



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



Newsletter

Volume 41 No. 11 November 2020

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

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: 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 ASHLEY BUCHANAN

JERRY and CINDY WIGGLESWORTH in memory of LEE WIGGLESWORTH

LOVE GIFT

CHUCK and MARLISE PRESTWOOD in memory of KRISSY PRESTWOOD

The Compassionate Friends THANK YOU for your donations

They are tax deductible and deeply appreciated.

Coronavirus grief: Coping with the loss of routine during the pandemic

It isn't easy adjusting to changes brought on by the pandemic. Consider how to deal with grief caused by the loss of your normal routine.

[By Mayo Clinic Staff](#)

The coronavirus disease 2019 (COVID-19) pandemic has changed people's lives in many ways. In addition to feeling grief over the loss of life caused by COVID-19, you're likely grieving the loss of your normal routine.

Understanding grief caused by the coronavirus pandemic

Efforts to prevent the spread of COVID-19 have affected people's jobs, where people work, the way kids go to school and play, and the ability to gather in person with family and friends. These measures have also changed how people shop, worship, exercise, eat, seek entertainment and celebrate holidays and special events. As a result, the pandemic has had a major psychological impact, causing people to lose a sense of safety, predictability, control, freedom and security.

Why is the loss of your routine so upsetting? You might not realize it, but you don't only feel attachments to other people. You also probably feel powerful attachments to your work and certain places and things. The experience of losing these attachments, however, isn't as well-defined as some losses. And unexpected endings can cause strong emotions. This can make it hard to deal with what's happened and move forward.

You might also find that changes brought on by the pandemic are affecting your sense of self. For instance, if your identity is closely tied to your job, losing your job could trigger an identity crisis.

Signs and symptoms of grief

Grief might cause you to feel numb or empty, angry, or unable to feel joy or sadness. You might also have physical symptoms, such as trouble sleeping or eating, excess fatigue, muscle weakness, or shakiness. You might have nightmares or socially withdraw.

Keep in mind, however, that grief can also have some positive effects. For example, you might feel grateful for brave and caring people in your community. You might have an increased appreciation for your relationships and have a desire to help others who are experiencing similar losses.

Continued next col.



First Thanksgiving

Cont. from col 1

Coping with coronavirus grief

As awful as it might feel, grief serves an important purpose. Grief helps you recognize that you've experienced a loss and that you're going to need to adapt.

To deal with your grief:

- **Pay attention to your feelings.** Name what you've lost due to the pandemic. It might help to write this down in a journal. Allow yourself to feel sadness or cry.
- **Think about your strengths and coping skills.** How can they help you move forward? Consider other tough transitions you've been through, such as a previous job change or divorce. What did you do that helped you recover?
- **Stay connected.** Don't let social distancing prevent you from getting the support you need. Use phone calls, text messages, video chats and social media to stay in touch with family and friends who are positive and supportive. Reach out to those in similar situations. Pets also can provide emotional support.
- **Create an adapted routine.** This can help preserve a sense of order and purpose, despite how much things may have changed. In addition to work or online learning, include activities that might help you cope, such as exercise, worship or hobbies. Keep a regular sleep schedule and try to maintain a healthy diet.
- **Limit your news diet.** Spending too much time reading or listening to news about the COVID-19 pandemic can cause you to focus heavily on what you've lost, as well as increase anxiety.
- **Remember the journey.** If you've lost your job, you don't have to let the way it ended define the whole experience. Consider some of your good memories and the big picture.
- **Take comfort in creativity.** Cooking, gardening, making art or being creative in other ways might help you feel better.

Focus on the present and the things you can control. As you adjust, your feelings of grief are likely to lessen.

Thank you to Marcia Lefteroff for forwarding this pertinent article to us.

Close By

The thought of being thankful
fills my heart with dread.
They'll all be feigning gladness,
not a word about her said.
These heavy shrouds of blackness
enveloping my soul,
pervasive, throat-catching,
writhe in me, and coil.

I must, I must acknowledge,
just express her name,
so all sitting at the table,
know I'm thankful that she came.

Though she's gone from us forever
and we mourn to see her face,
not one minute of her living,
would her death ever replace.

So I stop the cheerful gathering,
though my voice quivers, quakes,
make a toast to all her living.
That small tribute's all it takes.

*Genesse Bourdeau Gentry
from Stars in the Deepest – After the Death of a Child*

This Day

This dreaded day
Before highly anticipated,
I wake up cataloging the others
Wearing your first cake,
Cookie cakes and steak dinners,
Dalmatian cakes, skating, pancake breakfasts.
Carloads of boys going to the park
The last...family, and best friends, celebrating a
milestone.

