



The Compassionate Friends of Boca Raton

CHAPTER LEADERGail Schroeder (*Engel's Mom*)**CO-CHAPTER LEADER**Dottie Kidd (*Tim's Mom*)**TREASURER**Ronda Fryburg (*Brandon's Mom*)**MEETINGS COORDINATOR**Christine Williams (*Lauren's Mom*)**NEWSLETTER EDITOR**Gail Schroeder (*Engel's Mom*)**NEWSLETTER DESIGNER**Michael Kleper (*Jodi's Dad*)**REFRESHMENTS**Shelly Sigale (*Cindy's Mom*)**LIBRARIAN**Jerry Flax (*Brett's Dad*)**NEW FAMILIES COORDINATOR**Walter Hochhauser (*Brett's Dad*)**GREETER**Eileen Kesnig (*Eric's Mom*)**DATA MANAGER**Dottie Kidd (*Tim's Mom*)**WEBMASTER**Michael Kleper (*Jodi's Dad*)**Boca Raton Chapter, April, 2011****561-368-0324****www.tcf-br.com**

The Compassionate Friends, Inc., is a self-help organization offering friendship and understanding to all bereaved parents. TCF is non-denominational and all bereaved parents are welcome. TCF National headquarters mailing address: P.O. Box 3686, Oak Brook, Illinois 60522. Telephone 630-990-0010, toll free 877-969-0010, Fax 877-969-0010. The National TCF website is www.compassionatefriends.org

To Our New Members

At nearly every meeting, we welcome new members to our group, always with mixed emotions. We are glad you found us, but we are sorry for the circumstances that bring us together. We understand your pain and we hope our unconditional friendship and understanding will help you through your grief. Attending a meeting for the first, second or third time takes courage, but for many, it is the first step towards healing. The meetings may seem overwhelming, so we encourage you to come to several meetings to give yourself a chance to become more comfortable.

To Our Old Members

We need your encouragement and support. You are the string that ties our group together and the glue that makes it stick. Each meeting, we have new parents. Think back...what would it have been like for you if there had not been any "oldie" to welcome you, share your grief, and encourage you? It was from them you heard, "your pain will not always be this bad; it does get softer.

Telephone Friends...

if you need to talk:

Gail Schroeder	561-901-0483
Jerry Flax	954-224-1973
Ronda Fryburg	954-753-0493
Tracey Joiner.....	954-593-2766
Dottie Kidd	954-562-5919



Jason MacGowan (561) 818-5847 lost his brother and sister and has offered to speak to siblings. He is a member of The Compassionate Friends in Palm Beach.

The Compassionate Friends Credo

We need not walk alone. We are The Compassionate Friends. We reach out to each other with understanding and with hope. Our children have died at all ages and from many different causes but our love for our children unites us. Your pain becomes my pain, just as your hope becomes my hope.

We come together from all walks of life and many different circumstances. We are a unique family because we represent many races and creeds. 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 hopeless and see no hope. Some of us have found our faith to be a source of strength; some of us are struggling to find answers. Some of us are angry, filled with guilt, or in deep depression; others radiate an inner peace. But whatever the pain we bring to this gathering of The Compassionate Friends, it is a pain we will share just as we share with each other our love for our children.

We are all seeking and struggling to build a future for ourselves, but we are committed to building that future together, as we reach out to each other in love and 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.



A wife who loses a husband is called a widow. A husband who loses a wife is called a widower. A child who loses his parents is called an orphan. But...there is no word for a parent who loses a child, that's how awful the loss is!

