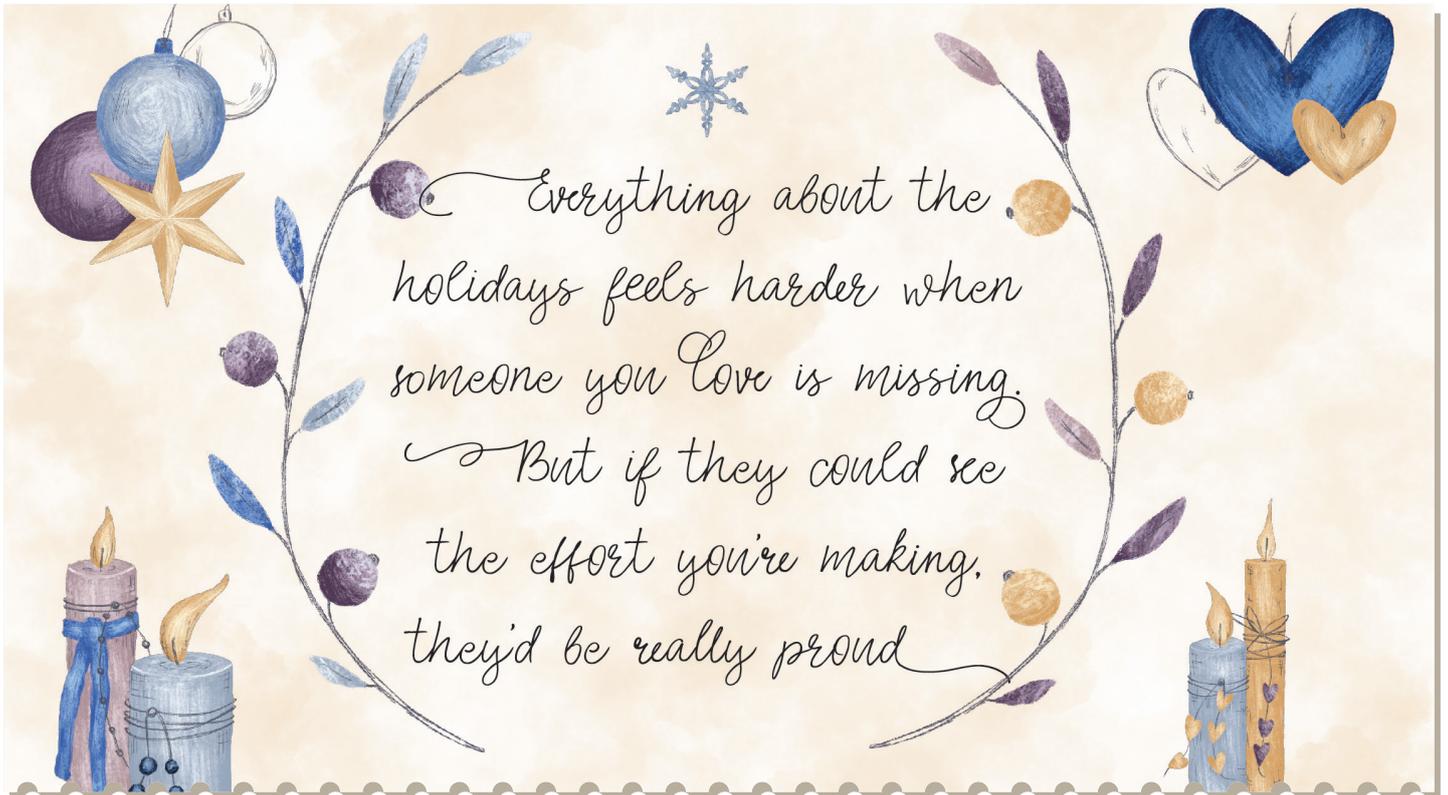




THE HUB

THE COMPASSIONATE FRIENDS NEWSLETTER

The Compassionate Friends Newsletter – December/January 2018 edition



Everything about the holidays feels harder when someone you love is missing. But if they could see the effort you're making, they'd be really proud.

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

January 2019 opening hours

Mon, Tues, Thur and Fri
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
National Helpline: 1300 064 068
Email: admin@tcfqld.org.au
Postal Address: PO Box 1930

Find us on 

SAVE THE DATE

TCFQ Holiday Office hours

The TCF New Farm office will be closed from **Friday 14th December** and reopening on **Monday 14th January**.

National Helpline Number: 1300 064 068

President's Report

Hello all. Christmas time approaches us once again. It is a time when there should be happiness all round. For many of us unfortunately, it isn't. At the very least it is a time, tinged with sadness for most. But it is also a good time to reflect and to remember what our lost children gave to us. Memories of good times and brighter times. Your child will live on in the hearts of others, even if they cannot be with you now. I often remember this quote when I think about my son who died 35 years ago.

"I will not forget you! See, I have engraved you on the palms of my hands" ...Isaiah 49:15-17 New International Version (NIV)

As your president I am not allowed to let the grass grow beneath my feet so I am looking to next year and the plans that I have for TCFQ. The board has been through a change since last September and with that change has come the hint of new directions for us.

In January we are about to tackle some of the requirements by which the government ties us to our funding. We are going to be looking at our strategic direction, or in simpler terms where we would like to be in the next five years, what we want to achieve for our members and how we might actually do that.

Funding of course is high on the priority list and will be into the new year. Money is something that we rarely like to talk about let alone ask for. The truth is that TCFQ provides many services for its members as well as the newly bereaved and this cannot be achieved without the members' contributions. Your memberships are an important part of the overall funding we need to provide these services, so I am asking you to please make sure you keep your membership fees up to date.

