



APRIL—MAY—JUNE 2026

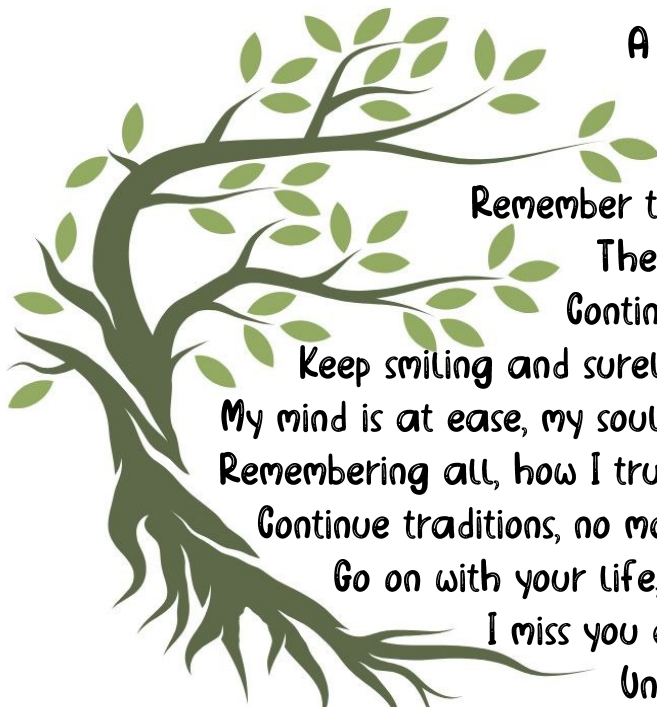


THE COMPASSIONATE FRIENDS

“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

Healing from the death of your child is much like wisdom: it can't be forced,
yet it comes upon you if you let it.

Dr. Tom Frantz, TCF, Buffalo, NY



A limb has fallen from the family tree.
I keep hearing a voice that says,
“Grieve not for me.”

Remember the best times, the laughter, the song.
The good life I lived while I was strong.
Continue my heritage, I'm counting on you.

Keep smiling and surely the sun will shine through.

My mind is at ease, my soul is at rest.

Remembering all, how I truly was blessed.

Continue traditions, no matter how small.

Go on with your life, don't worry about falls.

I miss you all dearly, so keep up your chin

Until the day comes were together again.

~ Author Unknown



TGF PICNIC AT LAURELHURST PARK ~ JULY 22nd
FURTHER DETAILS COMING ...

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

Chapter Leader

Carolyn Harrington
(503) 307-8450
linerharrington@gmail.com

Saturday Leader

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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

Now You Belong to Heaven

By Mari Olsen

<https://www.youtube.com/watch?v=pFjAXHmjxQk&list=RD12ETsUgEEHc&index=3>

CHANGE OF ADDRESS?

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



~ CALENDAR ~

- Apr. 4—Portland TCF in-person meeting
- Apr. 5—Easter Sunday
- May 2—Portland TCF in-person meeting
- May—10 = Mother's Day
- May 25—Memorial Day
- June 6—Portland TCF in-person meeting
- June 14—Flag Day
- June 19—Juneteenth
- June 21—Father's Day

Future TCF meetings:
July 4th, August 1st, September 5, 2026



Please visit our newly designed website: portlandtcf.org

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

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.



49th TCF National Conference in Baltimore, MD

July 2—5, 2026



Our conference is a place for bereaved families to find community and hope, while learning and sharing with others. Lifelong friendships are often made at the conference through meeting others who truly understand the painful loss of a child, sibling, or grandchild. This eagerly anticipated event will take place in Baltimore, Maryland, during the weekend of July 2-5, 2026.

More information to follow on www.compassionatefriends.org

Seabeck Weekend Retreat * * * May 29—31, 2026

Registration is due April ~~30~~th.

For decades the bereaved have been crossing the wooden bridge into the serenity of Seabeck Conference Center (www.seabeck.org) in historic Seabeck, WA, just an hour and a half drive from Seattle. The majestic Olympic Mountains rise to the west, scenic Hood Canal lies between you and the Olympics and the wooded hills sloping up from the Seabeck beach set this place apart from being just another conference center. This peaceful place sets the tone for a healing weekend. One feels secluded and protected from the outside world while feeling the calming comfort of being with others who understand. This is a safe, supportive place to do one's grief work. We believe the other bereaved folks are the greatest resource and support for this most difficult journey we have to travel.



