



THE COMPASSIONATE FRIENDS

Supporting Family After a Child Dies

Newsletter of the Katy, TX, Chapter

Chapter Leaders
 Newsletter Editor
 Treasurer

Melinda and Glen Ginter
 Annette Mennen Baldwin
 Lisa Leanard

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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.

*****OCTOBER MEETING*****

When: Tuesday, October 11, 2010 6:30 PM – Doors Open,
 7:00 PM—Meeting Begins
Where: Kingsland Baptist Church 20555 Kingsland Blvd,
 Katy, TX 77450
 John Burns Building, East side of church
Program: “Stress Reduction” with Speaker, Q&A and small group meetings to follow

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

October 1980	31 Years	Gabriel Alejandro Granado, son of Sal & Delia Granado
October 1965	46 Years	Van Joseph Wisdom, son of Chalres & Lilly Faye Wisdom
October 1972	39 Years	Mark Corder Whitehill, son of Don & Terry Whitehill
October 1993	18 Years	Taylor Contreras, daughter of Sherry Contreras
October 2007	4 Years	Maisie Waugh, daughter of Alan & Jennifer Waugh
October 1982	29 Years	Jonathan May, son of Doug & Laura May
October 1987	24 Years	Chad (Charles) Preston Jones, son of Michael & Sheree Jones
October 1969	42 Years	Amy Lynn Ellis Oliver, daughter of Diane Ellis
October 1981	30 Years	Heather Dee’Anne Abke Burbee, daughter of Sue & Harvey Abke
October 1980	31 Years	Ashwin Y. Bhandari, son of Sue & Yash Bhandari

Anniversaries

October 2009	2 Years	Matthew J. Schmitt, son of Brenda & Steven Schmitt
October 2009	2 Years	William Andrew Sattler, son of Jinny Trout
October 2003	8 Years	Jason Kyle Reph, son of Kristin Reph
October 2000	11 Years	James M. Braun, son of Barbara & Jeff Braun
October 2007	4 Years	Matthew Joseph Salcevski, son of Rhonda & Frank Salveski
October 2005	6 Years	Steven Nickel, son of James & Bonnie Nickel
October 2009	2 Years	John Michael Lee, son of Sandi & Bob Gray
October 2006	5 Years	George Nathaniel “JoJo” Edwards, son of George & Tonye Edwards
October 2008	3 Years	Mark “Bo” Bean, Jr., son of Tedri Pyle
October 2010	1 Year	Seth Nathan Villarruel, son of Rigo Villarruel
October 2007	4 Years	Russell Knapp, son Cathy Knapp
October 2005	6 Years	Tyler Herbst, son of Steve & Kathy Herbst

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 September

Eric & Khaya Jackson whose daughter, Eaden Leighan Jackson, died in August 2011
Sharon Sackreiter whose son, Stephen Paul Rider, died in August 2009

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
Robin Conner
Barbara Braun
Robin Larsen Conner
Sue & Yash Bhandari

In Loving Memory of:

John Robert Ginter
Christopher & Dawn Wilson
James M. Braun
Christopher Frederick Wilson
Ashwin Y. Bhandari

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

In September, Debbie Heck, Patti Small and Sherry Key brought snacks. October snacks will be provided by Barbara Braun, Sue Bhandari and Rhonda Salveski. If you would like to bring snacks in a special month, contact Barbara Braun @ jbraun1307@aol.com



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 If you are already on this email list, you need not send your email unless it has changed. We have seen a few returns of obvious email changes.

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 October meeting will be held on October 18, The topic will be "Funeral Homes Partnering with The Compassionate Friends" - Guest from Houston Jewish Funerals, Jeff Friedman

For more information contact Cathy Knapp at (713) 877-8626.

We thank Jodie Griggs for the picture on page 1 and Beverly Bice of La-Crosse, WI, for the picture on page 2 of our October, 2011, newsletter.

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

www.compassionatefriends.org
email: nationaloffice@compassionatefriends.org
Phone: 877-969-0010

Regional Coordinators
Joan and Bill Campbell
jojobill@sbcglobal.net



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.

