



THE COMPASSIONATE FRIENDS

Supporting Family After a Child Dies

Newsletter of the Katy, TX, Chapter

June 2011

Chapter Leaders
Newsletter Editor
Treasurer

Melinda and Glen Ginter
Annette Mennen Baldwin
Lisa Leanard

(281) 492-1262
(281) 578-9118

The Compassionate Friends is a mutual assistance, self-help organization offering friendship, understanding and hope to bereaved families following the death of a child. Our mission 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.

*** JUNE MEETING ***

When: Tuesday, June 7 2011

6:30 PM – Doors Open
7:00 PM—Balloon Release

Where: Kingsland Baptist Church

20555 Kingsland Blvd,
Katy, TX 77450
John Burns Building, East side of church

Program: Balloon Release

Directions:

From East of Fry Road (coming from Houston): Go west on I-10 to Fry Road. Turn left (south) on Fry Road. Turn right (west) on Kingsland Blvd and travel 0.5 miles to Kingsland Baptist Church.

From West of Mason Road (coming from San Antonio): Go east on I-10 to Westgreen Blvd. Turn right (south) on Westgreen Blvd and travel 0.6 miles to Kingsland Blvd. Turn left (east) on Kingsland Blvd and travel 0.5 miles to Kingsland Baptist Church.

Our Children Remembered

Birthdays

June 1977	34 Years	Carlos Enrique Villarreal, son of Linda Hillard
June 1998	13 Years	Teresa Alyss Johnson, daughter of Mark & Anna Apanel
June 1971	40 Years	Brian Keith Randall, son of Margie Randall
June 1978	33 Years	Lee Holloway, son of Cindi Ledet-Hughes
June 1988	23 Years	Tomarra Zenette Hopkins, daughter of Tabatha Hopkins
June 2001	10 Years	Emma Key, daughter of Sherry & Steven Key
June 1977	34 Years	Shannon Faye Hooker, daughter of Janis & Tom Hooker

Anniversaries

June 2007	4 Years	Christine Yvette Mazyrack, daughter of Steve & Bianca Mazyrack
June 1996	15 Years	Jessica Erin Loverich, daughter of Joyce Margarce
June 2005	6 Years	Mark Vincent Korenek, son of James & Nancy Korenek
June 2010	1 Years	Arun Lokireddy, son of Mastan & Rhonda Lokireddy
June 2007	4 Years	Myron "Spencer" Kinley, son of Karl & Melinda Kinley
June 2010	1 Year	Aaron Corter Steffens, son of Lynn Nickel
June 2010	1 Year	Jarrett Michael Lamb, son of Janet Lamb
June 2010	1 Year	Jerod Adam Nixon, son of Mark & Sharon Conti
June 2004	7 Years	Gabriel Alenjandro Granado, son of Sal & Delia Granado
June 1999	12 Years	Eric Scott Krause, son of Tom & Judith Krause
June 2009	2 Years	Chad (Charles) Preston Jones, son of Michael & Sheree Jones
June 2010	1 Year	Ashley Elizabeth Sutton, daughter of Patty Sutton
June 2010	1 Year	Angelica Rae "Angel" Cartwright, daughter of Stephanie & Michael Cartwright

During your child's birth month, you are invited to bring a special photograph or keepsake of your loved one to share with the group. If you are unable to attend the meeting during your loved one's birth month, please feel free to choose another month to share with us.



