

# THE COMPASSIONATE FRIENDS

NEW MAILING ADDRESS: P. O. Box 8283 • Hermitage, TN 37076 • (615) 356-4TCF(4823) •

Nashville Website: [www.tcfnashville.org](http://www.tcfnashville.org)



Chapter Leaders: Justin and Tracy Brewer, (615) 812-1504, e-mail: [tbrewer395@gmail.com](mailto:tbrewer395@gmail.com)

Newsletter Editor: Melanie Ladd, (615) 513-5913, email: [melanierladd@gmail.com](mailto:melanierladd@gmail.com)

Treasurer: Ed Pyle, (615) 712-3245, email: [edpyletaxlaw@gmail.com](mailto:edpyletaxlaw@gmail.com)

Outreach: David Gibson, (615) 308-2520, email: [davidg14@bellsouth.net](mailto:davidg14@bellsouth.net)

Regional Coordinators: Polly Moore, (931) 962-0458, email: [lolly39@aol.com](mailto:lolly39@aol.com)

Dana Young (931)581-7090

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.

Welcome: The Nashville chapter meets at 3:00 P.M. on the second Sunday of each month at the ABC (Associated Builders and Contractors of Greater Tennessee) Building, 560 Royal Parkway, Nashville, TN 37214 (**SEE NEW MAILING ADDRESS ABOVE**).

We truly regret that we have no accommodations for young children, but teenagers and older siblings are welcome to attend.

## Candlelight Memorial Service

December 11, 2022— 3:00 p.m.

(Please arrive by 2:30)



All family members are cordially invited to join us as we honor our children during this beautiful candlelight service.

It is important that everyone wishing to have their child's photo in the memorial service follow very carefully the instructions on page 6 of this newsletter.

**PHOTO SUBMISSION DEADLINE:**

**Friday, December 2.**

**Information and Photo Submission Form are on Page 6.**

Following the service, we invite you to remain for fellowship and refreshments. If you wish, you may bring a dessert, but other finger foods and drinks will be provided.

The birthday table will be set up for all who wish to share their child's December birthday, or if you'd prefer, you may do so in January.

The service will be held at Citipointe Church, 7533 Lords Chapel Drive, Nashville 37211. The location is off Nolensville Road (Highway 31A) about a mile south of where Bell Road (Old Hickory Boulevard) crosses Nolensville Road.



May the memories of this season

Come on gentle wings

To bring you love and peace.

*We remember our children with love and gratitude. We miss their faces,  
their voices and their smiles. And we do not forget--*

*In the month of their births--*

**Taylor Nicole Barton**  
December 2  
Daughter of Alan Barton and Stella  
Stephens

**Clayton Lee Chitwood**  
December 28  
Son of Jim and Connie Chitwood  
Grandson of  
Margaret Chitwood-Watkins  
Brother of Matthew

**Matthew Lance Chitwood**  
December 10  
Son of Jim and Connie Chitwood  
Grandson of  
Margaret Chitwood-Watkins  
Brother of Clayton

**Taylor Martin Davies**  
December 14  
Son of  
Roy and Barbara Davies

**Nigel James Duke**  
December 8  
Son of Fred and Latresa Duke

**Susan Edwards**  
December 27  
Daughter-in-Law of Charles and Ruth  
Edwards

**Darby Felts**  
December 10  
Son of Deanie Gregory  
Nephew of Jean Porch

**Tristan Ray Fillpot**  
December 9  
Son of  
Lorenzo and Floy Wilson

**Chad Flatt**  
December 7  
Son of James Flatt and Ann Flatt

**Jennifer Lee Friedmann**  
(Jena)  
December 25  
Daughter of John and Mignon  
Friedmann  
Sister of Dr. John Friedmann

**Daniel Lee Henson**  
December 13  
Son of Ronnie and Darlene Henson

**Jeremy Seth Lunceford**  
December 15  
Son of Jane Lunceford  
Brother of Aubrey, Shelby  
and Brittney

**Lindsay Carole Miller**  
December 19  
Daughter of David and Rebecca  
Granddaughter of Roy and Carole  
Renfro

**Arianna Marie Mitchell**  
December 27  
Daughter of Christopher Mitchell and  
Heather Evans  
Granddaughter of Frank and Brenda  
Nelson

