

# November 2018 Newsletter



**The  
Compassionate  
Friends**

*RVA Chapter*

Supporting Family After a Child Dies

Email: [tcfrva@hotmail.com](mailto:tcfrva@hotmail.com)

Website: [www.compassionatefriendsrva.org](http://www.compassionatefriendsrva.org)

Phone: (804) 458-9000

*"When we have joy, we crave to share;  
We remember them."*

- Sylvan Kamens & Rabbi Jack Riemer

## MEETING INFORMATION

Monthly Meetings are held at  
7:00 pm on the last Tuesday  
of each month at

**St. Matthias' Episcopal Church**  
**11300 W. Huguenot Road**  
**Midlothian, VA 21113**

## UPCOMING MEETINGS

November 27 – Holiday Grief

December 18 – Surviving the Season

## SPECIAL EVENTS



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

Light a candle for all  
children who have died

**Worldwide  
Candle  
Lighting®**

*... that their light  
may always shine.*

**Sunday, December 9, 2018**  
**7 PM Around the Globe**



## Thank You to Jill Fitzgerald, LCSW

The Compassionate Friends RVA thanks Jill Fitzgerald of the Grief Resource Center for discussing "The Work of Grief" at our October meeting. For those of you who may have missed it here are several points she made worth sharing:

- Our society doesn't understand the magnitude of our loss and people are often uncomfortable around us because they want to fix us
- Grief affects us both physically and mentally
- It's important to practice self-compassion and to be intentional about it
- Changing things up can help us mentally
- Exercise, even in small amounts, can help
- We are not alone
- Connecting with others who understand our loss is incredibly helpful
- It's normal to process grief in bits and pieces, as we are able to absorb and process it
- Grief is work, very hard work
- We need to be cognizant our the balance in our emotional bank account
- It's okay if you're not okay



## Need to Talk? We're here to listen!

We know that meeting once a month is not enough for some people. If you need someone to talk to in-between meetings please call us! We do our best to answer every call as it comes in, however, sometimes we are not able to do so. If that happens, please leave a message and we will return your call within a day. Please call us anytime at (804) 458-9000.

## CONTACT INFORMATION

### The Compassionate Friends RVA

Co-Leaders:

Wanda Moser & Carolyn Perrin

Phone: (804) 458-9000

tcf RVA@hotmail.com

www.compassionatefriendsrva.com

### Mailing Address:

1119 Worsham Green Terrace

Midlothian, VA 23114

### Meeting Address:

St. Matthias' Episcopal Church

11300 W. Huguenot Road

Midlothian, VA 21113

<http://compassionatefriendsrva.org>

### Regional Coordinator

Kathy Collins

(703) 425-9504

email: [tiffaniesmom@verizon.net](mailto:tiffaniesmom@verizon.net)

### TCF National Office

The Compassionate Friends

PO Box 3696

Oak Brook, IL 60522-3696

(877) 969-0010

<https://www.facebook.com/TCFUSA>

[nationaloffice@compassionatefriends.org](mailto:nationaloffice@compassionatefriends.org)

[www.compassionatefriends.org](http://www.compassionatefriends.org)

### READ THE LATEST ISSUE OF

### **"We Need Not Walk Alone"**

The Autumn/Winter 2018 issue is available for free on [TCF's website](#). You can also sign up for future issues. May you find the articles, poems and other information in it - written by grief professionals and other bereaved family members - to be helpful and inspiring as you journey towards hope and healing.

## The Wisdom of Looking Back

by Linda Tebault (TCF RVA Member) Written June 2018

I remember attending an event with friends and suddenly sobbing, "It's been 3 months since my beautiful daughter Danielle died." I was a shaky, queasy mess. My friends stood beside me for support as I tried to compose myself. Just then, a woman whose name I do not remember (I had such foggy, confused thinking at that time) came up and gave me a hug. As she did, she said, "I am sorry for your loss. It's been 6 months since my son died." I remember just staring at her waiting for my brain to identify that number. I was speechless. Just coming to that event had taken every ounce of strength that I could muster to get off the couch, get dressed, brush my teeth and drive. But, as I continued to stare, tears once again streaming down my face, she compassionately said, "You will get there, too, by carrying your grief one breath, one moment, one hour, one day at a time AND you don't have to do it alone." Her words must have penetrated my foggy mind because suddenly I felt a connection between us. I didn't know then, but in that profound moment a seed of hope was planted.

