



THE COMPASSIONATE FRIENDS Brandywine Hundred Chapter Supporting Family After a Child Dies

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February 2012

Valentines - Love - Peace

How can we find peace
when our child is no longer with us.
Our son Kevin, born on Valentine's Day,
was a beautiful gift.
A gift we thought we would have
for the rest of our lives.
We had no idea of the terrible things
that happened to him
or that he would end his life.
We now think of him as our dragonfly
soaring happily in the hereafter.

It took us a long time but I feel his love,
his freedom from bondage and peace.
We remember him with love,
laughter and memories.
We think of him being with brother Roger.
When we think of our family we always include
them both so when the children
wanted a family picture at Christmastime
this is what we did.

Othell



LOVE GIFTS

This month we thank the following
for their continued support of our local chapter

Henry & Arlene Ableman

in memory of their son Christopher

Alan Dolan

in memory of his nephew Kyle Dolan

Robert & Mary Clare Kearney

in memory of their daughter Clare Church

Thorpe & Jackie Smith

in memory of their sons J.T. & Alex

If you would like to send a donation please send it to:

TCF

PO Box 114

Rockland, DE 19732

make check payable to

The Compassionate Friends.

This newsletter is sponsored by
Barbara & Anthony Spadaccini.



Louis Spadaccini

June 1, 1962 - February 5, 2004

Love, Mom & Dad

Louis at age 12

If you have made a
contribution to us
either directly
or through United Way
and have not received
an acknowledgement'
please let me know so we can
follow up & see
if there is a problem

Thanks,

Othell

302-656-9288

OthellTCF@Verizon.net

Newsletter Sponsorship Criteria:

\$100 Donation to BHCTCF Newsletter
(this still only covers part of cost)

E-mail: othellTCF@verizon.net

Phone: 656-9288

This newsletter is sponsored by
Curtis Reedy
in memory of his sons



Bruce
1959 - 1997



Mark
1963 - 1984

I miss you boys & your mother too.
I know she was glad to see you.
Love, Dad

FEBRUARY CALENDAR

February 14

6:30 pm

Birthday Cake

7 pm

General Sharing

February 28

7 pm

General Sharing

**Birthday Cake
donated by
Kelvin & Karen Cacho**

Where Do We Meet?

Brandywine Valley Baptist Church
7 Mt. Lebanon Road

From I 95
go north on US 202 (Concord Pike)
Turn left onto Mt. Lebanon Rd.
Church is on right side of road
next to the YMCA.
Parking lot and entrance
in the back of the church.

Memory Books

There have not been
recent additions
to these books.

Why not add your child's
pictures & info.

If you need help let us know.
We will be glad to help.

United Way Donations
We are a "write-in agency"
write on the pledge card
TCF, Code number 9016
PO Box 114
Rockland, DE 19732-0114

Our TCF Library,

which is set up outside our meeting
room contains a complete
and varied collection
of books covering every topic related
to the deaths of our beloved children.

I have read many of these books and
found them most helpful to me. I
have had many undefined feelings
about my son's death which caused
me pain; then, when I read them put
into words by the author, they provid-
ed a measure of relief and comfort.

Our grief is a learning and growing
process. Please take advantage of this
literature to help you through your
journey.

Barbara

Volunteers Needed for Set Up

Our leaders first priority should be
to welcome those coming to the meetings,
not setting up refreshments, books, etc.

You can assist by helping with meeting set ups.

Call or Contact
Barbara, Debbie, Othell



Nancy Taylor
(Suicide & Only Child)
234-1654

Mary Mullin
(Suicide)
(610) 497-3447

Mary Welch
(Long Term Illness)
(302)475-7050

Need someone to talk with?
Having a bad day?
Give us a call.
We also suffered
the loss of a child.
So we know you are in pain.
We care about you
and want to help

Gone Too Soon

FEBRUARY BIRTHS

CHRIS ABLEMAN	February 21
JOZLYN FAYE BROWN	February 16
JOHN BUONOCORE, III	February 16
KATHRYN LOUISE BURG	February 07
ADRIENNE BURGER	February 06
LEIDDA CALEB	February 07
HAMPTON COLEMAN, III	February 25
STACY MARIE CONNELL	February 21
STEPHEN DONAHUE, JR	February 24
ROBERT EDMONDSON	February 11
CHRISTOPHER FLETCHER	February 28
DANIEL HALL	February 29
KEVIN HEANEY	February 14
BUDDY HOESCH	February 16
TIFFANY HUTCHINSON	February 18
JOE PINI	February 03
DERRICK SALVATO	February 03
JACKIE SEEMAN	February 07
JAMES ANDREW SINCLAIR	February 11
ASHLEY THARP	February 01
SEAN TIDWELL	February 24
SANDI WAGNER	February 17
PETER WESTRA	February 03

