



JULY—AUGUST—SEPTEMBER 2025



THE COMPASSIONATE FRIENDS

"A Nonprofit Self-Help Organization for Families Who Have Experienced the Death of a Child"
6705 SW 15th Avenue, Portland, Oregon 97219 ~ (503) 307-8450 ~ www.portlandtcf.org



TCF PICNIC AT LAURELHURST PARK ~ JULY 16th
DETAILS ON PAGE 3

IM FINE

Today I said "I'm fine", not once
But five times altogether
When people asked "how are you?"
Then made small talk about the
weather.

And so I hid behind my mask
The one I'd worn a while
I set in place my bravest face
And dressed it in a smile.

And that was how the day went
All "I'm fine" and talk of rain
Until someone asked me how I was
Then asked again.

They asked if I was truly fine
And I said I was not
And they said they were sorry
That they couldn't do a lot.

But then they sat beside me
Whilst I spoke the truth at last
They listened and they held me
As the tears slipped through my
mask.

And where before I'd felt I should
Maintain this brave façade
I realized there was much to gain
By letting down my guard.

See, though my load was still the
same

It now was not as heavy
'Cause sitting and offloading it
Had helped a bit already.

Today they asked "how are you?"
And I told them I was fine
'Til someone saw behind the mask
And asked me one more time.

And though they may have felt
That there was little they could do
They'll never know how much it
meant to tell someone the truth.

~ Becky Hemsley, Author, "What the Wild Replied: Poems from Human Nature, <https://a.co/d/hz7kmJs>



*So, it seems no matter what I do, my heart will always look for you. In everything I do.
In every memory, old and new. My heart will always look for you.*

~ Liz Newman

PLEASE JOIN US ON THE 1ST SATURDAY OF EACH MONTH @ 10:30 AM

First United Methodist Church, 1838 SW Jefferson, Rm. #134, Portland, OR 97205

FOR MORE INFORMATION: (503) 307-8450

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WE NEED NOT WALK ALONE. WE ARE THE COMPASSIONATE FRIENDS.

The Compassionate Friends is a non-profit, self-help organization composed of bereaved parents/grandparents & siblings. We offer friendship and understanding. Anyone who has experienced the death of a child of any age, from any cause, is welcome. Our meetings give parents an opportunity to talk about their child/sibling and about the feelings they experience through the grieving process.

There is no religious affiliation. There are no membership dues. The purpose of this support group is not to focus on the cause of death or the age of the child/sibling, as it is to focus on being a bereaved parent, along with the feelings & issues that evolve around the death of a child.

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

THE MUSIC BOX

HAPPY BIRTHDAY UP IN HEAVEN
by Endless Soul

<https://www.youtube.com/watch?v=tvWk-LU8FWw&list=RDtvWk-LU8FWw&index=2>

CHANGE OF ADDRESS?

Email your address change to
Jenna Moon, Member Database at
jennarmoon84@gmail.com



OTHER TCF CHAPTERS IN THE AREA

CLACKAMAS COUNTY CHAPTER #2047

4th Tuesday of the month 7:00 pm.

NAMI, 10202 SE 32nd Ave., Suite 501, Milwaukie, OR 97222

Phone contact Ellen White (503) 502-7767

EUGENE/SPRINGFIELD CHAPTER #2571

Willamette Christian Center
2500 W. 18th Ave. Eugene, OR 97402

*Contact Chapter co-facilitators Rachael at 541-221-5792
or Ben at 541-704-5938 or eugspfdtcf@gmail.com
for meeting dates & times

WASHINGTON COUNTY CHAPTER #1901

2nd Tuesday of the month 6:30—8:30 pm.

Reeds Crossing Health Center Building—Conference Room
7305 SE Circuit Dr., Hillsboro, OR

Phone contact: Phyllis H. (503) 310-2504

~ CALENDAR ~

July 4—Independence Day

July 5—Portland TCF in-person meeting

July 27—Parent's Day

August 2—Portland TCF in-person meeting

August 30—Nat'l Grief Awareness Day

September 1—Labor Day

September 6—Portland TCF in-person mtg.