For more information and/or to register please text Mike McLeod with the subject line "Seabeck 2026" at (206) 369-7366, mmcleod121@gmail.com, Seattle/King County TCF Chapter

"When Grief Returns"

Remind yourself often that grief is something that cannot be ignored. Grief can be masked for a while, but eventually it makes its presence known. It's something that requires hard work and attention.

A parent's grief is a natural reaction to an abnormal event. Grief is not an illness, but rather a time of readjustment to a reality of living with loss. Parents who lose a child do not stop grieving. The pain will vary in intensity at different times in

a person's life, but the process is lifelong. When grief returns, remember to be kind to yourself and allow yourself the time you need to once again work through your feelings.

~ Clara Hinton



FACEBOOK PAGE

Please join us at "[TCF PORTLAND](#)"

This a private Facebook group for the Portland members only.

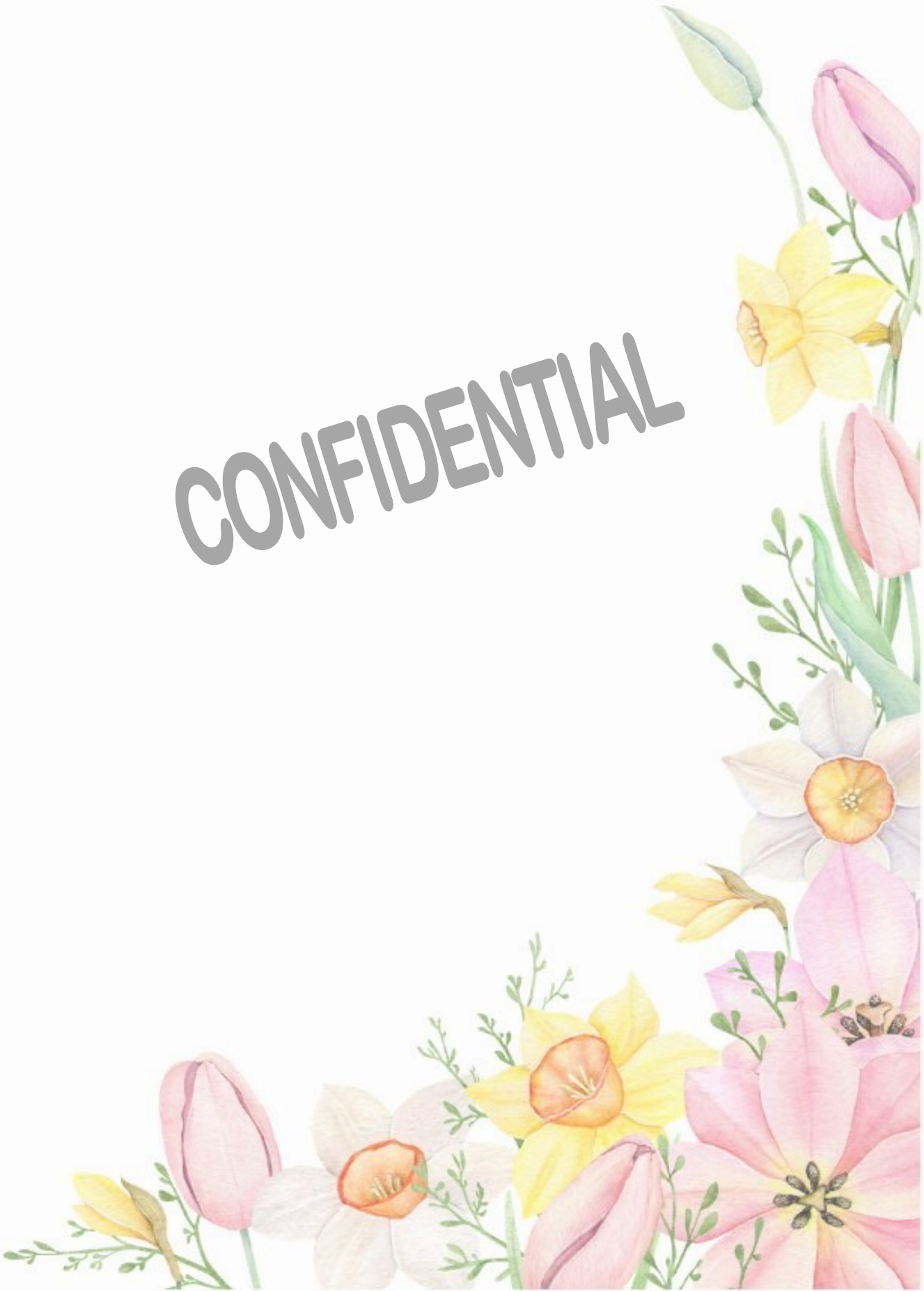
♥ Since this is a private page, you will be asked a couple questions from the administrators when you request to join.

