



OCTOBER—NOVEMBER—DECEMBER 2022

CONTACT US

# THE COMPASSIONATE FRIENDS



P.O Box 3065  
Portland, OR 97208-3065  
Ph. 503-248-0102  
www.portlandtcf.org

"A Nonprofit Self-Help Organization for Families  
Who Have Experienced the Death of a Child"

Portland, Oregon



## THE COMPASSIONATE FRIENDS WORLDWIDE CANDLE LIGHTING SUNDAY DECEMBER 11, 2022

6:30 PM virtual door opens  
6:45 PM program begins

### JOIN US FOR A ZOOM - INTERACTIVE MEETING - FORMAT

Unlike the past few years, this time we will ALL BE TOGETHER ON-SCREEN!

- ♥ Have your own candle ready to light at 7 PM
- ♥ Everyone will be called on to say the name of their loved one
- ♥ Children's Slideshow presentation
- ♥ Watch your email for Zoom Log-In prior to event



## Origami Butterfly Order Form pg. 13

If you would like your child included in the slideshow (if you haven't done so before) please send a photo with your child's name and birthdate to Diane dbar1207@comcast.net or mail to PO Box 3065, Portland, OR 97208.



***Deadline for photo submission is December 6, 2022***

## PLEASE JOIN US ON THE 1ST SATURDAY OF EACH MONTH @ 10:30 AM

\*We have resumed in-person physical meetings located at  
First United Methodist Church, 1838 SW Jefferson, Rm. #134, Portland, OR 97205

*\*Meetings are subject to change due to COVID concerns.*

\*\*\*A NEW MEETING via Zoom app is now available on the 3rd Tuesday of each month  
Contact Jeff Littman or Peggy Smith to participate in the Zoom meeting  
503-284-2725 ~ jwlittman@comcast.net



FOR MORE INFORMATION: (503) 248-0102

### Chapter Leader

Carolyn Harrington  
Ph. 503-307-8450  
linerharrington@gmail.com

### Saturday Leaders

Jeff Littman & Peggy Smith  
503-284-2725  
jwlittman@comcast.net

### Treasurer

Nancy Best  
(503) 260-0378  
jagstaruar@gmail.com

### Newsletter Editor

Debra Moon  
503-849-1179  
debsmoon@gmail.com



**WE NEED NOT WALK ALONE.  
WE ARE THE COMPASSIONATE FRIENDS.**

The Compassionate Friends is a non-profit, self-help organization composed of bereaved parents/grandparents & siblings. We offer friendship and understanding. Anyone who has experienced the death of a child of any age, from any cause, is welcome. Our meetings give parents an opportunity to talk about their child/sibling and about the feelings they experience through the grieving process.

There is no religious affiliation. There are no membership dues. The purpose of this support group is not to focus on the cause of death or the age of the child/sibling, as it is to focus on being a bereaved parent, along with the feelings & issues that evolve around the death of a child.

**THE MUSIC BOX**



**DANCING IN THE SKY**

By Dani & Lizzy + Angels Perspective  
rewrite by Mandi Fisher both w/lyrics.

<https://www.youtube.com/watch?v=Wk060boGvms>

**CHANUKAH**

CHANUKAH IS HERE

I see the candles glow; red, pink and  
blue.

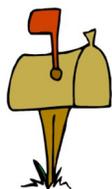
But you're not here to see their  
pretty shadows.

I shop for gifts. And this year, again,  
once more.

I won't be in a quandary of what to  
buy.

**CHANGE OF ADDRESS?**

Email your address change  
to Jenna Pingeon,



If I can concentrate on the moral and spiritual side of the holidays I can make it through.  
If I can absorb the love and warmth that was the beginning I can give love back.  
If I can share the grief and love that is in me through these holidays I can start a new year.

*~ Tom Spray, TCF, Ventura, CA*

**IMPORTANT NOTICE: Due to COVID-19 most of our chapters are currently not holding a physical chapter meeting. Some chapters are offering a virtual meeting, please reach out to your local chapter to get information about what they will be offering.**

**OTHER TCF CHAPTERS IN THE AREA:**

**WASHINGTON COUNTY CHAPTER**

Chapter Leader:  
Phyllis (503) 324-2504  
Beaverton, OR 97005

Meetings temporarily  
postponed due  
←—to Covid—→

**CLACKAMAS COUNTY CHAPTER**

Mary Graeber (503) 266-2677  
Ellen White (503) 502-7767  
Karen Brooks (503) 680-4289



# UNEXPECTED HEALING

The journey through new-grief, trauma, the first anniversary, then another and another, experiencing life without our loved one, is something we all share.