September 7—Grandparent's Day

September 10—World Suicide Prevention Day

September 11—Patriot Day

September 22—Fall Equinox

September 25—Nat'l Day of Remembrance
for Homicide Victims



We Need Not Walk Alone magazine shares poems, articles, and expressions that touch the hearts of bereaved parents, grandparents and siblings. Items in the magazine offer different perspectives and experiences of grief from those who have been bereaved for varying lengths of time. We hope that you find the magazine relatable, supportive and filled with hope.

*You can find this e-mag at
www.compassionatefriends.org



Please support Portland TCF!

Just by shopping at Fred Meyer with your Rewards Card!! Through their Community Rewards Program they donate to local community organizations/nonprofits of your choice. You just link your Rewards Card and scan it every time you shop at Freddy's.

*Whenever you use your Rewards Card you will be helping Portland TCF earn a donation from Fred Meyer.

*You will still earn your Rewards Points, Fuel Points & Rebates, just as you do today.

Please see page 12 for more information.



PORTLAND TCF PICNIC POTLUCK

Wednesday, July 16, 2025 @ 6—8 pm.

Join us for an evening of sharing & feel free to bring family & friends.

LAURELHURST PARK, 3800 SE Oak St., Portland 97214 (see map attached to email)

*We will gather at Picnic Area "F" just to the right of the green building (restrooms) at the park entrance on ANKENY ST. Ankeny St. cannot be accessed via Cesar Chavez Blvd. except from the north (I-84)

Details . . .

- ♥ TCF will provide water and paper products.
- ♥ Bring a photo of your child/grandchild/sibling (optional) to display at a special table.
- ♥ Bring a dish to pass
- ♥ Bring a lawn chair—just in case!
- ♥ Bring an umbrella—just in case!

RSVP requested but not required. Reply to portlandtcf@gmail.com
Questions? Call Carolyn (503) 307-8450



"Grief is not a disorder, a disease, or a sign of weakness. It is an emotional, spiritual & physical necessity, the price you pay for love. The only cure for grief is to grieve."

~ Earl Grollman



TCF's 48th National Conference

July 11—13, 2025 in Bellevue, Washington

Register online at compassionatefriends.org

We are very pleased to announce registration is now open for TCF's 48th Annual National Conference in Bellevue, WA! TCF's National Conference is an enriching and supportive event for many newer and long-time bereaved parents, grandparents, and siblings. Attendees come and find renewed hope and support, as well as strategies for coping with grief. Participants create friendships with other bereaved people who truly understand the heartbreaking loss of a child, sibling, or grandchild. Lifelong friendships are often formed & rekindled each year at TCF conferences.



FACEBOOK PAGE

Please join us at
"TCF PORTLAND"



This a private Facebook group for the Portland members only.

- ♥ Since this is a private page, you will be asked a couple questions from the administrators when you request to join.

Administrators - Debra Moon, Bev Waterworth



Please visit our newly designed website. It is very easy to use & find information you are seeking. Thank you Diane for your hard work to make this possible!

portlandtcf.org

Our children lovingly remembered...

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Our children lovingly remembered...

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A Love Gift is a special note to your child that is printed in the newsletter. It is a wonderful way to remember and honor their memory! Families often submit these either on their birthday or anniversary date of their child, but it can be done at any time! There is no charge for printing a Love Gift, but many families choose to donate a tax deductible contribution to help support TCF expenses such as rent, brochures, outreach, special events, etc.

Please complete the form on the back page with your love note & submit with your favorite photo. To include a picture with your Love Gift, please email your special photo to debsmoon@gmail.com

DEADLINE to submit for the next newsletter is SEPTEMBER 10, 2025

In Loving Memory of

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In Loving Memory of

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The weird thing about devastating loss is that life actually goes on. When you're faced with a tragedy, a loss so huge that you have no idea how you can live through it, somehow, the world keeps turning, the seconds keep ticking.

~ James Patterson

Bereaved Parents

Different ages—Different stages—Different issues—Same pain—Daily strain—Occasional tissues—Our children have died—Often is all we know—A fact we fear to hide—Despite our ever-present woe—
We live with pride—Though broken-hearted—To love, remember, and grow.

