



The Compassionate Friends

Greater New Orleans Chapter

Supporting Family After a Child Dies

VOLUME 6, ISSUE 11

November 2024

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

SAVE THE DATE – DECEMBER 8TH

WorldWide Candle Lighting

To be held near the Children's Memorial Garden in Lafreniere Park
See attached flyer for more details.

New TCF-GNO Chapter Sibling Entity

Sibling Zoom Meeting to be held 11/21/2024

For more information on our new Sibling Entity please see Page 3.

Out of the Darkness Community Walk

To be held on 11/09/2024. For more information on Page 3.

Brick Orders Due November 1st

CHILDREN'S MEMORIAL GARDEN BRICKS are available to Honor our Children. Brick Forms are available at www.tcfneworleans.com or email a request at tcfnola@gmail.com.

WAVES OF GRIEF

The day I lost Christy, the world became a different place. The sky was still blue, the sun still rose and set, but everything felt off-kilter, like the axis of my life had shifted, and I was stumbling in the dark. It was the kind of pain that took your breath away, that wrapped around your heart like a vice and squeezed until there was nothing left but a hollow, aching emptiness.

Continued on Page 3 – See Waves

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. The October Birthday Cake was sponsored by Andree Charvet in memory of her son William "Billy" Laderer. The November Birthday Cake is co-sponsored by Carmen Snow in memory of her son Vinney Snow; and also co-sponsored by Cheryl and Roland Bourgeois in memory of their son Jeremy Bourgeois.

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.

DECEMBER MEETING WILL BE VIA ZOOM ON MONDAY, DEC. 9, 2024

Please join us from the comfort of home while sharing memories with other members.

NEXT MONTHLY MEETING:

November 11, 2024

Lafreniere Park Foundation

Center Conference Room

7:00 – 9:00 pm

2nd Monday of every month

UPCOMING MEETINGS:

8 Jan 24	19 Feb 24	11 Mar 24
8 Apr 24	13 May 24	10 Jun 24
8 Jul 24	12 Aug 24	9 Sep 24
14 Oct 24	11 Nov 24	9 Dec 24 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 27, 2024 – held in the Children's Memorial Garden in Lafreniere Park

Memorial Walk and Auction

October 19, 2024 – held in the Children's Memorial Garden in Lafreniere Park

WorldWide Candle Lighting

December 8, 2024 – Held in the Foundation Center Patio in Lafreniere Park

Our Monthly Meetings

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
Treasurer	Isabel Vigne-Miranda
Facilitator	Millie Hunton
Newsletter Editor	William Hunton
Webmaster	Jason Vicari
Database Management	Jerrie Vicari
Outreach Committee	Dena Peters
Hospitality	Jan Dutilh
Coffee Hostess	Patsy Ashton
Memorial Park Director	Jacques Bitoun

Steering Committee: William Hunton, Millie Hunton, Jan Dutilh, Dena Peters, Isabel Miranda-Vigne, Patsy Ashton, and Christi Vercher.

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 sponsor our cake to recognize their child's birthday. Please notify me if you wish to sponsor our Birthday Cake, **William Hunton (504) 265-0581**.

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

TCF Greater New Orleans Children's Memorial Garden Bricks

Our Children's Memorial Garden Brick orders deadline is November 1, 2024. Please see attached order form

Waves (cont. from Page 1)

Our relationship hadn't been easy. For several years, Christy and I had been estranged. We drifted apart, after a series of misunderstandings, arguments, and hurt feelings that created a rift between us. I always believed we would find our way back to each other. I thought time would heal our wounds, that one day, she'd walk through the door, and we'd talk, really talk, the way we used to.

But time slipped away, and we stayed apart. Our communication became sparse, then non-existent. I always had a small glimmer of hope that maybe, just maybe, we could rebuild our relationship.

