



The Compassionate Friends

Greater New Orleans Chapter
Supporting Family After a Child Dies

VOLUME 5, ISSUE 2

February 2023

Chapter Leaders: William and Millie Hunton 504-265-0581 Email address: tcfnola@gmail.com

SAVE THE DATES

TCF Greater New Orleans Chapter Butterfly Release

Our Annual Butterfly Release Ceremony will be **Saturday, Apr. 22, 2023.**

46TH TCF NATIONAL CONFERENCE JULY 7-9, 2023 – DENVER, CO

A Special Valentine

A touch of your hand, a smile on your face,
another time, another place.

You were my girl, I was your Mom,
together we met the world head on.

Death cannot dim the memories so fine.

Your place is there, this world is mine.

But you will always be

my SPECIAL VALENTINE!!



A Valentine to All My Compassionate Friends

We who have had our hearts so badly broken know each other; we have lost a child, grandchild, sister or brother. It matters not if we've seen each other's faces. At first our hearts feel shredded and torn; we might even wish that we'd never been born. We don't understand how our lives went so wrong. Everyone tells us they're so glad that we're strong. All we know is that we hurt to the core; because our child, dearly loved is with us no more. With time, patience and understanding we begin to heal. We begin to accept what is and life starts to seem real. Each time we tell our tale, each hug we receive, puts a band aid on the hurting spots and gives us reason to believe that we will feel joy again; that life goes on; though we're never quite the same since our child is gone. Compassionate Friends teach us ways we can cope until we can live again and face life with hope. So to TCF members, whether we've met or not, thank you for the band aids on that bruised healing spot.

Kathy Hahn, TCF Lower Bucks, PA

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

BIRTHDAY RECOGNITION: Birthdays can be found on "Our Children Remembered" page. We do encourage both you and your family to come when it is your child's birthday month, to share your child with all of us with photos and memories. You will receive a special birthday gift in memory of your child. Bring that treasured picture of your child that always makes you smile so we may smile with you. Refreshments in honor of your child, grandchild, or sibling are welcomed.

NEXT MONTHLY MEETING:

February 13, 2023

Lafreniere Park Foundation
Center Conference Room

7:00 – 9:00 pm

2nd Monday of every month

UPCOMING MEETINGS:

| | | |
|-----------|-----------|-------------------|
| 9 Jan 23 | 13 Feb 23 | 13 Mar 23 |
| 10 Apr 23 | 8 May 23 | 12 Jun 23 |
| 10 Jul 23 | 14 Aug 23 | 11 Sep 23 |
| 9 Oct 23 | 13 Nov 23 | 11 Dec 23 ZOOM |

REGIONAL COORDINATOR

Denise St. Pierre
504-460-2970
denisestp12@gmail.com

NATIONAL OFFICE

The Compassionate Friends
48660 Pontiac Trail # 930808
Wixom, MI 48393

nationaloffice@compassionatefriends.org
www.compassionatefriends.org
877-969-0010

UPCOMING EVENTS:

Butterfly Release

April 22, 2023 – held in the Children's Memorial Garden in Lafreniere Park

Memorial Walk and Auction

October 14, 2023 – held in the Children's Memorial Garden in Lafreniere Park

WorldWide Candle Lighting

December 10, 2023 – Held in the Foundation Center Patio in Lafreniere Park

To all those newly bereaved, who are receiving this newsletter for the first time and to all our Compassionate Friends, we wish you were not eligible to belong to this group, but we want you to know that you and your family have many friends. We, who received love and compassion from others in our time of deep sorrow, now wish to offer the same support and understanding to you. Please know we understand, we care, and we want to help. **You are not alone in your grief.**

Meetings are held the 2nd Monday of each month at the Foundation Center Conference Room in Lafreniere Park at 7:00 P.M. We are a self-sustaining organization with no funds except what we receive through donations from members and newsletter recipients. Please join with us at a meeting.

Grief support after the death of a child

The Compassionate Friends is a national non-profit, self-help support organization that offers friendship, understanding, and hope to bereaved parents, grandparents and siblings. There is no religious affiliation and there are no membership dues or fees.

The secret of TCF's success is simple: As seasoned grievers reach out to the newly bereaved, energy that has been directed inward begins to flow outward and both are helped to heal.

The vision of The Compassionate Friends is that everyone who needs us will find us and everyone who finds us will be helped.