~ Victor Montemurro, TCF, Medford, NY

"For the seed to achieve its greatest expression, it must come completely undone. The shell cracks, its insides come out, and everything changes. To someone who doesn't understand growth, it would look like complete destruction."

~ Cynthia Ocelli ~



Please tell us we'll grow from the loss. They say we'll get wiser and stronger. We don't want to grow! Give us back those who died, instead.

Eventually we'll see, though, who we are, in fact, changing. We've learned hard lessons. We're becoming different people—people who better understand what's really important, who appreciate others more, who are more likely to live out our passions and discard the rest.

Our shells are cracking and our insides are coming out. Like seeds that have been planted, we are experiencing not **annihilation** (which is what it feels like much of the time!) but instead **transformation**.



"Anything that's human is mentionable, and anything that is mentionable, can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary. The people we trust with that important talk can help us know that we are not alone."

~ Fred Rogers

AN ONLY CHILD

Parents and the only child learn to adapt in the multi-child culture. Family members, friends, school and the community at large assume that an only child is not normal therefore, something must be wrong or at least could be improved.

The years of Kari's life taught us to do the best we could each day. All of her life, we encouraged her to do her best, because it is important to have a deep self-satisfaction of a job well done.

After the sudden auto accident that claimed her life and in our deepest grief we received some strength from the values we had seen in her life. I did not feel that I was alone in the world without my only child. I felt as I did not want to live without my child, not that she was my only child.

Perhaps the fact that parents of other children who have also died and had other surviving children felt they were not able to live without their precious children either, helped us to understand that no child can be replaced. Again the community came assuming that you could not survive the death of an only child, just as you could not have normalcy with an only child in life. Many freely gave suggestions from you should move, to adoption, been younger, I am sure the advice would have been to have another baby) and other well-meaning, misguided advice.

We remembered our numerous encouragements that we had given Kari, we do not live alone in the world; our pain is no greater, we are no different from any parent whose child has died.

There are actually some blessings to not having other children in the household. What little energy you have can be spent on your own grief work and not worrying about what you need to do to help surviving children. Parents with surviving children have a blessing. They also have the task of helping surviving children understand issues of life and death. Not a topic most parents plan on teaching. Without this distraction parents grieving the death of an only child can spend uninterrupted time toward healing. The death of an only child does tend to exclude the parents from most family events. They will never experience grandparenting, weddings, holidays and all the other family oriented gatherings. This leaves a very "left out" feeling in conversations, knowing they will never get to experience these special times.

Each parent that experiences the death of a child, no matter the age or cause, has not had a choice in the event. It does not matter if we have multiple children or only the one child, we love each one and could not make a choice.

Continued on page 12

OTHER SUPPORT GROUPS

SUICIDE BEREAVEMENT SUPPORT

www.sbsnw.org
Facebook—SBSNW
(503) 200-0382

*Groups are being held several times per month on virtual Zoom meetings & in-person meetings. Please visit website for meeting dates/times/locations in the Portland metro area.
NE Portland * SW Portland * Milwaukee * Gresham * Hillsboro

HELPING PARENTS HEAL

Annie & Marc Adams
hphportlandoregon@gmail.com
Annie (503)752-8024
Marc (503) 880-4467
www.helpingparentsheal.org

Support groups of grieving parents to connect with each other and with Spirit

BRIEF ENCOUNTERS

Ph. 503-699-8006
Spanish (503) 972-3376
Peace House, 2116 NE 18th St.
Portland ...2nd Mon 7 pm
Beaverton ...4th Thu 7 pm
Vancouver ...2nd Thu 7 pm
www.briefencounters.org

Support groups for parents who have experienced infant or pregnancy loss or who are considering or experiencing a subsequent pregnancy/adoption.

