



OCTOBER—NOVEMBER—DECEMBER 2021

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

TCF WORLDWIDE CANDLE LIGHTING CEREMONY 2021

Due to Covid-19 safety precautions, our Worldwide Candle Lighting Ceremony will not be held in person. TCF of Portland invites you to join our ceremony via Zoom.

Sunday, December 12th at 7 pm.

Please be prepared to log in to the Zoom program by 6:45 so you are ready to begin at 7 pm. Much of the program will be the same format as in years past including the slideshow of our children, grandchildren and siblings.

*Please watch for more information forthcoming in November via email.
This will include the Zoom link needed to attend our program.*

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 birthdate to Jeff & Peggy,
jwlittman@comcast.net
or mail to PO Box 3065, Portland, OR 97208.



Deadline for photo submission is December 6, 2021

If you are interested in an origami butterfly please refer to Page 3

Deadline for butterfly orders December 24, 2021.

****** Butterflies will be mailed to you this year.***

October 11—Columbus Day
October 31—Halloween
November 11—Veteran's Day
November 25—Thanksgiving



November 28—Hanukkah
December 7—Pearl Harbor Remembrance Day
December 12—Worldwide Candle Lighting
December 25—Christmas Day

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

***Physical meetings have been cancelled due to Coronavirus. In it's place is a Zoom group meeting available at the same day & time. Contact Jeff Littman or Peggy Smith to participate.**

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

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

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Debra Moon
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WE NEED NOT WALK ALONE. WE ARE THE COMPASSIONATE FRIENDS.

The Compassionate Friends is a non-profit, self-help organization composed of bereaved parents/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 experience of a child.

The vision of The Compassionate Friends is that everyone who needs us will find us and everyone who finds us will be helped.

I wish that I could love you back to life.

~ a.a. giannone

THE MUSIC BOX

Tribute to Grieving Parents - Lady Gaga
Til It Happens To You

<https://youtu.be/JUqj9TQpIiI>



Take a moment to listen to
this musical selection ~



CHANGE OF ADDRESS?

Email your address change
to Jenna Pingeon,
Member Database at
jrpingeon@gmail.com

INTRODUCING

amazonsmile

You shop. Amazon gives.

**The Compassionate Friends,
Portland Oregon chapter!**

See page 12 to see how you can participate!



Turn your clocks
back one hour on
November 7th.
Enjoy that extra
hour of sleep!

*Some people will never understand your
grief because their world did not come
to a halt when yours did.*

~ Karen Anderson

IMPORTANT NOTICE: Due to COVID-19 most of our chapters are currently not holding a physical chapter meeting. Many 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

Elsie Stuhr Center
5550 SW Hall Blvd.
Beaverton, OR 97005

2nd Tuesday
6:30 PM—8:30 PM
Phyllis (503) 324-2504

CLACKAMAS COUNTY CHAPTER

1500 Division Street
Oregon City, OR 97045
Email:
tcfclackamasco@gmail.com

4th Tuesday
7:00 PM



THANKSGIVING

No doubt some of us, especially the recently bereaved, are thinking at this time, what can I be thankful for? May the following reflection encourage you to add your own personal and particular thoughts of gratitude.

The life our child had no matter how brief, his existence touched our lives so we grew a bit:

THANK YOU.

The miracle of his conception, formation and growth:

THANK YOU.

The love he showed us and the love we experienced through him:

THANK YOU.

The hope his existence has brought to our hearts:

THANK YOU.

The uniqueness of his person, which afforded us new insights:

THANK YOU.

The beauty of nature—sun, moon, stars, flowers, bird songs, all growing things:

THANK YOU.

The signs of friendship—smiles, hugs, kisses, notes, phone calls, all the 'doings-for-us':

THANK YOU.

As our children's lives were a gift, so our lives are a gift:

THANK YOU.



ORIGAMI BUTTERFLY ORDER FORM



2021 Virtual Candle Lighting

Due to Covid-19 safety precautions, our Worldwide Candle Lighting Event will again be held virtually online in 2021.