Welcome

We extend a warm welcome to all who attended their first meeting in May

Jackie Vigil, whose son, Eric Ray Vigil, died in April 2011

We need not walk alone. We are The Compassionate Friends. We reach out to each other with love, with understanding, and with hope. The children we mourn have died at all ages and from many different causes, but our love for them unites us. Your pain becomes my pain, just as your hope becomes my hope. We come together from all walks of life, from many different circumstances. We are a unique family because we represent many races, creeds, and relationships. We are young, and we are old. Some of us are far along in our grief, but others still feel a grief so fresh and so intensely painful that they feel helpless and see no hope. Some of us have found our faith to be a source of strength, while some of us are struggling to find answers. Some of us are angry, filled with guilt or in deep depression, while others radiate an inner peace. But whatever pain we bring to this gathering of The Compassionate Friends, it is pain we will share, just as we share with each other our love for the children who have died. We are all seeking and struggling to build a future for ourselves, but we are committed to building a future together. We reach out to each other in love to share the pain as well as the joy, share the anger as well as the peace, share the faith as well as the doubts, and help each other to grieve as well as to grow. We Need Not Walk Alone. We Are The Compassionate Friends.

TCF Credo

In Memory of our Beloved Children

Memorials given by:

Glen and Melinda Ginter
Barbara Braun
Robin Larsen Conner
Joyce Bode
Brenda Schmitt
Dr. & Mrs. William Hopper
Jeri Esmi

In Loving Memory of:

John Robert Ginter
James M. Braun
Christopher Frederick Wilson
Wesley Bode
Matthew J. Schmitt
Julie Ann Hopper
Ronnie McCall

Thank you for your donation to The Compassionate Friends, Katy, TX Chapter

Our chapter is operated entirely by volunteers dedicated to furthering the work of TCF. Your voluntary, tax deductible donations honor your loved one in a meaningful way by enabling us to print and mail this Newsletter and meet other expenses involved in reaching out to other grieving families. Donations along with the name of the person being honored may be sent to:

Lisa Leanard
13814 Wheatbridge Drive
Houston, TX 77041

Snacks

May snacks were brought by Jeri Esmi, Rosie Caballero, Robin Larsen and Neela Sen. June snacks will be brought by everyone attending for our potluck dinner following the Balloon Release. If you would like to bring snacks to a meeting, contact Barbara Braun at JBraun1307@aol.com or call her at (281) 579-7258.



Join Our Chapter E-Mail List

Join our chapter e-mail list to receive timely notices, writings, articles, special information and more. During the holiday season, we try to send special thoughts and articles to our group several times per week.

To join, send an email to tcfkaty.messages@gmail.com



Inner Loop Chapter Meeting

The Inner Loop TCF Chapter holds meetings the 3rd Tuesday of each month at 7:00 pm at The Meeks House, 4990 Caroline, Houston, TX. Doors open at 6:30 pm. The June meeting will be held Tuesday, June 21st; the topic will be Coping with Grief in the Workplace.



For more information contact Cathy Knapp, Chapter Leader, at (713) 877-8626 or check out their website at <http://www.orgsites.com/tx/tcfhoustoninnerloop/>

TCF National Office

P.O. Box 3696

Oak Brook, IL 60522

www.compassionatefriends.org

email: nationaloffice@compassionatefriends.org

Phone: 877-969-0010

Regional Coordinator

Annette Mennen Baldwin

ammenenbaldwin@hotmail.com



Loving Listeners.....Phone-A-Friend

TCF Katy has established a phone-a-friend list for parents who want to talk with someone who shares a similar loss. If you would like to volunteer to be a phone-a-friend, please contact Annette Baldwin. We still need volunteers for loss of a young child, loss of a teenager, loss from a long-term disease, loss of an infant, death by drunk driver.

