



NOV 2011 - JAN 2012

Pasco County Chapter **THE COMPASSIONATE FRIENDS**

The mission of The Compassionate Friends is to assist families in the positive resolution of grief following the death of a child, and to provide information to help others be supportive.

CANDLE LIGHTING REMEMBRANCE BOOK

Visit The Compassionate Friends National Office's website on Sunday December 11th to post a message in the 2011 Candle Lighting Remembrance Book.

Last year, thousands of people from all over the world remembered their loved ones through this special online memorial.

The 2010 Remembrance Book is currently available for viewing. Go to:

www.compassionatefriends.org

INSIDE THIS ISSUE...

- TIPS FOR THE HOLIDAYS
- REBUILDING YOUR LIFE ONE PIECE AT A TIME
- TINY FOOTPRINTS
- 'T WAS THE NIGHT BEFORE CHRISTMAS (FOR BEREAVED PARENTS)
- GRIEF IS LIKE A BUCKET OF WATER
- 2011 CANDLE LIGHTING SERVICE DETAILS

IMPORTANT ANNOUNCEMENT **CHANGES AFFECTING WEST PASCO MEETINGS**

Community Hospital of New Port Richey will soon be relocating to their new facility: Medical Center of Trinity, 9330 State Road 54, Trinity, FL 34655. Once their move is complete, our main TCF Pasco group and the Little Lives infant loss support group will begin holding regular monthly meetings in the new building. In the interim, however, there will be some disruptions to our meetings.

We are very grateful to the Life Care Center at 7400 Trouble Creek Rd., New Port Richey for providing us with a venue for our November meetings. Our main chapter meeting will take place there on Wednesday, November 16th, and the Little Lives group will meet on November 25th.

Because of the disruptions due to the hospital's relocation, and

the proximity of the holidays, we have decided NOT to hold either the main chapter meeting or the Little Lives group in December.

By January 2012, Medical Care Center of Trinity expects to be able to accommodate us, but please check the chapter website for updates, or call 813-273-8721.

East Pasco meetings in Zephyrhills on the first Monday of the month are unaffected by these changes.

NOVEMBER GUEST SPEAKER

Adele Mayer, a bereavement counselor with 22 years hospice experience, will be the guest speaker at our main chapter meeting on November 16th, which will be held in the activity room at the Life Care Center, 7400 Trouble Creek Rd., New Port Richey.

2011 WORLDWIDE CANDLE LIGHTING SERVICE

The Compassionate Friends of Pasco County will hold a special candle lighting service at 7 PM on December 11th at Gulf Harbors Civic Center in New Port Richey. The ceremony will include music, poems, readings, a DVD presentation, and lighting of candles for the children. Read more on page 9.



FROM THE CHAPTER LEADER . . .

Dear Compassionate Friends,

On this, another holiday season without our children, who are gone from our sight, but not from our heart and our memories, the anticipation of the special days are mixed with memories of the way things used to be, the unrealized hopes for the future, and a fear of not being able to survive them.

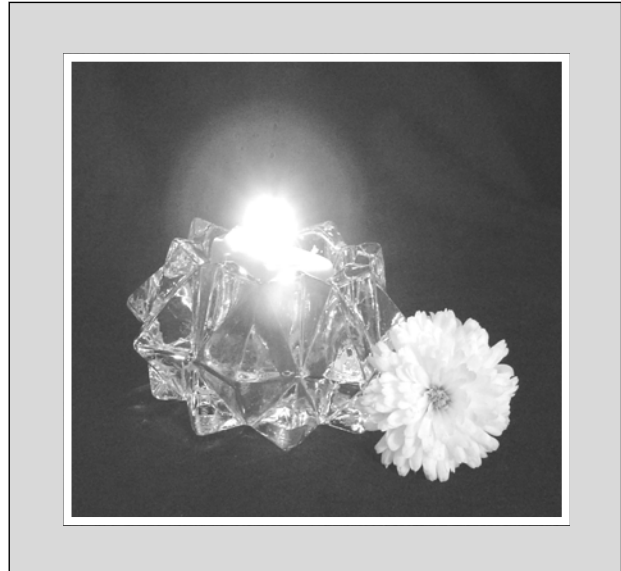
Since this will be my ninth holiday season without my son, I can tell you, in my experience, the anticipation has always been worse than the days themselves. And I can tell you that our annual Candle Lighting ceremony has helped me, and others, honor and remember our children in a special life-affirming way.

