

Winter 2025 Edition

UPCOMING "APPETIZER & DESSERT POTLUCK INFORMATION

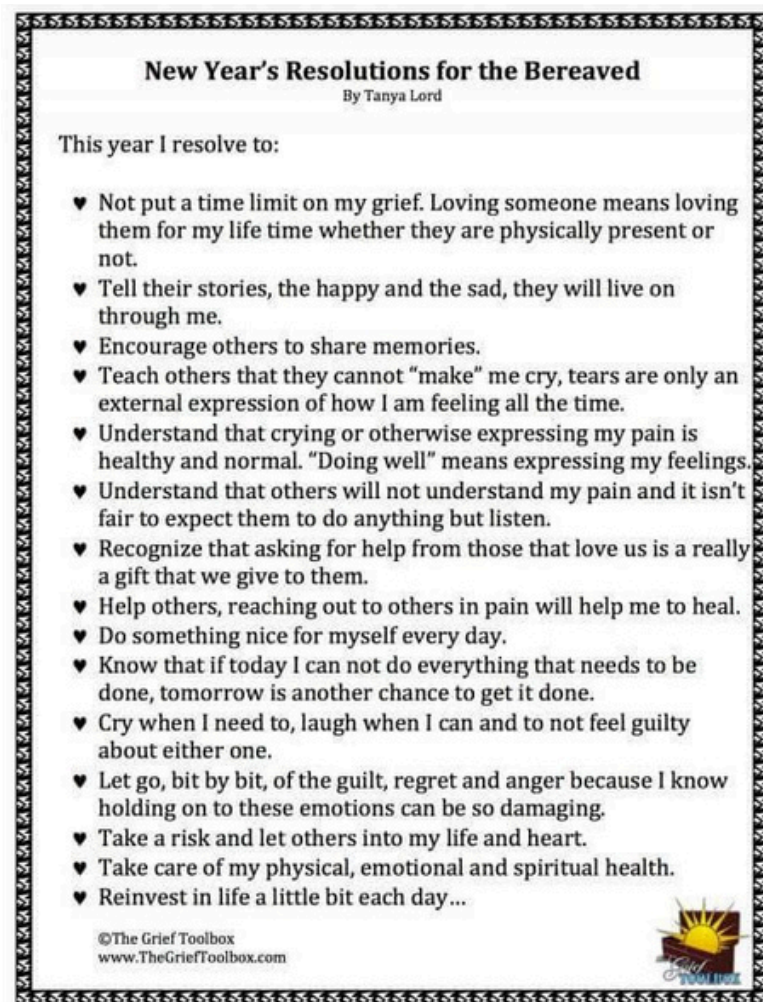
FEBRUARY 22, 2025 3-5pm

Please sign up for your dish in advance so we are sure to have a variety of food, and we can enjoy our time together. Be on the lookout for your email for the sign up link.

Where: 1177 Remington Trace Drive, Port Charlotte, FL 33953

We know the Holidays and the New Year is not an easy thing to navigate with such profound grief, but.....YOU DID IT!

"You're braver than you believe, and stronger than you seem, and smarter than you think." -A. A. Milne.



MONTHLY MEETINGS

Third Tuesday of the month

Next Meeting:

January 21, 2025

6pm

LOCATION:

Westport Community Room

1177 Remington Trace Drive

Port Charlotte, FL 33953

LEADER:

Beth Wooten

bethwootenlcs@gmail.com

(469)-475-1650

NEWSLETTER EDITOR:

Dawn Stephens

Morningofthesun@aol.com

Our meetings
provide a
supportive space
to grieve,
remember, and
honor your child,
grandchild, or
sibling. We are
happy to have you
in attendance!

Therapy....with a Twist!

Back in November, Group Members Dawn, Valerie, Karla, Beth, and Heather took a trip to SMASH IT PC!

