



The Compassionate Friends

Sugar Land/SW Houston Chapter
Supporting Family After a Child Dies

APRIL, MAY, JUNE 2019

A self-help organization offering friendship, understanding, and hope to bereaved families that have experienced the death of a child.

Our chapter no longer offers monthly meetings. Our next event will be our TCF Annual Balloon Lift-Off

**Wednesday,
May 8, 2019**

Registration will be at 7:00 p.m.
Program starts at 7:30 p.m.

**First Presbyterian Church
502 Eldridge Road
Sugar Land, Texas**

Directions: Eldridge Rd. (FM 1876) intersects Hwy. 90A two lights west of the Sugar Land exit of Hwy 59. The church is north of 90A, just past the RR tracks, the second building on the right. Enter the double doors at the back of the building.

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This newsletter may be reproduced and given to anyone who may find comfort from it.

My Old Friend Grief

My old friend Grief is back. He comes to visit me once in awhile to remind me that I am still a broken man. Surely there has been much healing since my son died six years ago, and surely I have adjusted to a world without him. But the truth is, we never completely heal, we never totally adjust. Such is the nature of the loss that no matter how much life has been experienced, the heart of the bereaved will never be the same. It's as though a part of us dies with the person we lose through death.

And so my old friend Grief drops in to say "Hello." Sometimes he enters through the door of my memory. I'll hear a song or smell a fragrance. I'll look at a picture and I'll remember how it used to be. Sometimes it brings a smile to my face . . . sometimes a tear.

One may say that remembrance is unhealthy . . . that we shouldn't dwell on thoughts that make us sad. Yet the opposite is true. Grief revisited is Grief acknowledged and Grief confronted is Grief resolved. But if Grief is resolved, why do we feel a sense of loss when we least expect it? Because healing doesn't mean forgetting and moving on with life doesn't mean that we don't take a part of our lost love with us. Of course the intensity of the pain decreases over time if we allow Grief to visit from time to time.

Sometimes my old friend Grief sneaks up on me. It's as though the ones we have lost are determined not to be forgotten. My old friend Grief doesn't get in the way of living. He just wants to come along and chat sometimes. Grief has taught me a few things about living I wouldn't have learned on my own. He has taught me that if I try to deny the reality of loss, I end up having to deny life altogether. Old Grief has taught me that I can survive great loss and although my world is different, it's still my world and I must live in it.

My old friend Grief has taught me that the loss of a loved one doesn't mean the permanence of death. My friend will be back again and again to remind me to confront my new reality and to gain through loss and pain.

Adolfo Quesda
TCF, Colorado

MAKING MOTHER'S DAY AND FATHER'S DAY SPECIAL

Here are a few hints to help you through these days after the loss of a child.

1. Pamper yourself- this is a special day in your life. You are a parent forever and your child is your child forever.
2. Do what you need to do-what helps you. Grieve your way.
3. Be with those who surround you with love, not demands or advice.
4. Plan ahead-do things that make you feel good or give you a moment's peace.
5. Start new rituals to make new memories.
6. Share your thoughts with family members; decide together what the day should include. (If you are alone, find a good friend.)
7. Include deceased children in the day-through prayer, lighting a candle, telling stories about them, looking through pictures, planting flowers or a garden, doing a good deed, writing about them, making their favorite recipe.
8. Join with another bereaved family to honor this day and have mutual support.
9. Start a garden or add to a special garden in memory of your child.
10. Use this day to plant spring flowers so you can always see your child in each bloom and each bouquet that you cut.
11. Visit the cemetery if that helps your heart on this day.
12. Plant a flower or shrub that will come to bloom this time of year.
13. Do something special for someone else or something special in your child's name (helping Cancer Care, MADD, a Compassionate Friends' Chapter, Scouting, a nursing home, etc.)
14. Listen to music that makes your heart feel good.
15. Cook some favorite recipes that your child enjoyed or cooked for you.
16. Buy a present for yourself from your child and enjoy the comfort it brings you.
17. Write a poem or article in memory of your child, sharing memories or whatever has helped you.

