



THE HUB

THE COMPASSIONATE FRIENDS NEWSLETTER

The Compassionate Friends Newsletter – October/November 2018 edition

The Compassionate Friends Queensland Presents:
*Hunter Valley Wine Country
Adventure for 4!*

This year we have been gifted a four night holiday to the Hunter Valley region for four people on a Wine Country Adventure.

Tickets available through the website or by contacting the office on (07) 3254 2657.

Winners will be drawn at the Christmas Candlelight Service on the 9th of December.

Winners notified by mail/email/phone if not there to collect

www.compassionatefriendsqld.org.au

*Raffle Tickets
\$10 each*

Drawn 9th December 2018

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 Candle Lighting Service 2018

When: Sunday 9th December at 6:15pm

Where: “Merthyr Road Uniting Church”,
52 Merthyr Road, New Farm

President's Report

Dear Members,

We had our Annual General Meeting last Tuesday and it is with great honour that I inform you that I have been voted in by the members present to be the elected President for the coming two years. While attendance was low at this year's meeting we were able to move forward with voting on the topics of; changes to the constitution and increase in annual membership. Both resolutions were passed.

What does this mean for the organisation as a whole?

Changes to the Constitution – We now allow non bereaved persons to register as associate members. Associate members will be financial members. Associate members may nominate and be elected to the Board (excluding the role of President or Vice President). Board members will now be elected on the Board on a two year term. (if you would like to read the new constitution please have a look on the website www.compassionatefriendsqld.org.au)

Increase in membership fees – An increase of fee's to \$50pa. While I recognise this is a significant increase I would like to give you some figures to show where this decision has arised from.

We have had approximately 396 active members throughout the year. This is a changing figure so is as near as I can get it as at today. Ten either way would make little difference to the average figures.

The average expenditure per member then was \$222.39 in 17/18 and \$174.64 in 16/17, an increase of \$47.76 per member.

The average revenue per member then was \$225.02 in 17/18 and \$195.83 in 16/17, an increase of \$29.18 per member.

Even though we have managed to increase our income it can be seen that costs are also rising at a greater rate.

The cost to keep the centre going was \$61899 which represented a cost per member of \$156.31 an average rise in the cost per member of \$17.33.

Our four largest expenditures were:

Wages: \$35044 an increase of \$7195

Super: \$3329 an increase of \$683

Rent: \$11391 a decrease of \$580

Insurance: \$4106 an increase of \$670

Currently TCF has over 3300 members on its database. Many of these of course have moved on leaving our active membership at 396. Of these only 26% are actually paid up to this year.

So, as we move into the future there are a few areas we still have to tackle;

- A new strategic plan
- Changes to the make-up of the board to make it function correctly for the members
- Policies and procedures

And we have to do all of this with the organisations objectives in mind. That is, we provide support to anyone who is suffering from the loss of a child, for any reason. Compassionate Friends does some terrific work for a large number of people in the community. It is only by membership support that we can continue to improve and deliver better services.

2018-2019 TCFQ BOARD

Executive Board Members

President

Kerry Le Boutillier

Vice President

Vacant (one of our current members has come forward for this position who was unable to make it on the night due to illness. She will be voted in at next Board meeting)

Secretary

Jillian Hamilton (Business owner and associate member)

Treasurer

Janine Walker (Accountant/Bookkeeper and associate member)

Board Members

- Tony Vayro
- Donna Le Boutillier (also TCFA Board Member)
- Brooke Le Boutillier

Kerry LeBoutillier, father of Aaron TCF President.



Golf Day 2018

Hi Friends,

Once again this year the weather was beautiful, the course was green and the players in the 2018 Annual Charity Golf Day had a fantastic time. Lots of laughter and bantering was heard along the way. I even believe that one major sponsor was given a wedgy but a rival team. Actually I witnessed this and it wasn't pretty but very funny.

This year, thanks to you wonderful sponsors and our kind donors to the golf day we raised, \$14 959.84. All proceeds will be used towards helping and supporting our members new and current.

Please join me in thanking the following businesses, members and friends:

- Nudgee Golf Club
- Karen Lang
- English Foundation
- MPS Insurance Brokers

- Madsen Partners
- Rhino Finance
- Ben Carberry and Team
- GTH Accounting Group
- Charlies Van Liempd and Team
- Pentacon
- Shelair
- Traditional Funerals
- Tactical Global management
- Panasales
- All Air Ducts & Fittings
- Nudgee Cemetry
- Mark Vos & Mate
- Gemma Dowling, bub on board and Alan Dowling
- Remax Victory
- BOQ Alexandra Hills & Birkdale

by Kristie McGrath



Couples and Grief

I write this at the risk of promoting stereotypes but I think it is important to discuss differences in how fathers and mothers tend to grieve. This discussion will certainly not completely apply to any particular couple but I hope there is enough useful information to help fathers and mothers better understand and support each other. I will use the terms “husband” and “wife” while acknowledging that these terms do not necessarily apply to all parental units.

In our culture women tend to form close relationships with other women, and these relationships are typically excellent sources of support during challenging times. Women usually expect to be able to share their joys and their sorrows with their close friends and family members. When a child dies, it is normal for a mother to turn to her support system for comfort.

Sometimes it is hard for a husband to understand why his wife needs to talk about the death so much. It might seem to him that talking with her friends and family about the death only makes his wife more upset. Men sometimes wonder why women seem to dwell on what happened instead of moving on.

On the other hand, women frequently share with me that it seems as if their husbands are not grieving. Women tend to view not talking about the child as abnormal, and maybe even a sign that the father does not care as much as the mother. Men’s tendency to “stay busy” following a child’s death is also viewed in a negative way by many women.

