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The Compassionate Friends, Inc.

The Compassionate Friends

Supporting Family After a Child Dies



**TCF of Potomac, MD
Newsletter March 2023**

**We meet the ~~first~~ Thursday of the month. Meetings begin at 7:00
Potomac Presbyterian Church**

***This month only!
We will meet the
second Thursday,
April 13***

**10301 River Road
Potomac, MD 20854
www.TCFPotomacMD.com**



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, grandchild 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 National

**48660 Pontiac Trail
#930808
Wixom, MI 48393
877-969-0019**



| | | | |
|-------------------|---------------------------------|----------------------------------|-----------------------------------------|
| Leaders | Danny Norris Marilyn Schuman | New Members Librarian | George & Barbara Beall Lilyan Heupel |
| Co-Leaders | Nancy Frank Rob Goor | Facilitators | Barbara & George Beall Nancy Frank |
| Treasurer | Marc Smith | | Rob Goor |
| Newsletter | Marilyn Schuman | | Danny Norris |
| Outreach | Mitzi Sereno | | |



An Introduction and Message from the New Chapter Leaders

Welcome Back to the Newsletter of the Potomac Chapter of TCF!

It has been about 6 years since we've had a newsletter, and when we did, the editor was Katherine Bloom, who was *also* our chapter leader for the last 9 years. Those are two huge jobs for one person to handle, and we'd like to thank Katherine for her time, energy, and dedication to the chapter all those years.

I am Danny Norris. My wife, Marilyn Schuman and I were asked to assume the leadership of the chapter, which we did in January. We have been members since 2016, after we lost our daughter, Kimberly. We will do our best to put out a newsletter once a quarter, to honor the children or grandchildren we have all lost, and to help our support community stay together, in touch and connected.

We would also like to acknowledge everyone who is working to keep our chapter running so smoothly. You will find their names and positions back on the first page, and we hope many of you will consider returning for a meeting, where you can talk about your child among compassionate friends who understand what you are going through, who care about how you are doing, and who truly want to support you, wherever you are on your grief journey. Many of us grow attached to our fellow members and the memories of their children.



There will also be a new suggestion box at the front table, and we welcome all comments. Please, also, feel free to email your suggestions to us at DGN1953@gmail.com (Danny) or Marilyn at [Note2Mar@yahoo.com](mailto>Note2Mar@yahoo.com)

Last, please let us know if we made a mistake regarding your name or your child's name. We do our best.

Our Children Remembered



January 2023

| | |
|--------------------------------------|-------------------|
| Cindy Allen | Jack Bostian |
| Anita & Gary Fields | Adam Scott Fields |
| Beverly Guerra | Randall |
| Lynn & Fred Lee | Nicole Lee |
| Curtis Ollayos & Christine Haellauer | Macklin |
| Marion M Webster & David F | Adair Kefauver |

February 2023

| | |
|-------------------------------------|------------------|
| Atsuko & Robert Blevins | Vivian |
| Kathleen & John Kennedy | Molly |
| Donna & Richard Mirsky | Matthew |
| Vital Correia & Bernadette Rousseau | Angelina Correia |



March 2023

| | |
|--------------------------|------------------------|
| Colleen Boskin | Patrick Michael Elasik |
| Susan & Chip Cameron | Devon Stewart |
| Mike & Karen Cohen | Harris Cohen |
| Blanco & Daniel Cotlear | Rafael |
| Cheryl Kurss | Julia Rude |
| Kathleen Pang | Kimberly Pang |
| Susan & Walter St. Aubin | Marc |



**RED-CARPET
INVITATION**

This is your chapter newsletter.

You are invited to submit any article, poem or link you think the members of our special group would appreciate. Please provide the author, if it is not you.

If you write for therapy, to help you process your grief, or to allow the memories of your child to flow onto the pages of a story, poem or heartfelt description, please feel free to submit your writings to Marilyn at note2mar@yahoo.com. (Please put "TCF" as part of your subject line, so I will know it is not spam.) We would love to publish words from your heart, to help us get to know you and your child better.

Readings

We do our best to credit the writers, but that information is not always available. We believe the following message comes from the TCF Chapter in Houston, Texas, because they were all on the same page from TCF-Houston, but it could have been written by anyone in any chapter.

