


The Compassionate Friends

Supporting Family After a Child Dies

TCF of POTOMAC, MD

TCF meets the first Tuesday of the month at 7:00 PM

Potomac Presbyterian Church

10301 River Road

Potomac, MD 20854

WWW.TCFPotomacMD.com

Autumn 2018

The Compassionate Friends Mission

The Compassionate Friends (TCF) is a national self help organization offering friendship, understanding and hope to bereaved families who have experienced the death of a child or sibling. TCF members provide information and support. Volunteers run the more than 660 local chapters in the U.S. and TCF has chapters in many other countries.

The Compassionate Friends:

P.O. Box 3696

Oak Brook, IL 60255-3696

National Website:

WWW.Compassionatefriends.org

Leader

Co-Leaders

Treasurer

Remembrances

Google Group Manager

Katherine Bloom

Nancy Frank

Mary Mandeville

Barry Gordon

Barbara Beall

Barry Gordon

Outreach

Hospitality

Newsletter

New Members

Librarian

Mitzi Sereno

JoAnn Gellman

Katherine Bloom

Barbara Beall

Lilyan Heupel



“Snowflakes are one of nature's most fragile things, but just look what they can do when they stick together”

Letter from the Editor

Hello Potomac Chapter! It's been a long time since a Newsletter has been published. It's been requested we ought to have the Newsletter restarted, and I agree. It again falls to me to make sure we have a Newsletter, though I will happily hand it over to someone in the Chapter who will take full responsibility for it.

Over the past couple years, our Chapter has grown. I view this as both good and sad. We are glad to know that families who have had a child die have found us, but sad we get new members month after month. Recently, a statistic was quoted that about 13% of the US population has suffered this tragedy. So, with millions of bereaved families The Compassionate Friends remains one of the most important Grief Support Groups in the nation.

For some families, we have experienced multiple losses, such as more than one child has died, sibling, parents, spouses, friends and extended family members. What holds us together is not just shared grief. It is hope. It is love. What this means that despite the losses, we also have reason to believe in a future for ourselves. Is this easy? I won't lie, it's a struggle, sometimes a daily effort on our part. For the newly bereaved, it

seems impossible. But I found a wonderful quote by Audrey Hepburn which says **"Nothing is impossible. The word itself says I'm possible"**. To take this in its the most literal sense tells us we are able to go forward, to be able to envision a time when we can smile and laugh again without guilt. A time when we can embrace the love of our child and have their lives be the focus of our thoughts, not their deaths. Our Chapter mission, the mission of the national organization, is to provide a safe, welcoming environment for families to share the love of their children, siblings and grandchildren. we cannot "fix" your grief, however, we do understand it, and strive to help you cope with your new reality. In our Chapter, we have members who have been attending meetings since our inception about 18 years ago. It's not that they are just taking so long to deal with their grief. They still come to reach out to the newer bereaved families, to offer shoulder to cry on, the arms to hug you, and to also share your tears and fears.

We are The Compassionate Friends. We need not walk alone.

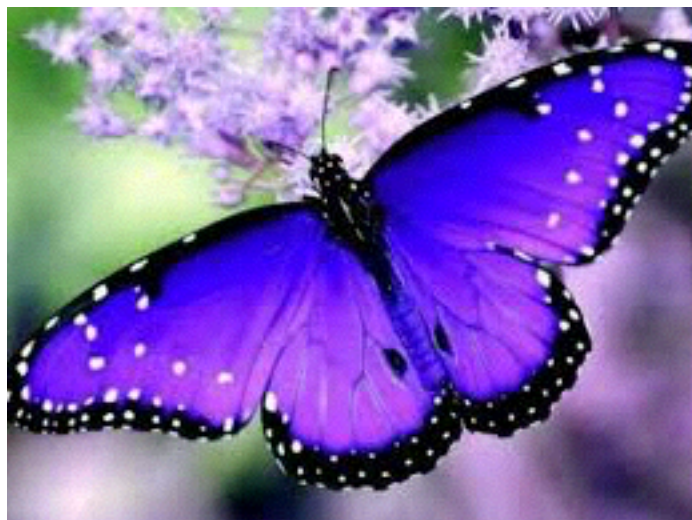
"I didn't want to kiss you goodbye. That was the trouble. I wanted to kiss you goodnight and there's a lot of difference."