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) 885-4741
Special Needs Child..... Volunteer needed
SuicideRhonda (832) 282-7773
& Cathy (832)-746-1980



Katy TCF Volunteers

Welcome Cards to new members—Brenda Schmitt
Cards for remembrances—Robin Larsen
Newsletter—Annette Mennen Baldwin amennenbaldwin@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—Colleen Chamberlain
Library— Jan Bigbee-Weesner
Web Site— Don Whitehill—VOLUNTEER NEEDED
Treasurer 2010—Lisa Leanard—lisleanard@sbcglobal.net
Snacks—Barbara Braun—281 579-7258-jbraun1307@aol.com
Memorial Bench Maintenance—Delia Granado
Chapter Leaders—Melinda & Glen Ginter



Believe me, it is no time for words when the wounds are fresh and bleeding; no time for homilies when the lightning's shaft has smitten, and the man lies stunned and stricken. Then let the comforter be silent; let him sustain by his presence, not by his preaching; by his sympathetic silence, not by his speech.
~~~ *George Horace Lorimer*

## **October Meeting: Methods of Coping With Stress**

The October meeting will include a presentation on the importance of managing stress following the death of your child. Shirley Chambers who worked at the Mind/Body Medical Institute at Memorial Hermann Southwest Hospital for 12 years teaching Stress Management will speak to us about stress and its impact on our bodies and minds.

Shirley will be discussing stress and how to manage excess stress. Metabolism increases, tense muscles, faster heart beat, shallow breathing, blood flow decreases and immune and digestive system inhibiting effects from stress will be discussed.

Shirley will be discussing the situations which produce excessive stress and how this response impacts our bodies and minds. Stress overload is associated with diminishing performance and efficiency. Of special interest to each bereaved parent are the solutions to stress overload on our bodies and minds.

We hope each of you is able to attend this presentation which is tailored for bereaved parents. Following Shirley's presentation, she will take questions and help provide solutions.

We will also be holding our small group discussions following the formal presentation.



If October is your child's birthday month, please bring a framed picture of your child for our Birthday Table

### ***This is What I need From You***

My child has died. My heart is broken. It will never mend completely. But today and for many days, weeks, months and years in the future, I need you to understand how you can help or hurt me. If you can't help, please don't unintentionally hurt me, as I am vulnerable.

If my pain is overwhelming to you, and you don't know what to say or do, I understand. If you want to help but can't face this, I understand. But if you want to be part of my life during this period of mourning and grieving, I welcome your companionship and support.

Please take my hand and listen as I explain how you can help me in my sorrow. I am lost in a fog of sadness, but please try to understand my loss, my heartbreak and the healing path I must choose.

Written by Annette Mennen Baldwin



*Submitted by Jan Halfen*

*In memory of her son, Larry Halfen*

*TCF, Katy, TX*

## **Project Joy & Hope of Texas 11th Annual Golf Tournament**

12th Annual Golf Classic  
Thursday, October 13, 2011  
Kingwood Country Club  
Noon shotgun start

Dinner Following Tournament Play



Annual Fundraisers, such as this golf tournament, support PJH programs, including Hope Shelter Services, Family Assistance Grants, Hope Scholarships, Parent Support Line, & **Tapestry Retreat which is offered for bereaved mothers. Many mothers in our chapter have attended the Tapestry retreats throughout the years.**

Project Joy and Hope exists to enhance the quality of life and prevent and relieve the suffering of children living with life-limiting conditions and their families in the greater Houston/Galveston area.

## 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 month. 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.

### *Men Only Chat Room Added To TCF National Website*

A "Men Only" Chat Room has been added to the TCF National Website. This Chat room is open on Wednesday evening from 7-8 pm (central time). It is moderated by a bereaved father. To enter, go to the website at [www.compassionatefriends.org](http://www.compassionatefriends.org) and click on resources, select ONLINE SUPPORT and read and sign the disclosure. You might want to do this ahead of time.



### National TCF Contact Information

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



**Toll Free: (877) 969-0010**  
**[www.compassionatefriends.org](http://www.compassionatefriends.org)**

Printed in Loving  
Memory Of  
Todd M. Mennen



