



THE HUB

THE COMPASSIONATE FRIENDS NEWSLETTER

August/September edition

Kindness

Before you know what kindness really is you must lose things, feel the future dissolve in a moment like salt in a weakened broth.

What you held in your hand, what you counted and carefully saved, all this must go so you know how desolate the landscape can be between the regions of kindness.

How you ride and ride thinking the bus will never stop, the passengers eating maize and chicken will stare out the window forever.

Before you learn the tender gravity of kindness you must travel where the Indian in a white poncho lies dead by the side of the road.

You must see how this could be you, how he too was someone who journeyed through the night with plans and the simple breath that kept him alive.

Before you know kindness as the deepest thing inside, you must know sorrow as the other deepest thing.

You must wake up with sorrow. You must speak to it till your voice catches the thread of all sorrows and you see the size of the cloth.

Then it is only kindness that makes sense anymore, only kindness that ties your shoes

and sends you out into the day to gaze at bread, only kindness that raises its head from the crowd of the world to say It is I you have been looking for, and then goes with you everywhere like a shadow or a friend.

– Naomi Shihab Nye, 1952

SUPPORT SERVICES

National helpline

We have a new national 24 hour line number for those in need:
1300 064 068

We also have a new email address:
admin@tcfqld.org.au

TCF NEW FARM OFFICE

Thank you

We would like to thank everyone who continues to support TCF throughout the year. Your time and effort is greatly appreciated by everyone at The Compassionate Friends.

TCF NEW FARM OFFICE

Office opening hours

Monday to Fridays
9am to 3pm

If you would like support please call the office to organise a time with one of our compassionate volunteers on (07) 3254 2657

CONTACT US

If you need a friend...

New farm office: 505 Bowen Terrace New Farm, Brisbane

Office Phone: (07) 3254 2657

Email: admin@tcfqld.org.au

Postal Address: PO Box 1930

Find us on 

SAVE THE DATE

TCF Annual General Meeting 2018

When: 18th September

Time: 7:00pm

Where: 505 Bowen Terrace, New Farm

Help make a difference. Please come along and support your organisation to continue its valuable community work.

Light supper provided.

President's Report

Hello Everyone.

What a year it has been for me. I started my year in September last year as President and I feel as though I haven't stopped since. I inherited many projects at my initiation and have been trying to get so many of these projects finalised before my tenure as this year's president's position draws to a close. I first want to thank you all for your kind words of encouragement. I would like to thank each and every one of the valuable volunteers TCFQ have. This includes our board members, support facilitators, office facilitators, our newsletter editor and of course our wonderful Qld Coordinator, Kristie. You have all done an amazing job.

Moving on to one of the projects I have been working on while managing other things is the TCFQ constitution. In my last report I pre-empted the review of the Constitution. I have now published the draft document on the TCF Qld Website. Here is the link: [The Compassionate Friends Constitution \(draft\) 2018](#).

If you are reading this on line, just click on it. If you are reading in paper format, type the address above into a browser. If you just want to read a paper copy please give us a call and we will do our best to make sure you get to see it.

The main points to note are:

- The amount of time a member is to serve on the board is two years. (currently it is one year)
- The new document will be treated as an interim document and will be a trial for one year with total adoption at the 2019 AGM. This is to allow the members to work with the new document for a trial period of 1 year.
- The rules of eligibility to join have been extended to enable membership by someone who has lost a child prenatally.
- Non bereaved parents (i.e. any interested person) may join as a member
- The Board may appoint a natural person as a Patron of the Association
- The following financial delegations have been assigned to various members to enable TCF to carry out its functions without having to go to the board for every dollar it wishes to spend.
- President/Vice President - \$2000

- Treasurer/Secretary - \$1500
- Board Member - \$800
- Co-ordinator - \$300
- Where expenditure is expected above \$2000, a resolution by the Board is required.

The whole document has been perused checked and commented on several times before the final draft document was released for all of your input.

The annual seminar was held on the 30th June. It was something not to be missed. This year we had a keynote speaker and eight remarkable presenters deliver some tremendous workshops. We also had special guests who gave up many hours for us. If you could not make it this year then please put aside some time for it in next year's calendar, you won't be disappointed. Everyone who attended was full of praise and said they got something from it. The speakers were informative and engaging, the food was greeted with applause and the keynote speaker held the audience mesmerised throughout. It is with great satisfaction that I salute the organising committee who worked so hard to bring you the event.

With the time fast approaching to usher in a new board, it is appropriate that I should say a few words in this regard. Please make no mistake, we need members to come forward and fill the vacancies that we will invariably have. I personally don't want to discourage anybody from holding a seat on the board, but those of you who may have given it some thought need to be aware the time has come that this organisation needs to do things differently to the way we have in the past. My resolve to always be aware of the reason we do what we do is paramount, that is to support parents and families who have lost children of any age and from any cause and to support siblings, grandparents and families who may need our care. This is what we are all about. But we have to realise that we, as board members, will need to be dealing with matters more closely related to the running of a business than dealing with grief.

I am sorry if this seems a harsh point of view, but the reality of financial responsibility and of governance requirements in this new era,

unfortunately demand that we put aside our own grief to act for the betterment of this organisation. If I am re-elected I will be looking for people who are willing to give more than the two hours once every two months required under the constitution. There will be work to do outside of the meetings. Satisfaction will be the reward that we get, and of course the odd cup of coffee.

What happens to me rests with the membership over the next few months. A nomination form to be a board member is included in the new newsletter/magazine as well so please check it out and have a good think if this is the right fit for you. This will be my last newsletter before I face my peers, so there is a few things I should mention. One of the most important outcomes over this last year has been the time and opportunity I have been given to stop and think about my own young son, Aaron. For this, I am grateful.

I would like to thank our small army of volunteers who do a myriad of jobs far flung corners of the state as well as in and around the office. You are truly appreciated and TCFQ would never be able to function without you. It is all of you who show the compassionate face of TCFQ. You show new members the way back to a form of normality and your dedication to your position is second to none.

I have wanted to visit all the groups around the state over the past year but have not managed it. I will follow this up again next year if I am still here. I would also like to take the opportunity to thank my outgoing board, many of whom have worked long and diligently on the various tasks set for them. I hope that both volunteers and board members alike gain satisfaction from the important roles they have undertaken and know that there are those who appreciate what they do.

So as the board year closes I would like to think that all we do is not in vain. We remember the objects of our organisation; that we will not let you walk alone, grieving the loss of a child, a grandchild or a sibling. We are The Compassionate Friends.

*Kerry LeBoutillier, father of Aaron
TCF President.*

TCFQ Annual Seminar 2018

Wow! What a big difference a lot of small differences can make. This is what can be said about the TCFQ Annual Seminar for this year. If ever a job created as much satisfaction as organising a Seminar, I would like to apply for it. There is a proviso though. It is not allowed to have anywhere near the amount of stress in the lead up. You would not believe the number of details our subcommittee had to be across to get the Seminar to materialise, so to speak, but we did it and I would have to say anyone who attended on the day would say the same thing. We all did a great job.