PARENTS OF MURDERED CHILDREN

Ph. 503-761-1304 or 503-656-8039
Peace House, 2116 NE 18th Ave
Portland ... 1st Mon @ 7 pm
www.pomc.com/portland

SIDS RESOURCES OF OREGON

4035 NE Sandy Blvd Suite 209
Portland
Ph. 503-287-8265

IN THIS TOGETHER

(formerly Me too, & Company)
Contact: Meg McCauley
Ph. 503-890-7027
www.oregonhospice.org

Supports children & families who have experienced the death of a family member or friend.

THE DOUGY CENTER

Ph. 503-775-5683, www.dougy.org
3909 SE 52nd Ave., Portland, OR 97206

Provides safe place for children, teens, young adults & their families who are grieving a death.

STEPPING STONES

Ph. 360-696-5120

SW Washington Medical Center, Vancouver, WA
Support groups specialize in helping children with their grief.



STEPPING STONES

Come, take my hand, the road is long.
We must travel by stepping stones.
No, you're not alone. I've been there.
Don't fear the darkness. I'll be with you.
We must take one step at a time.
But remember, we may have to stop awhile.
It's a long way to the other side
And there are many obstacles.

We have many stones to cross.
Some are bigger than others.
Shock, denial, and anger to start.
Then comes guilt, despair and loneliness.
It's a hard road to travel, but it must be done.
It's the only way to reach the other side.

Come, slip your hand in mine.
What? Oh, yes, it's strong.
I've held so many hands like yours.
Yes, mine was once small and weak like yours.
Once, you see, I had to take someone's hand
In order to take the first step.
Oops! You've stumbled. Go ahead and cry.
Don't be ashamed. I understand.
Let's wait here awhile so that you can
get your breath.
When you're stronger, we'll go on,
one step at a time.
There's no need to hurry.

Say, it's nice to hear you laugh.
Yes, I agree, the memories you shared are good.
Look, we're halfway there now.
I can see the other side.
It looks so warm and sunny.
Oh, have you noticed?
We're nearing the last stone
and you're standing alone.
And look, your hand, you've let go of mine.
We've reached the other side.

But wait, look back, someone is standing there.
They are alone and want to cross the stepping
stones.
I'd better go. They need my help.
What? Are you sure?
Why, yes, go ahead. I'll wait.
You know the way.
You've been there.
Yes, I agree. It's your turn, my friend ...
To help someone else cross the stepping stones.

~ Barbara Williams Copyright © Barbara Williams

**EVERYONE NEEDS
A PERSON TO WHOM
THEY CAN ACTUALLY TELL THE TRUTH WHEN
ASKED. "HOW ARE YOU?"**

~ Author unknown, Pinterest

STEPPING STONES TO VOLUNTEER

Your First Few TCF Meetings

- Were you surprised to meet others who were also grappling with the terrifying trauma and shock of losing a child, grandchild or sibling? Did this help you feel less isolated, more understood?
- Were you encouraged to talk about your loved one and say their name? Was there a genuine interest in your child?
- Did you notice that crying and tears are perfectly acceptable, and in fact, normal?

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

WE NEED NOT WALK ALONE.

As Time Goes On

Grief has no timeline, it is different with each individual.

Talking about our child, sharing memories we hold dear, celebrating their birthday, honoring the day they died, are all helpful steps in the healing process. In time, the sharpest pain of grief softens, the sadness of loss always remains. **OUR CHILDREN ALWAYS REMEMBERED, ALWAYS LOVED.**

The Idea of Hope

Hope is a powerful and universal human experience. After the death of a child, hope for a normal life again may feel elusive. If you have reached out to welcome a new member, shared a hug of support, or just a gentle touch on the shoulder of another grieving person, you have extended **HOPE**. These small gestures help not only the deeply bereaved, but also help strengthen and heal yourself.

The Portland TCF Chapter is always seeking volunteers; to assure we have a presence in the community for newly bereaved families now and in the future. If you feel TCF has played a positive part in your healing journey and would like to help our chapter remain strong, we urge you to take a step forward and become a volunteer!