Big Thanks to Our Steering Committee

Contact:

Phone: (504) 265-0581
Email: tcfnola@gmail.com
www.tcfneworleans.com
1104 Colony Rd
Metairie, LA 70003

| | |
|-------------------|-------------------|
| Chapter Leader | William Hunton |
| Chapter Co-Leader | Millie Hunton |
| Special Advisor | Denise St. Pierre |
| Treasurer | Linda Provance |
| Facilitator | Millie Hunton |
| Newsletter Editor | William Hunton |
| Webmaster | William Hunton |

Steering Committee: William Hunton, Millie Hunton, Denise St. Pierre, Isabel Miranda-Vigne, Jan Dutilh, Linda Provance, and Dena Peters.

Denise St. Pierre, Regional Coordinator
 (504) 460-2970

TCF National (877) 969-0010

www.compassionatefriends.org

The Meeting Agenda

7:00 p.m. - The meeting will begin with a short introduction followed by lighting of candle and then reading of the Credo. Remembering our children's birthdays of the month. Then followed by smaller groups of sharing.

8:45 p.m. - Meeting will close by recognizing our children's names. Feel free to visit with each other and check out a book from our library.

Newsletter Submissions: TCF Greater New Orleans welcomes all submissions to our newsletter. Send articles, poetry, love messages and scanned photos to: **TCF GNO, 1104 Colony Rd., Metairie, LA 70003.** You may also text photos and messages to 504-251-1938. As our chapter is only funded by your donations, we ask for a donation of **\$15** or more for a dedication for our newsletter. This is tax-deductible. We reserve the right to edit for space and/or content. Deadline for submissions is listed below. TCF Chapters may copy articles from this publication provided credit is given to the author and the original source. Errors and Omissions: Please notify me if any of your information is incorrect. Thank you!

Newsletter Dedications to be put in our newsletter are due the 20th of each month.

A Newsletter Dedication: is a special page dedicated in memory of your child with a poem or writing that you submit.

A Love Gift: is a short one or two sentence message in your child's memory.



BIRTHDAY CAKE: Our child's birthday is still such an important day to us bereaved parents. In TCF this is where we can celebrate our child's birthday and remember the love we still have for them no matter how long it has been since they died. Our members are welcomed to bring a cake or individual snacks to recognize their child's birthday. Notification is not necessary, but you are welcome to inform me, **William Hunton (504) 265-0581.** Please bring necessary utensils as the facility does not offer any items in this matter.

TCF Greater New Orleans Memorial Candles and 3" Photo Buttons

We are asking for donations of \$20 per candle. Candles will have 3 photos, name, dates, and an LED insert.

We are asking for donations of \$5 for each button or \$12 for three buttons.

Email Your Child's Photo to tcfnola@gmail.com or call William Hunton (504) 265-0581 for info.

Candles and/or photo buttons will be delivered to the next meeting if info is received 72 hours before meeting.

Please make checks payable to: TCF – GNO, 1104 Colony Road, Metairie, LA 70003.

A Survivor's Alphabet: Empathy

"Where were you when I needed you?" Ever find yourself saying words like that? Ever look for comfort at a point of greatest need and wonder why it doesn't come or help? Family and friends try their best to let us know they care. It never seems enough for just what we need at the critical moment.

What's going on? Family and friends, in expressing their sincere words of comfort and love, are relieving their own anxiety. In their attempts they often bypass our more critical need. It's like two trains passing each other in the night. They meet but quickly go their separate ways.

What we have received is sympathy which, by itself, gives temporary comfort and relief but has little long lasting effect. It may or may not touch the point of hurting with enough impact to relieve. What is better is a sensitivity to hurt where it is and a response to that hurt that mirrors the crisis itself. What is needed is not sympathy but **empathy**.

Empathy is made up of the following:

Listening. What do you hear when you hear? Isn't it amazing how often we hear but we do not listen. You and I hear the concert while the violinist listens for pitch and tone. We tell a mechanic the engine runs "rough" while he listens and notes that something is wrong with the valves. Developing the skill of listening enables us to be more sensitive to actual need where it occurs. A cry for help may be more, or less, than what we think we hear. Someone is hurting and needs relief, now. Being with that person we listen and are given clues of what to say and do that will bring the greatest relief. It's not for us to set the agenda; the other person in their hurt and pain does.

Understanding. By careful listening it's amazing what we can learn that we only surmised before. We learn that our agenda can be put "on hold" while the hurting person is considered as top priority. We learn that words do not always have the weight we give to them; a touch will do far more. Maybe just being there without thinking that we have to do something helps. Whatever it is, we are there for the other person and they know it; they are given just what they need at that given moment.

Value. This tacit understanding gives strength for building trust. A bond is created whose value will be noted long after the crisis is over. Friendships are developed that are long lasting. New understanding between family members creates a climate of love. Personal self esteem is given a boost which has a value of its own. We understand others and they understand us and a network is established of support and caring.