We made the day even better for one of our guests who won our wonderful 2 day getaway for two to the Tangalooma Island Resort when she won our balloon raffle valued at over \$680. Congratulations go to our other lucky door prize winners as well. A night at the Hotel Grand Chancellor and a Dusk gift pack. Well done to you all. TCFQ hope you enjoy your prizes.

Our planning started about six months ago when the subcommittee for the Seminar was formed. We had our first meeting and were sailing along quite pleasantly, thinking we all had this under control. One thing I found, and I am sure anyone who has ever undertaken this type of job will attest to, that no matter how many things you can think of to do, you can absolutely guarantee that you will have forgotten something.

But the day finally dawned and like an army of ants we, the subcommittee and our superb volunteers, descended on the O'Shea Centre. We pushed a table here, set up a stall there, arranged bottles, cash tins, computers and blankets. It went together but not exactly like a well-oiled machine, but we did get there in the end.

The lead up to the day was a bit different. When we started to get to the nitty gritty we realised one of our first tasks was we needed to organise the presenters. What a first hurdle to have to deal with. We asked each other, who is available? Who will actually be willing to do it? I have to say there are so many amazing people out there but getting connected with the right ones is not always that easy. But then you start to speak to someone who knows someone who once made a suggestion that a certain person would be perfect in the role. You get cracking to find them. Once we started speaking to our special guests and our presenters we knew the day was going to be a success. The overwhelming response we had from all those who made it to the Seminar was that it was outstanding.

Our Master of Ceremonies was Tina Good, (President of the Queensland Homicide Victim's Support Group) was remarkable and her preparation beforehand was exceptional. Greg Hovey from Scotia Lodge in Kedron represented The Hand Heart Pocket Charity on the day and presented our President, Kerry LeBoutillier with a cheque for \$10,000.

The grant is to be used to raise the profile of TCFQ so as we can get this great organisation out to more people. So we promise to do that for all of us. Greg also shared his and his wife Ellie's story for the first time on the loss of their own son over 40 years ago. What a brave thing for him to do? But what a wonderful achievement that he felt safe enough to share their story at our Seminar. Another of our special guests was Dr. Anthony Lynham, Member for Stafford, Minister for State Development and Minister for National Recourses and Mines.

Dr. Lynham spoke to the audience about his position as an Oral and Maxillofacial surgeon in the many hospitals he has worked in over many years. He spoke about all of his "very special patients" whom he said he remembered and even commented if he shut his eyes he could see all of their faces. What a remarkable man. He also spoke about the interaction he had with their grieving families after their loved one had passed away. He said by being at the Seminar it gave him a better insight as to why he does what he does and why it was so very important that TCFQ continue doing the wonderful job we do for our members and the community. I couldn't agree more.

Our keynote speaker was Elham Day, he was an inspiration. His calming and soothing voice was marvellous, as was his story telling and poem delivery. It was truly delightful. The musicians on the day were Ralphine Harris and Charles Neville, whose music was gentle and enjoyable. To our sponsors Vicki Ford (Remax Victory) and Anish Prasad (iLend Finance Solutions) the biggest thank you ever for your assistance. You are both truly spectacular. Another big thank you must go to our 8 Seminar presenters. You all did an amazing job and the whole of TCFQ thank you so very much. Each one of you gave something unique on the day. And lastly thanks to our wonderful photographer Samantha Tevelen, thank you for the special memories we will be able to look back on.

The feedback evaluation forms tell us that overall the Seminar was a success and you were all happy with our achievement. We are grateful for the positive feedback. To our members and all who helped on the day in any way, thank you. To all who attended for the first time we hope to see you next year and hope you tell everyone about the day. It was indeed good to know that those months of confusion and utter terror culminated in something really worthwhile. From all of us on the Seminar subcommittee and TCFQ bye for this year and hope to see you all next year. Take care and be kind to yourselves.

See some quick snaps from the day on page 9.

*Donna LeBoutillier,
TCFQ - Board Member.*

Your guide for getting through tough times

All of us experience heartache and loss. Relationships end. Lives are taken too soon. Dreams crumble. No one is immune to these personal setbacks, and while there is no timeline for grief or heartache, there are things you can do to move forward.

The strategies to keep you moving through hard times – rather than getting stuck in negative thoughts or feelings of depression – are often the same acts that bring about happiness. It's at the times when happiness seems like a distant memory that the tools used to improve mood can be the most beneficial.

In fact, research shows that the more you use these techniques before a crisis, increasing your overall positivity during relatively good times, the better you'll fare when life gets hard, since positivity creates a buffer against depression. This is your guide to bouncing back.

SET YOUR SIGHTS ON THE FUTURE

While living in the present is often described as one of the keys to happiness, when the present is full of doubt, hurt, confusion, and sadness, it's okay to imagine a time when things will be different. Part of that involves creating a picture of what your day-to-day life will be like – for instance, imagining yourself cooking dinner for a group of friends.

The other component involves new hopes and dreams for your future, such as making time to finish that degree program you started or planning a family reunion. Setting goals like these allows people to be more positive during times of grief. It also predicted better recovery 12 months after a loss, according to a study from the University of Chicago. By focusing on ways to be happy in the future, you'll automatically have more to live for in the present.

CHANNEL POSITIVE MEMORIES

In the immediate aftermath of a loss, blocking out thoughts associated with the painful event – such as memories of the person you lost – can be an appropriate coping mechanism. But as you move through your grief, research suggests there may be more merit to creating a positive connection and catalog of memories. A study performed at the Pacific Graduate School of Psychology tracked the role of maintaining a bond with the departed among widows who had lost husbands either four months prior or more than two years prior. In the group who had suffered the loss more recently, regularly thinking about their husbands, remembering the good times, or having an internal dialogue with their former partner made them feel worse. But among those who'd had more time to adjust to the loss, those same thoughts made them feel better.

REMEMBER TO LAUGH

Studies show that laughter reduces stress and eases symptoms of depression. It's no wonder then that staying in good humor is a valuable way to get through the grieving process. Six months after suffering a loss, people who had more laughter in their lives experienced less grief and depression than those who remained solemn, according to a study from the Omega Journal of Death and Dying. The source of the laughter is irrelevant: whether you get your kicks from watching movies, joking with friends, or watching dogs at a local dog park, whatever makes you smile – or better yet, laugh – will bring more positive emotions into your life, helping you to crowd out the other feelings.

STAY ENGAGED

As some psychology researchers say, the best way to stop being depressed is to stop acting like a depressed person. It may sound harsh, but that means no more moping around, and no more sweatpants and endless bowls of ice cream. Finding ways to stay engaged in your life and active in the pursuits that make you happy is one way to begin working through loss and restoring the life you had before. If you've been declining invitations, accept the next one that comes your way. If you like sports, set a phone reminder to watch a game. If painting is one of your favorite past-times, get out your brushes and get to work. You may not feel ready to get out and live like you used to – and that's totally normal – but the only way to ease back in to a satisfying routine is to keep trying. If you're hesitant, try setting a time limit, such as "I can leave after 30 minutes," or "I only have to work on this project for 5 minutes." Chances are once you start, you may have a better time than you thought.

Jessica Cassity writes about health, fitness, and happiness for publications including Self, Shape, Health, Women's Health, and Family Circle magazines.