In closing may I wish each and every one of you a safe and peaceful Christmas.

For our newly bereaved may your burden become smaller and the pain inside you soften to something which is bearable. For everyone, may you cherish the years, months, days or even moments that you had with your child. As Theodor Geisel once said, "Sometimes you will never know the value of a moment until it becomes a memory."

*Kerry LeBoutillier, father of Aaron
TCF President.*

Dear Friends,

Welcome, welcome, welcome to the December/January newsletter.

I can't believe that we are just about at the end of 2018 already and what a year it has been here at the TCFQ office here in Brisbane.

This year has seen us open three new support meetings around the state, Ipswich, Stanthorpe and Tamborine. Remember if you feel your area would like or needs a support meeting please let me know and we will work with you to get the meeting set up and happening.

We are also working on support groups for our children (young and not so young) and at this time we have a younger sibling group starting to organise their activities for next year. This group aims to support children aged from toddlers to 15yr olds. On page 10 you will see some photos and an article from one of our younger members about the Kids Xmas Party. We are looking forward to seeing where this group goes and the fun things they get up to throughout 2019. If you would like further details about this group please feel free to call me at the office.

We have had a new upgrade to the database which came online this past week. We are now able to gather extra data so that we can support you and your family in more ways. On a side note we have started to gather an extra contact person for each new member so that if for any reason we need to get some further support for you we have a contact person to help us who knows you just a little bit better than us.

The board has been working very hard behind the scenes as I am sure you are aware from Kerry's bi-monthly reports and one of the main areas is in raising awareness so more people know about us when they need us. Well done and thank you to our Board members past and present for all your hard work.

Kerry has been working on getting us further funding so that we are able to employ more staff for the office so that we are able to open for more hours in a week. This is an exciting prospect and we wish Kerry all the best in achieving this.

Our volunteers this year have done an amazing job with their love and support for TCFQ and from the bottom of my heart I thank you and am grateful for all that you do for us here at TCFQ. Without you TCFQ would not be the organisation that we are today. Please know that each and every one of you are very valuable to me.

So as we go into this end of year season, I wish you all peace and contentment in this sometimes trying time. We will remember our loved ones and keep a chair at the table with us.

From the depth of my heart, Peace and love to you all.

*Kristie
TCFQ State Coordinator*

TRIGGERS

MY EXPERIENCE AS A BEREAVED PARENT

I am five years into my grief journey, having lost my beautiful son, Nyle in 2013. He was 12 years old and a shining soul. He really got so much out of his short life. He lived it to the max and squeezed so many experiences into his time. I often think about that when I feel the sadness and lethargy sweeping in. I have learnt to be gentler on myself and more accepting of my bad days.

I have also learnt to take joy in the small things as in the long run they are actually the big things.

Triggers, these insidious things that incite a strong emotional response, often take us unawares and are completely individual. We have all been there, seen, heard or felt something and the panic and anxiety sets in. The pounding heart, the shaking hands, the breathlessness. That outside influence that sets off a physical response.

How do we deal with these? Well personally I tackle these type with physical cues. I tap my head, pump my hands into fists or shake my head. This seems to bring me back to the present moment. In the very early stages of grief it took a lot more work, a lot more attention to my physical cues, but as time has progressed I just need these cues periodically and for short bursts.



The harder triggers for me are the emotional ones. They seem to jump out of nowhere to unsettle me, sometimes to the core. These take me unaware and leave me reeling. Often for weeks at a time. I really have to think about these and use self reflection as a tool until I can get to the bottom of it. And then I have to take the time to address the issue/trigger. Doing this helps lessen the grip of the trigger on me but I still react to it.

I am hoping that as my grief journey progresses and that by becoming more aware of my triggers I will gain power over them and that I will enable me to better manage them. Talking with others who are on a similar journey can also help clarify feelings and help decrease my anxiety. It is reassuring to me to have these connections with others and be able to open up and talk when it is needed. Eventually

these strategies will help me to manage my triggers and minimise my abnormal reactions to them. I am sure that they will never fully leave me, as with many things I am forever changed.

*Written by Tammy Kilpatrick-Schull
Mother of Nyle Colin Schull
TCFQ Member*

VOLUNTEERING AT THE COMPASSIONATE FRIENDS QLD

My name is Janian Barron and I am a volunteer at The Compassionate Friends Queensland (TCFQ). I first started in this position during a placement through Vision Australia in February. Through the media, I first found about TCFQ and after an interview with Kristie it was deemed by Kristie and Kerry, The President of TCFQ, that I had the attributes that TCFQ was suitable to my situation. Through the mentoring under the excellent supervision of Kristie McGrath I was a best fit to TCFQ as I have lost my twin sister, Maree Malone in 2008.

I have attended a seminar and conference to enhance my skills as I am a Counsellor but I am enjoying my time as a volunteer at TCFQ. I help Kristie by answering the phone when necessary but mostly am doing marketing and administrative duties.

I am an identical twin and Maree lost her battle with Cancer on the 28th of May, 2008. To have lost a twin sister is gut wrenching and I would never wish losing a twin sister even on my worst enemy.

We all have struggles in the loss of a son or daughter, grandchildren, or sibling and we all deal with this loss in different ways but since I have been volunteering here I have found that time doesn't heal but you learn to deal with death in your own way. However, TCFQ is available 24 hours a day with their phone lines available so there is always a compassionate and empathetic ear to listen, and always available for a chat.

