How Long Will the Pain Last?

How long will the pain last?" a broken-hearted mourner asked me. "All the rest of your Life." I have to answer truthfully. We never quite forget. No matter how many years pass, we remember. The loss of a loved one is like a major operation. Part of us is removed, and we have a scar for the rest of our lives. As years go by, we manage. There are things to do, people to care for, tasks that call for full attention. But the pain is still there, not far below the surface. We see a face that looks familiar, hear a voice that echoes, see a photograph in someone's album, see a landscape that once we saw together, and it seems as though a knife were in the wound again. But not so painfully. And mixed with joy, too. Because remembering a happy time is not all sorrow, it brings back happiness with it. How long will the pain last? All the rest of your life. But the things to remember is that not only the pain will last, but the blessed memories as well. Tears are proof of life. The more love, the more tears. If this be true, then how could we ever ask that the pain cease altogether. For then the memory of love would go with it. The pain of grief is the price we pay for love. Author Unknown

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“The next time someone needs you—just be there—stay. We are not human beings going through a temporary spiritual experience. We are spiritual beings going through a temporary human experience." —Author Unknown

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BIRTHDAY TABLE: We remembered birthdays in FEBRUARY for: Dennis Duhon; Eric Hansen. We do encourage both you and your family to come when it is your child’s birthday month, to share your child with all of us. You will receive a special birthday gift in memory of your child. Bring that treasured picture of your child that always makes you smile so we may smile with you.
To all those newly bereaved, who are receiving this newsletter for the first time and to all our Compassionate Friends, we wish you were not eligible to belong to this group, but we want you to know that you and your family have many friends. We, who received love and compassion from others in our time of deep sorrow, now wish to offer the same support and understanding to you. Please know we understand, we care, and we want to help. You are not alone in your grief.

Meetings are held the 2nd Monday of each month at East Jefferson Hospital, 4200 Houma Blvd., 1st floor adjacent to the Hudson St. garage at 7:00 P.M. We are a self-sustaining organization with no funds except what we receive through donations from members and newsletter recipients. Please join with us at a meeting.

Grief support after the death of a child

The Compassionate Friends is a national non-profit, self-help support organization that offers friendship, understanding, and hope to bereaved parents, grandparents and siblings. There is no religious affiliation and there are no membership dues or fees.

The secret of TCF's success is simple: As seasoned grievers reach out to the newly bereaved, energy that has been directed inward begins to flow outward and both are helped to heal.

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

Newsletter Submissions: TCF Greater New Orleans welcomes all submissions to our newsletter. Send articles, poetry, love messages and scanned photos to: TCF GNO, 4541 Loveland St., Metairie, LA 70006. Or e-mail text and photos to: tcfnola@gmail.com As our chapter is only funded by your donations, we ask for a donation of $15 or more for a dedication for our newsletter. This is tax-deductible. We reserve the right to edit for space and/or content. Deadline for submissions is on the Child Remembered page of the newsletter each month. TCF Chapters may copy articles from this publication provided credit is given to the author and the original source. Errors and Omissions: Please notify me if any of your information is incorrect. Thank you!

BIRTHDAY CAKE: Our child’s birthday is still such an important day to us bereaved parents. In TCF this is where we can celebrate our child’s birthday and remember the love we still have for them no matter how long it has been since they died. Our chapter is now offering you the chance to sponsor the birthday cake for the month of your child’s birthday. You may do so by calling Denise St. Pierre (504) 265-0581 to order the cake through East Jefferson Hospital. The cost for the cake is $40. This way we can all celebrate your child’s birthday.

William Hunton is now our Chapter’s webmaster. He would like to add some updated pictures to our website. If you have any pictures of our events that you would like added to the website please send to whunton@cox.net

Thank you for your continued support of our chapter. And a big thank you to William for being our webmaster in memory of his daughter Chelsea Hunton.
Chapter Information

BRICKS: New bricks will be laid for the Butterfly Release on April 14, 2019. The next time to order bricks will be for the Worldwide Candle Lighting Ceremony on Dec. 8, 2019.

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HELP NEEDED: I would like to find someone who would be willing to do the monthly newsletter for our chapter. If you would like to help, please let me know. Thank you! Denise St. Pierre 504-460-2970

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ATTENTION BEREAVED MOMS: A few moms have expressed a desire to meet with other moms in between our monthly meetings. I want to say that this will be an “extra” support but in no way do we want this to take the place of our monthly meetings. In the beginning, I felt that our chapter’s meetings held once a month were often not enough support as we are so distraught and felt no hope of surviving our child’s death. We do not know what to do next. Being with others in this small setting could be a huge help to each other. Nalani Lynn has offered to be the coordinator of this coffee group. We will meet on the 4th Monday of the month, about 2 weeks after our monthly meeting. The next coffee will be on Monday, March 25th at Puccino’s at 5200 Veterans Blvd. in Metairie at 6:00 pm.

If you are interested, please contact Nalani Lynn at 559-8300 and let her know if you would like to attend. This is only for our TCF members and of course no children should be there. If anyone has any concerns or questions you can call me (Denise) at 460-2970. Thank you all for your continued support of our chapter in memory of all our loved and missed children.

