



# Bereaved Parents of North Texas

(formerly Compassionate Friends of North Texas)  
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BP/USA  
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www.bereavedparentsusa.org

Volume 20, Issue 4

April 2008

## WELCOME...

to those of you who are receiving this newsletter for the first time and to our regular members. We are a self-help organization offering nonjudgmental friendship and understanding to bereaved parents, grandparents, and siblings.



Bereaved Parents' purpose is to aid these persons in the positive resolution of their grief and to foster their physical and emotional health.

Our chapter meets in a donated church facility, but no religious creed or affiliation is involved. Persons of all faiths (or no faith), creeds, and races are welcome! We have no dues, and no one is required to speak at any meeting. Listening is OK. If you need us, we're here for you. If you do not need help yourself, please bring your compassionate understanding to those who need the support of other bereaved parents, siblings, or grandparents.

## Our Credo

We are the parents whose children have died. We are the grandparents who have buried grandchildren. We are the siblings whose brothers and sisters no longer walk with us through life. We come together as Bereaved Parents of the USA to provide a haven where all bereaved families can meet and share our long and arduous grief journeys. We attend monthly gatherings whenever we can and for as long as we believe necessary. We share our fears, confusion, anger, guilt, frustrations, emptiness and feelings of hopelessness so that hope can be found anew. As we accept, support, comfort and encourage each other, we demonstrate to each other that survival is possible. Together we celebrate the lives of our children, share the joys and triumphs as well as the love that will never fade. Together we learn how little it matters where we live, what our color or our affluence is or what faith we uphold as we confront the tragedies of our children's deaths. Together, strengthened by the bonds we forge at our gatherings, we offer what we have learned to each other and to every more recently bereaved family. We are the Bereaved Parents of the USA.

We welcome you.

## LOVING LISTENERS...

Your telephone links you to a loving listener. Do you need to talk about your child's life and death with someone who truly understands your anguish? Those listed below have volunteered to listen and to try to help you. By allowing others to help you, you also are helping others. If no one answers at one number, please call another. Give us a call. It helps to talk!

Shirley & R.D. Cawyer  
940-668-7117  
auto/train accident

Virginia Gallian  
940-387-5767  
sudden death

Beth Reynolds  
940-321-3302  
auto accident  
bethreyn@centurytel.net

Tracey Horner  
940-390-3931  
stillbirth  
tracey@bereavedparentsntx.org

## COMING UP IN APRIL...

Tracey Horner will present scrapbooking. Bring photos of your child with you so you too can create a page to add to our chapter's scrapbook that is on display at each meeting and also shared at the National Gathering each year. Tracey will bring supplies that will be used to create your page.

Bring a photo to share during the sharing session.

## NEXT MEETINGS:

April 21

May 19

## April Birthday's

We have a birthday table for those who wish to bring something to share with the group for the birth month of your child, grandchild or sibling. This can include keepsakes, momentos, or snacks.



I had to reshape my life - - refashion it in such a way that I would go on and function in spite of all the missing pieces that were you.

I searched for reasons - - always asking questions that have no answers. Then all I did was search for something that could fill the void.

Finally, I realized that although I would never be fully whole without you, I could live, but a different life than before.

I've heard that death or pain makes one either bitter or better. I went through the first to achieve the latter.

Debby Grogan  
TCF Atlanta, GA

## WHERE WE MEET

The Bereaved Parents of North Texas meets regularly on the third Monday of each month: Social time 7:00pm-7:30pm (bring your own refreshment) and the meeting will start at 7:30pm at the St Barnabas Episcopal Church, 1200 North Elm Street, Denton, TX.

### Directions:

From University Drive (Hwy 380) turn right (south) on Elm Street travel four blocks and the church is on the left on the corner of Elm Street and 2nd Street.

From the Denton Square travel north on Locust Street eight blocks and turn left on 2nd Street. The church is on the right at the corner of 2nd Street and Elm Street.

A map is available on our website: [www.bereavedparentsntx.org](http://www.bereavedparentsntx.org).

REMEMBERING OUR CHILDREN...



Please Note: The editor regrets any misspelled names, incorrect dates, or any information omitted. Please contact Beth Reynolds with any corrections or additions via email: bethreyn@centurytel.net; phone 940-321-3302; fax 1-866-877-5139; or mail 8 Crest CT, Hickory Creek TX 75065.

