

**Our Mission & Purpose** is to assist families toward the positive resolution of grief following the death of a child of any age by any cause and to provide information to help others be supportive.

## Huntsville Area Chapter – Update

On-line registration is now open for the upcoming 33<sup>rd</sup> TCF National Conference (Reflections of Love, Visions of Hope) to be held in Arlington, VA, July 2-4, 2010. For further information go to the following link:

[http://www.compassionatefriends.org/News\\_Events/TCF\\_National\\_Conferences.aspx](http://www.compassionatefriends.org/News_Events/TCF_National_Conferences.aspx)

See Page 5 of this newsletter for a copy of the TCF national conference flyer.

Each year at the TCF national conference they offer a memento for purchase. This year's memento is a picture of your child surrounded by caricatures of different landmarks in Washington DC. Below the picture is the reflecting pool near the Washington monument which will have a computer generated reflection of your child in the water. It is \$10.00 to pick up at the conference and \$15.00 to have it mailed. If you are not attending the conference someone from Huntsville can bring yours back and save the \$5.00. If interested go to the website:

[http://www.compassionatefriends.org/National\\_Conferences/photoupload.aspx](http://www.compassionatefriends.org/National_Conferences/photoupload.aspx)

Continued on Page 2

**Our Vision** is that everyone who needs us will find us and everyone who finds us will be helped.

**Our Meetings:** Monthly, every third Sunday, 2-4 pm  
Renasant Bank, Balmoral Drive, Huntsville, AL  
Information 256-883-0997

## Personal Contacts

*We have all experienced the pain of losing a child. We understand and would like to hear from you. If you can't reach a particular person, please call another and make contact.*

### We Need Not Walk Alone

Illness..... Gaylene  
(256) 325-8296 [illness@tcfhuntsville.org](mailto:illness@tcfhuntsville.org)

Accident ..... Pam  
(256) 534-1873 [accident@tcfhuntsville.org](mailto:accident@tcfhuntsville.org)

Substance Abuse..... Jane & Herb  
(256) 883-0997 [substance\\_abuse@tcfhuntsville.org](mailto:substance_abuse@tcfhuntsville.org)

Suicide ..... Ray  
(256) 650-0381 [suicide@tcfhuntsville.org](mailto:suicide@tcfhuntsville.org)

Website..... <http://www.tcfhuntsville.org>

Email ..... [tcf@tcfhuntsville.org](mailto:tcf@tcfhuntsville.org)

### Additional Resources:

Hospice Family Care HOPE..... Huntsville  
(256) 650-1212

TCF National Office ... (877) 969-0010  
<http://www.compassionatefriends.org/>

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Tina Phillips / FreeDigitalPhotos.net

Join us on May 16 for the Balloon Launch-Ways to connect with our children.

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*People will forget what you said,  
people will forget what you did,  
but people will never forget how you made  
them feel. ~*

**Maya Angelou**

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Bereaved parent, Mitch Carmody, an author, artist and frequent presenter at TCF National Conferences, has created a series of drawings entitled "Faces of Grief". He has granted permission to include this work periodically in our newsletter. This issue we address "Loneliness".

## **FACES OF GRIEF**



Copyright © Mitch Carmody; [www.heartlightstudios.net](http://www.heartlightstudios.net)

## **LONELINESS**

Loneliness is that profound feeling of "Missing Them"; that deep seated feeling of wanting them back at our side, to hear them, to see them and to touch them.

Loneliness is where your heart and soul are surrounded by continual thoughts and memories of who our loved one was in our life.

Loneliness can be felt physically, where your body actually aches for their presence and you wish you could turn back the clock.

Loneliness can bring with it sadness, melancholia, and depression.

## **Poetry and Prose**

### **THOUGHTS FOR SPRINGTIME**

Would it be easier,  
if spring were not so lovely?

Would it be easier,  
if robins did not sing?

Would I be stronger,  
if the trees were barren  
or if a cloak of grey  
hid everything?

Could I be braver,  
if the days were faded  
and if the sun remained  
remote and cold?

I hear the whispers  
of a new beginning  
The earth is new.  
Why is my grief so old?

The Poems of Sascha Wagner, Tennessee Valley Publishing  
2008, Copyright © The Compassionate Friends



BF G. Stoikovic Free Digital Photos.net

## ...From the Heart

...a compassionate friend speaks

“...From the Heart”, is a regular feature that will give a local member the opportunity to share a tip, suggestion, or experience of what has helped or hurt in his personal grief journey. As always, remember that we all grieve differently and it's OK to accept what makes sense and reject the rest.

**Ed Note:** There were no suggested ideas this month; hopefully, we will resume this column with our next newsletter

### Flying a Kite

I have been a kite flyer for a long time. What joy it brought me when I was a child. I remember going up on the high, flat roof of my father's machine shop in the city of New Haven and sending my kits aloft from that rooftop. I felt excitement and wonder as I watched my kite dance among the white clouds and the blue, blue sky. Kites are fun.