Administrators – Debra Moon, Bev Waterworth



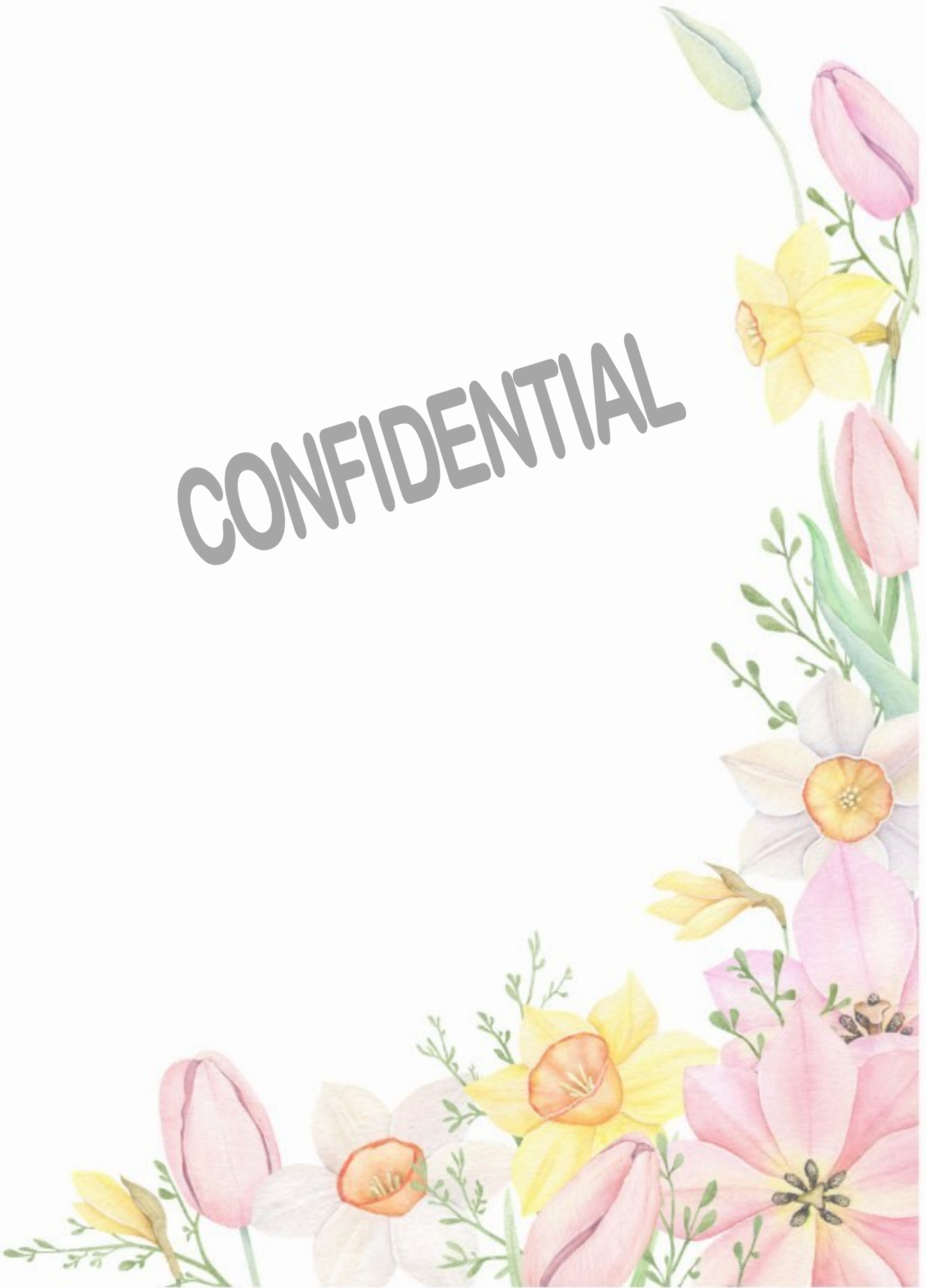
Our children lovingly remembered...