## Memories Of The Past

Several weeks ago after our return from India, I was looking through some picture albums and started to reminisce about old times when Robin was still with us. I always find that Fall brings a feeling of nostalgia for Naperville in Illinois where we lived before we moved to Katy and the good old days when our son was small. I recall that we always enjoyed the hues of gold, red, orange, green and brown that were reflected in the trees as the colder temperatures settled in. Robin loved running through the piles of leaves that we would rake up in the garden from our oak, maple and poplar trees in the front yard with our Scottie dog, Rajah. This was the time of year when we would drive to the pumpkin farms at the approach of October and make our preparations for Halloween. In fact, I found two or three photographs of Robin sitting in a heap of leaves with Rajah at his side and the For Sale sign on the lawn.

It had been a year since Robin had come home and told his father that he wanted to live in a house with skylights. That night, after Robin had gone to bed, my husband started to discuss the prospect of buying a lot and talking to a builder regarding a custom-built house. We decided to go this route because Robin had been diagnosed with Duchenne Muscular Dystrophy when he was eight years old and we knew that eventually he would need special accommodations for his disability. So, we started house-hunting and met Michael Bean, a local builder, who agreed to construct our "dream-home" for us. We put our house on the market and the construction of our new home on Spindletree Avenue was begun. We moved into our new home in August of 1992 and Robin continued at Maplebrook Elementary School in our old neighborhood for another year.



This was a wonderful time for Robin but in many ways, he missed his friends after he came home from school. The major reason for this was the fact that this was a brand new subdivision and people were just moving in at this time.

However, we began to meet more neighbors and started to get acquainted with our neighbors. Then after a few months, another Indian family from Mumbai moved across the road from us and we became friends. The Dangats had two children, Amol and Vaishali, a boy and a girl who were close to Robin's age. There was also another American boy who lived next door to us who had some form of Cerebral Palsy, so he had something in common with Robin. In 1993, Robin graduated from elementary school and started sixth grade at Madison Junior High School, that was in our new neighborhood. This was the same year that he began falling down several times a day and had to go into a manual wheelchair.

Just as we were settling into a new home and a new school, Calgon Carbon Corporation, where my husband had worked for the last eleven years, decided that they wanted to transfer him down to the Houston office. My husband remarked that this just had to happen at this time and that it was a great opportunity for him.

When I think about this move that we made, I think it was really in Robin's best interest because of the mild weather and warmer conditions were definitely better for his worsening disease. In fact, both my husband and I have come to the realization that it was this move that helped prolong Robin's life-span. We sincerely believe that we might have lost Robin a good deal sooner if we had remained in Illinois because the cold and snowy weather were not conducive to his health.



I am very grateful to the company and to God that we were able to enjoy him for twenty-five years like we did. I also think that we were able to give him all the love, support, interest and attention that he needed to survive like he did because we moved to Katy, Texas. Katy Independent School District was able to provide him with a wonderful education and a winning attitude that was definitely a great advantage to him!

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

Death leaves a heartache no one can heal,  
Love leaves a memory no one can steal. ~

~~Found on a headstone in Ireland

## Articles & Poems For Our Newsletter

If you would like to submit a poem, a writing or a brief article (no more than 800-825 words) about your child or your grief journey for publication in our Katy Compassionate Friends newsletter, e-mail your work to Annette Mennen Baldwin at [amennenbaldwin@hotmail.com](mailto:amennenbaldwin@hotmail.com). We encourage our members to share their memories and thoughts with all of us.



### *Steering Committee Now Acts As Support Team At Meetings*

Our steering committee will act as a support team at each Compassionate Friends Meetings. Each member wears a name tag with the words "Support Team" on it. Members of our steering committee are: Annette Baldwin, Jan Bigbee Weesner, Barbara Braun, Colleen Chamberlain, Melinda Ginter, Robin Larsen Conner, Lisa Leonard, Malena Lopez, Brenda Schmitt, Neela Sen, Markey Swails, Albert Tapia, Joyce Bode, Joyce Dakin, Patti Small and Jo Wood. You need not walk alone.



### TCF E-Newsletter

An E-Newsletter is available through the National TCF Organization. To subscribe, go to TCF's National Web site home page ([www.compassionatefriends.org](http://www.compassionatefriends.org)) and click on "Register for E-Newsletter" link.



