



The Compassionate Friends

Greater New Orleans Chapter
Supporting Family After a Child Dies

VOLUME 5, ISSUE 3

March 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**. Bereaved families, relatives and friends who have experienced the death of a child are invited to attend The Compassionate Friends' Annual Butterfly Release and Picnic in remembrance of all beloved children who have died. The picnic begins at 11:30 a.m. at The Compassionate Friends Children's Memorial Garden. The garden is located behind the Foundation Center in Lafreniere Park. The picnic is a time to gather and socialize, to play, and to be family. Families are asked to bring their own food, tables, and chairs; or just bring a blanket to sit on. You may come for just the Butterfly Release ceremony scheduled to start at 1:00 p.m. There will be a program of readings, poems, and music. We will have 300 Painted Lady butterflies for our bereaved families. The butterflies are nestled in specially designed envelopes. It is an exciting and impressive sight to share as the envelopes are opened and the butterflies take flight! If you wish to bring a dessert to share, please do so by bringing single-serve items.

"A butterfly lights beside us like a sunbeam. And for a brief moment its glory and beauty belong to our world. But then it flies on again, and though we wish it could have stayed, we feel so lucky to have seen it." The Butterfly Release is not a time to mourn for our children who have died too soon. It is a time to Celebrate That They Lived! Since early times the butterfly has symbolized renewed life. The Compassionate Friends has adopted the butterfly as one of its symbols and a sign of hope to us that our children are living in another dimension with greater beauty and freedom. For more information please contact William or Millie Hunton at 504-265-0581 or email tcfnola@gmail.com.

KEEP YOUR TCF MEMBERSHIP UP TO DATE

If you have loss an additional child, grandchild, or sibling since originally joining TCF Greater New Orleans Chapter, please provide us your updated information so we recognize your loved ones. Also, please provide updates if your address, email, or phone has changed.

Please email me your info at tcfnola@gmail.com.

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:

March 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 Jun23
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	Isabel Vigne-Miranda
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.

LOVE NEVER GOES AWAY

“Why does it hurt so much? Why is this grief so incapacitating? If only the hurt weren’t so crushing.” Sound familiar? All of us have known hurts before, but none of our previous “ouches” can compare with the hurt we now feel. Nothing can touch the pain of burying a child.

Yet, most of us have discovered that the sun still comes up. We still have to function. We did not die when our child did, even though we wished we could have. So..., we are stuck with this pain, this grief, and what do we do with it? Surely we can’t live like THIS forever!

There are no magic formulas for surviving grief. There are a few commonly recognized patterns for grief, but even those are only guide-lines. What we do know is that the emptiness will never go away. It will become tolerable and livable... some day.

TIME...the longest word in our grief. We used to measure TIME by the steps of our child...the first word, first tooth, first date, first car...now we don’t have that measure anymore. All we have is TIME, and it only seems to make the hurt worse.

So what do we do? Give ourselves TIME...to hurt, to grieve, and to cry. TIME to choke, to scream. TIME to be “crazy” and TIME to remember.

Be nice to yourself! Don’t measure your progress against anyone else’s. Be your own timekeeper.

Don’t push. Eventually you will find the hours and days of grief have turned to minutes and their moments... but don’t expect them to go away. We will always hurt. You don’t get over grief...it only becomes tolerable and livable.

Change your focus a bit. Instead of dwelling on how much you lost – try thinking the good memories come over you as easily as the awful ones do. We didn’t lose our child...HE/SHE DIED. We didn’t lose the love that flowed between us...it still flows, but differently now.

Does it help to know that if we didn’t love so very much it would not hurt so badly? Grief is the price we pay for love. And as much as it hurts, I’m very, very glad I loved.

Don’t let death cast ugly shadows, but rather warm memories of loving times you shared. Even though death comes, LOVE NEVER GOES AWAY!

