



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



Newsletter

Volume 40 No. 8 August 2019

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

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POSTAGE

**PAUL BROOME in memory of CYNTHIA M. BROOME
ED and CAROLYN BUCHANAN in memory of ASHLEY BUCHANAN
JERRY and CINDY WIGGLESWORTH in memory of LEE WIGGLESWORTH
VIRGINIA HORTON in memory of ANDREW THOMAS STANLEY**

CHILDRENS MEMORAIL

**BETH GREER in memory of BENJAMIN (Ben) GREER (Heaven date 08/30)
CHUCK and MARLISE PRESTWOOD in memory of KRISSY PRESTWOOD**

LOVE GIFT

**ROSEMARY MEDLOCK in memory of MIKEY MEDLOCK (Birthday 07/26)
RITA and SAM LATHAM in memory of JOSEPH LATHAM (Heaven date 08/12)**

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 NEWS	TCF MEETINGS
<p>Marcia Lefteroff our chapter leader welcomed everyone and made the announcements. There were twenty persons present.</p> <p>The facilitator was Cordie Rodenbaugh and the topic was about her son Parker Rodenbaugh. Parker died of a drug called 25B-NBOMe, a controlled substance referred to as "synthetic LSD," this was given to him by a friend, that was found out after the fact to be a drug dealer. This all took place in Starkville, Mississippi.</p> <p>Parker moved into a house in Starkville because he was returning to attend MSU his second year. Cordie states this has changed their whole life, (as any parent in the death of a child). Cordie says her son was not a drug user. It only takes one time when someone takes an illegal drug. Cordie says the other people at the house where this took place saw Parker go into seizures and no one called for help for a while.</p> <p>The man who gave Parker the drug left because he did not want to watch Parker. Parker's friends at the home did try CPR, and finely called 911, but it was too late. The police found at the drug dealers home 450 packs of the drug, which is bought online from China. He had moved to Starkville to sell this drug to students. He was not a student, just a drug dealer.</p> <p>Ever since her son Parker died of a drug overdose four years ago, Cordie has spent her time talking to town halls and college campuses about addiction and drug use among students. Cordie has sponsored workshops in her home in Madison on how to use Narcan a drug that can reverse opioid overdoses.</p> <p>The man that gave Parker the drug was convicted of drug trafficking and "depraved heart "murder, or second-degree murder. There is a Bill called Parker's Law. Under this Bill, sponsored by Rep. Mark Baker, people charged with sale or intent to sell drugs face an additional 20 years to life without parole and a fine up to \$1 million for each person who dies or suffers bodily harm. The drug dealer was convicted for trafficking a controlled substance and depraved-heart murder on both counts and sentenced to concurrent terms of 10 years for trafficking and 20 for second-degree murder.</p> <p>Parker's Law has not passed, but it will come up again in January 2020. Cordie states that she feels good about Parker's Law. Cordie said, "You have to be accountable for what you do. And if you cause bodily harm, if you cause a death, there will be repercussions." Cordie hopes this Bill will save other young people. Cordie does all this for the memory of her son, Parker Rodenbaugh.</p> <p>Remember to listen to the news about this Law and call your representatives.</p> <p>Thank you, Cordie, for sharing this tragic story about your son Parker and thank you for your hard work to help other young people and for their future and safety.</p> <p>As always thanks to everyone that came to the meeting and thank you for the delicious snacks.</p> <p><i>Virginia Horton, treasurer TCF/Jackson, MS</i></p>	<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;"><u>Meeting</u></p> <p style="text-align: center;">Meeting: Tuesday, August 13th - 7:00 p.m.</p> <p style="text-align: center;">Facilitator: David Morgan</p> <p style="text-align: center;">Please bring a special ornament to hang on our tree in memory of your child. This can be an ornament your child made, or one bought in memory of your child.</p> <p style="text-align: center;">Please Come!</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> <p style="text-align: center;">-</p> <p style="text-align: center;"><u>Prenatal Bereavement Support Group</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> <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:</p> <p style="text-align: center;">Jennifer at 601-206-5525</p> <p style="text-align: center;">.....</p> <p style="text-align: center;"><u>MS SIDS ALLIANCE INFANT LOSS SUPPORT GROUP</u></p> <p style="text-align: center;"><u>Monthly 1st Tuesday – 7:00 p.m.</u></p> <p style="text-align: center;"><u>River Oaks Hospital Lobby Classroom</u> MS SIDS ALLIANCE offers education to the public and professionals on risk reduction of SIDS and bereavement support.</p> <p style="text-align: center;"><u>Cathy Files - 601-955- 1057</u> <u>Leslie Threadgill – 601-573-1458</u></p> <p style="text-align: center;">.....</p> <p style="text-align: center;">We still don't know exactly when the new statue can be put in. We are still waiting on Fondren to make their preparations, but we are certainly grateful for their commitment to have our Children's Memorial there. These things take time and planning.</p> <p style="text-align: center;">.....</p> <p>Newsletter folding: Saturday, August 24th @ 4:00 pm at the Church.</p>