Empathy is "LUV" actively supporting and sustaining to develop strength for times of crisis. It goes beyond in creating long lasting relationships that give personal vitality to each of us.

Heart of Florida Chapter Newsletter, May 1999.

Signs by Susan Monroe

Show us a rainbow.
Pass by a butterfly.
Send us a sign love, you're at Peace.
A rainbow, a white feather floating by,
Signs, you are at peace,
Demons all gone,
Diseases at bay,
Trauma no more,
Your body is Whole Pure Light.
Calling all angels. Spirits on high.
Show us they're not alone,

On this new path they're on,
On this new path they're on.
Calling all angels, spirits a soar.
Show us their soul glow in lighted flight.
They show their soul glow, in lighted flight.
They send us signs that, they are at peace.
Signs, all pain has ceased.
A rainbow, a dragonfly,
Signs...you are at Peace.
Your body is Whole Pure Light.

Susan Monroe is a member of the Greater New Orleans Chapter of TCF. She lost her son Paul in 2021 and her daughter Ayme in 2022. With strength and perseverance she wrote this song in memory of her children. She sang the song at our November Chapter meeting and at our 2022 Worldwide Candle Lighting. Thank you, Susan!



NEWSLETTER DEDICATION IN LOVING MEMORY OF *Dennis Duhon*

February 24, 1961 ~ January 1, 2003



30TH BIRTHDAY WITH SUZETTE AND MORGAN

*I thought of you with Love today
But that is nothing new
I thought about you yesterday
And days before that too
I think of you in silence
I often speak your name
All I have are memories and
Your picture in a frame
Your memory is my keepsake
With which I'll never part
God has you in His keeping
I have you in my heart.*



One Day Closer!

Dear Dennis,

You are in my thoughts every day, but on your birthday Feb. 24, I remember all the birthdays when you were here, and we celebrated. I only wish we could have those times again. We all miss you so much.

With love always, Mom, Dad, Bruce and David

Dedication sent in by Melva and L.J. Duhon

NEWSLETTER DEDICATION IN LOVING MEMORY OF *Jenny Ann Kimball*

June 13, 1988 – February 23, 2001



Dear Jenny,

I can't believe it's been 22 years now. A lot of stuff has happened since you been gone. You will always be in my heart. I loved being your sister.

Love always, Jaimie

Dedication sent in by Jaimie Kimball



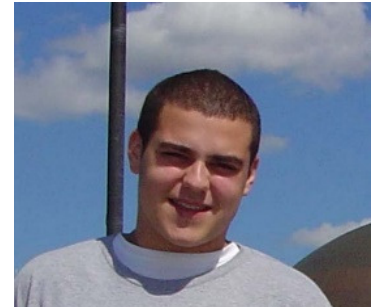
NEWSLETTER DEDICATION IN LOVING MEMORY OF *Nicholas Joseph Pezant*



November 8, 1984 ~ February 5, 2005

Remembrance

What do we do when we love someone
 But they have gone away
 When all our days of bright sunlight
 Have turned to shades of gray?
 What do we say when no comfort comes
 From words of love and hope
 When efforts made seem pointless
 As we fight each day to cope?
 How do we act when we hear their name
 And we cannot help but cry
 This isn't fair, they were barely here
 It's not time to say goodbye!
 We promise them that they have made
 A place within our hearts
 Where they will live forever
 Though we are far apart
 We call upon the memories
 As time allowed and then
 Tuck them safely in our minds
 To visit now and again
 We cherish them as best we can
 Each smile, each word, each look
 We write the story they want told
 On the pages of life's book
 For most important is the vow
 We honor when they're gone
 Of sharing all they've given us
 From that moment on



Dear Nicholas,

This February 5, 2023 will be 18 years since you left us. I really do not know how I survived this long without seeing you. When you first left I couldn't imagine going a few months without seeing you and now....it's 18 years!!

I used to worry that I would forget things about you...your laugh and your voice mostly. But, I can still recall both, thank goodness.

Life is not the same without you here. There is a lonesome feeling too hard to explain. Many of your friends still talk about you, how funny you were. You brought a lot of laughter and good memories to many friends and family. Your cousins Jennifer, Jason and Cameron miss you tremendously. And of course, your sister Emily misses you. I have the belief that I will see you again and look forward to the day we will be united once again. Until then I will continue to love you and miss you.