"TIS A FEARFUL THING

'TIS A FEARFUL THING TO LOVE WHAT DEATH CAN TOUCH.
A FEARFUL THING TO LOVE, TO HOPE, TO DREAM, TO BE -
TO BE, AND OH, TO LOSE.

A THING FOR FOOLS, THIS, AND A HOLY THING, A HOLY THING TO LOVE.
FOR YOUR LIFE HAS LIVED IN ME, YOUR LAUGH ONCE LIFTED ME,
YOUR WORD WAS GIFT TO ME.

TO REMEMBER THIS BRINGS PAINFUL JOY.

'TIS A HUMAN THING, LOVE, A HOLY THING, TO LOVE WHAT DEATH HAS TOUCHED.

- YEHUDA HALEVI

Eating for mental health: mood and nutrition, what's the link?

Mental Health month runs during October and aims to promote awareness about mental health and wellbeing. Taking care of your needs nutritionally is one of the best ways to look after your emotional wellbeing and mental health. Good nutrition plays a role in prevention of both chronic mental health conditions such as depression, Alzheimer's, attention deficit and other behavioural related disorders as well as avoiding feelings of anxiety and low mood.

Why Nutrition – what's the link?

Specific nutrient deficiencies are linked to the development and progression of mental health conditions. Research has confirmed a link between unhealthy dietary patterns and poorer mental health, especially in children and adolescents. Early onset of depression and anxiety is an increasing concern and clearly points to dietary improvement as a means of prevention.

Neurotransmitters and Mood

Neurotransmitters act as chemical messengers within the brain and are responsible for mood. They are primarily built from amino acids (protein), which tells us protein is a critical part of the diet for a healthy mood. Here are a few key neurotransmitters:

Serotonin: promotes feelings of wellbeing and happiness made from the amino acid tryptophan found in turkey, avocado, cottage cheese, eggs, wheat germ and banana.

GABA: promotes feelings of calmness and focus, built from the amino acid glutamine found in cabbage, brown rice, spinach and bone broth.

Dopamine: promotes feelings of reward and pleasure made from the amino acid tyrosine found in almonds, avocado, dairy and pumpkin seeds.

If our diet is not rich in amino acids necessary for neurotransmitter production, we may be at risk of poor mental health. As well as protein, there are numerous other ways optimal nutrition goes hand in hand with good mental health. Here are some of the key dietary influencers:

Nutrition and Diet Tips for supporting optimal mental health:

Smaller more frequent meals to control blood sugar: poor blood sugar balance can lead to impaired tryptophan (amino acid) delivery to the brain, which results in low serotonin production (our happy hormone)

Low-glycaemic index foods: for better blood control balance swap white refined grains for whole grain (eg spelt, brown rice, sourdough, quinoa)

Protein at each meal and snack: provides essential amino acids which play a critical role in production of neurotransmitters which as you have learnt regulate our mood

Daily Selenium: has been shown to exert a significant mood boost. Try 3 brazil nuts daily or supplement 50-100mcg selenium daily short-term

Ensure your diet contains at least 2 daily serves of healthy omega-3 fatty acids (EFA): our brain is 60% fat, EFA's are critical for the proper functioning of the chemical messengers in our brain, controlling mood and emotions. Research has linked low intake of EFA's with increased risk of depression and anxiety:

1 serving = 1 tbsp of olive, flaxseed, 150g fish, ¼ cup of nuts/seeds (raw and unsalted), ¼ of a avocado or 1 tbsp LSA.

Assess Zinc status: lowered levels of zinc have been associated with low mood

Signs of zinc deficiency: low immunity, brittle nails, lowered sense of taste and smell, hair loss and low appetite

Food rich in zinc: seafood, miso, red meat, liver, mushrooms and green leafy vegetables

Assess Magnesium status: Magnesium assists to calm the nervous system and reduce feelings of anxiety and irritability and assists with sleep, try Epsom salts bath as a daily wind down

Food rich in magnesium: Green leafy vegetables, green leafy herbs, nuts, seeds, molasses and kelp

Reduce caffeine: if caffeine creates feelings of anxiety or puts you on edge, only use caffeine if it results in beneficial effects!

Indulge in Mindful eating: eat in a clam environment and focus on the food in front of you and let go of distractions!

What about the brain-gut connection?

You may have heard about the so-called brain-gut connection and be wondering what it really means? Our gut and brain are linked as they share many of the same nerve endings, hormones and neurotransmitters. It only makes sense that our emotions can have a significant impact on the physiological functioning of our gut and vice versa. A healthy mind is important for good digestion and good gut function including balance of bacteria, which is needed for a healthy mind. To help your gut flourish, try these tips:

- Assess for food intolerances and sensitivities which can promote inflammation in the body and interfere with mood related hormone signalling (ie dopamine). Dairy, gluten, wheat, eggs, night shades (eggplant, tomato) are the most common culprits
- Consume adequate fibre daily to feed good gut bacteria aiming for 25-30g daily. e.g. LSA, fruits, vegetables, legumes, nuts and seeds, wholegrain carbohydrates
- Introduce fermented foods to your diet. e.g. Kimchi, kombucha, miso soup, tempeh, sauerkraut and kefir

Lifestyle – Pulling it all together

Scheduling regular movement and relaxation compliments a healthy diet to ensure optimal mental health. Choose a form of movement which you enjoy and can easily incorporate into your daily routine. Also, put time aside to relax and do something for you, it might be a walk in nature, reading a book, sipping tea in a quiet room, whatever works best for you!

Mood Boosting Smoothie – a perfect start to the day!

Ingredients

1 cup almond milk
1 frozen banana
1 handful spinach leaves
¼ avocado
½ tbsp. brazil nut butter
¼ cup berries
handful ice, optional

Method

Place all ingredients into a blender/food processor and blitz until smooth, enjoy!

6 ways to be more resilient during tough times

Examples of resiliency are all around us. Athletes who lost limbs but went on to compete again. Survivors of 9/11 who rebuilt from the rubble. Holocaust victims who are living out long, fulfilling lives. Look to your own community for inspiration. You likely know someone who once dealt with something terrible but has found joy again. In fact, researchers have found that resilience in the face of adversity is more common than uncommon.

So, what does it mean to be resilient? “Resilience is a measurement of one’s capacity to recover fully from an adversity,” says Charles Figley, PhD, director of the Tulane Traumatology Institute in New Orleans, where he studies traumatic stress resilience. “It’s like pressing a balloon tightly and examining how completely the balloon assumes its original position.” Psychologists say that resilience can be learned – it’s not something we either have or don’t have. So if times are tough right now, you can take steps to strengthen your resilience. Even if you’re not struggling at the moment, adopting these habits now can help you down the road when life throws you a curveball.

EXPECT THINGS TO GET BETTER

If you fall into a rough patch, you may not feel happy the next day. Or even the next week. But eventually, with time, light will begin to peek back into your life. If you want to work on bouncing back, you must expect that good things will happen, says Phyllis Zilkha, PhD, a clinical psychologist in Manhattan. “If you’re expecting only bad things to happen, how resilient can you be? Why push on? What’s the difference?” Optimism, Zilkha says, is the single biggest factor in recovering from adversity. It’s what makes some of us seek out solutions to our troubles instead of pulling the covers over our heads.