We had such a good experience with the Gulf Harbors Civic Association last year, we decided to hold this year's candle lighting at the same place. It's on December 11th, the doors will open at 6:30 PM and the ceremony will begin at 7 PM with the lighting of the first candle. Complete information is on page 9 of this newsletter. I hope I see you there.

Also note the changes in meeting places for our main meeting (3rd Wednesday) and our Little Lives group (4th Friday) for November. Community Hospital of New Port Richey is moving to its new facility on SR 54 in Trinity soon and will accommodate us there after their move. Our meeting place(s) will be in flux until then. Because of this, and the fact that the December meetings fall on or too near a holiday, we have decided not to hold the main or Little Lives meetings in December. Call our help line for updates (813-273-8721).

In advance I thank you for joining with other compassionate friends at the candle lighting and at our meetings. It helps to be with others who understand, and it helps to know you are not alone. Be gentle with yourself,

~ Jean Limongello, chapter leader



NEWSLETTER SUBMISSIONS

Our next newsletter will be the February 2012 issue. If you would like to submit a poem, article, or other item for inclusion in the newsletter, it must be received no later than January 10th, 2012. We will try to include all suitable items, subject to availability of space. Mail your submissions to:

THE COMPASSIONATE FRIENDS, PASCO COUNTY CHAPTER,
P.O. BOX 1376, ELFERS, FL 34680.

Send e-mail submissions to: limongelloj@aol.com

Please be sure to acknowledge authors and sources.

NEWSLETTER INFORMATION

The chapter's quarterly newsletter is published in February, May, August, and November. Please help us keep expenses down by getting your copy from our website! Go to www.tcfpascocounty.org and click on the NEWSLETTER tab to view a list of issues available online. The current newsletter is listed first. You can read newsletters online, print a copy, or download and save a PDF version to your computer. Thank you.

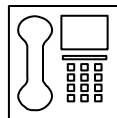
TCF PASCO COUNTY ONLINE

www.tcfpascocounty.org

Visit our website for further information about TCF Pasco County and a list of helpful links and resources for bereaved families.

PHONE FRIENDS

Having a bad day?
Have questions for us?



Please call our chapter helpline: **(813) 273-8721**

Leave a message and your phone number.
A Compassionate Friend will return your call.



TIPS FOR THE HOLIDAYS

For those who are grieving losses during this holiday season; it is important for you to know that you are different now... Everything will feel different to you now. And that is OK.

People around you will be celebrating, having fun and laughing... and it just may be that your heart is breaking. You may at times feel overwhelmed by your pain, and that is OK. The dance of life continues; it will be there for you to join in when you can and for as long as you can. So it may be helpful to you if you:

- Believe you will survive the holidays
- Change traditions: Do things differently this year!
- Balance solitude with sociability: Solitude can renew your strength, your beliefs. Being with others can help you dance to the rhythm of life and help you laugh.
- Tell the stories: Relive the memories of holidays past. Allow yourself to embrace those times that are special.
- Allow yourself time to "let go": Schedule time for your pain of loss during the holiday season.
- Confront the quiet: Let people know that you want/need to talk about your loss. Let them know it is important to you.
- Try to remember there are others in your world: Try to make it a good holiday for those around you. Listen to them, talk to them, experience grace by loving and allowing the love of others into your heart.