All my love, to my son, Nicholas!! *Mom*

Dedication sent in by Denise St. Pierre

NEWSLETTER DEDICATION IN LOVING MEMORY OF *Cody Martin*

February 27, 1989 ~ September 22, 2006



God called your name so gently
 That only you could hear
 No one heard the footsteps
 Of the angel drawing near
 Softly from the shadows
 There came a gentle call
 You closed your eyes and went to sleep
 You quietly left us all



Love, Mom, Dad, Katie, and Meaux

Dedication sent in by Betty and Charles Boudreaux

NEWSLETTER DEDICATION IN LOVING MEMORY OF

Dominic Joseph Avella

February 4, 1997 ~ September 24, 2018



Valentines in Heaven

Are there Valentines in Heaven?
Are there Red Hearts everywhere?
Do they line the golden streets,
Or is that very rare?
I wish that I could send you one,
Right through Heaven's Gate,
To say how much we miss you,
On this special date.
I'd like to send a Candy Heart,
That is printed, "I Luv U,"
And maybe you would whisper back,
"I know, I Luv U too."



**Our Dearest Dominic
We all miss you so much.**

With love always, Mom and Dad

Dedication sent in by Maria Nicholson



Marilyn Rollins
TCF Lake-Porter, IN
For All Our Children

NEWSLETTER DEDICATION IN LOVING MEMORY OF

Alina Ezzo

February 7, 2010 – September 24, 2017

Memories

The certain special memories
That follow me each day,
Cast your shadow in my life
In a certain way.

Sometimes the blowing wind
Or the lyrics of a song
Make me stop and think of you
Sometimes all day long

Memories are good to have
To share and keep in my heart,
Just knowing that you're still inside
Makes sure we'll never part.



With all of my love, Teta

Dedication sent in by Sahar Chifci

By Collette Covington
TCF Lake Charles, LA

NEWSLETTER DEDICATION IN LOVING MEMORY OF

Aliesha Narain

February 6, 1977 – November 4, 2010

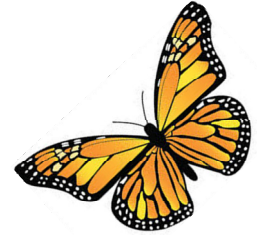
Years fly by like Autumn leaves,
but heartache and tears remain.

All we have left are memories of you, for today,
for tomorrow and until our lives are through.

Always in our thoughts and forever Loved.

We know that you are very happy that your
Beloved Pet Tess is with you now.

Forever Loved and always missed.
We Love you so very much Our Angel.



Mom, Dad, Sister, Brother, Beloved Nephews, Relatives and Friends.

Dedication sent in by Farida Narain

For the Newly Bereaved

We welcome you, we are sorry for the cause that brings you to us and we know how devastated you are. We have all been there. Nothing is required of you and there are no dues or fees. You need not speak a word or you can share. Attending your first meeting does take courage, but our members who attend find a comforting network of support, friendship and understanding that only friends who have "been there" can give. Based on our experiences, we suggest you attend three or four meetings before evaluating the benefit of our group to you. Just come, be as comfortable as you can and let us walk with you. Meetings are a place to talk about your child, a place to remember the joys of their life and the pain and struggle of living without them. It is a place to meet other parents who have in fact survived what may seem impossible to you right now. Meetings are not "the answer." Grief is not a problem to be solved and meetings are not "pity parties" although there are tears and sadness, but there is also hope. Meetings do not bring about closure. You close on a house, not the death of a child. May you find your own peaceful solution to fit your individual needs for coping with special dates, which are painful after losing your child. We are here to help.

Janet G. Reyes TCF Alamo Area Chapter, TX

THE COMPASSIONATE FRIENDS CREDO

We need not walk alone. We are The Compassionate Friends. We reach out to each other with love, with understanding, and with hope. The children we mourn have died at all ages and from many different causes, but our love for them unites us. Your pain becomes my pain, just as your hope becomes my hope. We come together from all walks of life, from many different circumstances. We are a unique family because we represent many races, creeds, and relationships. We are young, and we are old. Some of us are far along in our grief, but others still feel a grief so fresh and so intensely painful that they feel helpless and see no hope. Some of us have found our faith to be a source of strength, while some of us are struggling to find answers. Some of us are angry, filled with guilt or in deep depression, while others radiate an inner peace. But whatever pain we bring to this gathering of The Compassionate Friends, it is pain we will share, just as we share with each other our love for the children who have died. We are all seeking and struggling to build a future for ourselves, but we are committed to building a future together. We reach out to each other in love to share the pain as well as the joy, share the anger as well as the peace, share the faith as well as the doubts, and help each other to grieve as well as to grow. We Need Not Walk Alone. We are The Compassionate Friends.