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MEMORIAL OPPORTUNITY: Have your child’s name displayed on a sign at our functions. The signs will have “The Compassionate Friends” logo and the words “In Memory of”. You can add your child’s name and any sentiment providing it is 16 characters per line. The size of the sign will be 18 x 24, and the cost is $40 per sign. Any questions? Call Denise 504-265-0581.

Name:___________________________________________________________________________
Child’s Name:____________________________________________________________________
Sentiment:_______________________________________________________________________
Remember 16 characters per line!

Mail to: TCF, 4541 Loveland St., Metairie, LA 70006.
If there were phones in Heaven
I’d call you everyday
Every minute of every hour
I’d have so much to say.
If there were stairs in Heaven
I’d like that even more
Cause I’d never stop climbing
Till I reached that Heavenly shore.
If there were planes to Heaven
I’d book the very next flight
Then I never would be lonely
All day and through the night.
But since there’s no way to reach you
You’re forever in my prayer
And when God comes to take me home
I know you’ll be waiting there.

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Let’s go home---
My eyes pleaded to my husband.
We don’t belong here.
This is crazy--these people
Are still hurting. Two, five years
Later and they are still coming here.
Let’s go home.
We don’t belong here.
We won’t, we can’t be like that.
Perhaps--
If I don’t speak,
If I don’t tell them why we came---
It won’t be true.
But wait….Why are they laughing?
How can they be laughing?
They all lost children, yet they are laughing at
Something, somehow.
And wait….Why am I nodding at what he’s saying?
Why do I feel I must say something
To that couple who is in this nightmare
Even less time than we?
They all seem to know
What I’m feeling--without my even saying it---
Just not flinching at my tears.
That steady, endless stream of tears that
Seems will never stop.
Perhaps—
One day I’ll join their laughter?
Let’s wait---
Perhaps we shouldn’t leave just yet.

~Sandy Fein, Manhasset, NY~

We wish there was a magic formula for chasing away those post-holiday, pre-spring gloomies that so many
of us suffer from in January and February. Problem is there’s no such thing as a generic cure-all for the
blahs. The task of “grief work” after the death of a child is hard work. There is no way to predict how
you will feel. The reactions of grief are not like recipes with given ingredients and certain results. Each
person mourns in a different way. You may cry hysterically, or you may remain outwardly controlled,
showing little emotion. You may lash out in anger against your family and friends, or you may express your
gratitude for their concern and dedication. You may be calm one moment – in turmoil the next.
Reactions are varied and contradictory. Grief is universal. At the same time, it is extremely
personal. Heal in your own way.

~Rabbi Earl Grollman, “Living When a Loved One Has Died”~

When death knocks at our door and steals away the one we love, the journey back to life again is often long,
hard and lonely. Death means that we once had someone in our lives that meant the world to us, and now
that person is gone. But, healing comes as we understand that the one we loved so much can never leave us.
Though the person is gone, the gift of love we’ve been given goes on and on, and that gift can never be taken
away. NEVER!
As saddened as I am by my loss, I can lift up my heart in gratitude for the blessing of love that lives in my
heart. FOREVER!
NEWSLETTER DEDICATION IN LOVING MEMORY OF
Daniel Bolner, III
March 9, 1988 – March 9, 2016

Where are you now
But in my heart
Your voice clear in my mind
I know we’re never far apart
You, watching over me
So unaware
But, oh to actually see you
How you’ve grown and changed
Still, to embrace you
Feeling your strength and youth.

IN MY DREAM:

In the brilliant white light, I see my Lord Jesus
Smiling, and with arms wide open.
My goodness! I’ve got kin inside the gate
I always knew they’d be there to wait,
Papa Dan, Little Glen and Danny Boy

And then I came in close behind
How different and wonderful I feel
Because this eternity is forever real

I thought we’d reunite with tears of happiness
But tears are never shed on this bright shore
There is only love and joy to be found
And separations or good byes are nevermore

Look at all the people
I know them all
We are all one in the spirit
I sure am glad I got the call.

And then I woke up to have
Gracen by my side.
What a beautiful gift you have given me
To learn and grow together.

Love always, Daddy
My precious baby girl, you were the light of my life.
Even though I know you are still with me, it’s not been the same
without you here. Not a second goes by that you are not on my mind and in my heart. I miss
your laughter and the joy your brought to me every day just being in my life. It’s been 6 years
since you’ve left but it seems like yesterday and forever at the same time.
I still feel connected to you and always will.
You will always be Mommy’s Baby. I miss and love you so very much.

Love, Mom

I’m thinking of you with sadness unspoken
I miss you so much
My heart is forever broken

Sadly, missed by
Mom and Sisters,
Dawn and Kelly
Our Children Remembered

“To live in the hearts of those who love us is not to die.”