CONFIDENTIAL



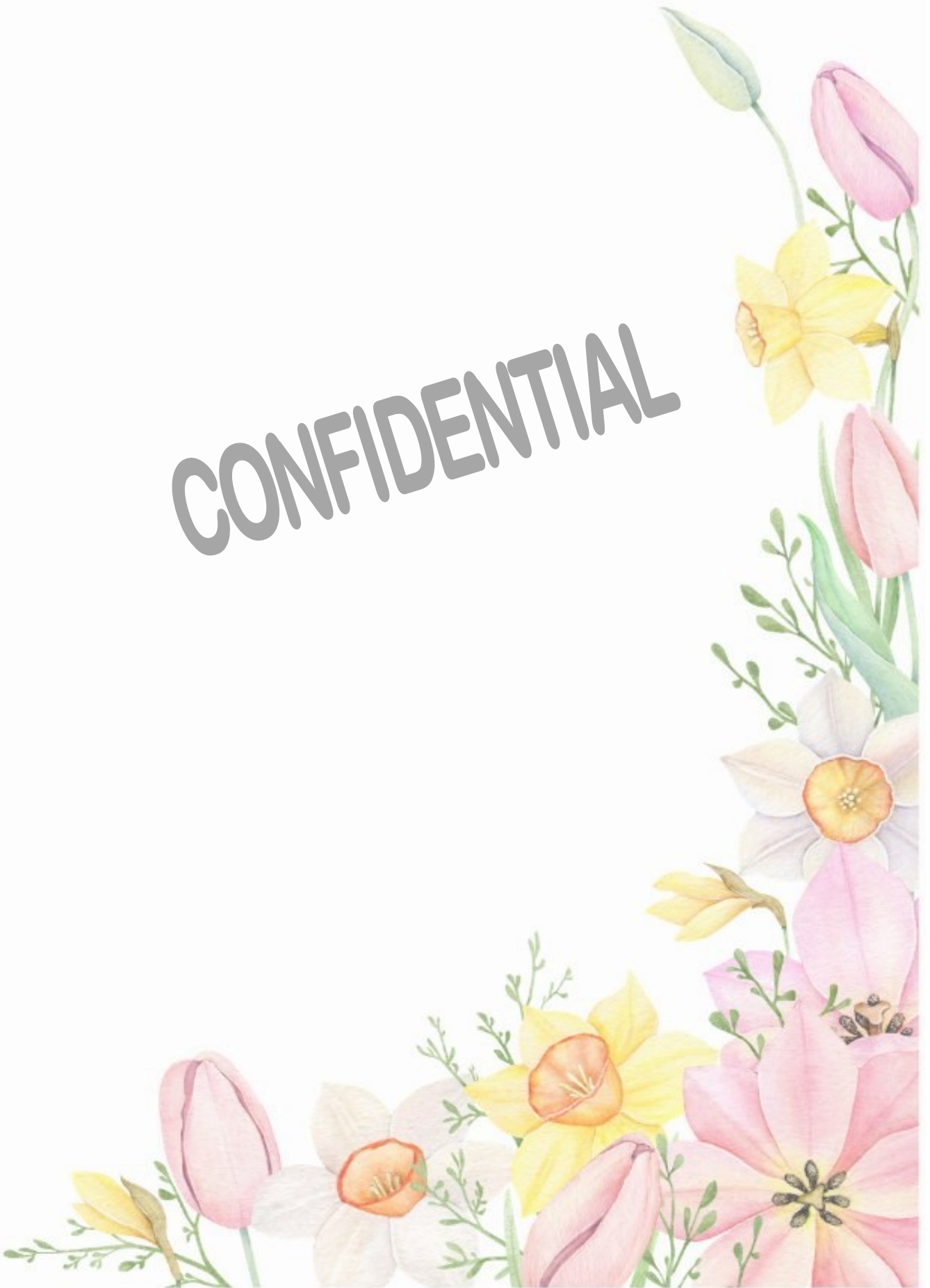
Our children lovingly remembered...