—Neugeboren 1976, 154

Meetings

1st & 3rd Mondays of each month

Held at St. Paul's Church
701 W. Palmetto Park Rd.
Boca Raton, FL

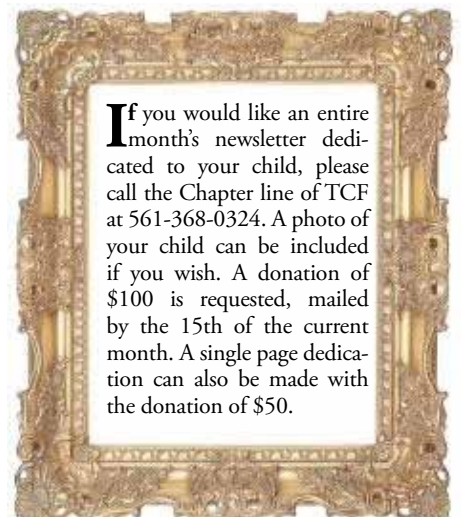
All meetings begin at 7:30 p.m. and end at approximately 9:00 p.m.

facebook

The TCF Facebook page is now available. To join the page and become a "friend" of TCF, Facebook users only need to search for "TCF Boca Raton" and request to be a friend.

Utilize this new feature to have further support and communication in-between meetings and to make new friends.

Fellowship is one of the key ingredients to traveling on your grief journey without feeling alone.



If you would like an entire month's newsletter dedicated to your child, please call the Chapter line of TCF at 561-368-0324. A photo of your child can be included if you wish. A donation of \$100 is requested, mailed by the 15th of the current month. A single page dedication can also be made with the donation of \$50.

Special Days in April

We call them “Special Days” and there is really nothing special about a child dying. The important thing is we never forget them, and by listing their birthday and anniversary of their death, we always acknowledge their existence –that they were HERE, and their lives had MEANING, they were LOVED, and they are MISSED.

First Name	Last Name	Children's Name	Birthday	Passing
Florence & Rube	FREEDMAN	Marc, Son	4/1/1952	
Rachel	JAYE	Mickel, Son	4/1/1953	
Sylvia	ZEIMER	Andrea Litaker		4/2/2008
Pat	RIZZO	Daniel, Son	4/3/1979	
Sara & Maury	HOFF	Mark, Son		4/4/2002
Fran & Jack	LISABETH	Alan, Son	4/4/1984	
Joey	NAUDIC	Brandon, Son	4/4/1987	
Silvia & Eduardo	RAMALLO	Luciano, Son	4/4/1989	
Helene & Leo	GLADSTEIN	Laurie, Daughter		4/6/2003
Renee	MOFFATS	James, Son		4/9/2009
Lena & Larry	WEITZEN	Danny, Son		4/9/2010
Doris	YOUNG	Mitchel, Son	4/10/1960	4/29/1960
Terri	CANNAN	Michael Thompson, Son	4/11/1988	
Jeff & Virginia	HERRINGTON	Brandee, Daughter		4/11/2010
Lorraine & Herb	MICHAELIS	Jonathan, Son		4/11/2007
Cathy	BAIORI	John, Son		4/12/2003
Patricia	MONAHAN	Kathleen, Niece		4/12/2007
Dory	MONAHAN	Kathleen, Daughter		4/12/2007
Josie	DURASA	Chad, Son		4/14/2006
Roberta & Peter	PACE	Gregory, Son		4/14/2010
Cliff & Grace	GELLER	Jessica, Daughter		4/15/2007
Cynthia	MEYER	Parker, Son	4/16/1998	
Marlon & Michele	CHIN SHUE	Andrew, Son	4/17/1984	
Civia	YELLIN	Nancy, Daughter	4/17/1969	
Ina & Cary	WINTERS	Randi Madnick, Daughter	4/18/1973	
Carla	GENEDES	Laura, Daughter	4/19/1986	
Lillian	KAMINER	Matthew, Son		4/20/2000
Chana	SPIVAK	Benjamin, Son	4/20/1984	
Debbie	THOMAS	Shaun, Son		4/20/2007
Lauretta Patton	MUNGROO	Gregory Onorato, Son	4/23/1971	
Michael	HOFFMAN	Daniel, Son	4/26/1969	4/25/2010
Janet & Daniel	ROY	Christopher, Son	4/26/2000	
Renae	VAN WAGNER	Morgan Patterson, Son		4/26/2008
Roe & Irv	GALE	Sandy, Daughter		4/27/2008
Arlene	STEINBERG	Jack, Son	4/27/1961	
Medeta	BELKE	Irine, Daughter	4/28/1966	
Rita	CORTESE	Paul, Son	4/28/1957	
Doris	YOUNG	Mitchel, Son	4/10/1960	4/29/1960
Ashley	PASQUALONE	Joseph, Son		4/29/2008
Anthony	PERAGINE	Joseph, Brother		4/29/2008
Karen	GRANDE	Charles, Son		4/30/2007
Peta	HYACINTH	Christopher Bosworth, Son	4/30/1974	

