



## THE HUB

### THE COMPASSIONATE FRIENDS NEWSLETTER

*The Compassionate Friends Newsletter – February/March 2019 edition*

*You are the breeze that ruffles my hair  
you are the soft rain, caressing the trees  
and the beauty of a bird's song at dawn.*

*You are the footsteps on crisp leaves  
you are the droplets of dew on a web,  
spun by spiders – diligent slow.*

*You are the solace I pray for at night,  
when my worries seem larger than life;  
and you are the feeling or instinct I have  
when I know a decision is right.*

*You are the flight of peace to my heart  
a journey of a healing kind;  
opening windows, revealing your light;  
unlocking closed doors in my mind.*

*You are the echo I hear on the wind—  
full of pure love  
carried high on the wings of a dove.*

*So in spirit may we walk hand in hand  
And for a while be wrapped in a cloak of peace.*

#### 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 2pm

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 



# President's Report

To the Members of The  
Compassionate Friends Queensland

It is the first time I address you all and will do with my best intentions and least experience.

The last couple of months have been ones that as a Board Member I am not proud of, as we have disappointed a number of members.

The recent Candle Lighting Service received some negative feedback and from the Board of Queensland I sincerely apologise.

A number of members have been able to raise their concerns and each and every member has been contacted about their concerns; but for those whom have not voiced their concerns, please know that we take all member concerns seriously and I personally had a heavy heart hearing that so many people were affected negatively.

The Board has reviewed the letters issued and have already sought out a Committee for the 2019 Candle Lighting Service – the Service activities and manner of order will be consulted with those whom raised their concerns but also will be discussed with various members. We propose the Service Orders and planning will be issued four months from event and we hope you can please let us know your feedback.

Without our members there is no need for meetings or our work and we would like to hear from you as often as you need.

Please raise any and all concerns or positive feedback to [admin@tcfq.com.au](mailto:admin@tcfq.com.au) the issues will be raised to the Board and shall be reflected and responded accordingly.

In the last month we have had some resignations on the TCFQ Board; to ensure we replace the best people to serve you – we have decided to publicly advertise the positions to aim for some dedicated volunteers who can serve TCFQ and help bolster an organization that can do more for it's members.

We have asked a past TCFQ Board Member to stand in for now for us and you will be led and supported by Heather Smith.

Some will know Heather has been a past president and she has kindly offered her time and skills until the recruitment process for the right leader for The Compassionate Friends is available; we hope she might also throw her hat in the ring for the position.

The Board and some Key Stakeholders of the TCFQ Members met in January to discuss the TCFQ Strategy for our Business.

We had some amazing input and an excellent list of ideas and jobs to do have unfolded!

We have also a Stage 2 Session scheduled for April 2019 and look forward to shaping more of who we are and how we can best serve our members.

If anyone is keenly interested in these sessions, there is a small number of spots for people to attend – we work very hard on a Saturday morning and hardly stop for breaks, but I can say we really enjoyed our first session and look forward to another session soon.

TCFQ met with the Queensland Police Commissioner during the month and look forward to working with correctional services to extend our support to more bereaved parents – ones who have a very different set of life challenges from their location inside – but still as you would imagine might just benefit from the love and care of another Compassionate Friend.

As an organisation we have some work ahead of us but know we are here for you, the members and as our organisation stands, you need not walk alone.

Regards,

*Jillian Hamilton*  
*TCFQ Secretary*

## NATIONAL HELPLINE TELEPHONE LISTENER FOR QUEENSLAND

Hours: Flexible to work on either Tuesday, Thursday or Friday

Time: 9am to 2pm

Training supplied. All calls are localised to Queensland only.

Please call Kristie on 3254 2657 for more information

## Dear Friends and Members,

Welcome to 2019. I had a wonderful refreshing holiday with lots of fishing, reading, eating and sleeping and have come back ready for the year ahead and to be here for each and every one of you.

What a start to the year it has been for me here at TCFQ. My first day back was the 12th January where the Board and some of our members came together to work on TCFQ's strategic plan. Out of this planning day came some great ideas and some challenges that were identified as needing to be worked on. I am sure you will see some of the results as you follow along with us on this exciting journey.

We have our usual annual events again this year: Walk To Remember, Grief & Bereavement Seminar, Charity Golf Day and Candle Lighting Remembrance Service. We would love some helping hands with these events so if you have any skills you think would be useful please contact me on 3254 2657 to discuss. Below are some of the areas (portfolios) where we could use your time and talent:

**Catering/Venue** – Organise and book venues, liaise with the venue coordinator as the event approaches, organise and/or book catering for the event, work within a budget.

**Marketing/Bookings** – To organise the marketing within our membership base and within the wider community; if the event needs a booking system, work out our best option from the many available and set it up.

**Event Presenters/MC/Hosts** - Can come from outside TCFQ membership. This crucial role monitors the event agenda closely to keep everything on schedule and running smoothly while maintaining audience engagement.

**Booklets/Presentation Folders** – At some of our events we give a package to attendees with a booklet and small gifts, etc. These need to be designed, purchased and put together.

**IT** – Some of our events require multimedia (eg. Candle Lighting). The slideshow and booklet need to be developed. The slideshow and booklet also need to coordinate with the agenda for the evening. These roles need to work closely with each other.

The Chairperson will oversee the organisation of the events, assist other subcommittee members in their roles, report to the Board on a monthly basis with updates, work within a budget and monitor/help other portfolio holders to maintain their budget.

If you have any questions about roles for a certain event, please contact me on 3254 2657.

We are always looking for administration volunteers for the office. I would love to have you here.

Please note that at this stage the office hours will be Monday, Tuesday, Thursday and Fridays from 9am to 2pm.

I look forward to spending time and walking along side you all this year. Please don't ever hesitation to give me a call if you have any questions or concerns you would like to discuss.

Take care,

*Kristie*  
*TCFQ State Coordinator*

## SEASONS OF GRIEF

Shall I wither and fall like an autumn leaf, from this deep sorrow - from this painful grief? How can I go on or find a way to be strong? Will I ever again enjoy life's sweet song?