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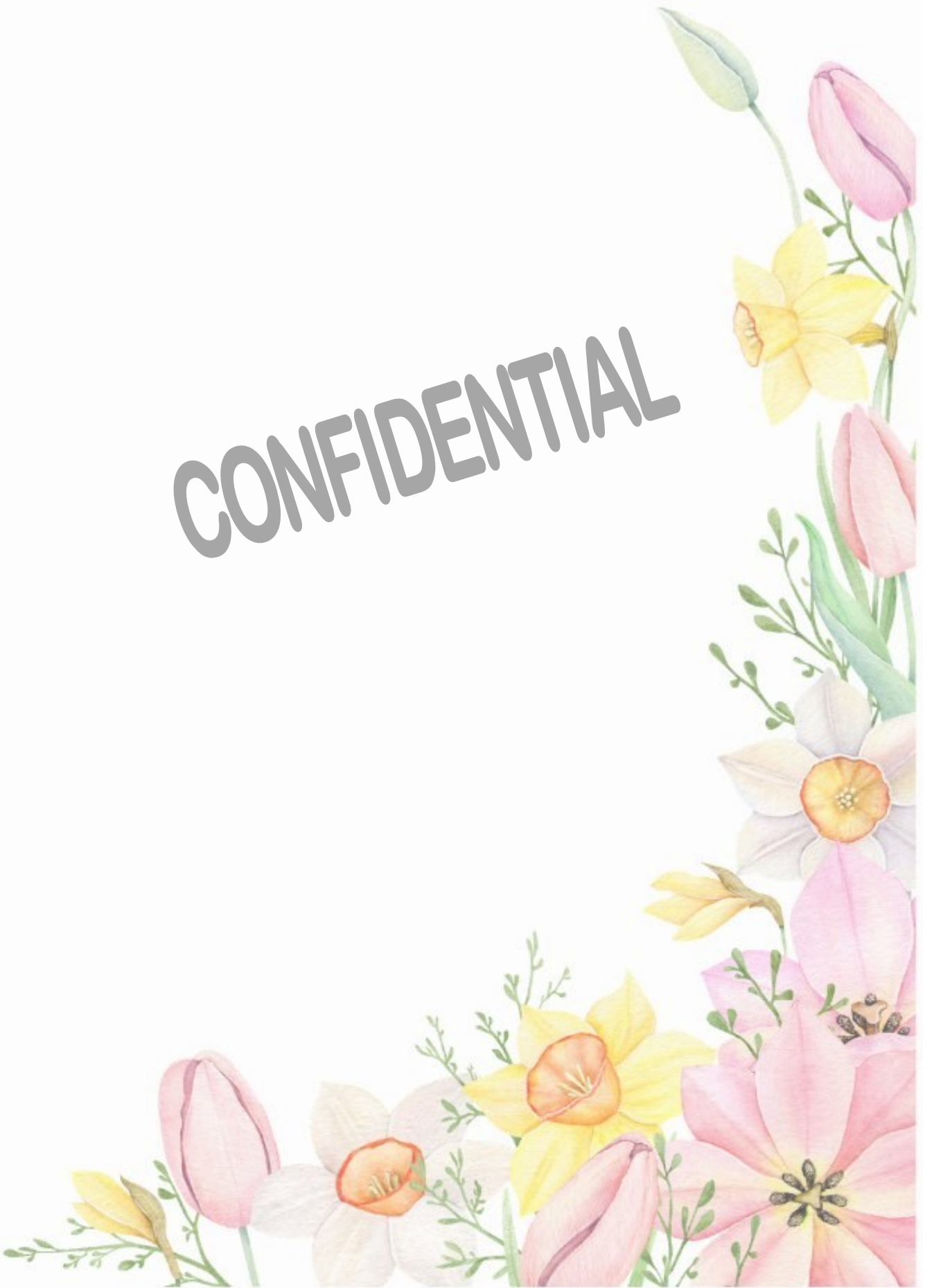
Our children lovingly remembered...

CONFIDENTIAL



Our children lovingly remembered...

CONFIDENTIAL





Love Notes

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, 2026.

CONFIDENTIAL

Our children lovingly remembered...

CONFIDENTIAL



When Mother's Day Hurts

Everywhere you look there are reminders - cards, ads, flowers, mugs, jewelry, even conversations about dinner plans.



For us it's a time of bracing, for impact. When your child has died Mother's Day is no longer simple. It comes layered, with love, loss, memories and a longing. At times this longing is so deep that it feels hard to breathe. You are still a mother. That truth remains. You carried them, cared for them, loved them. You still love them. Love does not end. Yet no card will arrive, no voice will call your name, no arms will wrap themselves around you. We may feel the contrast of those around us, celebrating, and be reminded how different our reality is now. We must remember that the sorrow and ache rises up on these kinds of days. But something else can rise up too. A motherhood marked by courage, by perseverance, and by strength. You are not alone. You are seen. You are understood. Today I honor each one of you, and I wish you an extra measure of comfort as the day arrives. May you hold onto the knowledge that your child is a part of your love story, today and forever