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 2021. 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
MONDAY, DECEMBER 24, 2021**

Child's Name *(Please Print)* _____

Birth Date _____/_____/_____

**Include Anniversary Date?* _____/_____/_____

1st Color Choice _____ 2nd Color Choice _____

Your Name _____

Address _____

City, State, Zip _____

Email _____

Phone _____

Enclosed is my tax-deductible donation of \$ _____
(\$5-\$10 Suggested Contribution For Each Butterfly)

Submit to TCF Portland, P.O. Box 3065, Portland, OR 97208

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

*** Butterflies will be mailed so allow time for delivery.**

Please make your check payable to **TCF Portland** or charge:

VISA ___ Master Card ___ AMEX ___

Name as appears on card: _____

Card # _____ - _____ - _____ - _____

Expires _____ CVC# _____ Zip code _____



Our children lovingly remembered...



CONFIDENTIAL

Our children lovingly remembered...



CONFIDENTIAL

During this holiday season, just close your eyes and make a wish for warm memories of yesterday; peaceful thoughts for today; new hope for tomorrow.

~ Author unknown

Our children lovingly remembered...

CONFIDENTIAL

Our children lovingly remembered...

CONFIDENTIAL

AS I SIT HERE & WHISPER, "I MISS YOU" I BELIEVE SOMEHOW YOU CAN STILL HEAR ME.

~ Author Unknown

Lighting a Candle

A heart broken by the death of a child can never be healed. As parents we try every way that can be thought of to cope with the loss, but the void will always be there. At first that emptiness seems to take your breath away and most times we wish it would.

This becomes different with the passage of time. It never goes away, but at some point we learn to live with it and in fact this horrible feeling becomes a lifeline of sorts. One of our biggest fears is to forget our children.

Our hearts force us to find ways to fill that void to maintain our role as parents. Some are as simple as visiting the cemetery and some are as complex as changing our entire lives, dedicated to the memory of our child. In between are the many rituals we create or borrow from others to honor the memories and to keep our child's name alive.

Lighting a candle and saying a child's name keeps their memory burning bright. It means we are struggling to cope with this unwanted role of bereaved parent in the only positive manner we

can. We will most certainly shed tears every time and we will still miss our child, but we are doing something that allows the world to hear our child's name and for one moment the candle means oh so much more than anyone else could ever understand. For a fleeting second that is our universe and every memory we have comes flooding to us as we see the flame through tears, distorting it into something magical. It's the only gift we can give our children. This is as close as we can get to our child now. A tiny, flickering flame can warm the heart and it's nice to think that perhaps they can feel us also. It's a beacon, our light in the window, our shining star in the darkness. It's an opening of our hearts and a way to share our grief.

We gather to honor the memories of our children and to share this bond of lighting a candle for the children all over the world. We miss them so much.

~ Jim Lowery, Sugar Land/SW Houston, TX





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 or mail to TCF, PO Box 3065, Portland, OR 97208. *Your photo will be returned with current address.

♥ ♥ ♥ ♥ ♥

DEADLINE to submit for the next newsletter is DECEMBER 10, 2021

There are some who bring a light
so great to the world that even
after they have gone their
light remains.

~loveliveson.com



VETERAN'S DAY

We Honor Them ...

*For each grave where a soldier
lies at his rest.*

*For each prayer that is said
today out of love.*

*For each sign of remembering
someone who died.*

*Let us also give thought to
the mothers and fathers
the brothers and sisters
the friends and the lovers
whom death left behind.*

~ Sascha

**In Loving Memory of
ADAM SCOTT WOJCIECHOWSKI**

In Loving Memory ... Miss you everyday
& love you forever!

Mom & Dad

Carol & Carl Wojciechowski



A hug is a great gift— one size fits all
and it's easy to exchange.

**In Loving Memory of
JANICE LUTES**



You will never be forgotten—rest in peace.

William E. Lutes

*Right now ... take a moment,
close your eyes & remember the
smile of your child!*

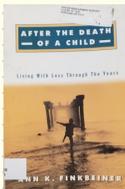
~ Sascha



I loved you
like there was
no tomorrow..

and then
one day,
there wasn't.

flywingsofhopelivingforward



After the Death of a Child
Living with Loss Through the Years
Ann K. Finkbeiner, author

#2019.6-4

How parents move through their grief, get on with their lives, but never let go of their children...it can be of value for bereaved parents who can be helped by it to understand their pain and sorrow and to understand the different ways fathers and mothers grieve ...