TCF Fundraiser *Added Attraction!*

(GOLDEN_BROADWAY_MUSICAL_REVIEW)



Les Sigale and Frank Sarbia will present their tribute to Broadway between 8 and 9 p.m. during the TCF Fundraiser.

A Messgae from the Chapter:

Gail reminds you that the annual TCF Fundraiser is quickly approaching (April 29th).

Please do your best to gather donations, in the form of new products, gift cards, etc. that can be combined to fill a gift basket in your child's name for the silent auction. Each basket that you donate will have a plaque with your child's name. The value of each basket should be at least \$100, however any donations that you provide can be combined to complete a basket.

Also, individual items can be donated for the Chinese Auction. Even quality, nearly-new items will be considered.

The Fundraiser is the only event that supports the year-round financial needs of the chapter. Without your efforts and support there can be **NO** 24-hour helpline, **NO** Candlelighting Ceremony, **NO** Thanksgiving Dinner, **NO** lending library, **NO** TCF website, **NO** TCF newsletter, **NO** TCF meeting place, etc.

Now is the time to give back. This is the only time you are asked for support.

The deadline for the submission of the donations is April 2nd.

Please deliver the items to Gail's house between 2 p.m. and 4 p.m. on Saturday, April 2nd.

Gail and Walt Schroeder

350 Paulus Court

Boca Raton, Florida 33486

561-368-0324

Map: <http://tinyurl.com/4fd26um>

Meeting Schedule and Topics | April – June 2011 | 1st & 3rd Mondays 7:30-9 p.m.

Date	Topic	Presented by
April 4	<i>How Men Grieve Differently</i>	Michael Hoffman
April 18	<i>Grieving Children</i>	Bill Rickards
May 2	<i>What to Remember about People Not Grieving</i>	Gail Schroeder
May 16	<i>People who use the death of their child for good</i>	Christine Williams
June 6	<i>Where do we find the strength to continue?</i>	Shelly Sigale
June 20	<i>Moods and Feelings</i>	Gail Schroeder



Welcome to our New Member:

Brenda Nagel—son, Matthew



Please print and distribute the TCF Fundraiser press release, flyer and brochure on pages 5, 6 and 7.

The Broken Angels Grief Support Group

The Broken Angels is a grief support group

**"GRIEF SHARED IS
GRIEF LESSENED"**

started by Mothers of troubled teens and young adults who had substance misuse problems, even if that was not the direct cause of their death.

We want to reach out and help provide support, compassion and understanding to Mothers who have lost a child as a result of substance abuse, suicide or related health issues.

Janet (954) 815-3661 or 954-509-2015 • Laura (954) 646-3376

thebrokenangels@gmail.com

The Broken Angels Support Group

www.thebrokenangels.com





THE **Compassionate Friends** *of Boca Raton*

PRESS RELEASE

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The Compassionate Friends Car and Truck Show Fundraiser

Featuring a raffle, door prizes, and silent auction

The Compassionate Friends, an organization dedicated to the healing of bereaved parents, is having its annual fundraiser event on Friday, April 29, 2011, from 7 to 10 p.m. at St. Paul's Church in Boca Raton. Admission is free.

The Compassionate Friends provides friendship, understanding and hope to all parents whose child has died, no matter what age or circumstances. The organization maintains a 24-hour hot line and is always available to any parent needing help and understanding. Meetings are held twice a month, and a newsletter with helpful articles is published monthly. There are no dues. The only source of income is passing a basket at each meeting and this once-a-year fundraiser.