Sometimes a warm memory sheds light in the dark and eases the pain like the song of a Meadow Lark. Then it flits away on silent wings and I'm alone; hungering for more of the light it had shone.

Shall grief's bitter cold sadness consume me, like a winter storm on the vast angry sea? How can I fill the void and deep desperate need. To replant my heart with hope's lovely seed?

Then I look at a photo of your playful smiling face and for a moment I escape to a serene happy place;

remembering the laughter and all you would do, cherishing the honest, caring, loving spirit of you.

Shall spring's cheerful flowers bring life anew and allow me to forget the agony of missing you? Will spring's burst of new life bring fresh hope and teach my grieving soul how to cope?

Sometimes I'll read a treasured card you had given me and each word's special meaning makes me see, the precious gift of love I was fortunate to receive, and I realize you'd never want to see me grieve.

Shall summer's warm brilliant sun bring new light, and free my anguished mind of its terrible plight? Will its gentle breezes chase grief's dark clouds away, and show me a clear path towards a better day?

When I visit the grave where you lie in eternal peace, I know that death and heaven brought you release; I try to envision your joy on that shore across the sea, and, until I join you, that'll have to be enough for me.

For all the remaining seasons of my life on earth, there'll be days I'll miss your merriment and mirth, and sometimes I'll sadly long for all the yesterdays; missing our chats and your gentle understanding ways.

Yet, the lessons of kindness and love you taught me, and the good things in life you've helped me to see; linger as lasting gifts that comfort and will sustain, until I journey to that peaceful shore and see you again.

## *Coping with sorrow, loss and grief for Australian and Torres Strait Island people*

The word ‘grief’ is used to describe what we feel and what we do after the loss of someone or something that is very important to us. We also call this ‘sorry business’. Grief comes when we lose relationships, good health, a job, a way of life or when we lose a loved one. We may feel grief and sadness today because of the after-effects of the stolen generations. We may feel separated from our traditional spiritual strengths of land, language, art, music, storytelling, dance, and law. We may feel we have lost our cultural heritage and our own cultural identity.

Grief is not an illness – it cannot be cured or hurried along. No two people grieve and start healing in the same way. It changes depending upon who or what we have lost, our past history, our cultural and spiritual beliefs, and our personality. There is no right or wrong way to experience grief.

### **Some common worries we might have during times of grief are:**

Sadness, crying, shock, numbness, not feeling anything at all for a while. Difficulty accepting the loss, not believing it has happened. Anger, guilt, shame, blame, isolation, alienation, loneliness, confusion.

Not looking after ourselves or others. Not caring about work. Relief (that the suffering is over or that a new beginning can now take place). Fear that what we are feeling or doing may not be normal. Thoughts of self-harm or suicide. Difficulty concentrating. Acting out of character and being different to the way we usually are. Substance abuse, drinking, using drugs or smoking too much. Physical worries such as headaches, not eating well, or not sleeping well. Seeing or hearing the spirit of the person who is gone (this can be normal and okay). Wanting to go home to country or family. Wanting to show our respects but not being able to because of money, work or family worries.

### **Why do people grieve differently?**

We are all different. We come from different family backgrounds and cultures. Every culture has its own ways of grieving.

People have different traditions, lore and laws across Australia and the Torres Strait Islands. This tool kit cannot say exactly how different people grieve in all of their different cultural traditions, so it talks about common worries that we may have and common things that can help.

### **How long does grief or sorry business last?**

We can’t put a time limit on grief. We don’t know how long it will last. The best answer seems to be ‘as long as it takes’.

Grief doesn’t follow a smooth pathway and is different for each of us. We gradually learn to live with the loss. The way we adjust depends on what sort of person we are, how we grieve, who we grieve with, what grief we have been through before, our physical health and the support we have. There are no simple ways to get through the pain caused by loss. We may feel that no person, no words, no talk can ease the pain. However, when we feel ready, hearing about what has helped other people might help us too.

### **What can I do to manage grief?**

#### 1. Let yourself grieve.

It is important to be able to express and share our sadness and grief rather than keeping our feelings locked inside. At times we may feel overwhelmed by the intensity and strength of our feelings. That is normal and okay. We can delay grief and hold it off for a while, but we cannot avoid it. If we delay and avoid feeling the pain of grief for too long, we will find it harder to deal with the next time worry or grief visits our life.

We don’t all show our grief by crying. There are many other ways to let those strong feelings out including:

- Physical activity and doing lots of things
- Listening and playing music
- Story telling
- Dancing
- Writing/painting, drawing, etc.
- Talking about the loss
- Praying
- Meditating
- Keeping a diary of feelings and memories
- Ceremonies and memorials to say good bye and share our feelings
- Rituals and ceremonies that are part of family, cultural and/or religious heritage.

#### 2. Let yourself grieve.

Coping with grief is stressful on our bodies. If we can take care of ourselves this will help us stay stronger. Try to:

- Eat healthy, frequent, easily digested meals
- Get back to your usual routine when you can
- Aim for regular meals, exercise and sleep times
- Avoid using alcohol or drugs to treat your grief – they numb feelings that need to be expressed
- Give yourself time out from the pain – try to do something you enjoy or something you haven’t done before
- Connect with yourself and remember who you are – through religion, meditation, music, walking, sport, or hobbies.

### 3. Postpone major life decisions.

The stress and sadness of grief can affect our ability to make good decisions. It can be tempting to make decisions quickly. Sometimes we feel pressure from other people to move on and make changes. If possible, we are best to delay and put off major decisions until a time that we can think more clearly. If decisions have to be made now, it is best to talk with someone we trust who is not directly affected by the loss.

### 4. Say good bye and share your feelings.

Following your cultural traditions is an important part of grieving. These may include ceremonies and rituals related to the place and the person you have lost. Each person, family and cultural group has a different way of working out what to do with the physical memories of the person. There may be local cultural traditions we will follow related to personal belongings, such as passing on to others or destroying what the person owned. For others of us it may seem best to remove the belongings or items that are associated with the loss. It may be painful to have them around but we are not ready to make decisions. We can give the items to someone we trust or put them away until we feel stronger and can deal with them. Some items have special value and may be comforting later. Giving away belongings, at an appropriate time, can also be a healthy part of grieving.