18. Attend a family gathering of relatives – their love and support can give you a lift on this day.

19. Make a booklet of favorite poems that help your heart, and give copies to dear relatives and friends in memory of your child.

20. Take part in a special church ceremony honoring Mother's Day and Father's Day.

21. Pray to your child-talking is the best medicine and prayer is simply talking.

22. Set aside some special time to grieve, unloading all the frustration and sadness that can envelop you on such a day giving you time to meditate alone.

23. Write a letter to your child, telling what's in your heart (perhaps some unfinished business or some new blessing that has enriched your life).

24. Allow the tears to flow- crying is healing and allows a release for your feelings.

25. Think of a way to "share your child with the world"-making sure his or her memory lives on through scholarships, writing, good deeds.

26. Give and get plenty of hugs.

~ Elaine Stillwell, TCF Rockville Centre, NY

OLDER GRIEF

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 I'm 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, rarer longing, less engulfing fire. Older grief is about searing pain wrought into tenderness.

~Linda Zelenka TCF, Jacksonville, FL

"What we have once enjoyed deeply we can never lose. All that we love deeply becomes a part of us." – Helen Keller

THE QUICKSAND OF GRIEF

BY Lisa Grant,
*Posted on March 18th, 2019,
 National TCF Website*

Time rushes on.

When you bury a child, you realize this. Your feet are firmly planted in the quicksand of grief while the rest of the world goes on as though nothing has happened. Oh, yes . . . there are those precious ones who will stand there with you for a bit, but eventually, they are able to move on. And there you stand, alone, wanting to fight your way out, but with no clue how to do that.

That was me 24 years ago, as my baby girl left this world without warning.

About a month ago, I witnessed via Facebook the descent of two parents into the quicksand. A vibrant young man I knew flew to heaven without so much as a “see ya later” to any of the people who loved him. A seemingly healthy young man went to sleep one night and never woke up.

Dave was well loved. His Facebook wall was inundated with memorials and testaments to the person he was. Hundreds, there in the quicksand with them, surrounded his parents, and they were comforted.

By the end of the day, as I watched the news-feed ticker, most had gone back to their daily business: playing games, posting pictures, and “liking” statuses and memes. They were still in the quicksand but starting to find their way out.

His funeral was held in a large church to accommodate the many who showed up to pay their respects. His parents heard testimony after testimony of the way their son had influenced others in a positive way. Yet, I suspect most of those in attendance were anxious to get out of the mucky mess of grief by then. They were getting closure, saying their goodbyes, and going on their way.

Like Dave’s parents, I never expected to bury my own child. It was March 1989, I was 24 years old, and I was pregnant with my second child. I was healthy, and there had been no complications with the pregnancy whatsoever, or any indication that anything could be wrong.

I was days away from my due date when, over the course of a weekend, I noticed the baby moving less. By Monday morning, I felt nothing at all and grew concerned. A trip to the doctor resulted in an ultrasound that confirmed my worst nightmare. My baby had died.

I had never experienced the loss of anyone really close to me before, so I had no concept of grief. In addition, the shock of losing my child—in the moments when I thought I would be celebrating her arrival into the world—was paralyzing.

I remember the days after my daughter Alyssa’s funeral. There were still a few who called regularly, but as the weeks wore on, those calls were fewer and farther between. At times, I would get downright angry that everyone else was able to move on, but I was still very stuck in my grief.

I was so grateful when a friend from church told me about The Compassionate Friends. I was then living in Columbus, Nebraska, and there was a chapter located there. My friend even offered to accompany me to my first meeting. I met people who were in various stages of grief; most were still in the quicksand like me, but there were a handful of people who were further down the path.

Listening to them offer hope and encouragement was like a lifesaving rope thrown to me. In the year that followed, there were times when I clung to that rope, but there were also times it seemed hopeless, and I would let go.

Continued on Page 4

(Quick Sand of Grief continued from Page 3)

The monthly anniversaries, Mother's Day, Christmas, her birthday . . . those were the days when it seemed as though the grief might swallow me up.

