

# Arlington Chapter

## January

January is depressing; it's the coldest month of the year, the snowiest month, with a bitter frozen landscape, and in addition we feel the after effects of the holidays. But worse of all we lost David in January.

I remember wondering if we could survive this trauma in our lives and ever be a normal family again.

That first year we remembered all the events of the previous year and realized we were counting down each event. Our countdown started at Thanksgiving – we had a big family celebration, then onto Hanukkah, followed by New Years, my nephew's Bar Mitzvah January 15 and a luncheon for my son and new daughter-in-law on January 23. One week later, to the hour, David suddenly died. The grief felt like it was more than we could bear. But we did survive.

Each year we still countdown those events, but with time the pain is less intense.

*~Lois Copeland, TCF, Arlington, VA*



## As Long As I Can

As long as I can, I will look at the world for both of us.  
As long I can, I will laugh with the bird, I will sing with flowers, I will play to the stars, for both of us.  
As long as I can, I will remember how many things on this earth was your joy. And I will live as well as you would want me to live, as long as I can.

*~by Sascha~*

*(Sascha's son Nino drowned at age 3; years later, her daughter Eve died by suicide at age 21)*



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Visit our website [tcfarlington.org](http://tcfarlington.org).

## Wishes For Bereaved Parents For The NewYear

**To the newly bereaved:** We wish you patience—patience with yourselves in the painful weeks, months, even years ahead.

**To the bereaved siblings:** We wish you and your parents a new understanding of each other's needs and the beginnings of good communication.

**To those of you who are single parents:** We wish you the inner resources we know you will need to cope, often alone, with your loss.

**To those experiencing martial difficulties:** After the death of your child, we wish you a special willingness and ability to communicate with each other.

**To those of you who have suffered the death of more than one child:** We wish you the endurance you will need to fight your way back to a meaningful life once again.

**To those of you who are plagued with guilt:** We wish you the reassurance that you did the very best you could under the circumstances, and that your child knew that.

**To those of you who are deeply depressed:** We wish you the first steps out of the "valley of the shadow."

**To all fathers and those who find it difficult to cry:** We wish you healing tears and the ability to express your grief.

**To those of you who are exhausted from grieving:** We wish you the strength to face just one more hour, just one more day.

**To all others with special needs that we have not mentioned:** We wish you the understanding you need and the assurance that you are loved.

*~Joe Rousseau, TCF National~*

**MARK YOUR CALANDER: April 14 Alan Pedersen, former Executive Director of TCF, and singer-songwriter will perform for us at 7 pm at Trinity Presbyterian Church. Many of you know Alan for his beautiful and touching song "Tonight I Hold This Candle for You" play at our Candle Lighting Service and song by Alan at our National and Regional Conferences. Concert is free to all but donations are very much appreciated. Refreshments following concert.**