### 5. Let people know how they can help.

Our friends and family may not know what to say or do to help us. This makes things difficult for all of us. We can let them know how we are feeling. We need to tell others if there are practical things they can do to help us. It is okay to say that we are not ready to talk about our loss, and that we will let them know when we are. It helps to be around people who are supportive, understanding and willing to help. Friends, family and elders can be the best help. Sometimes, though, family and friends may not be able to give us the kind of emotional support we need. Other people or services that can help are:

- Traditional healers
- Counsellors who specialise in Stolen Generation issues
- Healing Circles or other similar cultural healing groups
- Bereavement or sorry business support groups
- Counsellors or psychologists
- Doctors, nurses, health workers, mental health or social and emotional wellbeing services
- Priests or ministers or other religious or spiritual leaders.

### 6. Let yourself heal.

Healing does not just mean 'letting go' or 'saying goodbye'. Sometimes we feel guilty for forgetting the person for a short time or beginning to move on with our life. This is a normal part of healing. It does not mean the loss does not matter.

It can be helpful to enjoy happy memories by talking, smiling and laughing about the person. We might want to

set aside some time alone each day to let the feelings out, look after ourselves, or just remember. We can spend time with friends and family telling stories and sharing our grief.

Some people find a support group useful because the members of the group are all grieving too. Other people who are grieving may have more of an understanding of what we are going through.

### 7. Know that you can come through this

We will never completely be the same person again, but we can survive big losses. Sometimes this is hard to believe. Sometimes old beliefs and ideas and ways of doing things seem empty and useless because of what has happened. We may need to change how we do things. This takes time.

We need to just take one moment, one step, and one day at a time. Set our own limits and learn to say no. Expect some set backs, but know we will get through this part of our life. This may be the hardest thing we ever do. We need to be patient with ourselves.

### 8. Be prepared for stressful situations and events.

Stressful times can include birthdays, Christmas, anniversaries, or hearing stories that remind us of our loss. There may be cultural activities that we follow on the anniversary of the loss or other special occasions. All of these events and anniversaries can be less worrying if we can be a bit prepared for them:

- Be aware of places that bring out strong memories and expect to have strong feelings there
- Plan activities, rituals and ceremonies – for remembrance and to acknowledge the loss
- Let ourselves be sad even if it is meant to be a happy occasion
- Let ourselves have fun and enjoy happy memories and the company of other people close to us
- Sometimes the time leading up to these events is the hardest. The day itself may not be as hard as we fear.

### 9. When is grief a problem.

Sometimes we can't understand our loss and can't move on with life. We might become stuck grieving, worrying and feeling sad. We might become involved in a lot of activities to avoid feeling the pain of our loss.

This can start to get in the way of the things we need to do in our lives. It can lead to family, relationship and work worries. It may lead to an increased risk of physical or mental illness. This is the time when we need to think about getting extra help. Talking to family, friends, counsellors or doctors can help us to feel stronger and start healing.

### 10. Information for family and friends

It's hard to know how to help or what to say to someone who is grieving. These ideas may help:

- Let them know you care – acknowledge their loss and what it means to them
- Let them know how you feel – that you don't know what to say, but you are there for them if needed

- Be there to listen – when they want to talk, let them tell their story
- Let them know it's okay to share their grief – even though it is hard to see them so upset
- Keep in touch – let them know you are there.
- Keep including them in activities. They may not wish to join in, but give them the option
- Be understanding – they may act differently to their usual selves
- Look out for signs of them being overwhelmed by bad feelings. This can include thinking about killing themselves, hurting themselves, hurting others, or giving up on everything
- Find help and information if they need or want extra support
- It is extremely important that you look after yourself – take time out and talk to someone about how you are feeling and coping during these stressful times

#### What not to do:

- Don't play down their loss
- Don't think you can take away their pain
- Don't tell them "You'll get over it"
- Don't say "I know how you feel" – everyone is different

We often do or say these things because we want to help. It's hard to stand by and watch someone we care about go through so much pain. Sometimes we are also reminded of our own feelings of loss. The best way to help the person is just to be there for them and connect them with professional support if they need help.

#### Places to go for help now:

- Lifeline 13 11 14 or visit [www.lifeline.org.au](http://www.lifeline.org.au)
- Link-Up Aboriginal Corporation 1800 624 332
- Kids Helpline 1800 55 1800
- Mensline Australia 1300 789 978
- Sane Australia Helpline 1800 688 382
- Your local Aboriginal Medical Service or Community Health Centre
- Your local Aboriginal Liaison Officer within your local Council
- Utilise online resources. Some good ones include:
- Australian Centre for Grief and Bereavement
- Creative Spirits – The Stolen Generations
- The Stolen Generation Alliance-Australians for Healing, Truth and Justice [www.sgalliance.org.au](http://www.sgalliance.org.au)
- The Australian Child and Adolescent Trauma Loss and Grief Network (ACATLGN)
- Beyondblue info line – provides callers with access to information and referral to relevant services for depression and anxiety related matters. Call 1300 22 46 36 or visit [www.beyondblue.org.au](http://www.beyondblue.org.au) for more information.

## *I will carry you*

A mother's love. A mother's grief. Tahlequah is every grieving mom. If only grieving parents had this kind of support to help bear the weight of grief. Compassionate grief support like this should be the norm. Instead it's few and far between. Where are the human orcas for grieving parents mourning the loss of their child?

This story has been moving millions around the world. Tahlequah is every grieving mom. Day 10. The Mama Orca is still carrying her baby. She literally can not and will not let go of her precious baby. The female orcas are now taking turns helping the Mama Orca carry her dead baby across the sea... So the grieving Mama Orca can eat and rest. If only every parent grieving the loss of a child had this kind of support, space, honor, reverence. The whales are literally surrounding and uplifting this mama, helping to carry the weight of her grief. Is there anything more beautiful than this kind of love and support when someone is deeply hurting?

