



Yesterday, Today & Tomorrow

The Compassionate Friends Mandurah Chapter
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Founded in England by Rev Simon Stephens 1969
Australian Founders Lindsay & Margaret Harmer, 1978

WA Patron Graham Mabury OAM Cit WA FECU
BA (Hons) Grad. Dip. Ed.

Welcome

Welcome to this newsletter and a special warm welcome to those who are reading it for the first time. We are so sorry for what has happened to you but we are glad that you have found The Compassionate Friends. You are no longer alone. We can help you on this journey. Recently I was guest speaking to a group and when I had explained our support services I was asked "isn't that what families are for". Well, as we all know it doesn't work like that and I explained that there are several reasons.

Each family member is different and will grieve in their own way and own individual time. There will be times when one person seems to be doing okay and so the others hesitate to say anything to change that. Some will hide their feelings while others express them more openly and so it might appear that some are grieving more than others. We need to remember that each had a unique relationship with the person and some might wish to keep or wear clothing whilst others find that hurtful. One might want to see photographs or other reminders daily whilst others can't bear that. When we are in deep grief we are very fragile and touchy. Open and honest communication is vital. There can be many arguments and it most important to **remember that it is the situation we are angry or upset at and not our other loved ones.**

While family members, relatives and close friends do their best to help, it is for the above reasons that we can find it most helpful to express our grief to others with whom we have no emotional attachment. TCF provides a safe place to do that with the many opportunities to share at support groups, one to ones, telephone calls or memorial events.

Married couples often worry about their marriage and it helps hugely for each to use the services as a couple and also separately. For example both may choose to attend a monthly support group together and have their own personal one to ones as well. This is because there can be things that each is reluctant to express in front of the other as they may be hurtful. Whilst it is true that some marriages fail after the death of a child, it is also true that some marriages become stronger. Open communication, kindness and compassion to each other can make the difference. TCF offers a range of literature, books and handouts, on the grief of men and that of women.

Be gentle, respectful and kind to each other. Reassure any surviving children that you love them as much as you do the one who is no longer here. Use as many TCF and other services as you need and for as long as you need. Make decisions together and introduce new family customs with space for the one who has gone too soon.

Margot McAllister, Mother of Kevin, Nana of Jackson

If you need help, we are here for you. TCF Mandurah has a range of grief support services and resources available for bereaved parents, grandparents and siblings. We offer understanding, friendship, compassion and hope.

Past Events

A Walk to Remember 2021

This was a lovely event and we were lucky to have the sun shining on us. The Mandurah Lions Club volunteers were there as they have been for each of our 16 memorial walks. It wouldn't be the same without them and the walkers are able to socialize over the sausage sizzle at the completion of the walk. Our piper Viv Riley led us on the walk and the sound of the pipes certainly catches the attention of those we walk past. This always gives us the opportunity to tell people who we are. Marise Petchell from Soroptimists and Jenny Hammington from Bendigo Bank attended and both joined the walkers. We thank the two agencies for the financial sponsorship and also thanks to Marise for volunteering to help welcome people as they arrived and to Jenny for taking the leftover sausages to the homeless shelter for us.

The Drop Inn once again donated a meal voucher and two bottles of wine to raffle and for the first time I won first prize. I'm looking forward to treating my husband to a meal there soon. The walk was a successful fundraiser with over \$8000 raised in total. This is our major fundraiser of the year, so we are so very grateful to our sponsors Mayday Op Shops, Bendigo Bank, Seasons Funerals, Our Lady's Assumption Church, J.F.K. Electrical, Lions Club of Mandurah and City of Mandurah. Our grateful thanks also go to our members who donate and collect donations from family and friends. Particular mention this year goes to Margaret Gallagher whose neighbors and friends donated so generously.

It was heartening to see some recently bereaved members attend for the first time and to hear their comments about being made so welcome and feeling good to be with similar others. The healing of this memorial event is our number one priority. We also were able to increase community awareness of our services with the publicity that we received in the media and community. Even when we ask friends to sponsor us individually in the walk and tell them what it's all about, we are helping to raise awareness which is so important for bereaved families of the future.

A huge thanks to all the volunteers who helped in a variety of ways to make our 16th annual walk a success.

Margot McAllister, P.R. Manager



Our Raffle Winners

**Jenny Hammington—
Bendigo Bank, Carolyn
Lee Vice—President TCF
and Marise Petchell—
Soroptimists Mandurah**



If Ever

If ever you think that you have not been a good enough parent just stop and remember how much you loved and still love your child.