I considered myself a 'newbie to grief' for several years, engulfed and disoriented by loss. I discovered The Compassionate Friends within a few months of Tony's death and attended a few meetings. Carolyn Harrington welcomed me, she had lost her daughter, Kelsey in a car accident.

But it was too hard, I dreaded walking through that door and being part of a group I didn't want to belong to. So I stopped going to meetings, but loved receiving the newsletters.

Stories of hope, poems of love and loss, broken dreams, all touched my heart and filled a part of my life that felt so isolated. There were requests for help from our chapter, the newsletter editor was moving and would anyone be interested in stepping in? It caught my eye, but I ignored it.

Then it happened, she was leaving and there would no longer be a newsletter! My heart dropped knowing an important lifeline would be disappearing.

It had been months since I attended a meeting, I still felt like a 'newbie', still so broken and lost. Deep down, I knew I had the skills to help. But was I strong enough to take on such a huge task? I already had a job that required so much energy.

I felt Tony nudging me to take a step, "Mom, stop crying. You have things to do in life. You were the best mom I could ever

have. I can fly now!" That was seventeen years ago.

Being the newsletter editor was a tremendous responsibility, but it filled my life with a purpose and fulfillment I could never imagine and I continued for over five years.

I believe the unexpected healing came from helping others, holding a light of hope for them, as well as myself. Seeing new members, so broken and lost, slowly find their way through the darkest days; knowing they were not alone in their grief.

Deb Moon (our present and most-excellent newsletter editor for many, many years) lost her grandson, Jorey. Just arriving from Minnesota, she was in a strange town, broken and torn in her loss; she attended meetings and formed new friends. We all continue to enjoy and appreciate her dedication to helping others heal.

Jeff and Peggy, our beloved Saturday Group leaders, were shattered when Amy died. I recall looking forward to seeing them at meetings so I could give Peggy a hug ... she felt so broken. They continue to heal and help others.

**Do you feel a heart-nudge to volunteer and participate more, to lend a healing hand? The reward is overwhelming. We welcome you to attend a Steering Committee meeting and see what opportunities are available! There is no obligation, just friendship and support to ensure our chapter will continue to be there for future families.**

~Diane Barta

Contact Carolyn: [portlandtcf@gmail.com](mailto:portlandtcf@gmail.com) or

[linerharrington@gmail.com](mailto:linerharrington@gmail.com)

Ph. 503.307.8450

## VETERANS DAY

By Cheryl Dyson

On Veterans Day we honor all,  
Who answered to a service call.  
Soldiers young, and soldiers old,  
Fought for freedom, brave and bold.  
Some have lived, while others died,  
And all of them deserve our pride.  
We're proud of all the soldiers who,  
Kept thinking of red, white and blue.  
They fought for us and all our rights,  
They fought through many days and nights.  
And though we may not know each name,  
We thank ALL veterans just the same.



© www.jbonzer.com

## CALENDAR

OCTOBER 12—INDIGENOUS PEOPLE'S DAY  
NOVEMBER 6— DAYLIGHT SAVINGS TIME  
NOVEMBER 8—MIDTERM ELECTION DAY  
NOVEMBER 11—VETERAN'S DAY  
NOVEMBER 24—THANKSGIVING  
DECEMBER 18—26—HANNUKAH  
DECEMBER 21—WINTER STOLSTICE  
DECEMBER 25—CHRISTMAS DAY

### **Please support Portland TCF!**

Just by shopping at Fred Meyer with your Rewards Card!! Through their Community Rewards Program they donate to local community organizations/nonprofits of your choice. You just link your Rewards Card and scan it every time you shop at Freddy's.

\*Whenever you use your Rewards Card you will be helping Portland TCF earn a donation from Fred Meyer.

\*You will still earn your Rewards Points, Fuel Points & Rebates, just as you do today.



Please see page 12 for more information.

