



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



Newsletter

Volume 39 No. 1 January 2018

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POSTAGE

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

LOVE GIFT

**ED and CAROLYN BUCHANAN in memory of ASHLEY BUCHANAN
ALICIA HARPER in memory of PRICE HARPER
CORRINE HUDSON in memory of LARRY LEFTEROFF
MARCIA , GRAIG and MOLLY LEFTEROFF in memory of KEVIN LEFTEROFF
KENNETH and PATRICIA ZINGERY in memory of CORY ZINGERY
SANDRA MOFFETT in memory of DONOVAN THOMAS
LYNDA GARY in memory of PATTI LYNN GARY**

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

Because our December meeting was on Dec 12th and our newsletter folding was on Dec 16th, there wasn't time to place the December meeting notes in this issue. We hope everyone understands.

We hope everyone had a peaceful Christmas and wish each of you a good year ahead filled with cherished memories of your child.

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Newsletter Folding - Saturday, January 27th - 4:00 p.m.
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For the New Year

Where there is pain,
Let there be softening
Where there is bitterness,
Let there be acceptance
Where there is silence,
Let there be communication
Where there is loneliness,
Let there be friendships
Where there is despair,
Let there be hope.

Ruth Eiseman
TCF Louisville, KY



2nd Tuesdays monthly at 7:00 p.m.
Fondren Presbyterian Church – Fellowship Hall
3220 Old Canton Road, Jackson, MS

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.

Meeting

Meeting: Tuesday, January 9, 2018 - 7:00 p.m.
Topic: General Sharing- "How We Cope With The
Holidays"

Facilitator: Marcia Lefteroff
(This will be sharing of our past memories of our
children and
also of how we are coping now, especially during the
holidays.)

*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.*

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Prenatal Bereavement Support Group

*1st Wednesday/ Noon
UMC Cong. Ctr. Jackson Medical Mall
For more information, call
Kelly Hinson @ 601-815-7096

**If the meeting date falls on a holiday—the following
Wednesday*

For Children Grieving the Death of a Loved One

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

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MS SIDS ALLIANCE INFANT LOSS SUPPORT GROUP

Monthly 1st Tuesday – 7:00 p.m.

River Oaks Hospital Lobby Classroom
MS SIDS ALLIANCE offers education to the public
and professionals on risk reduction of SIDS and
bereavement support.

Cathy Files - 601 955- 1057
Leslie Threadgill – 601-573-1458

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Resolutions

Every time the holiday season comes to a close, I feel as if I can hear a collective sigh of relief. This year was no different except that the sigh seemed louder and longer than in past years. Some years are like that for us. This one was certainly like that for me. No matter how difficult I thought the holidays would be to get through I was wrong. In some ways they were more difficult and in other ways, surprisingly, they were less difficult. The reality is that you and I, no matter how we anticipated the holidays, did get through them. We did survive the holidays and though it may be difficult for you to believe this now, there is no reason that this new year shouldn't be better.

Which brings me to a favorite topic for this time of year, New Year's resolutions. Resolutions that I think are most helpful are those that concern our well-being. Above all else, resolve to take better care of yourself. Try to eat right and exercise. Find ways to nurture yourself—both your body and your mind. Remember all things in moderation. Seek advice from others when you need it and above all, ask for help when you need it. You won't always get the help when you ask for it, but remember, if you don't ask for it, you surely won't get it.

Another thing you can do to have a happier new year is to become more involved in our chapter of The Compassionate Friends. If you've not come to any meetings, or if it's been a while, give it a try. Commit to attending at least three meetings. If you were to attend only one, you would not necessarily get a very good idea of what our meetings are like. Join us and make your needs known to us.

This newsletter is another way you can become more involved in our chapter. Let us know what works for you and what doesn't. Consider becoming a contributor. Tell us how we might be able to better serve your needs.

Have a happier New Year!

Pat Akery
TCF, Medford, OR



Hello, Did I Hear a Big Sigh?

The holidays are finally over, and we can put our hurt and pain back in the boxes along with the Christmas decorations. Oh, how easy that would be, if that were so.

Dealing with the anticipation of the holidays without our loved ones early on in our grief is devastating. We find ourselves not wanting to cope and wishing away the oncoming celebration. This is a natural reaction, of course, and one we must fight to overcome. Memories and the thought of celebrations without our children are fraught with tears and heartache.

We can only hope that the next time we must encounter a specific holiday, we will find it less painful to cope with because we have put one more year behind us. Time does have a way of helping to soften our grief, but the road can be very bumpy along the way to recovery.

Our children were our reason for life, and their memories are our reason to go on living.

Because of my sons, my affiliation with TCF has given me many treasured friends whom I can sympathize with and have empathy for.

Let's all start the New Year with the promise of mending our bodies; holding the memories of our children, so love, in our hearts, and helping each newly bereaved parent and sibling to better cope with the difficult task of their loss. By supporting one another in our grief, we find the comfort and understanding we so sorely need.

HAPPY NEW YEAR!

Mary Senbertrand
TCF, Cape May, NJ

Hope

My heart has been broken.
 My soul has been crushed.
 My mind has gone to depths I never knew existed.
 Places where only God,
 In His most infinite Love, could understand.
 And even He could not console me at times.
 But I am here on earth,
 For whatever reason I still do not know:
 And I have hope that, in time,
 God will show me the way
 And give rhyme to my reason.
 So I wait in hope for a future
 And a new beginning.