*Loss of an Adult Child.....*Annette (281) 578-9118

*Only Child.....*Annette (281) 578-9118

Murdered Child..... Robin (281) 858-1906

*Death of Teenage Child.....*Joyce Dakin (281) 858-4551

*Death from long term illness.....*Karen (281) 398-0472

*Support for Fathers.....*Albert (832) 563-4739

Special Needs Child..... Volunteer needed

*Suicide Daughter.....*Rhonda (832) 282-7773

& Cathy (281) 855-2228

*Suicide Son.....*Kimarie (281) 344-0038



Katy TCF Volunteers

Welcome Cards to new members—Brenda Schmitt

Cards for remembrances—Robin Larsen

Newsletter—Annette Mennen Baldwin ammenenbaldwin@hotmail.com

E-mail to group—Annette Mennen Baldwin— tcfkaty.messages@gmail.com

Publicity & E-Mail correspondence—Annette Mennen Baldwin

Picture Buttons—Annette Baldwin

Contacting Newly Bereaved Parents—Brenda Schmitt

Library— Jan Bigbee-Weesner

Web Site— Don Whitehill—VOLUNTEER NEEDED

Treasurer—Lisa Leanard—lisleanard@sbcglobal.net

Snacks—Barbara Braun—281 579-7258-jbrown1307@aol.com

Memorial Bench Maintenance—Delia Granado

Chapter Leaders—Melinda & Glen Ginter



Join Us for the Balloon Liftoff Ceremony at the June 7th Meeting

Our June gathering of Compassionate Friends is a time to relax and honor our children in a lovely, traditional balloon liftoff ceremony. We will each write a note to our child on a butterfly shaped paper, tie the note to a balloon and walk over to the Katy TCF Memorial Bench and floral area near the Kingsland Baptist Church. There we will hear an inspirational reading or poem and a bagpiper will play as we send our balloons into the sky with their messages for our children.



If June is your child's birthday month, please bring a framed picture of your child for our Birthday Table in **July**.

Following the liftoff, we will return to the church and share in potluck and an informal social time. It is during this time that we are able to talk with other parents and get to know each other better.

For many parents, this is one of the more joyful meetings of the year. It provides honor to our children and allows us to "be ourselves" in a social environment where we can talk informally about our children without fear of a negative reaction from others.

We hope you will join us.

Butterfly Messages To Our Children

As balloons fill the northern sky, floating up and away on the wings of wind and love, I am astonished by the sense of peace which sweeps over me. I have sent my child a message written on a butterfly shaped note attached to a purple balloon. In my mind's eye, I know that my child will read that message and understand that his mother's love for him is eternal and unconditional. The void left in his absence is often overwhelming, and the pain frequently escalates from a quiet sadness to a screaming ache which shatters me. My child knows the pain I have felt and will always feel without him in my life. I express it every year on a little butterfly note. He knows he is loved.

This butterfly message is an important ceremonial part of my life now. Instead of an e-mail or letter, I send my child a note once a year. This ceremony is moving, the bagpipes are haunting, the readings are reflective and touching. I stand with other parents and notice that they, too, are watching the balloons until they disappear into the heavens. I am imagining my son plucking his balloon from the heavens and reading my message. Other parents are imagining this, too. Our communication to our child will be understood.



As parents who have lost children to death, we face new ceremonies and new traditions. As the years roll by, many of us will cling to those ceremonies and traditions. We are forced to replace the traditions of the past, before our child died, with new, fitting tributes that acknowledge our child's life and the meaning of that life to us. The Compassionate Friends provides us this opportunity to share our feelings and our need to honor our child in the company of others who understand us and encourage us to speak openly about our child and our sorrow. This tribute to our child has deep meaning and touches our souls with its simplicity and grace.

Our ceremony is brief by most standards, but meaningful beyond words. No speaker could reach us as this ceremony does. For a small window in time, we are reaching out to our children, honoring them, remembering them openly and communicating with them. Tears are shed. Hugs are shared. Memories form a kaleidoscope in each parent's mind as we watch our balloon join with the others on its journey to our children.

This tribute and message to our children is one of two ceremonial gatherings that we, as Compassionate Friends, share each year. Remember. Always we remember our children. Others may wish to forget, put the unpleasantness behind them, but we, the parents of children whose lives were too short, will never forget. We have established our traditions and we look to each other for hope and support as we walk this lonely road.

And so, as our balloons completely disappear into the heavens, we are immersed in peace and serenity, and we share a light meal and memories of our children with our Compassionate Friends.