You always did the best that you could and your child knew that they were deeply loved

When you feel that life has lost it's purpose stop and ask yourself " what would my child want me to do? How would my child want me to live my life? ".

© Margot McAllister TCF Mandurah



Yesterday, Today & Tomorrow

Mother's Day Lunch 2021

It had been two years since we held our event which has been missed by so many. We had 20 ladies attending including Mums, grans, siblings and support friends. Everyone was relaxed and friendly and chatted to those nearby which was especially comforting to the recently bereaved. A delicious buffet lunch was enjoyed as well as many donated items for the raffle. Our thanks to the winner of the door prize who donated it back. We were surprised when one of our members sang two beautiful and touching songs, many thanks to you dear friend. As always this event could not take place without our volunteers. You are much appreciated! We look forward to seeing you all again next year.

Tina Pearce, Mother of Ian

Catenians Donation

Each year the members of the Catenians donate money to the President's charity and he then awards the money to a charity he decides is deserving.

This year the outgoing president, Colin Purcell awarded the grant to the Compassionate Friends. Margot McAllister received the cheque on our behalf.



Wayne Wright,
Margot McAllister
and Incoming
President of
Catenians—
Gerard Ots

Thank you to a Gracious Lady

In our December newsletter we paid tribute to a late member, Vel Williams.

Then to our surprise we were contacted by Vel's daughter Lea Ohlin who advised us that her mother had left a bequest to The Compassionate Friends Mandurah in her will.

This was an unexpected but very welcome surprise and we are extremely grateful to Vel for her thoughtfulness. R.I.P. dear friend and a heartfelt thank you.

Perhaps others would consider doing this as well.

The photograph of Vel
Was taken at one of our
White Wreath memorial
Ceremony, held at the
Christs Church Anglican
Church in Mandurah.

Now at rest with her son
Steve



NOTICES

Online Bereaved Sibling Chat Service

TCF Victoria have received funding to extend their Bereaved Sibling Chat service to all siblings above 18 years and Australia-wide. This chat service provides an alternative to bereaved siblings who prefer to engage online rather than through traditional phone and face to face support.

To learn more about this service, please go online to:

<https://siblingsupport.tcfv.org.au>

An Instagram service has also been set up as well for more information please go to:

https://www.instagram.com/tcf_siblings

NEWSLETTER ARTICLES

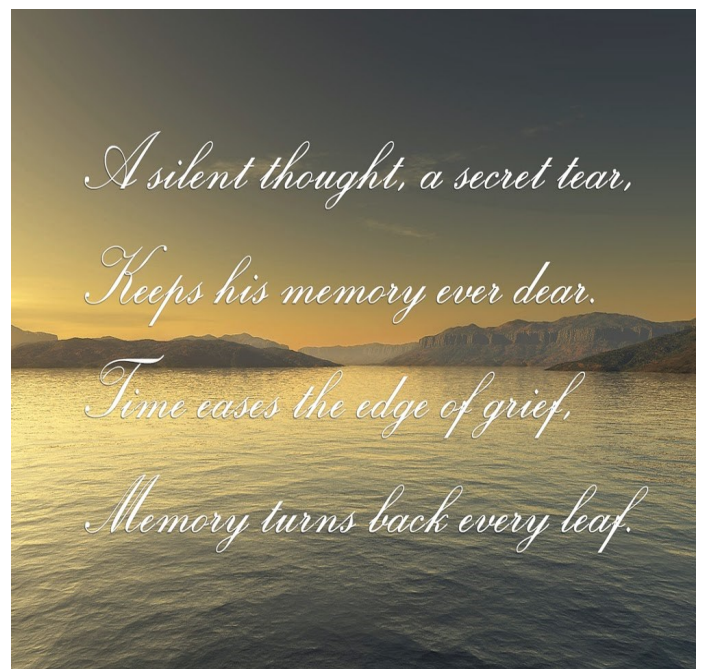
We would love to hear from you to help with articles for our Newsletter.

If you have come across something that is meaningful for you and has helped in some small way, or if you would like to share a part your journey with others we would love to include it.

CONTAINERS FOR CHANGE

TCF Mandurah is registered for the Containers for Change scheme.