I have talked with many mothers and fathers following the death of a child, and I have developed a view of how the genders typically cope with the death of a child. Mothers usually have a deep need to remember in obvious ways, and so they talk about the child and everything that happened. They watch videos, make scrapbooks, hang pictures, and they talk a lot. Mothers are more open with their grief, and therefore their pain and functional limitations are usually quite obvious.

In our society, men are expected to fix things and when a child dies, a father is confronted with the reality that this is not something he can fix. Not only is his child gone, but typically his wife is in deep and obvious pain and he is helpless to fix that. Conditioned to “do something”, it is completely understandable to me that many men retreat from their wife’s grief into their work, where they can actually accomplish something most days.

Something else that I have observed over the past few years is the profound loneliness of a bereaved father. Men are not usually allowed the privilege of close friendships the way women are in our society, and so often men rely on their wives for their primary source of emotional support. When a couple loses a child, the wife turns to her friends/family while the husband is faced with the loss of his child AND his primary support system - his wife. This is nobody’s fault but it is very often a reality.

Mothers and fathers may express their grief in different ways, but I am convinced that expression (or lack thereof) is not an indicator of depth of grief. Men and women both suffer profoundly and deeply when they lose a child, even if their grieving looks different.

Differences in grief do not have to drive couples apart. The first thing that can help is to remember that it is perfectly normal for people to express grief in different ways. Second, it is also normal to cope with grief in different ways, and we certainly see this in every couple that loses a child. Judging another person’s grief is not helpful or loving, and so mothers and fathers need to aim for acceptance with each other. Third, it is very important not to use grief as a measure of love. A parent whose grief is more private did not love that child any less simply because she/he is not as open with feelings.

In addition to being gentle and accepting of our partner’s grief experience, couples can support each other by actively working on their relationship. A child’s legacy should not be the destruction of his/her parents’ relationship and so it is a tribute to the child you both love to work on the relationship. Think back to a time when your relationship was happy - what did you do together? What did you talk about? Make a list and then start doing those things from a happier time.

The death of a child is a big strain on a relationship but it does not mean a marriage or relationship is doomed to failure! Understanding and respecting differences in the expression of grief is important and so is making time for the relationship. Take that other parent - the one your sweet child loved so much - and do something kind and loving in honor of your child.

Sometimes relationships need help, and that is certainly available. Marriage counselors can help couples find a smoother path again. If a counselor seems like a good idea, be prepared to shop around for one that seems compatible with you and your spouse. Also, look for one that has experience both with couples and also with grief.

There are wide variations of normal grief in both men and women. Differences in the expression of grief and coping should not be seen as a problem, but simply as differences. Children’s memories are honored when we continue to love, respect and support the other parent through the difficult - but shared - loss of that child.

Source: helpwithgrief.org

Good grief support isn't just a one time thing

Let's have a conversation about grief support. Actually, scratch that, let's not have a – as in singular – conversation about grief support. Instead, let's begin an ongoing dialogue. This is part one of the conversation, which we can revisit and build upon far into the future. Does that sound feasible? Tolerable? Reasonable? Good, because this is how grief support should always be – ongoing and evolving.

Unfortunately, people wishing to support grieving family members and friends often conceptualize their job all wrong. Instead of envisioning grief support as an ongoing need to be met, many times people think of it as something to be checked off a to-do list. Send flowers – check. Go to the funeral – check. Make a vague offer of ongoing support – check. Okay, looks like I'm done!

Now I love checking things off my to-do list as much as the next person. As an avid procrastinator, I know how good it feels to say – “That's done!” – and to put the task behind you. But, as we all know, good grief support doesn't work this way. If a person's grief is ongoing, then it follows that grief support ought to be ongoing as well.

If you don't believe me, believe the 1,200 grieving people who recently completed our informal survey about good grief support. We asked people which responses from family and friends were most helpful in their grief and which experiences had a negative impact. The results showed that three of the four most common experiences negatively impacting grief related to avoidance and/or inaction from family and friends.

Specifically...

68% said that people seem uncomfortable talking about their grief
58% said people avoid bringing up their loved one
57% said people have disappeared since their loss

It seems to me that the negative impact of these experiences could be somewhat alleviated if supportive family members and friends conceptualized their role as ongoing as opposed to finite. Now I know talking about grief isn't easy, especially if you're worried about saying the wrong thing or if you aren't comfortable with emotion in general, but the only way for individuals and, for that matter, society as a whole to get better at talking about grief is by doing it. The awkwardness passes; I know because I am a very awkward person so you can trust my authority on this matter. You can also trust that once the discomfort passes (if it ever even existed) there will be the opportunity for things like connection, openness, the sharing of memories, help, and support.

I am sure many of you are now convinced that I am right about everything, so please let me offer a few additional suggestions as you move forward in your role as a supremely supportive person.

KNOW WHEN YOU'RE PROVIDING ONGOING SUPPORT WHEN YOU'RE REALLY JUST CHECKING BOXES.

It can be confusing, sometimes a person thinks their offering ongoing support when they're really just checking boxes. It can be tempting to say to yourself, “I offered general support. They know I'm available. They would reach out if they needed someone.” or “I offered very specific support and they didn't take me up on it. The ball is in their court.”

Remaining abstractly available isn't the same as engaging in ongoing support. Nor is offering specific help and then telling yourself the ball is in their court when the person doesn't respond or accept. There are many reasons why a grieving person might not respond to offers of support or reach out to ask for help. So, for at least the first few months after the death, just assume the ball is always in your court. You don't have to be aggressive with it... but...you know...gently toss it around once in a while.

BEWARE OF DIFFUSION OF RESPONSIBILITY.

