

# Salem Chapter of The Compassionate Friends



April / May  
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 Tuesday :

#### "Monthly General Meeting"

April 7th / May 5th

#### Third Tuesday Meeting

April 21st / May 19th

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"

East Linn Heath Center  
55 Twin Oaks Ave. Suite A-1 In  
Lebanon

2nd Tuesday May 12th starting at 6:30pm  
Please contact Janie Erickson  
at (503) 931-1748 if you have questions.



## 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.

The Salem Chapter of The Compassionate Friends operates solely with voluntary donations. Monetary gifts in any amount are appreciated.

## MOTHER'S DAY

Our day...a very special day. A day that is set aside especially to honor all mothers. Mother, a beautiful word. What other word could you use to best describe giving birth to, nursing, loving and caring for a tiny helpless human being—a gift of life to treasure.

But weren't we taught that once you gave a gift to someone, you should never take it back? What went wrong? Mine was taken away from me. Does that mean that I wasn't worthy to be a mother, that I was failing, that I didn't appreciate the gift? The gift was too precious to be given for keeps. It was only loaned to me for a short while.

Even in my sorrow, I feel special for I know the true meaning of the word mother. I have reached the ultimate, from the joy of birth to the sorrow of death. I belong to a special group who truly know the meaning to the word "Mother."

Would I have not accepted the gift if, had I known the terrible loss I would feel by having it taken away from me? NO...I would still hold out my hand and accept such a precious gift, for to love and to cherish, even for a short while, is worth every tear.

This year on Mother's Day, I'll shed my tears but let them be as a soft summer's rain...a rain that nourishes the earth; tears that heal and cleanse my heart.

Vera Babb  
TCF St. Louis, MO

## YOU CAN GO ON

You can shed tears that they are gone  
Or you can smile because they lived.  
You can close your eyes and pray that they'll come back  
Or you can open your eyes and see all they've left you.  
Your heart can be empty because you can't see them  
Or your heart can be full of the love they've shared.  
You can turn your back on tomorrow and live yesterday  
Or you can be happy for tomorrow because of yesterday.  
You can remember them and only that they're gone  
Or you can cherish their memory and let it live on.  
You can cry and close your eyes, be empty and turn back  
Or do what they want: smile, open your eyes, love, and go on.

Author Unknown

*We will always....*

*'Time slips by and life goes on,  
But from our hearts you are never gone.  
Each of us in our own way,  
Has special memories of you to-day.'  
'A daily thought,  
A silent tear,  
A constant wish that you were here,  
An empty place no one can fill,  
We miss you and we always will.'*

### **I Seem To Be Falling Apart....**

My attention span can be measured in seconds,  
My patience in minutes, and I cry at the drop of a hat.  
I forget things constantly.  
The morning toast burns daily.  
I forget to sign the checks.  
Half of everything in the house is misplaced.  
Anxiety and restlessness are my constant companions.  
Rainy days seem extra dreary.  
Sunny days seem an outrage.  
Other people's pain and frustration seem insignificant.  
Laughing, happy people seem out of place in my world.  
It has become routine to feel half crazy.  
I am normal, I am told...

**I am a newly grieving person.**  
*Eloise Cole - TCF Miami, FL*



### **Thoughts from the Editor:**

These past few months have been exceptionally hard. I find myself back having difficulties keeping thoughts straight, finishing projects on time - like the newsletter.

We are in the third year since we lost our son, Jordan - and this is indeed going to be the hardest. Everything back to the surface - finding myself thinking about the days that surround his death. Missing him even more and, still, not believing he is gone from this world.

I know we will make it, we have this far. Day by day, hour by hour, minute by minute, or maybe even one breath at a time, we will find the strength to continue this path to make a difference.

Debbie Case



### **Bent But not Broken**

To the mother who has lost her only child, or has no surviving children, the thought of Mother's Day sends stabbing pain that only those of us who are in this situation can understand. We begin to notice Mother's Day cards slipped in right after Valentine's Day along with the Easter cards. Even before Easter, the TV advertising starts. We try to blot this all out, but our subconscious keeps reminding us, the day is coming closer.