What was most difficult for me on those days was when no one else seemed to take notice. I was never sure if people were just unaware, or if they thought I should have moved on by then. I admit, I usually thought the latter, which probably wasn't fair. Once I started letting others know I needed support on those days, I found that most were willing to acknowledge my grief and console me, even though they didn't understand.

Recently, my friend Beth Miller described her parental perspective after the loss of her son: "One of the things I have held close to my heart . . . how great it is to have words of comfort at the moment, but how truly valuable it is to have a friend to hold your hand as you work toward redemption." Beth says, "Some of the most precious notes and memorials came months and even years after we lost Evan. God used some of those moments to remind me, 'You may feel those around you have forgotten, but I haven't forgotten.'"

To my friends who knew Dave, I issued this request on Facebook: "Put a reminder in your smartphone for a month from now to send his parents a card or a message. Put that reminder in for holidays like Mother's Day, Father's Day, birthdays, and a year from now. Because I don't know when Dave's parents will get out of the quicksand, but it won't be Monday (the day of the funeral), and they will need a helping hand."

Every year, my sweet mother sends me a card on Alyssa's birthday. This year, she wrote this: "Alyssa Marie would be 24. Hard to believe. I just wanted you to know I never forget her. I know you don't either. She will be in our hearts forever. I love you, Mom."

My mom is one of those people who keep me from falling back into the quicksand. I'm grateful for the people in my life with their arms around me, standing between me and that pit of despair, simply by remembering.

Lisa Grant is a freelance writer and blogger who resides in the La Crosse, Wisconsin, area. She is married and the mother of four children. She is a columnist for Coulee Parenting Connection magazine and has been published in numerous regional parenting publications. You can connect with Lisa through her website: www.lisa-grant.com.

In The Beginning

In the beginning we hurt so bad
 We can't even think straight.
 Our days and nights run together,
 As we cry out for relief
 From the pain that has
 Seemed to swallow us whole.
 That pain now accompanies us everywhere.
 There is no place we can hide.
 It has taken over our life.
 It knows our name.
 It knows where we live.
 It knows that our loved one has died
 and so do we sort of, but not really.
 We are still looking for them
 To walk in the door,
 To say our name,
 To reach over and give us a hug.
 With every day that passes
 Our longing for them grows.
 We do not want to believe that
 They died and are not coming back.
 That reality chases us relentlessly,
 Until one day their empty chair
 Speaks louder than our denial,
 And the wall begins to break
 Where we have hidden our heart.

In Memory of Shawn, from Deb K., Shawn's Mom -
 -TCF Redlands, CA newsletter

CREATE A MEMORY GARDEN

Posted 5/1/17 on the National TCF website

The physical activity of working and tending to a garden can give comfort and quiet time to remember the special memories that you once shared. Creating a memory garden will help you feel closer to those you lost and create a tribute to the one you loved to help the rest of his/her friends and family members to heal. To begin a memory garden, find a private place or choose a location that has meaning. Remember to plant from your heart. Choose plants that evoke memory, fond regards and celebration of life.

Things to Consider When Creating Your Garden:

- Start simple. Plant a few things each year.
- Plant their favorite flowers or choose flowers that you loved or has special significance and plant those.
- Plant during their favorite season and choose flowers, plants or trees that are in season at that time. For example, if they loved spring, plant bulbs.
- Plant the flower of their birth month, namesake plants, or plants that represent their initials. Select flowers in colors that he/she loved.
- Choose flowers with their favorite fragrances or certain scents they loved. For example, if they loved the smell of lavender, include a lavender plant in the garden.
- Select flowers and plants with special meanings. For example, pink carnations mean "I'll never forget you" and yellow roses represent friendship. Roses have names that might describe your loved one.
- Include statues and remembrance gifts throughout the garden. If they loved dogs, include a small statue of their favorite breed.
- Add a small plaque describing what is in the garden and its significance, or simply put their favorite phrase or poem.
- If possible, try and include a bench in the area. This way, friends and family have a place to sit and reflect on special times that were shared.