DON’T IGNORE YOUR CALLS AND EMAILS

There’s no shortage of reasons why having a support system helps us get through tough times. Friends and loved ones can provide an invaluable distraction from our negative thoughts. When we’re feeling isolated, they remind us that we’re attached to a group – and that we’re important to someone.

They can also provide a fresh perspective: “If they’re not in the middle of the grief or the difficult period, people outside it can see a broader picture and say, ‘Yes, what’s going on now is terrible, but look at this possible positive outcome,’” Zilkha says. “Social support is among the ‘protective factors’ that increase our odds of having high resilience when faced with daunting adversity,” Figley adds. “It enables processing of the experience to focus on solutions.”

GO ON A MIND VACATION

Although it’s natural for your mind to turn over events in your head, getting a break from negative thoughts can be restorative and healing, and keeping yourself busy can give you some much-needed distance from your troubles. Work is a time-honored way of recovering from pain – you’re getting paid to focus and produce, so you won’t be able to think about your problems as much. Or volunteer, which shifts your focus from yourself to others and could even help you see your troubles in a new light. One study at Vanderbilt University found that volunteering reduces depression and enhances happiness, life satisfaction, self-esteem, physical health and our sense of control over our lives. Try spending some time engaged in a hobby that you can lose yourself in. These moments when you’re not focused on your pain or loss can create an opportunity for joy to sprout again.

TICKLE YOUR FUNNY BONE

When Figley looked at what makes emergency first responders resilient to traumatic stress, humor emerged as one of the most important protective factors. Humor dampens down our natural fight-or-flight reaction to negative events and lowers our stress hormones. It also shifts our perception of a difficult situation from an emergency to a less distressing issue, so we can calm down, look at it from different angles and cope with it better. “When you feel that you have done the best you can in addressing questions like ‘Why did this happen to me?’, take a break and experience something that makes you laugh,” Figley says. It will not only help you feel better in the moment, but allow you to adapt to the reality you’re faced with.

COUNT YOUR BLESSINGS

Feeling grateful – something we can actively work on – improves our overall wellbeing and helps us cope with our troubles. In one study, people who created a list of five things they were grateful for over the past week felt better about their lives as a whole and were more optimistic about their expectations for the upcoming week than those who recorded hassles from the past week. The happiness-boosting benefits of thankfulness even helped people living with a difficult health condition. Study participants with a neuromuscular disease felt better about their lives and more connected to other people after they wrote a gratitude list than those who didn’t count their blessings.

FINALLY, REMEMBER THAT THIS, TOO, SHALL PASS

Try reminding yourself of this when you’re feeling low. Because it’s true! “Everything in life has a beginning and end,” Zilkha says. These endings may not be the best outcomes you can imagine, but they can bring some relief. For example, if you’ve gotten a serious diagnosis, you’ll probably feel panicked and distraught. That feeling will subside a bit when you learn about treatments and start working toward getting better. If you’re going through a divorce, you won’t miss your ex as keenly a year or two down the line. “When something bad is happening, it’s like being in the middle of the ocean,” Zilkha says. “When you’re there you think it just goes on forever, but it doesn’t. I’m no believer that everything will turn out wonderful, but things can be better than they are now.”

MARK EDGLEY 30.1.1961 – 28.8.1998

A compassionate friend shares their story

When a child dies in a family we tend to forget that it is not only the family that this has an impact on. It can also have a massive effect on “extended family” too/ this was written by one such person. Hayley Shambrook, nee Sendall was 10 years old when Mark died and in grade 11 when her class were asked to do an assignment about what had been the biggest impact on their lives. She is now married with a dear little girl of her own, and still talks about Mark. This is her story.

As we were driving home on that warm sweat afternoon I watched several trees fly by, feeling so insignificant to life. I was thinking about life after death. Is there really life after death? Or are we reincarnated? I don't know why I was thinking about these things but they seemed to drift into my mind. We stopped at the lights and a man rode past at a leisurely pace and a woman was jogging with a black dog with lightly coloured feet and chest. It looked like a cross between a Doberman and a Pit Bull, it was very strong and fit. The dog began to bark and snap at another dog, when someone blew their horn at dad. Before I knew it we were driving down our quiet street.

I looked out my window to find Lorraine, a dear family friend and neighbor, on the corner outside her house with a person I had only seen a few times before. The trees began to blow swiftly as the wind picked up. As I looked at her face I realized that she was upset about something. When she saw us drive past her, tears began to flow out of her eyes drifting down her face and onto her clothes. Her face was stricken with grief. I did a small wave. She did not wave back.

We pulled into our driveway, the car stopped. That was when I remembered Mark, (Lorraine's son) was in hospital fighting for his life, he had a very bad form of bowel cancer. He coped with this horribly painful disease luckily only for a short period, around four months, which seemed like forever. Sometimes I wished that I could take some of the pain for him because as I looked into his eyes on the last few months before he passed away, all I saw was pain. Questions began floating into my head like why was she crying? Where had she been? What was making her cry?

I began making up false images of why she was crying but in my heart I knew what was going to happen and I hated the fact that I knew. Mark was a dear friend and was dearly loved. There aren't enough words to explain how compassionate and loving Mark was. Lorraine walked towards us in a sort of trance looking nowhere, but the expression on her face told it all, full of questions that might never be answered, full of fear, pain and anxiety to see Mark. Keith, Mark's best friend tried holding her close, she gave a short painful smile. We all walked into our house, I didn't feel cold nor hot anymore.

As Lorraine told us that Mark had passed away, Mum just nodded but I knew and I could feel that she too was very upset. My guts began to turn and my eyes started to burn, I couldn't help but cry. I knew crying was never going to bring him back but that was all I could do. Lorraine gave me a long hug and told me that Mark was now with a star in night sky and at peace. Her voice seemed so sad, her sorrow so unbearable, her quiet sobs filled the room.

I was angry that such a special life was taken, to this day I still ask why did he have to go? Why not someone else? It took my mind a long time to adjust to the fact that I was never going to see, hear or touch Mark ever again, he was just gone. I felt like I was on the verge of breaking into a massive heap and crying. It felt like a dream or a movie that I had never seen before, but I couldn't press pause. As Lorraine told us everything that happened over a hot cup of coffee I felt as though a part of me disappeared and may never come back. As I looked out the window everything seemed so happy, I didn't understand because I felt so dismal. I tried to imagine how Lorraine would feel being closer than I was to Mark.

Mark was a very close friend to a lot of people. He touched our lives so magically and he was a very special person. All his life he helped people and I never got the chance to help him. His death was a huge step for me, I realized that life is real and it does go on. I thought that death was only something on television, something fictional like the “bogey man”. I was wrong and sometimes you have to be taught the hard way, which is experiencing it yourself. Mark was someone that knew me from when I was born, you hardly ever get friends like that, and I think that's why his death had such an impact on me. I had never known a life without Mark. Our families had been friends since long before I was even born.