When I learned that Christy had taken her own life, it felt like the world had collapsed in on itself. Grief and guilt hit me like a tidal wave, pulling me under, and leaving me gasping for air. The pain of losing her was immense, but the regret, the unanswered questions, the unspoken words—it was all too much to bear.

The nights were the hardest. Lying in bed, staring at the ceiling, I would wait for sleep to take me, but it rarely did. Instead, I would lie there, my mind replaying the last conversation we had, searching for clues that I might have missed, wondering what I could have done differently. My mind became a relentless machine, churning through memories and regrets, over and over again.

Sometimes, I would find myself angry. Angry at Christy for leaving, for giving up, for not reaching out one last time. I was angry at the universe, at the unfairness of it all, at the cruel twist that took her away from me. But mostly, I was angry at myself. I felt like I had failed her, that I hadn't seen her pain, that I hadn't been able to save her. The guilt was like a shadow that followed me everywhere, whispering that I should have done more, been more, loved more.

But, underneath all that anger, there was an ocean of sadness. A deep, unending sorrow that threatened to swallow me whole. I missed her so much it physically hurt, a dull ache that settled in my chest and never left. I missed her voice, her smile, the way her eyes lit up when she talked about something she loved. I missed the way she would come and sit with me when she was younger, telling me about her day, her hopes, her dreams. I missed her laugh, her hugs, her presence. It was like losing a part of myself, like a piece of my heart had been ripped away, leaving a raw, bleeding wound.

People tell me that time will heal, and that eventually, I will learn to live with the loss. But it doesn't feel that way. Time doesn't heal; it only makes the days longer, and the nights darker. I don't know how to live without her, how to move forward when every step felt like a betrayal of her memory.

As time passes, the intensity of the pain ebbed and flowed like the tides. Some days are almost bearable, and I can breathe a little easier, the sharp edges of grief softened by the passage of time. But then, out of nowhere, a memory or a song or a scent brings it all back, and I would be right there again, in that moment of loss, my heart breaking all over again.

I'm beginning to understand that grief is not something you get over but something you learn to carry. It becomes a part of you, woven into the fabric of your being. It changes shape, sometimes shrinking to a dull ache, other times swelling into a tidal wave that knocks you off your feet. But you learn to navigate it, to ride the waves, to find moments of peace amidst the storm.

And in those moments, I try to remember the love. The love that Christy brought into my life, the light that she was, the joy she brought. I hold onto those memories, letting them fill the spaces where the pain once was. I try to live in a way that honors her, to carry her spirit forward, to keep her memory alive.

Christy's loss is a wound that will never fully heal, a pain that will never completely fade. But amidst the grief, there is also a deep, abiding love that will always remain. A love that is stronger than death, that transcends the boundaries of time and space. A love that will always, always be with me, even in the darkest moments.

And so, I carry on. One day at a time, one step at a time, learning to live with the loss, to honor Christy's memory, and to find a way forward, even when the path is uncertain. I carry her with me, always, in my heart, in my soul, in the very essence of who I am.

For Christy, my beautiful, beloved daughter, I carry on.

by Debbie Glory Maxwell, TCF Greater New Orleans Chapter Member and Christy Schnell's mom

Out of the Darkness Community Walk

To be held on 11/09/2024 at Lafreniere Park. Program starts at 10:00am.

Contact: Meghan Goldbeck, 504-220-6100, mgoldbeck@afsp.org.

American Foundation for Suicide Prevention – Visit www.afsp.org/walk to register

New Sibling Entity

Our next GNO Siblings Zoom Meeting will be held 11/21/24, 7:00pm - 8:30

Click <https://us04web.zoom.us/j/4763266796?pwd=2DLsESGSudSNzyGK18zITDRFwnkVE7.1&omn=79175929177>

to start or join a scheduled Zoom meeting. Meeting ID # 4763266796; Passcode: K2EntH. For more information please contact Jaimie Kimball at jkimball88@hotmail.com or call (504) 559-2438.

