

Salem Chapter of The Compassionate Friends



January /
February 2009

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



PO Box 13639
Salem, OR 97309
(503) 743-3930

Salem Chapter Meetings:

All meetings are from 7pm to 9pm.

First & Third Monday:

"Monthly General Meeting"

January 5th & January 19th,

Meeting date changes starting in
February - see inside for details

Located At:

Salem Fire Department
Training Center
2740 25th Street, SE
Salem, OR

Please call if you have any questions
regarding attending these meetings.
503-743-3930

"Lebanon General Meeting"

Moving to the 4th Tuesday of each month:
January 27th, and February 24th

Located At:

Lebanon Fire Department
Oak Street in Lebanon, OR

Please contact

Janie Erickson at (503) 931-1748 or
Linda Moore at (541) 367-7916 if you have
any questions regarding attending the
Lebanon meeting.

* A special thanks to all who contributed to *
* make the Holiday event and 12th annual *
* Candle Lighting on the Capitol steps a *
* success - including all who gave freely of *
* their time and donations in order to con- *
* tinue to reach out to the bereaved! *
* Without you and your continued support, *
* our efforts would not be possible. *
* Thank you so much - TCF Salem Chapter *



Thoughts from the Editor:

Wow, another year -2009 here we come.
We will once again look to the future a bit
differently than we ever thought we would.
Missing the loved ones we long to have in
our lives - needing to find balance and joy.

We are starting our third year without our son, and I am not
sure where we would be without The Compassionate Friends.
Being able to talk about our feeling, frustrations and listening
to other has so helped us walk this path of grief. The friend-
ships and understanding we have found in our meetings is
truly priceless.

I hope for this new year that you, are able to find something
that helps you walk this journey nobody wants to be on.
Never stop searching... Debbie Case

We need not Walk Alone, We are Compassionate Friends.

The Compassionate Friends is a non-profit, non-sectarian, mutual
assistance, self-help organization offering friendship and understanding
to bereaved parents, siblings and extended family members.

Our primary purpose is to assist the bereaved in the positive resolution
of the grief experienced upon the death of a child and to support their
efforts to achieve physical and emotional health.

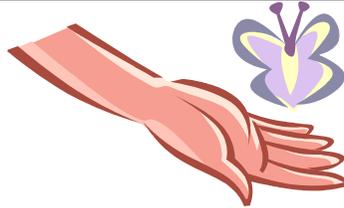
We are all volunteers, bereaved parents ourselves, and we offer a safe
and open environment for everyone to share stories of their child and
discuss the many new experiences we encounter as we learn to live out
"New" life without our loved one.

Grief is a life-long journey. Not every step you take will move you
forward; please accept our hands offered in kindness and caring.

We need not walk alone.

**The mission of The Compassionate Friends is to
assist families toward the positive resolution of
grief following the death of a child of any age
and to provide information to help others be
supportive.**

Love Gifts—



About Love Gifts...

A "Love Gift" is a wonderful way to remember your child, grandchild, sibling or family member, while also helping your TCF chapter to continue funding its activities. (Newsletter mailing, postage, meeting expenses and support informational brochures.) You may choose to donate a tax-deductible Love Gift at any time: many families do so on the anniversary of the birth and/or death date.

In Loving Memory of:

Cori Rae Sohn

"Precious child, you left too soon, but you are always in my heart"

Aunt Terri

In Loving Memory of:

Troy Austin Goodpasture

"You're always with me."

Mom (Alana Ayriss)

In Loving Memory of:

Lane Damian Hartley

"Ten years gone by without you. How can that be? Our loving thoughts are with you wherever you are."

Mardis Hartley, Brett Hartley, Robyn Meirose

In Loving Memory of:

Michael Shannon Douglas

"Son, I miss you every day, especially on your birthday. I can't help it but I cry alone. I know that all our loved ones are with you. Guess what keeps me going is your little phrase, 'Mom, buck up.'"

Linda J. Hagan

In Loving Memory of:

Darrin Grantski

"My dear son. Your Aunt Carol and I miss you so much...your wonderful smile and contagious laugh. You're in our hearts, honey."

Donna S. Kidd

In Loving Memory of:

Bill Harris

From Truman and Pauline Tibbits.



In Loving Memory of:

Lydia Greer

Mom & Dad

(Jake and Daphne Greer)

In Loving Memory of:

Chad Peterson

"You are loved and missed more than words can say."

Mom (Bev Vizina)

If you wish to make a tax-deductible LOVE GIFT donation, fill the information below, send with a check for any amount to:

Salem TCF, PO BOX 13639 Salem, OR 97309

Month you would like it printed in newsletter: _____ Donation Amount: _____

Childs Name: _____

Date of Birth: ____/____/____ Date of Death: ____/____/____

Special Message (please include how you would like your message to read: _____

Your Name: _____ Telephone : _____

Address: _____ City: _____ Zip: _____

Our Children Loved and Remembered

January Birthdays

CONFIDENTIAL
NOT AVAILABLE ONLINE

January Anniversaries

CONFIDENTIAL
NOT AVAILABLE ONLINE

...That their light may always shine...