- Learn to love you at least as much as you love others.
- Take time for you each day.
- Give yourself some relaxing moments through ritual, massage, meditation, music.
- Recognize your own self-worth.
- Learn to take care of your vital energy.
- Pamper yourself!
- Nurture your spiritual self.
- Do the easy stuff! Eat, exercise, rest, sleep.
- Rekindle that part of you that wants to laugh; Seek out humor in life and listen for the sounds of laughter.
- Create a private life for yourself, separate from pain, loss, stress.
- Develop a support system.
- Set limits! This may mean having to say no...
- Have realistic expectations and let others know what they are.
- Practice random acts of kindness and let them start with you, family, friends.
- Tell your stories.
- Listen to the stories of others.
- Say, "I love you, I forgive you, I forgive me."
- Celebrate each day and the warrior within.

~ *By Dr. Sherry E Showalter PHD*
Drses.blogspot.com

GRIEF IS LIKE A BUCKET OF WATER

You can start out with a full bucket, but when you find it too heavy to carry, you can bump it a little, so that some spills, and carry it a little farther. As you continue, you bump it again so that it becomes lighter to carry for the longer distance.

You must do the same with grief. To keep the burden from becoming intolerable, you must "bump the bucket" a little and let a little of your grief spill out from time to time, so that you can continue.

~ *Author unknown*
Lovingly lifted From TCF Cape Fear Chapter,
Wilmington, NC



OUR CHILDREN... REMEMBERED



BIRTHDAYS

NOVEMBER

Michael
 Cathleen Cassidy
 Jeremy M. Chaffin
 Patrick Cooley
 Michael James Corcoran
 Robert T. Cummines
 Peggy Gesner
 Craig Hales
 Gabriel Aaron Hall
 Bill Kennedy
 Danial Kettlety
 Kimberly Klopp
 Sarah Love Landry
 Jari Lehtingen
 Joshua Richard Lind
 Julie Lobodinsky
 Paul Matheus
 Frank Joseph Pepe
 Christopher Stone

DECEMBER

Kyle
 Kasey Castleberry
 Chad Goklani
 Shane Graham
 Randy Johnson
 Nikolaus Kemp
 Anthony R. Limongello
 Adam Long
 Anthony Milano
 Ron Neidel, Jr.
 Kiana Sablan
 Krista Marie Sellars
 Jessica Ann Thomas
 Peter Ververs
 Doreen C. Wilk

JANUARY

Breanna
 Trista
 Michael Blackwell
 Jesse Bors
 Elaine Evans
 Justin Feagles
 Corrine Flescher
 Matthew Jason Fox
 Robert James Hay
 Shane Leggett
 Joseph McIlwain
 Jonathan Monis
 Melissa Richardson
 Mark Savage
 Sean Stolon
 Henry Tuck
 Tracy Vreeland

ANNIVERSARIES

NOVEMBER

Jimmy
 Lillianna Pearl Boyer
 Alyssa Dyer
 Gabriel Aaron Hall
 Robert "Tito" Hill
 Danial Kettlety
 Joshua Richard Lind
 Joseph McIlwain
 Louise A. Matthews
 Nikos Thibado
 Tracy Vreeland

DECEMBER

Denae
 Gloria
 Lisa Abernethy
 Nicholas Alcaro
 Crystal Barrow
 Richard Beaulier
 Michael Blackwell
 David Flint Comini
 Ronald "Chip" Farchione
 Dominick Genovese, Jr.
 Christopher Helbing
 Brylee Horn
 Adam Klingele
 Jason E. Leever
 Ashley Morrison
 Ryan Radcliff
 Sean Stolon
 Michael Villani
 Matthew Voorhees
 Dallas Lee Walters
 Jessica Woltcheck

JANUARY

Sean Barbarulo
 Brina Marie Bierke
 Christopher M. Birchfield
 Jeremy M. Chaffin
 Patrick Cooley
 Michael James Corcoran
 Jeremy A. Durivou
 Chad Goklani
 Craig Hales
 Danielle Nichole Harrison
 Danny Kneib
 Paul Matheus
 Teddy Niziol
 Thomas Nutter
 Tony Pazera
 Frank Joseph Pepe
 Shelli Plotkin
 Krista Marie Sellars

Birthday-Anniversary Table

At every TCF meeting there is a Birthday - Anniversary Table. When attending a meeting that takes place in the month of your child's birthday or anniversary, you are invited to use this table to display photos, candles, or other mementos of your child.