This is grief. This is love. This is true, compassionate grief support. THIS. This is how it should be done. Sadly this is not the kind of grief support the brokenhearted usually receive from our grief illiterate culture.

The orcas are showing us how it should be done. Step in. Show up. Lead with your heart. Don't tell us (or imply) that our grief is not that heavy (of a burden to bear.) Help us carry it. Feel our broken heart. Let it break you open. It's supposed to. Let's carry each other's burdens. Grief shared is grief divided. We need you– more than you know. Literally step in, show up, and help carry the weight of grief. It's far too heavy for one person to carry alone.

The female orcas in the pod are literally carrying this mama's 400 pound dead baby across the ocean, with her and for her. Wow. What an incredibly powerful example of truly being with someone in pain. I have never before seen such a beautiful display of solidarity. Of community. Of compassion. Of love. Of companionship. This is how it's done. This is how we need to support our grieving, heartbroken friends. For as long as they need.

My wish is that every grieving person in the world would feel THIS supported, loved, held– carried. It pains me to know this kind of grief support is not the norm. We need to do better. We can do better. We MUST do better.

Grieving people long for the kind of grief support the Mama Orca is receiving. It's all we really want. Besides having our child back with us. We want someone to acknowledge and validate our pain. To bear witness to the depth of our sorrow, the weight of our grief. To find beauty in the depth of the never-ending love we have for our child. To companion us in our grief, to feel with us.

Unfortunately grieving people spend most of their time and energy defending their right to grieve. Defending their right to ache, their right to love and continue loving. Do you know how backwards that is?

Why is it beautiful and moving when a whale grieves the loss of her baby, but people find it revolting when a human mother grieves the loss of her child? Can we give grieving parents the same respect and reverence? Can we give the grief process the same respect and reverence?

We need to show the same compassion for humans grieving the loss of their precious loved ones as we're showing this mama whale— instead of rushing them to move on, get over it, stuff their sorrow— while we eagerly stuff endless clichés down their throats and wonder why no one is feeling “better” or “healed” yet. We need to stop putting timeliness on grief. We need to acknowledge and validate one another's pain. We need to stop rushing the brokenhearted along an arbitrary timeline. This is how we should be tending to broken hearts. With love. With empathy. With great compassion. We need to let our hearts break, too. And then respond with love. Compassion. Empathy. This is compassionate grief support. We need to let our actions show a hurting person: my heart aches and breaks for you and with you. We need to lift each other up. Not leave people to carry the burden alone— and then chastise them for not getting over it, or moving along fast enough. How often do we do this to grieving people all. day. long?! For months, years, decades? Why? Why do we shame those who are grieving?

Every day we carry our dead babies/children with us everywhere. And yet we don't get much (if any) compassion or support. Instead we get a lot of unsolicited advice about how to best forget and get over the death of our child asap. We need people to understand that the ache in our hearts is directly proportional to how much we love our child. We're not dwelling, we're loving. We're parenting. Still. Always. Forever. We need people willing to remember our children with us. Not people trying to fix us and dictate how (and for how long) we should grieve. Not people constantly telling us we're not doing it right. No one can tell us how to best love and parent our child... in life or in death.

Humans, take note. The orcas know how to support a grieving heart. Let's take their lead. Someday I hope compassionate grief support will become the norm. This is why A Bed For My Heart exists. Until then, we will continue to use our voices to tell the world what healthy grieving looks like, feels like— is.

Hint: it looks a lot like love.

Every grieving parent can relate to both the ache and the love in the heart of this grieving mama Orca. May all grieving parents receive such a compassionate and heartfelt response as we REMEMBER and CARRY our children gone too soon, every minute of every day.

May we each help hold the weight of grief so no one sinks into the depths. May our grief be honored, revered, and given the space it needs to be exactly as it is. May everyone who is grieving be embraced, loved, and supported exactly as they are. May we each be carried.

We will carry our children with us always. This is grief. This is love. Both are forever. A mother's love knows no bounds. It's both individual and universal. It's beautiful and utterly heartbreaking. There is no limit to a parent's love. Love is forever. Grief is forever. We grieve because we love.

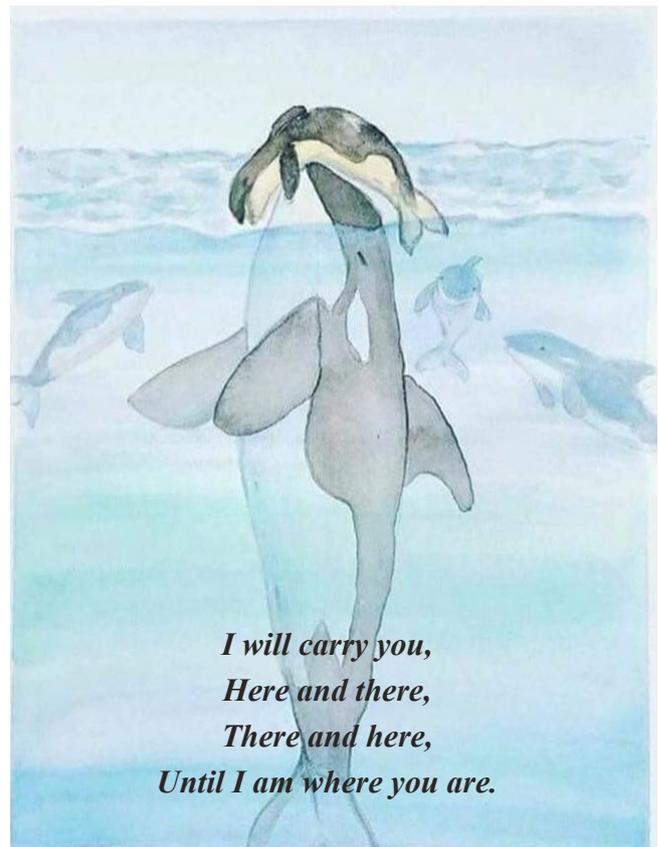
We will carry our children with us forever. In our hearts. In our minds. In our souls. In our bodies. In every breath and step we take. For the rest of our lives.

