



MARCH—APRIL 2011

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
Ph. 503-248-0102

Chapter Leader/Newsletter

Mailing: Carolyn
linerharrington@yahoo.com
503-307-8450

Secretary: Beverly
beezee53@aol.com
503-665-9576

Member Database: Kim
kim5pdx@yahoo.com
503-830-9456

Newsletter Editor: Deb
debsmoon@gmail.com
503-490-0766

Telephone Outreach: Melody
503-248-0102
svonruden@aol.com

Treasurer: Terri
360-921-2911

Librarian: Delilah
delilahb2000@yahoo.com

Website: Diane
dbar1207@comcast.net

Meeting Schedule

WE LOOK FORWARD TO MEETING YOU!

March 15, 2011
April 19, 2011

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

Sunnyside Seventh Day
Adventist Church
10501 SE Market St.
Portland, OR 97216
(near Mall 205)

SATURDAY MORNING GROUP

March 5, 2011
April 2, 2011

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

First United Methodist Church
1838 SW Jefferson, Rm. 130
Portland, OR 97205
(Corner of SW 18th / Jefferson)



34th National Conference
Minneapolis/St. Paul, MN
July 15-17, 2011

34th National Conference Minneapolis/St. Paul, MN July 15—17, 2011

Plan now to attend: TCF's 34th National Conference will be held in Minneapolis/St. Paul July 15-17, 2011 at the Sheraton Bloomington Hotel. You will find it to be another great conference with around 100 workshops, sharing sessions, special keynote speakers at the Opening, Closing and Friday Afternoon and Saturday Evening banquets, Hospitality Room, Butterfly Boutique, Reflection Room, a completely stocked bookstore, special Friday evening entertainment and a Remembrance Candle Lighting. TCF's Walk to Remember will be held Sunday morning.

Continue to follow the National TCF website for up-to-date information.

www.compassionatefriends.org



When you remember me, it means that you have carried something of who I am with you, That I have left some mark of who I am on who you are. It means that you can summon me back to your mind even though countless years and miles may stand between us. It means that if we meet again, you will know me, and hear my voice and speak to me in your heart. For as long as you remember me, I am not entirely lost.

Frederick Buechner

March 15th Meeting
What's On Your Heart?

April 19th Meeting
Sharing Inspirations: Stories, Quotes (bring yours to share)

WHAT DOES TELLING OUR STORY DO FOR US?

- ♥ Heals
- ♥ Nurtures
- ♥ Gives meaning to the life of our loved child/sibling
- ♥ Gives meaning to our lives
- ♥ Helps and even heals others



The Portland Chapter of The Compassionate Friends operates solely with voluntary donations. Monetary gifts in any amount are appreciated.

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 vision of The Compassionate Friends is that everyone who needs us will find us and everyone who finds us will be helped.

A Warm Welcome to New Members.... We're Glad You Found Us!

To our newest members—we offer our warmest welcome! If you have walked through the door to a TCF meeting, we understand how traumatic and difficult that is to do...we have all taken that step and reach out to you in friendship and support.

As our TCF Credo says, "*We come from different walks of life...*", but the common bond we now share is the death of a beloved child or sibling. Others cannot understand the terrifying and debilitating emotional issues that occur in our daily lives once this event happens; a TCF member can and does!

We hope you will find our meetings and newsletters to be a comfort, a place where tears are allowed, no judgments are made and the hope that through this trauma, we can once again find hope and meaning in our lives.



I hope that you have been surviving the dreary winter and we can now look forward to Spring—rebirth... As a tribute, I am anxious to get my hands in the dirt and plant my "Jorey Garden"! I will have his leather garden gloves and bug barn near me for comfort.

It seems as though I just finished the last newsletter and here I am again! AND ... I am asking for your help! I know that many of you have authored some wonderful poems, stories, etc. to honor your child. It would be such an honor to publish your work in this newsletter! Please consider!

For the past several months, our meeting place has been disrupted due to construction at the church. Because of this, we lost our storage for our meeting supplies including the photo boards and our lending library, etc. These items are now stored offsite and not available at the meeting. We are working with church staff to secure some kind of storage onsite until the construction is completed. In the meantime, we thank you for your patience and understanding.

Be sure to make use of your local public library for additional resources. And don't forget to check out both websites, www.tcfportland.org—our local site (Portland) and the national TCF website, www.compassionatefriends.org. There is a wealth of information and resources on these sites as well. Be sure to check these out!