They all had a blast getting out their emotions and smashing dishes, bottles, furniture, doors, and more. Yes - you can throw it at the wall! Yes - you can smash things into bits! Yes - you can listen to rage music and get your anger out! It was very therapeutic for all!

We encourage you to utilize this local tool.

Smash it PC

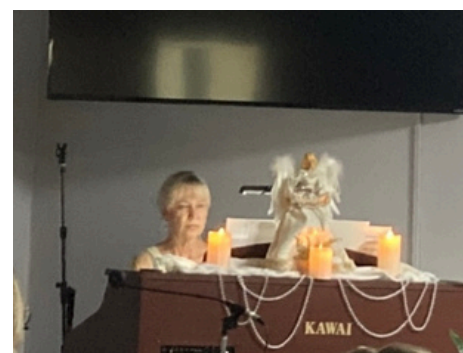
3280 Tamiami Trail Unit 23

Port Charlotte, Florida 33952

941-875-3328

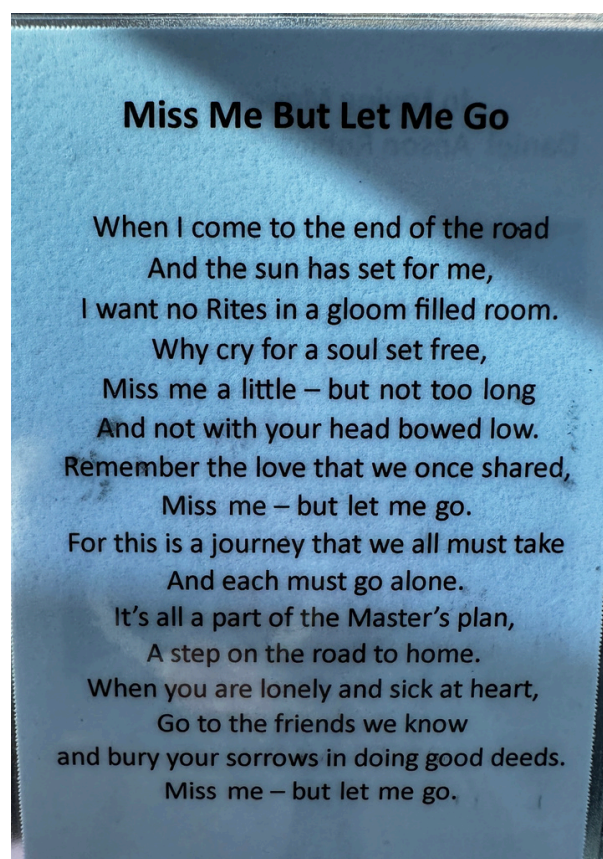
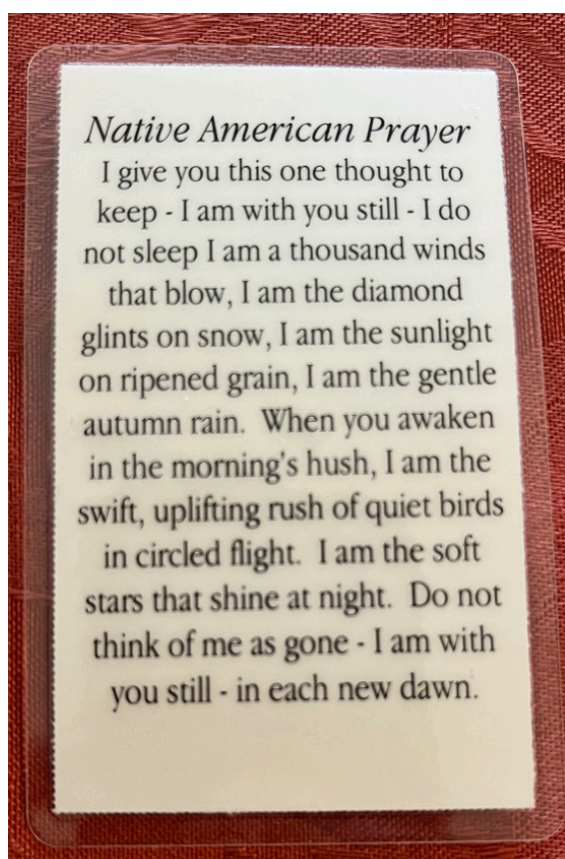


Thank you to everyone who attended our Candlelight Service to honor all our beloved Children, Grandchildren, and Siblings. Your presence brought warmth and comfort, reminding us that we are not alone in our grief.



