



MARCH - APRIL 2008

THE COMPASSIONATE FRIENDS

PORTLAND, OREGON

"A Nonprofit Self-help Organization for Families Who Have Experienced the Death of a Child"



P.O. Box 3065
Portland, OR 97208-3065
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Treasurer: Ilena

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UPCOMING MEETINGS:

March 18, 2008
April 15, 2008

Meetings are held on the third Tuesday of each month from 7-9 p.m.

Sunnyside Seventh Day
Adventist Church
10501 SE Market St.
(behind Mall 205)

SATURDAY MORNING GROUP

March 1, 2008
April 5, 2008

These meetings are held on the first Saturday at 10:30 a.m.

First United Methodist Church
Rm. 134
Corner of SW 18th / Jefferson
We welcome you to attend any of our meetings!

The clouds are heavy and gray, the rain is wet and cold, and the hours of the day disappear too quickly into the darkness of night. Winters in the Pacific Northwest can be long and lonely; the promise of spring is a faraway thought.

But just as sure as winter engulfs us now, spring will come in its time. Daffodils will bravely break the cold ground, colorful tulip cups will catch spring showers, and slowly but surely, trees will bud, birds will sing and the sun will shine.

We have all encountered unspeakable pain in the loss of our child, and the seasons of recovery may also seem overwhelmingly dark and cold. Through this tremendous trauma, each of us finds a way to survive—a strength many could not imagine, yet here we are.

Each day, each season, each year that we survive beyond that unforgettable day, our children beam with pride and send

their love from the heavens. It is their prayer for us; much like our prayers that they would "grow strong and be happy". I believe it is this enduring love that helps us discover life again.

Spring is often known as the "season of hope". Yes, there will still be spring showers (*just as there will always be a tear for our loved ones*), but they are often punctuated by breathtaking rainbows stretching across the heavens and the promise of blue skies once again. The air seems lighter and fresher, filled with floral aromas and the scent of 'life'!

As we close out these last weeks of winter and look ahead to brighter days, my wish to all families is that you celebrate your strength, honor your tears and share a word of hope and support to others who are newly bereaved. May we all find spring in our hearts!

Diane Barta
TCF Portland, OR



ATTENTION! MEMBER UPDATE

We appreciate the response to our recent membership re-registration; however we still have families on our mailing list that we have not heard from.

Perhaps there are more 'rainbows' in your life now, new flowers are blooming and the spring in your step has returned! We are happy the storm-in-life has passed for you and you have found strength in your survival.

We will be happy to continue to send the newsletter to you, if you are still interested in receiving it. However, at this time, we need to hear back from you in order to keep your name on

the mailing list. All you need to do to continue receiving the newsletter is complete the form on page 11 and mail it back or email: kim4pdx@comcast.net.

If you no longer wish to receive the newsletter, we understand and wish you well on your journey! No further action is required. If we don't hear back by the end of May, your name will be removed from our list.

Wishing you Peace!

Kim
Database Coordinator
Portland Chapter TCF



SPECIAL GUEST SPEAKER
MARCH 18, 2008
7 PM

Please join us in welcoming
Heather !

- ◆ Registered Aromatherapist and Reiki Master
- ◆ Works with Trauma Intervention Programs (TIP)

"I believe everyone has the innate capacity and desire to grow and heal."

Visit her website at:
www.heathermichet.com



Calling all aspiring writers!

Is there a hidden writer inside you? Have you ever written a journal or kept bits and pieces of your thoughts on bits and pieces of paper?! We invite you to submit it to appear in our newsletter! Most of the stories, poems & articles are written by people just like you! Sharing your words is a wonderful experience! Please email to:

dbar1207@comcast.net



Sincere Appreciation

& Gratitude to these community partners
& businesses for contributions of support!