**HELPING OTHERS ALWAYS HELPS OUR OWN HEART
GROW STRONGER.**

Questions? Please contact Jeff Littman jlittman@comcast.net or Carolyn Harrington linerharrington@gmail.com

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"To everyone who's lost someone they love, long before it was their time, you feel like the days you had were not enough when you said goodbye" ... Every time I hear that song I cringe. It touches that place, the one deep inside. The place I try to grow a scab over, and not let it get bumped. I know, I know, the futility of such a plan. I don't understand why some can actually "celebrate" birthdays, or special days, even set a place for their loved one, make their favorite food, etc. and some of us avoid it altogether because of the pain it brings on. I tend to be that wounded animal, preferring to break away from the pack, and be alone with my tears. In part because friends can't really understand. Believe me, I'm so glad they don't, I don't wish this on anyone, but it often leaves us feeling adrift, on the roughest of seas. Especially on the dark days. If you are blessed with a truly compassionate soul to walk with you on the hard days, that is wonderful. And certainly WE are well equipped to be that friend. But if, like me, your circle doesn't know grief, then you can turn to TCF. Again and again. Though we may have different backgrounds, different stories, different stages of grief, we speak a universal language. The language of genuine and "knowing" care and support. You are not alone.

~ Michelle Thomason, Mom of Michael Thomason

"HEARTQUAKE"

We parents who bury a child suffer a terrible "heartquake." our hearts are shaken off their foundation never to be secure or right again! We are forever flawed with an internal injury. We are the walking wounded with no visible scar or sign of bleeding. Outwardly we may look the same. However, we bereaved parents know the truth: without our precious child here on earth with us. Our world is upside -down or inside-out. We are daily adjusting to our "new normal" until our reunion in Heaven.



You're Still Here

At the finest level of my being,
you're still with me.
At that level beyond sight,
we talk and laugh with each other.
We still touch each other
on a level beyond touch.
We share time together
on a level called love.
But I cry alone for you
in a place called reality.
How I miss you.

~ Richard Lepinsky, TCF, Winnipeg, Manitoba

Birthdays

If it's your child's birthday month, we invite you to join our monthly meeting and share their story!



Birthdays hold treasured memories & are especially difficult for surviving parents and siblings; TCF offers a wonderful venue to honor and celebrate the precious life-story of your loved one. Taking a few minutes to share a picture, memento, award or even their favorite toy is a gentle reminder to all that *love continues and grows* with each passing year.

We each have a difficult time in learning to live again after the death of our child. We do learn to live again. We are not the same person as we were before but in time each will find a new normal. Patience to let time and grief work to help us heal is the path to knowing we will survive.

~ Gerry Hall, TCF, South Central, MO

CATCHING BUTTERFLIES

~ Dottie Williams, TCF, Pittsburg, PA



It often hurt to come upon
reminders of my son
Tho' often since I lost him
I would search around for one
Which always brought on sadness
and the tears that I would shed
Were caused by names or faces,
all things that I would dread.
But then one day I came upon
a man who'd lost his son.
I found that things I ran from,
he wouldn't even shun.
But rather he would treasure
and I said I wondered why
He told me that he called them
"Catching Butterflies."
This view of his intrigued me;
I wanted to hear more
And learned that he took all of them
and carefully would store
All the reminders
that I chose to push away
He would tuck them deep down
inside his heart each and every day.
Now a name or likeness
when catching me off guard
Does not upset me as it did
and I don't find it hard
For now instead
I see these times as opportunities
To see my son awakened
in these new fresh memories.



Grief is like living two lives.
One is where you pretend that everything
is alright, and the other is where
your heart silently screams in pain.

~ Clearissa Lynn Castaneda



Please Support Portland TCF . . .

Just by shopping at Fred Meyer with your Rewards Card!! Fred Meyer donates to local community organizations/nonprofits of your choice through their *Community Rewards Program*. Just link your Rewards Card and scan it every time you shop at Freddy's.

~ Whenever you use your Rewards Card you will be helping Portland TCF earn a donation from Fred Meyer.

~ You will still earn your Rewards Points, Fuel Points and Rebates, just as you do today.

Great Way for Families & Friends to Support TCF!