10 Inspirational Quotes About Coping With Grief

Coping with the death of a loved one is an experience that feels impossible to put into words. Though no inspirational quote can really sum up what it's like to carry on without someone you love, they could help you find a new perspective or way of talking about your loss.

These ten grief quotes from famous writers, artists and influential figures describe the pain of losing a loved one and what it takes to keep on going through the darkest of times.

1. "I know for certain that we never lose the people we love, even to death. They continue to participate in every act, thought and decision we make. Their love leaves an indelible imprint in our memories."
Leo Buscaglia (professor and motivational speaker)
2. "Perhaps some day the sun will shine again, And I shall see that still the skies are blue, And feel once more I do not live in vain, Although bereft of you."
Vera Brittain (frontline nurse during WWI and writer)
3. "You've got to trust yourself. Be gentle with yourself. And listen to yourself. You're the only person who can get you through this now."
Tessa Shaffer (author and entrepreneur)
4. "Tears water our growth."
William Shakespeare (playwright and poet)
5. "The most beautiful people we have known are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of the depths."
Dr. Elisabeth Kubler-Ross (grief psychologist)
6. "Life is eternal, and love is immortal, and death is only a horizon; and a horizon is nothing save the limit of our sight."
Rossiter Worthington Raymond (engineer and author)
7. "What is lovely never dies, but passes into another loveliness, star-dust or sea-foam, flower or winged air."
Thomas Bailey Aldrich (writer, poet and editor)
8. "We are healed of a suffering only by experiencing it to the full."
Marcel Proust (author and essayist)
9. "When we meet real tragedy in life, we can react in two ways – either by losing hope and falling into self-destructive habits, or by using the challenge to find our inner strength."
The Dalai Lama (religious leader of Tibetan Buddhism)
10. "Faith is the bird that sings when the dawn is still dark."
Rabindranath Tagore (painter, writer and musician)

Thanks to our chapter leader, Marcia Lefteroff, for forwarding this message.

Who is the Grieving Mother?

Does she look different from one who is not? Is her pain visible in the smile she sometimes forces...behind the eyes on the verge of tears? Can you see the aging her body feels from the trauma of loss? She's one who still pictures herself from before the loss...and is sometimes caught off guard at the reflection looking back from the mirror.

She's one who ignores a baby shower or birthday invitation one day, because the pain is still too raw. And the next, celebrates the small milestones, for she knows how precious they are. She's one who boxes up a lifetime of mementos in an afternoon to spare others the pain. Yet years later still can't dredge up the courage to go through them again.

She's one who holds it together in the big things and falls apart over spilled milk. Who loves deeply those closest to her, but keeps her heart guarded for protection from others. She's one who grimaces at the first laughs after loss, but later laughs louder than most. Who finds joy in the simple things and relishes every day moments.

She's one held hostage by dates on the calendar and unexpected triggers. And one who will always pause for sunsets, butterflies, and sweet signs from above. She's one who lets go of friends unable to support her. And one who treasures those who didn't walk away.

She's one who can experience an array of emotions on any given day. And one who wishes tears would come when numbness covers her. She's one who screams at God one moment and clings to him the next. Who didn't expect her faith to grow so much from the most important unanswered prayer she ever spoke.

She is one as complicated as the grief she carries.

"Do not judge the Grieving Mother. She comes in many forms. She is breathing, but she is dying. She may look young, but inside she has become ancient. She smiles, but her heart sobs. She walks, she talks, she cooks, she cleans, she works, she IS but she IS NOT, all at once.

She is here, but part of her is elsewhere for eternity."

~ Author Unknown ~



KEEPING YOUR CHILD PRESENT

Death ended Jonathan’s life but it didn’t end his relationship with me. I learned to keep him present in my life by doing outreach in his name.

Countless books have been written on the process of mourning and what’s become known as the Kubler-Ross five stages of grief: denial, anger, bargaining, depression, and acceptance. Few books mention the stage of giving as part of the healing process. It was in this last stage, memorializing our son through philanthropy, that we finally healed.