- ♥ Portland Adventist Medical Center
Debbie , Graphics Dept. & Staff for printing our newsletter!
- ♥ Walla Walla University School of Nursing for use of their facilities to fold and prepare newsletter for mailing!
- ♥ iQ Credit Union for printing special event programs!
- ♥ Artists Repertory Theatre for tickets to the Rabbit Hole performance!

Thank you & Happy Spring!



THE SECRET OF TCF

The secret of The Compassionate Friends is simple. There is no line between the helper and being helped. In the early months of people's membership in TCF, it seems that most of the time is spent absorbing ideas, crying and letting the grief flow, and 'learning the ropes' of being a bereaved parent.

The next step is reaching out to others and helping them. It is not a big step, for listening to another person sort out his/her life helps us to sort out our lives, too.

But it is an important step because it is the first point at which the movement is reversed. All the energy had been going inward. We had been feeling so empty inside that we kept withdrawing into ourselves.

But at the point when we turn around is the point when we first listen to another, speak the words of comfort and hope, share our pain instead of just feeling our pain.

At that time, the real healing has begun.

*Dennis Klass, PhD
Advisor, TCF St. Louis, MO*

STRENGTH BORN OF PAIN

I would say to those who mourn...look upon each day that comes as a challenge, a test of courage. The pain will come in waves, some days worse than others, for no apparent reason. Accept the pain. Do not suppress it. Never attempt to hide grief from yourself.

Little by little, just as the deaf, the blind, the handicapped develop with time an extra sense to balance disability, so the bereaved will find new strength, new vision, born of the very pain and loneliness which seem at first, impossible to master.

*Daphne DuMaurier
The Rebecca Notebook*

WE NEED NOT WALK ALONE. WE ARE THE COMPASSIONATE FRIENDS.



The Compassionate Friends is a non-profit, self-help organization composed of bereaved parents/siblings. We offer friendship and understanding. Anyone who has experienced the death of a child of any age, from any cause, is welcome. Our meetings give parents an opportunity to talk about their child/sibling and about the feelings they experience through the grieving process.

There is no religious affiliation. There are no membership dues. The purpose of this support group is not to focus on the cause of death or the age of the child/sibling, as it is to focus on being a bereaved parent, along with the feelings and issues that evolve around the death experience of a child.

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 be supportive.

In a continuing series of articles to introduce many of the volunteers that keep our chapter running, we would like to introduce our Portland Chapter Leader, Woody .

Woody has been actively involved with TCF for the past five years; he was formerly the 'Set-Up' person that arrived early to arrange the chairs, set up tables/books and prepare the room for our monthly meetings. He also helped with the newsletter folding and mailing.

For the past two years, he has taken on the challenging (and fulfilling) responsibilities of being our Chapter Leader. Woody's tireless efforts and commitment to TCF are in honor and memory of his son Bryan (who was killed by a school bus at the age of five) and also his sister Lynda (who died from complications of pneumonia in his early childhood).

As both a bereaved parent and sibling, Woody understands the impact of emotional turmoil that grief and loss has on a person's life. He was first introduced to TCF through his volunteer work with TIP (Trauma Intervention Programs, Inc.- working on-the-scene with victims of accidents, domestic abuse, fires). He discovered that although many years had passed since his son and sister died, he had never been given the opportunity to deal with these very personal losses.

"I had no one I could really talk to who was willing to hear my story. I was really impressed with the Portland group from the first meeting and felt safe to share my stories. I still feel like I can open up and bear my soul when I need to.

I've made some very close friends through TCF. I'd rather share a hobby or some other interest with them, but it's nice to have someone to talk to who understands what it is like to lose a sibling or a child, at any age, from any cause. There are no age, color, or religious barriers—no 'my loss is greater than yours' mentality. We all share a terrible common bond and we all want to help each other, no matter how far along we are in our grief, or how raw it still is."