For the first two years, we celebrated Mother's Day for my mother and sister very quietly. The third year after my daughter Shawna's death, we decided to go to the local restaurant featuring a nice buffet. We arrived early hoping to avoid the crowd.

A very flustered hostess greeted us and found a table for us; the tables had been pushed close together to accommodate more people. It was already becoming very crowded.

She asked the question's, "How may mothers?" It was then we noticed the flowers she was carrying. Someone managed to stammer out, "Three-three mothers." She handed us each a flower, while glancing around to find a table for the next group of people. She didn't notice the one she handed me was pretty battered. My sister wanted to give me hers or get another. "No, it's okay," I said. The stem was bent, but not broken completely. A wilted, tired flower was hanging from the stem.

I brought it home and propped it up in a glass of water to revive it. You see, I could identify with that flower.

As a mother without my child, I have felt so bruised and battered. Somehow through all the pain, tears, and loneliness, like the flower, I have been bent but never quite broken.

*Donna Grechec*  
*TCF Enid Chapter*

## Your 23rd Birthday

We will always rejoice on the day you were brought into the world. We will put on a smile and turn our face to the sun. We will remember your smile, your eyes, your kind and gentle spirit. And we will be grateful for the years we lived in the warmth of your love. And then our hearts will break again as we ponder the future you have lost. We have learned that the pain is never overcome; it merely lies in wait, coiled in the darkness, until it again seizes our hearts. But today we will be stronger than the pain! We will open our souls to the heavens, and with a heart full of joy we will celebrate your life. We know that your spirit and your love are unlimited by the time and space, and that our hearts will always find you.

So with all our love, we wish you a very "HAPPY BIRTHDAY"

## MEMORIES

There is a place that we call Memory  
A province by itself, which though unseen,  
Is home and haven to the heart—  
And there, in peace and beauty, waiting,  
Are those with whom we shared our

Yesterdays  
Nancy Cassell  
TCF Holmdel, NJ

## Love Gifts—

About Love Gifts...



A "Love Gift" is a wonderful way to remember and honor your child, grandchild, or sibling memory, while 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: Families often do so on the birthdates or anniversary of their child.

**In Loving Memory of:**  
**Jodie Hatzenbihler**  
"In loving memory of our daughter,  
Jodie Christa Hatzenbihler."  
Dean and Cris Hatzenbihler

**In Loving Memory of:**  
**Chad Peterson**  
"I love you and miss you so much.  
Love always, Mom"  
Bev Vizina



**In Loving Memory of:**  
**Keith Caldwell**  
"We thank God we had you."  
Wayne & Mary Caldwell  
(Mom & Dad)

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 or email : \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

*Our Children Loved and Remembered*  
*April Birthdays*

CONFIDENTIAL  
NOT AVAILABLE ONLINE



*April 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 [newsletter@salemctf.org](mailto:newsletter@salemctf.org) or write to us at: PO BOX 13639 Salem, OR 97309*  
*Thank you for understanding.*

*Our Children Loved and Remembered*  
*May Birthdays*

CONFIDENTIAL  
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*May Anniversaries*



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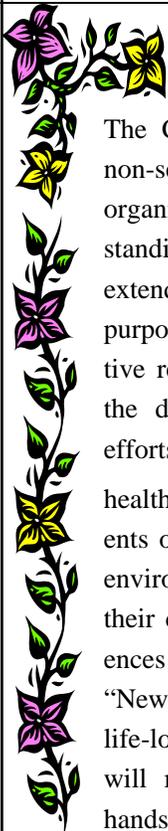
**(The Best of) Ask Dr. Paulson**

Mary A. Paulson, PhD, 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 family that loves them, appears in the quarterly TCF national magazine, *We Need Not Walk Alone*.