*Our children lovingly remembered...*

**CONFIDENTIAL**  
**Not Available Online**

I will always wake up with you in my heart. ~ [lovebeyondstars.weebly.com](http://lovebeyondstars.weebly.com)

*Our children lovingly remembered...*

**CONFIDENTIAL**  
**Not Available Online**

*Our children lovingly remembered...*

**CONFIDENTIAL**  
**Not Available Online**

**CONFIDENTIAL**  
**Not Available Online**

*Sometimes memories sneak out of my eyes and roll down my cheeks.*

*~ TheMindsJournal*

### **The Holiday Season Without My Child**

Last night we held our Compassionate Friends chapter meeting for November: the topic was Holidays & Grief. We met in small groups to discuss how we are going to get through this most difficult of times. While we found no single answer, we did make some discoveries about ourselves. We also found some basic ways to take control of our lives.

In our group of eleven were several newly bereaved parents. Deep sorrow and anxiety were apparent in each face as we opened the dialogue—a discussion of the holiday season without their children. This anxiety and deep sorrow immediately became mine; I am that parent, I am still on the first leg of what may be a long journey without my child. Their tears were mine as we talked.

As the discussion progressed, I could see a bit of each parent's tension slowly release. I felt as if I could read their minds: give me some answers, tell me I will survive this, tell me how you did it.

The answers were all different; the reassurances of parents who had lost their child and survived that first heartbreaking holiday were there. Some of the answers came from the newly bereaved as they explored their

**I just hugged you in my thoughts.**

*~ Pink*



A Love Gift is a special note to your child that is printed in the newsletter. It is a wonderful way to remember and honor their memory! Families often submit these either on their birthday or anniversary date of their child, but it can be done at any time! There is no charge for printing a Love Gift, but many families choose to donate a tax deductible contribution to help support TCF expenses such as newsletter expenses, brochures, outreach, special events, etc. Please complete the form on the back page with your love note and submit with your favorite photo.

To include a picture with your Love Gift, please email your special photo to [debsmoon@gmail.com](mailto:debsmoon@gmail.com) or mail to TCF, PO Box 3065, Portland, OR 97208. \*Your photo will be returned with current address.

**In Loving Memory of  
MATTHEW CLINTON**  
Loving you and missing you.

*Love, Mom & Dad*



**In Loving Memory of  
ROBERT JACK**

**In Loving Memory of  
THOMAS V.**

In memory of my two sons whose life continues not only in memory but in heaven. I miss them daily but know they don't suffer any longer. They are wonderful men.

*Love, Mom*




### Where Did the Sugar Plums Go?

It is your first Christmas or Hanukkah without your child (or maybe even your second but seems like your first) and you are finding the traditions that once brought comfort and joy. You now approach with a dreadful anticipation. It is overpowering. Christmas comes roaring in on the backs of magic reindeer, complete with holly, mistletoe and silver bells, cloaked in a costume of red and green. The air is heavy with music that follows you everywhere. There seems no way to escape it. It intrudes on your grief causing your pain to intensify and making your loss seem more poignant. Can you cope, you wonder? Will you survive this special family-oriented time when one of your blessings is missing? Well, you can and will survive. Like those of us who have observed other holiday seasons without our child or children, you will need to make choices about the best way for you and your surviving family to observe this first one.

Please know there are no rules about what your choice must be. Run away and ignore it all, stay home but after your routine, go about observing it as you always have, or anything in between that seems the most comfortable way for your family. Talk it over with them. Get input from each and every one and try to accommodate as many needs as you can work it out.

If I tell you it will be easier in the coming years, will you believe me? I hope so, because it's true. I won't tell you it will be the same as it once was, but there is a lot of space between where you are now and where you used to be in celebrating the holidays. You will use the coming years to find a more comfortable spot within that space. Don't

*Season of lights, season of love and peace,  
Season of shadow, season of memories,  
Season of warmth & joy, season of secret tears  
Give us the courage to laugh again  
Give us the vision to hope again  
Give us the power to love again  
For all our new seasons & all our new years.*

*~ Sasha Wagner  
From her book, Wintersong*



May the memories of this season come on gentle wings to bring you love and peace.

~ Sasha Wagner

Wishing you peace & beautiful memories carried forever in your heart.



Silent Night,  
Holy Night

“It’s about time,”  
he says quietly.