I have carried my grief for 6 years and 2 months. Now I know that she was telling the truth. That seed helped me make the decision to reach out for help. As I did, I remembered her loving, reassuring look of hope that spoke volumes. I found professional, individual and group support.

I continue to attend The Compassionate Friends monthly group meetings where everyone speaks the same language of the heart.

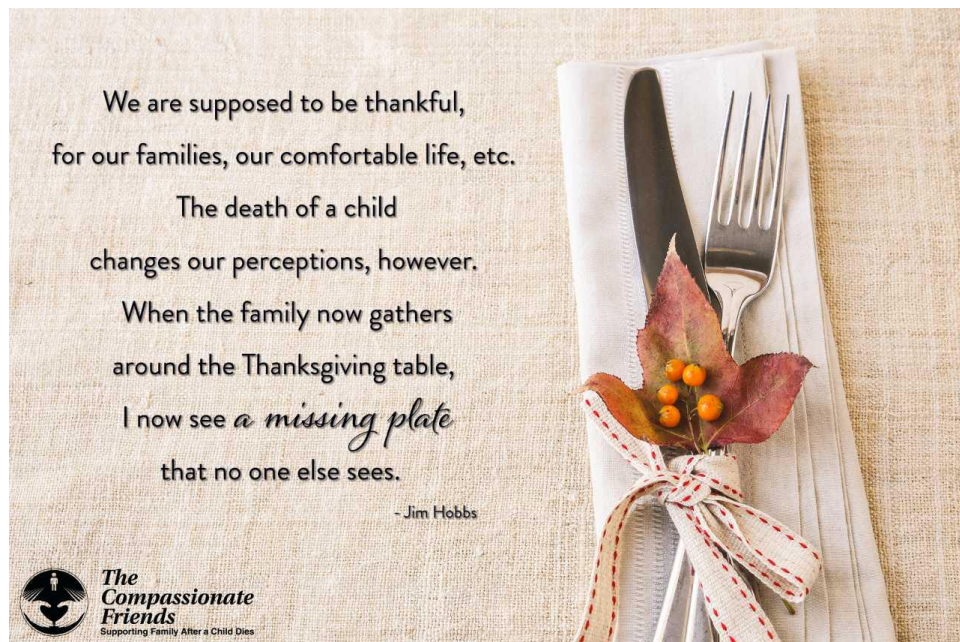
Looking back, I did not know that carrying grief would be such hard work. But once I met and connected with other bereaved parents something began to happen. I learned that, as I shared my loss, I began to feel a sense of hope that made me feel useful again. I learned that I can carry both grief and hope. I will always love, long for and miss Danielle. My purpose is to give the endless love that I have for her to others. That way, I will always be sharing her with the world.



## WELCOME

*though we are sorry you're here*

It is always hard to say "Welcome" to people coming to our meetings for the first time because we are so very sorry for the reason which made you eligible for membership in TCF. However, we are glad you found the courage to come. We cannot take away your pain, but we can offer our friendship and support. We ask that you attend 3 – 4 meetings to see how TCF can help you. It might be that you hear just the right words or make just the right connection with another parent which will make a world of difference to you. Discover the special acceptance that occurs with those who truly do understand!