Diffusion of responsibility is a social psychology concept that says people are less likely to take action or responsibility for something when multiple people are present. For example, if I'm one of two people on the street and the other person yells ‘help!’, I'm likely going to respond because I'm the only one there to do so. However, if we were in a crowd of people I may be less likely to respond because I assume someone else will, perhaps someone who is better in a crisis.

Grieving people are often surprised when they find they have far less support than they might have expected and some of this may be explained by diffusion of responsibility. It's not that people wouldn't help or don't want to help, but they may assume the person already has the support of other people, perhaps people who are closer or who are better with grief and emotion.

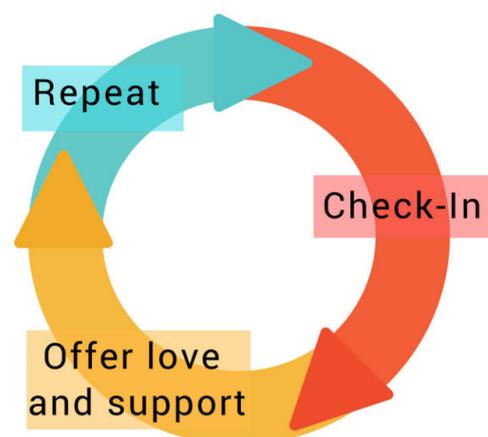
Don't assume a grieving person has all the support they need simply because you know they have plenty of family and friends. It never hurts to check in.

FOLLOW THE GRIEVING PERSON'S LEAD.

If the person you are trying to support doesn't respond, leads you to believe they need a little space, or declines the type of help you are offering – that's okay. Try not to take it personally, it's not about you (most of the time). Be open and accepting of their response, don't get offended. Remember, everyone grieves in their own way and at their own pace. Unless the person outright tells you to bugger-off, keep checking in. Make a mental note to text the person in a few days or a few weeks (this, I will allow you to put on your to-do list). It's always nice to let the person know you are thinking of them.

When in doubt, follow the helpful grief support instructions below.

Grief Support Instructions:



MEMORIES OF MY SON IAIN

26/09/1959 – 27/09/1959

IAIN A BONZER BUB!

My infant once so living
I felt you kicking within me
As my body swelled creating you
I bonded with your reality
In my watery womb world
And dreamt and planned
Your infancy, a soft and cuddly baby
Toddling into boyhood, talking into
Young manhood, my deep voiced son
A gift of years together.

But all my Dreams were shattered
When your urgency to be out
Caught me by surprise
Six weeks before due date
A dangerous entry in an Outback hospital
You met your challenge brave boy
In your nineteen hours of living
But the hospital was ill equipped
To help your little lungs
As you gasped and struggled
For Life-giving breath.
The time between your Birth and Death
Became shockingly aching permanently
brief.

Forty-five years your tiny bones
Boxed and buried have Iain beneath
The red earth watched by a glaring sky.
Bone of bone unites us son
Whom I never held in my arms
I hold you always in my memories, in my
prayers.
Through tears, my thoughts take shape on
paper
To make you real, my son,
Iain, a bonzer bub, my precious Outback
child!

Margaret Booker Klaassen
06/07/2004

RELEASE

I stood by the water's edge
At Whangaparaoa in September, 1988,
I held in my hand
Twenty-nine sun-bleached shells
Collected for each birthday,
To honour my first born,
Who survived nineteen hours
Tiny lungs struggled to breathe
In a stark Outback hospital.
While I prayed and hoped.
Then Matron strode in and declared,
"I am sorry dear, he's gone."
The next day on 28 September 1959
My little son was buried
Amidst the dry red earth
Growing spinifex in the cemetery
While crows carked overhead
In Kalkadoon country.

Years later and across the sea
I pray for my infant son Iain
In this healing ritual at water's edge.
I collected a shell for each birthday
Like 29 candles on a birthday cake.
I breathe deeply as blowing them out.
Then release my breath and voice
The shells leave my hands singly
Arc through the air rippling
In ever enlarging embracing circles
As I shout across the ocean
Release memories of my first born,
Dead in the Australian Outback.

Memories farewellled on life's tide
While mollyhawks with wide wing spans
Wheeled and screeched overhead
Weeping I recalled my child's brief life
His short lonely Journey
From Birth to Death,
Farewell my son,
Farewell Iain James
Until we meet again
Beyond this vale of tears.
Where we are promised
Angels of Light will greet us.

Margaret Booker Klaassen
06/07/2004 and 28/09/2015

MY OUTBACK BABY

There is no joy the world can give like that
it takes away. Byron.
Earth's crammed with heaven
And every common bush fire with God
And only he who sees takes off his shoes.
The rest it round it
And pluck blackberries.

Elizabeth Barrett Browning. Aurora Leigh,
The Complete Works of Mrs Browning,
Book VII, L 820ff Boston: Houghton
Mifflin, 1900:372

6th January 1995 as I walked by the sea
at Sandgate, a Willy Wagtail was my
constant companion, communicating with
flitter flutter of tail feathers and darting
glances, all the while keeping pace with
me. I think the Wagtail was my Spirit
son, telling me this message, "Enjoy my
company. I am always with you, Mother. I
flitter and flutter so you catch sight of me
and smile."

Thank you son.



SAD LOSS OF THREE (ADULT) CHILDREN

A compassionate friend shares their story

This is my story about my three precious children who died from cancer. Although several years have gone by, the grief and sorrow never lessens.

The first of my children to die from cancer was my only daughter, Tina Maria.