March Birthdays

Scott Allen Madere March 1 Son of Vivian Madere; Brother of Kelly DeNoux and Dawn Wilson
Stephanie Link March 1 Daughter of Kalila Smith
Chris John Doyle III March 3 Son of Jeanne Labat and Chris Doyle; Brother of Megan Doyle
Jill Butterworth March 9 Daughter of Pati True-Maddox
Daniel B. Bolner, III March 9 Son of Daniel Bolner, Jr.
Molly Hutchins March 11 Betty Hutchins
Kurt D. Fleming March 12 Son of Susan and Samuel Fleming; Brother of Chevis, Derick and Sam, Jr.
Ryan Dubuc March 19 Son of Gaynell Dubuc
John Michael Smith March 22 Son of Carole A. Clark
Kasey Bernard March 23 Daughter of Lynne Bernard
Jonathan Coslan March 23 Son of Sheila and John Coslan
William John Smeltz March 24 Son of Janice and Victor Smeltz; Brother of Nicholas
Gerry Provance March 25 Son of Gerry and Linda Provance; Brother of Deena
Trinity Thropp March 25 Daughter of David Thropp
Christopher Brady March 26 Son of Janice Brady
Brady Thomas Eldridge March 27 Son of Merideth Eldridge
Michelle “Shelly” Haensel March 30 Daughter of Cookie and Bill Haensel; Sister of Nicole and Natalie
Brooke Anne Matlock March 31 Daughter of Teresa Johnson; Sister of Amy; Granddaughter of Dixie Wherry
Julien Swafford March 31 Grandson of Jim Romano

March Anniversaries

Darlene N. Grote March 1 Daughter of Joyce G. Miller
Brian Flaherty March 4 Son of Laura Flaherty
Christopher Carmelo March 5 Son of Naomie Carter Swanson
Lori Freese March 6 Daughter of Lauraline Freese
Brandon J. Bartholomew March 7 Son of Ellen Bartholomew
Beth Ann Hensen March 8 Daughter of Jane Hensen
Wayne Gomez, Jr. March 9 Son of Ava and Wayne Gomez; Brother of Jennifer and Denise
Daniel B. Bolner, III March 9 Son of Daniel Bolner, Jr., Father of Gracen Bolner
Mary Agnes Cuccia March 11 Daughter of Margaret McMurray
Arthur “Jay” LaVie, V March 11 Son of Gail LaVie; Brother of Michelle and Louis
Cameron Dice March 12 Son of Amy Foy
Richard “Ricky” Smith March 13 Son of Carole A. Clark
Brian Storms March 14 Son of Barbara Storms
Carrie Ellen Gore March 15 Daughter of Don & Ann Gore
Brooke Erin Posey March 16 Daughter of Melissa Corass
Chantelle Davenport March 18 Daughter of Tyrone Davenport
Grace Hughes March 20 Granddaughter of Angela Hughes
Alex Zamora March 26 Son of Mary-Kay Kleinpeter Zamora
Debra Barker Hamburger March 27 Daughter of Antoinette Barker
Desha Ricks March 27 Daughter of Aloma Powell
Gina Romano Swafford March 31 Daughter of Jim Romano
Julien Swafford March 31 Grandson of Jim Romano
Freddie Nichols III March 31 Son of Renee White

A Newsletter Dedication is a special page dedication in memory of your child with any favorite poem or writing you submit.

A Love Gift is a short one or two sentence message in your child’s memory. You may use the form below for love gifts.

Make checks payable to: The Compassionate Friends Mail To: Denise St. Pierre, 4541 Loveland St. Metairie, LA 70006 (265-0581)

Your Name________________________________Phone________________Your Child___________________________

Birthday__________Death__________Note:_________________________________________________________

Love Gifts/Dedications to be put in the April newsletter are due March 20th!!
Our listeners are willing to listen, understand and share.
504-454-3293 – Melva Duhon, son, 41, suicide
504-456-8248 – Patsy Ashton, son, 24, drug overdose
504-606-3275 – Janell Sisolak, son, 25, murdered
504-875-8836 – Sonya Mazzella, daughter, 4, drowned

“You will miss your child; no magic potion can wipe the pain away. Enjoy what you can, you deserve some pleasure. And may some measure of peace overtake you before this year ends.” —Elizabeth B. Estes

THE COMPASSIONATE FRIENDS CREDO

We need not walk alone. We are The Compassionate Friends. We reach out to each other with love, with understanding, and with hope. The children we mourn have died at all ages and from many different causes, but our love for them unites us. Your pain becomes my pain, just as your hope becomes my hope. We come together from all walks of life, from many different circumstances. We are a unique family because we represent many races, creeds, and relationships. We are young, and we are old. Some of us are far along in our grief, but others still feel a grief so fresh and so intensely painful that they feel helpless and see no hope. Some of us have found our faith to be a source of strength, while some of us are struggling to find answers. Some of us are angry, filled with guilt or in deep depression, while others radiate an inner peace. But whatever pain we bring to this gathering of The Compassionate Friends, it is pain we will share, just as we share with each other our love for the children who have died. We are all seeking and struggling to build a future for ourselves, but we are committed to building a future together. We reach out to each other in love to share the pain as well as the joy, share the anger as well as the peace, share the faith as well as the doubts, and help each other to grieve as well as to grow. We Need Not Walk Alone. We are The Compassionate Friends.

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