When I was with Mark we always had fun and a good time. He was the kind of person that took the time to listen and always respected everyone's views and I looked up to him for that. I always looked forward to seeing him and being there for him just as he was always there for me. I will always remember the Christmas's and New Year's with Mark and his pet dog Ben and these moments will be forever in my heart. He was a very good teacher especially to me he always taught. Mark's death was a very devastating moment. I have always felt that he has a very special place in my heart and I know he will always be a part of me. I also thank God that I had the chance to be touched by a very special person and to have played a part in his short but expiring life. I felt for a few seconds that I was alone but then I realized that Mark will forever be in my heart.



The Compassionate Friends Notices

Art Therapy

Discover how Art Therapy can help you move through grief.

Our grief can create overwhelming feelings and often it is very difficult to express how we feel or to be understood. Karen who has also experienced a death of a child, understands this and teaches how creating art can help us express what we are unable to say. (No art experience is necessary).

In August there will be a 4- week Art Therapy Course at Compassionate Friends New Farm.

Dates: August: 7th, 14th, 21st, 28th

Time: 9:30am – 11:30am

Cost: \$25 per class which includes all art materials and morning tea

Where: 505 Bowen Terrace, New Farm

Contact: Karen Lang Mob: 0413237604 or Kristie 32542657

Website: www.alunatherapy.com

Accepting This

Yes, it is true. I confess, I have thought great thoughts, and sung great songs – all of it rehearsal for the majesty of being held.

The dream is awakened when thinking I love you and life begins when saying I love you and joy moves like blood when embracing others with love.

My efforts now turn from trying to outrun suffering to accepting love wherever I can find it.

Stripped of causes and plans and things to strive for, I have discovered everything I could need or ask for is right here – in flawed abundance.

– Mark Nepo

PLEASE NOTE:

The Brisbane Support meeting will be starting at the new time of 7:00pm.

NOTICE OF ANNUAL GENERAL MEETING THE COMPASSIONATE FRIENDS QLD INC

WHEN: Tuesday 18th September 2018 – 7:00pm

WHERE: 505 Bowen Terrace, New Farm

At the meeting, members will have the opportunity to:

- hear about TCF's operations and finances
- ask questions about the operations and finances of TCF Qld
- speak about any items on the agenda
- vote on any resolutions proposed. At the meeting, members will be asked to vote to:
 - Accept the minutes of the last annual general meeting
 - Accept the annual report
 - Accept the auditor's report
 - Accept the annual financial statements
 - Appoint an auditor

- Approve the new fees for 2018/2019 (special resolution required – see wording)
- Adopt the new constitution (special resolution required – see wording)
- Elect committee members, including president, vice president, treasurer and secretary for the ensuing twelve months.

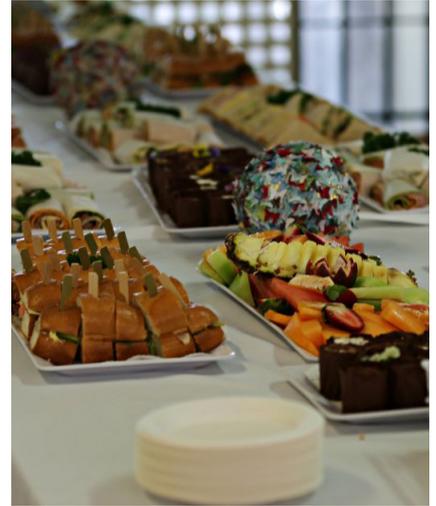
SPECIAL RESOLUTIONS

1. That the subscription fee per member be set at \$50 per annum for the 2018/2019 year
2. That the proposed new constitution as circulated be adopted for a trial period of one year

Help make a difference. Please come along and support your organisation to continue its valuable community work.

Light supper provided.

TCF Annual Seminar quick snaps



Thank you to everyone who helped make this day possible and thank you to all that attended. We would love to hear your feedback on the seminar, please get in touch.

LANDSCAPES OF GRIEF

A compassionate friend shares their story

Grief memoirs deal with events that are almost beyond words, due to what one writer calls ‘the silencing meted out by trauma’, a process that is intensely spiritual, emotional and physical. One can only try.

This is Main St, Tamborine Mountain. The geneticist calls. On my mobile. I’m outside the library. I’m in the harvest gold Nissan Tiida – Alan’s car, as it happens. Not the froggy green he wanted; a poor compromise. Froggy green cars didn’t become a thing until a year or two after he bought this car.

It’s not bad news. She is just checking we’re OK with the wording of the final letter we’ll get from her section. It will specifically mention serrated polyposis syndrome (SPS), not simply bowel and pancreatic cancers. Is that OK, she says.

I am undone by this call. Remembering the pain those polyps caused, and the struggle to contain that pain. And because the geneticist says the timing of her phone call may not be the best, as she’s noted it would have been Alan’s birthday next week. It still is, of course; he’s just not around to celebrate. I am surprised and touched that she has noticed.

Not bad news at all. The tests have shown no genetic condition ‘known at this point’. They have tested for all the genes – 17 of them – that are appropriate. The four siblings are safe. Well, as safe as anyone ever is.

The sun shines on, the post office and library patrons walk back and forth with their bags, the Main St coffee shops keep pumping out coffee. I sit in the Tiida.

This is Beacon Rd. Most days, I call in to see Alan after his bakery shift. He finishes at 8 am. His week-day world revolves around Main St, where the bakery is, and he only needs to walk a short way home along the street and up Beacon Rd. Everyone knows him, in his long black and white check pants (ruggers in summer) and awful daggy bakery T-shirts.

We have a cuppa. For the past few months, he often says he is tired. It’s a hard job. His supervisor has left earlier in the year, and there’s been high staff turnover. He has been to see a psychologist, has some coping strategies. We take his CV around local businesses. No luck. He is very unhappy, but he won’t let me talk to the boss.

I know I can baby him; he’s on the autism spectrum, and has only been in his own place for three years. He is making great strides in terms of independence. I tell him what a great job he does, how important it is to bake the daily bread. Give us this day our daily bread. And pies, sausage rolls, carrot cakes, and those little Dutch doughnuts, which are the hole, not the ring.

I get distracted from these problems; his Dad has a major operation in June, has a fall in August. But in September, there is some pain. Alan needs scans. His gall bladder is removed. The pain gets worse, and they have seen lesions on his liver during the operation. Before his outpatient appointment, he becomes jaundiced, and is admitted to hospital via Emergency.

At one point – before we know the full score – I show the out-patient notice to my daughter, Meaghan. Alan’s younger sister. I point out the phrase ‘lesions on the liver’. Suddenly, I pick up a 2-litre bottle of milk and throw it against the wall. The plasterboard cracks. The bottle falls to the floor, leaking milk. I am ashamed that I am so sad, frightened and angry, and have scared her, too. A few days later, the wall is fixed, painted over. I don’t know who’s done it, and I don’t ask.

On 17 October 2017 Alan has a colonoscopy. I’m in the recovery room. The surgeon comes over. I haven’t met him before. He has a kind, concerned face. ‘I’m sorry, Janis; I’ve looked at the scans, and now the bowel, and I can only say it’s a mess. The pancreas isn’t good either. This is not good. That’s what I do, I’m a pancreas specialist. I’m sorry. All of it: the pancreas, the bowel, the shadows on the liver. It’s really ugly. I’m sorry.’ Worse still, he really looks very sorry.