TINY FOOTPRINTS

After a routine ultrasound at 19 weeks, I received a message from the doctor's office telling me I needed to go for a more detailed ultrasound. Three weeks and hours of testing later we found out our baby had Trisomy 18, a condition I had never heard of and with complications I had never dreamed of. Doctors warned us our baby might not make it to term, might not make it through the delivery, and would probably be unable to survive outside the womb. We made the best decision for our family and decided to continue with the pregnancy and concentrate on enjoying every moment. My studies in yoga philosophy and the supportive environment of The Yoga Sanctuary played an important part in helping me stay in the present and as peaceful and accepting as possible. On October 25, 2010 our little angel was born. He spent a few short hours with us before leaving this world. He was beautiful and perfect and we miss him every day.

I was recently introduced to a film called "Capturing a Short Life" which intimately documents the journeys of four families dealing with infant death. I visited the site and shared their stories of life, loss and the difficult decisions they had to make. And although their stories are filled with grief there is also another common thread; gratitude. They are thankful to have met, held or carried their babies. They have documented every milestone, no matter how small. And most importantly, with every story, they are showing that although the experience of losing a child may be a defining moment in your life, it does not define your life. I believe grief is meant to be shared, not owned. By sharing our stories we are releasing a burden, not holding onto grief, but moving through it just as we move through joy, anger and elation. There are definitely days that are a struggle; sometimes one day at a time becomes one breath at a time. And even though I would trade everything I've learned to spend one more day with my little angel, I am thankful for the time we had together and cherish his memory every day.

~ *By Bridget Keroglidis*

<http://lotusloveyoga.wordpress.com/>

In Memory Of Christopher C. Helbing 1978 - 2002



One Lifetime Wish

*If we could have one lifetime wish
One dream that would come true
We would pray to God with all our hearts
For yesterday and you*

*We think of you in silence
We often call your name
Now all we have are memories
And a picture in a frame*

*They say time heals all sorrows
And help us to forget
But somehow time has only proven
How much we miss you yet*

*We know you walk beside us
And when our lives are through
We pray that God will take our hands
And lead us straight to you*

**~ We love and miss you,
Mom and Dad**

'Twas The Night Before Christmas (For Bereaved Parents)

'Twas the month before Christmas and I dreaded the days,
That I knew I was facing - the holiday craze.
The stores were all filled with holiday lights,
In hopes of drawing customers by day and by night.
As others were making their holiday plans,
My heart was breaking - I couldn't understand.
I had lost my dear child a few years before,
And I knew what my holiday had in store.
When out of nowhere, there arose such a sound,
I sprang to my feet and was looking around,
Away to the window I flew like a flash,
Tore open the shutters and threw up the sash.
The sight that I saw took my breath away,
And my tears turned to smiles in the light of the day.
When what to my wondering eyes should appear,
But a cluster of butterflies fluttering near.
With beauty and grace they performed a dance;
I knew in a moment this wasn't by chance.
The hope that they gave me was a sign from above,
That my child was still near me and that I was loved.
The message they brought was my holiday gift,
And I cried when I saw them in spite of myself.
As I knelt closer to get a better view,
One allowed me to pet it - as if it knew,
That I needed the touch of its fragile wings,
To help me get through the holiday scene.
In the days that followed I carried the thought,
Of the message the butterflies left in my heart -
That no matter what happens or what days lie ahead,
Our children are with us - they're not really dead.
Yes, the message of the butterflies still rings in my ears,
A message of hope - a message so dear.
And I imagined they sang as they flew out of sight,
"To all bereaved parents - We love you, good night!"