Kathleen Leeper
TCF Valley Forge, PA

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
01/04	Casey Anne Gatewood	Larry/Fran Gatewood	Stillbirth
01/06	Jarrold Gray	Sharron LaBatte Williams	Auto accident
01/07	Robert Lee Hopper, Jr.	Robert/Bea Hopper	Cancer
01/08	Eleanor (Ellie) Koeppel	Chris/Sarah Koeppel	Congenital Heart
01/09	Andre’ Conway	Sigrid Conray	Suicide/Depression
01/13	Nelson Crump	Charlie/Julie Crump	Congenital heart failure
01/13	DeMquanarous J. Dobson	Michael/Stephenia Dobson	Murdered/Gun shot
01/14	Kevin Killebrew	Larry/Mary Killebrew	Car accident
01/16	Scott (Scotty) Reese	Layla Reese	Drug Overdose
01/17	James Neal May	J.H/Peggy May	Homicide
01/17	Carrie Lee Elliott	Dottie D. Elliott	Suicide
01/22	Michael Pham	Gerry Victor Gray-Lewis	Murder
01/22	Michael Pham	Hal Linsey Pham	Murder
01/24	Dalton Proctor	Michael/Tammy Proctor	Suicide
01/24	Frank “Will” William Johnson	Shirley Johnson Sarris	Auto accident
01/25	Janet Susan Johnston	Aron/Barbara Johnston	Suicide/depression
01/26	Lane McCord	Rex/Faye McCord	Accidental drowning
01/27	Stuart Clark	Rai Clark Smith	Suicide
01/31	Kimberly Ann Kessler	John Kessler	Murder

CANDLE LIGHTING REVIEW

Our Candle Lighting Ceremony was held Dec. 2nd with about 135 people present. That is one of the largest attendances I can remember. We had readings, music, lighting of candles, and a presentation of our children's pictures. Afterward we met in the fellowship hall for refreshments and fellowship. By honoring our children at the beginning of the Christmas season, this seems to start our Christmas off right. This was a very beautiful program and we appreciate everyone who worked so hard and helped to make our ceremony so special. A special thanks to Corinne Watts for providing the candles and votives. A very special appreciation to Corrinne Hudson, Marcia Lefteroff's mother-in-law for baking and delivering six cakes and a large container of home-made divinity. The cakes and divinity were so delicious and this helped so much to keep some of our costs down for our refreshments.

Thanks to Bob Gates for showing the power presentation of our children in pictures and to our musicians, Glenn Gentry, Sid Champion and Bob Gates.

Our thanks to those who selected and bought the refreshments and especially to those who came early that morning to help decorate and set up and who stayed afterward to help clean up and get everything back in order. Thanks so much to our candle lighters, Chuck & Nikki Hood and Albert & Shelly Hinson. We also appreciate those who were on the program.

Marcia Lefteroff gave the welcome address and Sandra Moffett read the Compassionate Friends Credo. Faye McCord read a poem she wrote, "The Candle Lighting Ceremony of Remembrance". Julia McFarland read "Lighting of the Flame", and Cherlyn Hester gave instructions for the candle lighting. Closing remarks were read by Wanda Fisher. Bob Gates played two beautiful guitar instrumentals, "Tears in Heaven" and "Somewhere Over the Rainbow". Glenn Gentry was our organist and Sid Champion was our pianist. Thank you, Glenn and Sid for sharing your musical talents with us in such a beautiful and uplifting way.

Thanks to Glenn Gentry for helping with the sound system and helping set up the projection screen. Thanks to Rex McCord, Albert Hinson, and Joseph McFarland for assembling the candle tree and Bob & Carolyn Stewart for greeting. Thanks to Wiley Fisher for ushering and to Sue Doucet & Corinne Watts for working at the candle table. Also thanks to Mike & Karen Hall and Brandi Ray for helping with refreshments and reception. Also thanks to Joseph McFarland, Julia McFarland, and Virginia Horton for helping where they were needed. We had lots of help that morning with setting up and decorating and we appreciate all the extra people who came and helped in any way. So much goes into the planning and preparation of our candle lighting ceremony. We hope we have mentioned everyone, but just in case we left anyone out, it certainly is not intentional. Your efforts and time are deeply appreciated.

Thank you all so much!!!

Submitted by Faye McCord

OUR CHILDREN—LOVED, MISSED & REMEMBERED

Heaven Date	Child's name	Parent's name(s)	Cause
01/04	Casey Anne Gatewood	Larry/Fran Gatewood	Stillbirth
01/07	Melissa Lisa Pigg	Rick/Mary C. Pickens	Cancer
01/08	Rebekah Kirubai Abraham	Ashley Elizabeth Abraham	Liver
01/10	Germain Dawson	Barbara Dawson	Natural causes
01/13	Amanda Hartley-McLauhlin	RonTerry Hartley	Drug interaction
01/13	Fredrika-Mellissa Hanna	Jean H. Ainsworth	Cardiac Arrest
01/14	Nelson Crump	Charlie/Julie Crump	Congenital heart
01/14	Eleanor (Ellie) Koeppel	Chris/ Sarah Koeppel	Congenital heart
01/14	Tommy Levine	Karen L. Thomas	Auto accident
01/14	Gussie Knox	Mary Ann Adams	Homicide
01/15	Sean Michael Thomas	Denise Douglas	Seizure
01/20	Clayton Marble	Frances Marble	Cancer
01/21	Cory Zingery	Ken/Trisha Zingery	Viral Pneumonia
01/22	Sean De Barge	Kathryn Sue Doucet	Auto accident
01/26	Michael Trey Upchurch	Ralph/Sheila Bradshaw	Auto accident
01/29	James Shannon Bennett	James/Anita Bennett	Cancer
01/29	Maura Anne Gray-Lewis	Vic/Gerry Gray-Lewis	Natural Causes

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