+ + + + +

If you are newly bereaved and have recently attended your first Compassionate Friends meeting, you may have left the meeting feeling overwhelmed and emotionally drained. With the heavy load of grief you are carrying, you may feel that you cannot bear to hear about all the pain shared at meetings. Consequently, you may have decided not to return. We would like to let you know that these feelings are common to all our members, many of whom resolved not to expose themselves to such anguish again, but were drawn back by the knowledge that they were among those who "know how you feel." **Please give us at least three tries before you decide whether or not the meetings are for you.** You will find a network of caring and support which will help you as you travel this journey of grief and assuredly, find hope along the way. We truly care about you.



The death of a child is so painful, both emotionally and spiritually, that I truly wondered if my own heart and spirit would ever heal . . . I soon learned that I could help myself best by helping others . . . it wasn't until Robin died that I truly threw myself into volunteer work. That precious little girl left our family a great legacy. I know George and I care more for every living person because of her. We learned firsthand the importance of reaching out to help because others had reached out to us during that crucial time.

Barbara Bush

Tell Me What to Say

By James Eugene Batchelor

You know I've lost a loved one and
you see my grief is strong
You hope to bring me comfort and
you fear to speak no wrong
We've all heard horror stories
of when people say wrong things
And we've all heard testimonies
of the bitterness it brings
It's often someone close to us,
they mean to say their best
But then speak something hurtful
and now they feel distressed
We rehearse the words we want to say
so deep within our heart
But when our turn approaches
we stumble from the start
So let me help you out my friend,
I'm here today for you
And I've found some words of wisdom
from the sorrow I've gone through
The fact you're here brings comfort,
you need no longer fear
It's enough to say you're sorry and
enough to show you care
And as the days and weeks go by
and months turn into years
The grief may start to weaken
but it always will be there
So call once in a while
or just visit for the day
Because those simple acts of kindness
Are more than words can say

- In memory of Ethan



If you think you are going insane – *THAT'S NORMAL.*

If all you can do is cry – *THAT'S NORMAL.*

If you have trouble with the most minor decisions – *THAT'S NORMAL.*

If you can't taste your food or have any semblance of an appetite – *THAT'S NORMAL.*

If you have feelings of rage, denial and depression – *THAT'S NORMAL.*

If you find yourself enjoying a funny moment and immediately feel guilty – *THAT'S NORMAL.*

If your friends dwindle away and you feel like you have the plague – *THAT'S NORMAL.*

If your blood boils and the hair in your nose curls when someone tells you "it was God's will" – *THAT'S NORMAL.*

If you can't talk about it but you can smash dishes, shred up old phone books or kick the garbage can (preferably empty) down the lane – *THAT'S NORMAL.*

If you can share your story your feelings with an understanding listener – another bereaved parent – *THAT'S A BEGINNING.*

If you can get a glimmer of your child's life rather than his/her death – *THAT'S WONDERFUL. –*

If you can remember your child with a smile – *THAT'S HEALING.*

If you can find your mirrors have become windows and you are able to reach out to other bereaved parents – *THAT'S GROWING.*

Excerpts from "*The Normal Family*"
By Edith Fraser, TCF, Winnipeg Canada

Love Gifts

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 send 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 on the front table at the monthly meetings with LOVE GIFT envelopes. All donations must be in check form.



You may also mail **LOVE GIFTS** to:
Marc Smith
4241 Sandcastle Lane
Olney, MD 20832

Love Gift Donations – 2022

Normally, donations are reported quarterly in each newsletter, but since this is our first newsletter in many years, here are all the donations from last year, with deep thanks. Going forward, we will be reporting Love Gifts every quarter in this newsletter.

Nathalie Silver

George & Barbara Beall 2X

Sandra, Lionel & Stephanie Chaiken

Marj & Dan Druckman

Marc & Vickie Smith

Barry & Barbara Gordon

Emanuel & Penny Flecker

Lisanne Rishell Bales & Marilyn Rishell

Katherine Bloom

Danny Norris & Marilyn Schuman

Ellen Ensel & Fenwick Anderson

Marj & Dan Druckman

George & Barbara Beall

Steve & Pilar Hoenack

Nilda & Gary Colgrove

Ed & Mitzi Sereno

Lawrence Bloom

Lilyan & Jerry Heupel, Jr.