- Go to www.fredmeyer.com/community-rewards
- Sign up online (even if you already have a card, you must create an online account)
- You will immediately receive an email to confirm your account (check your Spam or Junk Mail!)
- Sign up using your email address and password
- From the top menu select: Reward —> Community Rewards
- Click "LINK YOUR CARD HERE"
- Enter # FT805
- Be sure to click the bubble!
The Compassionate Friends, P.O. Box 3065
Portland OR 97208

TCF Portland earned **\$40.31** during the 1st quarter!

2025 YTD = \$163.30

~ Thank you for participating
& enjoy shopping! ~

A Journey of Hope

Sascha Wagner

A new widow asked me the other day (in a somewhat disapproving tone), “What do you mean when you talk about hope?” That’s a perfectly legitimate question—we talk about hope all the time but we do not often define just what we mean. Hope seems to be such a clear and simple concept, doesn’t it? But what exactly does ‘hope’ mean when you have lost children to death, when you and the world are a bundle of pain, when you feel as if you could never enjoy anything ever again?

Those who speak about hope wish first of all that the pain of your first grief will lessen. While no one can guess or calculate how long the phase of intense first grief will last, it always lasts longer than we want. This is the time when grief keeps you from thinking clearly, when you are confused about almost everything, even about things which have nothing to do with the tragedy. It is the time when you are always tired but can seldom sleep enough, the time when your energy seems to be drained by the sheer effort of staying alive. You find that nothing consoles you—life hurts, feelings hurt.

Whenever that time is over, you may be able to function reasonably well. What griever has not walked around doing a good job at the office, while feeling like an empty shell? At that point you may even be able, briefly, to concentrate on something other than your dead children. There is a small hope then, to wish for a little more strength, a little less pain, a good night’s rest. Perhaps this is the time when you can start talking more clearly to someone about the way you feel or what you think you might want to do for yourself and other grievers.

The schedule is different for each person. When we talk about hope, we start out with a wish for your recovery from what may have felt like a mental illness. Except—you need to remember that it was no mental illness at all; it was an almost insurmountable onslaught of pain.

The next step of hope comes when you realize (sometimes with regret) that you will continue living and that you actually want to do something with the life left to you. Often the notion of doing something in honor of the dead children feels sadly comforta-

ble. This is the stage when you reach out deliberately to speak about grief, to address new tasks, to find the ‘small islands of peace’ in your sea of pain. But most of the pain is still there. Rooms are left unchanged, clothing remains hanging in closets, you still cry when you see photographs or when you remember the days before the child died. There is no escape from the awareness of loss, which still dominates your daily existence, no matter what you plan or undertake. This is usually a long phase, and no amount of rational resolve or practical determination takes the ache away. However, you do sleep better.

Next on the journey of hope comes the first signal of comfort. While you still cry and hurt about the loss of your child, you sometimes find yourself thinking of soothing memories; you are even able to smile about things you remember. This is the time when a memory that makes you smile is often followed by tears. Your emotions are alive and powerful—and you realize that your reactions are quite natural. Not all feelings you have at that time are focused on the main event, the death of your children, but you begin to consider realistically that there are many other things in life. As heavy as this phase still is for most grievers, it is a great deal more manageable and gentle than the tearing pain of early grief.

The next step comes imperceptibly—there are moments at first, then hours, when your mind is not preoccupied with remembering the dead children. You can think of other tasks and events without simultaneously thinking about a grief-related memory. Before, you may have been so closely connected to grief that you connected any experience to the children’s death, even if an event or task had nothing at all to do with them. You may encounter a strange, almost surprised feeling like “this has nothing to do with my grief.” Such intervals are rare at first, and you never quite reach the point where you can totally divorce feelings and thoughts from your memories. Initially, all grieving parents find such a time difficult to imagine—and the inner quietness actually arrives before we are able to believe it.

But there is a balance that achieves

itself—it gently eases itself into your days and nights. At this time a preponderance of pleasant memories makes itself at home in your heart. You smile at things remembered without crying, you can call up the details of a memory without being overwhelmed by heartache.

These are the most basic stages of hope—there are many find and varied distinctions, and the stages do not clearly follow one after the other. But when we speak of hope, we generally mean the griever’s return to a less painful and more confident form of self.

