

Arlington Chapter

New Members

We are sorry you need us, but glad you found us.

Lynn Rozental, mother of Alex Rozental

Tiffany Beckum, mother of Khyana Heggs

Please Don't Discount Sibling Grief

I have come to think of sibling grief as "discounted grief." Why? Because siblings appear to be an emotional bargain in most people's eyes. People worry so much about the bereaved parents that they invest very little attention in the grieving sibling.

My personal "favorite" line said to siblings is, "You be sure and take care of your parents." I wanted to know who was supposed to take care of me, I knew I couldn't.

The grief of siblings may differ from that of a parent, but it ought not to be discounted. People need to realize that while it is obviously painful for parents to have lost a child, it is also painful for the sibling, who has not only lost a sister or brother, but an irreplaceable friend.

While dealing with this double loss, he or she must confront yet another factor: The loss of a brother or sister is frequently the surviving sibling's first experience with the death of any young person. Young people feel they will live forever. A strong dose of mortality in the form of a sibling death is very hard to take.

The feelings of sibling are also often discounted when decisions are being made on things ranging from a funeral plan to flower selections. Parents need to listen to surviving siblings who usually know a lot about the tastes and preferences of the deceased.

Drawing on the knowledge that surviving siblings have about supposedly trivial things, such as favorite clothes or music, can serve two purposes when planning funeral or memorial services. First, their input helps ensure that the deceased receives the type of service he or she would have liked. Second, their inclusion in the planning lets them know they are still an important part of the family.

I realize that people are unaware that they are discounting sibling grief. But then, that's why I'm writing this, so people will know.

Jane Machado
TCF Tulare, CA

After our beautiful daughter, Erika died our family searched for words that captured our feelings of loss. We discovered this poem that eloquently spoke for us.

Ron and June Byrd, Arlington Virginia Chapter of TCF
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Dirge Without Music

by Edna St. Vincent Millay

I am not resigned to the shutting away of loving hearts in the hard ground.
So it is, and so it will be, for so it has been, time out of mind:
Into the darkness they go, the wise and the lovely. Crowned
With lilies and with laurel they go; but I am not resigned.

Lovers and thinkers, into the earth with you.
Be one with the dull, the indiscriminate dust.
A fragment of what you felt, of what you knew,
A formula, a phrase remains,—but the best is lost.

The answers quick and keen, the honest look, the laughter,
the love,—they are gone.
They are gone to feed the roses.
Elegant and curled is the blossom.
Fragrant is the blossom.
I know.
But I do not approve.
More precious was the light in your eyes than all the roses in
the world.

Down, down, down into the darkness of the grave
Gently they go, the beautiful, the tender, the kind;
Quietly they go, the intelligent, the witty, the brave.
I know. But I do not approve. And I am not resigned.

Newsletter Articles

Please consider submitting an article or poem for publication in this newsletter. Writing about your grief can be cathartic for you. Submit articles to: Ron Byrd at:

ronjun1@verizon.net

Newsletter Team

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MEETINGS

Arlington Chapter

Second Thursdays 7:30pm
Trinity Presbyterian Church
5530 N 16th St., Arlington, VA
Please send "Love Gifts" to:
Wayne Hubbard
23230 Linden Ct.
Lexington Park, MD 20653

Dulles Chapter

Second Thursdays 7:00pm
St. David's Episcopal Church
43600 Russell Branch Pkwy, Ashburn, VA 20147-2903

Fairfax Chapter

First Wednesdays 7:30pm
Old St. Mary's Hall
Next to St. Mary's Historic Church and Cemetery
Fairfax Station Rd. and Route 123
Fairfax, VA 22030

Leesburg Chapter

First Wednesdays 7:30pm
St. James Episcopal Church
Janney Palor
14 Cornwall St. NW
Leesburg, VA

Prince William Chapter

Third Tuesdays 7:30pm
Bucknell United Methodist Church
White building to left of church
10251 Moore Dr.
Manassas, VA 20111

TCF Reston (for no surviving children)

Second Saturdays 2:00pm
North Co. Government Center/Reston District Police
1801 Cameron Glen Dr.
Reston, VA 20190

Washington DC Chapter

Third Wednesdays 7:00pm
The Howard University, Carnegie Bldg. Room B
2395 Sixth St., NW
Washington, DC 22059

TCF National Headquarters

PO Box 3696
Oak Brook, IL 60522-3696
www.compassionatefriends.org
(877) 969-0010

Arlington Website

www.tcfarlington.org
Webmaster: Lois Copeland
Arlingtontcf@gmail.com

Fairfax Website

www.tcffairfax.org

Leesburg Website

www.tcfleesburg.org
Webmaster@tcfleesburg.org

Prince William Website

www.tcfprincewilliam.org
Webmaster@tcfprwm.org

Washington, DC Website

www.tcfwashingtondc.org

ANNOUNCEMENTS

1. Our next meeting is **Thursday, July 12** at 7:30 pm at the Trinity Presbyterian Church. Doors open at 7:15. **Sharing Session: Sharing memories of our child, grandchild, or sibling. Bring a picture of your child.**
2. **Summer Workshop “Journey through Grief”.** Saturday, July 28, 2018, 2 – 4pm. Space is limited. Registration is requested. Haven of Northern Virginia Register at 703-941-7000. havenofnova@verizon.net. www.havenofnova.org.
3. **National Conference July 27-29. Conference Registration and Hotel Registration. Conference at the Marriott St. Louis Hotel. Hotel registration 800-397-1282. For conference information go to our National Website at: www.compassionatefriends.org.** Please consider attending. It can be life changing.