*Written by Janian Barron
Sister of Maree 28/5/08*



TO MY SON

Sometimes people ask me how I got out of bed the day after you died. Of all the questions about death and dying, they ask me this. Would I have asked the same question once? I don't think so, I think I would have wanted to know how they learnt to live with the 'foreverness' of death, and knowing that their loved one would never walk through that door again.

How they coped with the reality that at every celebration for the rest of their lives one person will be missing. How they related to the normalness of life where people complain about seemingly trivial things. How they controlled the paralysing fear for the safety of their other children. I like to think that I would have sat a while and talked about their child, their memories, their hopes and dreams and what they have lost.

I can never be sure though as that moment did not occur. Now I am writing this with the hindsight of knowing these are some of the important questions a bereaved parent struggles with.

I want to tell people that when you died I lost a chunk of my past, my present and my future. My dreams, I discovered, were woven with strands of you. The tapestry that was being created of our lives can never be finished as the thread is no longer available. You are my first thought every morning and my last thought every night. I want to say that the pain I felt when you died was physical as if someone had taken a scalpel to my heart and carved out a Luke shaped hole.

I live with a dichotomy of despair and joy, I never realised the human heart could hold such contradictory feelings at the same time. When I watched your brother graduate from school I was swamped with emotions; his happiness at his sense of accomplishment and expectations of what lay ahead for him made my heart swell with love and joy. At the same time I was reminded that you would never have these experiences or be able to share in your brothers' special days either.

I want to tell them that the pain I carry is not just for me, it's for your brothers too, but mostly it's for you. It's for all the things you will never get to do again or for the first time. You will never get to dance in the rain again, or feel the warmth of the sun on your back.

You will never experience the anticipation of your first date, or your first kiss. You will never get to wait at the end of the aisle as you watch the love of your life walking towards you. You will never get to hold your newborn child for the first time and feel that overwhelming sense of love for him or her. I want to tell people all of these things, but they never ask.

Written by Liz Fletcher



Missing you at Christmas

Every day without you, since you had to go, is like summer without sunshine and winter without snow. I wish that I could talk to you, there's so much I would say, life has changed so very much, since you went away. I miss the bond between us and I miss your kind support, you're in my mind and in my heart and every Christmas thought. I'll always feel you close to me and though you're far from sight,
I'll search for you among the stars, that shine on Christmas night.

Help during the holidays: honor lost loved ones

For people who are grieving, the holidays can include painful reminders of loss. But this season also brings opportunities to honor lost loved ones.

There are things you and your grieving friend can do together to pay tribute to their loved one – to celebrate them, honor them, and bring others together in a fond moment of remembrance. It can be as simple as everyone raising a glass around a table or spending an evening watching family videos.

Dr. Joe Kasper, a physician and expert in the field of positive psychology and post-traumatic growth, says that “paying tribute sets time aside to reflect on the person’s life.”

If your friend isn’t up for paying tribute to their loved one – might still be too painful – you can do it on your own. That’s especially true if you had a relationship with their loved one, too. One powerful way to pay tribute is to write a letter of gratitude. “Thank the person who passed away for all the good things they did and express how they changed your life for the better,” Dr. Kasper suggests. “If you’re comfortable, read it aloud to the deceased’s family or friends, or give it to them to read on their own.”

Beyond paying tribute, another way to honor a lost one is by contributing to their “co-destiny.” Dr. Kasper developed the idea of co-destiny after the loss of his son. It’s built around the notion that if we perform altruistic actions in someone’s name, we can help add to their legacy, so it continues to grow. And it isn’t just a beautiful way to remember someone who’s gone. It’s also healing for those left behind. “In this way,” Dr. Kasper says, “we give meaning to suffering and promote post-traumatic growth within ourselves.”

There are many ways to remember or extend the positive impact of a lost loved one’s life beyond their death, especially during the holidays. Here are some ideas:

- Pay tribute
- Light a candle in their memory at special holiday meals.
- Take flowers to their grave site, or another place where family and friends go to remember them.
- Make a digital photo album and share it with people who loved them.
- Host a holiday dinner party and invite those who knew them best.
- Make and enjoy their favorite holiday meal – if you can, follow their handwritten recipes.
- Buy their favorite flowers for the holiday centerpiece.
- Ask friends to share memories of them on their social media pages.
- Gather loved ones to share favorite stories or holiday memories about them.
- Release balloons or paper lanterns at a gathering of their friends.
- Sing their favorite holiday songs.
- Write a holiday card to them.
- Go to an event that they would have enjoyed, like a holiday concert, play, or sporting event.
- Frame their favorite quote or poem.
- Plant a tree in their name.
- Make a small memory garden in the yard.
- Create co-destiny
- Organize a fundraising drive or contribute to their favorite charity in their memory.
- Volunteer for an organization they supported.
- Finish a project they were working on.
- If they loved a local park, school, theater, sports venue, etc., consider supporting its mission – pick up litter, donate supplies, or buy tickets for kids in the community.
- Get involved in organizations that tackle issues relevant to their life (e.g., cancer research, mental health organizations).
- Write an inscription honoring their memory in their favorite book, then donate it to a library.

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In Loving Memory of Joshua Luke Finegan

A Compassionate Friend shares their story

“In your life, you meet thousands of people...and none of them really touch you, and then you meet one person and your life is changed, forever...”

Where do you possibly start to find the words to describe your beautiful and very special 20 year old son and brother who left this this world much too soon?

On the 10th July 1990 at 5:31pm, a cheeky, mischievous, loveable larrikin and party animal was born...

~~Joshua Luke Finegan~~
‘Finno’ ~ ‘Finnners’

Our lives were changed forever...

Little did we know that on the 11th December 2010, our lives would completely fall apart and our journey through life would take such a sudden and sharp detour when our precious boy took his own life.