The event features a display of classic and antique cars and trucks from pre-1950 up to the present. Trophies and prizes are awarded in several categories, as well as Overall Best People's Choice. The registration fee per vehicle is \$20.00 if pre-registered and pre-paid; \$25.00 the day of the show.

The silent auction will feature many valuable prizes, such as a family trip & hotel to Disney World or Sea World, etc. The Chinese auction will include a variety of exceptional gift items. There will also be a 50/50 drawing, door prizes, music, and food.

A raffle with three cash prizes: \$500, \$250, and \$100, will be held the night of the fundraiser—winners need not be present.

Please join us.

Friday, April 29, 2011, 7 to 10 p.m.
St. Paul's Church
701 West Palmetto Park Road
Boca Raton, Florida 33486
(Just one mile east of I-95 on Palmetto Park Road exit)

Those wishing to make contributions, or wanting to register their vehicle(s) in the Car and Truck Show may send their check, made payable to The Compassionate Friends to Dottie Kidd, P.O. Box 5606, Pompano Beach, FL 33074. For more information call Dottie at 954-946-3196 or dottiekidd@bellsouth.net. Car and Show registrants must complete the show registration form available at www.tcf-br.com and include it with payment.



THE COMPASSIONATE FRIENDS

Supporting Family After a Child Dies

Who We Are

In more than 500 large and small communities across the country, there are groups of mothers and fathers who meet together every month. They are unique. They have all experienced the death of a child and they survived that terrible grief because there is an organization dedicated to healing them. Every family who becomes able to function again in their daily life following the death of their child has achieved a major accomplishment. Helping thousands of bereaved families every year toward that achievement is the purpose of *The Compassionate Friends*.

The Compassionate Friends, Inc. (TCF) is a national mutual assistance, self-help organization offering support and understanding to bereaved families through the work of local chapters such as ours here in Boca Raton, Florida. Our two-fold mission is to promote the positive resolution of families following the death of a child, and to foster better understanding of bereaved families' grief among their friends, co-workers and the community.

TCF has been active in the Boca Raton area for 25 years. We conduct twice-a-month support group meetings, which provide a caring environment in which bereaved families can talk freely about their emotions as well as the experience they are going through. During our meetings and telephone calls they receive the understanding support of others who have "been there." We publish a monthly newsletter, featuring writings aimed at helping our readers understand and manage their grief. Our Chapter's lending library provides books and brochures on subjects helpful to families grieving the death of a child.

TCF charges no individual dues nor fees of any kind; we have no religious affiliation. Our meetings, lending library and newsletters are available to any bereaved family at no charge. The Boca Raton Chapter is one of nearly 600 local chapters throughout the United States, each one

of which is entirely self-supporting. We depend upon the voluntary donations of our members and the generosity of businesses and individuals in the community. TCF is a 501(c)(3) non-profit organization and all donations are tax deductible.

Our Boca Raton Chapter provides monthly newsletters to over 300 members, some of whom are not able nor strong enough to attend meetings, so our newsletter and website are the only sources of support from us. Our expenses keep rising each month due to the increasing number of newly bereaved families who call all the time. In addition, a national convention is held each year, where families of any age, creed or background can attend to join the thousands of other bereaved families for support.

How You Can Help

In order for us to continue operating our Chapter and offer our services, we are holding our annual fundraiser on April 29, 2011. The fundraiser is our major source of funding.

The funds raised will go towards a Memorial Garden, the 24-hour emergency phone line, a grief lending library, a monthly newsletter and many other services to help the bereaved in our community.

Please help us to continue to reach out and help support families who have suffered so much already by the death of their child.