When you or your friends have collected the appropriate containers and take them to your nearest collection point PLEASE ask for the change to go to TCF Mandurah, our code is **C10351091**



Yesterday, Today & Tomorrow

Why The Death of a Sibling Is like Losing a Part of Yourself

If you're anything like me, you grew up in a fairy-tale surrounded by siblings who stood 10 feet tall. You grew up with parents who were as brave as superheroes. You grew up naïve to the world around you.

Don't get me wrong; I was well aware of what the news never failed to talk about. I knew mothers and fathers could lose their battles with cancer. I knew children could be kidnapped. I knew houses burned down, and car accidents happened almost every day.

But, I had created a world where my family was untouchable, where nothing could ever happen to them because they were mine.

Five years ago, a police officer knocked on our front door. It was 10pm, and I had just gotten ready for bed. "There's been an accident. You need to come to the hospital right away."

By this point, I had seen enough TV shows to know this was not what you wanted to hear from a police office, especially not at 10pm, and especially not when your older brother still hadn't made it home.

I lost a brother that day. I lost a cheerleader, a mentor and a best friend. The safe space I had created so easily disappeared, and I was left to tackle the world without the one person who had always paved a path before me.

There's no word to describe the loss of a sibling. If you lose a spouse, you're a widow or widower. If you lose your parents, you're an orphan. But if you lose a sibling, you just become the girl who lost her brother.

My therapist described it as losing a limb. If someone tells you it gets better with time, the person's lying to you. Yes, cuts get better and wounds do heal, but when you lose an arm, it's foolish to await the day it "gets better." You simply learn to live with one arm.

I learned to do the things I know he would have liked. I learned to listen to the songs we sang together in the car without breaking down in tears. I learned—and am still learning—to function normally without him just a phone call away.

However, "normal" has lately been like a blanket too short for a bed. Sometimes it covers you just fine, and other times it leaves you shaking in the cold. I've come to find the worst part is I never know which one it's going to be when I wake up.

It's been almost five years since that day. Some days the ache is a little less than before, but other days it makes me want to lock myself in my room. And some days, I still feel like I am stuck in a void.

There is no statute of limitations on grief. There is no time limit to waking up crying, or having to leave the grocery store because you see your sibling's old friends. There is no special cure for those dull aches in your heart that don't seem to ever go away.

But, coming from a sister who thought she would never find the light again, know there will come a day when the thought of that loved one brings a smile to your face instead of leaving you gasping for a breath you cannot find.

There will come a day when you find yourself talking about your sibling and you do not feel uncomfortable. There will come a day when the universe sends you a sign to let you know your sibling is doing OK.

And there will come a day when the 19 years you were able to have with your sibling becomes enough for the 19 more you'll never have. There is no other love like the love *for* a brother, and no other love like the love *from* a brother. And if you're lucky to have a brother who was also your best friend, that love is going to cover you during the best of times and hold you hand through the worst.

*This article was written by **Kady Braswell for Unwritten***

From TCF Johannesburg April 2021 Newsletter

WAITING FOR ANSWERS

Years ago, I left my first meeting of the Compassionate Friends and drove home in tears. My son, Max, had died a few short weeks before and I had been anxiously awaiting this evening. These people must have some answers, I thought. With paper and pen in purse, I was ready to take notes and do as they prescribed. I would do anything to ease the ache in my soul.

But when I walked out into the spring air later that night, I felt betrayed. I hadn't heard any answers. Instead of learning how to leave my grief behind, it had been confirmed, made more real with expression. I knew I would miss Max forever. Now I wondered if I would grieve forever. Would it always be this way, a flash of pain aligned with every memory?

During the next months and years, I attended TCF meetings and conferences, read books, raged, kept busy, sometimes spent the day in bed. I wrote, cried and talked about Max. Slowly, I discovered the answers I had long feared were true: yes, I will grieve forever, and yes, my memories will often provoke tears. But something had changed.

My Grief was now more forgiving, my tears almost sweet with memory. Max's life took shape again as the anguish of his death began to recede. If I would always miss him, I would also always have him with me in so many ways. I wanted to carry his memory into the future: the joy, the lessons, and the inevitable pain. How could I do otherwise?

As I walked to my car after that first meeting, the TCF Chapter leader caught up with me.

"How can I stop this pain?" I asked.

She put her arm on my shoulder. "Just do what feels right to you." She said. "Listen to your heart. And we'll be here to listen, too."