### 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.



If you know of a special resource, please let Annette Baldwin know about it so that it can be included in our monthly newsletter. This information could be very valuable to one or more of our members.

### 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

## HALLOWEEN MEMORIES

Most children enjoy Halloween, the costumes, the candy, the parties, trick or treat, the decorations and so much more. My son looked forward to Halloween with great anticipation. Until he reached the fourth grade, Todd was happy to pick out a costume at the discount store...usually the current movie or television monster.

He came home from school in fourth grade and told me that there was going to be a costume contest and he really wanted to have a unique costume. I asked him what he wanted to be, and I will never forget his response: "I want to be a vampire, Mom. A really cool vampire." So, I talked to a friend of mine who was into stage production, and we went to her house the night before the contest.

She had a vampire cape, a vampire body suit, a vampire collar and great makeup. Todd loved it. My friend stopped at the house early the next morning and applied the makeup and did the finishing touches on Todd's costume. He looked just like the vampires in the movies, He was so pleased. He really wanted to win first place in his class. I dropped him at school and told him to have a wonderful time. He was elated.



As the day progressed, I wondered how he was doing. He had never wanted to win a prize before; what if he didn't get first place in his class? I worried about him, knowing that his feelings were easily hurt by cruel children and sometimes by cruel teachers. He called me at 3:30 to let me know he was home. I could hear excitement in his voice, and I asked him how he did.

"Mom, you won't believe this", he said in a serious, low toned voice. "What happened?", I asked, now wondering about the day's events. "I won first place, Mom. First place in the whole school. I can't wait for Halloween. Wait till Grandpa sees me. He won't even recognize me. I even got a certificate for first place....I'm putting it up in my room." I was so happy that tears welled in my eyes. My son had tried his best, and he had won. He had put himself out there and he wasn't disappointed, disillusioned or discouraged.

That was the first of many accomplishments in my son's life. He went on to win in track in high school, restore a 1965 GTO from the ground up and receive numerous trophies and awards. He attained his BS and MBA and was successful and respected in business. He was a great father to his children, and his love for them was deep and unconditional. He never hesitated to tell them he loved them and how proud he was of them. He was a wonderful parent. He was always an amazing son. His death left a scar on my soul and a hole in my heart.

But his first success is forever in my mind. The little certificate which he brought home and hung on his bedroom wall is a treasure of his wonderful childhood. Halloween is still a happy holiday, and it is one of the few which I enjoy. I thank my son for that and for all the joy he gave me in his short 35 years of life.

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

### Indian Summer



This may well be  
The softest time of all.  
Does mild September still surprise your mind  
With memories you thought  
You would not have?

Believe me, friend, that  
(after many tears)  
This may well be  
The softest time of all,

Written by Sascha Wagner

### Do We Dare Celebrate?

Last month in our individual groups we discussed, among other things, how we felt when it was our own birthday. The general consensus was that we did not want to celebrate it. I can understand this for the first few years. We are eaten up with grief, therefore why should we celebrate our birthday? It just doesn't seem right to be happy about anything, let alone celebrating our birthday.



I guess there are two ways of looking at that. Yes, we are in the middle of our unique grief journey, and everyone is different. Some cope better than others. Some have more time under their belt and are farther along in their journey. For the newly bereaved we are in shock and denial over our loss. Who wants to celebrate? Somehow it doesn't seem right to even smile.

I remember when my son Christopher died in July of 2005. My whole world fell apart. I don't remember much about those first six months. My birthday is in October and I know I didn't celebrate. All I did was cry all the time, and on top of that I had to deal with an unsympathetic husband.

As we travel through our journey time does heal. We do begin to smile again. That is what our children want. They want us to go forward and to feel some happiness again. Yes, with time it does get better. My journey is unique to me and I would not wish it on anyone. It is only my faith that has taken me this far. Without God to hold me up when I couldn't face another day I wouldn't be able to function. That is not what Christopher and Dawn would have wanted for me. I know they are in heaven and that gives me great comfort. I also know I will see them again. I miss them every day and I will continue to rely on my cherished memories and my faith to lead me on.