After our son’s car accident, we had no idea how to deal with our son’s death or how to honor his memory. We just knew we had to get out of the house. We stumbled into the nonprofit world when our family lawyer and friend steered us in that direction. Little by little we reshaped his presence on earth by doing small meaningful acts in his name, things Jonathan would be doing if he were still alive. Our non-profit took shape in a very grassroots way. Jonathan was a freshman in college, a talented musician and committed social activist. He had a couple of unfinished projects he left behind; raising monies for a well in Africa and collecting band instruments for a school in rural North Carolina. We were given a chance to pass Jonathan’s future on to those less fortunate by simply picking up where he left off. We raised money to build a Playpump well in Malawi and eventually we delivered those instruments to Gaston College Prep in N.C.

Beyond the satisfaction we experience by helping others, I feel rewarded by one simple gesture. Thirteen years later, I experience the joy of hearing Jonathan’s name spoken. Because of our outreach, our son is still included in conversations; in a new idea, an act of giving. He is present.

I gained perspective on our loss from the insightful writings of German theologian Dietrich Bonhoeffer. He explained that God kept the “gap” – Jonathan’s absence – empty, so we can still feel our son’s presence. Over time I started connecting the small yet significant acts that happened in those empty gaps. As I made the connections, our outreach took on new meaning and I began to end my mourning. This is how I found my way back from grief: I kept my heart and mind together and did the work our son didn’t finish.

*Peggy Krist
Bucks County, Pennsylvania*

This article was posted July 2, 2019 in The Chapter Leadership Newsletter from The Compassionate Friends.



Did You Know?

Did you know:
 you need to rip up sheets
 to make a kite that flies.
 That you cannot build a fort
 without a tree with Y's.
 That matchbox cars run better
 when they are full of paint.
 Or, if you hold your breath too long,
 you probably will faint.

Did you know:
 a baseball bat
 makes a terrific gun.
 And, yes, an egg can really fry
 when left out in the sun.
 And cardboard boxes seem to make
 the most terrific trains.
 And you can swim in puddles
 after gentle summer rains.

Did you know:
 that baseball cards
 clipped upon your bike
 will make the awful clicking noise
 that parents never like.
 A crabtrap can be used to catch
 the most exquisite birds
 and pig Latin
 serves to provide
 a private world of words.

And did you know my brothers?
 They died a few years back.
 They taught me all these marvelous things
 That sometimes sisters lack.

*Kathi Guthrie
TCF Cape May County, NJ*



The Long Forever

You left us so quickly;
 there were no goodbyes.
 How long this forever,
 your death and our lives.

The sadness, the anger,
 the loneliness of three,
 preferring four always,
 how small, this new we.

*Genesse Bourdeau Gentry
From Stars in the Deepest Night—After the Death of a Child*

A Flicker in the Distance

In this time of grief,
When the darkness is so great,
And your heart is aching so,
You feel that it may break.

Remember that in this darkness
There is a candle's light
A flicker in the distance
Small but intensely bright.

That tiny little glow
That seems so far away
Will grow brighter and brighter
With each passing day.

Time does not heal, as they say,
But it tends to numb
The ache we feel inside our heart
When that darkness comes.

In time your heart will feel lighter
And the memories won't bring such pain
The tears won't flow as often
And you will find laughter again.

So keep your eye on that distant glow
To see how far you came...
Because at the end of the darkness
That flicker becomes a flame.

Jacquelyn M. Comeaux
In Memory of Michelle, Jerry, and Danny
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I'm Beginning

I'm beginning to know your children
From the things I heard you tell.
From the pictures that you've brought here
I think I know them well
Our hurt and sorrow are immense
I'm not sure where to start.
Compassion after all is
Your Pain in my heart.
My thanks to you for listening
To words wrung from my soul.
We are The Compassionate Friends
That's all I need to know.