Sometimes the best advice is none at all.
Mary Clarke, TCF-Sugar Land, SW Houston, TX

**When you are sorrowful,
Look again in your heart,
And you shall see that in truth
You are weeping
For that which has been your delight.**

The Prophet, Kahlil Gibran

From Compassionate Friends of Southwestern Manitoba

Wishful Thinking

I thought I saw you today
Although it was from afar

I thought I saw you today
I was driving in the car
I

I saw your haircut
And how you walk down the path

I thought I saw you today
How you shrug when you laugh

I took a breath and paused
Should say "hi"?

I thought I saw you today
With your head held high

I didn't see you today
And I was wrong

It wasn't you my Child
Because you have gone

Lisa McCulloch

*The love of a family
is life's greatest blessing.*

A Solitary Journey

Grief is a solitary journey, No one but you knows how great the hurt is. No one but you can know the gaping hole left in your life when someone you know has died. And no one but you can mourn the silence that was once filled with laughter and song, It is the nature of love and of death to touch every person in a totally unique way. Comfort comes from knowing that people have made the same journey. And solace comes from understanding how others have learned to sing again.

By Helen Steiner Rice

Yesterday, Today & Tomorrow

How we grieve differently

My husband Glen and I had been married twenty-four years when our seventeen-year-old son Nathan was killed by a drunk driver. Nathan was our third son to die. I was twenty-six and twenty-eight when Jimmy and Ethan died. I did not sense their death's challenged our marriage quite as much as Nathan's death did. We had only been married six and eight years when the babies died. Perhaps because we were young or perhaps because we had two other small children, we were so preoccupied with our remaining responsibilities we didn't notice the attacks to our marriage that seemed so prevalent when Nathan died. Somehow we survived his death and our marriage survived as well. We have now been married 46 and a half years, and most importantly, we still like each other! How did we do it. We were already aware of our differences in personality. Glen faced problems very methodically and logically. I faced problems like a bull in a china closet-head on, with very little logic. Glen faced Nathan's death in his typical methodical style. I now know he was devastated, but then he didn't know how to show his sorrow. He went to work every day and appeared to be functioning normally.

I cried and howled. I felt so much rage that anyone who crossed me in any way was a potential victim. I could not think; I bucked my normal routine, and missed as many days of work possible. My roller coaster emotions kept everyone at arm's length. I often locked myself in the bedroom and refused to talk with anyone. Glen very patiently slid notes under the bedroom door, assuring me of his love. "You are the love of my life," he wrote and spoke those words to me until I would finally open the door and sob and sob as he held me. At first I viewed his quiet manner a weakness. I wanted him to confront the justice system and set straight everyone who questioned my style of grieving. His consistent behaviour finally mad sense to me. Logically he knew others didn't understand our grief, so why exert the effort in trying to change them. I saw that his predictable behaviour also meant he loved me before Nathan died and he wasn't about to change any time soon. One night he sat in front of me, got my attention, and said "I don't care what you do; I'm not leaving!" and he meant it! If he wasn't going to leave, I decided I needed to learn to understand him. As we talked we began to realise the best thing we could do to honour Nathan's life was to learn to love each other even more deeply. We now realise our differences are not weaknesses; they can be viewed as strengths. Thank goodness Glen is a peacemaker. If he wasn't, I question anyone would still be speaking to us. Often I speak without my brain being in gear. Glen has learned I have the ability to size up a situation quickly. I can make decisions fast. I may not always be right, but I'm fast. I have a sensitive side that probably causes my tears to flow often, but my sensitivity also helps me know when others are in need. Glen has learned to trust my sensitive intuition.

We have learned that 'different' doesn't mean one of us is wrong. It just means we are different, and different is OK.

Marilyn Heavilin, Winnipeg TCF Canada

Article lovingly borrowed from Grieve Heal Grow



*A death is not the extinguishing of a light,
but the putting out of the lamp
because the dawn has come.*

Yesterday, Today & Tomorrow

I'm Only a Whisper Away

Come dry your tears and smile again,

I'm only a whisper away

Near in the dusk of the evening,

Just out of sight through the day.

Watching you walking and sleeping

Hearing each prayer that you pray

Sending my love to surround you

I'm only a whisper away.

Come dry your tears and smile again

Remember the good times we've known

Cherish the joy we discovered and the love

That was planted and grown.