"18"

The world holds promise, the golden age of
independence,
future, and choice. We are so proud.
A year later, we are in another world, one without you.
Now, what do we do? We grieve the
lost hope and possibilities.

We ask why?

We make bouquets of festive flowers, and take
green balloons to where you lay.

Your precious sister and I sit on the ground
arranging flowers and talking.

Your friends join us. You are remembered. You are
loved.

We scream silently, wanting you back, and wondering
how,
and even why we are standing here, why you are
gone.

The world keeps turning, and we keep
looking back, wishing.

Daily, we miss you our darling boy.
Happy Birthday my baby.

*Charisse Smith
TCF Tyler, TX*

A Thousand Little Moments

When the morning dew sparkles
I'll be near by your side
When the afternoon sun fades
My love I won't hide
When the autumn leaves change
And fall is in the air
I'll always be close to you
I'm around you everywhere
When the winter snows come
And covers the earth all white
I'll be watching you Mom
Everything's going to be all right
When Christmas time arrives
And you feel saddened missing me
I'll not be far away
For your heart is where I'll be
I'll be there when you're saddened
On lonely nights when you feel alone
I'm never far away mom
I'm in my Father's home
I'm ok mom, I really am
So please don't cry
I'm never far from you or dad
I'm the angel at your side
So when you look around you
And see beauty everywhere
Just remember I'm beside you
In your heart, I'm always there
The beauty that surrounds me
Is something you will one day see
I can't wait until you share
This wondrous beauty with me
God promised us eternity
And that promise was kept
I've made it to His home
I have no regrets
So please don't worry mom
I'm happy and I'm fine
One day you will understand
When you cross that thin line
Love,
Your child

*Sharon J. Bryant
In Memory of my son, Andy Dunbar
January 22, 1972 – October 24, 1977
I'm his mom and he's my angel...forever
Reprinted by permission of author*



I Will Cry With You

A thousand little moments
each and every day
remind me of all the things I lost
the day you went away

A thousand little moments
each and every day
remind me of the pain I feel in my heart
that never fades away

A thousand little moments
each and every day
remind me of the piece of my soul
that you took with you that day

A thousand little moments
each and every day
remind me of the time we've lost
and the games you'll never play

A thousand little moments
each and every day
remind me of all the memories we never got to make
and all the words I never got to say

But a thousand little moments
each and every day
also remind me of all the things I've gained
in the short amount of time you got to stay

A thousand little moments
each and every day
remind me of the love I hold within my heart
that will never fade away

A thousand little moments
each and every day
remind me that the missing piece of my soul will be
restored
when we meet again on my final day

A thousand little moments
each and every day
remind me to be thankful for the time we had
and reassure me that you hear my words every time I
pray

And a thousand little moments
each and every day
remind me that I am one moment closer to the day
that I'll once again see your smiling face

*Tracy Smith
In Memory of my niece Madison Lynne Smith*



I will listen closely ~ hold your hand or just sit with you ~ as long as it brings comfort - I will be near ~ I will be silent ~ I WILL CRY WITH YOU ~ I will silently pray for you ~ I will quietly listen as you share your unspoken thoughts ~ I will not fill the space with questions, words of wisdom, well intentioned resolutions, or small conversations ~ there are no words for missing ~ the heart kisses the thoughts and dare to remember happier moments ~ in time, tender memories will guide us through difficult seasons - occasions ~ in time, tender memories will be flowers a bloom in spring, a summer sun set at dusk, the crisp leaves of fall, the first snow of winter ~ But for now, I WILL CRY WITH YOU ~ I will not tell you how to feel, how to be ~ I will not tell you stories of others who have lost ~ I will honor your moment ~ I will honor your loss ~ Please share your tears with me ~ I will not hush them away, turn away, emotionally walk away ~ I will be near ~ I will hear you heart ~ I will hear your unspoken words ~ I will not offer answers, but I will offer love ~ I will help you ~ I will hope for tender moments, But for now--- I WILL CRY WITH YOU

*Pamela Hagens
TCF Nashville Chapter, TN
Copyright 8/5/2015*



November Mourning

Memories rain down like falling leaves
Amidst a torrent of tears
Fall used to be my favorite -
Now November brings only fear.
For October was the last full month
That we could share together.
My bright October full of joy
When again we heard your laughter.
Then darkness came November eight
Now there is only pain.
For when your gentle heart was stilled
We knew only loss and shame.
How could we lose our only son?
Our precious gift from God?
We miss you with an intense love
And grief is the road we plod.
Never will I feel the joy
That autumn used to bring -
Although I smile at memories
Of you saying funny things.
Those days we spent are treasures;
How I wish for just one more!
So now, I'm waiting for the day
We meet on eternity's shore.

