



CHRISTMAS EDITION-2025



**Friendship and Support
The Compassionate Friends
SOUTH AUSTRALIA**

***OFFERING FRIENDSHIP & SUPPORT BETWEEN BEREAVED
PARENTS, GRANDPARENTS & SIBLINGS***



National Grief Support Line
Free Call – 1300 064 068
The Compassionate Friends South Australia – 0456 820 133
www.compassionatefriendssa.org.au



A festive poster for the TCFSA Christmas Raffle. The background is dark blue with white snowflakes, Santa Claus figures, and wrapped gifts. At the top, 'TCFSA' is written in orange inside a white oval. Below it, 'CHRISTMAS' is in large red letters and 'Raffle' is in large white letters. A red banner with white diagonal stripes contains the text: 'TICKETS - \$5 EACH', '1st Prize - Gift Basket valued up to \$200', '2nd Prize - Gift Basket valued up to \$100', '3rd Prize - Gift Basket valued up to \$80', and '*Plus, a Mystery Prize valued up to \$180'. Below the banner, two yellow and red megaphones point towards a white box containing the text: 'WINNERS WILL BE ANNOUNCED ON THE 13TH DECEMBER 2025 @ THE CHRISTMAS CANDLE LIGHTING EVENT'.

TCFSA

CHRISTMAS Raffle

TICKETS - \$5 EACH

1st Prize – Gift Basket valued up to \$200
2nd Prize – Gift Basket valued up to \$100
3rd Prize – Gift Basket valued up to \$80
*Plus, a Mystery Prize valued up to \$180

Thank you for your Support

WINNERS WILL BE ANNOUNCED ON THE 13TH DECEMBER 2025 @ THE CHRISTMAS CANDLE LIGHTING EVENT

A big shout-out to Connie, Vicki, Helen and Deb-TCFSA Committee for putting together such beautiful Gift Baskets for the Christmas Fundraiser Raffle-2025. A huge “THANK YOU” ladies. “The Gift Baskets are Sensational”

“THANK YOU” to everyone who donated and offered support to our Christmas Fundraiser 2025





The Compassionate Friends of South Australia (TCFSA)
Supporting Bereaved Parents, Grandparents and Siblings

As part of the World-Wide Candle Lighting Ceremony
We light a candle for all the children who are no longer with
US...

JOIN US

CHRISTMAS CANDLE LIGHT

Date: Saturday 13TH December 2025
Time: 11.00am to 3.00pm
Venue: Eastwood Community Centre
95 Glen Osmond Road
EASTWOOD SA 5063



****Please bring a plate to share & BYO drinks.***

We are creating a special memorial slide show to honor the lives of our loved ones.
If you would like to include a photo of your child in the slide show, please submit:
Up to 5 photos of your child, A special song that reminds you of them, A saying or quote that resonates with you. Your submission will help us create a beautiful tribute to our children.

RSVP by 5th December 2025

to: tcfsainc@outlook.com

or mobile: 0456 820 133 (phone/text)

***Send details for memorial slide show to: tcfsainc@outlook.com**

***ATTENTION GRAEME CROOK**



WORLDWIDE CANDLE LIGHTING DAY

In honor of children who have passed away, we light candles as symbols of our love, hope, and remembrance.



SUNDAY 14th DECEMBER 2025

Worldwide Candle Lighting Day falls on every second Sunday of December, falling this year on **Sunday 14th December 2025**. This annual event is a virtual 24-hour global candle-lighting ceremony symbolising compassionate support for families grieving the loss of a child. The Compassionate Friends Worldwide Candle Lighting on the 2nd Sunday in December unites family and friends around the globe in lighting candles for one hour to honour the memories of the sons, daughters, brothers, sisters, and grandchildren who left too soon.

As candles are lit on Sunday 14th December 2025 at 7:00 pm local time, hundreds of thousands of people commemorate and honor the memory of all children gone too soon. Now believed to be the largest mass candle lighting on the globe, the annual Worldwide Candle Lighting (WCL), a gift to the bereavement community from The Compassionate Friends, creates a virtual 24-hour wave of light as it moves from time zone to time zone. TCF's WCL started in the United States in 1997 as a small internet observance and has since swelled in numbers as word has spread throughout the world of the remembrance. Hundreds of formal candle lighting events are held, and thousands of informal candle lightings are conducted in homes, as families gather in quiet remembrance of children who have died and will never be forgotten.

Every year you are invited to post a message on the **Worldwide Candle Lighting Memorial Wall** which will be available, during the event. The Memorial Wall will be open to post a message from **Monday 1st December 2025 through to Saturday 13th December 2025**.

"This Light Shines as a Symbol of a Life and Love Remembered"



Coping with Christmas and other seasonal events.