*Written in Loving Memory of my children  
Christopher Wilson, 5/16/77-7/24/05  
Dawn Wilson-Schafer, 7/10/75-7/19/08  
Robin Conner, TCF Katy, TX*

### *Email of Chapter Newsletter Offered to Members*

Our TCF Katy Chapter newsletter is available in a PDF format as an email document for those who would prefer to receive this instead of a paper copy. If you do not read the printed copy, we unnecessarily spend chapter resources. If you would like to make the change, simply email Annette Baldwin at tcfkaty.messages@gmail.com, This is an *option*, not a *requirement*....many parents prefer to have the printed copy. This is your choice.

## Anger

Grief often brings to us  
A feeling of desperate anger.

But let us try to remember  
That much of our anger is only  
A reflection of helplessness  
In the face of death.

Yet, that anger must be acknowledged-  
Anger denied  
Is an enemy of healing.



*Sascha*

## Marking Another Birthday

Another year has come and October 20<sup>th</sup> is my daughter's 18<sup>th</sup> birthday. This would also be her senior year of high school. Taylor was killed by a reckless driver 22 months ago and I miss her every day. I miss everything I should be doing with her and this year is especially hard with all of the high school senior year activities and events I always wanted to share with her. I wrote this poem for her upcoming birthday:



As much as I love you....  
As much as I feel I love you the most, I know that God loves you more.  
As much as I want you here with me, I know that I will be with you for eternity.  
As much as I want to see your beautiful smile, I know I will see it again in a little while.  
As much as I miss you every day, I know that God has shown you the way.  
As much as I wanted to share your high school senior year, I know in my heart you are still near.  
As much as I love you, I know that God loves you more....

*Sherry Contreras  
In memory of my daughter, Taylor Contreras  
TCF, Katy, TX*

## Normal Day

Normal day, let me be aware of the treasure you are.  
Let me learn from you, love you, savor you, bless you before you depart.  
Let me not pass you by in quest of some rare and perfect tomorrow.  
Let me hold you while I may, for it will not always be so.  
One day I shall dig my nails into the earth, or bury my face in the pillow,  
or stretch myself taut, or raise my hands to the sky,  
and want more than all the world for your return. ~

*by Mary Jean Irion*

## We Need Not Walk Alone

The death of your child is probably the most traumatic, life-changing event that you will ever experience. The Compassionate Friends is an organization of parents who have also lost a child to death. Each of us has experienced the deep, searing pain that you are feeling now. Each of us has turned to other parents who were farther into their grief journey for guidance, support and understanding. This is done through our monthly meetings, our newsletter, our website, our phone-a-friend program, our library, our e-mail program and our referral program. Each month parents find our meeting to be a safe place where they can talk about their pain and problems with others who are uniquely qualified to understand; bereaved parents offer gentle suggestions or often simply listen. We invite you to bring a friend to your first few meetings until you feel a level of comfort with the group. Do not be surprised if we talk about the happy times with our children, the wonderful memories and the various methods we have created to keep our children close to us. It is here that many bereaved parents find hope as those who are more seasoned in their grief shine the light



of experience to help illuminate each grief path. We have no dues. We are self-sustaining through donations and the generosity of so many in our community.

You Need Not Walk Alone.

## Birthday Table

At 10 of our monthly Chapter meetings you will see a table that is set up specifically for pictures of children whose birthdays are in that month. We want to see your child's picture and hear your child's story. It is our tradition to do this during your child's birthday month. June and December birthdays are honored the month before or after the birthday; the reason for this is that we do our balloon lift-off in June and hold our Candle Lighting Ceremony in December.



As is often the case in Compassionate Friends, you will probably discover other parents who share your experience on many levels. We encourage you to bring a picture and tell your story.

## Stress Management

Meeting Tuesday, October 11, 2011

October 2011

Return Service Requested

Katy Chapter  
P.O. Box 45  
Barker TX 77413

The Compassionate Friends