Josh was our darling son, our special and beautiful boy. He was an adored brother and best friend to Amy and was a much loved and cherished nephew, cousin, great mate, friend, and buddy, and he had the ability to touch people’s lives in so many special ways.

Josh was outgoing, spontaneous, cheeky, confident, passionate and fearless and always managed to bend the rules to suit him. He was always up for a challenge and willing to try new things and had a unique zest for life. His vibrant and spirited personality always managed to put a smile on everyone’s face no matter what. He was extremely witty and funny and he could think very quickly on his feet. He was a scallywag and a lovable larrikin. He lit up a room when he walked in. He made our world a more beautiful place to be.

Josh loved life! But he was also a risk taker, impulsive at times, loved a drink with his mates and was in a tumultuous relationship. Impulsivity mixed with alcohol and a relationship fraught with dramas appeared to be Josh’s downfall. At the time we did not see any warning signs or indications that Josh was struggling,



and sadly the decision he made on that unforgettable night was the wrong decision, made in a moment of madness mixed with alcohol and anger, and nothing or no one could have stopped him.

Our lives completely changed when Josh died and we constantly questioned and tortured ourselves as to how something so devastatingly tragic and sad could be happening to us. Josh had no history of depression or mental illness.

He had the job of his dreams working as a Flight Attendant; he had just bought his first car, he was appointed captain of his AFL Footy team and he was in a live in relationship with his girlfriend. But how and why does suicide become an option? How does it enter ones realm of thinking? We just don’t understand that at all.

After Josh died, it was very important to us as a family to be able to talk openly about our very special boy, because he did live, and he was an extremely happy, positive, cheeky, charismatic and fun loving person. Little did we know that his death was to have such an incredible and indelible effect on so many people and his life has left imprints in so many hearts, most of all mine. We have learnt first-hand that suicide can touch any family regardless of colour, socio economic standing or cultural background.

However, talking openly about suicide is incredibly private and difficult, and so stigmatised, that as a society we desperately avoid doing so, thus continuing the secrecy and shame. Until one has a direct experience of the loss of a loved one or friend by suicide, it is possible to go through life unaware that more people die this way than through car accidents.

The thing that deeply saddens us now is the absolute waste. We knew that Josh would have grown into a fine and successful young man. He would have realised that there is life after a broken relationship and I have no doubt he would have found his soul mate. A lot of his friends are now at the age where they are getting married. He will never get to experience that. We will never get to be grandparents to his children. We will never get to see where his journey would have taken him.

We feel so very sad for Amy as well because she now has to live her life without having her brother to grow old with and to share things with. She will never get to be an aunty to Josh’s children and share family gatherings where their kids would have played together.

All of the things that you take for granted and assume will happen in the normal scheme of things are what we now miss the most. We would do anything to have the old days back.

In order to value Josh's life our role now is to reach out to people who are going through a tough time, to let them know that things will and do get better, that death is not an option over living. Also to make contact with other families who have lost a loved one through the most tragic of circumstances and to band together in an attempt to reduce the stigma associated with the word suicide and to become involved in community projects that will increase and raise awareness surrounding suicide.

Even though Josh was only on this earth for 20 short years, he certainly was "The Life of the Party" and would "Seize Every Day". But we wanted more than 20 years.

Josh, we spend all of our time missing you. Our pain is constant, unrelenting and always there. We miss everything about you and no words can convey the emptiness and sadness in all our hearts. But the words that we will miss for the rest of our lives are the ones that you constantly said to us – Love ya Mum, Hey old Man, Love ya Sis. We know that you loved us with all your heart and soul and we loved you from here to eternity.

Josh, you will always be our beautiful boy who will forever live on in our

hearts, our minds, our memories, our thoughts, our words and our actions. You brought so much love, laughter, happiness and joy to all our lives and we spend every day loving, remembering and missing you.

Josh. "To the world you were just one person, but to us you were the world."

*Lovingly written by Anne Finegan,
Josh's Mum.*

Poem for Josh

Josh,
It seems like only yesterday
I rocked you on my knee,
With dreams about the future and
What you were going to be.

You were so bright and happy
Such a precious little boy,
You gave your love to everyone
And filled our hearts with joy.

Strangers would admire you
And stop to say hello,
"He'll break a lot of hearts," they said,
"In twenty years or so."

But in just twenty years from then,
What they said came true,
As we were forced against our will
To say goodbye to you.

A life so short and unfulfilled,
With so much left to go,
"Why, oh why?" we ask ourselves,
When we all loved you so.

Life shows us many options,
But whichever path we take
The destination's still the same
Whatever choice we make.

So many questions flood our minds,
"What if, and Why and How?"
If we had done things differently,
Would you still be with us now?

I don't know what the lesson was
That you were sent here to learn,
But now your purpose is fulfilled
It's time for you to return.

When I hear the phone ring
I expect to hear you say,
"Love you Ma. What're you doing?
Can I come 'round today?"

But you don't need to ask us now,
You're with us every day,
Within our hearts, our minds, our
souls,
Your memory will stay.

No fear, no pain or sorrow,
Can touch you anymore
But the love you've left behind,
Will live with us forever more.



Declare your holiday bill of rights

The holidays aren't the most wonderful time of the year for everyone. Whether it's your first New Year's Eve without someone you love or your tenth Christmas away from your kids, you may find yourself dreading the holiday season. And the fact that there can be more pressure to be attentive and cheerful during the holidays can make it even worse.

You deserve to honor the holidays in a way that works best for you – and to take care of yourself in the process. Use this bill of rights to give yourself permission to make the holidays what you need them to be. Share it with loved ones so they can help support you.