*Q. I am 35 years old and my only brother passed away this past May at age 27. It was a sudden death—he wasn't physically sick—he was found by my mom in his room on the floor. I haven't had any bereavement counseling for the loss of my brother, but I have been reading lots of books. I have lost others close to me—grandparents, friends—but the loss of my brother has just crushed my whole world. I have good days when I can talk about him without breaking down, but on other days I think of him and can't control my tears. The loss of my brother was very devastating to all of us, my parents as well as me. Since I'm the oldest and now the only child, I feel it is my duty to take care of my parents, and if I don't, then I'm a bad daughter. However, I've been scolded by my best friend that I need to take care of myself as well. How do I continue to do that without feeling selfish and disloyal to my parents or my brother?*

A. Once tragedy strikes, the family unit begins to function differently. Although you have always been the oldest child, your world has now made a big shift to being an only child. Your tears demonstrate the depth of relationship you shared with your brother, and that relationship doesn't end. As time passes, you'll notice you have more "good days," when you think of the good times and smile at your memories. You can't share the day-to-day experiences with him, but he will always be your brother. You will always be the person who grew up as his older sister—the person you became by knowing him, caring for him, playing with him, and loving him. That doesn't ever stop or end. You are not being disloyal to him for having good days. I believe he would still want you to have as much comfort, joy, and laughter in your life as possible—even though he cannot be the source now. Part of caring for yourself is allowing yourself to experience the good days as well as those days when you realize how much you miss him. At the same time, it sounds like you have a desire to share time with your parents too. This doesn't mean you need to become responsible for their moods or emotional well-being. Instead, take the opportunity to share yourself, your love, and your family connections with your parents. Establish a new, stronger, more supportive, and loving relationship with the family that has loved you and grown with you through all the ups and downs thus far in your life.

Author—Mary A. Paulson, Ph.D. and *We Need Not Walk Alone*, the national magazine of The Compassionate Friends, Copyright © 2009



**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.

**WHEN ROSES WERE RED**

When roses were red, I was misled,  
At that time, everything was clear,  
And happiness was near,  
I thought nothing could die, just say good-bye.  
But now you're gone, and so a part of I.  
"I understand he was your friend,"  
Said mother  
"But he was also my brother."  
When Roses Were Red.  
By Laura Been  
In memory of Andrew J. Benn  
1/9/61 to 12/20/77  
Lovingly Lifted from the Eastern Oregon Chapter

"Happy 23rd Birthday, Tony"

It's been 6 years but it seems like days! Not a day goes by, son, that we don't miss your beautiful face and smile. You will be forever in our hearts. We love and miss you so very much!



Mom, Sister, Brother and Grandma Anna

***You don't heal from the loss of a loved one because time passes; You heal because of what you do with time.***

***~ Carol Crandall***

“And can it be that in a world so full and busy, the loss of one weak creature makes a void in any heart so wide and deep that nothing but the width of vast eternity can fill it up”

*Charles Dickens*



**Books that help coping with grief.**

- **Sanity and Grace By Judy Collins**
- **Confessions of a Grieving Christian - By Zig Ziglar**

*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.*

**OLDER GRIEF IS GENTLER**

It's about sudden tears swept in by a strand of music.

It's about haunting echoes of first pain at anniversaries.

It's about feeling his presence for an instant one day while dusting his room.

It's about early pictures that invite me to fold him in my arms again.

It's about memories blown in on wisps of wood smoke and sea scents.

Older grief is about aching in gentler ways, rare longing, less engulfing fire.

Older grief is about searing pain wrought into tenderness.

Linda Zalenk  
TCF Orange Park, FL

**Other Support Groups:**

**Grief Share**

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

Web Site: [www.griefshare.org](http://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](http://www.dougy.org)

**TCF—Portland Chapter**

PO BOX 3065  
Portland, OR 97208  
503-248-0102

Website: [www.tcfportland.org](http://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**