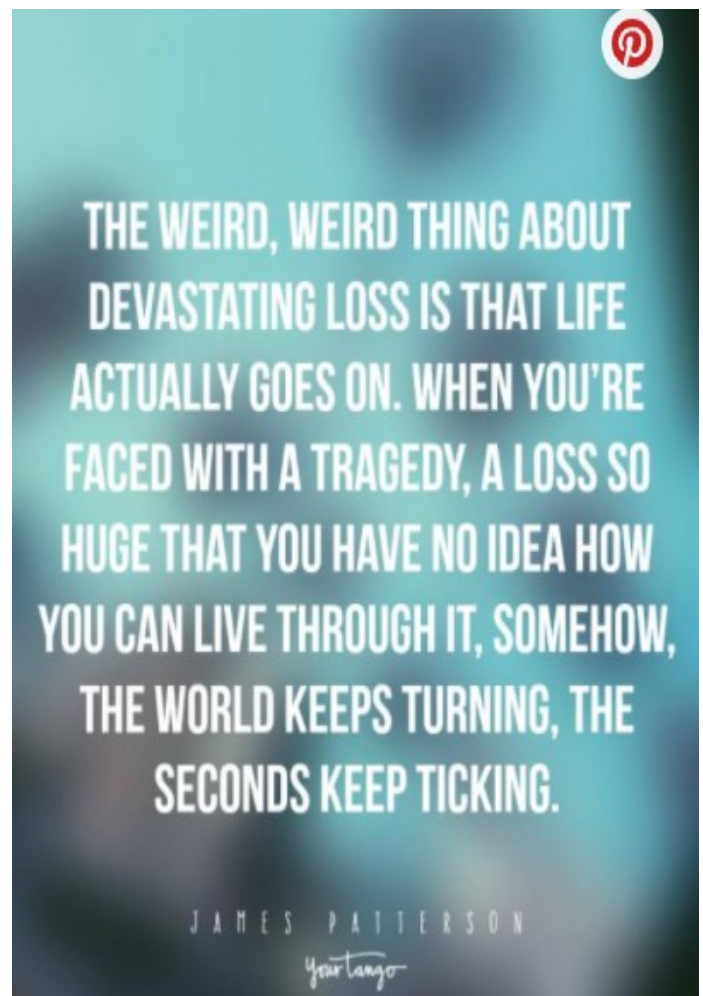
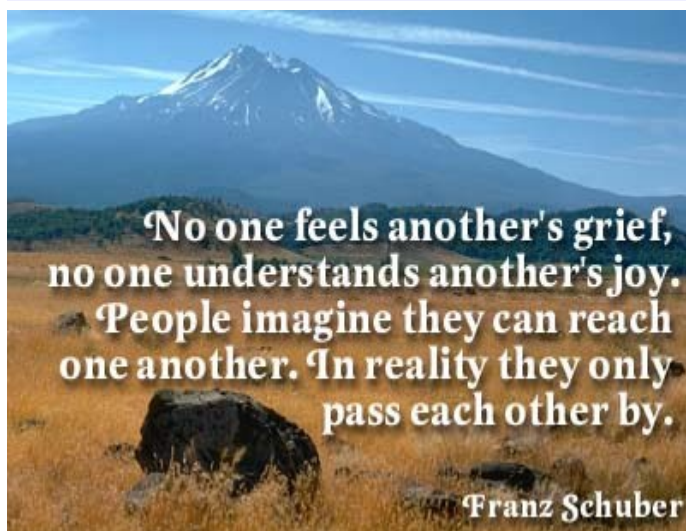
Your road may seem lonely ahead

And distance horizons look grey,

But you won't be walking alone

Because I'm only a whisper away.

***This poem was read by Rhonda Piani at our
Candlelight Memorial Service in December 2008***



TCF Membership Reminder

Annual Membership Fee is now \$20 and is due on 1st July. This is only payable after the first year of bereavement.

Remembered With Love

June, July and August 2021

NOTE: TCF Mandurah has decided to adopt the policy, held by the USA and other countries, of omitting the full details of birth and death dates from our newsletter. This policy is required to help prevent the risk of "Identity Theft", which is becoming more common. We have a responsibility to avoid placing our members families at risk. The year/years will not be included.

Adam Francis BORG

12th June to 28th July

Son of Connie and John, brother of Mario, Sav and Jason.

Our dear son, brother-in-law and uncle of 5.

If you knew how much we love and miss you, you would come back to us.

