

For Siblings



Everything is a First – A Sibling's Perspective

Everything is a first. Many moments must be faced. There are the first holidays, the first anniversary, the first birthday. Thoughts about my brother Dave will always be with us. It's never more than a sentence away from me . . . NEVER!

The ordinary cannot be ordinary. A certain phrase, a look, or an article of clothing can trigger thoughts and emotions. The joy of my senior year in college was interrupted by sad reality. FORGET? How is this possible?

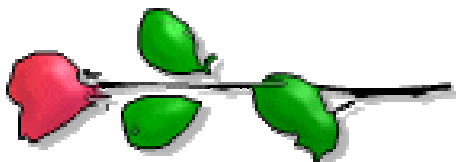
The days and months following my brother's death were filled with grief. Flowers and food were everywhere – love and concerns were translated into strength that kept me moving one step at a time.

People don't know what to say—nothing is NORMAL. Tragedy has brought a seriousness to my life. Thoughts about the meaning of life and the unimportance of a lot of things I have previously found important are circulating in my mind. I think about my own funeral now. When will it be?

Tomorrow, next week, next year, before or after my parents? There are good days and bad days. I am learning to deal with all of this.

People ask me "How are you?" Here is my answer: "I am mad Dave died at the age of 17. I am angry that my parents have to go through this. I am confused about my role in the family. I am jealous of other families. I am sad. I am fearful about the future. I am hopeful things will get better. I am courageous. I think about my brother every day. I will be strong."

By Lisa Ann Jones, Avoda, PA
Reprinted from Northshore/Boston Newsletter Sept 2010



New Sibling Facebook Group

Reprinted from TCF Atlanta Online E-Newsletter, Sept 2010

"I am so proud of our Atlanta Chapter Sibling Group. As most of you know there are very few chapters that have "sibling groups" and we are one of those fortunate groups. It has been active for at least 15 -

20 years thanks to all the siblings and their dedication to the group. Currently we have 3 wonderful sibling leaders, Nina, Rachel and Denise. They have started a Facebook Page to address sibling grief. Please pass this link along to any bereaved sibling you know. It is open to parents too but they want to focus on the sibling grief issues. I joined because I want to understand better my daughter's grief.

For more information about our sibling group, please visit our website:
<http://www.tcfatlanta.org/sibling.html>

All you need is a Facebook account...and they are free. <http://www.facebook.com/>

Siblings Abound at the 2010 TCF National Conference in Crystal City



33RD
National
Conference
Arlington,
Virginia
JULY 2-4, 2010

For more than a year, conference committee members worked hard to make the National Conference a success not just for bereaved parents, but for bereaved siblings as well. Careful attention was made to ensure that creative and self-exploring workshops were made available to sibs of all ages as well as exciting and entertaining activities that facilitated siblings, meeting one another and sharing their unique stories. This year's attendance by siblings was one of the largest ever, with more than 300 registered siblings.

Next year promises to be even better as committee members are working to continue making improvements to the Sibling Conference Program in Minneapolis, MN. If you have any suggestions, please contact the National Office. If you'd like to present a sibling workshop, you can fill out a "Call for Presenters" form, available from the National Conference page on TCF's national website.

By Ben Sieff
Sibling Rep, TCF Board of Directors
6 Reprinted from *We Need Not Walk Alone*, Autumn 2010