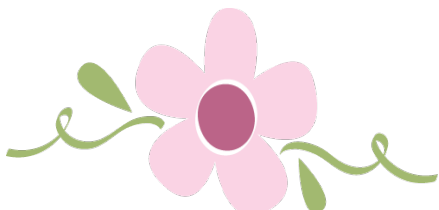
Hugs until next time,
Deb, Jorey's Grandma



Thank You

Portland Adventist Medical Center
Debbie Esmond, Graphics Dept. &
Staff

- ♥ Patricia (In memory of Kenton)
 - ♥ Carolyn (In memory of Kelsey)
 - ♥ Deb (In memory of Jorey)
- For folding, labeling, and mailing the January/February newsletter!



The Anticipation of Spring



Spring is a time for the wind. The trees were budding and renewal. As a child, teen, and then an adult, I always looked forward to spring with anticipation.

The thoughts of green grass, budding trees, and blooming flowers of all varieties and colors were a welcome change from the long, cold, dreary Michigan winter.

It was a magical time of year. When I was a child, each member of my family watched anxiously to lay claim to being the first to spot the familiar hop-hop of the returning robin, the first sign that spring was actually here. We could finally take off the gloves, shed our heavy winter coats and boots, and roll down the windows on the car to hear the laughter of children playing outside and smell the fresh mown grass as we'd drive down the road.

That's the way it was for me on the first day of spring 12 years ago. I remarked how beautiful the tulips looked as they danced in

ding, and there was magic in the air. My kids and I shed our heavy winter coats, flinging them in the backseat, rolled down the windows of the car, and started singing in celebration of the beautiful day we were experiencing.

And then ...

IT happened. Suddenly, undeniably, horrifically—my world, my spring, my life changed.

My 5-year-old son, Stephen died that first spring day. His 8-year-old sister, Stephanie, my firstborn, died a few hours later, enough past midnight to list the next day on the death certificate. Gone was the laughter, the magic, the beauty of my world.

The springs that followed were no longer filled with anticipation or magic. They were dark and ugly to talk about. I wanted nothing to do with "spring". If H.G. Well's time machine had existed, I would have entered it at the end of winter

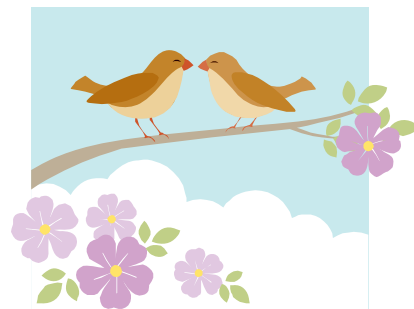
(continued on page 11)



A Note to a Newly Bereaved Parent

Memories have no time span,
One minute, one hour, one day.
The heart will hold forever
What time has taken away.
I know your pain will lift some
With every new minute, hour, day.
No one will replace them,
We will just have to wait.
But our memories will
Touch our heart
Till we can touch again.

*Suzi Southworth
TCF, McMinnville, OR*



Next time you feel lonely, take a walk under the stars

VOLUNTEERS NEEDED!

If you are looking for something to do with other members of the Portland TCF ~ we want you! This is a great way to socialize with other members and build long-lasting friendships! There are a variety of needs that are on a regular basis and others for special events—jobs large and small. Please contact one of the steering committee members on Page 1 to discuss how best to fit your talents

Our Children Lovingly Remembered

CONFIDENTIAL
Not available online

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CONFIDENTIAL
Not available online



A **Love Gift** is a special note to your child that is printed in the newsletter—it is a wonderful way to remember and honor their memory! Families often submit these either on the birthday or anniversary date of their child, but it can be done at any time!

There is no charge for printing a **Love Gift**, but many families choose to donate a tax deductible contribution to help with the expenses of our chapter that include:

- ♥ Church meeting place
- ♥ Newsletter mailing
- ♥ Information & brochures sent to new families
- ♥ Telephone message line
- ♥ Stocking our Lending



**In Loving Memory of
KELSEY
1/24/99**

Missing you SO MUCH and wishing I could celebrate your 27th birthday with you. You were a gift to us for 14 years and you will be loved forever!

Love, Mom

Carolyn

**In Loving Memory of
JOREY BENJAMIN
7/31/08**

I miss you so much every single minute of every day. My heart flutters every time I think of you! I LOVE YOU, JOREY. Happy 11th Birthday...