~ *By Faye McCord*
TCF, Jackson, MS

THE COMPASSIONATE FRIENDS

PASCO COUNTY CHAPTER
P.O. BOX 1376,
ELFERS, FL 34680

PHONE: (813) 273-8721

www.tcfpascocounty.org

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Jean Limongello

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Diane Smallze

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email: alicewatts1@windstream.net

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The Compassionate Friends
P. O. Box 3696,
Oak Brook IL 60522-3696
Ph. (toll-free): (877) 969-0010
www.compassionatefriends.org

LOVE GIFTS

Love gifts have been gratefully received from:

Camille Santora, in memory of
Denise Mary Armani

Sandy LaBonte, in memory of
Kasey Castleberry

Marie D'Amelio, in memory of
John D'Amelio, Jr.

Patty and Rich Castine, in memory of
Christopher C. Helbing

Chris & Rowena Hover, in memory of
Robyn Elizabeth Hover

Jean Limongello, in memory of
Anthony "Duke" Limongello

Christine Serra, in memory of
Peter Serra

Barbara Sheridan, in memory of
Glenn Sheridan

OUR CORPORATE SPONSORS

We acknowledge the following companies, and thank them for their sponsorship and continued support:

Community Hospital, New Port Richey

JPMorgan Chase

Life Care Center of New Port Richey

Meadowlawn Memorial Gardens

THE COMPASSIONATE FRIENDS OF PASCO COUNTY THANKS YOU FOR YOUR SUPPORT!

We are a non-profit, self-help organization, staffed entirely by volunteers who are themselves also bereaved parents. We receive no form of funding and rely on your generous donations to keep our chapter running.

WANT TO HELP?

We are always looking for volunteers who can spare a little time to help us with some of the many tasks involved in the day to day running of the chapter. For more information, please ask at one of our monthly meetings, or contact us by telephone or e-mail (details below in the newsletter memorials section.)

MEMORIAL IN THE NEWSLETTER

For a donation of \$50, you can place a full page memorial, devoted to your loved one, in the issue of your choice (you may include items such as a special poem, photographs, or a personal message for your child.) For a \$25 donation, you can place a half page in the newsletter. Both are on an availability basis.

If you are interested in having a full or half page memorial, or have any questions, please call the chapter phone line (813) 273-8721, or contact us via e-mail at LIMONGELLOJ@AOL.COM

LOVE GIFTS

Love Gifts are living memorials to our children, usually given on anniversaries, birthdays, holidays, etc. When making a gift, please include your name, address, the name of the child the donation is in memory of, and your relationship to them. Love Gifts can be brought to any meeting, or mailed to: **The Compassionate Friends, Pasco County Chapter, P.O. Box 1376, Elfers, FL 34680.** A tear-off slip is included below for your convenience.

CORRECTIONS

We want to make sure that the content of our newsletter is accurate and up to date. Please let us know if you change your address or if our records are in any way incorrect.



LOVE GIFT DONATION FORM



Your Full Name: _____

Your Mailing Address: _____

Child's Name: _____ **Relationship To You:** _____

Donation amount: _____

MAIL TO: THE COMPASSIONATE FRIENDS, PASCO COUNTY CHAPTER, P.O. BOX 1376, ELFERS, FL 34680

THANK YOU FOR YOUR SUPPORT

THE COMPASSIONATE FRIENDS OF PASCO COUNTY CANDLE LIGHTING DECEMBER 11th, 2011

The Compassionate Friends of Pasco County will hold a special candle lighting service at 7 PM on December 11th at **Gulf Harbors Civic Center, 4610 Floramar Terrace, New Port Richey, 34652**. Doors will open at 6:30 PM. The candle lighting ceremony will include music, readings, poems, a DVD presentation, and lighting candles for the children. Fellowship, finger food, beverages and desserts hosted by TCF members will be available before and after the ceremony.