**Lauren Paige Moore**  
December 30  
Daughter of Mac and Polly Moore  
Sister of Darrell and Paul

**Brooke Jasmine Murphy**  
December 14  
Daughter of Elaine Murphy

**Michael Stanley Overcash**  
December 6  
Son of Mike and Jean Overcash  
Brother of Kim and Steve

**Philip G. Sanders**  
December 8  
Son of Jean Porch  
Nephew of Deanie Gregory

**Kevin Tolentino**  
December 30  
Son of Sarah Tolentino



*And in the month of their deaths--*

**Elizabeth Osborn Cheek**  
December 9  
Daughter of Ross and Libby Cheek

**Clayton Lee Chitwood**  
December 28  
Son of Jim and Connie Chitwood  
Grandson of Margaret Chitwood-  
Watkins  
Brother of Matthew

**John Calister Davidson**  
(Buddy)  
December 11  
Son of Steve and Telese Davidson

**Nigel James Duke**  
December 25  
Son of Fred and Latresa  
Duke

**Roy Paul Ellis**  
December 14  
Son of April Ellis

**Robert Jason Heflin**  
(Jason)  
December 31  
Son of Eddie and Kay Heflin

**Joshua Allen Kebert**  
December 15  
Son of Son of Greg Kebert and Susan  
Whitaker

**Abigail Rhea Little**  
(Abbie)  
December 6  
Daughter of  
Rhea and Marie Little

**Robert Bryan Parrish**  
(Bryan)  
December 12  
Son of Marvin and Debbie Hampton

**Mark Elliott Reischman**  
December 23  
Son of Bill and Jean Reischman

**Jacob Federman Smiley**  
December 9  
Son of Troy and Susan Smiley

**Daniel Wayne Vick**  
December 14  
Son of  
Wayne and Marsha Vick

**Janessa Dian Wellman**  
December 19  
Daughter of Timothy and Debra  
Granddaughter of  
Glen and Dian Wellman

**Hunter Cole White**  
December 8  
Son of Ronnie White and Stephanie  
Carpenter

**Heather Ann Willis**  
December 13  
Daughter of Tom and Margaret Loose



### Gifts of Love and Remembrance

We are deeply grateful for the voluntary gifts of love that make it possible for The Compassionate Friends to offer comfort to those families who do not know today that they will need us tomorrow.

**Kay Bogle**  
in Loving Memory of her son,  
**Joey Vick**  
sister of **Kay and Claire**

**David and Peggy Gibson**  
in Loving Memory of their daughter,  
**Laura Paige Gibson**  
son of **Justin and Tracy Brewer**

**Don and Sherry Eakes**  
in Loving Memory of their grandson,  
**Taylor Christian Brewer**

**Marsha Vick**  
in Loving Memory of  
**Daniel Vick**  
son of **Marsha and Wayne Vick**

**Jerry and Loretta Winters**  
in Loving Memory of their son,  
**Don Bruce Winters**

**Mike and Jean Overcash**  
in Loving Memory of their son,  
**Michael Stanley Overcash**

**Shirley Rich-Brinegar**  
in Loving Memory of her son,  
**Bert Rich**

**John and Mignon Friedmann, Dr. John  
Friedmann Jr.**  
in Loving Memory of their daughter and sister,  
**Jennifer Lee Friedmann (Jena)**



Each month, Allegra Marketing (615-360-3339) donates the printing of this newsletter as a gift to the families of TCF. Deanna Brown and her family assemble, label, sort and mail the newsletter in loving memory of her son, Marcus Dean Brown. We appreciate so much these people and their generosity to all of us.

### Some Special Ways to give

\*To benefit TCF, go to the Kroger website and click on "Community Rewards"; then follow the instructions on that page. After that, when you shop at Kroger, swipe your Plus Card or key in your phone number when you check out, and Kroger will donate dollars to TCF. It's a free and easy way to support your chapter.

If your employer supports the United Way, you might have the option to "designate" your donation. Every dollar you contribute through our payroll deductions goes to the organization you designate. TCF Nashville is an approved organization with the United Way. Please consider designating your United Way donation to TCF Nashville.

Our TCF Nashville volunteers listed here truly understand your grief and are ready to listen if you need a compassionate friend during the holiday season.



#### Phone Friends

We have all experienced the pain of losing a child. We understand and would like to listen. If you can't reach one of us, feel free to call another person on this list.

