



**THE
COMPASSIONATE
FRIENDS**
Supporting Family After a Child Dies



Newsletter

Volume 39 No. 9 September 2017

Jackson, MS Chapter: P.O. Box 1396; Jackson, MS 39215-1396; 601-713-4357

Web Site: <http://www.tcfjacksonms.com>

Facebook Page: www.facebook.com/groups/JacksonTCF

National Office: P.O. Box 3696; Oak Brook, IL 60522; 630-990-0010; 877-969-0010

Web Site: www.compassionatefriends.org

Editor: Paul A. Broome, paulabroome427@gmail.com

Chapter Board of Directors

Chapter Leader: Marcia Lefteroff 601-937-1940

Treasurer: Virginia Horton [601-500-1851](tel:601-500-1851)

Children's Memorial Maintenance: John Kessler

Newly Bereaved Support Coordinator: Carolyn Stewart

Chapter Web Master: Carolyn Stewart

Long-term Support Coordinator: Corinne Watts 601-992-0642

Librarian: Tina Taylor

Bereavement Secretaries: Carolyn Buchanan &
Jerry Wigglesworth

Infant Support Coordinator: Sid Champion 601-925-0242

Regional Coordinators: Faye & Rex McCord
lanesmemory1998@att.net

Steering Committee: Sue Doucet, Wiley & Wanda Fisher, Albert and Shelly Hinson, Greg Little, John & Julia McFarland, Sandra Moffett, Bob and Carolyn Stewart, Ken & Trisha Zingery (Vicksburg Contacts)

Professional Advisory Board: Bill Chancellor, Funeral Director; Chuck Prestwood, Founder Jackson Chapter; Rex & Faye McCord, Regional Coordinators

POSTAGE

PAUL BROOME in memory of **CYNTHIA BROOME**
ED and CAROLYN BUCHANAN in memory of **ASHELY BUCHANAN**
JERRY and CINDY WIGGLESWORTH in memory of **LEE WIGGLESWORTH**
CHUCK and MARLISE PRESTWOOD in memory of **KRISSY PRESTWOOD**

SECURITY SERVICE

WILEY and BETH GREER in memory of **BENJAMIN QUIN (BEN) GREER**

LOVE GIFT

PAT LITTLE in memory of **RONALD "BRADY" LITTLE**

The Compassionate Friends THANK YOU for your donations

They are tax deductible and deeply appreciated.

