



The Compassionate Friends

Central Indiana Chapter
Supporting Family After a Child Dies

August 2024

The Compassionate Friends (TCF) is a non-profit, self-help organization that provides comfort, hope, and support for bereaved parents, grandparents, and siblings. We cordially invite you to attend our meetings.

Southside Meeting is the 1st

Wed. of each month @ 6:30 pm
New Hope Church
5307 W. Fairview Road
Greenwood, IN

Facilitator: Angie Groover
angie.groover@tcfcentralindiana.org
(317)777 4258

Upcoming Meetings:

Aug. 7th & Sept. 4th

Northside Meeting is the 3rd

Tues. of each month @ 6:30 pm
Epworth United Methodist
6450 Allisonville Road
Indianapolis, IN

Facilitator: Peggy Johnson
peggy.johnson@tcfcentralindiana.org
(317) 850 2559

Upcoming Meetings:

Aug. 20th & Sept. 17th

CENTRAL INDIANA TCF CHAPTER

Chapter Leader: April Leo
april.leo@tcfcentralindiana.org
Treasurer: April Leo
april.leo@tcfcentralindiana.org
Webmaster: Larry Gardner
larry.gardner@tcfcentralindiana.org

Regional Coordinators:

Position Open

Secretary: April Leo
april.leo@tcfcentralindiana.org

Special Events Coordinators:

Position Open



Please be sure to Save the Date: Sunday, December 8, 2024 for The Compassionate Friends 28th Annual Candle Light Ceremony. Location, times and additional information will be provided in upcoming newsletters.



I am part of the Bereaved Parents Club. It's a club that no one chooses to be a part of. One that, unfortunately, has too many members and continues to grow. My membership tells the world that I somehow survived every parent's worst nightmare, the death of my child.

What I have learned is that bereaved parents have an instant bond. Regardless of when you became a member of the club, you immediately understand each other. Feel the same things. Understand the journey that is grief. Here is a list of what we wish the rest of the world knew.

1. Talk About Him – I will not crumble and cry at the mere mention of his name. It's quite the opposite. I love to hear someone say his name. It means they are thinking about him too. They remember him. I spend a good majority of my day thinking about him. When someone takes the time to ask me about him (or what happened), talk about him, or mention him it brings great joy to my heart! My greatest fear exists when everyone stops talking about him.

2. It Never Gets Easier – Grief has no end. People say time heals. Eventually it will get easier. It is just not the case. There are constant reminders that he is not here. It doesn't matter how much time passes, I will never feel at peace with it. I will never get over it. I will never move on. This is a lifelong journey that I bear because I loved him and miss him so deeply. Please don't judge my timetable or disinterest in moving on.

3. I Have Changed – I am a very different person than I was before he died. People don't believe me when I tell them that, but it is true. My priorities have changed. My views on life, afterlife, faith have all changed. I am on a new journey. Finding out who I am now. The things I used to want are meaningless. The things I was willing to put up with in my life are no longer tolerated. Life is short.

4. Don't Censor Yourself – I know I make you nervous. It is obvious in the way you think about what you are going to say (or not say) around me. The terrified look on your face when you accidentally say something like, "I could have died". You're not quite sure what to say because you don't want to hurt me, remind me of my pain, or make me cry. I get it. However, I promise you that it's OK. I have not forgotten my son died so nothing you say will make that wound worse. I will not immediately start crying because you made a joke that included the word death. Believe it or not, I still say those things. Please don't feel nervous around me and worry about saying something stupid. I know you mean no harm.