- Accidental Death** .....Mike and Paula Childers  
615-646-1333
- AIDS**..... Joyce Soward  
615-754-5210
- Illness**..... David and Peggy Gibson  
615-308-2520 or 615-504-4307
- Infant**..... Jayne Head  
615-264-8184
- SIDS**.....Kris Thompson  
931-486-9088
- Suicide**.....Ron Henson  
615-789-3613
- Alcohol/Drug Overdose**.....Ed Pyle  
615-712-3245

## Christmas Memories

*When snowflakes dance on winter winds  
And colored lights shine Christmas cheer,  
When children's laughter fills the air  
And family gathers from far and near,  
I try to celebrate with them  
And not let my hurting show.  
But the empty space within my heart,  
At this season, seems to grow  
Till oftentimes it fills the days,  
And many night times too,  
With aching thoughts and memories  
Of Christmases I spent with you.*

*Yes, memories do hurt, it's true  
But I have this feeling too.  
I'm so glad I hold these memories,  
For with them I hold part of you.  
So for now, I'll wipe away the tears  
And join with loved ones dear  
To celebrate this Christmas time,  
For I know that, in my heart, you're here.*

Arden Lansing  
TCF, Monmouth County, NJ



## Christmas Thoughts

**B**eyond the Christmas trees, the angels and stars and beloved carols...

Beyond the presents, the shopping, the baking and cooking...  
Beyond all of these sights and sounds of Christmas...

Beyond all of these—there is hope—hope for the bereaved parents—even at Christmas, one of the most, if not the most painful times of the year, there is an essence of hope. HOPE! It is hope that sustains us through the days of grief and anger and frustration and loneliness.

The hope is that someday the pain of the deaths of our children will be eased. The hope is that someday our smiles will be real. The hope is that once again we will laugh and love and also cry completely without fear and hollowness. It is the hope that someday we can remember our children with a tenderness merely tinged with sorrow and not overwhelmed with it.

So it is that for each of you, I would hope: peace, compassion, love, sympathy, understanding, sharing, and listening. In the sharing of our grief with one another, and in the emotional support we give to one another, we receive and understand all of these gifts.

Carole Ragland  
TCF, Houston/West TX

## Chanukah Is Here

*I see the candles glow,  
Red, pink and blue.  
But you're not here  
To see their pretty shadows.  
I shop for gifts.  
And this year, again,  
Once more,  
I won't be in a quandary  
Of what to buy.  
I give you my love,  
My precious son,  
For that is eternal.  
And once again,  
It will have to do.*

Ginnette Kravet  
TCF, Central Jersey



*When the time comes  
For lighting festive candles,  
Let them remind you  
Not only  
Of what you lost  
But also  
Of what you had.*

Sascha Wagner  
TCF, Des Moines, IA



## How Many Stockings Shall I Hang?

**W**hat a torment! Funny how you worry what your friends will think. For days I worried...and finally I hung three stockings on the fireplace and laid one gently on the mantle.

But that was last year. This year I shall hang all four above the fireplace. For this year, the confusion of my mind has found new answers with conviction. Whether my oldest daughter lives in Tucson, or my youngest son is dead—these are my children—our family—and as long as we hang the Christmas stockings, we shall hang them all—with love.

Shirley Melin  
TCF, Hinsdale, IL



The Compassionate Friends Worldwide Candle Lighting on the 2nd Sunday in December unites family and friends around the globe in lighting candles for one hour to honor the memories of the sons, daughters, brothers, sisters, and grandchildren who left too soon. As candles are lit in our homes after we return from our local Memorial Service on December 11th, 2022 at 7:00 pm local time, hundreds of thousands of people commemorate and honor the memory of all children gone too soon.

Now believed to be the largest mass candle lighting on the globe, the annual Worldwide Candle Lighting (WCL), a gift to the bereavement community from The Compassionate Friends, creates a virtual 24-hour wave of light as it moves from time zone to time zone. TCF's WCL started in the United States in 1997 as a small internet observance and has since swelled in numbers as word has spread throughout the world of the remembrance. Hundreds of formal candle lighting events are held, and thousands of informal candle lightings are conducted in homes, as families gather in quiet remembrance of children who have died and will never be forgotten.

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## CANDLES IN THE NIGHT

A heart broken by the death of a child can never be healed. As parents we try every way that can be thought of to cope with the loss, but the void will always be there. At first that emptiness seems to take your breath away and most times we wish it would.

This becomes different with the passage of time. It never goes away, but at some point we learn to live with it, and in fact this horrible feeling becomes a lifeline of sorts. One of our biggest fears is to forget our children. Forget how they looked or how their voices sounded. The smiles and tears that blur together to make a child. This emptiness in effect becomes a constant yearning to remember our children.

Our hearts force us to find ways to fill that void to maintain our role as parents. Some are as simple as visiting the cemetery and some are as complex as changing our entire lives, dedicated to the memory of our child. In between are the many rituals we create or borrow from others to honor the memories and to keep our child's name alive.

Lighting a candle and saying a child's name keeps their memory burning bright. It means we are struggling to cope with this unwanted role of bereaved parent in the only positive manner we can. We will most certainly shed tears every time and we will still miss our child, but we are doing something that allows the world to hear our child's name and for that one moment the candle means so much more than anyone else could ever understand.