Printing of TCF Monthly Newsletter: Courtesy of BLUE CROSS/BLUE SHIELD OF MS

TCF JACKSON CHAPTER	TCF MEETINGS
<p>August 8th meeting there were sixteen people present. Seven were newcomers. Our chapter leader Marcia Lefteroff welcomed everyone and made announcements, reminding everyone about the Balloon - Lift - Off on September 16. The special days were read by Rex and Faye McCord.</p> <p>After we each introduced ourselves and said our child's name, Marcia turned the meeting over to David Morgan who facilitated our meeting the Topic: ASK IT BASKET. David asked each of us to write a question on a note paper that we would like to ask the group. David told us how his daughter and wife had died in a car crash in 1985. We thank you David for sharing about your loved ones. There were many good questions. How do we help newly bereaved parents? What do you say? That question is hard to answer. Say you're sorry for their loss, give lots of hugs, and listen to them, letting them talk about their child and their feelings. There were many good question's and many good answers, most of all it opened up good discussion that helped people in the group that may not want to ask or speak up because they are hurting. This group helps so many when they come to hear the parents tell how they feel and they know how you feel. It's a place you can say what you want about your loss and no one judges you. We all know.</p> <p>I thank everyone that came to the meeting and the ones who brought refreshments. Come to our meeting again. Thank you for supporting us and each other.</p> <p><i>TCF/ JACKSON, MS</i> <i>Virginia Horton, Treasurer</i></p> <div style="text-align: center;">  <p>TCF JACKSON CHAPTER NEWS</p> <p>Balloon Lift-Off Saturday, September 16th – 6:30 p.m. (Details else-where in newsletter)</p> <p>Donations needed Any amount would be welcome. Please remember that if you want donations to go in a particular newsletter, to send by the 1st of the previous month. (Example - If you want your donation to be in the October Newsletter, please send by September 1st) Also, all donations are tax deductible and deeply appreciated. Thank you so much!</p> <p>Candle-Lighting Ceremony Saturday, Dec. 2nd - 7:00 p.m.</p> <p>We will be planning our Candle-Lighting Ceremony very soon and we will need lots of help, so be watching your newsletter for future details and let us know how you may be able to help.</p> <p>Newsletter Folding: Saturday, 23rd - 4:00 p.m.</p> </div>	<p style="text-align: center;">2nd Tuesdays monthly at 7:00 p.m. Fondren Presbyterian Church – Fellowship Hall 3220 Old Canton Road, Jackson, MS</p> <p>Directions: Take West Lakeland Drive exit off I-55 North until it dead ends into Old Canton Road. Turn right, go to 2nd traffic light. Fondren parking lot is on the right.</p> <hr/> <p style="text-align: center;">Meeting Tuesday, September 12, 2017 - 7:00 p.m. Topic: "Suicide: Those Left Behind" Facilitator: Albert Hinson</p> <p>Please come join us as Albert shares his grief on this sensitive subject. You will be able to share your own grief and special memories and the things that have helped you cope may also help others.</p> <p style="text-align: center;">*****</p> <p><i>Although our meetings are held in donated church facilities, The Compassionate Friends is not a religious organization, and espouses no religion affiliation or doctrines. Persons of all faiths (or no faith), creeds, color, and race are welcome.</i></p> <hr/> <p style="text-align: center;"><u><i>Prenatal Bereavement Support Group</i></u></p> <p style="text-align: center;">*1st Wednesday/ Noon UMC Cong. Ctr. Jackson Medical Mall For more information, call Kelly Hinson @ 601-815-7096</p> <p style="text-align: center;"><i>*If the meeting date falls on a holiday—the following Wednesday</i></p> <hr/> <p style="text-align: center;"><u>For Children Grieving the Death of a Loved One</u></p> <p>The McClean Fletcher Center—12 Northtown Drive, Jackson, MS offers peer support groups for children ages 4-18. This includes the child's family and meets every other week. For more information call: Jennifer at 601-206-5525</p> <hr/> <p style="text-align: center;"><u>MS SIDS ALLIANCE INFANT LOSS SUPPORT GROUP</u></p> <p style="text-align: center;">Monthly 1st Tuesday – 7:00 p.m.</p> <p style="text-align: center;"><u>River Oaks Hospital Lobby Classroom</u> <u>MS SIDS ALLIANCE offers education to the public and professionals on risk reduction of SIDS and bereavement support.</u></p> <p style="text-align: center;"><u>Cathy Files - 601.955-1057</u> <u>Leslie Threadgill – 601-573-1458</u></p> <hr style="border-top: 1px dashed black;"/>

Thoughts from My Grief Journal

Our son, Lane will be gone 19 years on September 13th and it is totally unbelievable that I have lived this long without him! Last week, some dear friends of ours lost their precious son and grandson. This impacted me with an unexpected jolt back to my own first days of grief. The night, the event of our son's death came back with full force!

The grandfather of the young man who was recently killed in a horrible auto accident was there with us that night as we waited by the lake for the search and recovery of our own son's body. He stayed! He prayed! And after nine long hours of searching when Lane's body was finally pulled from the lake, he went with us as officials unzipped the body bag so we could see and touch the lifeless body of our precious son. He drove us home afterward to make sure we arrived safely. And now, here they are with broken-hearts as well.

Their son/grandson was well known and this event was, and is being played out before the entire community - just as the events were surrounding our own son's death 19 years ago. There are no words to describe the agony and pain I felt as I embraced these dear parents and grandparents whose lives have been changed forever, for I "know" their pain and grief and now their pain has become my pain all over again!