Annette Mennen Baldwin
In Memory of my son, Todd Mennen
TCF, Katy, TX

Special Small Group Meetings For Parents Whose Child Was Lost to Suicide

The Katy Chapter of TCF has a unique program for parents whose children died from suicide. All parents attend the opening of our meeting each second Tuesday of the month and then adjourn to their own private meeting for the remainder of the meeting. Death from suicide usually requires additional and unique group dynamics.



In addition to the monthly meeting, the group also meets every 4th Tuesday evening of the month for dinner and sharing at Luby's on Mason Road at 6 p.m. This program is offered only to parents who have lost children to suicide.

Picture Buttons



Picture buttons are free to our members. These are buttons that are made with various pictures of our children on them. If you would like a picture button, e-mail the picture you would like on the button to Annette Baldwin. If you have a digital output or an original photo that you want used, bring this to a meeting. Annette will scan photographs and create a digital print out. Digital (paper-not photographic paper) print outs are used on the buttons. We encourage our members to have at least one picture button of their children. There is no charge for this.

The LIGHT Program At Bo's Place

Bo's Place also offers the LIGHT (Looking Inward Grieving and Healing Together) Program, an eight week grief support program for families with children ages 5 to 18 whose parent or sibling has died in a traumatic or sudden way, such as by car accident or other accidental death, murder, suicide, or unexpected medical emergency. The program provides families with a specialized curriculum in which they confront the reality of their loss and the tragic circumstances that were involved.



National TCF Contact Information



TCF National Office
P.O. Box 3696
Oak Brook, IL 60522

Toll Free: (877) 969-0010

Printed in Loving Memory Of
Todd M. Mennen
1967-2002



Remembering Robin

From the moment Robin first drew breath, he was an especially beloved child and so delicately formed! He was only four and a half pounds in weight, so the doctors were afraid that he would not breastfeed well and kept him in the hospital until he had gained another pound. However, he proved them wrong by thriving and increasing his weight rapidly so that he was able to go home within three or four weeks. It was a hectic time for us and particularly for me since I had to go to the hospital every four or five hours to feed him. I learned then that breast milk could be expressed hours ahead and stored for later use in the refrigerator. This turned out to be a real asset to me because I was lactating very heavily and had to use this technique in order to make myself more comfortable during the day.



As Robin began to progress from this early stage of fragility: being in the incubator due to his low birth weight and monitored under the jaundice lamps, we were made aware that he might demonstrate some developmental delays as far as his physical well-being was concerned. We were referred to certain physical therapists but nothing further transpired beyond our own personal feelings of disquiet regarding our child. I kept saying there was something wrong due to Robin's inability to crawl or pull himself up to standing at the age of a year.

When we took him to an orthopedic specialist, the diagnosis was bilateral flat feet and he was fitted with special shoes. It was at that point that I took Robin on a trip to India when he was about eighteen months old and one of my maternal uncles by marriage recommended some homeopathic medicine that helped strengthen bones and muscles. The results were amazing! With the help of Calcares Fos and gentle massage from my Aunt, Robin started to take his first faltering steps on my parents' veranda in Calcutta.



On our return to Canada, where we were living at the time, we were jubilant that Robin seemed to be on the road to normal development. We thought that his waddling walk and unsteadiness on grass were just signs of clumsiness that we attributed to his slow physical growth. The doctors kept telling us that this would improve as he got older and that he would soon be on a par with others of his age. In every other way, he was just a typical boy with his penchant for little metal cars, trains, fire-flies, frogs and what have-you.

There was no question that he was very bright, eager to learn and extremely vocal like both of his parents. Nonetheless, he still climbed the stairs one at a time holding on to one of his knees and had trouble with trying to run. One day, out of great concern, we took him to a local park and tried to help him climb on to the equipment there. We came to the reluctant conclusion that, since he was eight years old then, that there was a genuine physical problem that we were dealing with and that we needed a second opinion.

By this time, we were living in Chicago, and we made an appointment with the orthopedic specialist he was seeing at the time, an Egyptian gentleman, Dr. Kamal Ibrahim. While we were there for the appointment at his office, Dr. Ibrahim had Robin sit on the floor and get up in his normal way by holding on to his knees.