We are not talking about denying the death or forgetting the child we lost. We are speaking of a change in feeling about them. Among the things we think of when we talk about hope is the time when we reach the ability to “recall our memories in tranquility.” The day when we realize that having children, even if only for a small part of our lifetime, was first and foremost a gift and a treasure. While we will always want to keep the awareness of our dead children, the time will come when we can live in peace, as helpers and friends to others in grief (perhaps deliberately to honor the memory of our dead children) or to find unencumbered enjoyments. When the sense of loss is overcome by a sense of acceptance and peace, when we find new things to do with our life, then we will have completed the journey of hope—from disbelief to struggle to achievement.



Hope is not an easy word for grievers.
But we, more than most others,
need to understand
what hope can mean for us.

Hope means finding the strength
to live with grief.

Hope means nurturing with grace
the joy of remembrance.

Hope means embracing
with tenderness & pride
our own life
and the gifts left to us
by those we have lost.



TCF Sibling Zoom Meetings



- ⇒ SIB Suicide Support—Meets 4th Monday of the month at 9 pm ET
- ⇒ Meeting with Jordan—Meets Tuesdays at 7 pm ET
- ⇒ Grief Book Club—Meets 1st Tuesday of the month at 7:30 pm ET
- ⇒ Write Your Soul—Meets 1st & 3rd Wednesday of the month at 7 pm ET

- ⇒ Meeting with Jason—Meets Thursdays at 7 pm ET
- ⇒ LGBTQ+ Sibs Meeting—Meets 1st and 3rd Thursdays at 9:30 pm ET
- ⇒ Canada Sibling Sharing Circle—Meets 2nd Saturday of the month at 1 pm ET
- ⇒ SIBS in Relationships and Partners—Meets 2nd Sunday of the month at 7 pm ET

To sign up for TCF SIBS newsletter, or read about the groups, visit siblingisland.com or scan the QR code.

**Please refer to the National Compassionate Friends website:
compassionatefriends.org**

The first time a memory
slides over us like a wave
of warmth, we have turned
the corner on our grief.
When a once painful
reminder evokes a gentle
laugh, when we recognize
the joy of the present in an
image from the past, we have
arrived at an important
moment. Those memories are
being transformed,
unmistakable,
into messages of hope.

~ Molly Fumia in [Safe Passages](#)

THIS IS A LISTING OF SEVERAL RESOURCES AVAILABLE FROM THE NATIONAL COMPASSIONATE FRIENDS

Please visit www.compassionatefriends.org for links to the following support groups

24/7 ONLINE SUPPORT

The Compassionate Friends offers “virtual chapters” through an Online Support Community (live chats). This program was established to encourage connecting and sharing among parents, grandparents, and siblings (over the age of 18) grieving the death of a child. The rooms supply support, encouragement, and friendship. The friendly atmosphere encourages conversation among friends; friends who understand the emotions you’re experiencing. There are general bereavement sessions as well as more specific sessions. Several days & times available.

**FirstTime Chatter Orientation ~ Parents/Grandparents/Siblings ~ Loss to Substance Related Causes
Bereaved More Than Three Years ~ No Surviving Children ~ Pregnancy/Infant Loss ~ Suicide Loss**

PRIVATE FACEBOOK GROUPS

The Compassionate Friends offers a variety of private Facebook Groups. These pages are moderated by bereaved parents, siblings, or grandparents, and may not be accessed unless a request to join is approved by a moderator. Please click on the link next to the group you wish to join and answer the screening questions so we can confirm your request. If you are waiting approval, please message one of the administrators. Join requests to our Facebook groups must be requested personally, therefore when you wish to share the group with someone please pass along the link to the group.