Darcie Sims, TCF

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The Compassionate Friends is for Sharing

Many people may think that meetings of The Compassionate Friends consist of bereaved people who sit and cry most of the evening, but that is certainly a misconception. It is normal to shed tears as we talk about our child’s death, and we would expect a newly bereaved person to cry. We understand that completely. But, we don’t just sit and cry. Would you believe that most of the time we spend in our sharing group circle we may enjoy hearing others’ stories about their children, or even sharing our own? Our meetings are usually about our memories, our questions and also telling what has helped us to cope with it all. We all have ideas that we share with others in the hope that they may reach a point of “good memories” instead of bad memories of the child’s death. A support group should be very comforting and welcoming to those who attend and should always have non-judgmental members. We are less concerned at how the child died (even though we do care) and we are more concerned that we be there for the parents, siblings or grandparents who need us. They have a desire to talk and share about their loved one. We want to let them lean on us in their time of pain, just as we had others before us who let us lean on them. It does come full circle.

Jackie Wesley ~ TCF, East Central Indiana & Miami-Whitewater Chapters

NEWSLETTER DEDICATION IN LOVING MEMORY OF

Daniel B. Bolner, III

March 9, 1988 ~ March 9, 2016



Simple Man

Lynyrd Skynyrd (modified)

Daddy told me when I was young
"Come sit beside me, my only son
And listen closely to what I say
And if you do this it'll help you some sunny day"

"Danny, take your time, don't live too fast
Troubles will come and they will pass
You'll find a woman and you'll find love
And don't forget, son, there is someone up above"

"Danny, be a simple kind of man
Oh, be something you love and understand
Danny, be a simple kind of man
Oh, won't you do this for me, son, if you can"



"Forget you lust for the rich man's gold
All that you need is in your soul
And you can do this, oh Danny, if you try
All that I want for you, my son, is to be satisfied"

"Danny, don't you worry, you'll find yourself
Follow your heart and nothing else
And you can do this, oh Danny, if you try
All that I want for you, my son, is to be satisfied"

"They wrote this song for you and me Daddy."

Love Daniel Bolner III



In loving memory of Daniel Bolner, III

Brick Orders Due March 1st

CHILDREN'S MEMORIAL GARDEN BRICKS are available to Honor our Children. The Greater New Orleans Chapter has constructed a "Children's Memorial Garden" in Lafreniere Park to honor the memory of all children who have died. If you have lost a child, grandchild, or sibling, you can honor them by placing a brick in our beautiful garden. Please complete a Brick Order Form if you would like an engraved memorial brick(s) in the Garden in memory of a child. The donation for each brick is \$75.00 for members or \$100 for non-members. Additional donations toward Greater New Orleans Chapter expenses are welcome. **Personal duplicate bricks:** If you order a Memorial Garden brick for \$75.00 for members or \$100 for non-members, you may also get an additional brick for \$50.00 for your PERSONAL use.

Our new Brick Order Form can be found on our Website: www.tcfneworleans.com or email me at tcfnola@gmail.com. Also, find a Brick Order Form attached to this newsletter.

NEWSLETTER DEDICATION IN LOVING MEMORY OF

Gerry Provance

March 25, 1982 ~ September 3, 2008



MEMORIES



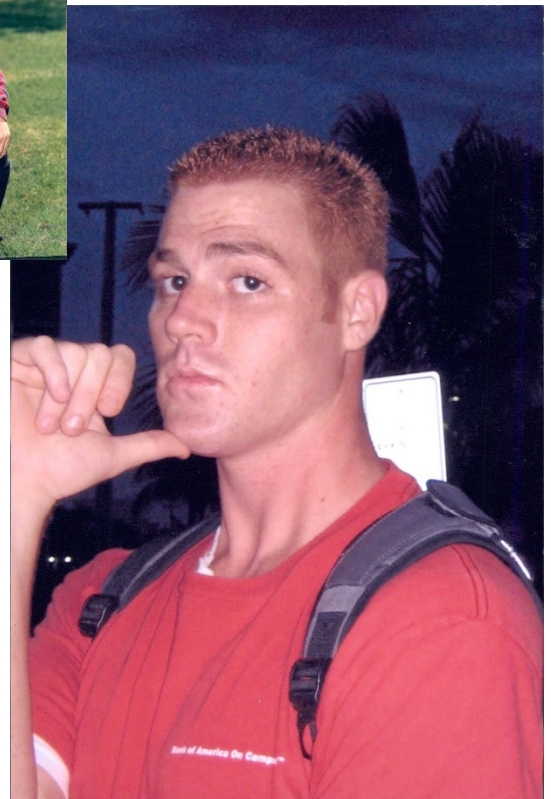
**We hang on to your memories
They are all that we have left
We cling to them tightly
Afraid that we will forget.
Until we see you again one day
We will make it through
Wrapped in this blanket
Made of memories of you.**

