



# The Compassionate Friends

Supporting Family After a Child Dies



## TCF of Potomac, MD Newsletter June 2023

We meet the ~~first~~ Thursday of the month. Meetings begin at 7:00

**For the month of July, (only July)  
the meeting will be on the second Thursday, July 13**

Same time. Same place  
Potomac Presbyterian Church  
10301 River Road  
Potomac, MD 20854  
[www.TCFPotomacMD.com](http://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



<b>Leaders</b>	Danny Norris Marilyn Schuman	<b>New Members Librarian</b>	George & Barbara Beall Lilyan Heupel
<b>Co-Leaders</b>	Nancy Frank Rob Goor	<b>Facilitators</b>	Barbara & George Beall Nancy Frank Rob Goor Danny Norris
<b>Treasurer</b>	Marc Smith		
<b>Newsletter</b>	Marilyn Schuman		
<b>Outreach</b>	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 big 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 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](mailto:DGN1953@gmail.com) (Danny) or Marilyn at [Note2Mar@yahoo.com](mailto>Note2Mar@yahoo.com)

# 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 Elasiik
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



## 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](mailto: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 at 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 on 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 hope 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](mailto:Oldedish@starpower.net)

## The Sibling Group

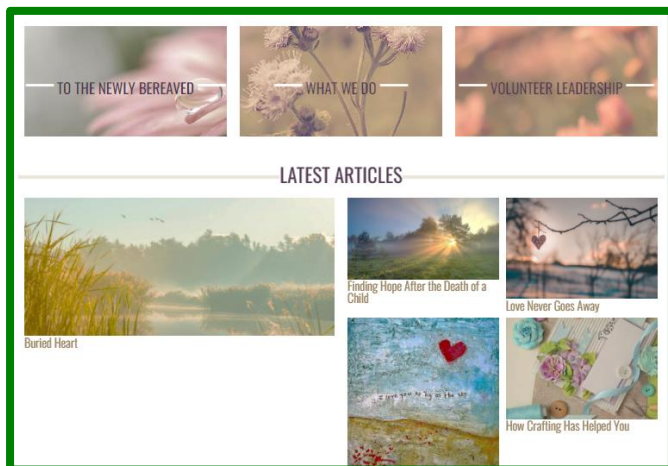
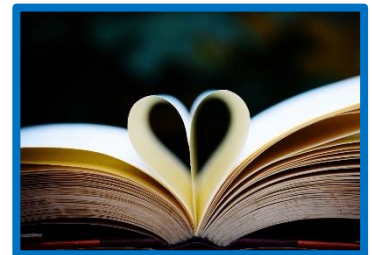
The TCF Adult (18+) sibling group meets on the 2nd Monday of each month at 6:00 PM at TGI Fridays in Rockville. The address is: 12147 Rockville Pike, in the Pike Shopping Center (Twinbrook/Rockville area). 301-231-9048

Please join our closed Facebook page  
"MD/DC/VA Adult Sibling Loss Support Group"  
for further information.

Contact Andrea Keller at [andreakeller9@yahoo.com](mailto:andreakeller9@yahoo.com) or 301-802-1855

## Chapter Library

The Potomac Chapter has an extensive library which include 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](http://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](http://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](mailto: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.



**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>



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