This is the way up to Chipping Camden Common in Gloucestershire in the UK. Three years previously, Alan and I slog up Camden Hill on an exhilarating summer’s day. Cotswolds sheep stare at us. One occasionally skitters away if we get too close. We’re on the first leg of the Cotswolds Way, going north to south.

On the Common, we remember years ago coming with Auntie Sue and Uncle Colin and the kids to the Olimpick Games, a medieval festival started by a local aristocrat which then fell into disuse but was revived. Sue and Colin are bemused by our request. These Aussies are a bit partial to quaint old local customs, probably because they have none of their own.

They have the ultimate of weird country customs right near their front door. The Cooper’s Hill Cheese Roll is world-famous. The big and somewhat dangerous double Gloucestershire accelerates down the hill a few hundred yards from their house, followed by the crowd, also accelerating dangerously. A helicopter lands in Sue and Colin’s orchard an hour after the race, to take the worst-affected to hospital. The Olimpick Games is tame by comparison.

But Alan and I recall the enchantment of the final parade Games parade, from the Common down to the village, everyone carrying flaming, flickering torches. Alan was 5 then, and he’ll turn 28 in a couple of days. We remember like it was yesterday. Cousin Ollie’s new boomerang, that Alan gave him, got stuck in a tree.

The path stretches before us as we leave the Common. As Tolkien says, ‘The road goes ever on’. Except, sometimes, it doesn’t.

This is a large public hospital. First the gastro-intestinal ward, then the oncology ward. I sleep at the hospital for two and a half weeks, on a mattress on the floor. There are more tests, scans, MRIs, biopsies. Alan has acute attacks of pancreatic pain; they can seize him at any time. He has such an attack the evening after the colonoscopy. In the middle of the night, a junior doctor wants to take him for scans and X-rays at midnight, as ‘the bowel may be punctured’. I say, ‘Just fix the pain, he has galloping cancers, this is acute pancreatic pain, this is a no-brainer’.

They do the tests anyway. Another evening, a young doctor, breaking protocol, tries three times with shaking hands to insert a catheter in Alan's hand, before calling for an experienced nurse, who does it in one go. At one point I request 'no junior registrars at night'. The first young doctor sees me around the ward. He looks at me darkly.

One of the palliative care doctors is annoyed with me for speaking on Alan's behalf during morning rounds. Alan, I can see, doesn't want to be a bad patient. If he's not in pain right then, he'll say he's OK, forgetting that six hours ago he was arching his back for ten minutes at a time, moaning like an animal while nurses fix up the 'breakthrough' medications. When the pain episodes come, I want to take a pillow and smother Alan, to stop his cries and anguish.

Eventually, they say I must go home to sleep. I agree. The hospital is our day-time home for seven weeks, on and off. In and out of emergency. Calls to family, calls to siblings. Calls from friends. Meals delivered, so many kindnesses shown. So many. We spend five weeks at home. Alan's dog Buddy is happy. Alan is happy with Buddy on his bed, beside him as he watches TV. Two more weeks in hospital. Then it's over. Except, it isn't.

This is Uluru. A few weeks after the funeral, my husband Warrick and I fly in. I am taken by the landscape and the legends embedded within them. Kuniya, the woma python, lives in the upper caves. Her track traverses the desert, starting hundreds of kilometres east of Uluru, but only one story relating to Kuniya's time at Uluru is shared with people who are not traditional owners. It is this. When Liru, the poisonous snake, kills her beloved nephew, she does a dance of rage, chanting furiously and showering herself with dirt to work up her power. She picks up Lira and smacks him against the face of the Rock.

The marsupial mole woman, Minyma Itjaritjari, has her own cave, low down near Uluru's base. There are tunnel-holes in the rock-face above the cave, scooped out by the mole woman. She can pull over a wedge-shaped stone when she wants to retreat into the cave.

No back-story is given, but I start to write a haiku to a friend, on my mobile phone. I write two lines, imagining what brought the mole woman here, and her feelings when she pulls them. Then I mistakenly press 'send'. I tell my friend I will finish the haiku. I don't.

There is a dinner in the desert. It was to be on the dunes, but rain threatens, so it is in the Cultural Centre instead. We are sitting with lovely English tourists, a couple our age. A question floors me: Oh, and how many children do you have? I lie, then I tell the truth, then I explain why I lied. I write a poem about it back in our room. I send that poem to my friend.

This is a meeting of Compassionate Friends in New Farm. I feel uneasy, I joke about someone's cool shoes at the beginning of the meeting. The facilitator thinks it's her shoes I like, and I have to explain no, it's the cool shoes of one of the dads. Her shoes are pretty fine, too, now that I'm looking at them. It is our first time there, hence my nervous joke. I'm a bit scared, but it's OK. We talk of grief, loss, love, pain, guilt, memories. Some are weeks from the death, some are decades. Anything can be said. Anything.

This is grief. Many things undo me, not just the call from the kind geneticist, not just that question from friendly folk in the desert, not just hearing the stories, and telling ours, at a Compassionate Friends meeting.

Here is a list:

- Alan's old Certificate I bakery kit on the top shelf of a cupboard
- His Dr Who Christmas decorations, knowing I will discover them next Christmas
- 8.30 am in the mornings
- The careful drawing for a friend when he was sick, of an ominous two-headed rattlesnake
- The Facebook pictures taken in hospital
- Remembering his distinctive, staccato laugh
- The torch he gave me for Christmas, managing by subterfuge to buy it in those last few weeks
- Recalling that funny way he had of flexing his arms and singing 'do-do, do-do, do-do' when he was happy and engaged
- The vegetables still growing in the new garden-bed we made, when he was sick, and finding one of the frogs that hatched from the spawn we put in his new frog-pond
- His books, his pictures, his stuffed frogs, his Big Ted, his giant iPad that all the nurses commented on, his beer T-shirts, his bowling trophies, his craft beer bottle collection, his Dr Who mugs, his Tolkien volumes
- The picture his sister took when he danced in the street at the 2017 Coomera Christmas lights, three weeks before he died
- Most things, really.

Written by Janis Bailey



Birthdays

Our children – loved, missed and remembered by their families

AUGUST

03.8.98

Jayden Vayro

Happy Birthday, our beautiful boy. We all miss you everyday and love you dearly. Love from all your family and friends
XOXO

07.8.67

Peter John Martin

Dearly loved and missed always and forever. Dad, Mum, Michael, Erin and Ciaran (your little nephew you have not met)

08.08.53

Andrew James Stephen McCahill

Happy Birthday! We love you forever and miss your happy smile. Celebrate in heaven with your darling siblings, Johnny and Tina. Love Mum Francesca, bro's Patrick, Justin, Bryon and partners.

09.08.90

Marc Stubbs

Happy Happy Birthday to the cheeky little boy who stole our hearts and to the wonderful, brilliant funny and gorgeous young man he grew in to. Miss you so very very much our darling silly billy. Love you to the stars and back. Mum and Nan x x x

09.8.82

Shanley Bachmann

Precious son of Russel and Gayle, brother to Wade. Happy Birthday "Shan". We love you and miss you. Mum, Dad and Wade.