We know how important it is for your child's name to be included on this page. We apologize if we missed anyone. We encourage you to notify us if you notice an error or if you would like us to update information. Please email us at info@salemctf.org or write to us at: PO BOX 13639 Salem, OR 97309. Thank you for understanding.

OUR WORLDWIDE CANDLE LIGHT- ING EVENT

"The weather was blustery, it was cold and snow was falling. Nevertheless, gathered there on the State Capitol steps were 138 people. We braved the bad weather to honor our children and be part of a community of others who were paying tribute to loved ones.

"Despite the weather, we managed to keep our candles lit from 7 to 8 pm. We listened to a few speakers, and music (when the CD's would play in the player). Most importantly, some of the darkness that sets in when a child has died was temporarily lessened as we huddled together.

"Thank you to all the volunteers whose efforts made this gathering in Salem possible."



A new year brings time to reflect on the children we love, those who remain with us and those for whom we grieve.
Wayne Loder



*****"IMPORTANT" "IMPORTANT"*****

Monday night meetings - Moving to Tuesdays...

Starting in February - the Monday night meetings will be moving to Tuesdays for 2009.

Please see dates for February below:

First Tuesday: February 3rd

Third Tuesday: February 17th

Meetings will still be at the Salem Fire Department Training Center from 7pm to 9pm.

Please call if you have any questions regarding this change.

Salem Chapter - TCF (503) 743-3930



(The Best of) Ask Dr. Paulson Mary A. Paulson, Ph.D., is a bereaved sibling as well as a child and adolescent psychologist at Harding Hospital in Worthington, Ohio. Her question-and-answer column, aimed at bereaved siblings and the families that love them, appears in the quarterly TCF national magazine, *We Need Not Walk Alone*.

Q. What are some ways I can remember my sibling? How have other bereaved siblings memorialized their dead brother or sister?

A. That's a great question to which there will be as many answers as there are people to ask. The place to start with that answer for you would be:

1. What are you doing when you feel peace, comfort, and have a smile on your lips when you think about your brother or sister?
2. What things did you enjoy doing together?
3. What would fit in your budget and time to do?
4. What would make you feel that you were honoring your brother or sister?

Whether it is a collage of pictures, a scrapbook, a donation to a good cause, lecturing, writing a book, volunteering for a worthy cause, setting up a scholarship fund, etc., the important part would be doing something that would bring peace, comfort, and smiles to you and your family. I have given you a place to start. From there I would recommend that you continue to ask this question of others you love and respect until a concrete idea is formed.
Good luck on your venture. I think this will be a great step in your healing process.

Author—Mary A. Paulson, Ph.D. and *We Need Not Walk Alone*, the national magazine of The Compassionate Friends, Copyright © 2005



WISHES FOR THE NEWLY BEREAVED

To the Newly Bereaved:

We wish you patience—patience with yourself in the painful days, weeks, months, even years ahead.

To the Bereaved Siblings:

We wish you and your parents a new understanding of each other's needs and the beginning of good communication.

To those Who Are Single Parents:

We wish you the inner resources we know you will need to cope, often alone, with your loss.

To Those Experiencing Marital Difficulties:

We wish you a special willingness and ability to communicate with each other.

To Those Who Are Plagued with Guilt:

We wish you the reassurance that you did the very best you could under the circumstances, and that your child knew that.

To All Those Unable to Cry:

We wish you healing tears and the ability to express your grief.

To Those Who Are Exhausted From Grieving:

We wish you the strength to face just one more hour, one more day.

To All Others With Special Needs That We Have Not Mentioned:

We wish you the understanding you need and the assurance that you are loved, and not alone.

*From a speech by Joe Rosseau
Former TCF President*

\$\$\$ FOLLOWING IS INFORMATION REGARDING ALBERTSON'S:

"As many of you know, we have been earning much needed funding through Albertson's Community Partners Program. We need your help to continue earning funds.

"Even if you have linked your Preferred Savings Card to The Compassionate Friends in the past, you need to re-link your card number in order for us to continue earning funds. Link (or re-link) your card to TCF now from home at your computer by logging onto www.albertsonscp.com and doing the following two steps:

- (1) enter the number shown on your Preferred Savings Card;
- (2) enter Salem TCF's Community Partners ID# 49000100335

"You must re-link your card at the above website by February 28, 2009, in order to continue earning funds for Salem TCF. If you do not have a Preferred Savings Card, you can get one at any Albertson's or online at the above website. Please pass this information around to your friends, relatives, co-workers and neighbors so they can link their cards for us as well.

"Every time you shop at Albertson's and scan your linked Preferred Savings Card, we will earn back up to four percent of your shopping dollars! **Thank you for your support.**"



Books that help coping with grief.

* **Fireflies**

By - David Morrell

* **Down the cereal aisle: a basket of recipes and remembrances.**

By - Alice J. Wisler

* **After the death of a child; living with loss through the years.**

By - Ann K. Finkbeiner

Please share title and author of books you believe will be helpful to other families in their process of grief – We will save a section to list these in our bi-monthly newsletter.