When asked what were some of the rewards of being in-

involved with TCF, Woody shared these thoughts:

- ♥ *When Lynda died, I just pulled myself up by bootstraps and 'moved on'. I didn't know what else to do.*
- ♥ *When Bryan died, I became involved with fund raising for a national organization that helped research diseases for young children. It seemed to help my grief to be doing something for someone else.*
- ♥ *In my participation with TCF and TIP, it feels good to be able to help another.*

♥ *I once told a young friend that our grief is like a wheelbarrow full of heavy rocks. I can't push your wheelbarrow for you, you have to do that yourself; but I can carry a few of the rocks to help lighten the load and walk alongside with you until you are ready to help someone else with their load.*

What would you say to others who are thinking about getting more involved?

It can be time consuming at times, but the rewards of giving back to the organization and the people who were there for you are worth it. It's also a great way to honor the memory of your loved ones.

It doesn't have to take a lot of time or work, and having a lot of people help makes it less work and less time for everyone. You can begin by doing small things like setting up the room, folding newsletters, greeting members as they arrive at meetings or events.

I would love to work with anyone interested in being a Co-Leader for our Portland Chapter; it's a great way to 'get your feet wet' and realize the wonderful fulfillment of offering hope and support to others. It's always great for any organization to get new ideas from people to keep it strong and growing. I would love to hear suggestions on what we can be doing better or differently!

If you are feeling that small nudge to step forward and help our chapter in any way, please feel free to call Woody or Diane! At this time, we are looking for volunteers to Set-Up the meeting (this can be for just one month at a time!) and we also really need someone with office skills that would be interested in helping our chapter!

**PORTLAND
TCF...
Who does What?**



**Special
Thanks
to our TCF
Mailing Crew!**

Newsletter Folding
Monday April 21, 2008
10345 SE Market St.
6 p.m.

Carolyn
Woody
Mike & Lucky
Larry
Nancy & Bob
Patricia



Time does not really
heal a broken heart:
It only teaches a person
How to live with it.



*Arnold L. Sheppard Jr.
TCF Central Oregon*

**CONFIDENTIAL
NOT AVAILABLE
ONLINE**

CONFIDENTIAL
NOT AVAILABLE
ONLINE

**In Loving Memory of
EMILY KAY
January 2008**
*Always in our hearts,
Nicholas & Christina*



**In Loving Memory of
SEAN KELLY
~ 2/28/97**
*Keep creating your music!
Forever love,
Mom, Dad, Lanny & Briana*

**In Loving Memory of
CHRISTOPHER ROBERT
~ 4/26/89**
*We will always love you. You are
always in our thoughts no matter how
much time passes.
Love, Mom, Dad & Kimberly*

A "Love Gift" is a wonderful way to remember your child, while also helping your fellow TCF officers to continue funding our activities. (Newsletter mailing, books for the Lending Library, informational packets sent to newly bereaved families, etc.) You may choose to donate a tax-deductible Love Gift at any time; many families do so either on the birth or death date anniversary.

**In Loving Memory of
ANTHONY 'TONY' M.
~ 11/23/04**
*"T" will always be for Tony!
How we love & miss you more
each day!
Love, Mom & Daddy*



**In Loving Memory of
MATTHEW
~ 11/14/03**
*Matt—Your presence is with me everyday, but especially
on the days I am riding my bike on these beautiful Oregon
roads and trails. You Keep me going strong!
Love, Dad*

**In Loving Memory of
NICOLE
~ 7/17/94**
*Happy 35th Birthday Nicole! You are in our
thoughts always. We love you and miss you.
Love, Mom & Dad
Roy & Annette*

Thank you to all the families that send in Love Gifts to honor their child! Your tender thoughts and expressions of love are testimony to the fact that 'Love Never Dies'! Your generous donations are also greatly appreciated—thank you!

If you wish to make a tax-deductible LOVE GIFT donation, fill in the information below, send with a check for any amount to:
Portland TCF , PO Box 3065 Portland, OR 97208-0102.