~ Michelle Thomasson, Mom of Michael, TCF, Portland, OR



LETTING GO OF THE PAIN

A few weeks or a few months after your child has died, you'll probably find yourself in a situation where you find yourself laughing or having a good time ... then you may all of a sudden STOP laughing or having a good time and think to yourself "How can I dare laugh or have any fun, now that my child has died and I hurt so bad." ... We've all had this feeling in the early stages of our grief ... I urge you newly bereaved, PLEASE don't feel guilty about smiling, laughing or even giggling, and please don't feel guilty about enjoying the happiness that comes from "LIFE". When you find yourself laughing and enjoying something in life, it doesn't mean you have forgotten your dead child. It just means you are "letting go" of some of the pain. All of our lives there will be tears and all of our lives there

should be laughter.

When people used to say to me "you must put it behind you and let go of your child and start living again." I wondered what they meant by "IT". I would get very angry. How dare those people think that I could ever "let go" of my son, or even want to ... But after a while I realized I don't have to "let go" of my child in order to live again. I just have to "let go of the pain" that his death caused. His LIFE will always be a part of me ... and so will his death. I'll never ever forget JOHNNY. But I don't have to keep the grief and pain with me always ... so if you see me cry ... I'm "letting go" of some pain. And when you see me laugh or having a good time, or I may even enjoy a party or a joke, I'm living again.

~ Vema Smith, TCF, Fort Worth, TX

OTHER SUPPORT GROUPS

SUICIDE BEREAVEMENT SUPPORT

www.sbsrnw.org
Facebook—SBSRNW
(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 * Milwaukie * 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

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 linerrharrington@gmail.com

Hope isn't a place or a thing.

Hope isn't the absence of pain or sadness or sorrow.

Hope is possibility. Hope is the memory of love given & received.

~ Darcie Sims

"THE MEMORIES AND THE SMILES HOLD A BROKEN MOTHER TOGETHER."

~ Jody Stewart, In memory of Terry & Jebediah, TCF, Central Oregon



MOTHER'S DAY . . .

Our day ... a very special day. A day that is set aside especially to honor all Mothers.

Mother ... A beautiful word. What other word could you use to best describe giving birth to, nursing, loving and caring for a tiny helpless human being? A gift of life to treasure. But weren't we taught that once you give a gift to someone, you should never take it back? What went wrong? Mine was taken away from me. Does that mean that I wasn't worthy to be a mother, that I was failing, that I didn't appreciate the gift? The gift was too precious to be

given for keeps. It was only loaned to me for a short while. Even in my sorrow, I feel special, for I know the true meaning of the word Mother. I have reached the ultimate: from the joy of birth to the sorrow of death. Would I not have accepted the gift if I had known the terrible loss I would feel by having it taken away from me? ...No...I would still hold out my hands and accept such a precious gift for to love and to cherish, even for a short while, is worth every tear. This is Mother's Day. I'll shed tears but let them be as soft as summer rain ... A rain that nourishes the earth, tears that heal and cleanse my heart.

~ Vera Babb, TCF, St. Louis, MO

BEING A MOTHER WHO HAS LOST A CHILD

There's an order that life is supposed to follow. An order of breaths we are supposed to take, as if we are passing a torch from one generation to the next. And our torch is supposed to go out before our child's flame is extinguished.

We are supposed to watch them take their first breath. But not their last.

We are supposed to hear the thud-thud of their heart when it starts beating. But never the silence when it stops.

That heart that we once carried inside of us. That breath that we gave them. That life that we kept safe, protected.

So when the order of life is disrupted, when their torch goes out before yours, it is as if you too have been robbed of your breath and as if your heart has stopped beating as well.

There is nothing that can make it less painful. You would happily blow out your flame if it meant theirs could burn.

But you can't. Even though that's how it should be.

So all you can do is carry them inside you—like you did once before. Except now they have to stay in your heart forever.

And though it hurts, just know that they are safe there. They are protected.

Because a mother's love is unending.

Because it burns forever with every breath you take and with every beat your heart makes.

Because a mother's love is a flame that can never be extinguished.

~ Becky Hemsley

To You on Mother's Day

It's hard to find the right words to convey

What I wish for you on Mother's Day.

Words of compassion, filled with care?

Knowing full well of the bond we share.

So on this day I wish for you ... Beautiful rainbows in the rain; Joy and laughter, instead of pain.

Sunshine on a cloudy day; Faith to help you guide the way.

Most of all I wish you this ... A touch, a whisper, a gentle kiss. Just for you, and filled with love, Sent from your angel, up above.

