



TCF meets every first Monday of the month. Please note:

September's meeting will be the second Monday due to Labor Day being on the first Monday
Our own member, Chris Doyle, is attending the national conference & she will share her experiences

Next Meeting: September 11, 2006

MEETING BEGINS AT 7:00 P.M.

Committee meets at 6:30 P.M.

MOORINGS PRESBYTERIAN CHURCH (in the library)
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.

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.



A Native American Lesson in Grief

by Trudy Weathersby

One of the most common questions that family and friends ask is how long does it take to "get over" the death of a loved one. Native American culture holds many lessons about grief and its duration. The Native American legend of the Caterpillar people holds lessons for us all in grief. This legend is traditionally told during funeral services of the Shoshone.

"Long ago, there were two caterpillar people who loved each other very much. When the caterpillar man died the caterpillar woman was overcome by her grief. In her remorse she withdrew into herself and pulled her sorrow around her like a shawl. She walked and mourned for a year and because the world is a circle she ended up where she had started. The Creator looked down upon her and told her that she had suffered too long. 'Now,' he told her, 'is the time for you to step into a new world of beauty.' He clapped his hands and the caterpillar woman burst forth as a butterfly. Her world was now full of beauty and color." *

Many Native American tribes see the butterfly as a symbol of everlasting life. The Wilik-wilik waashaashut or the Butterfly Dance enacts this legend. Young women line up single file and pull their shawls over their heads to cover them. This represents the caterpillar in the cocoon. The drummers sing and drum sadly. After the head dancer returns where she begun the dancers open their arms and display the brightly colored shawls. The song becomes more upbeat and the women dance to represent the fluttering of the wings.

Another saying of the Warm Spring Native American tribe is to compare the death of a loved one to a landslide. "When your road is blocked by a landslide, you clear it by taking away one rock at a time." In a time, when we want definite answers or a quick fix we should heed the wisdom these legends impart and let us work through grief at our own pace.

* Reference: Tafoya, Terry, "The Widow as Butterfly, Innovative Approaches for Bereavement Based on Native American Tradition," *The Director*, February, 1998.

Trudy Weathersby, RN, M.Ed. is an active licensed Registered Nurse and the Death and Dying Online Guide for about.com at <http://dying.about.com/health/dying/mbody.htm>



...that their
light may
always shine.

Light a candle for all children who have died.
Sunday, December 10, 2006
7 PM Around the Globe

THE COMPASSIONATE FRIENDS WORLDWIDE CANDLE LIGHTING ®

**Our Children, Loved and Remembered**

<i>Birthdates</i>		<i>Anniversary Dates</i>	
Kenneth Priem Son of Merle Holoubek	9/5/1957	Michael "Skip" Mauri Son of Grace Mauri	9/2/1990
Jean Marie Sullivan Daughter of Margaret Sullivan	9/6/1958	David Anthony Anderson Son of David Anderson	9/3/2003
Joshua Widick Son of Janice Widick	9/10/1974	Connie Ann Hablutzel Daughter of Mary Alice Mainini	9/14/2002
Jennifer Lynn Taylor Daughter of Helen Taylor	9/19/1962	Betsy Perry Daughter of Ruth H. Sanders	9/14/1996
Stephanie Lynn Barnett Daughter of Chris & Bill Barnett	9/22/1974	Kirk Reed Son of Marilyn Reed	9/15/1990
David X. Nonamaker Son of Anne Nonamaker	9/22/1980	Matthew Burks Son of Bernadette & Ken Burks	9/22/199
Ryan H. G. Chieffi Son of Mary & Tim Smith	9/23/1982	Lee Roberts Son of Leah Stirrat	9/22/1989
Melanie Babineau Daughter of Rita Babineau	9/29/1955	Stephanie Lynn Barnett Daughter of Chris & Bill Barnett	9/25/1994
		Mitchell McSorley Son of Marcie Spencer	9/26/1964
		Larry Priem Son of Merle Holoubek	9/27/1995

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 11 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 dimen-

**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

. All donations are gratefully accepted and assist the chapter in its mission to help bereaved families following the loss of a child.

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

Members Area: Southwest Florida Compassionate Friends: Planting Seeds . . .

Sharing the creative and intimate ways we heal while memorializing our children supports our Compassionate Friends mission, and speaking from personal experience, it can lift your soul. Planting seeds is what we parents do best. I need your help to plant seeds. Please consider sharing with our group a glimpse into your personal journey.

A few months after my son David died, I found a card he'd given me. Until that pivotal moment, I was merely breathing through each moment in time. Inside the card David wrote this cherished message to me:

"I usually choose longer more beautiful cards! This one is all about the words though. I find the strength to be the person I am from you. Not everyone has a source of kindness. I do—I appreciate & value that. Thank you so much! I hope you find me to be a source of kindness in your life so you can share it with others.

Love David"

David was and continues to be the source of kindness that I draw from every day and task myself to share that with others. Since that day, I have found many ways to honor my son's life. I lost my beloved David to the war on drugs, so when I discovered a group called Collier County Substance Abuse Coalition, I joined. There is healing in knowing that I am using my time to support a group committed to raising the awareness and educating the community on the perils of substance abuse. David's school in CT created an annual scholarship in his name. I've attended every ceremony to hear his name spoken and meet the recipient.

Several months ago I shared a website (<http://david-nonamaker.memory-of.com/about.aspx>) that I created in memory of David with Sherri. Little did I know that over the next few months she'd get busy creating her own treasure of a web site (<http://ashley-kelly.memory-of.com/>) for her daughter, Ashley. It lifted my soul knowing I planted that seed for Sherri. We found a way to celebrate and memorialize our children's lives while providing an outlet for our friends and family to express their love and sentiments.

Please consider sharing your journey through the pain. Each of our stories shared is a step toward healing for a parent and it will come to them at exactly the right time.

Anne Rinaldi-Nonamaker

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.

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. Please come, bring your hope and energy, and be a Compassionate Friend to another.