12.8.82

Joel David Aspinall

At 5 minutes to midnight you were born - one of the most glorious moments in my life. I have loved you with all my heart and soul. My dearest son, 31 years with you wasn't enough. Love Mum

20.8.86

Mia Lynne Webster

Happy 32nd birthday baby girl, we all miss you so very much, we will be thinking of you as always on this special day. Love mum, Al, Todd, Jess, Dan, Amber and families. xxx

23.8.76

Louise Clara Hudson

Inspiring daughter of Daphne and Keith, sister to Rose, Joe, Aunty of Ashleigh and Chloe. Xxx

SEPTEMBER

3.9.96

Brendan E Hobson

Happy 22nd Birthday Bren...22 years of loving you...gunna make you a Raspberry Cake and have a get together by your seat, Your loving family and friends. xx

04.9.98

Matthew Robert Doolan

Happy Birthday Matthew. Much loved son and brother. Your laughter will forever live on in our hearts. Love always Mum and Aimee xxx

10.9.62

Michael (Mick) Stewart Grennan

Treasured memories of Birthdays gone by... Mum, Dad, Cathie, Michelle, Christopher and Peter.

24.9.85

Kirby Louise Grimason

Happy Birthday to our beautiful Kirby. We hope you are partying with the Angels. Very much loved and missed by all. See you in our dreams, Love Mum, Dad, Sam and Steve, Olive and Eli, Ashlee, Ruby, Hayden, Riley, Mikayla, Nick, Nanna and Poppy. xoxoxoxoxoxoxoxox

26.9.87

Thomas Norman Barry

Dearest Tom, our loved and beautiful gifted son and older brother. We miss you so much. Love Mum, Dad, Alana, Suzie and Justin.

28.9.74

Steven James Small

Happy Birthday Steve. You are with us still in each new dawn. We love you and miss you. Dad, Mum, Julie and Family.

24.9.90

Christopher Luke Mosca

Our precious son, you're here, your near, our love for you is endless. No other memories but yours will replace the space in our head and our hearts. We always love you, miss you and will meet again. Love Mum and Dad. ♥♥♥

Today is full of memories happiness and tears, of birthday celebrations we've shared throughout the years. And although we'll always miss you, our hearts are filled with gratitude and joy for one so very dear. We celebrate your birthday and will hold you in our hearts forever and always with love eternal.

Wishing you a day of peace and warmest memories on your child's birthday.

From the Compassionate Friends

In memoriam

Forever loved, forever young, forever remembered

MARK ANDREW VAN RAALTE 29.3.75 to 2.9.93

Dearly loved son of John and Joy. Brother of Tanya (dec'd) and Karen. Uncle of Joshua, Tyler, Georgina and Ella. Those we love don't go away, they walk beside us everyday, Unseen, unheard, but always near, Still loved, still missed and very dear. Remembering you on your anniversary. All our love and kisses Mum, Dad, Karen, Tanya (dec'd) Joshua, Tyler, Georgina and Ella xoxoxo

MIA LYNNE WEBSTER 20.8.86 to 5.9.11

Act happy, feel happy, be happy without a reason in the world. This was your saying you lived by. Seven years and not a day goes by we don't think of you and say your name, you will always be remembered as a fun loving girl loved by many, we miss you so much baby girl. xxxx

NICHOLAS JAMES AYRE 4.5.79 to 20.9.82

Much loved son of Myra and John, dear brother of Matthew, cherished grandson, brother-in-law to Melissa and uncle to Angus, Eva and Joshua.

STEVEN LINDSAY BUITER 11.11.73 to 31.8.98

Much loved son, brother, father and uncle. Missed and remembered each and every day. We miss your cheeky antics (of which your twin sons take after you). Love you up to the sky and back and all our hearts. Till we meet up again. Lots of love and kisses from Mum, Dad and all the family.

MARK DALE EDGLEY 30.11.61 to 28.8.98

Beloved son of Lorraine and Harry (Dec'd) Although my heart is empty, your suffering has ceased. Your life was one of thoughtful deeds, a helping hand to others needs, sincere and true in heart and mind, wonderful memories you left behind. Be happy my beloved son till we meet again. Endless love always. Mum xx

PIETRO GUIESEPPE FELESINA 27.6.69 to 1.9.01

Most loved and precious son of Peter and Pierina, much loved brother of John and Len. Another heart- broken long year has passed, you left without a goodbye we will never be the same, the ache and the pain will be with us forever. Rest in the arms of Jesus Peter until we meet again. We love and miss you so much. Your loving Ma and Pa, John, Len and families.

ELOISE SIMONE GANNON 20.7.98 to 28.8.13

Precious daughter of Nikki and Geoff, much loved big sister to Bronte. Gone to soon. Loving and missing you always, how we wish you were here with us. Love you so much Ella-Bella, forever in our hearts. Mum, Dad and Bronte.

KURT GASKE 15.3.89 to 8.8.11

Precious son of Sandy Worling. It's been seven years since you were tragically taken from here, by some one else's hand. It makes me cry, I didn't get to say goodbye. 'Death leaves a heartache no one can heal. Love leaves a memory no one can steal'. Love Mum, Ken and Lenna.

JOEL HENRY McGREGOR 10.10.88 to 19.8.07

Much loved son of Roy and Julie and younger brother of Clint and Ben. Cadence Virtuoso - playing music in heaven. Gone too soon Joel but we know you're waiting for us in heaven. Always in our hearts until we meet again.

CORALEE PENNY **McLOCHALAN-CLARK** 25.10.89 to 24.9.11

21 years, 10 months, 29 days. Treasured daughter of Tammy, granddaughter of Nancye and Geoff, niece of Brad and Daniel, cousin of Sean and Christie. Forever in our hearts xxxxx

COLIN MICHAEL MEAGHER 25.11.74 to 16.8.93

Dearly loved son of Keith and Linda. Brother to Steven (Dec'd), Daniel and Scott. We miss you so much, your love, your caring, your smiling face, your sense of humour and your laughter. You have taken flight on Angel wings to find eternal bliss in Paradise. Love you always, your memory forever in our hearts.

ANTHONY HIRO NAGATA 6.7.93 to 10.9.09

Precious son of Sharon and Hiro. A million times we've thought of you, A million times we've cried,

If our love could have saved you, You would never have left us here alone. Our super Hiro forever young. Mum and Otorsan

GERARD FRANCIS O'DONOHUE 9.3.84 to 21.8.04

Your memories will always surround us, Your closeness will always be there, We treasure the love you gave us, And the years we were able to share. Remembered every day, Mum and Greg, Bec and Jason, Jess, Deb, Matt and Thomas, Marce and Shane, Abi and Hannah.

LARISSA PAGE-DHU 12.10.84 to 6.8.06

Precious daughter of Susan McBurnie and David Page-Dhu. Darling Riss, precious memories of your life, love, and laughter are with us every day. We miss you more than words can say. Your loving Mum and Dad, Steve and Jannah, Alaina and Aidan and all the family.

CRAIG POINTON 13.1.70 to 13.9.96

We love and miss you so very much son. Your memory one of our greatest treasures. We remember all the good times. Love Mum, Dad, brother Brett, sister Trish. xxxx

In memoriam

Forever loved, forever young, forever remembered

SCOTT NEVADA RICHARDSON
4.4.67 to 3.8.87

Loved son of Peter and Anne. To us you were somewhat special, someone set apart. Your memory will live forever. Always in our hearts, Mum and Dad.