Deliberately, wordlessly,  
they gather the materials  
carefully put away last year,  
the matches, candle, candle jar  
to fend off the harsh winter wind.

Tis the season to be jolly ~

Slowly they drive toward the town’s edge,  
past homes with bright, blinking bulbs.  
Cars of faraway relatives fill the drives.  
Happy, laughing families, children home from school  
pass on the way to midnight Mass.

It’s the most wonderful time of the year ~

At last, town lights left far behind, they sit mute,  
each wrapped in private cocoons of memories of  
Christmas’ past, excited whispers from their room,  
silly giggles, fervent good-night kisses, anticipation of morning.

On a cold winter’s night that was so deep ~

Through the gate, down the drive, engine killed,  
frozen grass crunching underfoot, hand-in-hand  
they walk up the hill to the familiar moonlit stone. With  
practiced hands they brush it clean, then prepare their votive Noel.

The world in solemn stillness lay ~

Lumps in throat, arm-in-arm, candles lit, they stand and weep,  
But not so bitter as in years past. The pain’s as deep but not so long,  
as once again they dream of things that should have been but never were.

The stars in the sky look down where he lay ~

“Let’s go,” he says. She nods assent. They leave,  
though turn back once to see lonely flame  
of their lost child gleaming peacefully  
through the dark.

He whispers softly, his visit done—  
“Merry Christmas and good-night, my child.

## OTHER

### SUICIDE BEREAVEMENT SUPPORT

www.sbsnw.org  
Facebook—SBSNW  
(503) 200-0382

\*Currently groups are being held several times per month on virtual Zoom meetings & will resume in-person meetings when it is safe & allowed by State regulations

### HELPING PARENTS HEAL

Annie & Marc Adams  
hphportlandoregon@gmail.com  
Annie (503)752-8024  
Marc (503) 880-4467  
www.helpingparentsheal.org

Support groups of grieving parents to connect with each other and with Spirit

### BRIEF ENCOUNTERS

Ph. 503-699-8006  
Spanish (503) 972-3376  
Peace House, 2116 NE 18th St.  
**Portland** ...2nd Mon 7 pm  
**Beaverton** ...4th Thu 7 pm  
**Vancouver** ...2nd Thu 7 pm  
www.briefencounters.org

Support groups for parents who have experienced infant or pregnancy loss or who are considering or experiencing a subsequent pregnancy/adoption.

### PARENTS OF MURDERED CHILDREN

Ph. 503-761-1304 or 503-656-8039  
Peace House, 2116 NE 18th Ave  
**Portland**... 1st Mon @ 7 pm  
www.pomc.com/portland

### SIDS RESOURCES OF OREGON

4035 NE Sandy Blvd Suite 209  
**Portland**  
Ph. 503-287-8265

### IN THIS TOGETHER

(formerly Me too, & Company)

Contact: Meg McCauley  
Ph. 503-890-7027

[www.oregonhospice.org](http://www.oregonhospice.org)

Supports children & families who have experienced the death of a family member or friend.

### THE DOUGY CENTER

Ph. 503-775-5683, www.dougy.org  
3909 SE 52nd Ave., Portland, OR 97206

Provides safe place for children, teens, young adults & their families who are grieving a death.

### STEPPING STONES

Ph. 360-696-5120

SW Washington Medical Center, Vancouver, WA  
Support groups specialize in helping children with their grief.





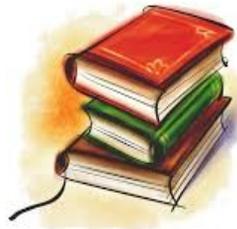
The Compassionate Friends Worldwide Candle Lighting on the 2nd Sunday in December unites family and friends around the globe in lighting candles for one hour to honor the memories of the sons, daughters, brothers, sisters, and grandchildren who left too soon. As candles are lit on December 11th, 2022 at 7:00 pm local time, hundreds of thousands of people commemorate and honor the memory of all children gone too soon.

Now believed to be the largest mass candle lighting on the globe, the annual Worldwide Candle Lighting (WCL), a gift to the bereavement community from The Compassionate Friends, creates a virtual 24-hour wave of light as it moves from time zone to time zone. TCF's WCL started in the United States in 1997 as a small internet observance and has since swelled in numbers as word has spread throughout the world of the remembrance. Hundreds of formal candle lighting events are held, and thousands of informal candle lightings are conducted in homes, as families gather in quiet remembrance of children who have died and will never be for-

How do you move on?  
 You move on when your heart  
 finally understands that there is  
 no  
 turning back.