HALLOWEEN

Halloween has always been a special holiday to me. I regret that our son only had a one-time experience at this magical time of year. I remember, as though it were yesterday, the wonder in his face, how he said, "thank you" without coaxing.

Then I think of all the parents whose children never had an opportunity, and I am grateful for that one time. It's hard watching all the other children trick-or-treating, and yet, there is something special about this season that comforts me. As I watch the trees around me, I am reminded that there is a beauty, even in their dying leaves. There's a special aroma, a breath-taking color scheme, and if you listen, a rustling in the air.

I believe there is a message in Fall. I believe death is like a change of seasons, that our children now know far more beauty than we can even imagine. Like the tree that lives on through the barren winter and comes alive again in Spring, our children are not gone. They live!

~ Nancy Cassell, Monmouth County, NJ



DIMMING LIGHTS

For most, Chanukah is a joyous time with dreidels, gifts and lights. But since you have died, my heart is only heavy and sad. Wherever you are my dearest son, I pray you are at peace—seeing the menorah lights; giving me strength to get through these dim and dark eight days. Outwardly the Chanukah candles are glimmering bright—but inside of me burns only a shimmer of blurred light.

~ Ceil Katz, TCF, South Hampton Chapter



OTHER SUPPORT GROUPS:

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

NEW...

HELPING PARENTS HEAL

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

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

ME, TOO & COMPANY

Children, parents, whole families
Ph. 503-228-2104
www.oregonhospice.org

Supports children and 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.



A Survival Guide for the Holidays



Reprinted from Idaho Falls TCF Chapter Newsletter

Recognize the sources of discomfort, try to anticipate even the smallest part that might elicit pain, and then decide what can or cannot be faced, altered or eliminated.

Acknowledge that this year will be different. Eliminate whatever you need to. There is nothing that you must do. Grief depletes energy. Because of this lessened energy, the simplest of tasks loom large and insurmountable. How can you face dinners and parties when smiling and laughter feel like the twist of a knife in the raw wound of your loss? How can you attend religious services with all of their reminders and implied promises?

Take care of your own health; guard your own strength and energy. It is okay to say "no" to invitations. It is difficult to predict your feelings and energy levels, so it's also okay to change your mind at the last minute about attending dinners, parties and religious services or to leave a function early. You must be your own guide.

Almost every town will display decorations (some of them starting as early as September) and music will be heard on most street corners. People will seem to rush around with purpose. All of this can increase your own feeling of purposelessness,

isolation and alienation from what the rest of the world is doing and feeling. Give yourself permission to change whatever traditions or rituals that you need to change. Nothing is written in stone. Just because something has been done a certain way for twenty years doesn't mean that it is the only way to do it. Change things if you want to. The option to return to the old traditions will be there next year and the year after.

Change the time, location and/or menu of traditional meals. Or eliminate them altogether this year. Attend religious services at a different time than usual, attend another house of worship—or don't go at all this year.

Decorate differently, have someone else decorate, decorate exactly the same as always or don't decorate at all. Open gifts at a different time than you did before.

Break large tasks into small pieces. Don't be afraid to delegate tasks to others. Tell friends and relatives what would be helpful to you. They would probably like to help you but don't know what to do. Tell them as specifically as you can.

Memorialize your child in some way that is both important to you and would have meaning for him or her. It needn't be a large gesture,

but it is helpful if it has a unique and personal value.

If you wish to go away for holidays, do so. This year, you must do what is right for you. Remember though that you will take your thoughts and your grief with you. Find something, some small thing, that is special to you. Do something you have never done before. Give your own life a degree of meaning and value no matter how bereft you are feeling.

All of these suggestions offer the same basic message: there is no right or wrong way for you to do things. There is only *your* way and that is the correct way for you.

People have often expressed a wish to hibernate from November to January to eliminate the holidays completely. We can mentally ignore the holidays by pretending that they don't exist, but it takes tremendous effort and energy to deny all of the input we see around us. We also compound our loss—we have lost a child and we will also lose the holiday season. Remember that implicit in Thanksgiving, Christmas and Chanukah is the miracle of human survival and hope for the future.