I truly hope these parents and grandparents can feel the love, support, encouragement, understanding, and compassion that I have for them. I hope that they will come to "know" the same support I have received from others just like me...at The Compassionate Friends.

*Faye McCord, TCF/Jackson, MS
in loving memory of my son, Lane McCord (1/26/65-9/13/98)*

... in the Autumn

Some people love to see the changes
in the colors of the leaves,
When the sky is clear and dark blue
as the sea.
They love to smell the oak leaves burning
But it is then my heart is yearning
To be with ones I know
I cannot see.
There's something in the autumn
That makes my heart so heavy,
I miss them all but know they're where
they should all be.
If I can make it through the winter,
And see the spring unfold before me,
Then I'll know once more they're
there, and wait for me.
When the morning sun comes later,
and the afternoons die early,
And my spirits drop like leaves
around my feet.
I'm so aware that I am mortal
and I can almost see the portal
that I will pass through and be
evermore complete.

*Jim O'Neil
TCF, Montgomery, AL*

Recognizing Unsuccessful Grief

All of us who have searched for healing following the death of a child, grandchild or sibling know the roller coaster of emotions that are part of our grief process. We know there is no "quick fix" that magically lets us get on with our lives, and grief can be physically exhausting. We cannot go back to what was! And time, in and of itself, does not heal.

Although there is no set schedule for grieving and there will always be a hole in our hearts, many of us in TCF have found that within a year to 18 months, we are beginning to make some progress—granted the progress may seem minute to the bereaved. Grief therapists have learned that if death is from prolonged or serious illness there is grieving during the illness. The second year of grief may be as intense or even more emotionally devastating than the first year. However, no two people have the same grief timetable. If we feel that we are not making progress, is there some way to determine whether or not we may need professional help or evaluation or at least reassurance? The following considerations may help you decide:

- Extended withdrawal from the world around you and prolonged inability to accomplish normal tasks or participate in everyday activities.
- Self-imposed isolation where you do not want to be around anyone—friends, family or others.
- Becoming too scared to be alone. You must have someone around all the time.
- Anger or guilt that (a) is out of proportion, (b) does not fit the circumstances, (c) extends for a long time without retreating, or (d) may be directed toward or imposed on others close to you.
- Depression that is exaggerated, unremitting, prolonged and occurs in original intensity years after the loss.
- Anxiety that interferes with going away from home.
- Dependence on alcohol or medications to cope or forget.
- An emotional "logjam" resulting from an accumulation of losses over the years.
- Contemplating or attempting suicide to "get away from it all" or to join your child.
- Self-caused illness or physical health problems that do not go away, or the inability to separate the real from the imagined. This kind of illness is different from the "ailments" that most of us experience during the anniversary of our loved one's death.
- Placing your child on a pedestal and forgetting his/her imperfections; or being unable to redirect your activities or to shift your focus, so that you can honor your child in a positive way.
- An absence of grief or a numbness, anxiety, sadness, or any kind of overall attitude that, negatively affects others around you, including over-protectiveness of your loved ones.
- Converting all emotions into one or two favorite or "safe" emotions—like anger, boredom, or despair—which become all you are feeling, taking the place of grief.
- When talking does not seem to help or there is no one able to listen.

Libbyrose D. Clark/TCF, Deep East Texas From information provided by Vera Baron, LPC, and Ray Johnson, CSW

8The Shadows of the Night

I sit alone in the shadows of the night.
 Looking up at the stars that shine so bright
 I think of you somewhere far up above
 I remember all the laughter, happiness, and love.
 The full moon shines bright in the sky
 Staring at the fall moon, I start to cry
 From the face of the moon above the tree
 I see your face staring back at me.
 Then it starts to rain and the sky turns gray
 I remember what happened two years ago in May
 It continued to rain the whole night through
 I think the rain meant that you were crying too.