Something made him send us to Good Samaritan Hospital in Downer's Grove where he instructed us to get a CPK Test done on Robin, and when the results came back positive, he referred us to a Neurologist, Dr. Thomas Sullivan. It was Dr. Sullivan who told us that he suspected that Robin had Duchenne Muscular Dystrophy but only a muscle biopsy would confirm it. The muscle biopsy was done on October 3, 1989, and that is how we knew that Robin had a dreaded disease that would take his life eventually. We regret that our son is no longer with us but celebrate the fact that he lived with us for twenty-five glorious years!



Neela Sen
In memory of my son, Robin Sen
TCF, Katy, TX

We Lose A Chapter Member to Death

Janis Hooker, whose daughter, Shannon Hooker died in January 2008, has lost her husband, Tom, to cancer. Tom Hooker died on May 17, 2011. The funeral was held on May 24, 2011. Tom was buried next to his daughter, Shannon. Our thoughts and prayers are with Janis as she gently begins yet another grief journey.

Our Birthday Table

Our birthday table is set up for you to bring in your child's picture or a memento of your child's life. The birthday table is set up 10 months out of the year. In June and December we do not have a birthday table; members bring their birthday pictures the following month.

If your child was born in June or July, please bring a framed picture, a collage, or a memento of your child and put it on our birthday table in July. Following the opening of our meeting, we provide a time slot for you to introduce your child to us and share memories.

As bereaved parents, we want to know you through your child. In sharing your child, you give a gift to each of us who walk this journey with you.

Thank you for sharing your child with us.

Resources Available to Our Members

Resources of all types are available to our members. We include these in the monthly newsletter and strongly recommend that, in addition to Compassionate Friends, newly bereaved parents avail themselves of one or more of the many retreats, programs, etc., that are available in the Houston area.



Subscribe to TCF Magazine

We Need Not Walk Alone, the Magazine of The Compassionate Friends is published quarterly for bereaved parents and professional grief counselors. This is a beautiful publication which has a full color picture of a different butterfly on the cover each quarter. The writings and information in the magazine are tailored specifically for bereaved parents and siblings. The cost is \$20 per year.



To subscribe, write or fax our national TCF office:

The Compassionate Friends, Inc.
P.O. Box 3696
Oak Brook IL 60522-3696
Phone: (630) 990-0010
Fax: (630) 990-0246

Booklets Available At TCF Meetings

In memory of her son, Sean, Jan McElroy has selected various Bible verses and bound them into small, attractive booklets for members of our group who might gain comfort from them.

These will be available at the sign-in area of meetings. If you are unable to attend meetings, e-mail Jan at mcskooter@hotmail.com. Jan will create a personalized booklet for you.

The butterfly picture on page 1 was taken by Robin Conner's sister. Don Whitehill took the picture on page 2 of our balloon release. We thank them both for sharing these pictures.

*TCF National Conference to be
Held In Minneapolis*
Early Registration Ends June 10!



If you're seeking a way to remember and grieve for your child, sibling, or grandchild with people who understand and don't expect you to be "back to normal," why not give yourself a gift this summer by attending The Compassionate Friends National Conference July 15-17 in Minneapolis, Minnesota! We're anticipating 1200 or more at the conference and for the 12th Compassionate Friends Walk to Remember® in conjunction with the conference Sunday at 8 a.m. starting from

the host hotel. It's easy to register online or you can download a registration packet and submit it by mail. Early registration discounts end June 10, 2011, so we recommend registering soon!

If you're not able to attend the conference, there will still be plenty of opportunities to participate in the event whether it will be by ordering a Star of Hope picture centered around a special child you're remembering, by creating a memorial website and raising donations through the Walk to Remember Friends Asking Friends program, or by submitting a name of a child to be carried by volunteers in the Walk to Remember.