During April, 2003, Tina Maria was diagnosed with Breast Cancer; consequently she was operated on at the Prince Alfred Hospital, Melbourne. The surgeon removed four Lymph nodes. I couldn't believe that my beautiful, smart girl had Breast Cancer. I decided to fly down to Melbourne (where she lived in Mentone) to assist her in her treatment. I was fortunate that my altruistic eldest son, John, organised my Mother's Day present, arranging and paying for the transportation of my car down to Melbourne, so I could drive Tina Maria to attend her Chemotherapy sessions and later on radiation treatment. After the treatments the Oncologist at the Alfred Hospital assured her that she was "clear", so in October of that year I had my car transported back to Brisbane and flew home.

During the next couple of years, Tina Maria, tried to live a normal life and even obtained a job, but because she did not own a car this was hard. Anyway she coped as well as she could under the dire circumstances. My other son, Patrick and his partner lived at Cheltenham, near Mentone, so they "watched over her" too, helping her whenever she needed assistance.

In October, 2005, Tina Maria developed a severe cough and was told by the local G.P. "You just have a severe cold and there's nothing to worry about." However, she didn't feel well enough to fly up to Brisbane to spend Christmas with me and her two younger brothers, Justin and Bryon. Tina Maria and I rang each other frequently, so I had no inkling of what was to happen!! On 19th January, 2006, (late at night) I was sitting in my lounge watching on TV the Australian Open Tennis, when the phone rang at 9pm (10pm Melbourne time). My son Justin answered the call and then I noticed his voice was barely audible.

He came over to me and put his hand on my shoulder saying gently "Mum, Patrick's on the phone and he's at the Alfred Hospital, Melbourne. Tina Maria is dying and the doctor wants to turn off her life support as she is suffering terrible pain". Apparently the cancer had metastasized to her lungs. I just couldn't comprehend all this and was probably in shock too. I got on the phone and pleaded with the doctor to please wait for me to fly down to Melbourne A.S.A.P. but he said that my poor girl was in terrible pain and they would have to switch off her life support. I thought to myself am I having a bad dream, this isn't happening... My other son Bryon (who had driven down from the Sunshine Coast) was able to book me on a 5am flight to Melbourne next morning.

The next morning my sons drove me to Brisbane airport and I caught the early flight down to Melbourne. It was a wet and miserable day, but after about an hour, I tried to hide my tears by looking out the window of the plane. I noticed beautiful fluffy white clouds... Then a beautiful rainbow appeared just outside the window. I felt that the appearance of the rainbow was a sign from my daughter trying to comfort me - not to cry and that she was O.K.

Anyway my son Patrick met me at the airport and then drove me to the Alfred Hospital, where we spoke with a doctor. After our talk, doctor called for a nurse to take us downstairs to see my daughter for the last time. As we stood at the door, I felt my knees buckling and I said "I don't think I can do this".

The kind nurse tried to comfort me by saying that I didn't have to go in, but I insisted that I had to see my beautiful daughter, one more time. I managed to find some strength to walk over to the bed to say one last goodbye to my darling girl. I remarked to Patrick, "She's as beautiful as ever and she just looks as though she's sleeping peacefully". The poor nurse started crying and apologised for becoming emotional, too, but I fully understood how she felt. I felt as though a knife had been plunged in my heart.

In April, 2006, I was down in Melbourne again, when I heard about my second son, Andrew, having a small toe amputated (Melanoma) at the Princess Alexandra Hospital, Brisbane. Again I flew back to Brisbane and drove up to the Sunshine Coast to see Andrew. I spent as much time as possible staying with him. Eighteen months after we lost our Tina Maria, Andrew's cancer had metastasized to his brain... consequently giving him brain cancer. He was so brave and during his last few days, surrounded by his loving children, my eldest son Johnny and me, he too passed away.

Just before our Andrew passed away, he noticed how upset I was and tried to comfort me saying, "Don't cry Mum, I'm going to see God". Andrew passed away on August 16, 2007.

A few years later in 2011, my eldest son Johnny was diagnosed with colorectal cancer. Johnny was also staying here with me – he was always concerned about my coping with the loss of two children. In November, 2011, Johnny, my youngest son Bryon and I spoke with Johnny's doctor at Redcliffe Hospital. The doctor said to Johnny that he would have to go into Palliative care at Redcliffe, as cancer had spread to the liver and kidneys too.

My son John was such an inspiration to me and his siblings. Not once, did he ever complain about having cancer and the suffering he endured. Again, surrounded by his loved ones - his brother Patrick (who had flown up from Melbourne to spend precious time with his "big" brother), Justin and his partner Emi, Bryon and his partner Pilar and myself, Johnny passed away too. This happened on November 26, 2011.

It's a very heavy cross to bear – losing three precious children to cancer. My children John, Andrew, Tina Maria and Patrick, (during their early childhood) lost their Dad to Testicular cancer (back in Melbourne - he was only 35yrs old.) I have strong faith my three children and their Dad are all in heaven and watch over us down here... I hope and pray that when I enter eternal life we will have a joyous reunion in heaven!!!

Mothers hold their children's hands for a short while, but in their hearts forever!

*Written by their Mum,
Francesca Fulton (McCahill)*

Continues next page.



Patrick and his late brother John Philip McCahill



Tina Maria McCahill



Tina Maria, Andrew and Francesca McCahill

CORRIE (22/6/1983 – 14/6/2000)

A compassionate friend shares their story

It is now over 18 years since our precious, beautiful and talented 16 year old daughter, Coralie (Corrie) Eleanor Benn, left her earthly home to take a ride on her horse. That was the day that our lives changed forever after Corrie fell from her horse, sustained head injuries and died two days later.

I would like to share with you my 'grief journey'. My mind asks, "How could it be 18 years since I've given Corrie a cuddle, held her hand, heard her sing and we laughed together?"

