



# Bereaved Parents of North Texas

(formerly Compassionate Friends of North Texas)  
8 Crest Ct Hickory Creek TX 75065

[www.bereavedparentsnTX.org](http://www.bereavedparentsnTX.org)

National Organization:  
BP/USA  
PO Box 95  
Park Forest IL 60466  
708-748-7866  
[www.bereavedparentsusa.org](http://www.bereavedparentsusa.org)

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## 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 non judgmental 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.

## WHERE WE MEET

The Bereaved Parents of North Texas meets regularly on the third Monday of each month: Social time 7:00pm-7:30pm 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 to 2nd Street. The church is on the left at the corner of 2nd Street and Elm Street.

From the Denton Square travel north on Locust Street 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).

## 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

Tracey Horner  
940-390-3931  
stillbirth  
[tracey@bereavedparentsnTX.org](mailto:tracey@bereavedparentsnTX.org)

## COMING UP IN FEBRUARY...

Dreams and Unusual Happenings facilitated by Kathy Smallwood.

Bring a photo to share during the sharing session.



Do you want to help other bereaved parents? Contact Teresa Jester at [tjester3964@yahoo.com](mailto:tjester3964@yahoo.com) or 940-300-1757 to help out. We always need volunteers, maybe you would be interested in being a Loving Listener; a Greeter at our monthly meetings; a First Contact; a Record Keeper; or maybe our Historian. Or you may have an idea of your own that you could approach the steering committee with that would fit the group. Don't wait call or email today.



## February Birthday's

We will have a birthday table at the regular meeting 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.



Be True to Yourself

Be who you are and say what you feel  
Because those who mind don't matter  
And those who matter don't mind.

Dr. Seuss



## 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 or mail 8 Crest CT, Hickory Creek TX 75065.

## February Birth Dates

Damond Wittman Mother	2/8/1976 Adriane Hartman
Lolly Nneamaka Monique Nnaji Mother	2/10/2002 Geraldine Ike
Kimberly Jo Hanly Mother	2/15/1956 Lois Walters
Treyton "Trey-Trey" Simmons Mother	2/28/2006 Amberly Cortez

## February Anniversary Dates

Rona Lynn Thompson Parents	2/6/2001 Beth & Jerry Reynolds
Ashlynn Mother	2/12/2007 Melissa Walker
Brandy Morman Mother	2/16/2008 Sandra Morman
Lolly Nneamaka Monique Nnaji Mother	2/26/2005 Geraldine Ike

## Angels Are Forever



Our children are our angels, they live with us as long as we keep their memory alive by living our lives in honor of all they meant to us and continue to mean to us as we transition from a physical "earth" relationship in flesh and blood to a spiritual "heart" relationship that transcends in time and space.

They lift us up, they light the way. Angels walk beside us everyday. With tender hands they catch us when we fall. They teach us love and understanding are the greatest gifts of all.

Angels are forever I know without a doubt. They shine with an eternal flame that never will go out. We hold them and we love them wishing they could always stay.

Angels are forever, but sometimes they fly away. I loved her eyes, I adored her smile, She was my angel for a little while. There must have been important work to do. Now I lean on the love she left behind to get me through.

So, if you have an angel,  
Thank God every night  
That you've been blessed with happiness and hold your  
angel tight.

Angels are forever.

Unknown Author

## To Those I Love

If I should ever leave you whom I love,  
to go along the Silent Way,  
grieve not, nor speak of me with tears,  
but laugh and talk of me as if  
I were beside you there.  
(I'd come-- I'd come, could I but find a way!  
But would not tears and grief be barriers?)  
And when you hear a song or see a bird I loved,  
please do not let the thought of me be sad...  
for I am loving you just as I always have...  
You were so good to me!  
There are so many things I wanted still to do--  
so many things to say to you...  
Remember that I did not fear...  
It was just leaving you that was so hard to face...  
We cannot see beyond...  
But this I know: I loved you so--

Isla Paschal



## A Valentine's Wish For Everday

Love freely, love deeply, love purely.  
Love yourself the way you've always  
wanted to be loved,  
And love others the same way.  
Love well, love often.



Find it in your heart  
 To love those who have never shown you love.  
 They need it most of all.  
 Give so much love  
 That you're certain to get some back.  
 Love all that the earth has to offer—  
 People, birds, stones, insects,  
 Trees, mice and oceans.  
 Love something---anything---with a passion!  
 Love something larger than yourself.  
 Call it God, Call it Nature,  
 Call it Divine, Call it the Source  
 Call it Love.

Author Unknown



For Always

I close my eyes and there in the shadows I see your light  
 You come to me out of my dreams across the night  
 You take my hand though you may be so many stars away  
 I know that our spirits and souls are one  
 We've circled the moon and we've touched the sun  
 So here we'll stay

For always, forever  
 Beyond here and on to eternity  
 For always, forever

For us there's no time and no space  
 No barrier love won't erase  
 Wherever you go  
 I still to know  
 In my heart you will be with me

From this day on I'm certain that I'll never be alone  
 I know what my heart must have always known  
 That love has a power that's all its own

And for always, forever  
 Now we can fly  
 And for always we will go on beyond goodbye

For always, forever  
 Beyond here and on to eternity  
 For always and ever you'll be a part of me

And for always, forever  
 A thousand tomorrows may cross the sky  
 And for always and always  
 We will go on beyond goodbye

Lyrics by Josh Groban



The 2010 Bereaved Parents of the USA National Gathering will be in Little Rock, Arkansas, July 9-11 at the Holiday Inn Little Rock Airport Conference Center.

More details at <http://www.bereavedparentsusa.org/Gathering.html>

## 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 on the last page or go to our website and donate using PayPal.



Bereaved Parents of North Texas  
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ADDRESS SERVICE REQUESTED

*February*

**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.

**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: Library Book Fund General Operations North Texas Chapter Other \_\_\_\_\_