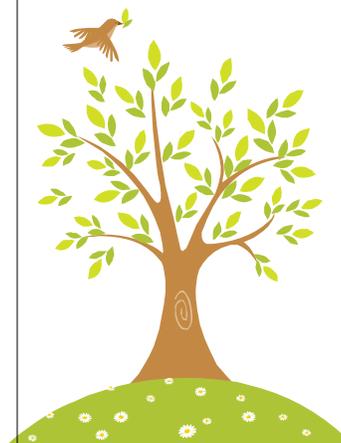
<http://babylossandhealing.com>

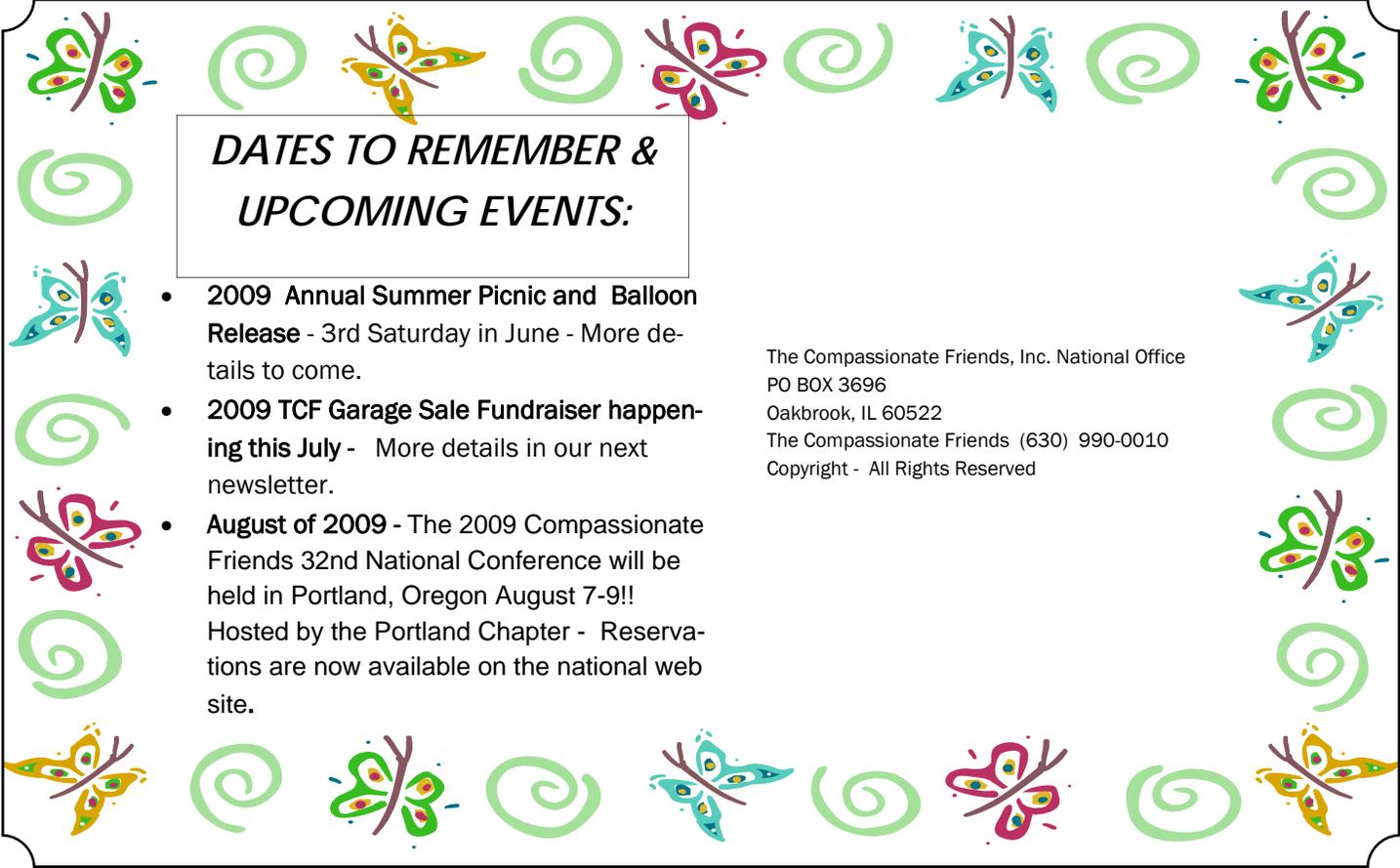
**Circle of Friends...**

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@salemctf.org](mailto:info@salemctf.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, accidental overdose	Alana Ayriss	503-510-6053
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, Miscarriage	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.
- **2009 TCF Garage Sale Fundraiser happening this July** - More details in our next newsletter.
- **August of 2009** - The 2009 Compassionate Friends 32nd National Conference will be held in Portland, Oregon August 7-9!! Hosted by the Portland Chapter - Reservations are now available on the national web site.

The Compassionate Friends, Inc. National Office  
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Oakbrook, IL 60522  
The Compassionate Friends (630) 990-0010  
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