Initially, I didn't know how to survive my intense pain for 18 minutes, let alone 18 years. A friend sat with me at the ICU at the hospital and gently helped me to understand and accept that what was happening was outside my control. The only thing that I could control was my attitude to this horrendous situation and overwhelming grief. A minute at a time I 'let go' of Corrie, trusting that God knew better than I what the future held.

In the last 18 years, other huge changes have happened in our lives. We lived in USA for a year where I suffered a critical illness and retired from my job. We sold our home in Queensland and now live on King Island in Tasmania. Corrie's brother has married a beautiful lady and they have given us four adorable Grandchildren.

Unrealistically, I would like to be able to write words of wisdom that would help each of you in your grief journey. I know that this is not possible as we each enter this journey with such varied backgrounds, beliefs and circumstances. I do know that I'm not any stronger or braver than any other bereaved mother.

For me, some practical ways of walking through my grief were keeping a written journal, listening to my 'inner voice' rather than voices of people that thought 'I should be over it by now', by accepting support from family and 'true' friends who offered me 'unconditional love' and allowed me space and time to talk, to cry, to laugh, to grieve in 'my' way.

I still just take life on 'a day at a time' or 'an hour at a time'... whatever I could manage on that particular day. I still keep Corrie's memories alive by talking about her and daily I count my blessings. I am so grateful to have had Corrie in my life for nearly 17 years. I'd like to share these following sayings with you that I found helpful:

Serenity Prayer

God grant me the serenity to accept the things I cannot change. Courage to change the things I can and wisdom to know the difference.

"You will never know how strong you are, until being strong is the only choice you have."

"God doesn't give you grace when you think you need it, but when He knows that you need it."

Every day of my life I miss Corrie, but I know that my love for her is stronger than my grief. I also have the promise that one day I will be with Corrie again in Heaven.

Corrie's Mum.

Corrie left behind many pieces of writing and artwork. I have compiled these into a booklet. If you would like me to post you a free copy of "Corrie", please let me know by contacting me via sharonbenn54@hotmail.com (Please mark your enquiry 'Corrie').

Written by Sharon Benn



Birthdays

Our children – loved, missed and remembered by their families

OCTOBER

01.10.65

Brett Thomas Watkins

Today is your birthday Brett. We will light a candle, put flowers on your grave and have a toast to you, but I would so love to hug you! Love and miss you so much, Mum and Kym xx

06.10.87

Graham Thomas William Johnson

Happy Birthday Graham, Miss you a lot, miss your hugs and kisses. Wish we could have you back for your birthday. Love and kisses from Dad, Mum, Leeann, Stuart, Renee, David, (your twin brother), Michael, Jayden, Jacob, Anastasia, Jazmyne, Clerissa, Izabella and Toru. Love from all of us.

09.10.69

Daniel Warwick Good

Dearly loved son of Bev and Nico Bosma and brother of Jodie and Bryn. We love you to the moon and back To infinity and beyond. Yesterday, today and forever. Happy Birthday Dan XXX

13.10.86

Mitchell Liam Grehan

Son of Roger and Helen. We only have one wish, that is to have you back with us. Miss you, love you every day. Mum and Dad, Brother Brad, Sister Nicki and B-in-law Jay and Mackensie, Hunter and Myles Mitchell.

19.10.84

Richard Ross O'Brien

Happy Birthday Richard! With love from all your family, Mum, Dad, Chris, Devett, Mearon, Kormac, and Morgan.

21.10.80

Ammie Joy Scott

Happy Birthday to our special angel. Always loved and in our hearts. Enjoy your margarita cocktail. From Mum, Dad, Joanne, Jay, Heidi, Maycee and new baby Nyra.

25.10.89

Coralee Penny McLochlan-Clark

Hold me close to you, I miss you so much my darling. Love Mum, Nanny, Poppy, Granddad, Uncles, Aunts and Cousins. Forever in our hearts xxxx

29.10.04

Nikita Kaya Pollard

Happy birthday our precious princess. Sadly missed and always in our hearts and thoughts. Love always Mummy and Daddy. xxxx

30.10.74

Michael Ian Downey

Precious son of Marion and Ian (Dec'd) and brother of Paul - Forever loved.

NOVEMBER

02.11.96

Kai Jaron Weeks

Happy Birthday my little man - Love you to infinities and beyond. All my love always.....Mummy xxoo

03.11.78

Edward (Ed) Ernest Burden

To our dearest Ed. Thinking of you with much love on your special day - your birthday. Wishing you were here to celebrate it with us. We miss you Ed. Love always Mum and Dad, Alison and Rob and Step Dad Rog.

04.11.74

Andrew John Buchanan

Happy birthday our precious Andrew. Remembering you with love always. Mum and Dad, Annie and Peter, Scott and Kylie.

04.11.87

Alexander (Alex) John Turnbull

Happy Birthday Alex we hope you are dancing with the Angels today. We will always remember your gorgeous smile and that uncontrollable laugh. Forever in our hearts, Love Mum, Dad, April, Luke, Jasmine and Lachlan. x x x x x

5.11.83

Kylie Mary Thomson

Happy birthday to my precious daughter who left us too soon and so suddenly. I miss you more than words can say. Hope you and your brother, Craig are together again. Love Mum and Trevor

11.11.73

Steven Lindsay Buitter

Precious son of Robyn and Steve, Brother of Tina, Trevor, Mellisa and Chrissy, Father of Daniel and Bradley. Always in our hearts.

