



The Compassionate Friends

Central Indiana Chapter

Supporting Family After a Child Dies

September 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:

Sept. 4th & Oct. 2nd

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:

Sept. 17th & Oct. 15th

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. If you have not submitted your loved one's photo for the slideshow presentation please email it to: tcfindy@sbcglobal.net

The Mourners Bill of Rights



1. You have the right to experience your own unique grief. No one else will grieve in exactly the same way you do. So, when you turn to others for help, don't allow them to tell what you should or should not be feeling.

2. You have the right to talk about your grief. Talking about your grief will help you heal. Seek out others who will allow you to talk as much as you want, as often as you want, about your grief. If at times you don't feel like talking, you also have the right to be silent.

3. You have the right to feel a multitude of emotions. Confusion, disorientation, fear, guilt and relief are just a few of the emotions you might feel as part of your grief journey. Others may try to tell you that feeling angry, for example, is wrong. Don't take these judgmental responses to heart. Instead, find listeners who will accept your feelings without condition.

4. You have the right to be tolerant of your physical and emotional limits. Your feelings of loss and sadness will probably leave you feeling fatigued. Respect what your body and mind are telling you. Get daily rest. Eat balanced meals. And don't allow others to push you into doing things you don't feel ready to do.

5. You have the right to experience “grief bursts.” Sometimes, out of nowhere, a powerful surge of grief may overcome you. This can be frightening, but is normal and natural. Find someone who understands and will let you talk it out.

6. You have the right to make use of ritual. The funeral ritual does more than acknowledge the death of someone loved. It helps provide you with the support of caring people. More importantly, the funeral is a way for you to mourn. If others tell you the funeral or other healing rituals such as these are silly or unnecessary, don't listen.

7. You have the right to embrace your spirituality. If faith is a part of your life, express it in ways that seem appropriate to you. Allow yourself to be around people who understand and support your religious beliefs. If you feel angry at God, find someone to talk with who won't be critical of your feelings of hurt and abandonment.

8. You have the right to search for meaning. You may find yourself asking “Why did he or she die? Why this way? Why now?” Some of your questions may have answers, but some may not. And watch out for the clichéd responses some people may give you. Comments like “It was God's will” or “Think of what you have to be thankful for” are not helpful and you do not have to accept them.

9. You have the right to treasure your memories. Memories are one of the best legacies that exist after the death of someone loved. You will always remember. Instead of ignoring your memories, find others with whom you can share them.

10. You have the right to move toward your grief and heal. Reconciling your grief will not happen quickly. Remember, grief is a process, not an event. Be patient and tolerant with yourself and avoid people who are impatient and intolerant with you. Neither you nor those around you must forget that the death of someone loved changes your life forever.

www.healgrief.org

Grief is...

a journey and can sometimes feel pretty messy.
wanting to still say your person's name.
having waves of emotion hit you at the strangest times.
needing to give yourself a break now and then.
asking for support.
sometimes putting your needs first.
an individual experience.
finding what feels right for your journey.
sometimes pretty trying.
getting out of your comfort zone to find connections.
sometimes dealing with the tough stuff.
something that grows and changes as we do.
normal.
feeling foggy some days.
finding your new normal.
allowing yourself to do what is right for you.
a judgement free zone.
taking time to remember your person
learning it's ok not to always feel ok.

Grief is not...

a linear set of stages to go through.
moving on and having to forget them.
just getting over your feelings.
always needing to just push through.
having to always do it by yourself.
ignoring your needs and hoping they will go away.
the same for everyone.
feeling the pressure to do things a certain way.
always hard. Some days might feel more "normal" than others.
isolating yourself because no one understands.
ignoring it and hoping it will just go away.
something that just ends.
something you should have to hide from others.
judging yourself for feeling that way.
struggling to have to keep everything exactly as it was.
sticking to other people's expectations.
on anyone else's timeline.
putting their memory on a shelf and walking away from them.
always putting on a mask of happiness.

I will love you until the
moment I pass from this
existence to the next, and
then I will find you again
and love you some more.

Wyatt



<u>Loved One's Name</u>	<u>Birthdate</u>	<u>Angel Date</u>
Summer Barndt	Sep 05	Jan 02
Suzanne Binder	Sep 05	Jun 19
Jonathan Titchenal	Sep 05	Jun 27
Makenlee Anne Bibb	Sep 06	Sep 06
Molly Jayne Day	Sep 06	Dec 28
Brian Kercheval	Sep 08	Sep 03
Sonrisa Moring	Sep 08	Jan 31
Jamie Smiley	Sep 08	Jan 26
Abigail Rejer	Sep 09	Mar 30
Tim "TJ" Rich, Jr	Sep 09	Jul 02
Christy Burdsall	Sep 10	Oct 08
Kyle Kania	Sep 10	Nov 01
Christopher Marcum	Sep 10	Mar 02
Rachel Litherlaud	Sep 11	Jan 02
Mark Andrew Nadelin	Sep 11	Dec 24
Gary Robert Denien	Sep 12	May 02
Kortney Reid	Sep 16	Sep 16
Nikahlas D. Fischer	Sep 19	Feb 24
Dodi Mills	Sep 19	Jul 14
Lori Diane Sherrill	Sep 19	Jan 27
Peyton Belling	Sep 20	Feb 25
Tristan M Hughes	Sep 21	Mar 26
Harold Lynn Shelton	Sep 21	Jun 02
Ahmari Smith	Sep 21	Jul 10
Jessica Humpf	Sep 23	Nov 08
Zachariah	Sep 25	Jan 10
Jacob Steele	Sep 25	May 20
Devin Michael Leo	Sep 25	Jul 09
Kendall Scout Wood	Sep 25	Nov 16
Caleb Joseph Keyes	Sep 26	Jul 01
Matthew Michael Daum	Sep 27	Sep 28
Zachary Voelz	Sep 27	Jul 01



<u>Loved One's Name</u>	<u>Birthdate</u>	<u>Angel Date</u>
Blair Sinchai	May 18	Sep 01
Brian Kercheval	Sep 08	Sep 03
Kenneth Davis III	Apr 20	Sep 03
Coleen Paravicini	Jan 19	Sep 05
Makenlee Anne Bibb	Sep 06	Sep 06
Drew Nichols	Apr 22	Sep 06
Matthew Krenzke	Mar 24	Sep 09
Steven Brown	Jul 06	Sep 10
William Matthew Lawrance	May 17	Sep 10
Adam (brother) Bowles	Jul 04	Sep 11
Barry L. Pavy	Jul 05	Sep 11
Allison Lardin	Jan 18	Sep 11
Cooper Tonte	Feb 26	Sep 13
Logan Scherer	Jun 02	Sep 15
Sascha Nolan Simpson	May 28	Sep 15
Kortney Reid	Sep 16	Sep 16
PFC Devon Compton	May 06	Sep 17
Iziah Suhre	Dec 05	Sep 19
Ted Schlechte	Apr 24	Sep 19
Redell Pierre McClaine	Jun 08	Sep 20
Derek Hickman	Apr 30	Sep 21
Sophia Harshbarger	May 29	Sep 24
Austin Robinson	Nov 14	Sep 26
Michael R. LoCicero	Dec 20	Sep 27
Megan Krzmarzick	Feb 14	Sep 28
Jamison MacKenzie Bell	Jan 11	Sep 28
Matthew Michael Daum	Sep 27	Sep 28
Zachery Groover	Nov 26	Sep 28
Kristopher Hesler	May 16	Sep 29



The Compassionate Friends

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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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Indianapolis, IN 46214
(317) 681 4292
april.leo@tcfcentralindiana.org

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