GRIEVING ON THE JOB: HOW TO NAVIGATE WORK AFTER THE DEATH OF A CHILD

Roger Harden was relaxing at home on a Friday evening when his phone rang. Seeing his son TJ's number on the screen, he answered, saying "Hey son, what's up?" After a long silence, an unfamiliar voice said, "Mr. Harden, this is Kevin, deputy coroner for Jersey County. There's been an accident."

TJ had been driving up a levee near work when his truck flipped. According to Kevin, TJ had died instantly.

After a brief conversation, Roger hung up the phone. His 30-year-old son was dead. Life as he knew it was over, but Roger had phone calls to make: to his ex-wife, TJ's mom; his younger son; his father; texts to send to his manager and a close friend at Delta Air Lines where he works; a funeral to plan.

Grief is an inescapable part of life. The death of a child or sibling is shattering, and when it happens, we bring our pain and sadness to work with us. Yet the vast majority of workplaces are ill-prepared to navigate the minefield of loss.

Very few managers receive training on how to support a grieving employee and many have little to no experience dealing with significant losses of their own. Despite their best intentions, they may say and do the wrong thing. They may neglect to tell your coworkers your child has died. They may check in infrequently to see how you're handling the return to work and stop all together once you appear to be doing better.

Although virtually everyone who's grieving returns to work before they're ready, here are some ways to ease the transition and garner support from your boss and your team:

Begin with what you need.

- Think about the return. Do you want to start on Monday and work a full week? Or would you prefer to come back on Thursday or Friday? Would it help to stop by the office for a short visit first to get the initial conversations with your coworkers out of the way?
- If you have an in-person role, would you prefer to work from home for a while? If you work remotely, would you prefer to be in the office, either to be around your team or to have a refuge from your grief?
- Consider whether you want your colleagues to bring up your loss. Are there circumstances when you don't want people to approach you? Do you want your coworkers to send cards, offer to drop off a meal, leave flowers on your desk?
- Roger's boss told him to take all the time he needed, but two weeks after TJ's death, Roger realized he couldn't sit home alone any longer. When he returned to work, his manager asked, "What are you doing here?" Roger said, "I can't stay at home." His manager nodded and said, "Fair enough."

Reach out to your boss.

- Begin by confirming that everyone knows about your loss. Roger's bosses made sure his team and the others he worked with knew about TJ's death, which eliminated his need to share the awful news. It also prevented awkward encounters with coworkers cheerfully asking where he'd gone during his time off.
- Discuss the timing and details of your return and request any accommodations you'll need for funeral arrangements, grief support, child care, etc.
- Let your boss know whether you want your colleagues to mention your loss at work and how you want them to acknowledge it, if at all.

Consider what you can and can't do.

- Your boss and your colleagues can't read your mind. Although they may offer to help, they won't know what you do and don't need. Think about the responsibilities of your position and what might feel hard or impossible right now. Could you talk to suppliers on the phone? Meet with customers? Deliver a presentation?
- Your brain may feel fuzzy, and focusing may be a challenge. Consider asking one of your colleagues to check your work for typos or mathematical errors before it's sent to a customer or another department.
- After returning to work, Roger felt as though he was going through the motions. "I'm the expert on electrical discharge machines (EDM), and I can run the EDM blindfolded. So that's what I did. I took all the EDM projects, whether they were a high priority or not, and everyone was okay with that. I knew my brain wasn't working the way it should, but I also knew I needed to be at work and keep my brain functioning."

Ask your boss or a trusted colleague to serve as your point person.

- Even well-meaning coworkers will make mistakes. They'll bring up your loss or inquire about whether you're doing okay, even if you asked them not to. The person you least want to spend time with will keep cornering you in the breakroom or popping into your cubicle to invite you out for coffee. Colleagues won't understand why mentioning your loved one's name or asking how your kids are coping just before an all staff meeting or client presentation is the wrong time. A point person can redirect an overly eager coworker or gently educate your team on how and when to broach your loss.

