



Fall Newsletter

Dear Friends,

Thank you for reaching out to your Air Force Families Forever support community. This little newsletter is our first attempt to help you build bridges of support and comfort with other family members who are coping with the death of their loved one.

We believe that the single most important factor in healing from a loss like this is having the support of other people; especially people who are experiencing a similar loss. Sharing about your loss, or reaching out to help others cope can make the burden of grief easier to carry. We just want you to know you are not alone in this journey.

In our newsletters, we will be attempting to provide useful information and helping resources, as well as feedback we may hear from you to make our program better. Please know that we are not attempting to

endorse any company, service or product when we include a resource outside of our Air Force organization. We simply want to give you options to explore as you wish.

Who knows, maybe you'll want to organize this support network to have your own newsletter one day! The sky is the limit in what you can do to help one another. Sharing stories, pictures and the like can sometimes be a way to keep loving memories alive and feeling connected.

We will accomplish our outreach through email in electronic format unless you tell us this is not convenient for you. Likewise, you may email the Family Support Coordinator with comments, suggestions and inputs for future newsletters.

Again, thank you for opening your hearts.

Current Members of Air Force Families Forever Support Network:

[Family member's names hidden to protect privacy]



Air Force Families Forever Program
“Ensuring that the families of our fallen Airmen are never forgotten by providing immediate and long-term compassionate support.”

Inspirational...



Turn! Turn! Turn! - The Byrds
Turn! Turn! Turn! - The Byrds

To everything—turn, turn, turn
There is a season—turn, turn, turn
And a time for every purpose under heaven

A time to be born, a time to die
A time to plant, a time to reap
A time to kill, a time to heal
A time to laugh, a time to weep

To everything—turn, turn, turn
There is a season—turn, turn, turn
And a time for every purpose under heaven

A time to build up, a time to break down
A time to dance, a time to hate
A time you may embrace
A time to refrain from embracing

To everything—turn, turn, turn
There is a season—turn, turn, turn
And a time for every purpose under heaven

A time to gain, a time to lose
A time to rend, a time to sew
A time to love, a time to hate
A time of peace, I swear it's not too late!

After They Are Gone

When someone we love passes away,
We ache, but we go on;
Our dear departed would want us to heal,
After they are gone

Grief is a normal way to mend
The anguish and pain in our hearts;
We need time to remember and time to mourn,
Before the recovery starts

Let's draw together to recuperate,
As we go through this period of sorrow;
Let's help each other, with tender care
To find a brighter tomorrow

By Joanna Fuchs

Chaplain's Corner

“God Grant me the Serenity to accept the things I cannot change, the Courage to change the things I can, and the Wisdom to know the difference...”

~~~Reinhold Niebuhr



# Helping Resources

Note: These resources provide additional information that may be useful or interesting and are provided consistent with the intended purpose of the Air Force Families Forever Program Newsletter. However, Air Force Families Forever Program cannot attest to the accuracy of information provided by these resources or any other linked resources. Air Force Families Forever Program providing resources does not constitute an endorsement by our program or any of the sponsors of the resources or the information presented.



**The Compassionate Friends, Inc.**  
Toll-free: 877-969-0010  
PH: 630-990-0010  
Website: [www.compassionatefriends.org](http://www.compassionatefriends.org)

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**Welcome Military Families-  
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[www.sittercity.com](http://www.sittercity.com)

**Grief ♥ Recovery<sup>®</sup>**  
The Action Program For Moving Beyond Loss

<http://grief.net/index.htm>

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