*Lisa Johnson
 TCF, Baltimore, MD*



A Familiar Face

My family was on vacation in 1985 traveling from Houston to the Black Hills of South Dakota. We were traveling through Kansas and it was getting dark and late. I got out of our car to check us into a motel. The woman waiting on me was obviously very tired. When she saw me, she opened her eyes widely and just looked at me for a while. The expression on her face was as if she saw someone who looked very familiar and very close to her. I knew instinctively that I reminded her of someone special. As I started to fill out the forms, she began to cry. She was in too much pain to explain herself to me. I reached over to hold her hand. The next morning when I came to check out, she was making small talk but her eyes were remembering a face that looked like mine. As I told her good bye, she started to cry again.

Years later my thirteen-year old son, Ryan, died. Six months after his death, I was shopping and saw a young boy who looked a lot like Ryan. I followed him from aisle to aisle. I told this boy's mom that my son had just died and her son looked so much like mine. I pulled out pictures of Ryan and she agreed the boys did look a lot alike. Their clothes were even similar. The mom told her son to give me a hug: "a real one with both arms." While I was hugging this young man, I asked God to please let Ryan's spirit move through his body so I could touch Ryan again. The hug felt like Ryan. I closed my eyes and pretended it was Ryan. That hug felt like salve on my broken heart.

I wonder if God ever lets our children's spirits come into some other person for just a few seconds so we can feel some sort of relief? When that woman in Kansas was looking at me like I was someone else, I did - for a few brief seconds feel like another person. I hope the tearful woman felt it, too.

*Niecy Moss
 TCF Houston-West, TX
 In Memory of my son, Ryan*

The Breakfast Cup

Yesterday we had breakfast, a small group of men whose common distinction was that we had each lost a child or young son or daughter to death. Talk ranged around the table, mixed with pride, love, regret, and questions: What now? How do we move forward in life a little less than we were? Why was I unable to protect my child? How can I honor his or her memory? How can I be a better man because of this precious gift given me?

The answers, if there were many, varied, and incomplete. As a result of these young lives we considered have come many acts of kindness and faith shared. Growing from their loss is a deepening sense of appreciation for our wives, and our children. There is also an unwanted, yet greater understanding of meaning of death. Who we are as husbands and fathers has changed—even though we can't fully comprehend how these roles have been altered. Aaron, Mark, Mike, Wayne, and Jan...five guys sitting around a table sharing a meal, sipping coffee, and talking about our children, our hopes, our dreams, our disappointment, our loss, and our next steps.

We have been handed a cup of grief which we cannot refuse. We each take it unwillingly, but take it we must. Its effect is catastrophic and causes us to weep with regret and guilt. The cup has stolen time and love. The cup has altered our course, our walk and in a bizarre way, the cup has led us to a path nearer to God. As men, we desire to fix and solve our family's problems. We cannot overcome this cup. We can only hold out our trembling hands, raise the cup to our lips, and whisper a silent, aching prayer, "Lord, you will not take this sorrow from us, so help us to honor our children, Carl, Travis, Katie, Kate, and Brian. By Your will, with Your mercy and grace we drink. We share our children with the One who gives us hope and life. Hug them for us today, please. Amen"

*Jan Owens
 TCF Visalia, CA*



IS IT EASING?

I heard your name today and my heart did not skip a beat, nor was my mind flooded with the emotion of losing you. I heard your name today and it did not bring back the terrible hurt feelings of when you first left me.

I heard your name today with a calmness that surprised me. Many another child carries your name, and it had been torture hearing it and seeing the smiling faces on those little girls.

But today I knew—I found out—what others in my footsteps found out and tried to tell me. The hurt will ease; but the memories, the love, the good times will never go away.

Phoebe C. Redman/TCF, Bradenton,

OUR CHILDREN—LOVED, MISSED & REMEMBERED

“They may be deceased by a few days or years, but we still miss them so much and still shed our tears.”