Jack Brown
TCF Louisville

On Grief and Laughter

After the death of a child, how many of us, as bereaved parents, might say to ourselves, "How can I ever smile again?" I know I felt that way following the death of my son. I have heard bereaved parents, especially during the early days after the loss, say, "I suddenly found myself laughing at work. How could I have done that?" After my son died, I went back to work one week after the funeral, and one of the first things I had to do was attend a department meeting. At one point, someone made a humorous remark. Everyone laughed, except me. One of my coworkers, seeing my poker face, called across the table, "Come on, don't look so sad." There were other times, too, when people thought I shouldn't be so glum, that I should be smiling or laughing. Once, while riding in my carpool, the driver turned around to me after observing my mask-like expression in the rearview mirror, and exclaimed, "Smile!" I remember retorting with some acerbity, "You smile." But in time I did smile. I did laugh. It must be the subconscious guilt within ourselves that denies us the right to smile or laugh. It happened—I don't remember how long it was—at least several months, I think. I have seen parents at a TCF meeting, whose loss is recent, with tear-stained faces, smile when someone at the meeting says something that tickles the funny bone. How many of us have heard our non-bereaved friends say to us, "How can you go to that support group? It's all sadness and gloom." *How wrong they are!* Of course, we cry at TCF, but there are moments of laughter, too. Crying and laughter, after all, are often interchangeable, such as crying at weddings or graduations and giggling inappropriately at the sight of someone taking an unceremonious pratfall on a slippery sidewalk. Perhaps laughter is also the beginning of Nature's way of mending, of healing us.

Dave Ziv
TCF Southampton Chapter, PA

THANKFULNESS

At this time of year, when it is oftentimes difficult to find things to feel thankful for, we are all truly thankful for the following:

THANKS to those who had the courage to walk through our meeting room doors for the first time, as well as those who continue to come to meetings - not only for themselves - but also to reach out to newly bereaved members.

THANKS to those members, family and friends who support our chapter with their donations (Love Gifts) to help ensure that our chapter will exist for those who need us now and in the years to come.

THANKS to those who share their children, siblings, and grandchildren with us at meetings through their personal stories, their tears, and, yes, laughter.

THANKS for those with their ready hugs, listening ears, and shoulders to cry on.

THANKS to past and present chapter leadership and all the volunteers who have helped keep our chapter a supportive and hopeful place for our members.

THANKS to those members who share treats, help us setup and clean up after meetings, and all the many important things that they do to support each other.

Cathy Seehuetter
TCF St. Paul, MN

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
08/01	Madigan Rose Johnson	Thomas/Brigette Johnson	
08/03	Katherine Graves Morgan	David Morgan	Auto fire (died w/ mom)
08/03	Kirk Cliburn	Roy/Joy Cliburn	Cancer
08/05	Sean DeBarge	Kathryn Sue Doucet	Auto accident
08/06	Evander Carter	DeBorah Rhodes	Unknown
08/06	Mitch Giles	Aden Giles	Drug Overdose
08/07	Matthew Greer	Dave/Charlotte Greer	
08/09	Glovelis “Pat” Wells	Joan McDaniel	Auto accident
08/09	Jesse Allen Gates	Bob/Joy Gates	
08/10	Bradford Dale Houston	Nora Pinter	Unknown
08/13	Maura Anne Gray-Lewis	Vic/Gerry Gray-Lewis	Natural Causes
08/13	Stephen Michael Goode	Debbie/Roy Goode	Kidnapped/murdered
08/16	Matthias Kenneth Bert	Jack/Dorothy Bert	Hit by pedestrian
08/16	Tykeria-Nicole Parish Patterson	Vicky Patterson	Premature
08/18	Clinton Patrick Hegwood III	Dr./Mrs. Pat Hegwood	Cancer
08/18	Anthony Ray Norwood	Helen C. Griffin	Mouth Cancer
08/22	Keandra Jaree McMorris	Kornella S. McMorris	Suicide
08/22	Jessica Rainey	Sandra Grice	Suicide
08/23	Carl Gustav “Gus” Evers	Jan Evers	Suicide
08/23	Lily Ann Parrish	Hannah Parrish	SIDS
08/25	Sandy Moak	Jake/Frances Moak	Hypertension
08/26	Hunter Michael Baker	Stephanie Baker	Accidental electrocution
08/26	Hunter (GC) Baker	Paulette Strayham	Accidental electrocution
08/26	Kurt McCurdy	Ms. Christina McCurdy	Car accident
08/26	Lucius Andrew Tyson, III	Judy S. Tyson	Heart Condition
08/28	Emmanuel D. Ealy	Mary Horton	
08/28	Melissa Lisa Pigg	Rick/Mary C. Pickens	Cancer
08/29	James Matthew “Matt” Kitchens	Michael/Karen Hall	Auto accident
08/29	Hope Lashna Norris	Tammy Banks	Auto accident
08/31	Timothy Meyers	Peter Meyers	
08/31	Lucas Arthur	Basil/Yolanda Arthur	Auto accident

Mind Games

Mind Games—it can happen anywhere, anytime.

Driving along the highway, I think: just suppose I turn my head quickly, will you suddenly be sitting next to me? Will you be humming along to a song that was a particular favorite of yours? I swear I can hear you. I want so much to hear you singing loudly and a bit off-key again.