Your memory garden project can involve the whole family. Not only could the best "memory flowers" be chosen, but once in bloom, flowers could be pressed as mementos for the family album or scrapbook.

SOURCES: www.1800flowers.com and Tarkio Enterprises 660-623-9015 (from TCF/Omaha, NE)

The Butterflies Are Coming

Dear Friends,

It's spring! The butterflies are coming. Many of us at TCF hold the butterfly with utmost regard, for it is a symbol of our child's life after death. We think of our children being born into a free and more beautiful existence after the drudgery of a caterpillar's life here on earth.

But what about us? Does the butterfly hold an even deeper meaning for bereaved parents? It seems, in fact, we have died also. We are never the same after the death of our child. But, can we be transformed into a beautiful creature or are we doomed to be trapped in the web of a grief cocoon forever? I believe it is simply a matter of choice. We can stay in the silken threads which we have spun for ourselves. It's quite safe there.

Perhaps if we isolate ourselves with a really tough cocoon, no one can ever reach in far enough to hurt us again. But if we take a chance on emerging into a new person, the light of our children's love will have a chance to shine through our newly formed wings.

It won't be easy. The grief cocoon holds anger, fear, guilt and despair. But we can work through it. In fact, there's no going around it. All butterflies must work their way through an ugly cocoon.

The butterflies are coming. Won't you join them?

-Kathie Silief TCF, Tulsa, OK

**CAN MEMORIAL DAY BE BOTH
A DAY OF REMEMBRANCE
AND CELEBRATION?**

The stores are crowded with people preparing for activities to celebrate the beginning of summer. The roads leading to area beaches are backlogged with traffic. Cookouts and family fun activities are planned. The department stores are advertising great Memorial Day sales on summer gear. Our local newspapers have published special sections to list weekend nightlife, music, and arts events.

I read an article recently by one who strongly opposes celebrating summer festivities on a day designed for solemn remembrance. The writer questions, "When did we begin to make this a day of fun?" Since childhood, my family combined the two, visiting the cemetery to pay respects in the morning and continuing the day by celebrating the beginning of summer with family and friends. I agree that we should pay special tribute to those who paid the price for our freedom. We should also support the military families who've lost loved ones. Oftentimes, their grief journey encompasses so much more than we recognize, such as moving away from the military families that they have always known.

If you know families or friends who have experienced loss (military and non-military), consider reaching out and offering support this Memorial Day weekend and beyond. A telephone call to say "I'm thinking of you" just might brighten someone's day.

Since we are all unique individuals, and there is no right or wrong way to grieve, there is no right or wrong way to remember, honor, and celebrate. Follow your heart and do what feels right for you this Memorial Day weekend. As always, I encourage you to cherish the memories and embrace the future.

Happy Memorial Day!
Dora Carpenter

Sometimes grieving individuals simply need a non-judgmental listening ear to hear their story and share their pain. Maybe hearing that the emotions of grief are natural and normal might ease the burden of grief. Grab a cup of coffee and have a complimentary chat with Dora Carpenter in the Grief to Gratitude Café. Schedule your chat at <http://www.fromgriegtogratitude.com>

GRADUATION TIME

It's almost June and graduation time again. Your child would have been among those wearing the cap and gown, walking down the aisle to the ever stirring "Pomp and Circumstance". Now there is a vacant spot in the line. Should you attend? Can you stand the pain? Will people think you are strange?

As always you must follow your heart. So, go if you'd like to and don't hide your tears. It's quite all right to miss your own child while celebrating the achievements of others.

Just remember: That your instincts are the most important ones; that no one else can make this decision for you, and that it doesn't really matter what other people think.

It was your child who died. This is your pain and you have the right to feel it and deal with it in your own way – and may a bit more healing take place in the doing.

Peggy Gibson, TCF Nashville Chapter

A Mother's Love

A mother's love for her child may begin with the very dream of becoming a mother...
 A mother's love for her child may begin with the thought of maybe expecting the news...
 A mother's love for her child may begin with the verification of her expectations...
 A mother's love for her child may begin with the affirmation that the child lives within her...
 A mother's love for her child may begin with her first sight of the new life that she has delivered into the world...
 A mother's love for her child may begin...
 But it may never end... Not even death can steal away a mother's love for her child
 A mother's love for her child knows no end!