Continued on Page 13 – On The Job

Love Gift Dedication in Memory of

Kenneth R, Herbert

September 26, 1954 – November 11, 1972

Loved and never forgotten, Your Sister, Sue

Dedication sent in by Susan Viener





Newsletter Dedication in Loving Memory of

Jarrett David Maldonado

November 9, 1993 - February 21, 2024



Our beautiful son's incredible heart & soul, ❤️

His beautiful memories,

His beautiful smile,

Will forever be imprinted in our hearts.

We miss you so much baby, *Sweet dream's* forever, 👤

Dedication sent in by Lydia and Edward Hill

Love you Mom & Dad



Newsletter Dedication in Loving Memory of

Reinaldo Armas

November 24, 1979 - August 10, 2023



I miss your smile.

I miss hearing your voice.

You are forever in my heart.

Love, Ma

Dedication sent in by Yolanda Lundsgaard



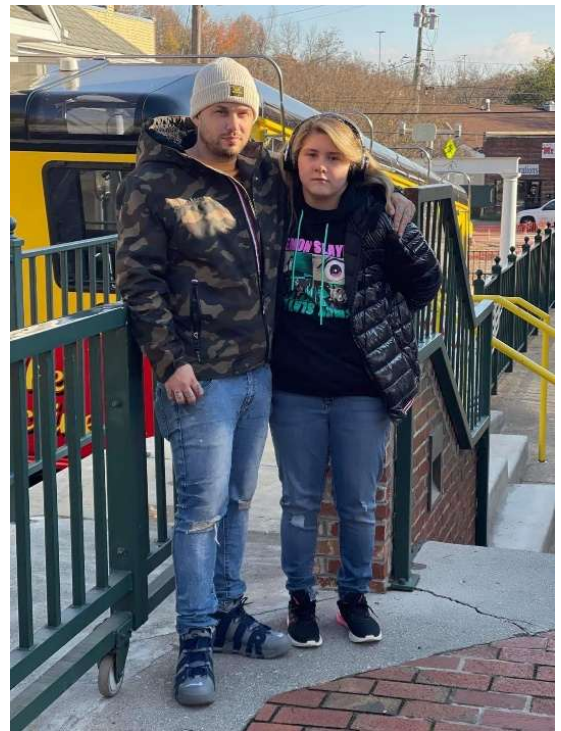
Newsletter Dedication in Loving Memory of Vinny Snow

October 27, 1987 - March 29, 2022

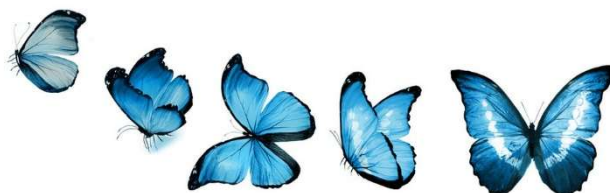


I hope you knew how special you were. How beautiful you were. How much fun you were. How you brightened a room. How you blessed our lives. How proud we were of you. How much we enjoyed being with you. How many smiles you gave us. How loved you were. I hope you know how much we still love you. How much you are missed. How we are trying to keep going. How we think of you always. How we are trying to smile again. How God is giving us strength. How your life and death touched so many. I hope you don't know how lonely we are without you. How many tears we have cried and will cry. How angry we get sometimes. How our hearts break more daily. How sad your sons look sometimes. How this sadness will go on and on. How many things we will never get to do. How many things don't matter anymore. How we'll never get over losing you.

Love you always, Mom, Gigi, Paige, lil Vinny, and Vantz



Dedication sent in by Carmen Snow





*Newsletter Dedication in Loving Memory of
Aliesha Narain*

February 6, 1977 - November 4, 2010




In Loving and Everlasting Memory Of Our Daughter, Aliesha.

Oh how we wish we could see YOU one more time walking through the door.