Heather Pope's Reading at the Candlelight Ceremony.

Valerie LaBoy's Reading at the Candlelight Ceremony.





ALWAYS WITH LOVE, WE REMEMBER THEM



Jenn and Eric Winship honor their son, **Jakeb**.

Francisco Villafane honors his son, **Jomar**.

Arlene Spadone honors her granddaughter,
Olivia.

Robin and Richard Server honor their daughter,
Brooke.

Briana Murphy honors her daughter, **Lexi**.

Sherri Pinna honors her son, **Ryan**.

Karla Relyea honors her daughter, **Megan**.

Angela Daubaras honors her daughter, **Melanie**.

Beth & Steve Wooten honor their daughter,
Kenna and unborn **grandchild**.

Irene Ploskina honors her son, **Michael**.

Gail and Ken honor their sons and grandson,
Tony, **Jason**, and **Jay**.

Harry Moore honors **Buster**.

Heather Pope honors her son, **Eric**.

Beverly Mott honors **Benjamin**.

Pat Haupt honors her granddaughter, **Lauren**.

Chuck Henneke honors his daughter, **Kelly**.

Kim and Pat honor **John** and **Jesse**.

Jo Marie Cook honors her sons, **Gregory** and
James.

Christine honors **Jakeb**.

Monika Kozaka honors **Isabella**.

Irene Ploskina honors her son, **Mikey**.

Pamela Scholund honors **Steven**.

Dawn Stephens honors her son, **Spencer**.

Stacy Becker honors her son, **Ryan**.

Valerie LaBoy honors her son, **Daniel**.

Joni and Tom honor their daughter, **Kellie**.

Linda Goodwin honors her son, **Trey**.

Mae Serrano honors **John**.

Cynthia Mascola honors her son, **Michael**.

Judy Dawley honors **Chris**.

Dorothy Gray honors her son, **Chuck**.

Tammy Brooks honors **Tuano**.

Pamela McMinn honors her daughter,
Danielle.

Charise & George Augustine honor **Tiffany**.

Bonnie Car honors her son, **Troy**.

Mialy Garcia honors her brother, **Aiden**.

Denise Rado Amendola honors her daughter,
Dana.

Melissa Jayne honors her son, **Aiden**.

Linda Wildes honors her son, **Max**.

Michelle Roy honors her daughter, **Mikayla**.

Mike and Ellen Stevens honor their son, **Ryan**.

TAKE THE LOVE

Take the love you had for me
and turn it into laughter
turn it into blinding light
to shine on you thereafter

Take the love you have for me
and show it to the world
something so amazing
needs to blossom and unfurl

Take the love that made us
keep it burning bright
let that fire guide you
let it warm you through the night

Take the love you shared with me
and spread it out with gladness
my life will not have been in vain
if you can fight the sadness

Take the love my darling
it's yours to carry on
grow that love forevermore
and then I won't be gone.

Written By: Donna Ashworth



Please Don't Tell Me to Move On

Posted on September 17th, 2024

Written By: Anne Peterson on TCF Website

I have a Master's Degree in grief. Not a real one, but believe me, I should have an honorary one.

And one thing I know for sure. Grieving stinks.

All of a sudden you're invited to a party you never wanted to attend. But there are no balloons, no confetti, the only thing being thrown around are your emotions.

There are no tears of joy, but plenty of tears nonetheless. And what makes things worse are some of the things people will say.