Month you would like it printed in newsletter: _____ Donation Amount: _____

Child's Name: _____

Date of Birth: ____/____/____ Date of Death: ____/____/____

Special Message (please include how you would like your message to be signed) : _____

Your name: _____ Telephone or email: _____

Address: _____ City: _____ Zip _____



From A Grandmother's Viewpoint

Death was not something I thought about when my grandchildren were born. Thirteen months after our fifth grandchild came into this world, I was standing in the snow holding my daughter's arm and looking down at a tiny white box containing him.

The grief came in waves, sometimes bearable...sometimes not. As well as dealing with the loss and watching my daughter, her husband and two sons grieve, I felt helpless to ease their pain. When you lose a grandchild, you also lose the people your daughter and her family were. They no longer look at life the same—they change. Grief does that, it changes the entire family and all those the family touches.

Unless one has lost a child or grandchild, you cannot even imagine what life is like in this grieving process. It has been six years since Kyle died. We are still healing, yet have come a long way. We are stronger and closer for having come this far. **WE WILL NEVER FORGET THIS CHILD!**

*Kyle's Grndmother
TCF, Central CT*



**For each grave
Where a soldier lies
At his rest**

**For each prayer
That is said today
Out of love**

**For each sign
Of remembering
Someone who died**

**Let us also give thoughts to
The mothers and fathers
The brothers and sisters
The friends and the lovers
Whom death left behind.**

Sascha Wagner

And time remembered is grief forgotten,
And frosts are slain and flowers begotten
And in green underwood and cover
Blossom by blossom the spring begins.

Algernon Charles Swinburne



Grief is a great teacher when it sends us back to serve and bless the living. We learn how to counsel and comfort those who, like ourselves, are bowed with sorrow. We learn when to keep silence in their presence, and when a word will assure them of our love and concern.

*From the Gates of Prayer
Judaism Prayer Book*

REMINDER

**The deadline for
May/June Love
Gift notes is
April 10, 2008.**

THE PROMISE



A pear tree is growing in our yard,
It was planted in your memory.
Very soon it will burst forth in bloom,
It's a beauty and joy to all who see.

It will have but a few weeks of glory,
Until it comes to full bloom;
Then just like your own life,
It's beauty will end too soon.

Yet I hope to see it bloom again,
As new life buds forth each spring.
For your pear tree holds the promise
That I'll see you once again.

*Lenora Sanders
TCF Cassville, MO*



No one would be foolish enough to choose war over peace—in peace sons bury their fathers, but in war fathers bury their sons.

Croesus of Lydia



BIRTHDAYS REMEMBERED

If it is your child's birthday month, we invite you to come to our monthly meeting and share their story! (Even if you don't come to meetings regularly, we would love to meet you and honor your child.)

Birthdays hold treasured memories and are especially difficult for surviving parents & siblings; TCF offers a wonderful venue to honor and celebrate the precious life-story of your loved one. Taking a few minutes to share a picture, memento, award or even their favorite toy is a gentle reminder to all that **love continues and grows** with each passing year.

If you wish, you may also bring in your child's favorite snack to share...or even a birthday cake!



PICTURE BOARDS



We welcome you to add your child's photo to our collection of pictures that are displayed at each meeting! This is a wonderful way to share cherished moments in their lives with other TCF friends.

Newest additions to our pictures:

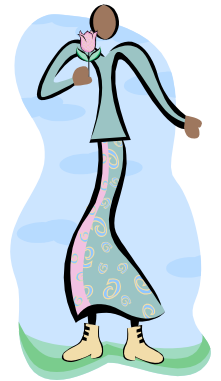
- ♥ KEVIN CRAIG
~ 7/2/02
- ♥ RICHARD
1955 ~ 2005
- ♥ CHRIS
1977 ~ 1999



Spring

I'm afraid of the Spring, I'm afraid you might say
Of other children's voices, as they come out to play.
I'm afraid of the feelings deep down in my heart;
With all the pain and the hurt, I may fall apart.
Shall I shut all the windows, so I don't hear a thing?
Shall I shut my eyes, so I can't see the Spring?
Shall I let Winter live, the whole year through?
And feel safer inside, and a lot colder, too?