April Birth Dates

April Anniversary Dates

Tonya Denise Bowles 4/1/1967  
 parents: Dennis Bowles & Sandy Bowles

Matthew Ray Walker 4/7/1974  
 parents: Jim Walker & Mary Jo Walker

Sarah Alison Cawyer 4/8/1971  
 parents: Rd Cawyer & Shirley Cawyer

Brian Matthew "Mat" Goodman 4/24/1983  
 parents: Russell Goodman & Vickie Goodman

Sebastian Raef Roybal 4/2/2004  
 mother: Debbie Roybal  
 grandmother: Lydia Moyers

Mathew Lee Arnold 4/10/2005  
 mother: Lori Smith  
 grandparents: Stan Howdeshell & Carol Howdeshell

Andrew Crouch 4/11/2005  
 mother: Carol Barnhart-Oller  
 grandmother: Reid Barnhart

Amie Waddle 4/21/2000  
 mother: Linda Mann

Courage

It is only by going down into the abyss  
 That we recover the treasures of life.  
 Where you stumble,  
 There lies your treasure.  
 The very cave you are afraid to enter  
 Turns out to be the source of  
 What you were looking for.

Joseph Campbell



Let sun and rain  
 And wind and flowers  
 Touch your heart,  
 Yes, even touch  
 That hidden place inside,  
 Where sorrow weeps.  
 Because the sun and rain  
 And wind and flowers  
 Are part of sorrow  
 With the touch of hope.



Sascha



Climb With Me

Come with me to the mountains,  
 Rejoin this world below,  
 Sit with me as I watch the sunrise  
 And the burning embers glow.  
 Touch my face with gentle breezes  
 To let me know you're there.  
 Breathe in with me the nighttime chill  
 And smells that fill the air.  
 Arise with me in the morning  
 And step upon the dew,  
 Share with me my body  
 And let me know it's you.  
 Come join me in this body  
 As up the hills we go.

Sweat and strain and pant with me,  
 But be sure to let know  
 You're with me each and every step  
 In love that cannot die.  
 A lasting bond that binds us  
 As we gaze into the sky.  
 And when we reach the top,  
 I pray the beauty that we'll share  
 Falls beneath the lowest rung  
 Of the next life when we're there.

Chuck Guice  
 Hattiesburg, MI



Scrapbooking

I bring the only photos I have of you  
 I paste them onto the page to tell a story  
 The story is your life

It may have been a short life  
 but it is a life

I want to share you  
 I want everyone to know you  
 just like I do  
 I loved you so  
 And today I love you still  
 I wish you were here with me today

Unknown Author



I Will Love You

As long as I can dream,  
 As long as I can think,  
 As long as I have a memory  
 I will love you.

As long as I have eyes to see,



Bereaved Parents of the USA (BP/USA) presents the National 2008 Annual Gathering July 11-13 at the Crown Plaza Hotel, St. Louis, Missouri. The National Gathering is a time for parents, siblings and families to come together to experience SEEDS OF HOPE by attending workshops, sharing sessions, and speaker presentations to learn new ways to cope through this devastating nightmare.

Hotel information: The Crowne Plaza Hotel St. Louis Airport  
11228 Lone Eagle Dr.  
St. Louis, MO 63044  
314-291-6700

The Hotel has been very generous to discount the room rate to \$75 per night plus tax. Remember that it is your responsibility to make your own reservations by calling the number listed above. The hotel provides doubles, kings, non-smoking and handicap rooms. To reduce the rate further, up to four persons may share the room and the cost. Reservations must be made directly through the hotel. **When making your reservations, ask for In House Reservations and inform them that you are attending the BP/USA Gathering so that you will receive the special discounted rate. RESERVATIONS MUST BE MADE BY JUNE 15, 2008** in order to take advantage of the discounted room rate. Rooms are available, at the same cost, for 3 days before and 3 days after the Gathering. Hurry make your reservations NOW, the hotel is filling up.

Registration information: The Gathering will be from Friday, July 11 to Sunday, July 13, 2008. Plan to arrive on Thursday, July 10. There will be a get together program on Thursday evening. The opening ceremony begins at 9am on Friday, July 11. The Gathering ends Sunday morning with a special closing program. Registration for the Gathering is \$25 for each person with a maximum of \$75 for a family if postmarked by May 15, 2008. After May 15, the registration will be \$35 per person or \$85 per family. **SO GET YOUR RESERVATIONS IN EARLY.** Registrations for the Gathering may be by cash, check or, new this year, credit card. The Registration Form can be downloaded from the website, [www.bereavedparentsusa.org](http://www.bereavedparentsusa.org).