Create your own hope for your own future. Give yourself the gift of this miracle.

Another Christmas Without You

The snow is falling gently on this cold December morn
I seek the warmth of times before when memories
weren't so worn. Remembering in Christmas past how
festive all would be but celebrating still does not come
easily for me.

Sweet child of mine I know that you would want me
to partake in all the season offers and give thanks for
heaven's sake. I'm getting there but thanks is some-
thing hard for me to do when all I see is spending
another Christmas without you

I'll do better next year, I know you've heard that be-
fore but it seems each year I do take part in Christ-
mas a little more. There was a time when you first
left I simply hid away, now look at me out shopping
and it's almost Christmas Day.

Sweet child of mine I do the best I can to carry on
but Christmas just isn't Christmas since you've been
gone. It has lost the magic and there's nothing I can
do but do my best spending another Christmas with-
out you.

Merry Christmas Sweetheart.

Love, Dad

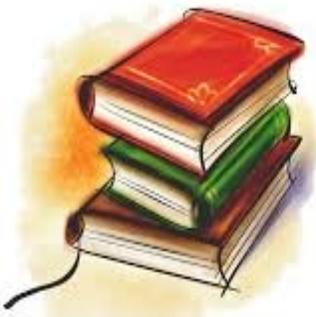
~ Alan Pedersen



How can you help me this holiday season?

- ♥ Remember: The greatest gift is sharing memories
- ♥ Let me know when you are hurting/missing them too. The worst is thinking I am alone in my grief.
- ♥ Help me to honor them in some meaningful way
- ♥ Allow me to cry, laugh or leave when I need to
- ♥ Allow traditions to change to accommodate the missing space
- ♥ Allow me to say no to invitations
- ♥ Allow me to change my mind often
- ♥ Remember that much of what I do is a reflection of my grief not my feelings about the holiday or my friends and families.
- ♥ Though I am hurting I still love and care.

~ Tanya Lord, www.thegrieftoolbox.com



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 them?* 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 postage-paid envelope for the return.

Visit our website www.portlandtcf.org and browse through the inventory!

If you have books you would like to donate, please contact us and we will make arrangements for pick up.
A label with your child's name will be placed on the inner cover of the book.

SHRINES

People have amassed shrines for years. In Prague there is a wall dedicated to John Lennon; flowers and photos adorn the gates of Princess Diana's home in London; an eternal flame shines for the unknown soldier; Shinto shrines celebrate wind, rain, mountains, trees and rivers; we bury our dead and mark the grave with a headstone ... we want a marker of those things valuable and important to us. That is how we feel about our dead children; we don't want our children to be forgotten, we must remember them, others must remember them.

My son's boots are my shrine to him. His boots are the only thing left from his accident. They sit there, worn but whole, and I see him, I think of him, I remember him, I love him. His boots do that for me ... they create an instant recall of him, his person, his character, his life.

Don't tell me to put the boots away, don't tell me that it is unhealthy to hold on to things that recall his memory ... it is the purpose of the shrine, and yes, I want to remember my son. I want you to remember my son. He had value. He had purpose. He was good and right ... recall that gift every time you see his boots. Revel in his glory, laugh with him, smile with him, embrace his life and take him with you, his memory is valuable, he is valuable. Say his name.

~ Marian Lambeth, TCF, Tallahassee, FL, in memory of her son Wyatt Lambeth

The weird, weird thing about devastating loss is that life actually goes on. When you're faced with a tragedy, a loss so huge that you have no idea how you can live through it, somehow, the world keeps turning, the seconds keep ticking.

~ James Patterson, sayinggoodbye.org



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
- 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 **\$37.35** during the 3rd quarter!
2021 YTD = \$117.60

~ Thank you for participating & enjoy shopping! ~

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.

A new opportunity to support The Compassionate Friends, Portland Oregon chapter!

Go to smile.amazon.com



You shop. Amazon gives.

AmazonSmile is a simple way for you to support the Portland Chapter of The Compassionate Friends every time you shop, at no cost to you.

AmazonSmile will donate 0.5% of your eligible purchases.