## Resources and Community Support

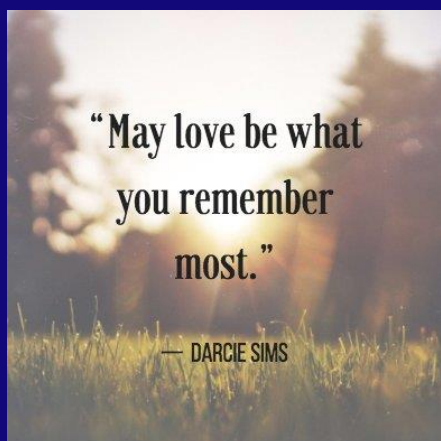
St. Stephen's Episcopal Church will be holding a [Holiday Memorial Service](#) on Monday, November 26<sup>th</sup> at 7:00pm. Please [click here](#) for more information or contact The Rev. Steve McGehee at 804.288.2867 or [smcgehee@ststephensrva.org](mailto:smcgehee@ststephensrva.org).

[Full Circle](#) is offering an 8-week grief support group beginning January 14<sup>th</sup> for parents who are ***grieving the death of an infant or a late term pregnancy loss due to stillbirth, medical complication or prematurity.*** Please [click here](#) for more information or contact Carrie Schaeffer at 804.912.2947 ext. 115 or [carrie@fullcirclegc.org](mailto:carrie@fullcirclegc.org).

Please visit our [website](#) to find additional local and national resources designed to assist you in your grief journey.

## Worldwide Candle Lighting Information

The RVA Chapter of The Compassionate Friends will hold its [Annual Candle Lighting Ceremony](#) on December 9, 2018. We are looking for volunteers to submit a short reading or poem for the ceremony that relates to the topic of grief, courage and/or love. We'd also love for you to participate by reading your submission. Please email us at [tcfva@hotmail.com](mailto:tcfva@hotmail.com) if you're interested. You can [click here](#) for more information about the ceremony.



*I believe that tears can heal, that memories can comfort, and that love lives on forever.*



# NOVEMBER

*Transform the pain of grief  
into the elixir of hope*



**The Compassionate Friends**

**Supporting Family  
After a Child Dies**

*Please show your support by donating now.*

*In Loving Memory*

## BIRTHDAYS

Jared Alpaugh  
Tracy Carlisle  
Stephen Eisenberg  
Bethany Joyce Gregory  
Dexter Jones  
Kevin Lanna  
Elliot Mayfield  
Janelle Nanavati  
Josh Romandy  
Michael J. Szuchy  
Heidi Dare Toomey

## ANNIVERSARIES

Kelly Boyle  
Jonathan Matthew Caban  
Cody (Code) Coffman  
Kevin Crossan  
William Patrick Gorman  
Dexter Jones  
William (Chip) Lowry  
Ricardo (Spud) Meghoo, Sr.  
Brian Scott Mullins  
Tracey Lynn Operhall  
Sarah Ann Rice  
Britlyn Weinstock



## LOVE GIFTS

*Never expected. Always appreciated.*

There are no fees or dues to belong to The Compassionate Friends. As parents, grandparents, and siblings find help within the group, they sometimes make a "Love Gift" to our chapter. It is a way to honor special people in their lives or remember children and others who have passed on. Love gifts allow us to offer resources such as this newsletter, books, and brochures to assist grieving families. They also allow us to provide information to professionals and others who impact the lives and feelings of the bereaved. Love gifts are just that, gifts. They are not required of anyone, but they are very helpful and very much appreciated. We are grateful for all of the generous gifts that have been provided that allow us to continue to support our [mission](#).

The Compassionate Friends is a 501c(3) non-profit organization and your donations are fully tax deductible. If you would like to make a love gift you can either [click here to donate](#) via PayPal or you can complete and print this form and mail it with your donation to:

The Compassionate Friends Richmond Chapter #1422  
1119 Worsham Green Terrace, Midlothian, Virginia 23114

Contributor's Name:

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Address:

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Phone and/or Email Address:

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This gift is made In Memory / Honor of:

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This is a Chapter Gift (without memorial or honorarium)

Donations may also be made from our website by visiting:

[http://www.compassionatefriendsrva.org/support\\_our\\_chapter.aspx](http://www.compassionatefriendsrva.org/support_our_chapter.aspx)