May they always be remembered and may their names always be spoken.

I dream of a world where compassionate grief support is the norm. May each of us be surrounded, uplifted and carried with great love. May we be surrounded by compassionate souls who will step in, show up, and help carry the weight of grief.

It's far too heavy for one person to carry alone.

*Written by Angela Miller*



# Kirsty Mae Mooney (aka Field)

12/03/1987 – 27/06/2014

## *A Compassionate Friend shares their story*

I would like to thank you for letting me share some of Kirsty's story as we do not get to share much about our children throughout the year unless someone wants to know. I was always so very proud of my daughter in all that she achieved and yet she was no saint, but she was mine. God blessed me with the privilege to be her mother and I am so grateful that I had this privilege for the time I did. I have shared some of her story below:

Kirsty was a unique individual and had a very strong faith in Jesus. I raised Kirsty from 6 years old on my own and she introduced me to her faith. Kirsty was an only child to me, but she had step siblings in her adult life as I met my current partner nearly 8 years ago, whom she called Pa. She was an amazing daughter and I loved her with all my heart and she shone everywhere she went.

Her nickname was Bubbles in the workplace when she was doing hospitality as one of her first jobs whilst attending school. Kirsty learnt to be extremely independent very young due to being an only child. I found her ability to think of others in a way that no other humans perceived. It always seemed to amaze me as she was so thoughtful and forgiving to others so quickly. Kirsty had the ability to see the good in all people even if the circumstances seemed so bleak in life.

Kirsty was an amazing warrior for Jesus when it comes to knowing her life story and she was able to continue to change and grow into an amazing human being.

Kirsty had a father and mother (me) who was affected by alcohol and other drugs and yet she was able to love with such an amazing unconditional love. Today, I have experienced not using substance for nearly 22 years and Kirsty was a large part of that my life. I miss her everyday as we knew the difference in our lives. Kirsty also experienced her Uncle having mental illness throughout her life and she was loving and caring to him as we visited Mental health facilities when his illness was impacting on his ability to function in society. To observe her capacity to understand the person and accept them for who they are and not judge them was such a special ability she had too, and this endeavored her to life and very fun filled life.

Kirsty had endured so many situations in her life and yet she kept getting back up and fighting for what she knew was right in principle and did not waiver when it came to her children and their needs. Kirsty had two significant relationships with the fathers of her children and this molded her outlook in relation to relationships. They were amazing lessons in her life and she loved her children so greatly.

Kirsty was an adamant worker and had an amazing work ethic which was inclusive of the customer needs and actively listening to the customer needs. Kirsty worked most of her short life. She started at the age of 10 years of age in helping in her grandmother's service station in stacking shelves and doing odd jobs in the business for pocket money, so she could go shopping with her grown up friends of the family.

Her school holidays always had some adventures in them to ensure she would be able to experience life to the fullest. The beginning of her working career in doing these actions then encouraged Kirsty to commence a part time job with Domino's pizza, which taught Kirsty time management, presentation and customer service.

She then commenced working in a restaurant as a Waitress and become head of house at the age of 16 years old due to her ability to engage with customer service and actively listen to their needs. The restaurant owner loved Kirsty being on shift because the customers would always come back asking after her as she presented so well and offered them so much unconditional regard with her natural loving nature, hence therefore she was called Bubbles by the customers, but at home she was my Snookums and Smoochy Pooch as her nicknames.

Kirsty then was poached to another position at Supa Cheap, which she had such a love for cars, and this defined her through time as her Uncle would talk to her about his cars. Kirsty had the ability to excel in leadership wherever she chose to work, and she would challenge the status quo of business and yet she was always customer focused.

Kirsty then commenced working in the Car Industry as a Car Sales Person and she was known to be very successful and sort after by State Sales Managers to join their team because she had the ability to recognize the customer needs but also work well in a team.

Kirsty worked very hard with always her children in mind when she would return home, they were her priority. When Kirsty died, she was driving home from work on a Friday afternoon, in a new vehicle that she was to deliver to the customer on her day off the next day. Kirsty died doing what she loved which was serving others.

Kirsty was many things to many people and this proven in her funeral when there were nearly 300 people in the auditorium with so many who could not make the funeral. In our family, she was Kirsty and she was loved by us all and she was so amazing respectful to our family members and I trusted her with my life.

Kirsty was a mother, stepmother, daughter, stepdaughter, step sister, granddaughter, niece, cousin, friend who they classed as sisters, and auntie to her friend's children.

Kirsty's children loved her, and she adored them, and their names were Amelia and Haydan and her step daughter who she classed as her own is called Dakota. Kirsty's children have grown so much and now Amelia 13 years old, and Haydan 9 years old. Dakota is now 16 years old.

Time has flown and yet it feels like yesterday that they were all babies. They are my babies whether in heaven or here on Earth and I miss them so very much.

The grandchildren live in another State in Australia, so I am consistently going over the border to visit them or pick them up to bring them home to our residence to have a visit and try and keep the family history moving forward and alive.

Life is a journey and it in one day at a time, and I know that Kirsty would be shy with me sharing her story, but she is beautiful, and every story is worth sharing.

Thank you again for letting me share part of Kirsty's story.

*Her loving Mum, Jackie and her loving step dad, Pa xxxxx*



## 6 Things to Never Say to a Bereaved Parent

If you're a bereaved parent, you can probably count on at least five hands the number of phrases you wish people would never, ever say to you. If only there was a way for the world to learn how to speak compassionately to the brokenhearted. What many people believe is a comforting statement, most often is not. It usually feels more like a slap in the face or a swift punch in the gut. Or like an uncontrollable need to vomit. Or all three at once. There seems to be a large gap between intention and what's actually being communicated to those of us who are hurting.