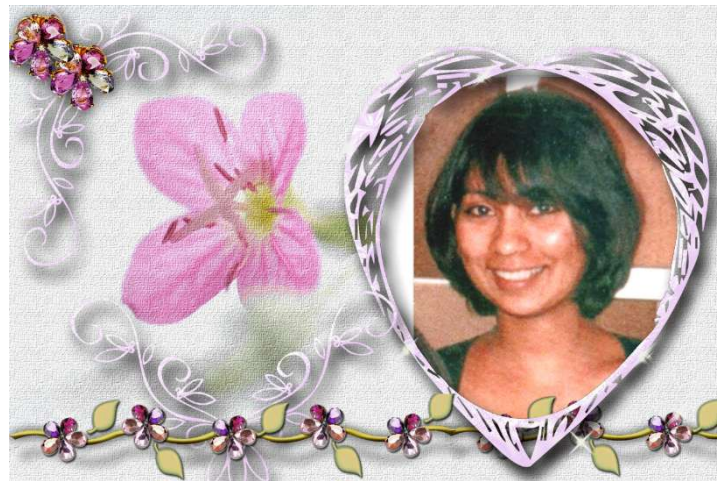
We know that you can feel our tears and don't want us to cry. But yet our hearts are broken because we'll never understand why you had to go.

We keep praying that God will continue to give us the strength to get through the struggle with the heartache that came when we sadly lost YOU.

We will forever keep YOU safely in our hearts our precious Angel! 

*We Love You so deeply ,
Mom, Dad, Sister, Brother and Nephews.*

Dedication sent in by Farida Narain





Newsletter Dedication in Loving Memory of Alexis Bounds

November 9, 1981 - July 24, 2019



Happy Heavenly Birthday, Alexis!

37 Forever Young! This year for your 43rd birthday, I plan to celebrate you by having a (virtual) ice cream party with your children and friends. My link will say get an ice cream, log on and wish Alexis happy birthday! Alexis' birthday will always remain special, important and downright hard. Together we can share our love and memories of Alexis.

I know some people may not be available, but I will encourage them to share Alexis stories and send pictures celebrating you and having ice cream with their families.

I'll never forget what a wonderful daughter and spectacular mom you were. I continue to treasure our memories as well as with your children.

I know your boys are missing you. Lincoln recently told me he wished he could talk to you one more time, hug you one more time, see you one more time and tell you goodbye. These days are heart-wrenching. I encouraged him to talk to you and that you are always with him and listening. I told him that I pray and talk to you often and that he can do the same. He told me that he did say a prayer for you.

I've updated a Photoshop picture of you with each of the boys. Both of them said they like the pictures and I added the new pictures in their photo frames in their rooms.

I know you will continue to be our guardian angel and watch over us. You're still alive in everything that I do. I continue to feel your presence and treasure the signs that you send to me and your boys. Cheers to you on your birthday! You are missed by many family and friends.

Love, Mom ❤️🍰🎈🍦🍷🎉

Dedication sent in by Peggy and Roger Boardman



William M Cain, Jr

11/17/1986-4/21/2014

A Picture Of You
By Deborah Robinson

I only have a picture now
a frozen piece of time –
To remind me of how it was
when you were here, and mine.
I see your smiling eyes
each morning when I wake –
I talk to you, and place a kiss
upon your lovely face.
How much I miss you being here
I really cannot say –



The ache is deep inside my heart
and never goes away.
I hear it mentioned often
that time will heal the pain –
But if I'm being honest
I hope it will remain.
I need to feel you constantly
to get me through the day –



I loved you so very much
why did you go away?
The angels came and took you
that really wasn't fair –
They took my one and only Son
my future life. My heir.
If only they had asked me
if I would take your place –
I would have done so willingly
leaving you this world to grace.



You should have had so many years
to watch your life unfold –
And in the mist of this,
watch me, your Mom grow old!
I hope you're watching from above
at the daily tasks I do –
And let there be no doubt at all
I really do love you.