FEBRUARY DEATHS

AMBER ALLEN	February 04
WARREN BATCHELDER	February 26
JOZLYN FAYE BROWN	February 17
JEFFREY ALLEN BYRNE	February 14
CHRIS CLINE	February 06
MICHAEL JAYE COLDIRON	February 05
STACY MARIE CONNELL	February 12
MINDY CURLEY	February 18
ALLISON DeMAIO	February 07
STEVEN GERACIMOS	February 02
EDWARD GIBSON	February 16
ERIN GILES	February 20
DONNA KELLY	February 16
NATHAN KILLEBREW	February 09
ELYCE ROBIN MARSH	February 05
LARRY PACELLI	February 19
BRUCE REEDY	February 19
LAURA SAMUEL	February 06
MICHAEL SEERY, JR	February 19
LOUIS ANTHONY SPADACCINI	February 05
BRIAN STEWARD WHITE	February 14
CHIP WICKS	February 27



**If name is missing,
or not correct
Contact
OthellTCF@verizon.net**

What Dad Misses

We are supposed to be tough and rough and full of wisdom and worldly knowledge, But we too hurt and feel the loneliness of you being gone. You see we love our child that was taken home to be with God and the void is great. We have thoughts of sorrow and sadness, we shed tears but we put up a front to be strong as if everything is ok and we are in control. You see I can't share the things in life that I know with you because you are not here. There are so many things that I wish for you and should have done more when you were here. I have great memories that can never be taken from me but you're not here to share the rest of your life with me and the family. I sit at night and sometimes during the day and cry because I miss you so much. My life too has been shortened because you are not here to share your life with us.

I know and hope that someday we will meet again but my love for you is always in my heart for you and until that day I will miss you so much.

Kimberly's Dad, Steve Simione

Grandparents Remembrance

We are the grieving grandparents, the shepherds of our children and grandchildren's lives. Our grief is two-fold and at times we feel powerless to help. We seek to comfort our children in the depths of their grief and yet we need the time and space to face our own broken hearts. We have been robbed of the special tender touch a grandparent shares with a grandchild and we have lost a symbol of our immortality. As we walk by our child's side, we both give and draw strength. We reach into their hearts to comfort them, and when they reach out to us in their distress, we begin the journey to heal together. We continue to be their guardians. We allow traditions to change to accommodate their loss. We support the new ones which symbolize the small steps on their journey. It is in their healing that our hearts find comfort.

Susan Mackey TCF Rutland, VT

First Birthday

A first birthday, a time for cheer
But our lovely birthday boy's not here
Oh where I thought could Colin be
For heaven's so far
that my eyes can't see
Just two short months with mom and dad
Yet precious blessings his parents had
He still recalls their love and care
And hopes his love soothes their despair
Though barely a visit with a tiny brother
Little Arwen became his sibling mother
That tear-stained day he left behind
His family and friends
with hearts so kind
The longing heart and tear- dimmed eye
Looked up and asked the question why
Of course the answer bids us wait
Before we understand his fate
Then I wonder again,
where's Colin my plea

Well perhaps he sits on his
grandmother's knee
His body healed and her mind now clear
She'll tell him he's loved
and hold him near
And what's that stain on this child so meek
Why it's birthday cake on Colin's cheek
So live your lives with memories sweet
And believe God's truth that
again you'll meet

Dedicated to Colin David Hart
By Uncle Tom
from www.missfoundation.org



GRIEVING ALONE

A SINGLE PARENTS EXPERIENCE

When a single parent experiences grief over the death of a child, there are several areas that make it an especially difficult time. This article will point them out and provide suggestions that may help. Some brief background: In April 1982, my only child, Aaron, was kicked by a horse and hospitalized. During a fifth surgery, he died at the age of 19. We had always been very close, having raised him by myself since he was three. His death was a devastating shock.

1. **Strong sense of isolation:** No marital partner to be there, friends drift away after a while, the pain and needs don't seem to lessen, it's draining and tiring to try to reach out. TCF was there to ease my isolation.
2. **Inconsistency:** I needed to be strong but also longed for someone to depend on for reassurance. Normally assertive, I found it difficult to ask for what I needed most, one person to give me time one day at a time, for my grief. It's hard to be sociable and entertaining when dealing with fresh grief.
3. **Decision-making and Major Events:** After Aaron's memorial service, I was left with all the major decisions sorting through all his possessions, clothing, papers. I dealt with his dogs, decided to bury his

ashes, grueling responsibilities. I needed to find someone to get me through the difficult first birthday and holidays.