--Diana Rohrbaugh, TCF Anne Arundel Co., MD

MY FOREVER BROTHER

By Heidi Horsley

When I was 20 years old, I was awakened in the middle of the night to the terrible news that my only brother, Scott, and my cousin, Matthew, had been killed together in a car accident.

It seemed inconceivable that my 17-year-old-brother was dead. My brother, whom I had grown up with, shared a history with and expected to grow old with, was suddenly gone forever from my life. Scott had unruly blond curls and bright green eyes. He was very athletic, devoured Twix candy bars, chewed cinnamon gum, was a NY Jets fan, and loved playing jokes. I envisioned us attending each other's college graduations and weddings, raising our kids together, and growing old together.

Scott's death turned my world upside down and put into question everything I ever believed. Early on the pain was so great, I honestly thought I would die of a broken heart. People said things to me that were not helpful: "Well, at least he didn't suffer," "At least it was quick," and "At least you have sisters."

As I struggled through my own grief, I also worried a lot about my parents and felt the need to "be strong" for them. I often hid my grief from them, and grieved alone, so as not to cause them further pain. I felt guilty for having my own grief because my parents had lost a child.

As I went through my grief journey, I looked to others further along in the grief process for guidance and strength. The journey was bumpy; I had no roadmap. Grief came in choppy, unpredictable waves, not neat, organized stages. Well-meaning people told me that I would eventually get over it, and find closure. These concepts were not comforting and did not make sense.

I didn't want to "get over" Scott. To "get over" him felt somehow like I was erasing him from my life. I am the person I am today because Scott was in my life. To deny him would be to deny an important part of myself. The reality is that we don't forget, move on, and have closure; but rather we honor, remember, and incorporate our deceased brother and sister into our lives in a new way.

With time and support, I went on to transform my life and create a "new normal." I have found meaning, purpose, and joy helping others who have suffered a loss, and I have met many wonderful and caring people through The Compassionate Friends. Today, I keep my brother's memory alive through the stories I share with others. Although it has been 30 years, my brother continues to live forever in my heart. He is my guiding light, and although I am poorer for having lost him, I am so much richer forever having known him. He will always play an important role in my life, and he remains forever my brother.

Dr. Heidi Horsley is a grief expert and the Executive Director and Co-Founder of Open to Hope, an international organization committed to providing hope.

Helpful Hint...

Wounds don't heal the way you want them to; they heal the way they need to. It takes time for wounds to fade into scars. It takes time for the process of healing to take place. Give yourself that time. Give yourself that grace. Be gentle with your wounds. Be gentle with your heart. You deserve to heal.

--Dele Olanubi

Make yourself familiar with the angels, And behold them frequently in spirit; for Without being seen, they are present with you.

St. Francis de Sales

LOVE SHARES

In Memory of	Given by
No Love Shares Were Given during the past Quarter	

“Just as her living made me want to be a better person, her dying will make me a better person if I allow it, because I now carry her with me. I will strive to do and see life the way she would have if she could have stayed here longer.”

—Julie Shor

Consider giving a Love Share in your child’s memory. Help us continue our mission to help grieving parents. All Love Shares are tax deductible and can be sent to our Chapter Treasurer:

**Douglas Ledkins, 431 Old Colony Dr.
Richmond, TX 77406 (713) 515-9906
Doug_Ledkins@whitetucker.com**

Button Making Machine

A button making machine has been given to our chapter in loving memory of Brandi Ward. It is available for anyone who wishes to have a picture button made of their child. If you would like to have a button made, please contact Marguerite Ward at 979-533-0099 or by email at mjward0123@gmail.com

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. We are grateful for the faithfulness of parents, grandparents and friends who remember beloved children with love gifts. Our chapter is operated entirely by volunteers dedicated to furthering the work of TCF.