Happy Heavenly Birthday...Love, Mom

Dedication sent in by Vicki Cain



WILLIAM M CAIN, JR
11/17/86 - 4/21/14





Newsletter Dedication in Loving Memory of

Trey Dutilh

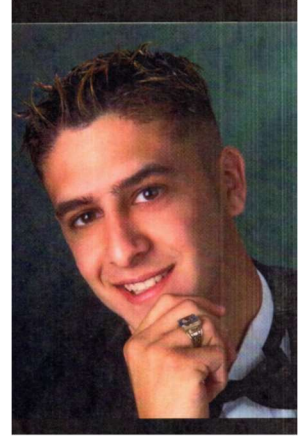
November 30, 1984 ~ December 13, 2014



AN ETERNAL MEMORY OF A MUCH LOVED SON



This is for someone wonderful as loved
as one could be
for you were everything in life
you meant the world, you see
And sometimes life can be unkind
When hearts are torn in two
But nothing ever could compare
to the pain of losing you
But all the love you left behind,
Forever will live on
And so until we meet again
Rest peacefully, dear Son.



Dear Trey, I was sitting in the deer stand that we built together, and you camouflaged with cans of paid and wild leaves from the forest. The beautiful red cardinals were singing, and a cottontail was eating. In the field. The empty chair was next to me, but I knew you were sitting there too. I said a little prayer to you and there came momma deer and her two fawns, so I could watch them play. Thank you for listening to me and always watching over us. Our hearts will be forever broken, but we will look forward to the day we will be together again. Happy Heavenly 40th Birthday Trey!

We Love & Miss you,
Dad, Mom, Andrea and Stella



Dedication sent in by Jan and Ted Dutilh



Newsletter Dedication in Memory of *Stephan Osbourn* November 11, 1993 – February 19, 2022



Dear Stephan,

Today would have been your 31st birthday, my dear son, and my heart is heavy with the knowledge that you are no longer here with us. As I write this letter, tears stream down my face, and my emotions are a mix of sadness, grief, and a profound sense of loss. I miss you so much, Stephan, and I wish I could have celebrated this milestone with you.

I want you to know that despite the struggles you faced with drug addiction, my love for you never wavered. I saw the beautiful soul within you, the person you truly were beyond the grip of addiction. Your struggles did not define you, my son. You were so much more than that. You were intelligent, compassionate, and talented in so many ways. Your smile, when it appeared, could light up a room, and your laughter was infectious.

I remember the times we spent together, the laughter and joy we shared. I remember your dreams and aspirations, the potential that shone so brightly within you. I held onto the hope that you would overcome your addiction, that you would find your way back to the life you deserved. But addiction is a relentless beast, and it stole you away from us far too soon.

On this day, I am reminded of the dreams and possibilities that were cut short. I mourn the life that could have been, the milestones we could have celebrated together. It breaks my heart to think of the pain and struggles you endured, the battles you fought in silence. I wish I could have done more to help you, to save you from the clutches of it all.

But I want you to know, my dear Stephan, that I am not defined by regrets. Instead, I choose to remember the moments of joy and love we shared. The endless fun & love we shared, the cookouts, the fire pits & of course the fishing adventures. I choose to remember the beautiful person you were before your struggles ensued. I choose to remember your smile, your laughter, and your love for life. The precious boy with ringlet curls and a smile as big as the sky is the Stephan I will always hold close in my heart.

As I celebrate your 30th birthday, I will honor your memory by spreading awareness about addiction and advocating for those who are still fighting this battle. I want to help others, to prevent families from experiencing the heartache that we have endured. Your struggle will not be in vain, Stephan. I will carry your legacy forward, thru Kross and I will do everything in my power to make a difference.

Although you are no longer here, I believe that your spirit is free from the pain and suffering that addiction brought you. I hope that you have found peace, my precious son. I hope that from heaven you can feel the love that surrounds you still on earth and the impact you had on my life.

On this day, and every day, I will hold you close in shattered heart.