Later, as I grew to adulthood, I still had fun with kites, but my kite flying became more contemplative, relaxing and therapeutic for me – a peaceful leisure time activity, much like fishing is to the fisherman.

Kites are such curious toys. Often they are flown as symbols of great events or flown as flags of our emotions—and rightly so—because we put so much of ourselves into the flying of our kites.

In Japan, a kite is flown from the house in which there is a newborn, and the child's name is on the kite, flying over the household and announcing the happy birth. In Bermuda, school children fly kites on Good Friday, not only for fun, but as a tradition to commemorate the death of Jesus Christ. The sticks of the kites resemble a cross. I believe that kites are also wonderful symbols of resurrection, ascension, and eternal life.

Now I am a bereaved father. My son, Max Benjamin Rausch, died two years ago in May when he was fifteen and one half months old. I never flew kites with Max. Born in January, he was much too young to participate in kite flying during his first spring, and in his second spring he died. Immediately after Max's funeral I fled to Cape Cod with my wife, Katherine. I was in shock and rage, clutched by a deep, numbing sadness. “Why should Max have to get sick and give up life?” I howled at the heavens. I remember trying to fly a kite at that time on the Cape, on the beach at

Nauset, but it brought me no peace. In fact, the harsh winds broke my kite and my kite fell into the ocean. I reeled my kite in, its wood and plastic body broken and lifeless at my feet, like Max's body on the hospital bed.

Time passes, and God's grace slowly heals. I have not “gotten over” Max's death. I will grieve for Max for the rest of my own life. I now visit Max at the cemetery, then I go to the beach and fly a kite for him. And I feel a deep satisfaction and a great sense of release and peace now when I fly a kite for Max, for with my kite ascend all my sorrow, all my joy, all my anger, all my prayers, and all my love.

Reprinted from *We Need Not Walk Alone*, the national magazine of *The Compassionate Friends*, Copyright ©1997

**Daniel Max Rausch**

New Haven, Connecticut



Official Memento of the 2010 TCF National Conference July 2-4  
Arlington, VA

(See description on page 1)

### Graduation Time

It's June and graduation time again. Your child would have been among those wearing the cap and gown, walking down the aisle to the ever stirring “Pomp and Circumstance”, Now there is a vacant spot in the line. Should you attend? Can you stand the pain? Will people think you are strange?

As always you must follow your heart. So, go if you'd like to and don't hide your tears. It's quite all right to miss your own child while celebrating the achievements of others.

Just remember: That your instincts are the most important ones; that no one else can make this decision for you, and that it doesn't really matter what other people think.

It was your child who died. This is your pain and you have the right to feel it and deal with it in your own way – and may a bit more healing take place in the doing.

**Peggy Gibson,**

TCF Nashville, TN

## A SIBLING'S PERSPECTIVE

### A LOVE LETTER TO MY CHILDREN

You are great kids. You have always been great kids, although I haven't always been a great mom. After your brother died, I was hardly any kind of mom at all. I was so lost in my own grief, I wasn't there for you. You were bewildered, scared and hurt, but I couldn't seem to reach out to you beyond my own pain. I was like a day-old helium balloon drifting along, not sure whether my place was with you or with your brother.

I didn't drift for long. You grabbed my string and yanked me back! The yowls and shrieks still ring in my ears: "mom, all my underwear is dirty!" or "Mom, I'm starved!" or "Mom, he punched me!"

Your brother was being cared for by his heavenly Father, but you needed your earthly mother. It was your need for me that saved my life. I'm sorry that your brother's death robbed you of your childhood. While other kids fretted about what to wear or which movie to see, you wondered when the tears and sadness would ever end and if we would be a family again. If I could have shielded you from such great sorrow, I would have; but I couldn't.

Your lives were changed forever, and the future was uncertain, but you kept going. You supported and inspired me as we traveled that rocky road of grief together. You talked about your brother when no one else would say his name.

You kept his picture in your rooms and proudly pointed out to friends, "This is my brother." You used his things, but gently. You reminded me of the cute, funny things he said and did. You included him in your bedtime prayers. You still do. Some day I believe you will tell your own children about your brother. Thank you for keeping his memory alive.

Because of the tragedy you experienced, you are more mature than other kids your age. You possess strength and courage beyond your years. You are resilient; little things don't get you down. Best of all, you are kind, sensitive, and

compassionate to others. I adore you. You are my life.