Your voluntary tax deductible donations honor your loved one(s) in a meaningful way by enabling us to offer resources, such as this newsletter, books, brochures and special programs to bereaved families in our area. 100% of the funds are used for this outreach. Donations, along with the name of the person being honored may be sent to our chapter’s treasurer. If you have any questions, please contact our chapter treasurer:

**Douglas Ledkins, 431 Old Colony Dr.
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TCF ONLINE SUPPORT

The Compassionate Friends offers “virtual chapters” through an Online Support Community (live chats). This program was established to encourage connecting and sharing among parents, grandparents, and siblings (over the age of 18) grieving the death of a child. The rooms supply support, encouragement, and friendship. The friendly atmosphere encourages conversation among friends; friends who understand the emotions you’re experiencing. There are general bereavement sessions as well as more specific sessions.

PRIVATE TCF FACEBOOK GROUPS

The Compassionate Friends offers a variety of private Facebook Groups. These pages are moderated by bereaved parents, siblings, or grandparents, and may not be accessed unless a request to join is approved by a moderator. Please click on the link next to the group you wish to join and answer the screening questions so we can confirm your request. If you are waiting approval, please message one of the administrators. Join requests to our Facebook groups must be requested personally, therefore when you wish to share the group with someone please pass along the link to the group.

These groups can be found on the National TCF website at <https://www.compassionatefriends.org/find-support/online-communities/>

Dear Chapter Members,

It is with regret we must inform you that the Sugar Land/SW Houston Chapter of the Compassionate Friends **has become inactive**. We have not been able to find someone to step up into leadership roles and our current leadership can no longer do it. Our steering committee met and decided to no longer offer monthly meetings. We will, however, still have our annual TCF Candle Lighting program as well as our annual Balloon Lift-Off for at least the next year or so. We will also continue to provide a newsletter to our members but have changed it to be quarterly instead of every two months. We will now offer phone support to those who need it as well as information on monthly meetings provided by other local TCF chapters. We hope to continue to offer support to bereaved parents in some small way. If you are interested in taking on a more active role in our chapter, please contact either Tricia Scherer at 832-541-4959 or Marguerite Ward at 979-533-0099.

With Compassionate Friends You Need Not Walk Alone

Telephone a Friend..... If you need someone to talk to and can't find a TCF meeting to go to, please call one of our volunteers below. They are a little farther down the road in their grief journey and would be glad to talk to you.

Child Loss - (Tricia)	832-541-4959
Child Loss - (Marguerite)	979-533-0099
Child Loss - (Sandy)	281-242-5015
Support for Fathers - (Doug)	713-515-9906
Murdered Child/Sudden Death - (Michelle)	832-603-7112

TCF—Katy Chapter meets 2nd Tuesday of each month 7:00 pm

Website: <https://www.compassionatefriends.org/chapter/tcf-katy-tx-chapter/>

TCF of Houston Inner Loop Chapter meets 3rd Tuesday of each month at 7:00 pm
(Newly bereaved meeting at 6:30)

Website: <http://www.orgsites.com/tx/tcfhoustoninnerloop/index.html>

**To locate a TCF Chapter located in your area with monthly meetings please go to the national TCF website at - <https://www.compassionatefriends.org>.

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Tricia Scherer

Sugar Land-SW Chapter Website:

www.sugarlandtcf.org

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Next Event Date**

**May 8, 2019—Annual TCF
Balloon Liftoff**

**** Our chapter no longer has monthly meetings. Please go to the National TCF website to find chapter meetings in your area.**

<https://www.compassionatefriends.org>



Remembering Our Children's Birthday



Birthdays hold treasured memories and are especially difficult for surviving parents and siblings; TCF offers a wonderful venue to honor and celebrate the precious life-story of your loved one. Taking a few minutes to share a picture, memento, award or even their favorite toy is a gentle reminder to all that love continues and grows with each passing year.