~ Author Unknown

We are pleased to offer our members reading material from our **LENDING LIBRARY!**



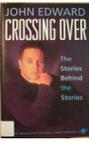
The profound challenges and trauma of grief often leave us with desperate, unanswered questions, fear and isolation. *Will our children be forgotten? How does one survive this unthinkable trauma? Will I ever be 'normal' again? Why do people stop speaking to us?* It is during this time that many of us seek answers, comfort and guidance in books authored by those who have experienced the death of a child. We Are Not Alone.

Through the generous donations of our members, TCF has acquired an inventory of books that are now available for you to borrow for a 3-month period. Books will be mailed directly to your home and will include a post-age-paid envelope for the return.

Visit our website [www.portlandtcf.org/lending\\_library.aspx](http://www.portlandtcf.org/lending_library.aspx) and browse through the inventory!

If you have books you would like to donate,

**Crossing Over**  
**The Stories Behind the Stories**  
 John Edward  
 #2019-6.6



I don't subscribe to coincidence, so I believe you are reading this book because you are seeking a higher understanding of life after death, most likely because you have had a difficult loss in your life and want to know about the possibility of spirit communication. But it's vital to understand that connecting with the other side cannot take the place of the natural grieving process. You still must confront and accept the physical loss of that person. As beneficial as it might be to connect with a loved one on the other side, it is imperative that you honor yourself and that loved one by grieving for them properly.

When the time comes for lighting  
 festive candles, let them remind  
 you of not only of what you lost,  
 but also of what you had.

~ Author Unknown

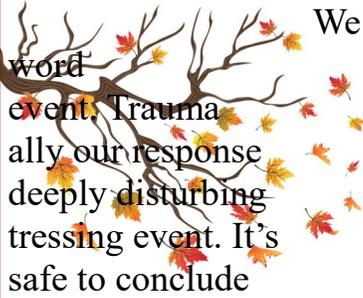
*Birthdays*

If it's your child's birthday month, we invite you to join our monthly meeting and share their story!



Birthdays hold treasured memories and are especially difficult for surviving parents and siblings; TCF offers a wonderful venue to honor and celebrate the precious life-story of your loved one. Taking a few minutes to share a picture, memento, award or even their favorite toy is a gentle reminder to all that *love continues and grows* with each passing year.

“Even the darkest night will end and the sun will rise.” ~ Victor Hugo



We often think of the “trauma” as an event. Trauma is actually our response to a deeply disturbing or distressing event. It’s pretty safe to conclude that we all, here at TCF, have experienced a high degree of trauma. I often marvel at the ease in which one, with a visible wound, can function in society. Empathy often flows from those around them, and support comes easily. It is said that the wounds that are not seen often hurt the deepest. Yet as we move through our trauma it becomes difficult to find that same support and understanding. Contrary to public

opinion you simply do not “get over it”. Our healing can be impacted by our ability to reach out or seek support. For some of us that is uncomfortable. There are three types of trauma, acute, chronic and complex. Acute is a one time event, chronic repeated and ongoing (abuse, conflict in marriage or divorce) and complex is said to be multiple events and ongoing. It is important to understand how our past experiences may factor in to our current trauma. Previous experience with rejection or betrayal, for example, may lessen our ability to trust. While some seek connection, others prioritize protection. For some, opening up is hard. In



**The only people who think there’s a time limit for grief, have never lost a piece of their heart. Take all the time you need.**

~ Author Unknown

**THANKSGIVING THOUGHTS**

*If your thoughts are turning to the upcoming Thanksgiving holiday, and your stomach turns ...*  
 ... if you are cynically wondering just what there is to be “thankful” for ...  
 ... if you are asking yourself how can I be around family when my family is not complete ...  
 ... if you are questioning how you are going to listen to idle chatter about wallpaper and earrings when you know these things don’t matter any more ... perhaps the following ideas sent in by other bereaved parents might be of some help.

