The Sept. 6th meeting will start with “Myths About Grief.”

For a free Picture Button of your child, call Ken at (310) 544-6690.

TCF Lunch Group meets for lunch at Mimi’s Café every Friday at 1:00. (Crenshaw and PCH). All members are invited.

Mini-Meeting at the Catalina Coffee Co. at 7PM, Tue, Sept 19th. Call Lori for more info. at (760) 521-0096
The Sept. 6th meeting will start with “Myths About Grief.” We will be discussing some of the misunderstandings we deal with in our grief. For the vast majority of us, we have never had to deal with the overwhelming impact that the loss of a child entails. Suddenly we are bombarded with stories of what to expect, how long the pain will last, the "correct" way to grieve, and platitudes that do anything but help. Some people question if they will survive this overwhelming pain, if there is any reason to even try. Others insist they will go on to lead a life their child would be proud of. Join us as we try to dispel some of the myths surrounding grief and reassure you that although your life will never be the same, it still has immense value.

**Myths About Grief**

We have many misunderstandings about grief. One of the greatest myths is that we never get over it. Although grief is a process we must go through when we face a major loss or disappointment, the pain of grief does ease. We have to live through and express our feelings as part of that process. What the easing of grief looks like is that we can remember without intense pain. We can love without great sorrow. We never forget people we have deeply loved but we do not have to immortalize them with our pain.

The most debilitating of myths is that we must grieve forever to honor a loved one who has died. We can love forever. But it is no gift to someone who was dear to us to grieve for them forever. Would you feel honored if someone's life were forever disrupted by sorrow because you are no longer alive? Of course not. Why would we think our incapacitating ourselves is a thoughtful gift to our dead? The best testimonial we can give to our dead loved ones, is living a full life in their honor.

Another myth is that we can overcome grief by willing it to be over. This is the voice of the stoic speaking. Grief cannot be willed away. We must go through our grief to end it. We must face all the complex feelings of our grief. Allowing our feelings helps make them disappear.

A commonly held myth is that everyone in a family should grieve alike. Being related by blood doesn't mean you have similar emotions or reactions. On the contrary, in my experience family members are often uniquely different from one another. It is as if each has a role - the crier the angry one, the practical planner, the nourisher, the avoider etc.

Our judgments about which are appropriate feelings of grief and which are not is another area of myth. People who are grieving have a wide variety of feelings that range from sorrow to anger, loneliness, regret, or relief. We may view some feelings as healthier or "better" than others, but all of our feelings are a natural part of grief.

Another life-limiting myth is the belief after a loss that we will never love again. There is no truth that we won't love again, unless we close ourselves off from the possibility. We may be afraid to love and lose once more. But people of all ages and experiences love again, and we can too.

The myth that professional help - a support group, therapy, or grief counseling - cannot help us, limits our ability to heal. We may believe that no one else can understand our pain. Those are faulty beliefs that may keep us from getting help to move through our grief more quickly.

But again some of us believe it wrong to move through grief too quickly. Remember grief IS NOT the best testimonial to our dead. Living a great life to honor a dead loved one is the best testimonial we can give.

--Judy Tatelbalm Journeys Magazine, published by Hospice Foundation of America

**You Are Not Going Crazy**

One of the most common things we hear from bereaved parents is that they think that they are going crazy. If you feel this way, let us assure you that you are not. Grief and the resultant depression, fits of crying, and the feeling you are going to pieces may lead you to these feelings or often to the feeling you no longer want to continue living. It is not uncommon to have these feelings, but most grief-stricken people do not go crazy or commit suicide. It is most important at these times for you to have someone to talk to - to share your feelings - and for you to be able to verbalize your pain to ... We of Compassionate Friends want to help. We encourage you to call on us. We have all been where you are now, and we understand your pain.

--Fay Harden TCF Tuscaloosa, AL

Time is only loaned to us. by Flavia
Myths about the Impact of Grief on the Marriage Of Bereaved Parents

**MYTH (1) As the same child has died each parent experiences the same loss.** Each individual mourns the relationship and person that has been lost. As parents, each of us has experienced our child differently and had a unique relationship with that child. Therefore, both bereaved parents are mourning different losses, and these will be what will influence what one misses and when one misses it (e.g., one parent may miss the opportunity to talk with the child after school, while the other especially may miss watching football games on Sunday).

**MYTH (2) Spouses will tend to be more similar than dissimilar in their grief.** At latest count, people grieve according to 32 different sets of factors, each of which influences anyone’s grief response. Grief is highly idiosyncratic, as individualistic as a fingerprint. Spouses are no more alike necessarily in their mourning than are strangers. Loving one another, or living in the same house, does not make individuals respond to loss similarly. Some of the major factors contributing to differences between parents include: type and quality of the relationship with the child; sex-role conditioning; personality and coping behaviors; past experiences with loss; social, cultural, and religious backgrounds; social support received; reliance on drugs and alcohol; and physical health. Spouses will have to give each other wide latitude for their differing experiences of grief.