NATIONAL AND LOCAL RESOURCES

National:

Survivors of Suicide:

www.suivivorsofsuicide.com

American Foundation for Suicide Prevention:

www.afsp.org

(888) 333-2377

Friends for Survival:

www.friendsforsurvival.org. A national outreach program for survivors of suicide loss.

National Suicide Prevention Lifeline

(800) 273-8255 (TALK)

Parents of Murdered Children:

www.natipomc@aol.com

(888) 818-7662

Crisis Link: www.crisislink.org

(703) 527-4077

SHARE (pregnancy & infant loss support):

www.nationalshareoffice.com

(800) 821-6819

M.I.S.S. Foundation: www.missfoundation.org.

Support following the death of a child. Local contact, Roberta Quick, 703-728-8446. Meets the 2nd Tuesday of the month.

SIDS/SUIDS: www.sids.org. Information on SIDS and support after a child has died from SIDS

CJ Foundation for SIDS: www.cjsids.org.

Supports grieving families following the death from SIDS.

Bereaved Parents of the USA: National organization helping families who have lost children. www.bereavedparentsusa.org

GriefNet: www.griefnet.org. Online support group of persons dealing with grief, death and major loss.

The Grief Tool Box: www.thegriefftoolbox.com

Resources to help with grief.

Good Grief: www.goodgrief.org. Educate and provide programs children, young people and adults challenge by loss and change

www.thebereavementjourney.com

www.griefwatch.com

www.journeyofhearts.org

www.healingheart.net

Alive Alone: Support for bereaved parents whose only child or children have died.

www.childrenofdome.com

www.spacebetweenbreaths.com

www.holdingontolove.com

www.griefhaven.com

Local:

Washington Regional Transplant Community:

www.beadonor.org

(703) 641-0100

Haven of Northern Virginia:

www.havenofnova.org. Email:

info@havenofnova.org.

(703) 941-7000

MIS/Share: www.misshare.org.

Contact: 703-647-0911 or

support@misshare.org.

St. Luke's United Methodist Church
7628 Leesburg Pike, Falls Church, VA

Meets the 2nd Thursday of every month,
7:30-9:30 p.m.

MIS/Share, 301-460-6222 (24 hr. info Line) for
VA also

Contact: Diane DelGrasso and Cubby
LaHood

Meetings at Holy Cross Hospital, Silver
Spring, MD

William Wendt Center for Loss and Healing:

www.wendtcenter.org.

4291 Connecticut Ave., Suite 300,
WDC, 20008, 202-624-0010,

E-mail: info@wendtcenter.org.

(Article written July 2005)

The National Conference

When you read this newsletter, I will be returning home from the 2005 TCF National Conference. As chapter leader I attended leadership meetings and workshops and attended professional day. To give back I facilitated a sharing session on "Sudden Death." For myself, I attended workshops and shared with others

This year I needed support from other grieving parents. The weekend before I left for the conference, I attended my oldest nephew's wedding. Family

members from across the country attended the wedding. David was not at the wedding.

I left the conference and the next day I attended my niece's wedding. She is two years younger than David and is an only child. David played the role of big brother. It worked well for both, since David was the youngest of four children. He finally got the chance to be a big brother. He was not at her wedding either.

David was not at my youngest nephew's graduation last month. His aunt made him a quilt from his old T-shirts. One of the T-shirts was an Oriole shirt David had out grown and given to his cousin. David had printed his name on the inside collar before he went to camp one summer. I touched the shirt, rubbing it against my cheek, with tears in my eyes. David was on that shirt, but not at his cousin's graduation and party. The list of events that David is missing is growing longer and longer.

The conference gave me a place to share my story with people who truly understood, who listened. When they said, "I know how you feel", they do! That is one reason for a national conference, regional conferences and chapter meetings: A place to be with people who understand and truly care.

Lois Copeland, TCF, Arlington, VA



Summer

Father's Day is past
So are the graduations
Neighborhood pools are open
Schools are closed

We hear the joy of children
Laughing, giggling and squealing with delight
Summertime is here!
Summertime is here!

Swim team practice
Time for tennis
Ready for camp-day or overnight
And we just get to play, just get to be

Babies crawl in the cool grass
Toddlers walk feeling the grass between their toes
Children play "marco" in the pool
Teenagers work their first
summer job
Our college bound students
Yearning for their freedom

Where are we going on vacation
this summer-
the beach
the mountains
boring sightseeing

Where are we going on vacation
this summer?