12.11.62

Robert Glenn Brown

Treasured son of Enid and Bob Brown and brother of Craige. "See I will not forget you" (Isaiah 49:15)

11.11.88

Jessica Kate Wegener

Happy Birthday to Jessica, our darling daughter and best friend. You walk beside us every day. Always loved and very dear. Miss you our beautiful girl. Lots of love from mum, Dad and Jacob. xxx

12.11.71

Brett Arthur Wanchap

We miss your beautiful smiling face more than you will ever know. Forever in our hearts, Lots of love Mum, Dad and Family

23.11.78

Charles William Cornes

Love you always. Would give the world for one more smile, smell and touch. Johnnie, Ju, Bec and Nat. xxxx

25.11.74

Colin Michael Meagher

Happy 'Forever Young' Birthday Colin. Love and miss you so much. Mum, Dad, Steven (Dec'd), Daniel and Scott. xxxx

25.11.81

Scott William Hatfield Smith

Happy Birthday Scottie, there will always be a place in our hearts for you. We love you Dacks and Dacks xxxx Mum and Dad (Dec'd) Special Daddy to twins Matthew and Lachlan, brother to Cherie.

27.11.70

Rachel Nara Burley

You will always be in our hearts Rachel. Love Mum, Dad (Dec'd), brothers Shayne, Phillip and Jason

28.11.86

Guy Thulborn

We will always love you and miss you, darling Guy.

30.11.61

Mark Dale Edgley

Treasured loving son of Lorraine and Harry (Dec'd) Forever loved.

30.11.63 Michelle Hayes

Remembered always on this special day by Mum, Rod, and the whole family.

30.11.84

Jason Conolly

Happy Birthday Jason. Another birthday without you. You are always in our thoughts. Missing you terribly and we still love you dearly. Love Dad, Mum, Nichole and Tim.

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

THOMAS NORMAN BARRY

26.09.87 to 12.10.04

Precious son of Frances and Paul. My precious boy. I only had 17 of your birthdays to share and love you and miss you so much. Forever in our hearts, dear son and brother. Mum, Dad, Alana, Suzie and Justin. XXXXX

ASHLEY COFFEY

24.06.66 to 10.10.14

For our much loved, much missed precious son Ash - taken from us so unexpectedly. We wish that we could hear your cheery optimistic Sunday phone calls still and share your ups and downs together and try to plan a better future for you - until we meet again - all our love - Mum and Dad.

**AARON FREDERICK CHARLES
ARTHUR LOUIS De St ATLAIS Le
BOUTILLIER**

07.02.81 to 08.11.83

To our beautiful boy, our hearts still hold you near - Oh! How we wish our arms could hold you near. Love Mummy, Daddy, Brooke, Amber and Freya.

CAMERON LUKE DAVIS

07.04.93 to 26.10.95

Precious son of Allan and Noelyne Davis. Still in our thoughts daily "Cambo" Lots of love Mum, Dad, Adel, Alex, Owain, Cai, Amelia and Alexi, Ashleigh and Lily xxxx

MICHAEL IAN DOWNEY

30.10.74 to 10.10.87

Precious son of Marion and Ian (Dec'd) and brother of Paul. "But Oh! for the touch of a vanished hand and the sound of a voice that is still." (Tennyson). We love and miss you so much, Michael.

PETER ANTHONY GLINDEMANN

16.08.79 to 14.11.95

Beloved son of Russell and Lesley. Small in stature, Big at heart He may be gone But our memories won't part.

LOUISE MARGARET IRELAND

16.12.82 to 18.11.07

Our beautiful daughter and sister tragically taken from us After all these years we still miss the sound of your voice and especially your laughter, it would light up the room. You will be remembered for the girl with the heart of gold. Love you always, Mum, Dad and Mat.

ALISON PETA LAZENBY

19.05.80 to 17.10.98

Darling second daughter of Majella. Loved younger sister of Rebecca and older sister of Mark and Justine. Little princess of James. Loved and remembered every day.

JOHN PHILIP MCCAHILL

02.07.51 to 26.11.11

It's 7 long years since that very sad morning when (in palliative care) you entered eternal life. Johnny, you were such an inspiration to not only your living family, but also close friends. We like to think of you reunited with your Dad and siblings, Tina Maria and Andrew. Much Love Always, Mum, Patrick, Justin and Bryon

IAN JAMES MILLER-DE VERE

20.1.75 to 20.11.92

Beloved son of Marie De Vere and Gary Miller. We are so proud of you and everything about you and we want you to know that we love everything about you. In our hearts and souls forever. Love Mum, Dad and your brother John.

RICHARD ROSS O'BRIEN

19.10.84. to 27.10.84

We can't believe how the years have flown. All these years is so long to be without you! We miss you and love you always. Always in our hearts . Mum, Dad, Chris, Devett, Mearon, Kormac and Morgan.

NARELLE SUZANNE QUINN

04.04.73 to 07.11.83.

Precious daughter of Barry and Beth. Loved sister of Bruce, David and Gayle. 'As the brilliance of a star in a dark sky, so in our hearts, is a memory of you, Rellie.

JEANINE RETRA
08.01.91 to 08.10.12

Much loved daughter of Eric and Linda, sister of Dean and Ashton. Missing and loving you always precious girl. Till we meet again.

CLAUDIA LEE SCHUBERT
29.01.69 to 14.10.69

On butterfly wings of innocence. Fleeting here and then gone. Always remembered. Love Mum and Rachel.

AMMIE JOY SCOTT
21.10.80 to 17.11.08

Precious daughter of Geoffrey and Rhondel. A beautiful daughter was born. Your life was too short. You died as you lived a friend to everyone. A wonderful smile that lifted the room as you walked in. A heart of gold. Miss your hugs. Missed and loved by all family and friends.