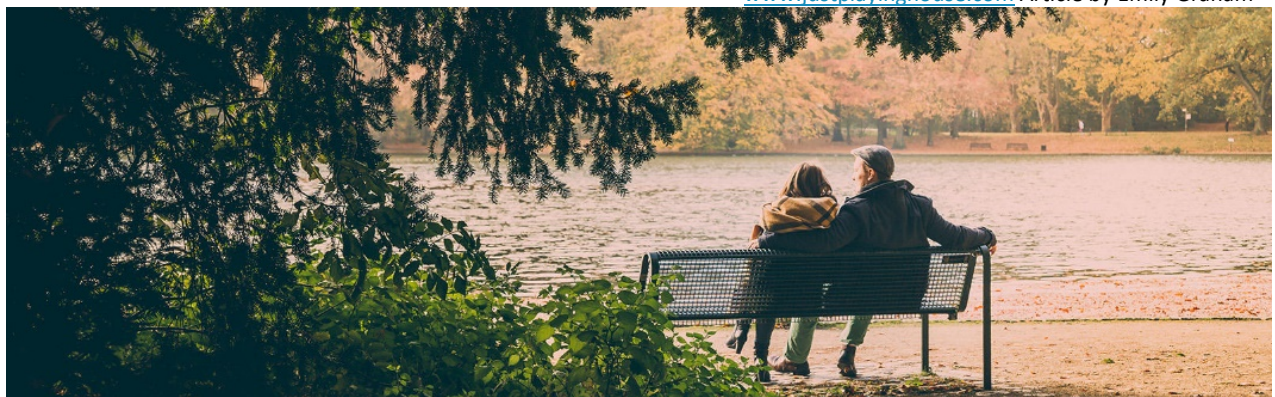
5. Grief Is Hidden – Most people will never know how I'm really doing. While I blog about it or post something on Facebook, I'm only sharing part of it. When you see me, I will smile and laugh. My life will appear normal. Like I am living. In reality, I'm exhausted. Emotionally and physically drained from just trying to hold it all together. Sometimes I'm really struggling, broken even. It is rare that we show that reality. Until you've been through it, you just don't understand it. That is not meant to be offensive. It's just the truth. When most people ask how I am doing, I give one of my planned responses. Believe me, we spend time thinking about how to answer common questions we get.

6. Please Just Listen – When we do talk about how I'm doing, just listen and be supportive. I'm not looking for anyone to try and fix me or make suggestions about what I should do. I usually just want someone to listen and say, "Yeah, that sucks!" Unless I begin to completely withdraw from society and no longer take care of my other kids, please let me grieve as I want. The things I'm going through are normal. Not everything warrants a shrink or medication. If it does, I will know when it is time and it will be on my own terms.

7. Please Take The Lead – Chances are, I will not call you if I need anything. Even if you extend the invitation, it's just not something I will do. Initiating plans, making phone calls, sending texts. These are things that may not happen as we'd like. The best of intentions exist on my end. However, I may need your help in this area. I do appreciate hearing from you. Even if I'm not the one initiating, know that it isn't due to lack of interest.

My intention with these posts is to help normalize grief and discussion around child loss. It impacts so many people. If nothing else, I hope to help people navigate uncomfortable situations and know how to better support others dealing with child loss (regardless of how long ago it was).

www.justplayinghouse.com Article by Emily Graham



new normal.

i don't think we talk enough about how quiet the road gets. how long the waiting feels. how lonely healing can be. i don't think we talk enough about how undone we become in the valley of grief. or how enormously we must stretch just to fit ourselves into some kind of a new normal and dare to call it life again. and i don't think we talk enough about how we have no other thing left but to gather up our heavy limbs and carry on. because the earth keeps on spinning. the sun keeps on rising. and the days keep on bleeding, one into the next, regardless of the moment that made all the minutes inside of our heart stand still.

ullie-kaye





Healing Reflections for a Grieving Mom's Heart by Linda Triplett

Getting Through The Days: A Journey from Loss to Life by Joan Baker Scott

Voices of the Grieving Heart by Mike Bernhardt

Understanding Anger During Bereavement by Bob Baugher, Ph.D.

Coping With Traumatic Death: Homicide by Bob Baugher, Ph.D.