Order Conference Memento "Star of Hope" Online

For only the second year, online submission of photos of our beloved children, siblings, and grandchildren, and ordering, is available for a very unique conference fundraiser, this year's Star of Hope.

The conference logo, reflecting the theme "Shining Stars, Guiding Hope" is a depiction of one of Minnesota's "10,000 lakes" outlined by a serenely beautiful north woods scene. A flock of butterflies seems to vanish into the horizon where they meld into glistening stars shining in the heavens. We look at our children as shining stars who remain for us beacons of light and hope in the darkness. A rectangular version of the logo is the basis for the Star of Hope and includes silhouetted pine trees, gleaming stars, and a single butterfly where the child's picture will be inserted with his or her name. That logo insert with picture will be artistically framed by a 4"x6" silver, vertical wire star-frame ornament with an attached ribbon for hanging. These will be displayed at the conference in a special area.



The minimum donation for each picture submitted remains \$10 again this year. If you cannot attend the conference and would like the picture frame sent to you, then an additional \$5 donation is requested to cover postage and handling. For more detail and a larger sample picture, and to order, please go to the Compassionate Friends website which is: www.compassionatefriends.org and click on the link on the left side of the home page. All information is provided for the conference and for the "Star of Hope" online. If you do not have internet access, our TCF Chapter will provide you with the forms.

Dreams

Never ending dream where life never ends -
Where people live in perfect harmony
Where color is not wrong
Where we can walk and sing without laughter or putdowns
Where someone greets you with words of joy
Where loneliness and inequality become a speck of dirt in
the winds of the past-
But reality must come first -

Red Cloud—2006

*Submitted by Jeri Esmi
In memory of my son, Ronnie McCall
TCF, Katy, TX*



A Poem for Chris

On May 16th my son Christopher would have turned 34. Each year on his birthday I try to honor him. We always go out and have a steak dinner and have a toast for him. This year was no different. When we got home I went out into the memory garden to reflect on happier times. I wrote this poem for him this year.



Your Birthday

Today is your birthday Chris,
I hope you know how much you are missed.
It's hard to believe it's been almost six years,
It seems so long, with so many tears.

I miss you so much my precious one,
You were always a caring and loving son.
I made your special cake last week,
And shared it with others—such a treat.

Your brother called today to check on me,
He knew I would be sad, you see.
Fred and Becky miss you so much,
As we all do, especially your gentle touch.

He read me a verse from the bible today,
He reminded me I needed to continue to pray.
I know that only God can take away this pain,
And then only sunshine, no more rain.

I know you don't want me to be sad anymore,
And I also know that is what God is for.

I am reminded there is eternal life,
So much joy and happiness, no more strife.

You were such a good person
And didn't deserve to die,
I keep mulling it over
And still don't understand why.

I will have this question answered some day,
Until then I will wonder and here I will stay.

I don't know when God will call me home,
Patiently I will wait and then never feel alone.

I love you my son with all my heart,
One day we will all be together
And never be apart.

*Written in loving memory
Of my son Christopher Wilson
05/16/1977-07/24/2005
Robin Conner, TCF Katy, TX*

*The passage of time alone does not
cause our grief to end, but its softening
touch helps us to survive ~*

Wayne Loder

A Note to Our New Members

Attending your first Compassionate Friends meeting can be a frightening experience. Bereaved parents are vulnerable, lost, heartbroken and fearful of the unknown. Please remember, each of us was in this same place not so long ago. Bring a friend or your spouse for support to your first few meetings. Someone from our group will talk with you and sit with you as well. We are here for you.....the newly bereaved parent. We suggest that you attend at least three meetings before deciding whether or not TCF will help you on your grief journey. You need not walk alone.



For the Love of Sorrow

For the kind of sorrow God wants us to experience leads us away from sin and results in salvation. There's no regret for that kind of sorrow. But worldly sorrow, which lacks repentance, results in spiritual death. (2 Cor. 7:10)

In an instant, our path can change or switch course without notice. There are joyous moments that give life a lift and bring accomplishment to its full attention. Then there is the steady as she goes even keel of life, which brings comfort and stability, yet tends to bring her progress to a stand still. Finally, there is the sudden impact of sorrow and tragedy. This valley sweeps at life's core, longing for a light to shine and bring it back to the surface.