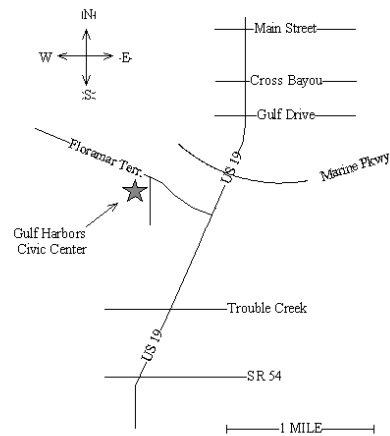
Held annually the second Sunday in December, this year on December 11th, The Compassionate Friends Worldwide Candle Lighting unites family and friends around the globe by lighting candles for one hour to honor and remember children who have died at any age from any cause, all of them too soon. Candles are lit at 7 p.m. local time around the globe, in formal candle lightings and in homes, creating a virtual wave of light as families gather in quiet remembrance of children who will never be forgotten. We hope you can join us.

Directions to Gulf Harbors Civic Center:

From SR 54: Turn right onto US 19 then left at the second traffic light (Floramar Terrace.) The Civic Center is 1/2 mile on the left.

From points North: Traveling southwards on US 19, turn right at the fourth traffic light after Main St (US 19/Floramar intersection.) The Civic Center is 1/2 mile on the left.

For directions on the night of the event:
Call Jean at 727-510-7674.



IMPORTANT: IF YOU WOULD LIKE YOUR CHILD'S PICTURE TO BE INCLUDED IN THIS YEAR'S VIDEO PRESENTATION, AND THEIR NAME IN THE PROGRAM, PLEASE RSVP BY NOVEMBER 20.

YOUR NAME:

ADDRESS:

CITY/STATE/ZIP:

CHILD'S FULL NAME:

BIRTH DATE: DATE OF DEATH:

NUMBER OF ADULTS ATTENDING: NUMBER OF CHILDREN:

If you would like only your child's name to be included, please leave instructions here:

.....

MAIL COMPLETED FORM AND PHOTO TO:

DIANE SMALLZE, 3055 PRIMROSE DRIVE, HOLIDAY, FL 34691

OR SEND DIGITAL PHOTO WITH INFORMATION BY E-MAIL TO: **dsmallze12@gmail.com**

THE COMPASSIONATE FRIENDS, PASCO COUNTY, FLORIDA

MEETING INFORMATION

For more details call (813) 273-8721

WEST PASCO

Both TCF Pasco's main support group and the chapter's Little Lives group meet once a month in West Pasco.

NOVEMBER MEETINGS will be held at:

Life Care Center, 7400 Trouble Creek Rd.
New Port Richey, FL 34653
(SW corner of Rowan and Trouble Creek)

THERE WILL BE NO WEST PASCO MEETINGS IN DECEMBER BECAUSE OF THE HOLIDAYS.

ALL WEST PASCO MEETINGS START AT 7.30 PM

Doors open at 7.00 PM

EAST PASCO

Monthly support group meetings for bereaved families who have lost a child of any age.

Where: His Gathering Place
39031 County Road 54
Zephyrhills, FL

(Northeast corner at 20th Street and County Road 54 (between 301 and Chancey)

When: First Monday of every month

Upcoming meetings:
Nov 7th, 2011
Dec 5th, 2011
Jan 2nd, 2012

EAST PASCO MEETINGS START AT 7.00 PM

Doors open at 6.30 PM

MAIN CHAPTER MEETINGS

For all bereaved families who have lost a child

When: Third Wednesday of every month

Upcoming meetings:
Nov 16th, 2011*
Dec - No meeting
Jan 18th, 2012

LITTLE LIVES GROUP

For bereaved families who have lost an infant

When: Fourth Friday of every month

Upcoming meetings:
Nov 25th, 2011
Dec - No meeting
Jan 27th, 2012

*Bereavement counselor Adele Mayer will be the guest speaker at our main chapter meeting on November 16th at Life Care Center of New Port Richey.

MEETINGS AT A GLANCE...

NOVEMBER 2011						
SUN	MON	TUES	WED	THURS	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

DECEMBER 2011						
SUN	MON	TUES	WED	THURS	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

JANUARY 2012						
SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

LEGEND:

- EAST PASCO
- LITTLE LIVES
- WEST PASCO