For a fleeting second that is our universe and every memory we have comes flooding back to us as we see the flame through tears, distorting it into something magical. It's the only gift we can give our children. This is as close as we can get to our child now. A tiny, flickering flame that can warm the heart and it's nice to think that perhaps they can see it also. It's a beacon, our light in the window, our shining star in the darkness. It's an opening of our hearts and a way to share our grief.

We gather to honor the memories of our children and to share this bond of lighting a candle for the children all over the world. We miss them so much.

Jim Lowery  
TCF Sugar Land/SW Houston Chapter, TX

The death of a child is so painful, both emotionally and spiritually, that I truly wondered if my own heart and spirit would ever heal...I soon learned that I could help myself best by helping others. It wasn't until Robin died that I truly threw myself into volunteer work. That precious little girl left our family a great legacy: I know George and I care more for every living person because of her. We learned firsthand the importance of reaching out to help because others had reached out to us during that crucial time.

Barbara Bush, bereaved mother

# Holiday Gifts for Children Needed

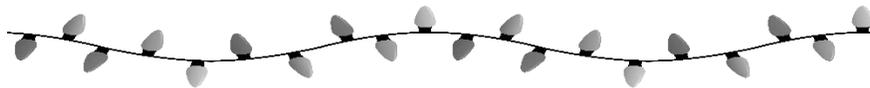
Every year for the past 16 years TCF Nashville families have generously donated toys and gifts to the children of Youth Villages in Middle Tennessee that works with children who are not living at home and are in foster care for the holidays. The children range in age from 6 to 18. For many of these children, these will be the only gifts they receive this holiday season. **If you would like to help this year, you may participate by bringing new UNWRAPPED gifts to The Compassionate Friends December 11 Candlelight Memorial Service. Below is a list of the most requested items.**

Suggested gifts include:

Art Supplies and Craft Kits  
DVD's (rated G, PG or PG-13)  
Gift cards for Wal-Mart, Target, Amazon, GameStop, and iTunes  
Current Rap music/Pop music CD's (Teen Rated)  
MP3 Player/iPod Shuffle  
CD Players / Boom Box

Gameboy Games (Teen Rated)  
Xbox / Play Station Games (Teen Rated)  
Remote Control Cars, Trucks or Planes  
Writing and keepsake supplies such as journals, gel pens, scrap booking items  
Board Games (Monopoly, Life, Mouse Trap, Jenga, Uno etc.)

Barbie Dolls & Accessories for Barbie  
Matchbox or Hot Wheels car sets  
Lego Sets  
Hats, Gloves & Scarves  
Nail Kits and Polish  
Action Figures / Superheroes Toys  
Jewelry and Hair Accessories  
Sports Equipment, Balls etc.  
Young Adult Books



## CANDLELIGHT MEMORIAL SERVICE—December 11, 2022

Regardless of past participation, **EVERY FAMILY WISHING TO TAKE PART IN THE MEMORIAL SERVICE MUST RETURN THIS FORM.**

**We need to receive it no later than Friday, December 2.**

**PLEASE DO NOT SEND FORMS OR PHOTOS TO THE TCF P. O. BOX—it is important that they go directly to Lamar.**

**MAIL TO:**  
**Lamar Bradley**  
**4772 Cascade Drive**  
**Old Hickory, TN 37138**  
**or**

**You may e-mail your child's photo to lamar.bradley@comcast.net**  
**Be sure to include your child's name in the e-mail.**

**Instructions:** A computerized process (Power Point) is used to display our children's pictures on the big screen. An original 5x7 photo (no copies, please) may be used. If a 5x7 is not available, any size will do; however, the 5x7 or larger is easier to process.

The original photo will be returned to you at the memorial service while the image will be stored for use next year.

**Place a sticky note on the back of the photo with the child's name clearly printed. Do not write on the photo itself.**

Child's name: \_\_\_\_\_  
**Please print the name as you wish it to be read at the service along with phonetic pronunciation, if needed.**

- \_\_\_\_\_ I will attend and am enclosing an original photo of my child. (First time in the memorial service.)
- \_\_\_\_\_ I will attend and am enclosing a different photo of my child to be used in place of the photo you have from last year's service.
- \_\_\_\_\_ I will attend and would like for you to use the photo you have saved from last year.
- \_\_\_\_\_ I will attend and would like for my child's name to be called and I'll light a candle, but I will not have a picture shown.