Love, Grandma

Deb

**In Loving Memory of
GARI ANN
3/8/09**

*Angel Girl—
you are so missed and loved.*

Love, Mom

Barbara

**In Loving Memory of
ADAM SCOTT
4/5/93**

Eighteen years of missing you and loving you forever.

Love, Mom & Dad

Carl & Carol

REMINDER:
**Love Gifts for May/June must
be received by May 10, 2010**



**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 97208-3065.

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 _____

In Loving Memory of
RYAN ANDREW
 12/28/07

*The day comes with deep regret,
 for there came a sorrow
 we will never forget.
 But in my heart
 you will always be there.*

Love, Grandma & Grandpa

Pauline

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 and 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.

A special Birthday Table is available to display your pictures and special keepsakes. If you wish, you may also bring in your child's favorite snack to share...or even a birthday cake!



TCF 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: linerharrington@yahoo.com

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 Ctr
 519 15th St. (15th & Washington)
 Oregon City, OR
 4th Tuesday @ 7 pm

TCF McMinnville Chapter
 Ph. 503-434-5917
 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

**Sometimes our fate
 resembles a fruit
 tree in winter. Who
 would think that
 those branches
 would turn green
 again and blossom,
 but we hope it, we
 know it.**

*Loving you always,
 forever and ever...*

An Easter Remembrance

Easter signifies the Risen Christ, the most hopeful and positive symbol of Christendom, and the Jewish Passover celebrates escape from oppression and slavery into the promised land. These holidays have not become burdened with required gift giving, home decoration, and lavish partying.

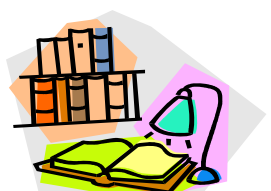
As winter ends, and the trees, shrubs and flowers of our valley burst into bloom, many bereaved parents feel their spirits life a bit, and the pall of gloom subsides for many. Some of our parents, in fact, leap into spring by planting a memorial garden for their child, which gives them something positive to do, and provides them with the pleasure of creating a little spot of beauty for them and their family and friends to enjoy. The exercise and getting out into these rare and beautiful spring days are an added health bonus. And to have flowers from your child's garden to bring inside to brighten your kitchen and gives special joy.

Whatever the approaching religious season holds for you, pitch in and welcome it. And don't forget the power of flowers especially a spot of your own creation.

Jackie Rohr
 TCF, Ventura CA

Lending Library

< ANNOUNCEMENT >
 At this time, the lending library is unavailable until further notice. You may still return any books by bringing them to a meeting. If you have any questions, contact Librarian: Delilah (Jason's Mom) delilah2000@yahoo.com



GRIEF RECOVERY BILL OREGON SENATE BILL 506, 2011

Summary of bill

Allows eligible employees to take family leave to deal with the death of a family member. Limits period of leave to two weeks with six weeks with medical verification. Requires that leave be counted toward total period authorized family leave.

Three days to return to work

In the United States there is a standard in most employment contracts of three days "mourning leave" allowed for the loss of a family member. This is just not enough time to recover from the shock, let alone getting your household in order so you can return to work. If you lose a spouse and have children you are suddenly a single parent. Trying to manage childcare, meals, and all the household chores. When this happened to me I realized there needed to be a change.

I contacted my Oregon State Senator, Senator Boquist, to sponsor a bill amending OFLA (the Oregon Family Leave Act). This bill will allow an immediate two weeks off and the ability to get more time if needed.

You can access a copy of the bill at <http://www.leg.state.or.us/11reg/measpdf/sb0500.dir/sb0506.intro.pdf>

We all need to contact our legislative representatives and let them know we support this bill.

All you have to do is enter your address and information for your state Senator's and state Representative's contact information to come up. Then call, email, or mail a letter to them. You may also send a message to Governor Kitzhaber as well to let him know you support this bill.

Your legislative contact information can be found at: <http://www.leg.state.or.us/findlegsltr/home.htm>

For comments email: griefbill@gmail.com or friend me at the Facebook name: [Grief Recoverybill](#)

iGive.com

Your Purchases Through iGive.com Can Benefit The Compassionate Friends

When a child has died, it seems like the world has stopped. Small tasks become like giant mountains. Purchasing those items necessary to go on with life is raised from an inconvenience to nearly insurmountable obstacles.