Meal information: During the meals there will be programs dedicated to our children so please plan to join us. The cost for meals Friday thru Sunday is \$118.00 all inclusive (meals/gratuity). It will also be possible to purchase separate meals.

Visit the Bereaved Parents of the USA website today, [www.bereavedparentsusa.org](http://www.bereavedparentsusa.org).

And ears to hear,  
And lips to speak...  
I will love you.



Angel Pennies

As long as there is time,  
As long as there is love,  
As long as I have a breath  
To speak your name...

I found a penny today, just laying on the ground,  
"But it's not just a penny, this little coin I've found.  
Angels put them there, that's what my Grandpa told me.  
He said Angels toss them down. Ok, how I loved that story.  
He said when an Angel misses you they toss a penny down,  
Sometimes just to cheer you up to make a smile out of a frown.  
So, don't pass by that penny when you're feeling blue,  
It may be a penny from heaven that an Angel tossed to you.

Because I love you more than  
Anything in all the world.

Daniel Haughian  
BP Coeur d'Alene Chapter



Remedy

Unknown Author

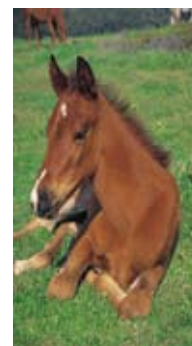
Memories  
Will bring you love  
From the past  
Courage in the present  
Hope for the future



I Hope

Sascha  
Wintersun

I hope they have horses in heaven, and  
Saddles and bridles and trails.  
I hope they have puppies and kittens,  
And baseballs and hammers and nails.  
I hope they eat ice cream in heaven,  
pizza  
And fish sticks and fries.  
I hope there is green grass and sun-  
shine,  
And crickets and bright butterflies.  
I hope children are children in heaven,  
hope  
They laugh and they sing and they run,  
For my daughter is somewhere in heaven  
Barefoot and looking for fun.



The Storytellers Creed:

I believe that imagination is stronger than knowledge.  
That myth is more potent than history.  
That dreams are more powerful than facts.  
That hope always triumphs over experience.  
That laughter is the only cure for grief.  
And I believe that love is stronger than death.

Unknown Author

Tony Cartledge



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# April

## I Had A Dream



It was a miracle, you see.  
 I rocked you in my favorite chair  
 And held you close to me.

I sang to you a lullaby  
 So sweet and clear and fair;  
 And knew you were not there.  
 I had a dream the other night.

As darkness then engulfed me,  
 I started to softly cry,  
 "I love you so, my baby,  
 Why did you have to die?"

I pray for sleep to come again,  
 And hope that I will see  
 Another dream just like before,  
 With my son held next to me.

"The best tribute you can make to a loved one is the life you live after their death. How true; if we believe we will someday be reunited and see them again, and that this world is only a small part of our earthly life, and that there are much better things to come, then we will survive these tragedies."

Unknown Author



And can it be that in a world so full and busy, the loss of one weak creature makes a void in any heart, so wide and deep tht nothing but the width and depth of eternity can fill it up!

Charles Dickens

Sherry Schwande  
 TCF Fond Du Lac, WI

## LOVE GIFTS

This is a good way to remember your child, grandchild or sibling. Your tax-deductible donation also helps to defray costs for the printing and mailing of the newsletter among other costs the chapter accrues. Mail your check along with the form below or go to our website and donate using PayPal.

♥ Shirley & R.D. Cawyer in memory of their daughter, Sarah Cawyer

## RETURN REPLY FORM

Please mail your check to BP North Texas in c/o Louise Ferry, Treasurer, BPNT, 105 Sandburg Place, Highland Village, TX 75077

Your Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

I am a:    bereaved parent    grandparent    sibling    friend    professional

I would like to give \$ \_\_\_\_\_ in loving memory/honor of:

Child's Name: \_\_\_\_\_ Birth Date: \_\_\_\_\_ Death Date: \_\_\_\_\_

Use my tax deductible contribution for:    Monthly Newsletter    Postage    Library Book Fund  
General Operations for the North Texas Chapter    National Organization BP/USA    Other \_\_\_\_\_