Your name \_\_\_\_\_ Phone \_\_\_\_\_

## **CHAPTER INFORMATION**

### **Are you Moving?**

Each time a newsletter is returned to us with an incorrect address, we pay to retrieve it in order to find out where you've moved; then we pay again to mail it back to you. This is in addition to the original bulk mail cost. It would help a great deal in both time and money if you would notify us immediately of any address change so your newsletter can reach you right away. You may call, write or email the chapter leaders or the newsletter editor. Thanks for your help.

### **The “Children Remembered” Listings**

If you are unable to attend TCF meetings and would like for your child to be listed on pages 2 and 3 in The Children Remembered list, please let us know, printing the exact way you'd like the child's name to appear, the child's birth and death dates, and the parents' names as they should be listed. Drop us a note at TCF, P.O. Box 8283, Hermitage, TN 37076. We'll be glad to include them. You need to contact us only once, unless any of your information changes.

### **Corporate Donations to TCF**

To benefit TCF, go to the Kroger website and click on “Community Rewards”; then follow the instructions on that page and designate The Compassionate Friends Nashville Chapter. After that, when you shop at Kroger, swipe your Plus Card or key in your phone number when you check out, and Kroger will donate dollars to our chapter. Also, when going to Amazon, type in “Amazon Smile” and designate The Compassionate Friends; then, each time you go on Amazon Smile a small contribution will be made by Amazon to our organization—It's a free and easy way to support TCF.

### **We Need Your Help**

If you know a family outside the immediate Nashville area who has experienced the death of a child, regardless of age or cause of death, and you have access to the address (and phone number) of the parents, it would be most helpful if you would call us with that information. Our mission is to reach every bereaved family in Middle Tennessee, but we have to know about them in order to give them the support we ourselves have received. If you know the child's name, birth date, date of death and cause of death, so much the better. Our outreach chairperson will send a warm letter of sympathy and information about TCF along with appropriate brochures and articles. We do not phone the family and all information you provide is confidential.



## **BEREAVEMENT RESOURCES**

### **Alive Alone**

Alive Alone is an organization to benefit parents whose only child or all children have died. Visit their website at [www.alivealone.org](http://www.alivealone.org).

### **Alive Hospice Support Group for Bereaved Parents**

For general information about grief support services and groups at Alive, please call the Grief Line at: 615-963-4732 or email [griefsupport@alivehospice.org](mailto:griefsupport@alivehospice.org). They offer eight-week groups, ongoing monthly groups, family group and Little Hearts Club for children who have experienced the death of a sibling. Services are in Franklin, Nashville, Hendersonville, Lebanon, and Murfreesboro.

### **Sharing**

SHARING is a community organization for parents who have experienced a miscarriage, stillbirth or the death of an infant. The website is [sharingmiddletn.org](http://sharingmiddletn.org).

### **Survivors of Suicide**

There is a caring SOS group in Nashville. For information about meetings, you may call (615) 244-7444, or go to the Tennessee Suicide Prevention Network at [TSPN.org](http://TSPN.org), and you will find a list of all Tennessee SOS locations.

### **TCF Web site —A Treasure for You**

When you log onto the TCF Web site at [www.compassionatefriends.org](http://www.compassionatefriends.org) you will find a wealth of information about TCF and grief—poetry and articles, chat rooms, grief in the news, other chapter Web sites and numerous other resources.

# *The Compassionate Friends*

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**Return Service**

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**December 2022**



## **As We Near the Special Season**

**A**s we near the special season that stirs up feelings of heritage, patriotism, thanksgiving, and our relationship with God, we are instantly reminded that it doesn't seem to fit together for us; our personal sense of well-being is suffering. Our hearts and spirits are undergoing the trauma of painfully fresh wounds in some cases, while others are coping with the scar tissue of older grief that refuses to heal or restore comfort to their lives. This season reminds me we are living with extra stress that must be resolved. I offer a few thoughts to each of you, along with my love, in the hope that feelings of peace and purpose will return to bring you comfort.

First, be careful in agreeing to take on the traditional extra work that goes with holidays. You are coping with grief that will take much of your usable energy.

Second, be especially kind and patient with yourself. The need for physiological rest is vital at this time; regular sleep and rest hours will help.

Third, be aware that holidays and alcohol have become traditional companions; extra caution may be necessary to prevent the depressant effects of alcohol from further aggravating your grief anxiety.

Fourth, it's okay to change past practices that are especially painful reminders of what can be no more; do something different if you have to.

Finally, allow yourself private time as you need to, but also remember it's important to allow others to try to bring you comfort and give you extra help during the holidays. Loved ones need feedback that says: "I'm trying to recover, and I appreciate your help."

Peace be with you.

Ann Frost  
TCF Middle Georgia Chapter