### 1. Time heals all wounds

Last I checked in my journey of trekking through the unimaginable, time hasn't been working any overtime hours "healing" me. And even if on some far away planet time does heal all wounds, it doesn't make it helpful or comforting to hear when suffering in a ditch. Alone. Without much hope or a rope.

Time can help soften and change some of the sharpness of grief, but time alone doesn't heal. Time + focused intention can create a current in the direction of healing, but triple underline this: Not all wounds heal, no matter how much time passes. Not every wound turns into a scar. Not all suffering ends in this lifetime. Yes, in time it might scab over, but the slightest bump or scratch can make it start to bleed all over again. Ask any bereaved parent— he or she will tell you— child loss is a wound that won't ever completely heal. No matter how much time or good intention, living a life without one (or more) of your children is a wound that forever bleeds. No matter how many band-aids cover it over time.

**Try instead:** What would feel healing/helpful to you right now? Is there any way I can help carry your burden? What do you need most today? I am with you. Always.

### 2. Let go...Move on

You'd feel better if you let go/move on... You're hanging onto him too much, that's why you're so sad... If you'd just let go you could start living again...

Anything that implies "get over it" will only add more unnecessary pain and hurt to bereaved parents' already gaping, oozing wounds. What on earth is left for grieving parents to "let go of" when they've already lost the most precious treasure of their entire life to death? We've already been forced to let go of someone who we would've given our own life to keep. The only thing we have left to hold onto is our child's memory and our abiding love for him or her. And in doing so we courageously move forward, but never do we move on. Moving on implies not taking our child with us throughout the rest of our lives. When someone tells me I need to "move on/let go", I tell them to move on from my life because I will proudly carry my son with me everywhere I go.

If people have a problem with it, I have no problem letting them go.

**Try instead:** Hold on to me. I'll walk with you every step of the way. ~ No matter how painful, I'll be with you every breath you take apart from your child. ~ Tell me about your beautiful child. What was he like? What do you miss the most?

### 3. Have faith

If you'd just have faith, this wouldn't hurt so badly... If you had a strong faith like I do, you wouldn't still be grieving like this... If you'd just trust God you wouldn't be suffering so much...

Guess what? Grief is not indicative of a lack of faith. Ever. So stop playing the faith card in an attempt to comfort someone who is suffering the worst human pain IMAGINABLE. Having faith doesn't make the fact that our child was robbed from us far before her time any easier or more bearable. And it certainly doesn't make it hurt any less, or make us feel more supported. All it does is make it more probable that someone might feel like punching you in the face. Furthermore, it shames a bereaved parent into thinking— Wow, if only I had more faith I wouldn't hurt so much. What am I doing wrong?— which I hope is the exact opposite message you're intending to send. Bereaved parents already feel isolated and alone in a world that predominately doesn't understand child loss, and judging a grieving person's level of faith by their depth of grief is not only ludicrous, it's downright cruel. Just don't.

**Try instead:** I love you. ~ What is it like to keep living without your child?

### 4. Everything happens for a reason

No. It doesn't. Sometimes the most horrible, cruel, unimaginably awful things happen to the best, most amazing, incredibly loving people on the planet. And guess what? Sometimes life just plain doesn't make sense. Sometimes things happen for no logical reason at all. Saying "everything happens for a reason" is possibly the fastest way to make a grieving parents' blood boil. There is no reason good enough in all of heaven and earth that my son is buried underground while my feet continue to walk the earth.

I get that most people say this in an attempt to make sense of what is senseless, but instead let's just state what is true: It makes no \*bleepin'\* sense at all. Children should never, ever die before their parents. We all want the world to feel safe and predictable, and the word child loss is the quickest way to shake the foundation of those closest to us. The thought of it is downright terrifying. It pops even the most carefully crafted safety bubbles.

The truth is, witnessing the suffering of others might break you open—possibly wide open. Let it. It's supposed to. It's in the breaking that our hearts can offer empathy and true support instead of false platitudes, unwelcome advice or a severed relationship that offers no comfort to your hurting loved one.

**Try instead:** I'm so sorry. It's just not fair. ~ There's no good reason this happened. You don't deserve this pain. I wish I could take it away from you. ~ It breaks my heart to see you suffering. ~ This is complete bullshit. I'm so sorry.

### 5. At least...

Any sentence starting with at least should never be spoken to a bereaved parent. Never. Ever. "At least she didn't suffer... At least he died young... (?!!!) ... At least you can have more children... At least you got as long as you did with her... At least it was quick and painless... At least you were blessed to have him at all."

There is no at least in child loss. None. If you want to support your loved one in the best way possible, keep "at least" out of your conversations with her.

**Try instead:** I miss him too. I wish he was here with us. ~What's your favorite memory of her? ~ What helps you feel closest to him when you miss him the most?

## Dads Grieving

The Hello Grief and Grieving Dads websites provide tips on how to cope with grief. Here we take a look at some of their suggestions for grieving fathers.

We wish to acknowledge all fathers who have experienced the grief and trauma caused by the death of their baby or child. We know that fatherhood does not end with the death of a child

The Grieving Dad's website discusses how fathers, in the wake of their child's passing, feel like they should have protected them. Dads are regularly seen as "fixers", but in the case of their child's death many feel like they couldn't 'fix' the suffering caused by their child's conditions, illness or situations which ended their life.

Over time, you can get through the loss of a child, but you never really get over it. Is it possible to feel happy again after the loss of a child? Yes, but for very different reasons than most people think. The happiness emerges when you reflect on the time you spent with your child, although you will always wish there was more. You're happy because it was an honour to be their dad. The love you felt inside for that child makes you smile and hurt at the same time. The happiness comes from the gift of being their dad.

There are a few suggestions for activities that may be helpful for fathers to stay connected and to honour the legacy of their child:

- Plant a tree or start a garden in memory of your child

### 6. Be thankful/grateful

Be thankful you can have more children (newsflash: not everyone can!)... Be thankful for your living children... Be thankful you had her at all.