4. **Need for Touch:** Bereaved people strongly need to be touched and hugged. The contact has healing qualities. Being single, you need to find sources for this consoling when the pain erupts. Some of my friends were "huggers" and one was a therapeutic masseuse who gave me a free massage once a week for the first year. If you have surviving children, HUG them often.
5. **Grieve at your own Pace:** It's easy to do this as a single parent. You are free to cry whenever you feel the need to do so, even in the small hours of the morning.
6. **Special Strengths:** One asset of a single parent is the extra strength we've had in being the sole decision-maker, the coping skills, parenting alone. That knowledge gives you the courage to survive grieving alone, reaching out for other's support often takes the MOST courage of all.

Kelly Osmont, Portland Oregon

They are everywhere, people who are hurting so deeply, so desperately,
so broken in spirit and soul that they feel almost certain
they will never smile again.

Hearts so tender and crushed, that pain is all consuming
and it strips them of all hope

that there could ever be a day they wouldn't hurt.

If only they could see a day when their agony would end.

But what can I do?

All I can do is love them,

so desperately that their pain is no longer theirs alone, but mine as well,
and I bearing the same pain makes it more endurable.

To this end I seek, and to this goal I commit my life.

I can do something, I can love.

Debby Grogan TCF, Atlanta, GA

Debby is a nurse. Her patients are fortunate.



Holding Onto Love: Searching for Hope When a Child Dies by Chuck Collins

Chuck Collins has created a unique grief resource to assist parents struggling with the reality of their children's deaths. As a bereaved father whose 19-year-old daughter died of Meningitis, Collins clearly grasps the enormity of a relentless grief that greatly impairs a grieving family member's attention span. To offset this problem, the author has fashioned his words into a series of brief, topical sections covering a wide array of grief-related issues and concerns.

In down-to-earth writing style, he explores a grieving parent's devastating physical and emotional pain, as well as the overwhelming sense of hopelessness that often follows.

The author rejects the common belief that bereaved mothers and fathers need to "move on" or "get over" their losses to live normal lives. Instead Collins offers a strategy for survival and healing that focuses on developing a new sense of normal and renewed purpose in life. A special chapter for relatives and friends offers helpful advice about how to reach out to a grief-stricken family without causing them unintentional pain, and includes a helpful checklist of what not say or do in the process.

**This is the best book I've
read on the subject;
dealing with all concerns
in the death of a child.**
Bill

Holding Onto Love covers a wide range of emotional topics including suggestions for dealing with spousal or sibling grief, returning to work, handling the holidays and other special days, grieving through litigation, and details the author's personal experiences in exploring the possibility of after-death communication. This book is written in the style of an instructive resource, rather than as an autobiography. However, the author's heart-wrenching account of his daughter's death hidden in the book's appendix leaves no doubt Collins understands a family's depths of emotional devastation when a child dies.

Chuck Collins is a former police commander and retired attorney, whose experience includes years of volunteer service as a Compassionate Friends chapter leader, chat moderator, regional coordinator and currently as an elected member of the national board of directors. The author and his wife Kathy have two sons, David and Christopher, ages 27 and 25 respectively. Kathy and Chuck keep holding onto their daughter Tiffanie Amber's love every day of their lives.

**I believe that imagination is stronger than knowledge-
That myth is more potent than history.
I believe that dreams are more powerful than facts-
That hope always triumphs over experience-
That laughter is the only cure for grief.
And I believe that love is stronger than death.**

from: *It Was On Fire When I Lay Down On It*
by Robert Fulghum, author of
All I Really Need to Know I Learned in Kindergarten



The Compassionate Friends, Inc.
Brandywine Hundred Chapter
P.O. Box 114
Rockland, DE 19732-0114

Presort Standard
US Postage Paid
Permit #410
Newark DE 19711

Return Service Requested

Printed and Mailed by *"A Round To It"* (302) 561-0120

Those Days

by Kelsey Logan
in memory of her brother
Cameron, 8/24/1982 - 5/6/2001

The Sibling Page

There are those days
Stuck in my own world
When the pain consumes me
It penetrates to my heart
Blurring my thoughts
Striking the depths of my soul
The emptiness seems never-ending
The loneliness makes me restless
Reality is too intense
Then a smile sneaks onto my face
And I am reminded
Of what a blessing he truly was
And that there is hope