I do not know, I just lost my
precious child,
Maybe next year.

Lois Copeland, TCF, Arlington, VA



When Death Is By Trauma

Any death of a loved one can be traumatic in its effects, but there are circumstances such as suicide, homicide, accident, natural or manmade disasters that make the stress of grief even greater. When a trauma occurs, often your normal coping abilities are overloaded. The intensity of your grief reactions can be severe. When death is unexpected and traumatic, your sense of reality is destroyed and everything feels out of control. Nothing seems real! A sense of disbelief can overwhelm and paralyze you. Not only

must you cope with the death of your loved one, but the cause of death as well. You may feel numb at first as you try to learn as much as you can about what happened. Unanswered questions can add to your pain and confusion. The shock, which initially protected you, gives way to frustration, fear or anger. The world is no longer safe. If murder, accidents or drunk driving can occur where you live, anything can happen. Returning to that part of town, or anywhere similar may be upsetting. You may think you are going crazy, but you are not. When your reality has been shattered, your sense of security shaken and innocence destroyed, it is natural to be afraid. Your anger may be so intense that it is frightening. Anger can turn to rage as you wrestle with the unfairness, the sense of injustice and the unanswered questions that seem to multiply. You might feel cheated, betrayed or helpless. You may be consumed with guilt that you were unable to help your loved one. The "If Only's" and the "I Should Have's" can attack at any time and send you sliding into despair as you realize there is nothing you can do now to change what has happened. Blame and doubt become constant companions. A sense of helplessness can lead to frustration and may finally burst into anger as you confront the medical, legal and moral issues that often surround trauma. Don't be surprised if your grief resurfaces and intensifies as you wind your way through the Justice System. Because you are being bombarded by so many traumas, your body reacts automatically through chemical and hormonal changes. Grief becomes physical. Your body is trying to adjust to a new reality. In addition to the normal physical stresses in grief, trauma usually results in one or more reactions. These can include hyperactivity or agitation, nightmares, startling at sudden noises or disturbances, flashbacks, fearful anticipation, difficulty making decisions or amnesia of the event. What to do now is to take care of yourself physically, be realistic in your expectations of yourself and others, don't try to lessen the pain with drugs or alcohol, become informed and knowledgeable as possible, find ways to release emotions, focus on one worry at a time, share your thoughts and feelings with others and find ways to memorialize your loved one. Don't be afraid or ashamed to seek help. It is a sign of strength that you can reach out to take care of yourself. You may feel consumed by the details and trauma of the death for a long time. It is easy to focus entirely on the circumstances of your loved one's death. When your heart feels heavy with grief, lighten the pain with memories of the life and love you shared.

Accord Publishing



Birthdays Remembered

Brad Hampton

Parent (Son) Beth Hampton

Daniel Selmonosky

Parents (Son) Sonia and Carlos Selmonosky

David Green

Parent (Son) Susan Green

David Yoo

Parent (Son) Karen Yoo

Elizabeth Gibson

Parent (Daughter) Joanne Gibson

Gabriel Lee Anderson

Parents (Son) Ally and Patrick Anderson

John David Lindsay

Sibling (Brother) Elizabeth Lindsay

Lauren Beverly Gover

Parent (Daughter) Ann Marie Gover

Marc Gordon Thomas

Parents (Son) Gordon and Barbel Thomas

Nancy Kathleen "Kate" Hagopian

Parents (Daughter) Dave and Mary Hagopian

Neil Kelly

Parents (Son) Robin and Michael Kelly

Olivia Lucia Barreda

Parent (Daughter) Gisella Barreda

Patricia Lynn "Patti" Schmid

Parent (Daughter) Stuart and Margot Schmid

Paul Anthony Pena

Parent (Son) Amanda Pena

Sean Campbell

Parents (Son) Madelyn Campbell

Taft J. Sellers

Parent (Son) Vickie Sellers



We Remember the Anniversary

<i>Ryan Marie Boykin</i> GP (Granddaughter) <i>June Berry</i>	<i>3/4/2004</i>	<i>7/1/2007</i>
<i>Ryan Marie Boykin</i> Parents (Daughter) <i>Julia and Bruce Boykin</i>	<i>3/4/2004</i>	<i>7/1/2007</i>
<i>Allen Corburn</i> Parent (Son) <i>Patricia Corburn</i>	<i>9/11/1984</i>	<i>7/27/2007</i>
<i>Maxwell Harmon</i> Parents (Son) <i>Rana and William Harmon</i>	<i>3/28/1984</i>	<i>7/19/2008</i>
<i>Daniel Jones</i> Parent (Son) <i>Will Jones</i>	<i>4/20/1992</i>	<i>7/2/2015</i>
<i>Eli Sachar</i> Parents (Son) <i>Ricky and Jennifer Sachar</i>	<i>3/23/2006</i>	<i>7/12/2014</i>
<i>Jonathan Wildes</i> Parent(Son) <i>Kitty Wildes</i>	<i>10/2/1991</i>	<i>7/20/2013</i>