This holiday season, you have the right to:

CHOOSE HOW YOU WANT TO SPEND THE HOLIDAY

Even the most understanding friends and family may expect you to cook, show up with gifts, and generally exude holiday cheer. Talk to them ahead of time so they know how you're feeling and what you're up for this year. Let them know that you may change your mind, even at the last minute, or if you prefer to play it by ear. Research shows that we're not actually that great at predicting how we'll feel in the future, so leave yourself room for flexibility.

DO ONLY WHAT FEELS RIGHT

If you don't feel like celebrating a holiday, don't. Choose to honor old traditions if they comfort you. Think about starting new ones if you feel the need to do something different. To spark ideas for new traditions, think about activities you've always wanted to do, places you've always wanted to visit, or special meals you've always wanted to make. New traditions can create something to look forward to for future holidays.

LET PEOPLE HELP

The holidays can come with long lists of errands to run or tasks to complete. Ask for and accept help with any of them. People who care about you will be happy to do something for you. You won't ruin the holiday for others by leaning on them.

FEEL HOWEVER YOU FEEL

Holidays are filled with memories and traditions that can cause unexpected and shifting emotions. There's no one right way to be. People who tell you how you "should" feel or act may mean well, but they often don't know what's best for you. Surround yourself with people who accept you as you are and try to limit your time with those people who don't. If you're being hard on yourself, try to go easy. Notice when you tell yourself how you "should" feel and try to replace those thoughts with acceptance of your feelings as they come.

TALK ABOUT IT—OR DON'T

The question of whether and when to open up can be complicated. People will ask how you're doing. With some friends and family, you can tell them how you're really feeling without ruining their day. But not everyone will welcome honesty or be able to handle it calmly. In some moments, it may be easier to deflect the question than choose between opening up or giving a sugar-coated response. For instance, you can ask about their holiday plans. Consider coming prepared with a subject of conversation you can dive into easily.

TAKE CARE OF YOURSELF

Holidays are exhausting under normal circumstances – and they can be even more so when you're facing hardship. It's so important to take care of yourself. Research shows that self-care can make it easier to cope with stress, especially during this busy season. Eat well, stay active, try to sleep, and give yourself the opportunity to relax when you need it.

HOLD ON TO HOPE

This holiday may not be the same as past ones. In fact, holidays may never quite look the way they did before. But they won't necessarily always be this hard, either. You don't know what the next year has in store for you, and you won't always feel how you do right now. Watch for signs of the mental trap of permanence – that is, believing that things will never get better. If you find yourself falling into it, try replacing words like "always" with "sometimes" to remind yourself that the future doesn't have to be like the past.

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How to help your loved ones during the holidays: start a conversation

When the holidays are tough for someone you care about, it can be tempting not to talk about it – to plaster on a smile, keep the energy high, and avoid saying anything too heavy. But that’s often the opposite of what your friend needs. According to Sheila Heen, co-author of *Difficult Conversations*, starting a real conversation about what your friend is going through may be the most important gift you can give them.

Maybe you don’t know what to say. Maybe you’re worried about making your friend feel worse. But they likely want to hear from you. In fact, one of the top ways people going through a hard time say their friends could help: by listening to or asking about their feelings. Saying something tells them that you’re thinking about them and you care. Tiptoeing around the elephant in the room won’t make it leave. Acknowledging that elephant is the first step toward kicking it out.

Here’s some advice for getting started:

DON’T WAIT FOR THE PERFECT MOMENT

It’s tempting to put off saying something indefinitely while you wait for the perfect moment or the perfect words. Don’t wait too long to let your friend know that you’re thinking about them. The timing and the words don’t matter as much as just saying something. You don’t need to be prepared with answers, and it’s okay to be nervous. Accept that this may be uncomfortable, and dive in anyway.

START THE CONVERSATION, EVEN IF IT’S AWKWARD

Don’t stress about finding a super-smooth way to introduce the topic. Just keep it simple. Give them a hug or a warm “Hey.” Ask how they’re doing today. Find a quiet moment and say, “You know, I’ve been thinking of you and wondering how you and the kids are doing” or “... how you’re holding up without your dad this Hanukkah” or “... how you’re dealing with Roberto being in the hospital.” If you’re going to see them in a public setting and don’t want to put them on the spot, leave them a note ahead of time or text them to let them know you’re thinking of them. If all else fails, say, “I wish I knew the right thing to say” or “I wish there were something I could say that would make things better.” That acknowledgment speaks volumes.

No matter how you start, you’re giving your friend the green light to share their true feelings. Your presence is the real message of support they’ll remember.

DON’T EXPECT TO FIX THINGS

It can be hard to walk alongside someone you care about who is in pain and not try to “fix” everything that’s wrong. Your friend doesn’t expect you to have magic words or powers to make their pain go away. The best thing you can do is to say something that lets them know that their suffering isn’t invisible to you and that you’re there for them. Try “I wish so badly I could take away your pain. I promise I’ll be here for you no matter what.”

MAKE SPACE FOR THEIR FEELINGS, WHATEVER THEY MAY BE

If the person you care about opens up, let them do the talking. Make it safe for them to express how they actually feel without trying to cheer them up or make it better. As Heen says, “When someone is hurting, and we pretend they aren’t, then we’re not really seeing them. When we fail to share what’s most important to us, like our feelings, we detach ourselves from others and damage our relationships.”

So attend to your friend. Pay close attention to what they’re saying and accept their feelings without judgment or advice. Acknowledge what they’re saying: “That must be awfully hard” or “It makes sense that you’d feel that way.” Chances are your friend will feel relieved that they can show their real feelings to you.