Birth Date	Child’s name	Parent’s name(s)	Cause
09/08	Marilyn Yvonne Bennett-Roberts	Walterine Bennett	
09/09	James Shannon Bennett	James/Anita Bennett	Cancer
09/10	Michael Alan McNally	Ann/Robert McNally	Suicide
09/11	Travis Casey Macoy	Mary Pierce	
09/12	Jamel Jackson	Rosie Martin (relation)	Drowning
09/12	Jamel Dequan Jackson	Doris Morris Jackson	Drowning
09/12	Sid Wesley Champion	Sid/Janet Champion	Respiratory Arrest
09/13	Larkin Powers Honea	Dickey/Breck Honea	Suicide
09/15	John E. Brown, Jr.	Vincent/Dawn Venturini	Auto accident
09/16	Lauren Ann Clement	Bill/Hallie Clement	Complications/Crohn’s
09/21	Alan Ebersole	Bruce/Story Ebersole	
09/22	Kim Corban	Mickey/Pauline Corban	Heart Attack
09/23	Kyle Horn	Julie Diaz	Drug Overdose
09/26	Destiny McDonald	Pamela Hall	
09/26	Eric McLaughlin	Ethel Duke	Automobile Accident
09/29	John Charles Russel, IV	Jack Russel	Drug Overdose

ANNUAL BALLOON LIFT-OFF

Saturday, September 16, 2017 - 6:30 P.M.

Facilitator: Corinne Watts

Refreshments & Balloons Will Be Provided

Location: Site of Children's Memorial

Traveling South: Elton Road exit - turn Right -over the North Frontage Road - Go past the Wahabi Temple Headquarters - Next Left is the Children's Memorial.

Traveling North: Elton Road exit - turn Left - over the interstate - turn Right onto the North Frontage Road - Go past the Wahabi Temple Headquarters. Next Left is Children's Memorial.

***** BRING LAWN CHAIRS *****

For more info: Call Corinne Watts - 601-992-0642

or Marcia Lefteroff - 601-937-1940

If you can't be present, but want your child's name, to be included with a brief message and "lifted off" on a balloon, please fill out the form below:

Forms must be received by Sept. 1st - Send to:

The Compassionate Friends, Inc.

Balloon Lift-Off

P. O. Box 1396

Jackson, MS 39215 - 1396

NAME: _____

FROM: _____

(Alternate Date (in case of rain) Sept. 30th - 6:30 p.m.)

OUR CHILDREN—LOVED, MISSED & REMEMBERED

Heaven Date	Child's name	Parent's name(s)	Cause
09/04	Aerica (Nikki) Robnett	Brandi Robnett	Unknown
09/06	Ryan DeWayne Thomas	Dwayne/Linda Thomas	Auto accident
09/06	Carl Gustave "Gus" Evers	Jan Evers	Suicide
09/08	Tyler Allen (T-Bug) Hinson	Albert/Shelly Hinson	Suicide
09/10	Daniel Merritt Fisher	Wiley/Wanda Fisher	Tractor rollover
09/13	Lane McCord	Rex/Faye McCord	Accidental drowning
09/17	Joshua Chase Taylor	Tina Taylor	Suicide
09/18	Timothy Lance "Tim" Rooker	Sylvia Little	Hit on Motorcycle
09/19	Sid Wesley Champion	Sid/Janet Champion	Respiratory arrest
09/27	Patti Lynn Gary	Ms. Lynda F. Gary	Automobile accident



REPLY FORM—IMPORTANT

It is important for our children to be remembered. Please understand that in order for your child to be on the "special days" list, you must fill out this form, which gives us permission to list this information.

I/We are bereaved Parents grandparents siblings step-parents friends relatives professional Please add remove keep me on the mailing list.

Remember my Child Sibling Grandchild on Special Days. Please have someone call me.

Name _____ Phone _____

Address _____ City _____ State _____ Zip _____

E-mail address _____

Name of Child _____

Age when deceased _____ Cause* _____

Child's Birthday _____ Child's Heaven Date _____

*You need not list cause of death. We ask this only so that parents whose children have died in similar ways may each other

Optional: Your donations are tax deductible and allow us to reach to other bereaved parents.

Enclosed is \$ _____ given in memory of _____

I would like my contribution used to fund: Check one: Postage Children's Memorial Love Gift

Mail to: The Compassionate Friends; P.O. Box 1396; Jackson, Mississippi; 39215-1396