- ♥ One family put an empty place at the table with a beautiful red rose on the plate. Before dinner the whole family stands and drinks a toast to the brother who shared their life.
- ♥ A couple who has no other children invites people from work or the neighborhood who also have no family in the area to share the day.
- ♥ A young mother places a picture of her baby on the table of her mother’s home and when everyone is seated she lights a candle and reads a poem.
- ♥ Going to the ocean ... and only the immediate family is another person’s way of handling the day.
- ♥ Another mother takes a plateful of Thanksgiving dinner to the cemetery for her son.
- ♥ One family had energy enough to work in the mission downtown serving dinner to the homeless.

So often, family members don’t know what to do so they just do nothing. Their non-action translates into rejection and pain for us. If you can, ask for what you need, request your family to talk about your child, to let you stay home or leave early. If you need it, you have my permission to do whatever you need to do to through the holiday as intact as possible. Be kind to yourself.

By Sue Anderson, TCF, Seattle, WA



*Continued from page 7*) We are not the caretakers to the world right now; we must take care of ourselves. If established traditions bother us, then we must turn to something else.

What is the point of pouring salt into this open wound? Perhaps next year or the year after, when the wound is not so fresh, we will want to return to former traditions . . . perhaps not. Through tears and some light laughter, we realized that we are not invincible.

We are not responsible for the happiness of friends and extended family. We do not have to meet the expectations of others. We must accept our emotional limitations and the psychological and physical toll that grief takes on us. We must slow down and change our perspective. We must do what is right for us, especially during the holidays.

Most of those who had been through at least one holiday season without their child felt that making changes for the first year or two was a positive step forward. We found that talking honestly with our family about our feelings might make them feel temporarily uncomfortable but it did clear the air about expectations. We

agreed that limiting our casual social relationships negated the need to make explanations regarding our lack of interest in holiday celebrations. By “dropping out” we also eliminated obligations in many areas. This gives us the freedom to choose simplicity over stress, essentials over hassles and flexibility over anxiety. This gives us the opportunity to live in the moment, go where our emotions take us and listen to our hearts.

While we all agreed that the holidays are overwhelming for parents whose children have died, we also agreed that we are each individuals and we each perceive the world differently. Some of us want and need the old traditions during the holiday season. Some of us need to be with people who are not part of our grieving process. Others among us felt that solitude and simplicity were the answer. The answer to the question of how we get through the holidays is found within each one of us. We each have our own truth. The challenge, we decided, is to honor that truth and hold the line against external pressures. A few of our newly bereaved parents could barely choke out a word or two. Others were more vocal. While grief consumes some of us for many, any years, others appear to “go with the flow” of life even early in their grief. What feels right for one of us may be abhorrent to someone else.

One universal truth did emerge from our conversations: we miss our beautiful children and love them as deeply when they walked beside us. We live in this purgatory each day of the year, but during the holidays it seems most oppressive. Our children have been torn from our lives forever. Daily life and special traditions will always reflect the deep void that has become our reality.

We need our Compassionate Friends at the holiday season. We need to know that others have walked this road, have lived this nightmare and have managed to



**Please Support Portland TCF . . .**

Just by shopping at Fred Meyer with your Rewards Card!! Fred Meyer donates to local community organizations/nonprofits of your choice through their *Community Rewards Program*. Just link your Rewards Card and scan it every time you shop at Freddy’s.

*~ Whenever you use your Rewards Card you will be helping Portland TCF earn a donation from Fred Meyer.*

*~ You will still earn your Rewards Points, Fuel Points and Rebates, just as you do today.*

**Great Way for Families & Friends to Support TCF!**

- Go to [www.fredmeyer.com/communityrewards](http://www.fredmeyer.com/communityrewards)
- Sign up online (even if you already have a card, you must create an online account)
- You will immediately receive an email to confirm your account (check your Spam or Junk Mail!)
- Sign up using your email address and password
- *From the top menu select: Reward —> Community Rewards*
- **Click “LINK YOUR CARD HERE”**
- **Enter # FT805**
- *Be sure to click the bubble!*  
*The Compassionate Friends, P.O. Box 3065  
Portland OR 97208*

*TCF Portland earned **\$36.91** during the 2nd quarter!  
2022 YTD = \$74.03*

**~ Thank you for participating**

**H. O. P. E.**

Fall is a season  
of many feelings.  
Autumn is here once again,  
as it comes every year.  
And with the leaves  
my falling tears.  
This time of year  
is the hardest of all.  
My heart is still breaking.  
Once again it is fall.