LEAVE YOUR DOOR OPEN

As your conversation winds down, remind your friend that you’re always available to listen. They may feel support wane after the holidays, so make a commitment to be there for them in the new year and beyond. Follow up later—send a text, drop a card in the mail—and make some post-holiday plans together.

The takeaway message: Keeping your distance because you don’t know what to say makes the person struggling feel even more alone. Reaching out, even if it isn’t done absolutely perfectly, reminds them that they are loved.

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ANNUAL CANDLE LIGHTING SERVICE 2018

On Sunday 9th of December we held the 2018 Annual Candle Lighting Service in Brisbane.

It was lovely to be among our members who came together to love and support each other at this time of year and to be a part of the international worldwide candle lighting.

Thank you to all our members who have contributed to the Candle Lighting service with donations.

RAFFLE WINNERS

Congratulations to our Members Raffle winners for 2018

1st prize – Pat Hammond (TCFQ Member)

2nd prize – Sue Thulborn (TCFQ Member)

3rd prize – Jo O'Shanesy (Close friend and supporter to TCFQ Member Jackie Mooney)

From	In Memory Of
Hon. Grace Grace	
Councillor Vicky Howard	
Malouf Pharmacy (New Farm)	
Terry White / Chemmart Pharmacy (Stafford)	
Rod and Gloria Hamilton	Rodney James Hamilton
Enid Brown	Robert Glenn Brown
Julie Cornes	Dugald John Cornes
Noela Wilkes	Simon Brant Wiles
Donna and Warren Turnbull	Alexander (Alex) John Turnbull
Duncan and Mary Maclean	Keira Maclean
Collen Grunnet (Vouchers)	Natalie Grunnet
Bernie and Maureen Culey	Christopher Culey
Karen Lang	Nathan Lang
Judy and Vince Wilson	Carolyn Maree Wilson
Susan Turner	Guy Thulborn
Elizabeth Scott	Edward John Moncrieffe Scott
Sue McBurnie	Larrisa Joy Page-Dhu
Greg & Terri O'Connell (Vouchers)	Nathan Gregory O'Connell
Patricia Hammond	Julie Anne Karami
Feast On Fruit	Andrew Joseph Caltiabano
Arnotts Pty Ltd	
Margaret Nowacki	
Jan McGrath	



KID'S XMAS PARTY FAMILY FUNDAY

Hi my name is Kyra and I am 11 years old, and I attended the Christmas party for bereaved siblings held by The Compassionate Friends Qld. There were lots of things that was there for us to do including an animal farm with chickens, a baby piglet, baby goats and a lot more. Two of the chickens even laid an egg, Kristie ate one on her sausage sizzle.

There was three jumping castles and unfortunately one of them, which was the one with the slide deflated, but there was plenty more like the fighting one which was when you had to knock down the person that you're playing with. There was a sticky wall that's when you put a sticky suit on and you throw yourself on the wall and you stick to it. There was a lot of food like a sausage sizzle and free cotton candy, popcorn and drinks.

This was a really fun day I had with The Comparison Friends and can't wait to do more with them throughout the year. I hope to see you all there. Thank you for having us.

*By Kyra
(Loving sister of Connor James Lewis)*



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Birthdays

Our children – loved, missed and remembered by their families

DECEMBER

02.12.81
Madison (Maddy)
Grace Harris

Darling, your seventh birthday without you will be hard. We miss your smile, your laugh, your excitement over the gifts you receive. Jaames, Alan (husband) and I will remember you with lots of love on your birthday. The rest of your family and friends will also smile when they think of you. Lots of love from Mum, James and Alan.

05.12.85
Richard James Smith

Happy Birthday Richard, our treasured son and only child. Forever in our hearts. Safe in the arms of the angels. Love always, Mum and Dad, Len and Margaret.

08.12.82
Michael Reading
Sadly we celebrate the precious moment that you came into this world on the same day you left us. Happy Birthday beautiful boy.

12.12.76
Colin Cairns
Happy Birthday Colin, we love you and miss you so much. You are forever in our thoughts. ♥ Love always, Mum, Dad and Jacqueline.

17.12.80
Nathan Murray
Happy Birthday our darling Nathan. Love always Mum, Dad and Belinda.

17.12.81
Leigh Matthew
Happy birthday darling. We will miss you and love you forever. Mum, Dad, Bec and Simon

25.12.83
Christina Bingham
Happy Birthday dear Christina. With all our love Mum, Dad, Julia, Mark, Allan, Chris, Sophie, Curtis, Thalia and new nephew Alexander.

26.12.84
“Beth” Elizabeth
Ruth Friend
Remembering you on your birthday. Treasured, loved and still very much missed.

27.12.73
Christopher Johnson
Dearly loved son of John and Holly, Brother of Leanne and Tracey, Father of Taylor, Connor and Jayme. Forever in our hearts.

28.12.79
Carolyn Maree Wilson
Another year we have to celebrate your birthday without you – Happy Happy Day ‘Chookie’ always loved and remembered. Dad, Mum, Christine, John, Paul and Chelsea – nephews Paterson, Carter and Marcello. Xxx

JANUARY

02.01.76
Leigh Alison Edwards
Happy Birthday – celebrate with the angels and “Co-co”. Love always Mum, Dad, Julie, Clinton, Lachlan and Harrison
xoxoxo

05.01.95
Billy Stranks
Happy Birthday our darling Billy. Remembering you on your birthday. Forever in our hearts. Mum, Dad and Allan.

08.01.91
Jeanine Retra
Happy Birthday precious girl. We all miss you so much. Love you till the end of time. Mum, Dad, Dean and Ashton.