You were and always will be my beloved son, full of potential, love, and light. Happy 31st birthday, my sweet boy.

With all my love, Momma

Dedication sent in by Jessica Lauer





Newsletter Dedication in Memory of *Jeremy Bourgeois* November 17, 1986 – December 2, 2021



ON THE DEATH OF THE BELOVED

Though we need to weep your loss,
You dwell in that safe place in our hearts
Where no storm or night or pain can reach you.

Your love was like the dawn
Brightening over our lives,
Awakening beneath the dark
A further adventure of color.

The sound of your voice
Found for us
A new music
That brightened everything.

Whatever you enfolded in your gaze
Quickened in the joy of its being;
You placed smiles like flowers
On the altar of the heart,
Your mind always sparkled
With the wonder at things.

Though your days here were brief,
Your spirit was alive, awake, complete.

Though we cannot see you with outward eyes,
We know our souls gaze is upon your face,
Smiling back at us from within everything
To which we bring our best refinement.

We look toward each other no longer
From the old distance of our names;
Now you dwell inside the rhythm of breath,
As close to us as we are to ourselves.



Let us not look for you only in memory,
Where we would grow lonely without you.
You would want us to find you in presence,
Besides us when beauty brightens,
When kindness glows
And music echoes eternal tones.

When orchids brighten the earth,
Darkest winter has turned to spring;
May this dark grief flower with hope
In every heart that loves you.

May you continue to inspire us:
To enter each day with a generous heart.
To serve the call of courage and love
Until we see your beautiful face again
In that land where there is no more separation,
Where all tears will be wiped from our mind,
And where we will never lose you again.

By John O'Donohue



"Always in Our Hearts"

Mom, Dad, Chad, Annie, and Maggie"

Dedication sent in by Cheryl and Roland Bourgeois





Love Gift Dedication in Memory of *Jeremy Bourgeois* November 17, 1986 – December 2, 2021



"You may be out of sight, but you're never out of mind. Happy heavenly birthday. We miss you."

*Love your older siblings,
Annie and Chad*

Dedication sent in by Annie Vaughn

On The Job (cont. from Page 4)

Prepare to cry at work.

- Grief is unpredictable, and triggers are everywhere. Carry tissues at all times. If you don't have an office, find a safe space to retreat to if you need a few minutes alone. A private bathroom, a close friend's office, a rarely used conference room, a quiet spot outside.

Be honest with your colleagues.

- If you're struggling, ask for help. Your boss and your team can't support you if they don't know what you need. If you want a decrease in your workload or a different assignment, say so. If the holidays are triggering or the anniversary of your child's death is approaching, ask about taking time off.
- Roger connected early on with a coworker at Delta named Tim Moyer who had also lost his son. Roger sent unfiltered emails to Tim asking questions like "Who cries in the blade tip grinding room? Or at Lowe's or Ollie's Bargain Outlet?" Tim responded by saying, "Congratulations. You're normal."

Know that your needs will change over time.

- Your grief will ebb and flow. The acute pain will ease, but you will still get blindsided by sadness. Keep your boss and point person updated on how you're doing, what you're finding challenging and where you need extra help or support. They won't know anything has changed if you don't tell them.

Give yourself grace.

- Weighed down with grief, you may snap at a coworker or burst into tears during a meeting. Months, even years, after your child or sibling dies, you may struggle to concentrate at times or feel stressed or anxious. Conversely, you may discover that work is a safe haven from your sadness. You'll find yourself joking with a colleague or allowing a project to distract you from your loss. Remind yourself that you are doing the best you can.

Most of all, remember to breathe. "For me," Roger said, "for most machinists, we hate making mistakes. We hate getting things wrong. We hate missing details, and we hate scrapping parts. But if you can pause, take measured steps, do what you know how to do in the way you know how to do it, you can still get the job done."