Memories once so vivid  
are seeming to fade.  
My time spent with you  
seems some other age.

This season reminds me  
of grief and of pain  
but yet teaches hope  
and joy once again.  
For the trees are still living  
beneath their grey bark,  
and you, my sweet child,  
are alive in my heart!

~ Cinda Schake, TCF, Butler, PA

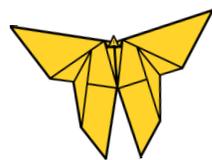


## A PROMISE

The colors of life change as we  
go through grief. We begin  
black & white; then gray settles  
over us, seeping into our pores,  
surrounding us & smothering us  
for a long period of time; then  
slowly the colors change. We  
may not even be aware of their  
changing 'til one day we see a



May you have  
the Spirit of the holidays  
which is PEACE  
the Gladness of the holidays  
which is HOPE  
And the Heart of the holidays  
which is LOVE



# ORIGAMI BUTTERFLY ORDER FORM



Due to Covid-19 safety precautions, our Worldwide Candle Lighting Event will again be held virtually online in 2022. We hope to see everyone in-person next year! For years, many families have collected these handmade origami butterflies for their child, as a remembrance of your enduring LOVE for them. Butterflies will be mailed to families this year.

Each butterfly will have your child's name and birthdate, along with the present year 2022. We are offering a 1st and 2nd choice for colors this year and will do our best to accommodate all requests. \*You may also indicate if you would like to include your child's anniversary date.



**DEADLINE FOR BUTTERFLY ORDERS  
DECEMBER 24, 2022**

Child's Name *(Please Print)* \_\_\_\_\_

Birth Date \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

\*Include Anniversary  
Date? \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

1st Color Choice \_\_\_\_\_

2nd Color Choice \_\_\_\_\_

Your Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

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Please contact Carolyn with any questions, (503) 307-8450

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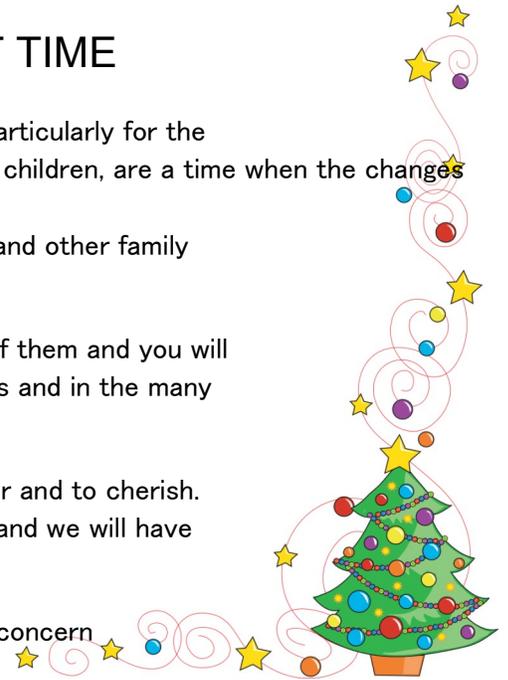
# CHRISTMAS—A DIFFICULT TIME

The holiday period is an especially difficult time for bereaved parents and particularly for the newly bereaved. The holidays, which have been our happiest times with our children, are a time when the changes that tragedy has made in our lives are most evident. As we gather our emotional forces to make a happy day for surviving children, grandparents, and other family members, it can be a very difficult time.

It helps to know that you will find the holidays less difficult than your fear of them and you will find some of your happy memories, too. Our children live on in our memories and in the many happy holiday times now past.

We hope that during this period you can find some happy times to remember and to cherish. We were fortunate to have had these wonderful children as long as we did, and we will have our memories of the good times they enjoyed.

The pain of loss will always be there. We share that, and we have a special concern



## **THIS IS A LISTING OF SEVERAL RESOURCES AVAILABLE FROM THE NATIONAL COMPASSIONATE FRIENDS**

[www.compassionatefriends.org](http://www.compassionatefriends.org)

### **24/7 ONLINE SUPPORT**

The Compassionate Friends offers “virtual chapters” through an Online Support Community (live chats). This program was established to encourage connecting and sharing among parents, grandparents, and siblings (over the age of 18) grieving the death of a child. The rooms supply support, encouragement, and friendship. The friendly atmosphere encourages conversation among friends; friends who understand the emotions you’re experiencing. There are general bereavement sessions as well as more specific sessions. Several days & times available.