-Alan Pederson

We cherish our memories of you and will love and miss you for the rest of our lives.

Cannot believe you would be 41! We loved you and miss you!

***Mom, Dad, Deena, James
Family and Friends***

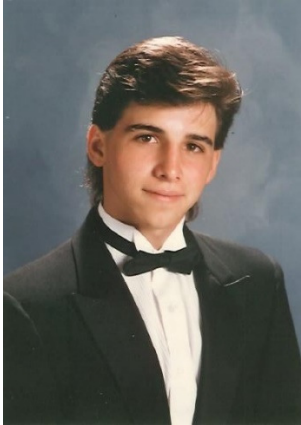


**NEWSLETTER DEDICATION IN LOVING MEMORY OF
*K.C. Heckathorn***



March 1, 1970 – October 14, 2019

**Happy Birthday to my beloved son...
Always loved and forever in my heart!**



In Memory

*Those we love don't go away,
they walk beside us every day.
Unseen, unheard, but always near,
still loved, still missed and very dear.*

I love you and miss you so much!

With all my love, Mom



Dedication sent in by Betty Cefalu

**NEWSLETTER DEDICATION IN LOVING MEMORY OF
*Denise Gorman***



March 21, 1960 ~ August 3, 2021

We would all be so happy to celebrate your birthday here, but you will have a heavenly birthday.

My life is so different now without the two of you. I try to keep busy but every minute of every day is so lonely without both of you. Your brother and Tammy are in constant touch and make many visits. Many of our friends check upon me so often, so don't worry about me, I am alright.

Never did I imagine my first-born beautiful daughter and my last-born precious feisty baby girl would go to heaven before me. I do get pleasure knowing you two are together again. Never forget how much I love you and are so proud of the woman you became. Believe me when I say the three of you were the best that ever happened to me

Love and hugs.

Mom, Stan, Tammy, Nik & Elaine

Dedication sent in by Charlene Gorman



NEWSLETTER DEDICATION IN LOVING MEMORY OF
Barry James Boudreaux

March 7, 1966 – September 7, 2021



Dear Barry, our Precious son,

Happy Heavenly Birthday, Son! Daddy and I miss you every minute of every day!

Our Prayer for you is to be in the presence of Jesus and to be full of Joy and Peace.

We thank you for all you did for us by being the kind, strong, gentle man you are. We will see you again someday, until then, we pray you are smiling and holding us close. Lead us in Heaven's direction.

All of our love, Mama and Daddy



Dedication sent in by Melanie and Jim Boudreaux

NEWSLETTER DEDICATION IN LOVING MEMORY OF
Priscilla Giraud

March 15, 1989 – February 28, 2022

Dear Priscilla,

Your second birthday spent in Heaven is approaching, and all I can remember is how very happy we were when you came into this world. Our lives are forever changed, and you are so sadly missed, every second of every day.

I miss everything about you, everything. This year has pushed both my strength and my faith to the limits. I love you so very much sweetie and I can't wait to hug you again.

Happy 34th heavenly birthday!

Love forever,

Momma



Dedication sent in by Paige Leysath

Save the Date! 46th TCF National Conference!!

We are very pleased to announce The Compassionate Friends (TCF) 46th Annual National Conference in Denver! TCF's National Conference is an enriching and supportive event for many newer and long-time bereaved parents, grandparents, and siblings. Attendees come and find renewed hope and support, as well as strategies for coping with grief, all while making friendships with other bereaved people who truly understand the heartbreaking loss of a child, sibling, or grandchild. Lifelong friendships are often formed and rekindled each year at TCF conferences.

