



The Compassionate Friends

ACT & Queanbeyan Inc.

Newsletter

March, April and May 2026

Welcome to the 2026 Autumn newsletter. We are **The Compassionate Friends:** **“We need not walk alone.”** The front-page poem, ‘Walking with Grief’ is attributed as a Celtic Prayer, though the author is unknown.

Walking with Grief



*Do not hurry as you walk with grief
It does not help the journey*

Walk slowly, pausing often

*Do not hurry as you walk with grief
Be not disturbed by memories
that come unbidden
Swiftly forgive and let
Unspoken words, unfinished conversations
be resolved in your memories*

*Be not disturbed
Be gentle with the one who walks with grief*

*If it is you, be gentle with yourself
Swiftly forgive, walk slowly,
Pause often,
Take time*



Be gentle as you walk with grief

*Remembering and honouring our
precious children, grandchildren, brothers and sisters*



4 March 2008	Odette Upstill	24	Jill & Garrett's daughter
8 March 2021	Lachlan Seary	19	Janice & Garry's son
15 March 2023	Karen Lang	41	Libby's daughter and Meg's sister
15 March 2000	Jacqui Wronski	21	Chris' daughter
16 March 2013	Jamie Lynch	26	Sheila's daughter and Sally's sister
17 March 1995	Andrew Graham	21	Jennifer's son
20 March 2002	Leah Glassford	9w	Nola & Norm's granddaughter
25 March 2002	Jonathon Mitchell	17	David and Virginia's son
8 April 2018	Mark Greenwood	39	Monica Jordan's son
18 April 1999	Anthony Short	31	Sue's son
18 April 2008	Jason Dwight	35	Louise & Peter's son
22 April 1998	Glen Davison	19	Maureen's son
13 May 2018	Dale Fitz-Gerald	59	Jennifer's daughter in-law
15 May 2015	Brent McCormack	35	Denise's son
20 May 2022	Matthew McLuckie	20	Thomas and Amanda McLuckie, and Sarah Payne's son
22 May 2016	Aaron Moores	16	Roslyn's son
23 May 1995	Jack Hagan	3	Jane & David's son
31 May 2023	Georgia Gladman	27	Catherine's daughter

News and announcements



Butterfly Day - International Children's Memorial Day

Butterfly Day was acknowledged by our Compassionate Friends QBN/ACT group on Sunday 1st February at our seat in Weston Park. Thank you to the parents and siblings that attended, Carole who travelled from North Queensland and Maxine Davies who guided the event.

We all enjoyed a sumptuous and delicious breakfast after laying a flower for our child in nature. The sprinkling rain didn't halt the proceedings; it just made us look a little damp in the photo! Apologies to Judy for taking the photos too late in the morning, which meant she missed out, but did attend.

Butterfly Day is acknowledged internationally by The Compassionate Friends on 28th January each year. Our closest Sunday to that date was on 1st February this year.

The meaning of Butterfly Day is one of Hope and Renewal.

The life cycle of a butterfly emerging from a dark cocoon into something colourful and full of life, gives hope to the bereaved. It symbolizes renewal, the possibility of finding moments of joy again, and the belief that, even after the darkest times, there is light to be found.

So, what does a butterfly mean in relation to grief?

Many believe that butterflies, particularly Monarchs, represent the souls of those who have passed away and left the mortal world. And, people from around the world believe they are a sign of guardian angel watching over you, bringing comfort and peace.

Maxine has guided our Compassionate Friends Butterfly Day every year since the foundation of our QBN/ACT group. This was the last time that Maxine will guide the Butterfly Day proceedings for us. We have really appreciated your kind and gentle manner that you bring to the proceedings each year. Thank you and we still hope you will continue to join us in the years to come on Butterfly Day and at other events.





Special Events for 2026

As a committee we seek to offer occasional special events for members throughout the year. We welcome your ideas as to what you would like included and look forward to hearing from you in this regard. Please contact any committee member with your suggestions.

The Compassionate Friends Library

A reminder that we have a sizeable library of books around grief and bereavement for loan to members. We will endeavour to have a small selection of books on display at sharing meetings, but please ask the facilitator if you would like to view the entire collection.

The Compassionate Friends Memory Quilt

Those who have been members of TCF for some years will recall we have a 'memory quilt'. Squares of fabric onto which members have stitched designs and names in memory of their child/sibling. Sewn together these squares made up a sizeable quilt that hung on the wall at our sharing meetings. Anyone wishing to stitch a square in memory of their child/sibling to start a new memory quilt please contact a committee member for further details.

The Compassionate Friends Membership

Membership is free, but donations are welcome. Donations of \$2 and above are tax deductible and help towards funding events we offer, anniversary cards, postage and our public liability insurance.

GRIEF

I had my own notion of grief
I thought it was a sad time
That followed the death of someone you love.

And you had to push through it
to get to the other side.

But I'm learning there is no other side.

There is no pushing through.

But rather,
There is absorption.

Adjustment.