It can seem like there is no escape. Christmas in particular is all over the shops and streets, on TV, radio, in magazines, on the web and social media. The emphasis on all things joyful and life affirming can leave us bereaved parents feeling even more isolated by our grief. The 'happy greetings' we receive from other people may seem insensitive when we are so devastated. On the other hand, this season could also give us welcome pause from the daily grind of life.

Some bereaved parents find that the run up to the event, with all the accompanying anticipation, can be more difficult to cope with than the actual day itself. In addition to Christmas and other seasonal events, the New Year celebrations looming in the background may also be unwelcome and even dreaded. This is all part of the landscape of our life now and something else to find our way through.

Figuring out how to manage these times and events – especially in the early years of our bereavement – is likely to be an ongoing challenge. For instance, coping with a family reunion when our beloved child or children will not be with us may intensify our yearning for them. On the other hand, finding ways to acknowledge them may bring a little solace, especially if other people join in.

We will also need to cope with other people's expectations of us. We may find the anticipation and stress of what other people seem to feel that we 'should' be doing hard to deal with. Additionally, if we have young children or grandchildren, we will want to consider their needs. For their sake we may choose to continue with our usual traditions, even if this is difficult for us. When everyone else seems to be feeling positive and uplifted by the season, we can feel additional pressure not to come across as negative, gloomy or bringing down the mood.

This season can be hard to bear particularly in the early years of grief, but it's worth remembering that we won't always feel the same. Most of us develop our own ways of coping with our grief. It is not always so intense. As the seasons unfold, year by year, we find our way through. In time, we will feel more confident making our own decisions. We will feel able to decide for ourselves whether or not to give presents, send greeting cards, decorate the home, put up a tree, attend a place of worship, join others in a meal or a time of fasting, or go to a party. We may still have our ups and downs. There may be times when we feel numb, but there may also be times when we actually enjoy ourselves – something perhaps hard to imagine early on in our tragic bereavement.

Ideas to help

Here are some ideas, based on the experiences of bereaved parents, that we hope will be a help as you prepare for this holiday season:

Do what feels right for you.

Try not to allow other people to dictate how you should get through this difficult time of year. Don't feel you have to go to the work parties or festivities if you can't cope with them. There is no right or wrong way with grief. Listen instead to what feels okay for you at the time.

Sometimes you won't know what you will feel like doing until the last minute.

Let people know that you may need to decide on the day and you will come if you feel up to it, but may well not be able to. You might want to say that you will take part for a short time only.

You might like to develop some remembrance rituals involving your child.

For instance, attending a candle-lighting service with other bereaved parents, spending time at a special memorial place for your child on your own or with others, or making or buying a special card, decoration or gift for your child.

You may want to tell people that you want to have your child acknowledged by others at this time.

Family and friends remembering our child with a toast during a festive meal can mean so much. Tell your family members and friends that you'd like to hear your child's name being spoken or memories shared. People often worry about getting it wrong or making us sadder. Sometimes it is up to us to let them know what we want.

It is not being disloyal to your child to feel okay or happy at times.

You might find yourself enjoying a special meal, a drink, the good company of friends, songs and music. You may find comfort in familiar rituals or religious services. Adjusting to life without your child means that hopefully, in time, you will find more joy in living, and not feel guilty about this.

Look for creative ways to pass the time.

It can be helpful to find ways to distract yourself, such as starting a craft project, going on an organised walk, doing a jigsaw puzzle or reading up about a place that you'd like to visit.

Make your own decision about sending festive cards.

Some bereaved parents choose not to. Others like to include their child's name – for example: "Love from me and always remembering xx".

Try to talk with your family and friends about how you are feeling and your wishes for this time.

Having even one person you can confide in can make a real difference because, unfortunately, not everybody in our circle will necessarily be sensitive to our pain.

For surviving children or grandchildren, having a 'normal' celebration can be important.

Their peers at school will be celebrating, and they may want to as well, even though this can be painful for us parents.

Don't put too much stress on yourself.

If there are difficult relations who expect to visit or for you to visit them, try to make things easier on yourself. Tell them you can't do it this year or introduce a time limit - "We'll come over for a quick drink but will only stay an hour." Take time out whenever you can, whether this is to go for a walk alone or with an empathic friend or family member. You may want to take yourself off to another room for periods of time to rest from the effort of making an effort, and to enable you to gather the strength to rejoin the event when you feel able to.

Volunteering can be a positive distraction, and also provide you with company if you don't have other family.

For example, there are many charities that serve meals to the elderly or the homeless at this time of the year. But don't feel that you need to take on anything you don't have the energy or motivation for – try as best you can to be kind to yourself.

Some parents try to avoid celebrations by going away and doing something completely different.