Telling someone who has lost more than you can ever imagine to be thankful, is like slapping her in the face instead of hugging her. Seriously. Don't do it. You better believe any bereaved parent in the world could school you in the art of being thankful. We're thankful more than thankful has ever been thanked. We're grateful for each precious moment we were blessed to have our child, and this gratitude for every single blessed moment is what keeps our heart beating. And if we do have other living children you better believe we're thankful to the nth degree for the children we still have, but that doesn't take away the lifelong pain of living without one (or more) of our precious children.

**Try instead:** I'm thankful for you. ~ I'm thankful for your child. ~ I'm thankful for our friendship. ~ I'm thankful to witness your courage and bravery and strength.

Last week I read a quote that sums up this one quite nicely: "Before you tell a grieving parent to be grateful for the children they have, think about which one of yours you could live without." Enough said.

*Written by Angela Miller*

- Plan a family gathering to share stories and memories of your loved one. Our loved ones come alive through stories that we share
- Volunteer at a local organisation that had meaning for both you and your loved one
- Release biodegradable balloons or sky lanterns that contain messages from you, family and friends of you loved one. You can do this alone or in the presence of others
- Light a special candle can be a nice ritual for many families
- Donate to a favourite charity or cause in memory of your loved one. The amount doesn't matter – even a small amount towards a meaningful cause can be a wonderful tribute
- Perform a random act of kindness. This can be as simple as holding a door open or letting a car in front of you in traffic. The warm feelings that you get from doing this may put a smile on your face and give you a brief respite from you grief

The way you choose to honour your deceased child should be uniquely connected to your loved ones. There is no rule that says what rituals or activities you should choose – it is a sacred and personal law that rules. If you have tried some other activities, we'd be interested to hear about them.

Red Nose, in their on-line support and information-sharing website – Guiding Light – offer some resources especially for Dads living with grief. Check out [rednosegriefandloss.com.au](http://rednosegriefandloss.com.au)

# Birthdays

*Our children – loved, missed and remembered by their families*

## FEBRUARY

**05.02.67**  
**Mark Anthony Fitzhenry**

Precious son of Cheryl Vennard-FitzHenry  
Mark, I miss your crooked smile  
Mark, I miss your laugh  
Mark, I miss your warped sense of humor  
Mark, I miss your hugs  
God, I miss my son!

**07.02.81**  
**Aaron Frederick Charles Arthur Louis de St Atlais Le Boutillier**

Happy birthday. Precious son of Donna and Kerry, brother of Brooke, Amber and Freya and uncle of Aaron.

**14.02.77**  
**Rebecca Ann Cotterill**

Happy Birthday Rebecca, our Valentine Girl. Love you forever from Mum, Dad, Michelle and Chris, Susan, Peter and Sydney.

**20.02.78**  
**Michael John Salkeld Norman**

Michael, always bright and beautiful. Dearly loved son of Sue and Alan, brother of David.

**20.02.85**  
**Daniel Wyatt**

Happy Birthday to our beautiful boy. We miss your heart, we miss your face and we miss your cheeky smile. Sending you birthday hugs and kisses.

**27.02.83**  
**Dugald John Cornes**

You so enriched our lives. Beloved son of John and Julie. Beloved brother of Rebecca, Natalie and Charles.

**29.02.76**  
**Anna Lavinia Debney**

Daughter of Mal and Liz, sister of Megan and Matt (Dec'd). Loved and remembered on your birthday. Forever in our hearts little Keenie, love from all your family.

## MARCH

**05.03.96**  
**Brianna Ashleigh-Kate Spiteri**

Happy Birthday Brianna, my beautiful Angel. I love you. Forever in my heart, Mum  
xoxoxo

**09.03.79**  
**Bradley Michael Smith**

We wish you much love and eternal happiness on your birthday...Mum (Lady), Dad, Grant and Aaron (Dec'd).

**09.03.84**  
**Gerard Francis O'Donohoe**

We love and miss you mate. We wish we could celebrate this birthday with you here. Mum and Greg, Beck and Jason, Jess, Deb and Matt, Marce and Shane, Abi and Hannah.

**10.03.78**  
**Benjamin Joseph Little**

Cherished son of Betty and Les. Love and hugs for your birthday. Forever in our hearts.

**22.03.91**  
**Keenan Kent Smith**

Always so lovingly remembered and missed year after year. Forever in our hearts little Keenie, love from all your family.

**29.03.75**  
**Mark Andrew Van Raalte**

Happy birthday mate. Forever in our hearts and sadly missed. Hugs and kisses. All your family. xxx

*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

**Daniel Stewart Bryen**  
**21.04.72 – 14.03.97**

Beloved son of Bronia. In loving memory of Daniel. Missing you very much, David your brother, Charmaine, Dawn, Gary Family and Friends. It broke our hearts when you went away. David and Charmaine have a beautiful son named Rory Daniel, born 14/3/07. Love you so much. Mum.

**Andrew John Buchanan**  
**4.11.74 – 12.02.94**

Precious son of Eddie and Wendy. Much loved brother of Leanne and Scott and brother-in-law of Peter. Treasured memories of your sense of humor and special ways keep us going. In God's tender care. We love and miss you, our boy.

**Charles William Cornes**  
**23.11.78 – 01.02.03**

Beloved son of John (dec;d) and Julie. Would give the world for one more smell, smile and touch of you. Love you always and in our hearts forever. Love Johnnie (dec'd), Ju, Rebecca, Natalie and Dugald (dec'd).

**Shane Kenneth Cross**  
**22.08.86 – 07.03.07**

Beloved son of Mark and Donna Cross. If you can trust God when he gives you a gift, then you must trust God when he takes it back. Shane was our gift, an irrevocable gift, always ours – just missing for a while.

**Michael (Mick) Stewart Grennan**  
**10.9.62 – 23.3.83**  
**aged 20 1/2 years**

Dearly loved son of Barry and Lorraine Grennan. Brother of Cathie, Michelle, Chris-pher and Peter. I thank my God each time I think of you, and when I pray for you – I pray with joy. We love and miss you our darling son and brother.