First-Time Chatter Orientation ~ Parents/Grandparents/Siblings ~ Loss to Substance Related Causes ~ Bereaved More Than Three Years ~ No Surviving Children ~ Pregnancy/Infant Loss ~ Suicide Loss

### **PRIVATE FACEBOOK GROUPS**

The Compassionate Friends offers a variety of private Facebook Groups. These pages are moderated by bereaved parents, siblings, or grandparents, and may not be accessed unless a request to join is approved by a moderator. Please click on the link next to the group you wish to join and answer the screening questions so we can confirm your request. If you are waiting approval, please message one of the administrators. Join requests to our Facebook groups must be requested personally, therefore when you wish to share the group with someone please pass along the link to the group.

Loss to COVID-19 & Other Infectious Diseases ~ Loss of a Stepchild ~ Loss of a Grandchild ~ Sibs (for bereaved siblings) ~ Bereaved LGBTQ Parents with Loss of a Child ~ Loss of a LGBTQ+ Child ~ Multiple Losses ~ Men in Grief ~ Daughterless Mothers ~ Sudden Death ~ Loss to Substance Related Causes ~ Sibling Loss to Substance Related Causes ~ Loss to Suicide ~ Loss to Homicide ~ Loss to a Drunk/ Impaired Driver ~ Loss to Cancer ~ Loss of a Child with Special Needs ~ Loss to Long-term Illness ~ Loss After Withdrawing Life Support ~ Loss to Mental Illness ~ Loss to Miscarriage or Stillbirth ~ Miscarriage,

## The Season of Obligation

The festive season is almost upon us again, “silly season,” the season of joy and goodwill, of parties and celebration. Some of us like to call it the season of obligation. We are often obliged to seem happy and joyous.

Obligated to be nice to people we haven’t liked all year, people whose lack of sensitivity to our grief we have been expected to tolerate. We may be obliged to acknowledge religious celebrations, when all we ask is, “Why?”

Don’t people realize how painful Christmas and all this “ho ho ho” is?

Well, no they don’t. they don’t know who those empty places at the Christmas table leave such a void in all of us.

Many people start Christmas Day with a champagne breakfast while some of us visit the cemetery and are then obligated to face the festivities.

I will never forget one response when I expressed dread of Christmas Day, “it’s not a very happy time for us,” I said. “You see, two of my brothers have died, five places instead of seven at our table is fairly painful for us. “Oh well, five is better than none, just eat, drink and be merry” came the response. As a grieving brother or sister, helplessly watching our parent’s pain on top of our own usually guarded grief, is a very painful experience. It can sometimes prove too agonizing to bear.

As most of our friends live it up, we are faced with a miserable time in our own grief, often times parenting our parents through a very emotionally draining time.

For the shift workers amongst us “having” to work (or begging to!) is often a good escape from the obligation of it all. If this is your first Christmas, our hearts go out to you. But no matter how long it has been, please be gentle on yourselves as we all brace ourselves for yet another special time without our special people.

*By Shayne Parfrey, TCF, Victoria, Australia, Brothers Jarrod, 18 and Dean, 10*

### A Sibling’s Point of View . . . . .

There are times when I see a fiery sunset or the silver glow of the moon, and I see my brother, and feel the peace as if he still exists.

But these times are few, and most of what I see is . . . what is missing.

Cry now, my silent tears, quietly so no one hears. They don’t know the pain I go through, day after day and through the years.

“If a child is old  
enough  
to love—  
they are old enough

NOVEMBER 17th

- NOVEMBER -

The Compassionate Friends  
Portland Chapter  
P.O. Box 3065  
Portland, OR 97208-3065

RETURN SERVICE REQUESTED



OCTOBER—NOVEMBER—DECEMBER  
2022



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Date of Birth: \_\_\_/\_\_\_/\_\_\_ Date of Death: \_\_\_/\_\_\_/\_\_\_

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*Thank you for your continued support and commitment to our Portland TCF!*