Memories of Alex: A Father's Story by Allan Buchanan

Finding Meaning: The Sixth Stage of Grief by David Kessler

Why Don't They Cry? Understanding Your Living Child's Grief by Zander Sprague, LPCC

The Road of Love & Hope: A Journey of Child Loss by Linda Henderson



<u>Loved One's Name</u>	<u>Birthdate</u>	<u>Angel Date</u>
Tyler Rowland	Aug 01	Jun 13
Kimberly Tinker	Aug 03	Jan 27
Dylan McGinnis	Aug 03	Oct 01
Carl Puckett III	Aug 06	Mar 07
Charles "Chuck" Kirlin	Aug 07	Jan 24
Tyler	Aug 07	Nov 12
Natalie Donlan	Aug 09	Jul 12
Timothy Beard	Aug 10	May 25
Shelby Fink	Aug 10	May 03
Alex Dunn	Aug 11	Nov 16
Ryan W Fry	Aug 14	Nov 15
Crosley Jayne Buchner	Aug 15	Jan 13
Sean Bidwell	Aug 19	Aug 08
Sage Hayashi	Aug 20	Aug 18
Lauren E. Crowner	Aug 22	Aug 22
Jeremy	Aug 22	Jul 13
Ethan Paulin	Aug 23	Feb 11
Gary Ward	Aug 25	Jul 03
Andrew Moreland	Aug 25	Jun 16
Kairi Maxson	Aug 26	Jun 17
Shane Alexander Elmore	Aug 26	Jun 03
Ethan Brown	Aug 27	Jan 29
Jeremiah McGee	Aug 28	
Jim Hiner	Aug 28	Aug 25
Emily Brooke Lewellyn	Aug 28	May 11



<u>Loved One's Name</u>	<u>Birthdate</u>	<u>Angel Date</u>
Marvella Jean Love Barton	Jul 31	Aug 02
Matthew Steven Spivey	Dec 21	Aug 04
Alyse Krauss	Jan 17	Aug 05
Nathaniel Wayne Sweat	Jan 27	Aug 05
Heather Ann Adams	Feb 11	Aug 07
Sean Bidwell	Aug 19	Aug 08
Nathaniel Carl Mroz	Oct 10	Aug 08
Carson Query	Jul 09	Aug 08
Daniel Hill	Apr 08	Aug 10
Corinne Shields	Oct 01	Aug 10
Adam Wisley	Apr 17	Aug 12
Ellie Kaschner	Apr 28	Aug 17
Luke Bent	Jan 18	Aug 18
Sage Hayashi	Aug 20	Aug 18
Lori Huter Hardcastle	Mar 10	Aug 19
James Rowland	May 12	Aug 19
Mike McGarvey	Dec 15	Aug 20
Lauren E. Crowner	Aug 22	Aug 22
Ty'Shawn Boyd	May 25	Aug 22
Aidan Kerry	Feb 14	Aug 24
Charlie Noska	Dec 17	Aug 24
Jim Hiner	Aug 28	Aug 25
Trey Elzy	May 30	Aug 27
Luke Butler	Jan 24	Aug 29



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The Compassionate Friends Credo

We need not walk alone. We are The Compassionate Friends. We reach out to each other with love, with understanding and with hope. The children we mourn have died at all ages and from many different causes, but our love for them unites us. Your pain becomes my pain just as your hope becomes my hope. We come together from all walks of life, from many different circumstances. We are a unique family because we represent many races, creeds and relationships. We are young, and we are old. Some of us are far along in our grief, but others still feel a grief so fresh and so intensely painful that we feel helpless and see no hope. Some of us have found our faith to be a source of strength, while some of us are struggling to find answers. Some of us are angry, filled with guilt or in deep depression, while others radiate an inner peace. But whatever pain we bring to the gathering of The Compassionate Friends, it is pain we will share, just as we share with each other our love for our children who have died. We are all seeking and struggling to build a future for ourselves, but we are committed to building that future together. We reach out to each other in love to share the pain as well as the joy, share the anger as well as the peace, share the faith as well as the doubts and help each other to grieve as well as to grow.

We Need Not Walk Alone – We Are The Compassionate Friends.

We welcome submissions for the newsletter from any of our members. If you have a poem or some other writing that has helped you, or just some helpful insights of your own, submit them to april.leo@tcfcentralindiana.org. Please be sure to include the author's name, whether it's someone else or yourself.

Love gifts are much appreciated.
You can mail them to our
Treasurer, April Leo
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