*Penny Lenehan
TCF Brookside*



I Am

I am an ecstatic teenager enjoying life.
I wonder where I'll be 10 years from now.
I hear snowflakes falling outside my window.
I see angels watching over me.
I want to be worth knowing.
I am an ecstatic teenager enjoying life.

I pretend I'm dancing in front of a huge crowd.
I feel God's arms around.
I touch the stars in the sky.
I worry that the world will end.
I cry for all the pain and sorrow of the world.
I am an ecstatic teenager enjoying life.

I understand that life isn't always fair.
I say that we only live once, so make it count.
I dream of going to Paris.
I try to treat others as I like to be treated.
I hope to have a happy and successful life.
I am an ecstatic teenager enjoying life.

*Kelsey
3/24/84 ~ 1/24/99*

Kelsey wrote this poem at the age of 14 for an English assignment during her first month of high school. Four months later she was killed by a drunk driver while riding home with her Dad. For some unknown reason, she was not wearing her seat belt, something she ALWAYS did. We found the poem two months after she died on a disc of homework assignments.

*Submitted by Carolyn
TCF Portland, OR*

**Drinking?...Don't Drive!
And always...Buckle Up!**

Grief only becomes a tolerable and creative experience when love enables it to be shared with someone who really understands.

*Simon Stephens,
Founder of TCF*



**OTHER
SUPPORT GROUPS:**

Suicide Bereavement Support (SBS)

Portland Ph: 503-236-8444
3rd Mon @ 7 pm

Vancouver Ph: 360-695-5959
4th Wed @ 7 pm

Gresham Ph: 503-657-1181
1st Thurs

PARENTS OF MURDERED CHILDREN

Ph. 503-761-1304 or 503-656-8039
2116 NE 18th Portland, OR
1st Mon @ 7 pm
Website: www.spiritone.com/~tomg

BRIEF ENCOUNTERS

Ph. 503-699-8006
2116 NE 18th St. Portland, OR
Support groups for parents who have experienced infant or pregnancy loss or who are considering or experiencing a subsequent pregnancy/adoption.

BRIEF MOMENTS

Ph. 360-969-5100
SW Washington Medical Center
Vancouver, WA
Support group for parents who have experienced infant or pregnancy loss.

SIDS Resources of Oregon

Ph. 503-287-8265
Last Tuesday, call for location & time

CHILDREN'S GRIEF SUPPORT

(Family intake is required for these groups)

Me, Too & Company

Ages 5 - 18 & their parents
Ph. 503-499-5307

The Dougy Center

Ages 3—19 & their parents
Young adults 18—29
Ph. 503-775-5683
Website: www.dougy.org

Stepping Stones

Ph. 360-696-5120
SW Washington Medical Center
Vancouver, WA
Support groups for children, adolescents, and their parents who have experienced the death of a loved one.



A FATHER'S PRAYER

I am a man, God, and I have been taught that I should be strong and show no weakness.

My wife needs me to be strong; I cannot and must not be weak and lean on her.

It is only with you that I can be honest. Lord, and even with you, I am ashamed to admit it, but I want to cry. I can feel the tears securely dammed up behind eyes that want to burst.

There is a voice in me that shouts—Be Strong! Be a Man! Show No Weakness! Shed No Tears! But there is another voice inside that speaks softly and somehow I feel it is your voice, Father. Is it you who tells me that I am also a feeling human being who can cry if I need to? Is it your voice that tells me that maybe my wife needs the



tenderness of my tears more than she needs the strength of my muscles?

You are right, Lord, as always. My wife needs to see my grief. She needs to feel the dampness of my tears and know the aching in my heart. Then, just as we became one to create life, we become one in our grief which mourns this death.

I think I understand, Lord. It is in sharing the awful pain of my grief that I become an even stronger man. It is in sharing my tears that I share my true strength.