- ⇒ To shop at AmazonSmile go to smile.amazon.com on your web browser or activate AmazonSmile on your Amazon Shopping app on your iOS or Android phone.
- ⇒ Sign in with your Amazon.com credentials
- ⇒ Below the blank search bar choose "Supporting" & link to The Compassionate Friends Portland Chapter
- ⇒ Bookmarking this site will make it easier to return & start shopping at AmazonSmile. Always check for the AmazonSmile logo to ensure you're activated for AmazonSmile.

**You can use your existing account on Amazon.com & AmazonSmile. Your shopping cart, Wish List, wedding or baby registry, & other account settings remain the same.*

Thank you for supporting TCF in Portland!

... there is no more ridiculous custom than the one that makes you express sympathy once and for all on a given day to a person whose sorrow will endure as long as his life. Such grief, felt in such a way, is always "present", it is never too late to talk about it, never repetitious to mention it again.

~ Marcel Proust (1871—1922), from *Letters*



The gift you give, the love you feel, the memory you cherish ~ These are the things by which your life endures & shines.

~ Sascha



Please say my child's name
I am so thankful when you do
And if you see a tear fall from my eye
It's my heart thanking you ...

~ Author Unknown



Sometimes all you can do is lie in bed and hope to fall asleep before you fall apart.

~ Wm. C. Hannan, *all-greatquotes.com*

HOLIDAY WRAPPING

We wrap ourselves for the holidays much like the presents we give. The brightly colored paper hides what's within. When people look at us they only see the outside.

We promise ourselves we will not come unwrapped. We will make it through the family celebrations, the church services and the big occasions. The paper and the ribbon will remain intact.

But it is the small thing that manages to untie the bow. The little insignificant moment; the Christmas parade, the search for the tree, the discovered ornament, the special carol, the memory and the paper gets wrenched off. The true Christmas presence shows itself.

The inevitable tide of feelings bursts out of the artificially decorated façade. The emotions pour out. The intense anger wells up. The tears are shed and the holidays come. These are as sure as the tides and the march of time.

Only a Compassionate Friend, a bereaved parent, knows of what I speak. Yet the answer isn't in fighting or in denying these feelings. We have paid the price. We have the right to grieve. The resolution of our grief is in grieving.

Our hope for all who read this letter is that you will make it through the holidays. WE cannot make the pain go away. But we know there are others who suffer with you. We have made it and together will continue on.

~ Hank Hewett, TCF, Scranton, PA



MANAGING THE HOLIDAY SEASON, IT'S OKAY TO:

do what feels okay—not send cards—not decorate the house, car, your desk at work—change whatever traditions you have—make new traditions—go away—celebrate another time of year—cry—feel sad—change your mind—not reciprocate on invitations—not cook—go out to eat—have a good time—talk about your child—laugh

On Dec 6th, 1907, explosions rocked a small town in West Virginia. This would soon be recognized as one of the worst disasters in the industry of coal mining. Not only was it a horrific tragedy, but sadly it left hundreds of children without a father. And yes, far too many widows. What I did not know, however, was that historians maintain that this would be the seed for what we now know as "Fathers Day", in the United States. Yep. Out of great tragedy. I guess the reason it struck me as it did is because I often beat myself up for "still" grieving, struggling at times with sorrow, ache and "if only". (And if I'm honest, sometimes the chastising comes from others who just don't understand). Yet I watch as we collectively pause on Dec 7th, or on Sept 11th, and I'm reminded that some events will change us forever. Some events will scar us in such a way that it can never be forgotten. It is so acceptable, almost honorable, to come together and pay tribute to the lives lost, when on a massive scale. Yet we know whether it's one, one hundred or one thousand, loss devastates. Yes, we must find an inner resolve, an inner strength, a purpose to carry us forward. But, we will always remember. And that is ok. Hugs from me to you.



~ Michelle Thomason, in memory of her son, Michael Thomason

This season I am thankful for my mind that still remembers you ... my voice that still speaks of you ... my spirit that still hears you ... my heart that still loves you ...