08.01.84
Bradley David Rowe
We miss you and think of you each day but especially on this day when God gave you to us. We hold you in our hearts until we hold you again in Heaven. Lots of love Dad, Mum, Nat and Jase xxxxx

10.01.95
Christopher Rysanek
Happy Birthday our beautiful boy! Wish you were here to celebrate with us. Love you. Dad, Mum and Jacqui xxx

13.01.70
Craig Pointon
A very special day love. We are all sending our love as we remember. Love you. Mum and Dad, Brett, Trish and families xxx

15.01.00
Nathan Gregory
O’Connell

Happy Birthday our beautiful boy!! Love and kisses forever, Mum- my, Daddy, Meaghan, Kaitlan, Callum and Abbey.
xxxxx

25.01.77
Steven Keith Meagher
Happy ‘Forever Young’ Birthday Steven. Love and miss you so much. Mum, Dad, Colin (Dec’d), Daniel and Scott. xxxxx

28.01.58
Tina Maria McCahill
Always thinking of you, on this special day we think of you having a very happy birthday celebration in heaven with your darling dad, your brothers, Johnny and Andrew. Much love always from mumsy, your brothers, Patrick, Justin and Bryon

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.

In memoriam

Forever loved, forever young, forever remembered

Gregory Nikola Alcock
10.06.71 – 02.01.01

Dearly loved son of Ray and Helen. Adored brother of Darren, Brett and Tanya. You're forever in our hearts Greg.

Joel David Aspinall
12.08.82 – 23.12.13

Dearly loved son of Kym and brother to Leah and father to Eli David Aspinall (DOB 6.4.11). Eli will never forget you and we will raise him to love all animals like you did and we will love him unconditionally as we loved and still love you. Miss you so much that at times, it is unbearable. Only in the agony of parting, do we understand the depths of love.

Guy Loughnan Bryant
30.10.87 – 15.01.05

Forever loved and missed by Mum, Dad, Lachie, Alex and Millie.

Robert Glenn Brown
12.11.62 – 19.12.96

Treasured son and brother of Enid, Bob and Craige. Remembered always with much love and admiration. Enid, Bob and Craige.

Colin Cairns
12.12.76 – 07.12.95

Dearly loved son of Ron and Elizabeth, beloved brother of Jacqueline. Memories bind us and your love guides us. Forever in our hearts, love Mum, Dad and Big Sis xx

Jason Conolly
30.11.84 – 02.01.11

Cherished son of Michael and Lorraine. Our loving son and wonderful brother Jason. Taken tragically to soon from us. There is not a day that goes by that you are not on our minds. Your cheeky smile, your gentle loving nature, you have left a huge void in our lives. But your memory lives on. Loved and missed by Dad, Mum, Nichde and Tim.

Dugald John Cornes
27.02.83 – 17.12.98

Much loved son of John and Julie. You so enriched our lives. We love and miss you deeply. Johnnie, Ju, Rebecca, Natalie and Charles (deceased).

Mathew Murrie Debney
18.07.80 – 31.12.92

Loved son of Mal and Liz Debney. We think of you often, talk about you lots and love you forever Matt. Mum, Dad and Megan.

Leigh Alison Edwards
02.01.76 – 07.01.97

Cherished daughter of Mike and Sue. Loved sister of Julie. A precious flower, just lent not given. To bud on Earth, to bloom in Heaven. Leigh – remembering you, missing you and loving you always and cherishing the days we shared together. Mum, Dad, Julie, Clinton, Lachlan and Harrison
xoxoxoxo

Joshua Luke Finegan
10.7.90 – 11.12.10

Dearly loved son of Garth and Anne. Quietly today your memory we treasure. Loving you always forgetting you never. We miss you more than words can say. Forever in our hearts and memories. Love always Mum, Dad, Amy, Sooty and all your family and friends xx

Daniel Warwick Good
09.10.69 – 10.12.96

Bereavement is the price we pay for love. Dearly loved son of Bev and Nico and much loved brother of Jodie and Bryn. Yesterday today forever, we love you Dan xx

Mitchell Liam Grehan
13.10.86 – 30.01.11

Loved son of Roger and Helen. Our loveable larrikin who was taken far too soon. Forever in our thoughts and hearts.

Rodney James Hamilton
16.06.77 – 26.12.89

In our hearts you will always stay Treasured memories forever to keep Remembering you often, in our quietness. Much loved and precious son of Rob and Gloria.

Louise Clara Hudson
23.08.76 – 03.01.96

Dearly loved and cherished daughter of Keith and Daphne. In loving memory of Louise, tragically killed in a car accident. No time for goodbyes. We miss your hugs, kisses and laughter, not a day goes by that we don't think of you. Love from Family and Friends. xxx

Brett Andrew Johnson
26.06.66 – 29.12.05

Beautiful Son of Lesmar, Stepson of Tony. Loved Brother of Corey, Brother-In-Law of Amy. Precious Dad of Adam, Paul and Zoe. Cherished Grandson of Mardi. And God will wipe away the tears from our eyes, and death shall be no more, neither shall there be mourning nor crying nor pain anymore.

Christopher John Johnson
27.12.73 – 29.01.04

Cherished son of John and Holly. Tender thoughts still bring a tear of one we lost and loved so dear. Love, Dad, Mum, Leanne, Tracey and Family.

Ross Owen L'Estrange
25.07.64 – 14.12.86

Beloved son of Sue and Harry. Your kindness and courage are still an inspiration to us. Love Mum, Dad, Peter and David.