Now you can relieve some of that burden to yourself and support TCF's efforts to help bereaved families throughout the United States by making your purchases through TCF's new online shopping mall partner, [iGive.com](http://www.iGive.com) where up to 26% of the price of your purchase is donated back to The Compassionate Friends to help it fund its many national programs.

All you have to do to participate is sign up at www.iGive.com/TheCompassionateFriends, designating The Compassionate Friends as your charity of choice. It you then

make a purchase within 45 days from any of the participating [iGive.com](http://www.iGive.com) stores, TCF will receive a \$5 donation from [iGive.com](http://www.iGive.com) in addition to the normal percentage from the purchase from that store. You can enter anytime through the link toward the bottom of The Compassionate Friends national website at www.compassionatefriends.org.

Or you can use the easy [iGive.com](http://www.iGive.com) shopping window. This feature allows you to download a small software program that then pops up a shopping window anytime you visit a store participating in the iGive.com program, whether or not you enter through the link on TCF's national website. The shopping window tells you that the store is participating in the [iGive.com](http://www.iGive.com) program and also advises you of the percentage that will be donated to TCF from your purchase. All shopping is secure and your privacy is assured.

Participating stores include such well-known names as Apple iTunes, Barnes & Noble, Best Buy, Dell, Drugstore.com, Eddie Bauer, e-bay, Enterprise, GAP, Home Depot, Hilton Hotels, Hotels.com, Hotwire, JCPenney, Kohl's, Land's End, L.L. Bean, Macy's, Neiman Marcus, Nordstrom, Office Depot, Office Max, Priceline, QVC, Radio Shack, Saks Fifth Ave, Thrifty Car Rental, and United Airlines. There are hundreds of additional large and small specialty and general merchandise stores. For a complete list, visit www.igive.com/html/mall.cfm

**Thank you for supporting
The Compassionate Friends!**



Daffodils



In the Spring, I will bring daffodils to you
 with a prayer,
 After the cold, snowy winter is over and
 gone.
 I will sit on the grass and sing the songs that
 we shared,
 Knowing that your boundless spirit still lives
 on.
 I've walked the path of sorrow. It's helped
 me
 to grow.
 Through the tears have come my strength

and
 my healing.



Follow
 Alan Pedersen
 & his Angel Tour
 Online . . .

www.everashleymusic.com
www.angelsacrosstheusa.com
 YouTube—Alan Pedersen
 Facebook—Angelsacross Theusa

**CDs can be purchased on his website
 and available at Portland chapter TCF.*

Alan
 Pedersen
 releases
 a



OLDER GRIEF

Older grief is gentler.

It's about sudden tears swept in
 by a strand of music.
 It's about haunting echoes of first
 pain on anniversaries.
 It's about feeling his presence for
 an instant one day while dusting
 his room. It's about early pictures
 that invite me to fold him in my
 arms again.
 It's about memories blown on
 wisps of wood smoke and sea
 scents.

For the most up-to-date
 information, visit
www.tcfportland.org
www.compassionatefriends.org



or on Facebook at
The Compassionate Friends/USA

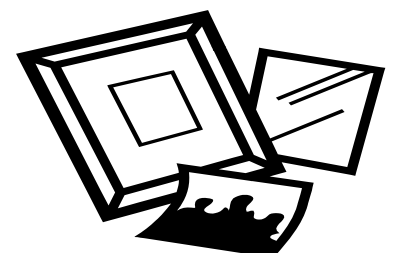
PICTURE BOARD

Add your child's photo to our display of pictures! At each monthly
 meeting and all our special events, we display our Picture Boards ...

Our Children Always Remembered!

Becky Sheehy (Justin's Mom) has volunteered to be in charge of this
 project—so bring in your photo, please be sure names and dates are
 correct, and Becky will add it
 to our collection.

You may contact Becky at
bsheehy2@aol.com
 or
 503-625-0316



I NEVER KNEW

I never knew pain
Until I lost my son Shane.
He was my beloved son.
He was my sun.

I never knew sorrow
That could threaten tomorrow
Until that dark night
When I lost all light.

I never knew sadness
That would take away my gladness
Until my child was taken from me
And the tears poured so heavily
I could not see.

I never knew despair
So deep beyond compare
Until a part of me died inside
And I cried and cried and cried.

At the horrible tragedy of my son
Dying at such a young age
Until I stood by his side
As he left this earth and
went to the other side.

