

July 2006



The Compassionate Friends

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Why Butterflies?

Since early times, the butterfly has symbolized renewed life. The caterpillar signifies life here on earth; the cocoon, death; and the butterfly, the emergence of the dead into a new, beautiful and freer existence. Frequently, the butterfly is seen with the word “Nika” which means victory. Elisabeth Kubler-Ross movingly tells of seeing butterflies drawn all over the walls of the children’s dormitories in the World War II concentration camps. Since Elisabeth believes in the innate intuitiveness of children, she concludes that these children knew their fate and were leaving us a message. Many members of The Compassionate Friends embrace the butterfly, a symbol—a sign of hope to them, that their children are living in another dimension with greater beauty and freedom—a comforting thought to many.



Our Mission

The mission of The Compassionate Friends is to assist families toward the positive resolution of grief following the death of a child of any age, and to provide information to help others to be supportive.

The Compassionate Friends is a national nonprofit, self-help support organization that offers friendship, understanding, and hope to bereaved parents, grandparents, and siblings. There is no religious affiliation and there are no membership dues or fees.

The secret of TCF’s success is simple: As seasoned grievers reach out to the newly bereaved, energy that has been directed inward begins to flow outward and both are helped to heal.



Our Children, Loved and Remembered



<i>Birthdates</i>		<i>Anniversary Dates</i>	
Miles Doxie Son of Keith and Gail Doxie	7/1/1988	Aaron Grof Son of Marie Grof	7/4/1999
Andy Edds Son of Jeannie & Vance Hart	7/1/1963	In Memeory of: Son of Sara Steiner (son's name not on master)	7/4/2003
Dennis McSorley Son of Marcie Spencer	7/8/1949	Clint Beatty Son of Karen Lutgen-Beatty	7/5/2002
Gary Tepe Son of Dennis & Jan Tepe	7/12/1963	Lisa Marie Ayers Daughter of Therese Ayers	7/6/1988
Matthew Burks Son of Bernadette & Ken Burks	7/12/1980	Melissa Carolyn Heinly Daughter of Sharon Matson	7/9/1993
Phillip Scott Starling Son of Lynn Connor	7/12/1981	Melanie Babineau Daughter of Rita Babineau	7/9/1998
Tanya Lake Daughter of Elizabeth Lake	7/17/1978	Kevin Edward Branning Son of MaryAnn Branning-Johnson	7/12/1993
Toby Kevin Gable Son of Lisa Gable	7/18/2001	Toby Kevin Gable Son of Lisa Gable	7/18/2001
Jimmy Vanhoy Son of Bob & Louise Vanhoy, brother of Kathy Coleman	7/19/1965	Nicholas P. Abounader Son of George Abounader & Joan Freyre	7/19/1997
Karen Gamble Daughter of Kate Gamble	7/20/1944	Stephanie Ann Reeve Daughter of Mary Reeve	7/21/2003
Rain Lee Schliska Son of Loni Pines	7/20/1975	Rebekah Kosten Daughter of Dan & Holly Kosten	7/30/1999
Rachel Louise Brown Daughter of Susan & Michael Brown	7/23/1997		
Michael (Skip) Mauri Son of Grace Mauri	7/25/1954		
Mark Cooledge Son of John & Shirley Cooledge	7/26/1954		

**If we have inadvertently missed your child's Birthday or Anniversary Date or made any other errors, please accept our deepest apologies. Do call us at 287-5968 or email anne.rinaldi@comcast.net to make an immediate correction.

Thank you for your Gifts of Love

Bruce and Harriet Cole, in loving memory of their daughter, Michele Daidone.

Loving Listeners:

For those times when you need to speak to someone who will listen with understanding and who can offer hope and support from their own process of healing in grief please call us:

Annette Carruli 250-4071

Teresa Walker 353-3215

Anne Kithcart 775-5640

Journey to the “New Normal”

May 31 marked seven years since my only sibling Dave died from cancer at age 32. This June 28 we would have been celebrating Dave’s 40th birthday with a big party, and I’d be kidding him about going bald, just like all the Snapp men before him. Instead, I’ll be getting ready for the TCF National Conference, at which I’ll share memories of his brilliance, great smile, and sense of humor with those who will never have the pleasure of meeting him in person.