Christina Maria McCahill
28.01.58 – 20.01.06

Darling daughter of Francesca Fulton and Albert McCahill (dec'd). Every day you are in our thoughts and our hearts. We miss your beautiful smile and bubbly laughter. You certainly brightened our lives. Much love always, Mum, Patrick and Bernadette, Justin and family, Bryon and Pilar, Emi, nieces and nephews.

In memoriam

Forever loved, forever young, forever remembered

Gabriel Everett Meyer
10.09.75 – 12.01.93

Beloved son of Sherrie and Doug and brother to Graeme, Conor, Fawn, Annie and Caitlin. In honour of your precious life, we smile.

Gregg Rowland Pain
18.06.77 – 21.01.04

Precious son of Ray and Carol. Beloved brother of Scott and Andrew. The pain does not go away but you are always in our hearts and minds. Until we meet again darling. Love Always.

Michael James Reading
08.12.82 – 08.12.12

Beloved eldest son of Steve and Jen. Loving brother of Scott and Lauren. So suddenly passed, you have left us struggling with your absence. An amazing doctor and vet. You have left your footprints on the sands of time. You lived, you loved and so loved in return.

Keenan Kent Smith
22.03.91 – 03.01.93

Beloved son of Kent and Karen Smith. Lovingly remembered our beautiful boy. Not a day goes by when you are not missed. Sweet dreams. Love Daddy, Mummy, Allana, Shea, Tye and your extended family.

Brett Arthur Wanchap
12.11.71 – 10.01.96

Precious son of Bev and Paul. We love and miss you so much. Rest in God’s beautiful garden. Lots of love - Mum, Dad, Ashleigh, Brad, Ainslee, Ashley, Courtney and families.

Cappur William Embling
16.01.89 – 16.01.06

Dearly loved son of Angus and Belinda. Time isn’t measured by the years you live, but by the deeds you do and the joy you give. ♥CAP♥, you gave us so much joy. You are as good as gold. Love you forever, Mum and Dad, Tadgh, Courtney, Ginte and Darby.

Kai Jaron Weeks
02.11.96 – 31.12.07

My “Rainbow Rider” KAI 744 “True friends are hard to find, hard to leave and impossible to forget”. Greatly missed by all that knew and loved you. I cherish the short time we had together and can’t wait for us to ride together again. Hug you, kiss you, love you, miss you. Forever in my heart, always in my thoughts. My Life. My Love. My Eternity. Love you to infinities and beyond my little man. My love always. Mummy

Bradley David Rowe
08.01.84 – 21.12.14

Precious son of Wayne and Bev Rowe. Four years ago you were called home, our thoughts are ever of you. You are dearly loved and sadly missed, God willing, we will meet again.

Graham Thomas William
06.10.87 – 18.01.09

To our son Graham Thomas William, it is now nine years, we all miss you so much. Miss you, hugs and kisses every day. Lots of love from all of us, Dad, Mum, Leeann, Stuart, Renee, (David, Graham’s twin brother). Uncle to; Michael, Jayden, Jacob, Anastasia, Jazmyne, Clerissa, Izabella, Toru.

Matilda Rose Bevelander
08.07.99 – 28.01.15

Beautiful daughter of John and Cecilia Bevelander (dec’d), loving sister to Liam. Our memories play over like a much loved movie in a theatre, light flickering through the rolling film, dust in the air. You are the light, eternal, shining in the darkest recesses of my being. Love you forever Tilda, Dad and Liam. xx

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:
No meeting in January
Tuesday February 12th

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

Time: 7pm – 9pm

IPSWICH SUPPORT MEETINGS

When: Support meetings are held on the third Saturday of each month.
The next meetings are on:
Saturday 19th January
Saturday 16th February

Where: Uniting Church, 27 Ellensborough Street, Ipswich

Time: 10am – 12pm

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

January: Wednesday no meeting and Sunday 19th

February: Wednesday 6th and Sunday 17th

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 19th January
Saturday 16th February

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 January
Thursday 14th February

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 16th January
Wednesday 20th February

Where: CWA Tea Rooms, 5 Victoria Street, Stanthorpe

Time: 7pm

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

Queensland/Northern Territory
Marie-Claire: 0408 702 716

SIBLING MEETING:

Please contact the TCF Brisbane for details.

Birthday submission form

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

Parents' names: _____

Your Message: _____

Dear Members,

The Compassionate Friends QLD Board will in early February be sending out several surveys via email to help us to identify members needs and expectations. We as a Board know it is our duty to serve our members to the best of our ability and with your help we can see where we need to improve the services and where we are doing well.

These surveys will consist of the following:

- Survey to all financial members past and present to gain feedback, views, suggestions, opinions and input on The Compassionate Friends QLD services.
- Survey to all Board Members past and present to provide feedback about their experience as a board member.

- Survey to all past and present Event Subcommittee members for feedback, suggestions and ideas on current and future events.

On the 12th January the Board will be conducting a strategic planning session with the help of a professional organisation to assist TCFQ to plan for the future and to shape and improve objectives and strategic outcomes for the benefit of the members.

The results of this strategic plan will be shared with the TCFQ members in February

Yours Sincerely
The Compassionate Friends QLD Board



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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.

January – No meeting
February – 4th (includes Newsletter folding)

PLEASE TAKE NOTE

Newsletter submissions

Closing date for submissions for the next newsletter is: 18th January

Newsletter printing, folding and preparation for mailing is scheduled for 4th February from 10am at the Centre, 505 Bowen Terrace, New Farm. Volunteers are welcome!

Please note: If your child's anniversary or birthday is in February or March and you would like an Memoriam or Birthday Notice in the February/March 2019 Newsletter, the closing date is 18th January.

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.