CHILDREN'S PHOTOS

We invite you to bring photos of your child to share at meetings.

It always warms the heart to share stories and pictures of our loved ones.

We will have a table available to set photo frames, special memory books for sharing at each meeting.



Readers:

We would love to hear from you....

If you would like to send in a poem, or story that you would like to share and have added to our newsletter—please email to: newsletter@salemtnf.org - or Mail to: Salem Chapter, PO BOX 13639 - Salem, OR 97309 Attention: (Newsletter).

We welcome phrases, quotes, stories and poems.



Other Support Groups:

Grief Share

Church of Nazarene
1550 Market Street, NE
503-581-3680

Web Site: www.griefshare.org
Seminars and Support groups

Brief Encounters

2116 NE 18th St. Portland, OR
message line, support and
questions— (503) 699-8006
support group for parents who
have experienced infant or
pregnancy loss .

The Dougy Center

Ages 3 to 19 & their parents
young adults 18 to 29
Phone: 503-775-5693
Website: www.dougy.org

TCF—Portland Chapter

PO BOX 3065
Portland, OR 97208
503-248-0102
Website: www.tcfportland.org

TCF—Washington County Chapter

5550 SW Hall Blvd.
Beaverton, OR
503-324-2504

TCF—McMinnville Chapter

The Board Room - Comfort Inn
& Suites at 2520 SE Stratus
Ave. McMinnville, OR
503-472-4344

TCF—Clackamas County Chapter

519 15th Street
Oregon City, OR
503-772-4485

Baby Loss & Healing

<http://babylossandhealing.com>

WHEN TOMORROW STARTS WITHOUT ME

By David Romano

When tomorrow starts without me
And I'm not there to see;
If the sun should rise and find your eyes
All filled with tears for me.

I wish so much you wouldn't cry
The way you did today;
While thinking of the many things
We didn't get to say.

I know how much you love me ...
As much as I love you;
And each time that you think of me,
I know you'll miss me too.

But when tomorrow starts without me
Please try to understand,
That an angel came and called my name
And took me by the hand.

She said my place was ready
In heaven far above;
And that I'd have to leave behind,
All those I dearly love.

But as I turned to walk away,
A tear fell from my eye;
For all my life, I'd always thought
I didn't want to die.

I had so much to live for,
So much yet to do;
It seemed almost impossible,
That I was leaving you.

I thought of all the yesterdays,
The good ones and the bad;
I thought of all the love we shared,
And all the fun we had

If I could relive yesterday
Just even for awhile,

I'd say goodbye and kiss you
And maybe see you smile.

But then I fully realized
That this could never be;
For emptiness and memories
Would take the place of me.

And when I thought of worldly things
I might miss come tomorrow;
I thought of you, and when I did,
My heart was filled with sorrow.

But when I walked through heaven's gates
I felt so much at home;
When God looked down and smiled at me
From His great golden throne.

He said, "This is eternity
And all I've promised you;
Today your life on earth is past,
But here it all starts anew."

"I promise no tomorrow,
But today will always last;
And since each day's the same day,
There's no longing for the past."

"But you have been so faithful,
So trusting and so true;
Though at times you did do things,
You knew you shouldn't do."

"But you have been forgiven
And now at last you're free;
So won't you take my hand
And share my life with me?"

So when tomorrow starts without me,
Don't think we're far apart ...
For every time you think of me,
I'm right here ... in your heart.

Circle of Friends...

Do you need to talk with someone who understands and has experienced a similar loss? The parents and siblings listed below have expressed their willingness to listen. If you have questions or need a more specific referral, please call TCF at (503) 743-3930 or email us at: info@salemtcf.org Remember, you are not alone.

Infant Son	Rita Cottrell	503-585-0593
Nephew, teen, homicide	Sue Fowler	503-378-1845
Infant Son	Sue Fowler	503-378-1845
Son, Suicide	Jean Gary	541-418-1149
Son, 35, suicide	Carol Posey	541-992-2442
Son, 23, accident	Dorothy Rasmussen	503-634-2293
Daughter, 20, seizure	Dan Reichman	503-743-2031
Stillborn's, Miscarriages	Kathy Reichman	503-743-2031
Daughter, 25, accident	Carolyn Walz	503-769-7953

DATES TO REMEMBER & UPCOMING EVENTS:

- **2009 Annual Summer Picnic and Balloon Release** - 3rd Saturday in June - More details to come.
- **August of 2009** - The 2009 Compassionate Friends 32nd National Conference will be held in Portland, Oregon August 7-9!! Hosted by the Portland Chapter - watch the national web site for more info to come.
- **2009 Holiday Event** - 1st Monday meeting in December - More info to come in Oct/Nov newsletter.
- **2009 Worldwide Candlelighting** - 2nd Sunday in December - more info to come in Oct/Nov Newsletter.

The Compassionate Friends, Inc. National Office
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PLEASE VISIT US ON THE WEB
WWW.SALEMTCF.ORG

The Compassionate Friends
Salem, Oregon Chapter
P.O. Box 13639
Salem, OR 97309

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