At this point in my grief journey, most will be good memories of how Dave lived, rather than bad memories of how he died. I can’t recall the moment when that shift of perspective occurred, but I would like to share a few memories and milestones that have marked the way:

- Months after Dave died, I went to see the movie “Big”, starring Tom Hanks, and “lost it” when his mother stared out the window wondering if she’d ever see him again. I watched the movie again recently and didn’t lose it.
- It was three months before I felt up to sharing with anyone the details of the day my brother died at his home in Bellevue, Washington, in the company of Mom, Dad, and me. On the way home from that emotional conversation, I drove the wrong way down a one way street in downtown Chicago – it might be smart to have a friend drive you to your first few TCF meetings!
- I discovered that the grief path is not a straight line. A few good days can be followed by several bad ones. I’ve heard other TCF members call this their “roller coaster ride.”
- For a year, I couldn’t keep the radio on if “Wind Beneath My Wings” came on. For the next year, I kept it on but cried through it. Now, I can usually make it all the way through without any tears!
- With the help of TCF, I realized that despite friends expecting it to be possible, I’d never be “back to normal.” My focus instead shifted to finding my “new normal”. While I can’t point to a time when that happened (probably after the 1990 TCF Conference), THAT was a milestone.
- For three Christmases after Dave died, I didn’t put up a tree in my condo. For Christmas, 1991, as I was getting out ornaments for my first tree since his death, I came across a bunch of ornaments that he had had in his apartment. I came totally unglued then, but now I look forward to seeing those ornaments each Christmas.
- It was three years before I felt that I had enough emotional energy to pursue a relationship. Even now, I don’t have a lot of tolerance for guys I go out with that gripe about their brothers or sisters. My most vivid “landmark” to date along my grief journey came in February 1993. Following my Dad’s father’s death in December, 1992, we were in Atlanta cleaning out my grandfather’s apartment, and I came across a pile of post cards and letters that Dave had written to my grandparents through the years. Earlier in my journey, a “blind side” such as that would have sent me into a tailspin. In this case, though, my immediate reaction was one of happiness, for I had found a part of Dave that I didn’t know I still had! I saved a few of the post cards, sent a couple to my cousin who was referenced in some of the letters, and (amazingly) threw the rest away. It was fun to share the memories, but I didn’t feel the need to hang onto them. It was at that point, nearly five years after Dave’s death, that I truly felt as if I was closing in on that “new normal.”

Karen Snapp, Frisco, Texas, from the TCF Stages Newsletter, Summer 1995

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The Compassionate Friends Newsletter
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Regional coordinator: Sally Migliaccio (561)747-2691



TCF meets **EVERY** first Monday of the month, unless otherwise noted

Next Meeting: Monday, July 3, 2006

GENERAL MEETING BEGINS AT 7:00 P.M.

Committee meets at 6:30 P.M.

**MOORINGS PRESBYTERIAN CHURCH
791 HARBOUR DR., NAPLES**

GOING NORTH ON U.S.41, HARBOUR DR. IS A LEFT TURN
ABOUT A MILE NORTH OF COASTLAND MALL AND GOLDEN GATE PARKWAY.

Please don't hesitate to call me at 239-287-5968 if you need information of any kind or email: anne.rinaldi@comcast.net

Dear Friends: To receive this newsletter by email, which will help us save on the cost of printing and postage, please send an email to me at: anne.rinaldi@comcast.net. On the subject line insert "TCF Email Newsletter" and your name and you're done.

For those of you who would like to share your ideas, growth, insight, stories or poems, please email your material for the newsletter. Or if you prefer, mail it to my address: 168 Lake Point Lane, Naples, FL 34112.
Sincerely, Anne Rinaldi-Nonamaker