The Compassionate Friends

An organization dedicated to the Healing of Bereaved Parents

350 Paulus Court

Boca Raton, FL 33486

(561) 368-0324

www.tcf-br.com

Tax ID #59-2125976 Group Exemp. #36-2968329



2011 "Under the Lights" Car and Truck Show



Fundraiser for The Compassionate Friends

561 368-0324

Friday, APRIL 29, 2011 from 7-10 P.M.

at St. Paul's Church

701 West Palmetto Park Road, Boca Raton, Florida 33486

(Just one mile east of I-95 on Palmetto Park Road exit)

CAR AND TRUCK SHOW OUTSIDE

Rockin' Rich DJ and more
(Cars should begin arriving at 6 p.m.)

Five categories, each receiving a trophy and prize:

- (1) Pre 1950
- (2) 1950-1969
- (3) 1970-1989
- (4) 1990-2010
- (5) Overall Best People's Choice



Registration fee per vehicle \$20.00 if pre-registered and pre-paid; \$25.00 day of show

FUNDRAISER INSIDE GYM

Raffle with three cash prizes: \$500, \$250, and \$100
(Do not need to be present, check can be mailed)

SILENT AUCTION WITH GREAT PRIZES
such as family trip & hotel at Disney or Sea World, etc.

CHINESE AUCTION

50/50 drawing

Door Prizes all evening

Grilled Hamburgers,
Hot Dogs, Pizza and Soda



The Compassionate Friends is an organization dedicated to the healing of bereaved parents to provide friendship, understanding and hope to all parents whose child has died, no matter what age or circumstances. We have a 24-hour hot line and are always available to any parent needing help and understanding. We meet twice a month and publish a monthly newsletter with helpful articles. There are no dues and our only source of income is passing a basket at each meeting and this once-a-year fundraiser.

Bring your friends and family!

REGISTRATION FORM

Owner's Name _____

Address _____

Phone _____

E-mail _____

Category # _____ (pick 1-4 from box above. All entrants considered for overall best/people's choice.)

Year of Car _____ Make _____ Model _____ Color _____

You may register and pay by credit card at "ClubRegistration.net" for the Car Show on 4/29, to make a donation, or to purchase raffle tickets

Checks should be made payable to The Compassionate Friends (website www.tcf-br.com)
Please mail form and check (\$20.00 per entry) to Dottie Kidd, P O Box 5606, Pompano Beach, FL 33074. For more information call Dottie at 954-946-3196 or dottiekidd@bellsouth.net.)



The Compassionate Friends 2011 Fundraiser

Once a year we are in need of fund raising to meet the financial needs of the chapter. Other than passing a basket at our meetings, we receive no other funds from other sources.

Each month our membership continues to grow and for that, we wish to be able to offer the services we have always had available. Without funding, some areas would need to be eliminated.

Members will be receiving two books of raffle tickets that we ask you to commit to purchase yourself or sell to family or friends. This is an area that is a large source of income for our fund raiser, so your efforts will help us to continue to strive for our financial goal. Ronda Fryburg

is coordinating all raffle sales and you may reach her at 954/753-0493.

In addition, a silent auction table is held at our fund raiser. At this time, a basket is donated in memory of that member's child. Each year, many corporations have funds assigned for non profit organizations and it is very easy to obtain these gifts. Please commit also to having a basket that you have solicited for on the table in memory of your child.

The fund raiser will be held on April 29th, 2011 on the grounds of St. Paul's Church. Please call Gail for any further assistance or help at 561-901-0483

**Vendors Needed
for the Inside Fundraiser**



\$25 for a 6'x6' space and Free Advertising.

Vendors must provide their own table.

Deadline 4/22/11

Name of Vendor: _____

Merchandise to sell: _____

Contact Phone #: _____ e-mail: _____

Make checks payable to: The Compassionate Friends
350 Paulus Court
Boca Raton, FL 33486

Questions? – Gail 561-901-0483

Why we need our fundraiser: Our chapter is self sufficient and depends entirely on voluntary contributions from individuals and organizations for funding. The chapter can only survive and meet the needs of all who come to us and for those who are already members if we have the funds to do so.