Oh God, help me to communicate my deepest and most sensitive feelings to my wife so that we may become whole together.

*Norman Hagley
TCF Palestine, TX*

TCF Oregonian Ad

We invite any of our families to honor their child by sponsoring a TCF Memorial Ad. Your child's name and dates will be printed along with a fluttering butterfly, which represents the beauty of a new life. This ad appears on the third Sunday of each month in the Oregonian.

It also helps to raise awareness of TCF for newly bereaved families that may not know where to turn for help in the darkest hour of their grief.

Anyone may sponsor an ad for \$50 per name. Please contact Woody Turner if you would like to participate. Ph. 360-635-1319 or woody.turner@comcast.net



The deadline for each month's ad is the first Sunday of the month. (March 2nd & April 6th)

BIG MUD PUDDLES AND SUNNY YELLOW DANDELIONS



The Compassionate Friends Portland Chapter

P.O. Box 3065
Portland, OR 97208-3065
Ph. 503-248-0102
Meets: 10501 SE Market St., Portland
3rd Tuesday @ 7 pm
Email: woody.turner@comcast.net

TCF Portland Satellite Chapter

Ph. 503-524-0957
Meets: First United Methodist Church,
Rm 210
SW 18th & Jefferson, Portland
1st Saturday @ 10:30 am

TCF Clackamas County Chapter

Ph. 503-772-4485
Meets: Community Health Education
Center
519 15th St. (15th & Washington)
Oregon City, OR
4th Tuesday @ 7 pm

TCF McMinnville Chapter

Ph. 503-472-4344
Meets: Lafayette Community Church
365 3rd St.
Lafayette, OR
1st Thursday @ 7:30 pm

TCF Washington County Chapter

Ph. 503-324-2504
Meets: Elsie J. Stuhr Adult Leisure
Center
5550 SW Hall Blvd. (Oak Room)
Beaverton, OR
2nd Tuesday @ 6:30 pm

TCF Salem Chapter

Ph. 503-743-3930
Meets: First Congregational Church
700 Marion St.
Salem, OR
1st Monday

When I look at a patch of dandelions,
I see a bunch of weeds that are going
to take over my yard. My kids see
flowers for Mom and blowing white
fluff you can wish on.

When I look at an old drunk and he
smiles at me, I see a smelly, dirty per-
son who probably wants money and I
look away. My kids see someone
smiling at them and they smile back.

When I hear music I love, I know I
can't carry a tune and don't have
much rhythm so I sit self-consciously
and listen. My kids feel the beat and
move to it. They sing out the words. If
they don't know them, they make up
their own.

When I feel wind on my face, I brace
myself against it; I feel it messing up
my hair and pulling me back when I
walk. My kids close their eyes, spread
their arms and fly with it, until they fall
to the ground laughing.

When I pray, I say 'thee' and 'thou'
and 'grant me this, give me that'. My
kids say, "Hi God! Thanks for my toys
and friends. Please keep the bad
dreams away tonight. Sorry, I don't
want to go to Heaven yet. I would
miss my Mommy and Daddy."

When I see a mud puddle, I step
around it. I see muddy shoes and
dirty carpets. My kids sit in it. They
see dams to build, rivers to cross and
worms to play with.

I wonder if we are given kids to teach
or to learn from? No wonder God
loves the little children! Enjoy the little
things in life, for one day you may
look back and realize they were the
big things.

I wish you Bid Mud Puddles and
Sunny Yellow Dandelions!

*Reprinted from TCF Clackamas County
Spring 2002 issue*

**Grieving is as natural as crying when you are hurt, sleep-
ing when you are tired, eating when you are hungry, or
sneezing when your nose itches! It is nature's way of heal-
ing a broken heart.**

Rabbi Earl Grollman

I shall see him
In the beauties of
the earth,
In the loveliness of summer
sunsets
And the loneliness of winter winds.

In the delicate new life
Of springtime trees,
In the blazing glory
of fall's bright leaves.