Loss to COVID-19 & Other Infectious Diseases ~ Loss of a Stepchild ~ Loss of a Grandchild ~ Sibs (for bereaved siblings) ~ Bereaved LGBTQ Parents with Loss of a Child ~ Loss of a LGBTQ+ Child ~ Multiple Losses ~ Men in Grief ~ Daughterless Mothers ~ Sudden Death ~ Loss to Substance Related Causes ~ Sibling Loss to Substance Related Causes ~ Loss to Suicide ~ Loss to Homicide ~ Loss to a Drunk/Impaired Driver ~ Loss to Cancer ~ Loss of a Child with Special Needs ~ Loss to Long-term Illness ~ Loss After Withdrawing Life Support ~ Loss to Mental Illness ~ Loss to Miscarriage or Stillbirth ~ Miscarriage, Stillbirth, Loss of an Infant Grandchild ~ Infant & Toddler Loss ~ Loss of a Child 4—12 Years Old ~ Loss of a Child 13—19 Years Old ~ Loss of an Adult Child ~ Loss of an Only Child/All Your Children ~ Finding Hope for Parents Through TCF SIBS ~ Grandparents Raising their Grandchildren ~ Bereaved Parents with Grandchild Visitation Issues ~ Inclusion and Diversity ~ Grieving with Faith and Hope ~ Secular Support ~ Reading Your Way Through Grief ~ Crafty Corner ~ Loss of a Child

By Jordan Ely, TCF, Albany/Delmar, NY

siblings

After a long while the shock for you goes away and it is then when you need the support from your friends, peers and teachers. This month is the first anniversary of the death of my brother. Most people will have forgotten & everything is right with the world. But it is not! Certainly not to my mother & me.

There's no word to describe the loss of a sibling. If you lose a spouse, you're a widow or widower. If you lose your parents, you're an orphan. But if you lose a sibling, you just become the girl who lost her brother.

~ *Attributed to Kady Braswell*

As I lie here surrounded by all the things I love,
There's only one thing I can't be near because he's up above.
He's the one I always look to when things aren't going right,
Because I know he'll be there to guide me through the night.
He's an angel in my eyes, he's the one I always see,
And I can't help but think, how much he means to me.
I miss all the times we used to laugh and play,
But now it seems so long since he went away.
I can't tell him how I feel
because I don't know where to start,
But he'll have a special place, forever in my heart.
As I look up at the stars, I wonder if he's there,
And I try to talk to him, to let him know I care.
I want to say I'm sorry for all the things I've done,
But with all these feelings, I can only run.
I have faced difficult times, through the many years,
But most of the times I've cried, it's only happy tears.
I look at all the things he didn't get to do,
So, I have to live my life, not for me, but for him, too.
He lives for me and I live for him,
And I know in the future, we'll meet again.
So with our hearts together, I'll keep my head held high,
Because sharing a life together we can never say good-bye.
He's an Angel in my eyes, and I hope everyone can see,
Just how much my brother means to me.

~ Jon Stanley, with love from your sister, Jana Stanley, Atlanta, TX

- My Brother, My Friend -

Rest my brother, you now have peace.

The wars within you all have ceased.

And with the rising sun each day, upon the heavens you will play.
Until that day we meet again, know I love you, my brother, my friend.

~ Sandra Evans



The Compassionate Friends
Portland Oregon Chapter
6705 SW 15th Avenue
Portland, OR 97219



**JULY—AUGUST—SEPTEMBER
2025**



If you wish to make a tax-deductible LOVE GIFT donation, fill in the information below, send with a check for any amount to
Portland TCF , 6705 SW 15th Ave., Portland, OR 97208-0102
OR, you may submit your love gift and photo online at <http://www.portlandtcf.org>

Month you would like it printed in newsletter: _____ Donation Amount: _____ Anonymous? YES ☐
NO ☐

Child's Name: _____

Date of Birth: ____/____/____ Date of Death: ____/____/____

Your name: _____ Telephone: _____

Address: _____ City: _____ State: _____

Email: _____ Zip: _____

Please make your check payable to TCF Portland or charge: VISA _____ Master Card _____ AMEX _____

Name as it appears on the card: _____ CVC# (on back of card) _____

Card # _____ - _____ - _____ - _____ Expiration Date: ____/____/____ Zip code _____

Special Message (please include how you would like your message to be signed): _____

Thank you for your continued support and commitment to our Portland TCF!