~ Jane Bertagnolli, TCF, Richton, Park, IL



Crying is a way your eyes speak when your mouth can't explain how broken your heart is.

~ Japanese legend



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.



[Please Support Portland TCF . . .](#)

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~ 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 **\$44.68** during the 4th quarter!

2025 YTD = \$171.37

~ Thank you for participating
& enjoy shopping! ~

Father's Love

Father weighed us once a month
And totaled up the pounds.
Then he weighed the dog and cat
(As silly as that sounds).
He then included their weight, too.
And with pride and joy he'd say,
"Hmm. Yes. I do believe
Here's what we have today
There's thirty-five and forty-eight
And Jim weighs eighty-nine,
Spot and Puss weighed twenty-four
And all these pounds are mine!"
Father loved us not by age
Nor virtues that he found;
He gathered all his children in
And loved us by the pound.

~ Dee L. McCollum, TCF, Atlanta, GA
(1st prize Light Verse Award NC Poetry Society)

DEAR MOM & DAD,

I DID NOT DIE YOUNG, I LIVED MY SPAN OF LIFE
WITHIN YOUR BODY AND WITHIN YOUR LOVE!

THERE ARE MANY WHO HAVE LIVED LONG LIVES
AND HAVE NOT BEEN LOVED AS ME.

IF YOU WOULD HONOR ME THEN SPEAK MY NAME
AND NUMBER ME AMONG YOUR FAMILY.

NEVER EVER DOUBT THAT WE WILL MEET AGAIN.

UNTIL THAT HAPPY DAY, I WILL GROW WITH GOD
AND WAIT FOR YOU.

~ Chris Kennealy

Daffodils are heartwarming beautiful, spring-like, colorful. Yet they must break through the dark, dry ground to blossom and share their beauty with us.

Bereaved parents are much like these daffodils.



This spring, you might not be in full glory,
but we promise you a future spring, in full
bloom once more!

~ Betty Stieglmeyer, TCF, Pike's Peak, CO

A DAD

A dad has a smile that can melt a frown,
He can be serious or act like a clown.

A dad is so strong regardless of his size,
He is courageous, kind and oh, so wise.

A dad has patience in teaching his son,
Pride when seeing what a good job he's done.

A dad and his daughter—a sight to behold,
A special closeness time unfolds.

A dad has fear he cannot verbally say;
“Will I have a broken heart one day?”

A dad has been taught to be silent and
strong.

To be weak and show emotion was wrong.

Oh dad, release your feelings
held so deep. The wonderful
memories are yours to keep.

~ Pat Dodge, TCF, Sacramento Valley, CA



A Grieving Dad's Father's Day Thoughts

It has been five Father's Days since my wife and I lost our beautiful daughter Andrea (Andi) to the war in Iraq. We didn't make a big deal of Father's Day when Andi was alive, but now this holiday is very special to me—a time when I reflect upon my obligations and blessings as a husband and a father.

For almost a year after Andi died, when my family needed me the most, I was emotionally paralyzed. I was so tangled in the “web of grief” that I blamed myself for Andi's death. *Why hadn't I done everything in my power to keep her from going to Iraq?*

I could not cope with Andi's death until I began realizing how her brave commitment to peace inspired her

mother, me and people around the world. We created a foundation in Andi's name that provides scholarships to young women who want to use their talent and skills like Andi did—to make this a better world.

I like to think that I have an emotional heart. Like my physical heart, it has four chambers. Each chamber represents one of my four children, with the whole heart embodying me and my wife and the unity of our family. Andi's spirit will live on in the Andi chamber of my heart.

Losing a child is terrible. The pain is always there. Some days are better than others. But I think I've learned a few lessons that may be helpful to others in their grief:

In order to live with your grief, you must learn to forgive yourself. You must release yourself from the re-

ONCE I SAW A GROWN MAN CRY

“NOW THERE GOES A MAN WITH FEELING!” SAID I.
HE WAS STRONG, ABLE, QUITE WELL-BUILT
WITH MUSCLES, GREY HAIR
AND CHARM TO THE HILT.

I MOVED TOWARD HIM SLOWLY AND SAID:

“WHAT'S WRONG?”

THE LOOK HE GAVE ME
WAS TEAR-FILLED AND LONG.

“I CRY FOR A CHILD. MY GRANDCHILD HAS DIED.”

SO I SAT BESIDE HIM
AND TWO GROWN MEN CRIED.

~ Anonymous



I like the concept of “Bonus Dad and Bonus Child” much better than Step parent and Step child.