Or perhaps I'm in the supermarket and I see someone with long, blond hair—is it you? My heart thumps. I want so badly for it to be you. People glance at me strangely and I realize I'm standing in the middle of the aisle weeping. Even the special foods you loved can reduce me to tears. I'm tempted to buy your favorites and prepare them for when you come home for supper.

At night when I climb into bed, I scrunch over toward the middle, this gives you room to sit next to me the way you would after coming home from a late date. My senses are alive with you. I can smell your special perfume and feel your long, slender fingers with the pearl ring Daddy gave you for graduation. I can hear your laughter. I want you to stay with me until I fall asleep.

Then there are the times when I consciously call out your name in the silence of the house. My mind knows there will be no response, but in my heart I hear you answer me and for that split moment you are there at the top of the stairs as surely as I am at the bottom. Barbara...Barbara...Barbara...Your name is a litany.

I suppose that behavior could be considered quite strange. What does one make of it? Weeping in supermarkets, calling to one who is not there. Oh, but in that fraction of a second when one feels one's loved one close, that feeling, although bittersweet, soothes and comforts a splintered heart.

Mind games...it can happen anywhere, anytime.

*Bunny Placco
TCF, Greater Providence, RI*

OUR CHILDREN—LOVED, MISSED & REMEMBERED

Heaven	Child's name	Parent's name(s)	Cause
08/01	Evander Carter	DeBorah Rhodes	Unknown
08/01	Madigan Rose Johnson	Thomas/Brigette Johnson	
08/02	Frank "Will" William Johnson	Shirley Johnson Sarris	Auto accident
08/03	Larkin Powers Honea	Dickey/Breck Honea	Suicide
08/03	Janet Susan Johnston	Aron/Barbara Johnston	Suicide/depression
08/05	Roger Savell II	Brenda Crumbley	Stroke
08/05	John Wayne McFarland	John/Julia McFarland	Suicide
08/07	Kimberly Ann Kessler	John Kessler	Murder
08/08	Laura Ann Clement	Bill/Hallie Clement	Complications/Chrun's
08/09	James Matthew "Matt" Kitchens	Michael/Karen Hall	Auto accident
08/09	Sarah Louise Hollis	Jim/Linda Hollis	Auto accident
08/10	Parker Rodenbaugh	Rick/Cordie Rodenbaugh	Accident
08/12	Christopher Scott Brandies	Martha T. Wiggins	Suicide
08/12	Joseph Latham	Sam/Rita Latham	Cancer
08/14	Jessica Leigh Ann Windmiller	Robert/Donna Windmiller	Automobile accident
08/14	Moak Nathan Shane	April Moak	Suicide
08/14	Glovelis "Pat" Wells	Joan McDaniel	Auto accident
08/14	Jesse Arron Griffing	Eddy/Rebecca Griffing	Suicide
08/16	Houston Wells, Jr.	Mrs. Jean Wells	Gunshot wound
08/17	Marilyn Yvonne Bennett-Roberts	Walterine Bennett	
08/17	Scotti Lynn Mooney	Jill Calendar	Auto accident
08/18	Tykeria-Nicole Parish Patterson	Vicky Patterson	Premature
08/18	Deanna Boyd Knight	Wilma Davis	Leukemia
08/19	Marjorie Mae Bowen	Gerald/Norma Jean Kimbel	Accidental drowning
08/20	Abbie Gatewood	Brandie Nicole Cambell	Cancer
08/20	Zachery Powell	Jackie S. Stanford	Overdose
08/21	Sherrri Lynn Smith	Odie/Patsy Smith	Thrown from truck
08/21	Jamel Jackson	Rosie Martin (relation)	Drowning
08/21	Jamel Dequan Jackson	Doris Martin Jackson	Drowning
08/24	James Daniel Bruce	Knight/Patricia Bruce	Accidental gunshot
08/26	Andrea Santana Brown	Pamela Brown	
08/28	Kirk Cliburn	Roy/Joy Cliburn	Cancer
08/28	Steven B. Cutrer	Ricky/Brenda Cutrer	Heart attack
08/29	Matthias Kenneth Bert	Jack/Dorothy Bert	Hit by pedestrian
08/30	Benjamin Quin (Ben) Greer	Willey/Beth Greer	Auto accident
08/31	Hope Lashanna Norris	Tammy Banks	Auto accident
08/31	Anthony Ray Norwood	Helen C. Griffin	Mouth Cancer

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 reach one another.

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