Unique and cherished highlights of our conference include our heartfelt Saturday evening Candle Lighting Program, Sharing Sessions, Keynote Addresses, Healing Haven, Butterfly Boutique, Crafty Corner, and Silent Auction. Our weekend of inspiration, sharing, and learning is followed by the Walk to Remember on Sunday morning.

This year's conference will be held at the Sheraton Denver Downtown. Many attendees arrive on Thursday since the conference begins early on Friday morning. We also have pre-conference activities that are offered on Thursday evening, that attendees find beneficial. We look forward to seeing you in Denver!

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.

GRIEF

As far as I can see, Grief will never truly end. It may become softer over time, more gentle, and some days will feel sharp. But grief will last as long as love does – forever. It's simply the way the absence of your love one manifests in your heart. A deep longing, accompanied by the deepest love. Some days, the heavy fog may return, and the next day, it may recede, once again. It's all an ebb and flow, a constant dance of sorrow and joy, pain and sweet love.

Author unknown

Our Children Remembered



Angel Birthdays

Kenneth "K.C." Heckathorn	Mar 1	Son of Betty Cefalu
Stephanie Link	Mar 1	Daughter of Kalila Smith
Chris John Doyle III	Mar 3	Son of Jeanne Labat; Brother of Megan Doyle
Adam L. Perret	Mar 3	Son of Kenneth M. Perret
Alex Newchurch	Mar 5	Brother of Julie Henderson
Barry James Boudreaux	Mar 7	Son of Melanie Boudreaux
Daniel B. Bolner, III	Mar 9	Son of Daniel Bolner, Jr., Father of Gracen Bolner
Priscilla Giraud	Mar 15	Daughter of Paige Leysath
Amielyn Cortez Melancon	Mar 18	Daughter of Eugene Cortez, Sr.
Denise Olga Gorman	Mar 21	Daughter of Charlene Gorman
John Michael Smith	Mar 22	Son of Carole A. Clark
Amie Miller	Mar 22	Daughter of Dawn and Darwin Miller
Kasey Bernard	Mar 23	Daughter of Lynne Bernard
Jonathan Coslan	Mar 23	Son of Sheila and John Coslan
William John Smeltz	Mar 24	Son of Janice and Victor Smeltz; Brother of Nicholas
Elizabeth M. Vaughn	Mar 24	Daughter of Wanda Vicari
Gerry Provance	Mar 25	Son of Gerry and Linda Provance; Brother of Deena
David P. Reinhardt	Mar 26	Son of Debra Becnel
Christopher Brady	Mar 26	Son of Janice Brady
Rachel Marie Scillitani	Mar 27	Daughter of Samuel J Scillitani, Jr.
Michael A. Baker	Mar 29	Son of Shoneka and Alexander Hamilton
Michelle "Shelly" Haensel	Mar 30	Daughter of Cookie and Bill Haensel; Sister of Nicole and Natalie
Brooke Anne Matlock	Mar 31	Daughter of Teresa Johnson; Sister of Amy; Granddaughter of Dixie Wherry

Angel Anniversaries

Brandon J. Bartholomew	Mar 7	Son of Ellen Bartholomew
David P. Reinhardt	Mar 8	Son of Debra Becnel
Beth Ann Hensen	Mar 8	Daughter of Jane Hensen
Keith Howard Reppel	Mar 8	Son of Keith Reppel
Daniel B. Bolner, III	Mar 9	Son of Daniel Bolner, Jr., Father of Gracen Bolner
Richard "Ricky" Smith	Mar 13	Son of Carole A. Clark
Hassaan Riles	Mar 13	Son of Hishaunda Riles
Brian Storms	Mar 14	Son of Barbara Storms
Carrie Ellen Gore	Mar 15	Daughter of Don & Ann Gore
Chelsi Hampton Gourrier	Mar 21	Daughter of Audrey Duncan Hampton
Ayme Mills Hopkins	Mar 23	Daughter of Susan Monroe
Rene James Rachel	Mar 29	Son of Kathy Rachel



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