I never knew such a shattered heart
In a million pieces torn apart
Until my son, my best friend
My soul mate Shane was suddenly gone.
And I was left to wonder
HOW DO I GO ON?

I never knew the strong bond
And connection we shared in this life
Would be put on hold until the next life
So very soon, before I was ready
To say goodbye...

*Angela O'Hara
TCF, Portland OR*

I never knew such rage

DON'T LIVE IN THE PAST

"Don't live in the past." How many times have I caught myself doing just that? The past is, in a way, safe. Both my sons are alive, waiting there for that past to be played back in my mind with all the grand memories that live there. The trouble with the past is that sooner or later I must leave this safe and seemingly happy place in my mind and come again to the present. Here only one of my sons still lives. The other died two and a half years ago. Here the memories, although of happy times, bring tears to my eyes and an ache to my heart.

Crossing your bridge before you get to it is the opposite of living in the past. I often do try to cross the bridge ahead of time. How often I have said, "I wish these holidays were over; then I'd feel better," or "When the warm weather comes, I'll be happier." The truth is I'll be just a little older when the next "when" gets here, no happier, no better, just a bit older.

The fact is, the past is the past—done, over. I can't be there for the good parts and I can't change the bad. As for the future, it's not here yet. That just leaves now, right now. I must learn to live now. Enjoy today and all it has to offer. Wrestle with today's problems and leave tomorrow's good and bad to be handled when tomorrow becomes today.

*Sue Pierce
TCF, Bangor, ME*

The Anticipation of Spring, continued from page 3.

and fast-forwarded through spring.

As time marched on and one spring followed another, I learned an important lesson in my journey through grief: as much as I wanted to, I couldn't fast-forward through the hard spots. I couldn't go around them. I had to go through them slowly like a dog paddling through water, so I could get to the other side. Somehow doing this taught me to cope, to endure, to face tomorrow and all the first days of spring that followed. It's much like the transformation that takes place when a butterfly emerges from a dark, cold, seemingly lifeless chrysalis.

A few years ago, as winter was drawing to a close and the first day of spring was quickly approaching, I looked out the kitchen window toward the budding pear tree in the backyard and discovered it was full of chirping robins. I smiled and knew that Spring somehow wasn't going to be so bad. It was once again time to enjoy the smells of the season, the beauty of the budding trees, and the magic that the season had to offer. And I knew Stef and Steve would have wanted that for me.

Pat Loder, TCF Lakes Area Chapter, MI

Reprinted from We Need Not Walk Alone, the national magazine of The Compassionate Friends.



**OTHER
SUPPORT GROUPS:**

SUICIDE BEREAVEMENT SUPPORT (SBS)

Ph. 503-236-7524

NE Portland 3rd Monday @ 7pm

SW Portland 1st & 3rd Thursday @7pm

Vancouver 4th Tuesday @ 7pm

Gresham 1st Thursday @ 7pm

St. Helens 2nd & 4th Wed—503-397-7841

The Dalles call 541-296-8850 for information
Hood River call 541-386-4997 for information

PARENTS OF MURDERED CHILDREN

Ph. 503-761-1304 or 503-656-8039

2116 NE 18th Portland, OR

1st Mon @ 7 pm

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.

Let Hope find a place in your heart



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
 2011



There's an important difference between giving up and letting go.
 ~ Jessica Hatchigan

Missing you ...
 Flowers bloom
 Birds sing songs of joy
 Sunshine beats down on me
 My heart misses you
 Rain falls
 Clouds roll by
 The earth keeps turning
 My arms miss you
 Hugs from strangers and friends
 Familiar music
 The scents of spring
 My love misses you.

*Caitlin Leal
 Wife & Mother
 www.princesszev.org
 TCF, Medford OR*

TCF NATIONAL HEADQUARTERS
 PO Box 3696
 Oak Brook, IL 60522-3696
 1-877-969-0010 (Toll free)
 Email:
 nationaloffice@compassionatefriends.org



Online Support Community
 (Topics Available)

- ♥ Parents/Grandparents Share
- ♥ Pregnancy/Infant Loss
- ♥ Bereaved 2 years & less
- ♥ Bereaved 2 years & more
- ♥ Men Only Sharing Session
- ♥ No Surviving Children
- ♥ Siblings Share
- ♥ Survivors of Suicide

For more information or to participate, visit the website:

➔ www.compassionatefriends.org
RESOURCES—ONLINE SUPPORT