Our Children Remembered



Angel Birthdays

| | | |
|-------------------------|--------|--|
| Dominic Avella | Feb 4 | Son of Maria and Francisco Avella |
| Aliesha Narain | Feb 6 | Daughter of Farida Narain |
| Alina Ezzo | Feb 7 | Granddaughter of Sahar Chifici |
| Kristen Lee Nye | Feb 9 | Daughter of Barbara Nye |
| Charlette Marie Simmons | Feb 10 | Daughter of Betty LeBlanc |
| Treadwell Pierce | Feb 10 | Brother of Prashanti van Calsem |
| Dean Thomas Laurent | Feb 10 | Son of Victoria and Terry Laurent; Brother of Natasha, Troy and Josh |
| Ann Margaret Eaker | Feb 12 | Daughter of Helene Toney |
| David Paul Castaneda | Feb 16 | Son of Patricia Castaneda |
| Taylor Friloux | Feb 16 | Daughter of Jamie Reaves and Suzi Guerin |
| Erskine Rockie Webster | Feb 17 | Son of Charisma Bennett; Grandson of Sandra Webster |
| Sheri Bundy | Feb 18 | Daughter of Carita and Buddy Arnold |
| Hassaan Riles | Feb 18 | Son of Hishaunda Riles |
| Julie Ann Marino | Feb 21 | Daughter of Sherry Marino; Sister of Sharon Nami |
| Baby Aucoin | Feb 23 | Baby Child of Alix and Zach Aucoin |
| Hiram John Joseph Greer | Feb 24 | Son of Alice and Hiram Greer |
| Dennis Duhon | Feb 24 | Son of Melva and L.J. Duhon; Brother of Bruce and David |
| Nicole "Niki" Gustin | Feb 25 | Daughter of Annette Gustin; Niece of Ann and Richard Folk |
| Eric Hansen | Feb 26 | Son of Marilyn Hansen; Brother of Karen Hansen |
| Cody Patrick Martin | Feb 27 | Son of Jill & Rob; Brother of Kaitlyn, Grandson of Betty & Charles |

Angel Anniversaries

| | | |
|---------------------------|--------|---|
| Clint Butler | Feb 4 | Son of Marilyn Strecker |
| Nicholas Joseph Pezant | Feb 5 | Son of Denise St. Pierre; Brother of Emily |
| Treadwell Pierce | Feb 10 | Brother of Prashanti van Calsem |
| Eric Lanus | Feb 8 | Son of Linda Lanus |
| Priscilla | Feb 8 | Daughter of Paige Leysath |
| Marc Lundberg | Feb 10 | Son of Olie and Anna Lundberg |
| Zachary Clay | Feb 10 | Son of Sacha and Roy Clay; Brother of Alexander |
| Selena Smith | Feb 11 | Sister of Dena Peters |
| Ross Lee Ammann | Feb 11 | Son of Tina Simoneaux |
| Julie Elizabeth | Feb 13 | Daughter of Ginny & Hank Durr |
| Jayla Rae Cook | Feb 14 | Daughter of Bobbie Mason; Sister of Jessica |
| Lisa Ann Eschmann | Feb 15 | Daughter of Nancy and Dennis Eschmann |
| Michelle "Shelly" Haensel | Feb 17 | Daughter of Cookie and Bill Haensel; Sister of Nicole and Natalie |
| Mason McStay | Feb 18 | Son of Donna and Ross McStay |
| Aubrey Pitre | Feb 19 | Daughter of Kathy Perkins |
| Baby Aucoin | Feb 23 | Baby Child of Alix and Zach Aucoin |
| Jenny Ann Kimball | Feb 23 | Daughter of the late Claudia Kimball; Sister of Jaimie |
| Lee Russell Centanni, Jr. | Feb 26 | Brother of Judy Bonura |
| D. Conrad Dyer | Feb 25 | Son of Linda Doussan |
| Joseph "Joey" Burke | Feb 26 | Son of Anne Adams and Steven Burke |
| Michael Bonura | Feb 26 | Son of Judy and Dominick Bonura |
| Lauren Ann Brocato | Feb 27 | Daughter of Eileen Brocato |



Phone Friend List

Our listeners are willing to listen, understand, and share.

504-454-3293 – Melva Duhon, son, 41, suicide
504-456-8248 – Patsy Ashton, son, 24, drug overdose
504-559-2438 – Jaimie Kimball, sibling, 12, vehicle accident
504-265-0581 – William and Millie Hunton, daughter, 30,
 accidental overdose