We all go through varying degrees of all of these life-changing moments many times on our journey. It is what we learn from and helps shape our spirit. The first of these scenarios brings our rewards into focus allowing us to relish in a job well done. The second states a business as usual attitude as life lingers on, permitting us to just settle on the assumption of peace. While the latter wells up grief, bringing the entity of God front and center, driving us to search for purpose and prayerfully lead us to salvation.



Throughout time, the valley of this latter distress has brought many a soul back to life. Whether it is the All Mighty's way of allowing tragedy to step in and resuscitate us, or His way of revealing to us that nothing is more powerful than love. After all, it is love that empowers us to reach beyond our means to achieve what we thought to be unattainable.

With this truth, I now rest in a faith that is far deeper than I ever imagined possible. This is difficult for me to understand, and I find it impossible to explain, although I will continue to try. It is my sadness that has delivered me to this state, which is where my confusion lies. It is heartbreaking to realize that it takes such tragedy to snap us to our feet and search out our salvation; it seems to be God's Divine plan that none of us will fully grasp until it is our due time.

I pray that I will continue to grow deeper in my faith, and though confusing at times as to the path it takes, it will lead the way to clarity and the truth that I seek.

May God bless you and give you Grace.

*Michael Cartwright
In memory of my daughter, Angelica Ray "Angel" Cartwright
TCF, Katy, TX*



Invite Friends, Family to June Balloon Release

The annual Balloon Release will be held at our next chapter meeting. This is a time to invite friends and extended family to attend and develop an understanding of the new traditions we have established to honor our children. Many of our members attend only a few meetings a year, and this is one of them. Please invite your friends and family to attend, write a butterfly note to your child, release a balloon with you and enjoy potluck with your Compassionate Friends. We always enjoy meeting extended family and friends of our members.

The Open to Hope Show

Dr's. Gloria and Heidi Horsley now have a new radio show called The Open to Hope Show which replaces their popular show, Healing the Grieving Heart. Featuring experts who discuss the many aspects of grief, with a main focus on the death of a child and its effects on the family, the new show can be heard Thursdays at 11 a.m. CDT by going to www.opentohope.com. All archives of shows can be heard at www.opentohope.com and www.thegriefblog.com. Archived shows of Healing the Grieving Heart will continue to be archived on www.voiceamerica.com.

The Compassionate Friends recommends The Open to Hope Show as a grief/loss resource for families going through the natural grieving process after the death of a child. The ongoing series is dedicated to Dr. Gloria Horsley's and Dr. Heidi Horsley's son and brother, Scott Preston Horsley. It keys on issues of importance to families that have experienced the death of a child.

Hosts of The Open to Hope Show are: Dr. Gloria Horsley, bereaved parent with 23 years in family therapy; and Dr. Heidi Horsley, bereaved sibling and an adjunct professor teaching graduate courses at Columbia University's School of Social Work, including Intervention for Grief, Loss, and Bereavement.

Shows cover such topics as: A Child Dies--What to Expect and How Long Does it Take?; Grief in the Workplace; Where Does Sadness End and Depression Begin After the Death of a Child?; Faith, Brokenness, and Healing After the Death of a Child.



These hour-long shows, broadcast live on Thursdays, (check the on-line schedule for possible changes) feature experts in the bereavement field and your phone calls and questions are welcome during the live broadcasts. For more information and to listen to the live broadcasts, visit www.health.voiceamerica.com.

Grief to Greatness Website

Several of our members read this website daily. The message is transition to hope after the death of a loved one: <http://griegtogreatness.com/index.html>

June Meeting: June 7, 2011
FIRST TUESDAY IN JUNE
At June Meeting
Balloon Release



June, 2011