Love you more every day. xxx

Vivian CHANDLER

11th October to 14th June

You are always with us Viv, Love from Mum and Dad, Karen, Marlene and Adam, daughters Emily, Sophie and Olivia, nieces and nephew.



Blake Joshua EVANS

29TH March to 23rd July

Dearly loved grandson of Rosemary. I never got to say goodbye, my brave grandson.

You could not run and play like other boys, so run and play with the Angels and play your guitar in their band. Love always, Nanna xxxx

Ruben John HODDY

9th June o 1st January

Forever in my heart my beautiful son. Always in our thoughts, Mum and brother Tama
OXOX

James John KLESSENS

17TH July to 19th August

Grandson of Bill and brother of Jessica.

An exceptional, talented young man with a gentle, humorous nature.

Departed too soon from us xxx.

Kevin John PERRY

18th November to 13th July

Son of Margot, brother of Lorraine and Uncle of Samara, Lewis, Harry and Tommy.

So many years and so many tears. Always remembered with so much love. Xxx



Jamie PURSLOWE

10th August to 15th April

Son of Craige. Our brave little man Jamie. The intensity of love for you never diminishes.

McKenzie Jean McGUIGAN

18th November to 29th July

My Darling girl. Another agonising year without you. I miss you so much my Angel.

Your infectious laughter no longer surrounds my home. Love and hugs, Mum.

Mark John RATCLIFFE

17th August to 8th July

Remembered daily with so much love and pride. Sadly missed.

Remembered With Love

June, July and August 2021

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Geoffrey James STAFFORD

31st August to 5th May

Dearly loved son of Rosemary.

My little blue eyed blonde angel in heaven with Nana.

The years have rolled by, but I miss you each and every day.

Love Mum xxx

Susan Anne Walker

21st June to 24th June

Love you and remembered always.

Kris Ronald WITHERS

22nd January to 21st August

Remembered Forever

Sarah SOM DE CERFF

11th June to 19th June

Our darling gorgeous daughter, partner, mummy and sister.

We love you forever and miss you every second. We will meet again in heaven, from

Ryan and Emily, John, Amanda and Sue and Geoff.



Note: If you wish to include your child, grandchild or sibling in the “Remembered With Love” pages, please complete the section in the membership form. These can be placed in the issues which coincide with the birthday and anniversary dates.

The website of The Compassionate Friends Mandurah has a “Memorial” page which contains photographs, some information and a short personal message. Have a look at the page and if you wish to have a section for your child please contact the office.

ALWAYS REMEMBERED WITH LOVE



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Library

We have a substantial library of resources at our Mandurah Drop in Centre, offering excellent **books, magazines, tapes, CDs, etc.** on grief issues associated with the death of a child/ren and siblings. All library resources are available for loan by our members. Access to the library is available by visiting the Drop in Centre. In return, we need our members to be vigilant and return these items back to the Drop in Centre so other TCF members are able to avail themselves of this useful service.



Support Groups

Rockingham Coffee Morning

When:

Contact The centre 95357761

Evening Support Group

When: 3rd June 2021
1st July 2021
5th August 2021

Time: 7pm—9pm

Where: Eastlake Church cnr Lakes Road and Murdoch Drive, Mandurah
(Opposite Peel Health Campus)

Contact: The centre on 95357761



Metro Groups

Contact: TCF WA on 6107 6257 for details

Bereaved by Suicide Group

Dates: 18th June 2021
16th July 2021
20th August 2021

Time: 9.30 to 12.30 p.m.

Where: Mandurah Lotteries House.

Contact: The centre on 9535 7761



One to One sessions

Our “Quiet” room is ideal for a private one to one session. If you wish to book a session please contact Margot on 9582 8113 or leave a message at the centre. Sometimes it can help to have a personal time to talk between group meetings. This is ideal for those who don't feel comfortable in sharing groups and for couples who need that extra privacy.



Changed Your Contact Details

Please let us know if you have changed your telephone number or your address, or if you would like your newsletter e-mailed.

Please contact us on:-
tcfmandurah@bigpond.com

Yesterday, Today & Tomorrow

Unsubscribe

If you no longer require the newsletter please e-mail or phone to cancel.