How to Help a Bereaved Parent*

It is often said that there is no greater loss than the loss of a child. It is what every parent fears and—if it happens—it can be intense enough to drive many people away. Yet, what every family member and friend faced with helping a grieving parent needs to know is that their help will be needed eventually. It may not be beneficial straight away, but some day it will be. You need to judge the timing and need by the nature of the people involved and by how events unfold.

What a bereaved parent wants the most is to have their child back. Sadly, no one can grant that wish. But, you "can" help. Knowing the right and wrong things to say or do when you are trying to help is important. While much of this will require your heightened sensitivity to the particular situation, this article will help to guide you to at least begin.



*<http://www.wikihow.com/Help-a-Bereaved-Parent>

1 **Remember that your help or support will be needed long term.** It is going to take time, and there will be false starts, and setbacks. Be prepared to be there for your parent friend for the long haul.

2 **Start by attending the [funeral](#) and any memorial service.** It doesn't matter what you need to cancel to be there. Making the effort to attend means a lot to the parents and shows them how much you care about their lost child, and that you are counted among those who intend to remember the lost child.

3 **Be practical.** Grieving parents need space to [grieve](#). You can help this by providing meals, offering to keep the garden tidy, cleaning the house, or running errands for them. Do the everyday mundane things that suddenly seem pointless to them. Stay in close contact; simply calling and visiting can be a huge source of practical support.

4 **Be free with physical shows of support.** Give lots of [hugs](#). Give the parent your shoulder to cry on literally.

- Hold the parent and let them cry. Many many tears are normal and healthy.
- [Do some errands](#) and fetch groceries for the parents.

5 **Do some research on the grieving process.** Go online and read about what parents feel when they lose a child. Jump into [forums](#) and talk to other people about their feelings and the things that helped them through during the initial stages of their grief. Sites such as Compassionate Friends can be a good place to start.

6 **Expect the grief to increase not decrease.** This is grief for life, even if one day it is be the perennial missing-part-of-the-heart type grief; it's not something to "get over."



Accept that there is no time frame on [grief](#). For now, it will continue to grow in magnitude and you are much needed as the grief overwhelms your friend. Be a shoulder to cry on, someone who will listen, someone who will not judge, and someone who will keep being there, no matter what. Accept that a bereaved parent will never ever get over the loss of their child, but know in time, lots of time, they will get through it.

- Don't ever tell the parent to "Get over it," or "Get on with your life, your child would want you to."

- Never say "You can always have more children" if the parent is [mourning](#) the death of a baby or very young child. This is one of the most insensitive things to say to a grieving parent. And grandchildren are no substitute for lost adult children either; just don't go down this avenue of platitudes.

- One really good phrase is simply: "Tell me how you feel." This lets the parent open up and talk in any direction wished. And to cry or scream if they want to as well.

7

Don't try to mend things and don't try to counsel or advise. Unless you're professionally trained to handle grief, leave this part to the professionals. Your role is as someone who cares, listens, and respects the grieving parent. If you're inclined to offer religious or personally based advice, be one hundred percent sure it's welcome.

- Allow the parent to talk about their child.
- Allow the parent to cry, scream, sob, and be angry. Simply allow them to feel all of their feelings. It's their right.
- If you don't know what to say, say nothing, just listen. Saying nothing is better than saying something like, "He is in a better place," "He is with God now," etc. If you feel better saying something, simply explain that you don't know what to say if that's what you're feeling. It's better to be honest than to bumble along and potentially make things worse.

- Don't force or overly encourage the parent to socialize, or return to work.

- Never put them down or discourage them from seeking support online with other bereaved parents.

8

Never compare a child's death with a non-child death of your own you've experienced. The loss of a child carries very different connotations from the loss of a parent, sibling, or friend. Parents will often tell you that they wish

it could have been them instead of the child and this is a feeling that haunts them for many years after. The pain after loss of a child does differ from any other loss of a person you know and love; accept this and acknowledge it where needed.

- Share your pain over the loss of their child, but remember your pain is nowhere near their pain unless you have lost a child yourself. There is no greater pain than the death of one's child. Never tell a bereaved parent you know how they feel or you understand because you probably do not.