AARON MICHAEL SMITH
12.5.75 to 28.8.04

Precious Son and Brother. You are always in our hearts and thoughts, we will never forget you or stop missing you. Aaron, now in heaven with your brother Bradley. Love and miss you, Always, Mum, Dad, Grant and Bradley (Dec'd).

RICHARD JAMES SMITH
5.12.85 to 20.9.08

In Treasured Memory of my Son and Only Child. You are with me every day in the memories you left behind. I miss you and love you so much. Mum xxx

SEAN KLOPPERS
7.11.02 to 7.9.16

Love you forever Seanie, until we meet again. Love Mum, Natalia and Natasha
♥♥♥

Birthday submission form

Child's name: _____ Child's date of birth: _____

Parents' names: _____

Your Message: _____

In memoriam submission form

Child's name: _____

Parents' names: _____ Telephone No: _____

Your Message: _____

Date of Child's Birth: _____ Date of Child's Death: _____

As so many anniversary messages are submitted it is not possible to print long messages, so please limit your message to six lines. We are happy to print poems in other sections of the Newsletter

Phone Contacts and Meetings

Phone contacts are fellow bereaved parents, caring and understanding, who want to hear from you. If you are having a bad day and feel the need to talk to someone A Compassionate Friend is always there. Should you find you are unable to contact any of the people listed, please let the office know.

DEDICATED SUPPORT LINE: 1300 064 068

BRISBANE SUPPORT MEETINGS

When: Support meetings are held on the second Tuesday of each month.
The next meetings are on:
Tuesday 14th August
Tuesday 11th September

Where: The New Farm Centre Meeting Room 505 Bowen Terrace, New Farm

Time: 7:00 pm – 9:00pm

Who can attend: Any grieving parent, grandparent or sibling who wants to meet with a friend and learn how others are coping.

Cost: Only the effort it takes for our bereaved parents to gather together and meet another bereaved parent who really understands and cares.

Note: There is plenty of street parking and complimentary tea and coffee is provided.

IPSWICH SUPPORT MEETINGS

When: Support meetings are held on the third Saturday of each month.
The next meetings are on:
Saturday 18th August
Saturday 15th September

Where: Uniting Church, 27 Ellensborough Street, Ipswich

Time: 10:00am – 12:00pm

Please contact Margaret for more information on 04 84 619 199

CALOUNDRA SUPPORT MEETINGS

When: Support meetings are held on the third Saturday of each month.
The next meetings are on:
Saturday 18th August
Saturday 15th September

Where: St Andrews Anglican Church Upper Gay Terrace, Kings Beach

Time: 9:30am

Please contact Lorraine for more information on (07) 5491 8662

GOLD COAST/TWEED HEADS

Meetings as required.

Please contact Helen or Rodney for more information:

Helen – 0412 543 499
Rodney – 0429 166 100

HERVEY BAY

When: Support meetings are held on the second Thursday of each month.
The next meetings are on:
Thursday 16th August
Thursday 13th September

Please note this meeting is for suicide survivors.

Please contact Owen for more information on 0401 311 468

LOCKYER VALLEY/ GATTON

Meetings as required.

Please contact Robyn for more information on (07) 5465 6574 or 04 17 013 309

STANTHORPE

When: Support meetings are held on the third Wednesday of each month.
The next meetings are on:
Wednesday 15th August
Wednesday 19th September

Where: CWA Tea Rooms, 5 Victoria Street, Stanthorpe

Time: 7 pm

Please contact Sue for more information on 04 17 793 016

ROCKHAMPTON

Meetings as required.

Please contact Rhonda for more information on 0458 274 211

GRANDPARENT CONTACT:

Brisbane/Lockyer Valley
Robyn: (07) 5465 6574 or 0417013309
Northern Territory/Wide Bay
Marie-Clare: 0408 702 716

SIBLING CONTACTS:

Brisbane/Beaudesert
Trish: (07) 5541 3948
Lockyer Valley
Mellisa: (07) 5465 6609

Heavy

That time I thought I could not go any closer to grief without dying I went closer, and I did not die. Surely God had his hand in this, as well as friends. Still, I was bent, and my laughter, as the poet said, was nowhere to be found.

*Then said my friend Daniel, (brave even among lions),
“It’s not the weight you carry but how you carry it – books, bricks, grief – it’s all in the way you embrace it, balance it, carry it when you cannot, and would not, put it down.”
So I went practicing.*

Have you noticed? Have you heard the laughter that comes, now and again, out of my startled mouth?

How I linger to admire, admire, admire the things of this world that are kind, and maybe also troubled – roses in the wind, the sea geese on the steep waves, a love to which there is no reply?

– Mary Oliver from Thirst.

The Way Under the Way

For all that has been written, for all that has been read, we are led to this instant where one of us will speak and one of us will listen, as if no one has ever placed an oar into that water.

It doesn't matter how we come to this. We may jump to it or be worn to it. Because of great pain. Or a sudden raw feeling that this is all very real. It may happen in a parking lot when we break the eggs in the rain. Or watching each other in our grief.

But here we will come. With very little left in the way.

When we meet like this, I may not have the words, so let me say it now: Nothing compares to the sensation of being alive in the company of another. It is God breathing on the embers of our soul.

Stripped of causes and plans and things to strive for, I have discovered everything I could need or ask for is right here – in flawed abundance.

We cannot eliminate hunger, but we can feed each other. We cannot eliminate loneliness, but we can hold each other. We cannot eliminate pain, but we can live a life of compassion.

Ultimately, we are small living things awakened in the stream, not gods who carve out rivers.

Like human fish, we are asked to experience meaning in the life that moves through the gill of our heart.

There is nothing to do and nowhere to go. Accepting this, we can do everything and go anywhere.

– Mark Nepo



THE COMPASSIONATE FRIENDS

Supporting Family After A Child Dies

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NEW FARM
QLD 4005

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THE COMPASSIONATE
FRIENDS NEW FARM
CENTRE

COFFEE MORNINGS

Coffee Mornings are held at the New Farm Centre, 505 Bowen Terrace on the first Monday of every month from 10am.

We invite you to come along and take the opportunity of sharing with other bereaved parents.

At this time you are also most welcome to access our library with its large range of grief related books, literature, leaflets and newsletters.

August – Monday 6th

September – Monday 3rd

PLEASE TAKE NOTE

Newsletter submissions

Closing date for submissions for the next newsletter is: 14th September

Newsletter printing, folding and preparation for mailing is scheduled for 1st October from 10am at the Centre, 505 Bowen Terrace, New Farm. Volunteers are welcome!

Please note: If your child's anniversary or birthday is in October or November and you would like an Memoriam or Birthday Notice in the October/November 2018 Newsletter, the closing date is 14th September.

To have your child's birthday listed in the Birthday notices, it is necessary for you to let us know. (An In Memoriam notice is for the anniversary of the death of our children – we require you to complete the Birthday notice form and send it into the New Farm Office). Birthday messages are to be very short messages. This message will then be automatically listed every year unless you advise us of a change.