Ernest Hemingway

**And if I go, while you're still here
Know that I live on
Vibrating to a different measure
Behind a thin veil you cannot see through
You will not see me
So you must have faith
I wait for the time when we can soar together again
Both aware of each other
Until then, live your life
to the fullest
And when you need me,
But whisper my name in your heart
... I will be there**

Emily Dickinson

**Happiness is like a butterfly:
The more you chase it, the more it will elude you,
but if you turn your attention to other things,
it will come and sit softly on your shoulder**



Henry David Thoreau

The Sibling Group

The TCF Adult (18+) sibling group will be meeting on the 2nd Monday of each month at 6:30 PM. Our meetings will be at TGI Fridays in Rockville. The address is: 12147 Rockville Pike, in the Pike Shopping Center (Twinbrook/Rockville area). 301-231-9048

Please join our closed Facebook page

MD/DC/VA Adult Sibling Loss Support Group - for further information

Contact Andrea Keller at andreakeller9@yahoo.com or 301-802-1855

The Google Group

The Potomac Chapter has a Google Group which you may use at any time during the month.

It is especially useful when we are feeling alone between monthly meetings and need a virtual hug. This is a private group for only our Chapter where we can share intimate feelings about our loved ones and our loss. To join, please email Barry Gordon: Barry@Bgordonlaw.net

The Email address is:

Compassionate-Friends-Potomac@googlegroups.com

Newsletter Contributions

The Potomac Chapter wants to hear from each and all of you, sharing your ideas and feelings, to hear about what works for you in handling your grief, and what doesn't, what helps you cope and how you deal with new situations.

Please send articles, stories, poems, or quotes for the next Newsletter to

Katherinx@aol.com

If your contribution is from an outside source, please provide their attribution.

Library



The Potomac Chapter has an extensive library which include books written by people who have lost a child or sibling. There are books of poetry, and essays. The books are free and available for 3 months at a time to our members

Grief Resources

The Compassionate Friends website which has information on TCF Chapters throughout the country and provides information to assist families in the positive resolution of grief following the death of a child, sibling or grandchild. At compassionatefriends.org , you will find information on its online support group, closed Facebook page, sibling resources, and links to many other organizations which help bereaved families, and more.

WebMD.com children.webMD.com/death -of-a-child-fetal-loss describes a number of good programs which help families who have lost a child

Local Support Groups in Montgomery County and the Washington Metro Area

Hospice Caring of Montgomery County offers a free weekly support group for parents who have lost a child. www.hospicecaring.org. For further information and registration call 301-990-0854

Montgomery Hospice offers a 6 week support group for bereaved parents. Registration is on a first come first serve basis. www.montgomeryhospice.org 301-921-4400

Holy Cross Hospital Bereavement Program offers 8 week support groups for bereaved parents. www.holycrosshealth.org/svc_homecare_bereavement.htm

JSSA (Jewish Social Service Agency) offers an ongoing support group for individual who have lost a child. JSSA offers services on a non-sectarian basis.

www.jssa.org 301-816-2633

William Wendt Center for Loss and Healing, 4201 Connecticut Ave, Suite 300, Washington, DC 20008 www.wendtcenter.org 202-204-5021

Bereaved Parents of the USA (BP/USA)

BP/USA is a nationwide organization designed to aid and support bereaved parents and families who are struggling to survive their grief after the death of a child. Any bereaved parent, sibling or grandparent is eligible to become a member. You can visit their Facebook page at Bereaved Parents the USA

Open to Hope Foundation : The mission of Open to Hope Foundation is to help those who have suffered a loss to cope with their pain and find hope in the future. Visit their Facebook page [Open to Hope Foundation](#)

Organization of Parents of Murdered Children

The Organization for Parents of Murdered Children, Inc is a non-profit support group for all survivors of those who'd loved ones taken away from them by violent death. Visit their Facebook page [Organization of Parents of Murdered Children](#)

SIDS Network, Inc

The SIDS Network website offers up-to-date information as well as support who have been touched by the tragedy of SIDS/OID.