Be aware, though, that sometimes being away from supportive friends or family can be more difficult. Also, the jollity of strangers or their casual questions could make us uncomfortable. Christmas, in particular, is celebrated in different forms in many countries.

Try to take some gentle exercise every day.

This helps boost those much-needed endorphins

Be aware that the New Year celebrations can also be difficult.

The arrival of a new year can feel like you are moving 'further away' from your child. The celebrations of others, wishing you a 'Happy New Year', can intensify your yearning and grief. You can feel isolated from and resentful of the happiness of others. Acknowledge these feelings to yourself and others close to you. It might help to have a plan for the evening of December 31st – whether that is to be alone, or with understanding friends or family, who will allow you to be yourself and remember your child at this time.

After the death of our child, the holidays may continue to be difficult for many years and perhaps even forever. There will be a natural yearning for what might have been, an added poignancy to these occasions. However, we bereaved parents do survive these days, difficult as they are. What matters is that, as far as possible, we are able to do whatever feels right for us, and eventually be able to more easily carry the loving memory of our child with us into future times.

(Shared with Thanks from – Compassionate Friends UK (TCF) Newsletter)



CHRISTMAS POEMS & QUOTES

A Christmas Message from Heaven

Throughout the Christmas season, don't fall into despair.
Relive the special times we shared, I promise I will be there.
You will find me in the stories, of loved ones who stop by,
I am the flickering candlelight; my spirit did not die.
Continue with traditions, and gather around the tree.
I want you to be happy, you were everything to me.
So, fill the house with warm thoughts, and know that I am a part,
Of all the joy the season holds, here always, forever in your heart.

Unknown

Christmas Without You

Although it is sad to reminisce on
Christmases we knew-
This year I will celebrate in memory
of you.

I will put aside my sorrow with
every unshed tear, and concentrate
on all the love we shared when you
were here.

Our time together taught me, what
Christmas time is for, and that's
what I will remember, until we meet
once more.

by Grief & Sympathy

Christmas in Heaven

*What do they do? They come down
to earth to spend it with you.*

*So, save them a seat, just one empty
chair, you may not see them, but
they will be there.*

Unknown


*I smile knowing you are singing Gloria
with the Angels in Heaven this
Christmas. I cry because I can't hear
your voice except in my memories.*

Unknown

Missing you Always- Especially at Christmas

With all the celebrations and
Christmas drawing near,
What I lovely time we would have, if
only you were near.
We would spend so many happy hours,
the way we did before.
Christmas is for loved ones,
and I couldn't miss you more.
When I wake on Christmas Day,
I will look to Heaven above,
And I will remember every smile, and
think of you with love.

(Irish Memory Cards)

*You are everywhere and nowhere
this Christmas-I miss you so much* 

MY WISH FOR CHRISTMAS

Christmas is supposed to be a happy time, but when you lose someone, Christmas just doesn't feel the same. The grief you feel especially around Christmas can suck the joy right out of you. For all the people who may be feeling this way, I just wanted to send a little Christmas wish to all of you. May you find peace and joy again around Christmas time.

Christmas is a happy time for friends and family. The children are excited as they unwrap presents around the tree. Carols are sung and lights twinkle in the night. Christmas is such a joyous time to appreciate the ones we love. This Christmas I want to send wishes to those we lost up above.

To some, Christmas is not the same because a loved one passed away, and the grief is overwhelming each and every day. When the holidays approach, we miss them even more. Traditions never feel the same, and memories are all we have left to adore. We will always remember their name and never forget their faces, and as long as we keep them in our hearts, they can never be erased.


So, this Christmas, my wish is for everyone who is feeling a little blue, to find some peace, joy, and comfort with everything you do. Christmas isn't just a season; it's a feeling, and the magic never ends. One of its greatest gifts is to cherish family and friends.



Merry Christmas to all our Special Angels up above.

Merry Christmas to you all. I send you, my love.

by Jamie A. Cirello
(Published by Family Friend)



*I'll always feel you close to me
and though you're far from sight,
I'll search for you among
the stars that shine on
Christmas night.*




Merry CHRISTMAS

Just ahead of Christmas, on behalf of the TCFSA Committee I would like to pass on our best wishes to all of our members, families and friends for Christmas and wish everyone all the best for the New Year.



In the spirit of Christmas, I hope each of us will have an opportunity to stop, to rest, to reflect and to pay attention to what is most important in life. I hope we will ALL find opportunities to feel gratitude even for the smallest of blessings and I hope we will feel joy. I wish everyone a Merry Christmas and a Happy and Safe New Year.

Warm Regards – Helen Baczynski (Editor)



I don't want much for Christmas. I just want the person who is reading this to be healthy, happy and loved.

Thank you to everyone on the TCFSA Committee and the teams collective work moving forward throughout the year and to our members for all your love and support. ❤️



See You
next
Year!