Telephone Friends - The Compassionate Friends

Please call a telephone friend whenever you need to talk “We need not walk alone”

BUNBURY	Russ	9797 0625	<u>Grandparent Contact</u>	
DONNYBROOK	Sue	9764 1262	Lyn	9581 9957
PINJARRA	Sheri	0457 747 772	<u>Bereaved Fathers</u>	
KOJONUP	Roberta	9833 6232	Gary	9593 2317
MANDURAH	Drop-In	9535 7761	Peter	0447741219
MANDURAH	Judy	0456852233	<u>Suicide</u>	
MANDURAH	After Hours	9582 8113	Margot (Centre)	9535 7761 (a/h) 9582 8113
TCF WA	Drop-In	6107 6257	Russ	9797 0625
WARNBRO	Barbara	0433 816 445		
WAROONA	John or Val	9739 1281	<u>Miscarriage/Infant/Stillbirth</u>	
			Joanne	0403 336 392 or 9535 7092
			(After 6pm & Weekends)	

TCF Interstate and Overseas Contacts

	<u>Telephone</u>	<u>Web Site</u>
ACT/QUEANBEYAN	(02) 6286 6134	www.thecompassionatefriends.org.au/ACT.htm
NEW SOUTH WALES	(02) 9290 2355	www.thecompassionatefriendsnsw.org.au
NORTHERN TERRITORY	(08) 8927 1320	
QUEENSLAND	(07) 3254 2657	www.compassionatefriendsqld.org.au/
SOUTH AUSTRALIA	(08) 8351 0344	www.compassionatefriendssa.org.au
TASMANIA	(03) 6261 4250	
VICTORIA	(03) 9888 4944	www.compassiontefriendsvictoria.org.au
UNITED KINGDOM	(08) 451 20 37 85	www.tcf.org.uk
UNITED STATES OF AMERICA		www.compassionatefriends.org
SOUTH AFRICA		www.compassionatefriends.org.za
SWITZERLAND		www.verin-regenbogen.ch
CANADA		www.tcfcanada.net/

Some Internet Resources

<u>www.dougy.org</u>	National centre for grieving children & families; a non-profit resource
<u>www.grieflossrecovery.com</u>	Poems, articles, memoirs, memorials, links - professional site
<u>www.silentgrief.com</u>	For those who have suffered a miscarriage and later child loss
<u>www.bereavement-poems-articles.com</u>	
<u>www.menslines.org.au</u>	Phone: 1300 78 99 78
<u>www.kidshelp.com.au</u>	Web & email counselling
<u>www.beyondblue.org.au</u>	National depression initiative
<u>www.parentsofsuicide-aunz.com</u>	Suicide grief support internet community
<u>www.mesotheliomaweb.org</u>	Resource information & support
<u>www.gonetoosoon.org</u>	A forum for questions, answers and support from others with similar loss.
<u>www.recover-from-grief.com</u>	

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Other Useful Contacts

Alcohol & Drug Information Services	Free Call	1800 198 024
Allambee (Sexual Assault Counselling)		9535-8263
angelwasisterstracy@gmail.com	Gowns for born still babies	0438 901 791
ARAFMI (Mental Health Carers & Friends Association (WA) Inc.)		9535 5844
	Country Callers Free-Call	1800 811 747
Beyond Blue Depression Helpline	www.beyondblue.org.au	1300 224 636
Centre Care		9721 5177
Coroners Counselling Services		9321 2491
Crisis Care	Free Call	1800 199 008
Coronial Enquiries		9420-5200
Headspace.org.au	Support for people 12 to 25 struggling with mental health issues	1800 650 890
Lifeline		13 11 14
Mensline Australia; Professional & Online support for men.		1300 789 978
Mental Health Emergency Response Line	Peel Region	1800 676 822
Relationships Australia		9583 6090
Samaritans	Free Call	1800 198 313
Suicide Call-Back Services (SCDS) - Bereaved by Suicide National Free Counselling		1300 659 467
S.I.D.S & KIDS Western Australia	Free Call	1800 199 466
The Safe Woman Safe Family Murray Centre	Tanya	9507 5834
S.I.D.S & KIDS Bunbury	Narelle	0406 630 119
South Coast Women's Health Services – R'ham	www.schs.com.au	9550 0900
State Coroner		9425 2900
Peel Legal Services		9581 4511
Palmerston Counselling Services	Drug and alcohol Related	9581 4010
Peel Youth Services		9581 3365
Victim Support Services	Rockingham	9527 7699
Victim Support Services	Mandurah	9583 1120
Youth health Services	Rockingham	9527 7464

If any TCF member has found an agency or counsellor, other than those listed, To be helpful, please advise us and we will consider their information for inclusion in future issues.

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