Pamela
 Susan

March Anniversaries

Tom
Lisa Gayle
Sean Eric
Ian
Linda Lee Nixon
Bryan Scott
Paul Ashley
John Cary
Matthew Bryant

08/10/1964-03/10/1977
08/03/1962-03/26/1991
12/09/1973-03/22/1995
02/21/1990-03/15/2001
01/08/1962-03/10/1986
01/26/1956-03/01/1986
06/04/1961-03/13/1985
03/10/1989-03/10/1989
10/09/1983-03/11/1998

PARENTS

Mary & Colin Santos
 Gilbert & Frances
 Larry & Kitty
 Bill & Gail
 Kemp & Nadine
 James A. & Verna
 James & Anne
 Susan
 Steve & Bonnie



In Loving Memory

Linda Nixon

January 8, 1962 — March 10, 1986

Daughter of Nadine



SUNLIGHT/SUNSET

Oh, Lady in the Park, don't you remember?
I used to come here with three children
And we would push the swings with small talk.
You were fascinated by her and we laughed
Because the other two spun around her
Like revolving doors
And she was the sunlight in the park.

All winter I have waited for **spring**
To explain to you where the sun had gone.
But you didn't remember me.
Yesterday I came with two children
And we pushed the swings with small talk.
You weren't even aware
That the sunlight was gone.

-Susan Borrowman, TCF, Kingston, Ontario

*Grieving is as natural as crying when you are hurt,
Sleeping when you are tired, eating when you are
hungry, or sneezing when your nose itches! It is
nature's way of healing a broken heart.*

— Rabbi Earl Grollman

War and Rumors of War

I am keying this page Feb. 15th. As of this date we bereaved parents are thinking of the reality of war and the possibility of an undeclared but just as deadly war.

Our hearts ache in awareness of the possible grief awaiting parents. As Dwight Patton pointed out in a recent letter to the editor; Allied parents and Iraqi parents would suffer. Grief being universal.

Our leaders — their leaders — are acting tough.

Our family while it was young visited Gettysburg. While on top the hill above the visitors center we heard a young child ask why do we have wars.

The child's father answered "Old men start wars and young men fight them."

Our children die on the whims of old men who think of power and influence as their fields of vision grow increasingly narrow.

Our hearts are torn as our children die. What for?

If there ever was a "why?" this is one.

It is just not right that such pain be suffered upon us and those who leave us.

If "nothing" has happened by the time you read this newsletter please join us in remembering the families involved in this conflict.

-editor

Please mark your calendar to come to the regular meeting, 7:30PM, March 13th .

We will make a decision at this meeting as to whether to continue having meetings.



The Compassionate Friends Central Virginia