"You need to move on."

If someone lost a leg, would we expect them to walk anyway?

If they lost an arm, would we put a bag of groceries in their arms and still expect them to act as if nothing had happened?

Moving on implies that the person is able to. Sometimes they are not. Pure and simple.

The truth is we've been fed a bunch of myths regarding grief. Books have been written with tidy little formulas and time frames. The problem is grief doesn't fit nicely into little boxes.

Grief is messy.

"I know how you feel."

Even if we've gone through the exact same circumstance, because we're all different people, we don't really know how someone else feels. When someone says this, it takes the focus off of the griever and onto the other person.

"You can always have another child."

This was actually told to a friend of mine who lost an infant. Brené Brown has done extensive research on empathy. She said when we are talking to someone and we use the words "at least..." we are minimizing the person's pain. We are silver-lining their cloud. And when that happens, the person who is hurting no longer feels free in their feelings.

I have found that even those who have faith still can say things that are not helpful to the griever.

Perhaps it's just that everyone wants the person to go back to how they were before this death.

But the truth is, they will never be the same. When you lose someone who was a big part of your life, you are forever changed.

Grief on both sides

When a friend or family member loses a loved one, you will also feel loss because the griever is changed. You miss the person they used to be. You miss interacting like you used to. So, in that sense, you are actually grieving too.

But if we would just remember that the griever didn't choose any of this, maybe it would be enough to get us to pause before anything is said.

Job's comforters did okay till they opened their mouths. But we still have to give them credit for showing up. Sometimes people subtract themselves from the lives of those who are grieving. This results in the griever feeling abandoned on top of feeling great loss.

What should you say?

What does a person in grief need to hear? What would help?

Let me just say, there are no perfect words. But there are three things you can give the person in grief, three things that may help tremendously.

1. Give them your presence. You don't have to say anything, but just showing up says tons. Especially if you come with no expectations.
2. Give them grace. Let them talk if they need to, let them sit in silence if that will help. Just accept where they are. And if they pull back, don't take it personally. It isn't about you. They are just treading water.
3. Give them your ears. When they are ready to talk, let them talk. Let them cry. Grievors fear their loved one will be forgotten. Maybe you can share a memory you have of their special person. Or maybe you could encourage them to share one. They will never run out of things to say about him/her; they just need someone to share it with.

Loss

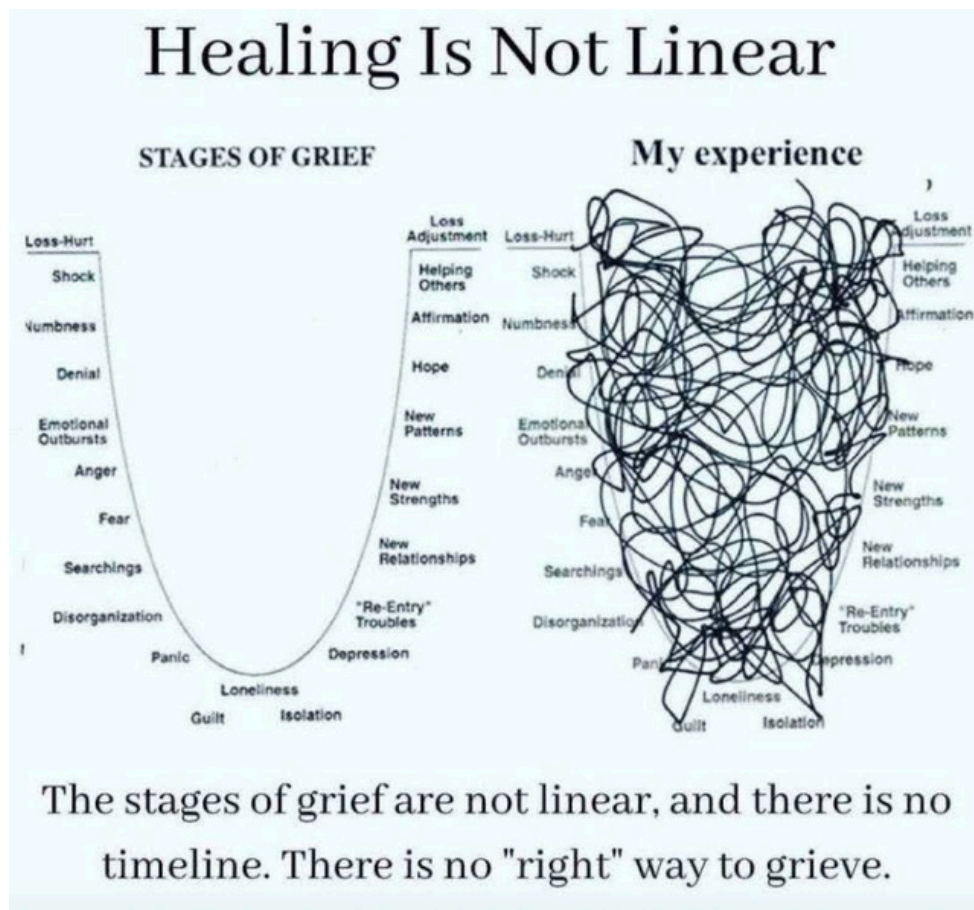
Life has many losses. My brother and I are the only two remaining people in our family. I have lost my sister to domestic violence, one brother to cancer, another brother to a heart attack. I've had a miscarriage, lost my father when I was 24 and my mother when I was 16.