**Pat Dyson**  
TCF, Beaumont, TX

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Tina Phillips / FreeDigitalPhotos.net

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*The best and most beautiful  
things in the world cannot be  
seen,  
nor touched, but are felt in the  
heart ~*

**Helen Keller**

*"We are both of us angels with but one wing and we  
can only fly embracing each other."*

**Liciano de Crezzenzo**

*"The Compassionate Friends is about  
transforming the pain of grief into the elixir of hope.  
It takes people out of the isolation society imposes  
on the bereaved and lets them express their grief  
naturally. With the shedding of tears, healing comes.  
And the newly bereaved get to see people who have  
survived and are learning to live and love again."*

—**Simon Stephens**,  
Founder of The Compassionate Friends

Note: Our Huntsville newsletters are available online at <http://www.tcfhuntsville.org/Newsletters.html>



## SAVE THE DATE TCF NATIONAL CONFERENCE JULY 2-4, ARLINGTON, VIRGINIA

“Reflections of Love, Visions of Hope” is the theme for this year’s **TCF NATIONAL CONFERENCE** — an event unlike any other! Bereaved parents, siblings, and grandparents are able to share with others walking the same grief journey — with well-known speakers, entertainment, and more than 100 workshops on most topics of grief following the death of a child. And join us for our 4th of July **WALK TO REMEMBER**, or sponsor a walker in remembrance of your loved ones! (*You don’t have to attend the conference to participate*). While you’re in the area, visit other nearby attractions or catch the world-class display of 4th of July fireworks over the National Mall.

Hyatt Regency Crystal City is hosting our conference. (Be sure to ask for TCF conference rates; 1-800-233-1234 or <http://www.crystalcity.hyatt.com>.)

**LEARN MORE, SIGN UP TO ATTEND, OR  
FIND OUT HOW YOU CAN HELP.**

For more information, contact your local chapter or visit:

**[WWW.COMPASSIONATEFRIENDS.ORG](http://WWW.COMPASSIONATEFRIENDS.ORG)**

### LIFELINK

Find in the dark of grief  
The sunlit spaces.  
Find in your sorrowed time  
A moment’s smile.  
Find in the loneliness  
Of your despairing  
One warm and kindred mind,  
One hand to touch  
Your most secluded feeling.  
-Find a friend

The Poems of Sascha Wagner  
Tennessee Valley Publishing 2008  
Copyright © The Compassionate Friends



Photo by Ian Britton FreeFoto.com

## We Remember Them

*...on their Birth Dates, on their Death Dates, and always...*

April	
Benjamin S.	Larnerd
Adam E.	Loggins
Dennis	Springer

May	
William J.	Gibbons

June	
Evan	Davis
Adam E.	Loggins

## Connecting With Our Children



## Gifts of Love and Remembrance

*The following donations will help the Compassionate Friends to be here for the families who do not know today that they will need us tomorrow.*

<p style="text-align: center;">In loving memory of <b>Adam Loggins</b> Becky - Mother</p>	<p style="text-align: center;">In loving memory of <b>Brian Dunham</b> Steve and Dorothy - Parents</p>	<p style="text-align: center;">In loving memory of <b>Bryan Eidsaunne</b> Roger &amp; Gaylene – Parents</p>
<p style="text-align: center;">In loving memory of <b>Ben Larnerd</b> Herb &amp; Jane – Parents Nancy &amp; Robert – Grandparents Mary - Grandmother</p>		<p style="text-align: center;">In loving memory of <b>Cory Woodson</b> Nancy &amp; Robert – Grandparents</p>

Donations and Remembrance Gifts are tax deductible and may be sent to:  
TCF Huntsville Area – See the last page for mailing address

## Calendar of Events

2010

<b>May</b>	May 16 – Balloon Launch – Ways to connect with our children.
<b>June</b>	June 20 – Vacationing without my child.
<b>July</b>	July 2-4 – TCF National Conference – Arlington, VA July 18 – TCF Audio CD and discussion
<b>August</b>	Aug 22 - Faces of Grief Part 2

TCF Huntsville meetings are held at 2:00PM on the third Sunday of each month at:  
**Renasant Bank (Community Room)**  
4245 Balmoral Dr (off Airport Rd)  
Huntsville, AL 35801

**Official TCF Huntsville Mailing Address**  
TCF Huntsville Area  
C/O H. Larnerd  
7801 Chadwell Drive SW  
Huntsville, AL 35802

ADDRESS CORRECTION REQUESTED

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Your lives were changed forever, and the future was uncertain, but you kept going. You supported and inspired me as we traveled that rocky road of grief together. You talked about your brother when no one else would say his name.

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Photo by C. Meyin FreeDigitalPhotos. net

Mailing Address  
Street Number and Name  
City, State 98765-4321

This Newsletter is published by the Huntsville Area Chapter of The Compassionate Friends. Your comments and suggestions are welcome and may be sent to [newsletter@tcfhuntsville.org](mailto:newsletter@tcfhuntsville.org).