Acceptance.

And grief is not something you complete.

But rather you endure.

Grief is not a task to finish,

And move on,

But an element of yourself-

An alteration of your being.

A new way of seeing,

A new definition of self.

- Gwen Flowers ~

Contributed by Sheila Lynch

Jamie Leigh Lynch – 16 March 2013



Though your time here was brief, your light continues
to shine in every heart you touched.
Love doesn't end when a life does—it lives on, carried
by the people you changed forever.
You were special, and your memory will always be a
gentle reminder of love's lasting power.

Submitted by Sheila Lynch

By Jacinta Moores (sister of Aaron Moores)

Sometimes the universe angers me
As I struggle to teach myself
That it is not the world's fault
It did not stop spinning the day you died
The stars did not burn out
And the moon did not turn itself away
Because it could not bear to shine
On a world without you in it
I want to scream at the sky
For not leaving me the day you did
And acting like you meant nothing
That despite your years
And the impact you made on this earth
You did not even deserve a pause
The grief brings me to my knees
Heartbroken
I look up at the same sky
I cursed for still existing
And I realise
That I cannot blame them
For if they had not kept going
How could I



Membership & Contact Details Update



Contact Details. In order to maintain an up-to-date data base, we need your assistance in providing certain information. If any of your contact details – email, phone or postal address - have changed, please provide the relevant details to Jayne at jaynelouise.steel@gmail.com as soon as possible.

Membership. Do you wish to cancel your membership? (we will assume you wish to remain a member unless advised otherwise) Please inform Jayne if you wish to cancel your membership.

Anniversary cards. Until advised otherwise, or cards are returned, they will continue to be sent. Please advise if you no longer wish to receive an anniversary card.

Newsletter. Newsletters will be sent until advised otherwise. If you no longer wish to receive the newsletter or wish to add or delete your child's name from the anniversary section, please advise.

Separation, by W S Merwin

“Your absence has gone through me
Like thread through a needle.
Everything I do is stitched with its colour”



Sharing Meetings

We have decided to make the following changes to the structure of our monthly sharing meetings.

1. The 'formal' part of the meeting will, in general, run from 6pm to 8pm, followed by time to mingle and have refreshments until 8.30pm.
2. We invite all participants to bring tea/coffee/milk and a small plate of food to share during the informal part of the meeting.

Calendar of events March, April and May 2026	
Wednesday 11 March 6pm to 8:30pm	<p>Evening Sharing Meeting with Ann and Chris at the Red Nose office, 70 Maclaurin Crescent Chifley. Acceptances to Ann by Monday 9 March on 0432 558 762 or jrohjpl7@gmail.com</p> <ul style="list-style-type: none"> • Please feel free to bring a photograph of your child/sibling to share with the group.
Wednesday 8 April at 6pm to 8:30pm	<p>Evening Sharing Meeting with Sheila at the Red Nose office, 70 Maclaurin Crescent Chifley. Acceptances to Sheila by Monday 6 April on 0411 126 243 or sheila.lynch@bigpond.com</p> <ul style="list-style-type: none"> • Please feel free to bring an item that was special to your child/sibling, or something that reminds you of them to share with the group.
Wednesday 13 May at 6pm to 8:30pm	<p>Evening Sharing Meeting with Jayne and Philip at the Red Nose office, 70 Maclaurin Crescent Chifley. Acceptances to Jayne by Monday 11 May on 0419 680 712 or jaynelouise.steel@gmail.com</p> <ul style="list-style-type: none"> • Please feel free to bring a photograph of your child/sibling to share with the group.

RSVPs for sharing meetings. If you are planning to attend a sharing meeting, it is essential to inform the facilitator by the date given for that meeting. If no responses are received, the meeting will not go ahead.

Only a phone call away. If you would like to talk with a fellow bereaved parent, please feel free to contact any of the members listed below.

The Compassionate Friends Committee Members

President: Sheila Lynch

Secretary and Librarian: Ann Finlay

Membership: Jayne Steel

Treasurer: Chris Wronski

Non-committee positions

Public Officer: Chris Wronski

Editors: Carisa McQueen, Roslyn Moores, Tegan Bennett, Cindy Dean

Belconnen/Gungahlin

Pam or Greg:

Sibling support

0413 399 061

Alisha: 0412 228 059

Woden/Weston

Chris W: (02) 6288 8514

Sue: 0414 662 511

Maxine: 0491 152 132

Tuggeranong

Sheila: 0411 126 243

Queanbeyan

TCF email: tcf.actqbn@gmail.com

Web: compassionatefriendsact.org

Telephone: 0494 149 866

Whether it be a line or a page, we encourage you to share your thoughts, feelings and experiences as a bereaved parent, sibling, or grandparent. All articles/poems in this newsletter are copyright. We also gratefully acknowledge all contributions to this newsletter.

Opinions expressed in articles in this newsletter are those of the writers and not necessarily those of TCF or the editor. The editor reserves the right to edit any articles.