I shall see him in the face of youth
Seeking, straining for love & truth.
And in the peaceful face of age
Completing the journey of our
days.

HE LIVES IN ME

I shall see him
In the ocean's
mighty power;
I shall see him in the wonder of
the stars.
I shall see him
In the face of happiness and care
I shall see him...everywhere.

*E Rita Asher
TCF Cape Cod, MA
Written at dawn on the day
Following her brother's death.*



TCF LENDING LIBRARY

We invite you to browse through
our selection of books and borrow one for
up to three months!

We also welcome families to donate books
to our library, too! A special sticker will be
placed in each donated book with your
child's name and dates.



RE-REGISTRATION FORM (Database update information)

Mail to:
THE COMPASSIONATE FRIENDS
Portland Oregon Chapter
P.O. Box 3065
Portland, OR 97206-3065
Ph. 503-248-0102

We are in the process of updating our mailing list database and need your help. If you would like to continue receiving this newsletter, you must contact us to continue being on the mailing list.

Please reply by May 20, 2008

- () Continue membership
- () Remove from mailing list
- () Address change or correction
- () Name change or correction
- () I would like to receive the newsletter via email
email address: _____
- () I would like to make a donation of \$ _____

Name _____ Phone _____

Address _____

City _____ State _____ Zip _____

Name of child(ren) _____

Birth date ____/____/____ Death date ____/____/____

() Son () Daughter () Grandchild () Sibling

Please use back of form if you have additional names and dates.

We must have your signature to print your child's name. Please check the appropriate box below and sign the form.

"I hereby give permission for TCF to include the name, birth date, and death anniversary of my child in the "Our Children Lovingly Remembered" section of the newsletter during the appropriate months, from this day until further notice from me."

YES, permission is granted.

NO, do not print my child's name.

Signature

Date

Website permission:

*"I hereby give permission for TCF to include the **first name only**, birth date and anniversary of my child when newsletter is posted on the website."*

YES, website permission is granted.

NO, do not print my child's name on website.

Signature

Date

Thank you for your help in keeping our database current!



The Compassionate Friends
 Portland Chapter
 P.O. Box 3065
 Portland, OR 97208-3065

NONPROFIT
 ORGANIZATION
 US POSTAGE
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 PORTLAND OR

RETURN SERVICE REQUESTED



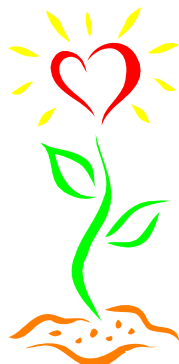
**MARCH—APRIL
 2008**



**Find a little time for Spring,
 Even if your days are troubled.
 Let a little sunshine in -
 Let your memories be doubled.**

**Take a little time to see
 all the things your child
 was seeing...
 And your tears will help
 your heart
 Find a better time for
 being.**

*Sascha Wagner
 TCF Des Moines, IA*



TCF NATIONAL HEADQUARTERS

PO Box 3696
 Oak Brook, IL 60522-3696
 1-877-969-0010 (Toll free)

Email: nationaloffice@compassionatefriends.org

TCF FACILITATED CHAT SCHEDULE

<http://www.compassionatefriends.org>

All Times Are Eastern

(Check for current times, as the schedule may change.)

Mon: 10 - 11 PM **Men Only Chat**

Tue: 9 - 10 PM **Pregnancy Loss/Infant Death**

Wed: 9 - 10 AM **Newly Bereaved**

Wed: 6 - 9 PM PST **Sibling Chat** (this is a long one)

[http://www.compassionatefrineds.org /Chat/
 chat_entrances.shtml](http://www.compassionatefrineds.org/Chat/chat_entrances.shtml)

Thu: 8 - 9 PM **No Surviving Children**

General Bereavement:

Mon & Tues: 9 - 11 PM

Wed: 10 - 11 PM

Thu: 9 - 11 PM

Fri & Sat: 10 - 11 PM

Sun: 9 - 10 PM