~ Excerpt for an article by Ralph Goodrich, TCF, Charlotte, NC

morse you feel for not having said “I love you” more, for not giving your loved one more hugs.

Each person grieves differently—you must respect that in yourself and others.

Do not be afraid to cry. Crying helps to “rinse” the sadness from your soul.

Saturate your mind with positive thoughts. Try to remember that your loved one would want you to live a happy and productive life.

I get solace from reading the accounts of other people who have suffered losses. It helps me to know that I am not alone in my grief. And that also helps me to remember that it is possible to lead a productive life that is full of love even when you are sad.

~ Andre Parhamovich, Painesville, OH



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

A Father's Grief



In silent disbelief
I read those granite
words that tell a
soldier's tale and
how valiantly he
served

Monuments to
freedom standing
straight and tall
They represent
men willing to sac-
rifice it all.

I stand as tears fill
my eyes and pain
chokes out my
hearing
So proud that you
were willing to go
and do your part.

And though I do
have pride in the
battles that you
won
It gives me little
comfort for I have
lost my son.

Rest peacefully,
my son, your bat-
tles now are
through
Look down on me
from Heaven and
remember I love
you.

~ Ron Howard

*The most painful tears are not the ones that fall from
your eyes and cover your face. They're the ones that fall
from your heart and cover your soul.*

~ Author Unknown

MISSING YOU

**Some days I miss you so much I wonder how I am going to get through them.
Then, I think about something you did or said and it puts a smile on my face through the tears.
Yes, you changed my life and I will never stop missing you.**

~ Angels at My Door

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

- Sibling Corner -

THE SURVIVING CHILD

How hard it must be to physically lose your brother or sister and emotionally lose one or both of your parents. Yet the surviving child deals with this most of the time. We, as parents, speak of how a part of us died and will never be the same. Who is more aware of this than our children, no matter what age—even as an infant we can sense a difference in someone’s touch or voice. Our children have spent most of their lives trying to “figure out” and “deal with” us. Now all of a sudden, they find they have lost all knowledge as to how we will show our emotions, interact with others and most important, relate to them. We cannot even be sure of our stability when grief strikes us; yet the surviving child must learn to adapt quickly.

Here are a few suggestions to help the surviving sibling cope with a world that has been changed sometimes in a matter of a few seconds.

- ♥ Acknowledge the need for honesty—do not try to hide your grief from them.
- ♥ Avoid the non-supportive who rob both adults and children of their right to grieve.
- ♥ Provide a time when age appropriate release of grief can be experienced; such as drawing, writing, playing with others, or simply acting out their emotions.
- ♥ Provide good role models for them—other bereaved siblings.

One of the hardest things I have done in my life is to bury a child, but the next hardest thing as been to parent surviving siblings. I wish you patience and understanding while you are faced with this enormous job.

~ Andrea Simoni, TCF, Cumberland County, NJ

Where Does the Sister Come In?

My brother was killed.
He was murdered for no reason at all.

My pain is so sharp, so close.
But THEY think I shouldn't be suffering as much...

As much as his wife, who grieves for her love and her future.

As much as his son, who will never know his daddy.

As much as his parents, who have lost their only sone, their first born, their child.

I have lost—my closest friend; the man I admired most of my world; the person I spent most of my free time with—only for the company; the person I played Yahtzee with until 2:00 a.m. knowing I'd beat him soon; the boy I grew up with and followed around constantly; the love that only a brother and sister can know; the respect he had for me; the talks and the personal jokes.

I have lost m brother.

I hurt just as much.

~ Bridgette Huard, TCF, Minneapolis MN



WE WERE SUPPOSED TO GROW OLD TOGETHER

I want to say ...

I want to say I'm sorry for many reasons left unsaid

I want to say I miss you and the life that we once led

I want to be forgiven and forgive myself as well

I want to hold my head up high no longer sit and dwell

How do you learn to love yourself after perfecting self-hate?

I want to shout "I miss you so" yet knowing I'm too late.

The thought of you brings warmth to me and that will never change.

We all make mistakes in life, Lord knows I've made a few.

Please know that doesn't change the fact that I truly cared for you

The love we've shared may have been brief, and now it's just our past

But the impact that you left on me will forever last

No matter where we go from here, no matter where we've been

What I miss most of all is not my sibling, it's my friend.

~ Lisa M. Tate, TCF, Central Middlesex



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



**APRIL—MAY—JUNE
2026**



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 97219
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!