Our Children Remembered



Angel Birthdays

Korey Patrick Spindel	Nov 3	Son of Judy and Keith Spindel
Craig Lemoine	Nov 3	Son of Liz and Dan Lemoine
Kimberly "Kim" Adams	Nov 5	Daughter of Mary and Aubrey Adams
Matthew T. Booth	Nov 6	Brother of Fran Webber
Alex Belsome	Nov 6	Son of Kelly and Perry Staub
Nicholas "Nick" Pezant	Nov 8	Son of Denise St. Pierre; Brother of Emily
Destinie Fate LeBlanc	Nov 9	Daughter of Jolene and Mark Conlin
Jarrett David Maldonado	Nov 9	Son of Lydia and Edward Hill
Alexis Bounds	Nov 9	Daughter of Peggy and Roger Boardman
Stephan Osbourn	Nov 11	Son of Jessica Lauer
Stephen Gustin	Nov 13	Son of Annette Gustin; Nephew of Ann and Richard Folk
Dawson A. Theriot	Nov 13	Son of Sheri Theriot
Jeffrey Samuel Rodosta	Nov 16	Son of Margie Galloway
Jeremy Bourgeois	Nov 17	Son of Cheryl and Roland Bourgeois, Brother of Annie Vaughn
William M. Cain, Jr.	Nov 17	Son of Vicki Cain
Heather Ashleigh Butler	Nov 18	Daughter of William and Elizabeth Butler
Gilgamesh Homan	Nov 21	Son of Michael Homan
Lawrence Herr	Nov 22	Brother of Therese Homan
Amir Davis	Nov 22	Son of Myya Brown and Akeem Davis
Nancy Elizabeth Lamantia	Nov 22	Daughter of Pat and Steve Lamantia
Zachary Clay	Nov 24	Son of Sacha and Roy Clay; Brother of Alexander
Reinaldo Armas	Nov 24	Son of Yolanda Lundsgaard
Seth Michael Piazza	Nov 25	Grandson of Mary Ann Piazza
Trey Dutilh	Nov 30	Son of Jan and Ed Dutilh; Brother of Andrea

Angel Anniversaries

Aliesha Narain	Nov 4	Daughter of Farida Narain
Colby Wayne Adams	Nov 4	Son of Stephanie and Wayne Adams; Brother of Devon
Dean Thomas Laurent	Nov 5	Son of Victoria and Terry Laurent; Br of Natasha, Troy and Josh
Kristen Lee Nye	Nov 6	Daughter of Barbara Nye
Joshua Chestnut	Nov 7	Son of Colleen Chestnut
Je'Ryan T. M. Edwards	Nov 10	Son of Linda Edwards
Kenneth R. Hebert	Nov 11	Brother of Susan Viener
Jackelyn Angelee Campbell	Nov 12	Daughter of Rebecca and Keith Campbell
Amelia C. Phares	Nov 14	Daughter of Kimberly Phares
Gerard "Jed" Schulin	Nov 16	Son of Cynthia and Gerard Schulin
Grayson Breaux	Nov 18	Son of Marilyn Breaux
Chris John Doyle III	Nov 19	Son of Jeanne Labat and Chris Doyle; Brother of Megan
Geri Lynn Wilson Cheatham	Nov 21	Daughter of Linda Wilson
William Rexford	Nov 22	Son of JoAnn Roy; Brother of Renee Roy
Amir Davis	Nov 22	Son of Myya Brown and Akeem Davis
Jennifer Marshall	Nov 23	Daughter of Cindy Marshall
Eric Soroe	Nov 23	Brother of Robin Soroe
Eugene Webber, III	Nov 25	Son of Kathy and Kennedy Cook
Eric Hansen	Nov 25	Son of Marilyn Hansen; Brother of Karen Hansen
Dustin Houston	Nov 27	Son of Miriam Ruiz
Akeem Davis Jr	Nov 28	Son of Myya Brown and Akeem Davis
David P. Castaneda	Nov 29	Son of Patricia Castenada



**Phone
Friend
List**

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

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