**Michelle (Curry) Hayes**  
**30.11.63 – 12.03.97**

Has Michelle really been gone 21 years they say? But as Her Mum I miss Her every day. As I look here and there, Constant reminders are everywhere. March is not my best Month you see. Reminders of Her Death the Loss, the Grief, God's Love and Healing will finally set me Free. Love You Forever Mum, Rod and all your Family.

**Peter Raymond Hill**  
**29.03.80 – 29.03.80**

We love you and miss you. We look forward to seeing you in heaven. Love Mum and Dad

**Dean Raymond Jenner**  
**04.03.81 – 23.03.85**

Beloved son of Leonie. In loving memory of my son and our brother Dean on his birthday and for the anniversary of his death. Forever in our hearts. Mummy, Craig and Steven.

**Benjamin Joseph Little**  
**10.03.78 – 07.03.00**

Precious son of Betty and Les Hooper. Loved and missed every day and only just a thought away. Until we meet again – sleep safe. Mum and Les.

**Peter John Marin**  
**07.08.67 – 27.03.84**

Much loved son of Bernie (dec'd) and Maureen and brother of Michael. "I will not forget you – I have carved you on the palm of my hand." Isaiah 49:15

**Nathan Gregory O'Connell**  
**15.01.00 – 21.03.03**

Loved son of Greg and Terri and brother of Meaghan, Kaitlan, Callum and Abbey. We love you and will miss you forever, little man. Keep blowing us kisses from Heaven. All our love, Mummy, Daddy, Meaghan, Kaitlan, Callum and Abbey xxxxx

**John Pearson**  
**11.11.71 – 13.03.94**

Beloved son, brother, stepson and grandson of Pat, Dave (dec'd), Kylie, Des, Ursula, Dave, Tony and Hayden. Always loved and remembered.

**Renae Ann Pearson**  
**17.05.94 – 11.02.13**

Precious daughter of Mark and Tracey Pearson. Our beautiful daughter and sister Renae. We love and miss you more and more each day. Forever in our hearts and thoughts. Dad, Mum and Bradley xxxx

**Christopher Glenn Rysanek**  
**10.01.95 – 01.02.09**

Dearly loved son of Glenn and Deb, loved brother of Jacqui. Another year without you. 14 years and 22 days was not enough. Always loved, forever missed, always in our thoughts. Miss you mate. xxx

**Steven James Small**  
**28.09.74 – 13.02.13**

Dearly loved son of Ken and Carmel and brother of Julie. We were all shattered the day God called you home. You seem to give us the strength to carry on each day. You loved life so much and you left us all with great memories of our lives with you.

**Bradley Michael Smith**  
**09.03.79 – 05.03.98**

At only 18 years old you left us far too soon! You will never be forgotten – our memories of you shall live on in our hearts forever. We shall think of you on the 5th March, the day of your passing but, we wish you much love and eternal happiness on your birthday on the 9th March – the day you came and blessed our lives if but only for a brief moment on this earth. From your loving Mum (Lady), Dad, Grant and Aaron (Dec'd).

# In memoriam

## Forever loved, forever young, forever remembered

**Billy John Stranks**  
**05.01.95 – 07.03.13**

Our beautiful son and brother was taken from us way to soon. Our hearts have been broken and we miss your smiling face and caring nature. Forever loved and missed. Always in our thoughts. Until we meet again. Love Mum, Dad and Allan.

**Craig William Thomson**  
**30.06.80 – 09.02.08**

There are no words to describe the void created by your passing. You were my first born, my strength, my comfort, my pride, my joy. I miss you heaps my wonderful boy. Love you always, Mum.

**Tanya Maree Van Raalte**  
**22.05.73 – 10.02.09**

Precious daughter of John and Joy, loving sister of Karen and Mark (dec'd) Beautiful Mum of Joshua and Georgina and Aunty of Tyler and Ella. Tan you fought to stay with us so hard, with dignity and great courage but you lost the fight to beat that cunning disease cancer. The world is an emptier place without you our darling girl, your life was your children and family and we all miss you so, so much. We will send our love to you on the 10th as we do every day. Luv u heaps xxxxx

**Brett Thomas Watkins**  
**01.10.65 – 23.03.14**

Loved son of Johanna Craig and brother of Kym. You bravely fought the fight but lost and while you suffered we loved you most. It took so long for it to cease, thank God at last you are at peace. We love and miss you so much, Brett, RIP. Love Mum and Kym 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:  
Tuesday 12th February  
Tuesday 12th March

**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 16th February  
Saturday 16th March

**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

Wednesday 6th February  
Sunday 17th February

Wednesday 6th March  
Sunday 17th March

**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 16th February  
Saturday 16th March

**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 14th February  
Thursday 14th March

Please note this meeting is for **suicide survivors**.

Please contact Olwen 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 19th February  
Wednesday 19th March

**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: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## A VOICE BEHIND

When into sorrow, my poor soul sinks. When a sound of despair in my heart rings. I'm strongly pushed to do my best by a voice that says, "There is still hope you dare not rest."

When chains of sorrow surround me well. When in my self, I feel like hell I'm forced to face life with its tests by a voice that says, "There is still hope you dare not rest."

When I just feel like crying aloud, when all my worries rise like a cloud I'm guarded safe like a bird in its nest by a voice that says, "There is still hope you dare not rest."

From all my fears, I now am free, I'm good and strong, I could clearly see, but can anyone say, is it from east or west that I hear the voice, "There is still hope you dare not rest."

With hope and courage, I just am full, because of the voice, that gave me a very strong pull. It's my loving Guardian, the unseen guest who says, "There is still hope you dare not rest."



If undeliverable, return to:

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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.

March – 3rd  
April – 7th

### PLEASE TAKE NOTE

#### *Newsletter submissions*

Closing date for submissions for the next newsletter is: March 15th

Newsletter printing, folding and preparation for mailing is scheduled for April 7th from 10am at the Centre, 505 Bowen Terrace, New Farm. Volunteers are welcome!

Please note: If your child's anniversary or birthday is in April or May and you would like an Memoriam or Birthday Notice in the April/May 2019 Newsletter, the closing date is 15th March.

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.