JUSTIN DOUGLAS
SUMMERGREENE
17.07.70 to 23.11.03

Beloved son of Doug and Sue. Fifteen long years have passed and still we all miss you so very much. You have left a large hole in our lives, although the precious memories can never be taken from us. All our love Dad, Mum, Brad, Malisa and Damien, nephews Ben and Nick xxx

KYLIE MARY THOMSON
05.11.83 to 27.10.04

My darling daughter, taken from us far too soon. I miss you terribly, life has never been the same without you. You are always in my thoughts. Love Mum.

GUY THULBORN
20.11.86 to 22.11.12

Loved son of Sue and Tony. We love you and miss you everyday and hope you are at peace.

ALEXANDER (ALEX) JOHN
TURNBULL
04.11.87 to 15.11.10

Our Special son and wonderful brother, how we miss your gorgeous smile, carefree nature and that laugh which was contagious to us all. Taken suddenly we are heartbroken and you will live on in our hearts forever. Love Mum, Dad, April, Luke, Jasmine and Lachlan. x x x x x x

JAYDEN ALEXANDER VAYRO
03.08.98 to 08.10.10

Much loved son, brother, uncle, grandson, cousin and friend. We miss you deeply and think of you always. Your smile and caring nature will live with us forever. Love always, Mum, Dad, Steph, Cassie, Ben, Lilly and your family. XOXO

NATALEE JAYNE HALL
28.07.95 TO 15.10.16

Our precious only daughter and sister who will forever be loved and missed. You lit up our lives and now shine through all of us. Forever loved and missed. Love Mum, Dad and Dean. xxx

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

Birthday submission form

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

Parents' names: _____

Your Message: _____

Christmas Candle Lighting Service 2018

The Annual TCFQ Candle Lighting Service is held once again this December. This very special event will be held on Sunday 9th December 2018. The service is being held again at the “Merthyr Road Uniting Church” 52 Merthyr Road, New Farm. The event this year is organised to be seated for 6:15 pm with a 6:30 pm start inside the church. This event is part of The Compassionate Friends “Worldwide” Candle Lighting Service for 2018.

We at TCFQ would love for all of our members to attend from far and wide. For those that can't make it to the service, we encourage you to take a moment to reflect and think of your loved ones at 7:00pm and know that you are sharing this moment with hundreds of TCF members around the world.

The evening is celebrated with a quiet elegance. During the service people come together to share this special occasion and at the appropriate time light candles in honour of our children. These candles will shine for one hour. During this time we are given the chance to reflect and remember our loved ones. As the Candle Service is held internationally at the same time, the light from all our candles will move all around the globe sending a warm glow throughout the world on this special day.

At 7:00pm sharp we will light the Worldwide Remembrance Candle in memory of each of our children who have passed. This gesture is a very special event for bereaved parents and their families as it provides an opportunity to express their feelings and acknowledge their children in a beautiful, meaningful way.

There is also an opportunity during our service for all who attend the evening to light their own candle. You will be provided with a small card with an opportunity to write a message to your loved one. This memento is yours to keep after the service.

If you have experienced the loss of a child in your lifetime, this is a great moment to share in honour of his or her memory by taking part in the ceremony. You may also wish to invite family members or friends to spend this time with you so as they can light their own candle alongside you.

Nothing will ever make up for the loss of a child, but hopefully some solace will be found by participating in this small gesture. Taking purposeful time to reminisce and think about our children helps keep the flame of their life and memory burning bright. No matter whether you'll be lighting a candle at home or joining us at the gathering, it is a way to show love and support to our community no matter where we are.

Those that would like to participate in this event can submit items to be included within the service. These contributions can be either read or played on the night. Your contributions can be dedicated and can be presented by one's self or by another nominated person. The articles, verses and poems sent in will be included in the service booklet on the night also. Submitted songs will be included throughout the service.

We at TCFQ invite all members to submit items for the booklet that will be handed out on the night. All we ask is that you please advise us when you send in your contribution the name of the reader on the night be included as well. If you wish us to organise a reader on your behalf please advise us.

However, if you just wish to have your verse, etc. appear in the booklet without being read out, then that is OK too, just advise us of what best suits you.

Closing date for ALL submissions for this year's service is strictly close of business, **FRIDAY 2ND NOVEMBER 2018**. Submission requirements for people who wish to contribute to the booklet for the service: **PLEASE READ BELOW**

All items to be included in the service can be either sent via email or post to:

- admin@tcfqld.org.au
- PO Box 1930 New Farm QLD 4505

We can receive songs/song lyrics/poems/versus or readings and photo files on either CD or USB format.

Please ensure that all information including full names of people in photos, song titles and artists, poem and verse titles **are clearly indicated and legible with the item that you send in.**

If you are submitting photos, **please do not send us the original photo**. Also, state your child's name, age, year, month and information as you would like it to appear.

Your CD's and USB's will be returned to you on the night of the service. These will be placed at the raffle table for your collection in the courtyard in front of the church.

Even if you had a photo in last year's service, you will need to inform us that you would like it to appear again. We do not automatically include photos year to year.

There will also be a “Memory Table” this year and all are most welcome to bring a photo or another memento of your child to display throughout the service. These items can be collected at the end of the evening.

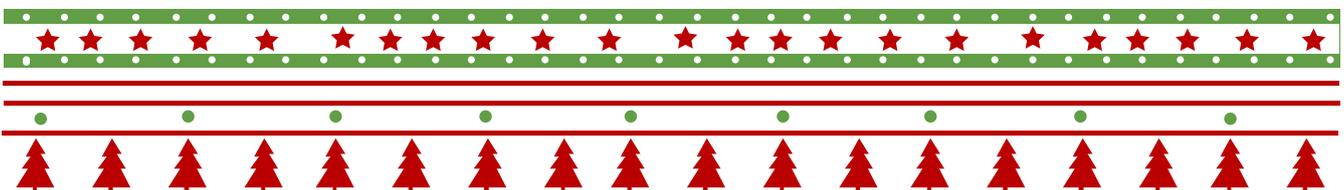
At the completion of the service, we all adjourn to the outdoor area where supper will be served. It would be very much appreciated if you are able to bring a plate for us all to share.