Birthday	Child's Name	Parents
4/4	Rishi Devan	Jody Cole
4/5	Benjamin Geigerman	Joann Must
4/6	Dustin Edward Mercer	Bill & Debbie Mercer
4/9	Stephanie Blaine Turner Powers	Lora Turner and Joseph Frybert
4/9	David Watene Parker	Joanne Hawkins
4/10	Charles Joseph Harding	Mike Harding
4/13	Ali Jafri	Syed & Samina Jafri
4/15	Jimmy "Scott" Connor	Cheryl Burns
4/16	Justin Lee Padgett	Janice and Lee Padgett
4/20	Terrell Cowherd	Michelle & Terry Cowherd
4/20	Enyi Nwankwo	Geraldine & Kanu Nawankwo
4/21	Kevin Grant Kyle	Anita & R. C. Kyle
4/22	Jessica Eldred Callaway	Eileen & Randy Eldred
4/22	Michael (Mike) Brandon Barber	Steve & Sandy Barber
4/24	Alissa Cooper Schoonmaker	Johanna Cooper
4/26	James Evans	Mark Evans
4/27	Emily Marie Serafin	John & Rhonda Serafin
4/30	Bart Dion Follis	Woody and Mona Follis
5/3	Eric DeLeon Hicks	Helen Hicks
5/4	Javiere W. Smith-Ford	Jeffrey W. Ford & Ursula P. Smith-Ford
5/6	Tyler Avery McAdams	Kristin Parker
5/14	Jillian Marie Cano Dean	Rose Dean
5/15	Matthew Phillip Dolezal	Mary Ann & Phillip Dolezal
5/17	Jacob Gamino	Israel & Veronica Gamino
5/18	Jerry Paine Fife	Jimmy & Shirley Fife
5/18	Tracie L. Hester	Richard and Donnel Rogers

Birthday	Child's Name	Parents
5/25	Gerald Martin Racer	Loretta Racer
5/30	Chris Jaquay	Jane and Mark Erwin
5/30	Sewit Tekle	Medmin & Haile Tesfaghiorgis
5/30	Keven Lewis	Mary and Richard Lewis
6/1	Todd Kevin Sullivan	Karen and John Sullivan
6/1	Jessica (Jessie) Lauren Davis	Megan & Jerald Davis
6/4	Zachary Stephen Glover	Lauren Nagel
6/4	Michael Patrick Raymer	Michael and Kathleen O'Brien
6/6	Calvin Christian (Chris) Dillard	Arcinia Burley
6/7	Lezlie Dyan Davis	Amy Coplen
6/9	Robert E. Neirtz	Carol & Richard Nertz
6/12	Lauren Nicole Baker	Delaina & Andy Baker
6/13	Kareem Muhammed-Raji	Biola and Kareem Raji
6/14	Brandon Hunter Goddard	Robin and Bennie Goddard
6/16	Jonathan Bryan Clements	Linda Clements
6/17	Jeremiah Pascual	Rebecca & Eugene Pascual
6/22	Lisa Kao	Mie and Henry Kao
6/22	Jimmy Kovic	Mrs. Lenore Walker
6/23	Julia Andrea Dearborn	Sandra and Russ Bridges
6/25	Sarah Charlotte Harper	Chuck & Marcy Harper

The Long Forever

You left us so quickly;
there were no goodbyes.
How long this forever,
your death and our lives.

The sadness, the anger,
the loneliness of three,
preferring four always,
how small, this new we.

Genesse Bourdeau Gentry
From *Stars in the Deepest Night—After the Death of a Child*