~ Tanya Lord, *The Grief Toolbox*

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

www.compassionatefriends.org

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 Two Years ~ No Surviving Children ~ Pregnancy/Infant 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 of a Stepchild ~ Loss of a Grandchild ~ Sibs (for bereaved siblings) ~ Bereaved LGBTQ Parents with Loss of a 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, Stillbirth, Loss of an Infant Grandchild ~ Infant & Toddler Loss ~ Loss of a Child 4-12 Years Old ~ Loss of a Child 13-19 Years Old ~ Loss of an Adult Child ~ Loss of an Only Child/All Your Children ~ Finding Hope for Parents Through TCF SIBS ~ Grandparents Raising their Grandchildren ~ Bereaved Parents with Grandchild Visitation Issues ~ Inclusion and Diversity ~ Grieving with Faith and Hope ~ Secular Support ~ Reading Your Way Through Grief ~ Crafty Corner ~ Loss of a Child

~~~~~ 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 obligated 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 how 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 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.

~ Shayne Parfrey, TCF, Victoria, Australia
Brothers Jarrod, 18 & Dean, 10



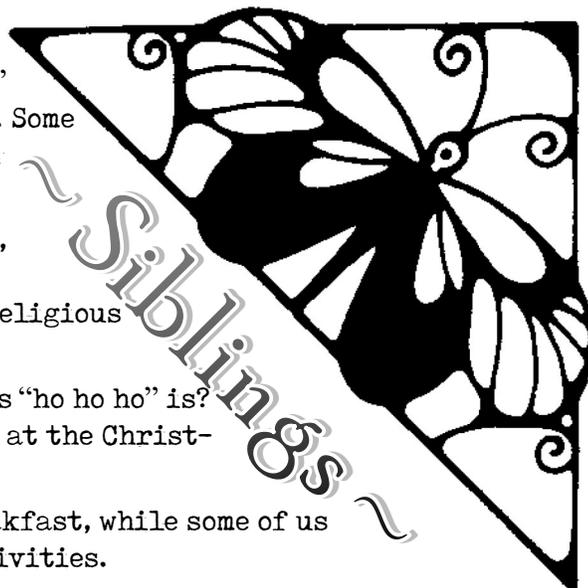
I never knew my brother,
Yet I knew him well.
Through my mother's eyes
I've known him,
And I love him still.
I'll grow tall and strong like him,
Yet not like him at all.
He'll be my guardian angel
And we'll go through life together,
As one.
I have his clothes and his toys
And his photos.
I hold them dear to me.
But most of all,
I treasure the loving memories
My mother gave to me.

~ Karen Hayland, TCF, Brisbane, Australia

REFLECTIONS ... with the death of my sister came some painful realizations: that life isn't always fair or predictable; that sometimes even my best still isn't good enough; and that from the day of her death, the happy events in my life would always be tinged with sadness.

Despite the pain and loss, death has also left me with some valuable lessons and precious gifts. As a result of my sister's death, I have a greater appreciation of life and a greater compassion for those who hurt. I have learned to be a survivor and to have a successful career and productive life in the face of tremendous grief and loss. I have been gifted with good friends & special people to help me through the rough times. But most of all I have been given the gift of time—time to heal & time to replace those painful memories of death with the priceless memories of my sister's life.

~ Cathy Schanberger, TCF, Seattle, WA



REST MY BROTHER

Rest, my brother, you now have peace.
The wars within you all have ceased.

And with the rising sun each day,
Upon the heaven you will play.

Until that day we meet again,
Know I love you, my brother, my friend.

~ Sandra Evans, TCF, Kearsarge, NH

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

RETURN SERVICE REQUESTED



OCTOBER—NOVEMBER—DECEMBER
2021



If you wish to make a tax-deductible LOVE GIFT donation, fill in the information below, send with a check for any amount to
Portland TCF, PO Box 3065 Portland, OR 97208-0102
OR, you may submit your love gift and photo online at <http://www.portlandtcf.org>

Month you would like it printed in newsletter: _____ Donation Amount: _____ Anonymous? YES
NO

Child's Name: _____

Date of Birth: ___/___/___ Date of Death: ___/___/___

Your name: _____ Telephone: _____

Address: _____ City: _____ State: _____

Email: _____ Zip: _____

Please make your check payable to TCF Portland or charge: VISA _____ Master Card _____ AMEX _____

Name as it appears on the card: _____ CVC# (on back of card) _____

Card # _____ - _____ - _____ - _____ Expiration Date: ___/___/___ Zip code _____

Special Message (please include how you would like your message to be signed): _____

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