Truly, one of the hardest losses was that of my sweet granddaughter, Olivia, who was just 14 months old. They say a parent should never have to bury a child. The same can be said about a grandparent. Not only do I grieve Livie, but I watch the pain my son and his wife experience, as well as her siblings.

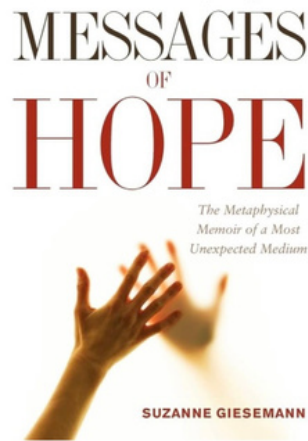
Grief is excruciating. There are no easy answers when those we love are hurting. But we can show up and give support to those we love who are grieving.

There's a story told of an elderly man who lost his wife. While the neighbors gathered to pay their respects, Johnnie asked if he could go next door for a little while. The parents looked over and saw their son sitting next to their friend and neighbor.

When Johnnie returned home, his parents asked him, "What did you say to our neighbor?" "Oh, I didn't say nothin'," Johnnie replied, "I just helped him cry." This little boy had the right idea. All of us can do that.



Book Recommendations:



Have you tried Journaling?

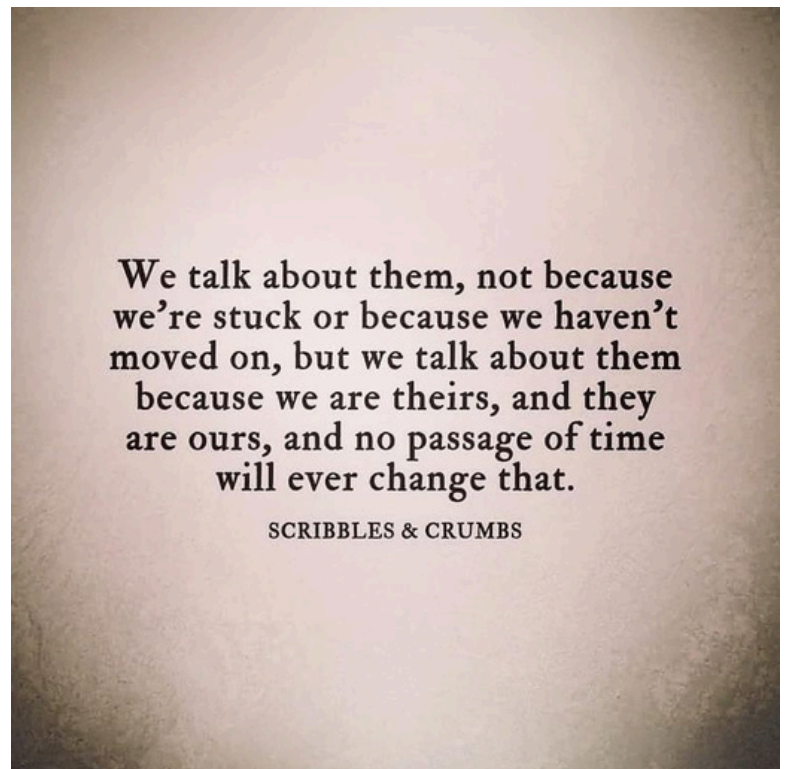
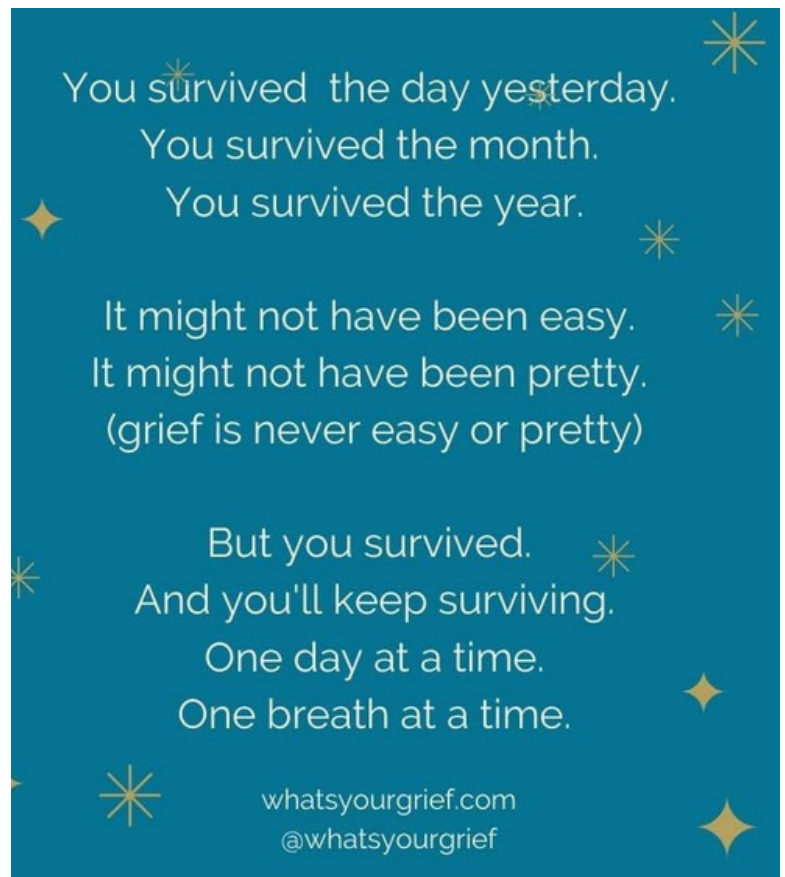
We can become more self-aware through journaling. Putting our thoughts into words helps us express ourselves better by labeling how we are feeling, especially when its complicated grief. In turn, this can help us better communicate our feelings with others and be better understood.

Here are some prompts:

“Today I am really missing....”

“The hardest time of day is....”

“A comforting memory of you is...”



The North Port Chapter is now established with a bank account and Treasurer. When love gift donations are made to your local chapter in loving memory of your child, at the same time it is helping to fund the work of your local TCF chapter. Each chapter is run by Volunteers. If you wish to donate, checks can be made out to: North Port Compassionate Friends.