Our Children Remembered On Their Day of Passing

Date of Passing	Child's Name	Parents/Family/Friend	Date of Passing	Child's Name	Parents/Family/Friend
4/5	Jordan Daemond-Hall Hicks	Helen Hicks	6/3	Jason LaBelle	Cheryl & Guy LaBelle
4/6	Ethan Elijah Atwood	John Atwood	6/6	Erin Marie Thonsgaard	David & Mary Thonsgaard
4/7	Robert Bradley (Brad) Petras	Brenda Petras	6/7	Eric Nelson	Mike & Paula Levinson
4/9	Tyler Matthew Woodard	Matt and Mandy Woodard	6/7	Darren Savay Williams	Courtney & Kandic Waller
4/12	Richard Patrick Lange	Michele Kelly	6/8	Nievesch Mody	Ranjan and Neil Mody
4/13	Jacob Gamino	Israel & Veronica Gamino	6/8	Jonathan Bryan Clements	Linda Clements
4/14	Lauren Alissa Hall	Sharon O'Dell	6/10	Todd Kevin Sullivan	Karen and John Sullivan
4/16	Ryan Daniel Jones	Rick & Rosalyn Jones	6/11	Marc Kenny	Diane and Brian Kenny
4/16	Tawnya K Whitacre	Linda Stal	6/12	Christian Crum	Kathy & Lonnie Crum
4/16	Patrina Jurell Nurse	Ms Pearlle Nurse	6/16	Jeremy Earnshaw	Ruth & Darryl Earnshaw
4/17	Tessa Abell Casey	Jeb Casey	6/16	Frelon Boyd Wiley	Jack and Holla Wiley
4/23	Jason Robert Kachmar	Florine and Bob Kachmar	6/18	Brian Thomas Powers	Thomas & Brenda Powers
4/24	Sage Austin Sanders	Sherelle and Allen Sanders	6/18	Stephen Ellison	Darlene Ellison
4/25	Charles Joseph Harding	Mike Harding	6/21	Donitta Figures	Mary Ann Figures
4/26	Kareem Muhammed-Raji	Biola and Kareem Raji	6/23	Gregory (Greg) Thomas Warden	Monica & Steve Warden
4/27	Lillian Shae Hansen	Shana & Dean Hansen	6/25	Bart Dion Follis	Woody and Mona Follis
4/28	James P. Salinas II	James & Hortensia Salinas	6/27	Alissa Cooper Schoonmaker	Johanna Cooper
5/2	Richard (Rick) Ross Simper	Richard Simper & Judy Mendez	6/29	Angelica (Angel) Rae Cartwright	Michael & Stephanie Cartwright
5/9	Stan Engelke	Carolyn Tarver	6/30	Amber Jeffrey	Scott & Amy Jeffrey
5/10	Hector Maldonado	Maria Gamble			
5/14	Avinash "Avi" Miranda	Donald & Maria Miranda			
5/14	Mark Gregory McDonald	Tim & Cindy McDonald			
5/16	Jennifer Goebel	Linda Stal			
5/17	Kelly Casares	Karen Casares			
5/18	Gerald Martin Racer	Loretta Racer			
5/18	Jennifer Haynie	Mary Haynie			
5/19	Noel Davis	Frederina Jensen			
5/21	Michael Patrick Raymer	Michael and Kathleen O'Brien			
5/22	Jamie Leigh Britt	Maxine Erderly			
5/22	Stephen Allen Pratt	Robbie and Stephen Pratt			
5/27	Jamaal Foster	Sheryl Foster			
5/30	Joshua (Josh) Tubbleville	Tommy & Linda Parkhurst			
5/31	Javiere W. Smith-Ford	Jeffrey W. Ford & Ursula P. Smith-Ford			

Sometimes

Sometimes, something clicks, and with a tear, remembrance of the pain and the loneliness floods the heart. Sometimes, something clicks, and with a smile, remembrance of the love and the laughter floods the senses. And there are times when nothing clicks at all and a voice echoes through the emptiness and numbness, never finding the person who used to fill that space. And sometimes the most special times of all a feeling ripples through your body, heart, and soul that tells you that person never left you, and he's right with you through it all.

Kristen Hansen, TCF Kenifield, CA



The Compassionate Friends
Sugar Land—SW Houston Chapter
P. O. Box 231, East Bernard, TX. 77435

Honoring 22 Years of Support and Friendship
for Bereaved Families



APRIL, MAY, JUNE 2019

**You are invited to the Sugar Land/ SW Houston
TCF Annual Balloon Liftoff
Wednesday, May 8, 2019
First Presbyterian Church- Sugar Land
502 Eldridge Rd., Sugar Land, TX.
7:00 p.m. to 9:00 p.m.**

**Please arrive by 7:00 p.m. to prepare your balloon.
The program will start at 7:30 p.m.
The chapter will provide refreshments.**