Tragedy Assistance Program for Survivors

The Tragedy Assistance Program for Survivors is a one of a kind non-profit Veteran Service Organization offering hope, healing, comfort and care to thousands of American armed forces families facing the death of a loved one. Visit their FB page at [Tragedy Assistance Program for Survivors](#)

Hope & Healing Support Group

Hope & Healing is a Christian based support group for those who have lost a child or children through miscarriage, stillbirth or early infant death. It meets on an “as needed” basis. www.church-redeemer.org 240-238-1544

Camp Erin Montgomery County, Hospice Caring Inc

Camp Erin is a free weekend bereavement camp for children and teens ages 6-17 who are grieving the death of someone close to them. It is a fun, traditional camp combined with grief education, peer bonding and emotional support led by grief support professionals and trained volunteers. 301-869-4673

Roberta's House

Roberta's House Family Grief Support Center in Baltimore provides grief support programs for children 5-17 years old and adults. Visit website www.robortashouse.org 410-235-6633

Teens Learning to Grieve, Baltimore
410-668-0324

A Legacy Left Behind

www.alegacyleftbehind.org 301-938-5752

Hospice Caring, Good Grief Club Program

Hospice Caring offers the Good Grief Club through Montgomery County public Schools. This group is for school aged children who have experienced the the loss of a loved one. 301-990-0854

Miscarriage, Infant Death and Stillbirth Support Group

301- 530-1094

Washington Adventist Hospital/Empty Arms, Aching Heart

www.adventisthealthcare.com/WAH/services/pastoral-care/eeah.aspx

301-891-5265

Lutheran Church of St. Andrew Support Group

240-481-3903

For additional resources, please go the National TCF website @
compassionatefriends.org

This Newsletter is not responsible if any support groups are no longer in service or if phone numbers or addresses have changed without notification

LOVE GIFTS

Teri & Jim Hurt

Lee Capraro

Sara Lou Caldwell

Barbara & Barry Gordon

Judy & George Toth

Roslyn & Jack Spector

Wendy & Doug Jordan

Rob Goor

Laura

Jonathan Blank (nephew)

Bradley

Jonathan

Bryan

Todd Rosebush (grandson)

Heather

Andrew



The Compassionate Friends is a self supporting, non-profit organization solely dependent on Love Gifts and other donations for operating expenses of all TCF Chapters. If you would like to offer a LOVE GIFT in memory of your child or another loved one, or in honor of any occasion, it will be greatly appreciated. LOVE GIFTS are fully tax deductible. There is a basket at monthly meetings with LOVE GIFT envelopes. Donations may be given by check, cash or credit card

You may also mail LOVE GIFTS to:

Barry Gordon
300 King Farm Blvd # 401
Rockville, MD 20850

Our Children Remembered



September 2018

Bryan Smith
Rita & Walter Pancik
Sara & Stuart Reiter
Sandra & Lionel Chaiken
Diana Finzi
Cyndi & James Glass
Peggy Lester
Nancy & Ed Kopf
Maria & John McDaniel

Sam Smith
Bruce Jay Liebowitz
Alexander Reiter
Pamela Sue Chaiken
Leo Doran
Jeremy Glass
Beth Hayes
Rebecca Kopf
William D. McDaniel

October 2018

Mary Webb
Teri & Jim Hurst
Lilyan & Gerald Heupel

Warren (Cobby) Webb
Laura Hurst
Robbie Heupel

November 2018

JoAnn Gellman	Julia Gellman
Terri & Jim Nelson	Brady Nelson
Marilyn & Danny Norris	Kimberly Norris
Micki & Irvin Koniak	Leslie Koniak Garelick
Janet & Charles Pacholkiw	Charles N. Pacholkiw
Christiane Robbins	David Robbins
Linda & John Wilson	Sean Wilson

December 2018

Karen Feinstein/Fred Collins	Sam Collins Feinstein
Marci & Rich Leotta	Noah Leotta
Mary & German Nader	Carolyn C. Nader
Jennifer & John O'Neal	Julian O'Neal
Judy Oppenheim	Liza Oppenheim
Brian Sansoni	Vivian Sansoni
Nusvin & Frank Sepehri	Navid Sepehri
Patti Silva	Tommy Silva
Maria & Jorge Wolff	Carlos Wolff