- Do not compare the loss of your job, marriage, pet, or grandparent to the loss of their child.

9

Don't be afraid to talk about the child. Every parent wants to know their child is not forgotten. And listen to the parents when they want to talk about their child. Whether the child was young or an adult, there will be many memories that the parents will want to talk about, as a way of bringing the child back into temporary existence.

- If you talk about their child and they [cry](#), it's okay. Allow them their tears, and know that you didn't hurt them.

10

Don't just disappear. This can be the ultimate letdown for a grieving parent, to lose someone who was once a friend, a rock. The concern you feel at not knowing what to say or do is nothing compared to the pain, sadness, and [loneliness](#) the grieving parent experiences. It's better to put your foot into it and apologize than to just fade away and cease to be a resource your friend can count on.

- Remember the parent on Mother's Day and Father's Day, they are still a parent.

- Remember the child's birthday. Send a card saying that you remember their child.

- Remember the child's date of death. Send a thinking of you card, call them, share good memories about their child, and listen.

11

Give them space. As well as letting them know you're there for them, also accept that the bereaved parent may want to seclude themselves. Be wise to signals of distress about having you around and gently withdraw, still letting them know that you're there for them whenever they need you, just a call or text away.

Life is not about waiting for the storms to pass...
It's about learning how to dance in the rain.

—*Vivian Greene*

I don't think of all the misery but of the beauty
that still remains.

—*Anne Frank*

Darkness cannot drive out darkness;
only light can do that.
Hate cannot drive out hate;
only love can do that.

—*Martin Luther King, Jr.*

Nothing can bring you peace but yourself.

—*Ralph Waldo Emerson*

There are only two ways to live your life.
One is as though nothing is a miracle.
The other is as though everything is a miracle.

—*Albert Einstein*

Once you choose hope, anything's possible.

—*Christopher Reeve*

Hope is some extraordinary spiritual grace that
God gives us to control our fears, not to oust
them.

—*Vincent McNabb*





Newsletter Dedication



If you would like an entire month's newsletter dedicated to your child, please call the Chapter line of TCF at 561-368-0324. A photo of your child can be included if you wish. A donation of \$ 100 is requested, mailed by the 15th of the current month. A single page dedication can also be made with the donation of \$50.

Please submit all dedication materials in digital format. If submitting items on paper there will be an additional \$25 scanning charge. *Please include a stamped self-addressed envelope if you would like the materials returned.*

Volunteers Needed

Please contact Meetings Coordinator, Christine Williams



Refreshments: We all enjoy the goodies, but it's a burden for the same person to do it every meeting. If everyone takes one meeting, it will run smoothly. What you need to do: Come at 7 p.m., bring snacks and soda/make coffee (We will open the room at 7 p.m., when the coffee ingredients, cups, napkins, plates will be supplied).

Clean up: Stay after meeting and straighten up kitchen and room.

Sign up for refreshments or clean-up, or both! Do it in memory of your child! You may want to choose a meeting during a special month. E-mail Shelly Sigale at sheles@comcast.net with the meeting date, your name, telephone and e-mail (for a reminder).

Lending Library

Many excellent books are available for you to borrow from our chapter's library, free of charge. Please see Jerry Flax at our meetings, and return them when you are through—Thank you.



Printer Cartridges



Dottie Kidd has volunteered to collect our empty printer ink cartridges, in order to receive \$2 each for the Chapter's benefit from Staples. Please bring them to the meeting & see Dottie. "Thanks to your donations of used cartridges we were able to purchase paper, new cartridges and copies. Keep them coming!"—Dottie

Website Resources



Our Chapter's website is www.tcf-br.com. You will find many helpful resources, such as our monthly Newsletter, The Wall of Memory, Light a Candle, Chapter News & Events, Meeting Schedule, Frequently Asked Questions, etc.

TCF brochures you may want to read (a link to the National TCF website): www.compassionatefriends.org/Resources/Available_Brochures.aspx. TCF currently has 31 brochures on many different topics related to the death of a child.