Richard Leotta & Marcie Goldman

JoAnn Gelman

Rob Goor & Linda Tebelman



Announcements

Our April meeting date will change from our usual first Thursday, (April 6) to Thursday, April 13, at our normal 7pm start time

We plan to get our meeting started on time, so please try to arrive early enough so we may greet you, and you can sign in.

If you are newly bereaved, please contact:
Barbara & George Beall -- 301-253-87408740
Oldedish@starpower.net

The Sibling Group

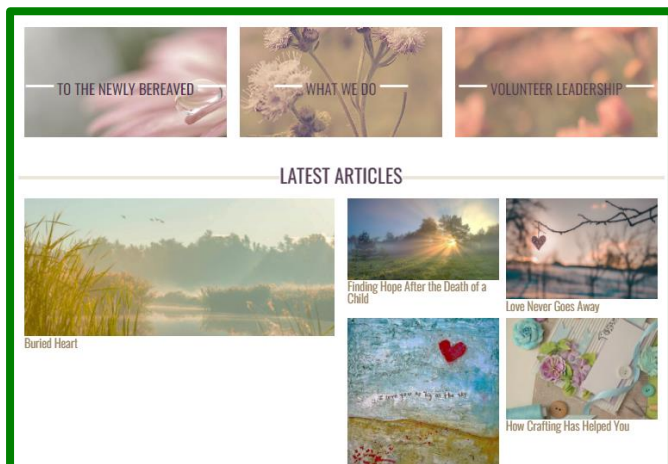
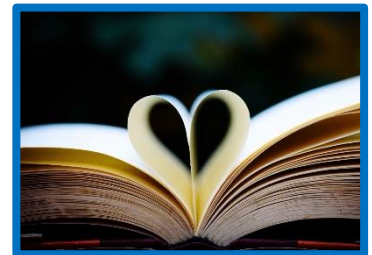
The TCF Adult (18+) sibling group meets on the 2nd Monday of each month at 6:00 PM at TGI Fridays in Rockville. The address is: 12147 Rockville Pike, in the Pike Shopping Center (Twinbrook/Rockville area). 301-231-9048

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

Chapter Library

The Potomac Chapter has an extensive library which includes books written by people who have lost a child or sibling. The books are free and available for 3 months at a time to our members. Please look for the book tables, with thanks to Lilyan Heupel, who brings the entire collection (!) every month.



The TCF National Web Page


Please visit this great resource at Compassionatefriends.org. Apologies for the quality of the screenshot, but please consider visiting the site. You will also see links to the upcoming Annual Conference in Denver this July.

announcements continued



Our Chapter Webpage

Please find us at PotomacTCF.org



Welcome To The Compassionate Friends
Potomac Maryland Chapter
Hope, Health, Healing after the Death of a Child


Danny Norris & Marilyn Schuman - Chapter Leaders
Nancy Frank and Mary Mandeville - Co-Leaders

Home Calendar of Events Sibling Group Newsletters FAQ Testimonials
Helpful Tips Additional Resources TCF Credo Suggestions

As always, with The Compassionate Friends, You Need Not Walk Alone

SPECIAL ANNOUNCEMENTS
Our April meeting date will change from Thursday, April 6 to Thursday, April 13 at our normal 7:00 PM time at Potomac Presbyterian Church located at 10301 River Road, Potomac, MD 20854.

Our Chapter Newsletter



HERE IS AN OPEN DOOR, RED-CARPET INVITATION

You are invited to submit any article, poem or link you think the members of our special group would appreciate. Please provide the author, if it is not you.

If you write for therapy, to help you process your grief, or to allow the memories of your child to flow onto the pages of a story, poem or heartfelt description, please feel free to submit your writings to Marilyn at note2mar@yahoo.com. (Please put "TCF" as part of your subject line, so I will know it is not spam. We would love to publish words from your heart, to help us get to know you and your child better.

There is an annual convention that gathers bereaved parents together from all over the country. It is three very special days of learning, sharing, bonding and inspiration with well-over a thousand people who truly know what you are going through. This year, it is in Denver, Colorado. Please click on the link below to learn more.



**THE COMPASSIONATE FRIENDS
46TH NATIONAL CONFERENCE**

July 7, 2023 - July 9, 2023

Sheraton Downtown Denver Hotel
1550 Court Place
Denver, CO 80202

REGISTER NOW
Already registered?

<https://web.cvent.com/event/dd24dcf5-a727-460a-b45d-62d9697da091/summary>