There will be fundraising raffle tickets on sale during this time as well. Tickets will be available in the courtyard in front of the church.

All bereaved parents, siblings and grandparents and their families and friends are warmly invited to attend this special event.

If anyone has any queries, please contact Kristie McGrath our Office Coordinator on (07) 3254 2657 or admin@tcfqld.org.au

We look forward to seeing you all this year on the 9th December.



You Are Invited

QHVSG and The Compassionate Friends joint Children's Christmas Party

Date : Sunday, 9 December 2018

Time : 11:00am to 3:00pm

Venue : Mabel Park, Paradise Road, Slacks Creek (Just off the Freeway at IKEA)

RSVP : Friday, 23 November 2018

Fun for all ages! Everybody is welcome. Bring the kids, bring the grandkids, most importantly, come along and celebrate **Christmas** with your family from QHVSG and The Compassionate Friends.

Special appearance from **Santa** with a present for every child under 12yrs.

Jumping castle : **Sticky wall** : **Gladiator duel** : **Fairy floss**

Animal farm : **Pony rides** : **Face painting** : **Balloon art**

Popcorn : **Snow cones** : **Sausage sizzle** : **Drinks**

Chairs, picnic blankets, scooters, balls, cricket sets all welcome.

For more information or to RSVP, please email us at admin@tcfqld.org.au or call **07 3254 2657**.

IMPORTANT: Please fill in the RSVP form attached so we know how many children are coming. It would be devastating if your child was the only one that didn't receive a gift from Santa.



RSVP for QHVSF and The Compassionate Friends Children's Christmas Party

Date : Sunday, 9 December 2018
Time : 11:00am to 3:00pm
Venue : Mabel Park, Paradise Road, Slacks Creek (Just off the Freeway at IKEA)
RSVP : Friday, 23 November 2018

Please fill in the below details and return to PO Box 1930, New Farm Qld 4005 or email admin@tcfqld.org.au

Family Name:	
Total people attending: (including children)	

To ensure all children under 12yrs attending receive a gift please fill in the below details.
Unfortunately children not in attendance can not be catered for.

Childs Name	Childs Age	Childs Gender	Childs Likes/Dislikes



DONATIONS TO OUR CHRISTMAS AND CANDLE LIGHT SERVICE RAFFLES

We would very much appreciate donations of gift cards as well as monetary donations to go towards purchase of gift cards and goodies for our Christmas raffle and Candle Light Service Raffles.

I could only be grateful when I realized that I would rather have known you for a moment than never at all. I would rather endure this inexplicable pain of outliving you than to never have seen your face, spoken your name. I would rather be yours, and you be mine, regardless. Regardless of the sorrow, the sleepless nights, and the years I will walk this earth, carrying you in my heart.

SCRIBBLES & CRUMBS

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 9th October
Tuesday 13th November

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

Time: 7:00 pm – 9:00pm

IPSWICH SUPPORT MEETINGS

When: Support meetings are held on the third Saturday of each month.
The next meetings are on:
Saturday 20th October
Saturday 17th November

Where: Uniting Church, 27 Ellensborough Street, Ipswich

Time: 10:00am – 12:00pm

Please contact Margaret for more information on 04 84 619 199

TAMBORINE SUPPORT MEETINGS

When: Support meetings are held on the first Wednesday of the month 10:30am–12:30pm (morning tea) and the third Sunday of the month 2pm–4pm

Where: Tamborine

For further information please call Michelle on 07 5543 8004 or Tammy on 07 5548 6229

CALOUNDRA SUPPORT MEETINGS

When: Support meetings are held on the third Saturday of each month.
The next meetings are on:
Saturday 20th October
Saturday 17th November

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 11th October
Thursday 8th November

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 17th October
Wednesday 14th November

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 04 17 013 309

SIBLING MEETING:

Please contact the TCF Brisbane for details.

**In memory of
Chloe Jewel Baker,
21/2/17 – 7/9/17**

*Chloe we will always treasure the short time
we had together, you taught us a lot. We will forever
love and remember you, our sweet baby.
Love mum, day and Jack*



A Mother's Ode

*I am your mother, but you, my child, I cannot hold.
It'll get easier with time, or so I'm told.
People may forget that I am your mother.
I'm part of a secret club we only share with one another.
But that doesn't diminish my love for you.
I think of you the whole day through.
I wonder what you're doing, my Precious Little One.
We are connected by an Infinite bond which cannot come
undone. I will not let Death tear us apart.
I promise to always keep you alive in my heart.*

– Susan Mosquera

If undeliverable, return to:

PO BOX 1930
NEW FARM QLD 4005

The Compassionate Friends Queensland

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**THE
COMPASSIONATE
FRIENDS**
Supporting Family After A Child Dies

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.

October – Not available
November – Monday 5th
December – Monday 3rd

PLEASE TAKE NOTE

Newsletter submissions

Closing date for submissions for the next newsletter is: 16th November

Newsletter printing, folding and preparation for mailing is scheduled for
3rd December from 10am at the Centre, 505 Bowen Terrace, New Farm.
Volunteers are welcome!

Please note: If your child's anniversary or birthday is in December or January
and you would like an Memoriam or Birthday Notice in the December/January
2018/19 Newsletter, the closing date is 16th November.

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.