*Sarah Chavez
TCF Greater Ozarks, MO*

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
11/03	Andrew Stanley	Virginia Horton	Suicide
11/04	Roger Savell II	Brenda Crumbley	Stroke
11/05	Nathan Allen Grice	Sandra Grice	Suicide
11/08	Nathan Myers	Gaye Myers	Suicide
11/11	Jesse Arron Griffing	Eddy/Rebecca Griffing	Suicide
11/14	Michael Medlock	Rosemary Medlock	Cancer
11/15	Joseph Gray-Lewis	Gerry Gray-Lewis	Suicide
11/15	Terrance Stewart	Barbara Stewart	
11/19	Liam Galaty	Grace Aguiar Newkirk	Suicide
11/19	Liam Leslie Galaty	Tanya Newkirk	Suicide
11/20	Anthony Blair	Mary Ann Blair	Homicide
11/20	Cotton Wayne Hall	Lisa/Dewayne Hall	Hit by Train
11/20	Matthew Brandies	Martha T. Wiggins	Suicide
11/22	Wynn McAllister	Susan McAllister	Auto accident
11/22	Donovan Thomas	Sandra Moffett	Auto accident
11/25	Dixie Patrice Kendall	Sam/Barbara Kendall	Cancer
11/30	Abbie Gatewood	Brandie Campbell	Cancer

Encouragement

We are still in a holding pattern as far as our meetings and getting on with our lives. It has been almost a year since I lost my granddaughter and the closer it gets to that anniversary the more I feel like I am falling apart. Even though I know how this grief goes, as we all know it's still very hard. It always is amazing to me how much harder it gets instead of getting better. As we all know, the world and its problems keep on going and we have to make it the best we can.

As we all know a lot of parents and grandparents have had to go back to teaching their children and grandchildren this year and of course the children are missing out on the socialization that is a big part of school. None of us know how all this is going to resolve itself but we all know we are living in a new normal that will evolve into our new life and future.

Back to our children and grandchildren that we have lost. Such a big part of our plans for our futures hinged on them and our seeing them grow up and have families of their own that we would be a part of. For those of us who have lost our children, we now have to try to figure out how to live without them and we all know how hard that is. I have really needed my TCF family as I know we all have. The National Office which as I understand now is not a physical place has sent us notifications of families in our area who have just started this journey and really need us as much as we need them and we try to reach out to them as much as we can through emails, etc. but it's not the same as physically being with each other.

Hopefully, early next year we can start our meetings again. Another thing that has been very difficult for probably most of us is that we have been unable to see our living children for quite a long time due to distance or whatever. Also, there are many among us who have lost all of their children and for that, our hearts break. And the newsletter, so lovingly put together, is a blessing in these very scary times. We have seen so much heartache through all of this, people who through no fault of their own have lost jobs and businesses have not survived the turmoil. All we can do is have faith that better times are ahead.

Marcia Lefteroff
 Director
 TCF/Jackson, MS



OUR CHILDREN—LOVED, MISSED & REMEMBERED

Heaven Date	Child's name	Parent's name(s)	Cause
11/02	Russell Wilkins	Jimmy/Barbara Wilkins	Heart Disease

11/05	Jeff Pritchett	Paul/Rita Pritchett	Auto accident
11/06	Molly Morrison	Marcia Lefteroff	Accidental drugs
11/09	Stuart Smith Clark	Rai Clark /Smith	Suicide
11/09	Jason Walters	Brenda Crumbley	Auto accident
11/10	Rivers McGraw	Lauren McGraw	Suicide
11/13	Ebony Jones	Mary West	Died in sleep
11/13	Cameron Kyle Blount	Ellis/Lynda Blount	Cryptococcal
11/16	Ted Jensen	David/Marilyn Jensen	Septicemia
11/19	Price Harper	Alicia Harper Ball	Seizures/Handicapped
11/20	John Mack Osborne III	Mack Osborne	Suicide
11/24	Eric Lucas	Lisa Lucas	Unknown
11/24	Drew Little	Greg Little	Enlarged heart
11/26	Britney Gail Brinlee	Reba Gail Walker	Accidental overdose
11/26	Britney Gail Brinlee	Belinda Woolard	Accidental overdose
11/27	Doug Albritton	Mary Ellen Albritton	Auto accident
11/27	Charles Weatherly	Ruth Ellen Germany	Homicide
11/28	Walker Woodward	Nathan/Sherri Woodward	SIDS
11/28	Walker Woodward	Tobey/Raymond Sherwood	SIDS
11/29	Alex Carraway	Jes/Jerrett Caraway	Auto 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 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