**MYTH (3) Once a couple can learn to manage their grief they will be back to themselves again.** A major loss always changes the bereaved somewhat. Parts of us die when someone we love very much dies; most of us continue on, but we are altered by the impact of the loss and to the adaptations to it that have been required of us. We not only will have to learn how to relate in a new way with our deceased child i.e., we still can have a relationship with that child, but it must be a different type now that he or she is dead. We also must learn how to relate to the rest of the world, including our spouse, in new ways to accommodate the changes in us occasioned by the loss. Especially during the long period of acute grief, in which the absence of our child painfully teaches us repeatedly that he or she is gone, it may be very difficult to relate to our spouse because of our pain and distress.

Couples who are successful in managing to weather this crisis together: (1) keep the communication open as much, as possible; (2) recognize their distress and the changes in themselves, and work to express both in the healthiest possible fashions; (3) insure their expectations of one another are appropriate and give each other permission to grieve individually as necessary, and (4) find ways slowly to integrate all of the changes into the marriage.

The duration of mourning varies according to the particular loss its circumstances, the mourner, and conditions surrounding the mourner. Nevertheless, it is now known that mourning a beloved person may take years of acute grief and that the long-term mourning process takes much longer with some aspects of mourning never being entirely finished, i.e. there always may occur subsequent experiences which can trigger in us temporary upsurges in grief for our child (e.g. when his brother gets married and he is not there. Or when it is Thanksgiving and her place is empty at the table) - It constitutes neither pathological nor unresolved grief, nor does it mean that acute mourning still persists.

Bereaved parents must recognize that mourning the loss of any major person, especially a child, will mean continuing throughout the rest of life to encounter times when the pain of the loss is brought back and the absence made more acute at that moment, which causes a temporary upsurge in grief - As long as this does not interfere too long with your continuing to move adaptively into the new life without your loved one, such reactions need not be incompatible with healthy adaptation for the rest of your life.

**MYTH (4) Loss only brings pain and devastation.** Despite the agony of losing their child and the long-term effects of such, a loss, many bereaved parents have worked enormously hard to develop some positive gains out of their losses (e.g. beginning support groups, reordering their priorities, developing better family communication, establishing closer relationships, etc.) while they never would have chosen to lose their child to achieve these gains they are determined to choose healthy responses to it— you can do this as well. by Therese Rando, Ph.D., excerpts from TCF National Newsletter
Some People Say . . .

"I wouldn't go to one of those grief meetings. It's morbid—people sitting around talking about the dead." How wrong those people are! In so many ways, those who attend are saying, "I am hurting now, but I want to go on with my life." They are saying, "I am crying now, but I want to laugh again." They are saying, "I am sick in body and soul; help me get well." I see these things as healthy, not morbid.

It is not easy to walk into a meeting of any kind alone, especially one where the subject is very emotional; but once there, it takes only a few minutes to find out we are not alone; that there are those who care about us and want to help us. We see others hurting and suddenly we want to help them. I don't see that as morbid.

A grieving parent wants to talk about his beloved child who is no longer physically part of his life. That child has died with a tragic suddenness or as a result of an illness that usually takes older people. We want to know why, or find a reason or some meaning in our child's death. I don't see any morbidity in trying to understand.

Memories of our child are all we have left. We have a driving need to hang on to those memories lest we lose that small bit of our child. It is not morbid to want to keep that small part alive forever, at least in our hearts and minds.

To walk into a bereaved parents' meeting is a loud shout - "I want to live and be happy again." It is a cry that "My child is dead, but I know he would want me to go on and be a better person for the suffering." It is a confirmation that "Even though part of my life is gone, there is a reason to go on." There is nothing morbid about doing what is necessary in order to re-enter the mainstream of life.

--Margaret Gerner, TCF St. Louis, MO

What Grieving People Want You to Know

• I am not strong. I’m just numb. When you tell me I am strong, I feel that you don’t see me.
• I will not recover. This is not a cold or the flu. I’m not sick. I’m grieving and that’s different. I will not always be grieving as intensely, but I will never forget my loved one and rather than recover, I want to incorporate his life and love into the rest of my life. That person is part of me and always will be, and sometimes I will remember him with joy and other times with a tear. Both are okay.
• I don’t have to accept the death. Yes, I have to understand that it has happened and it is real, but there are just some things in life that are not acceptable.
• Please don’t avoid me. You can't catch my grief. My world is painful, and when you are too afraid to call me or visit or say anything, you isolate me at a time when I most need to be cared about. If you don’t know what to say, just come over, give me a hug or touch my arm, and gently say, "I'm sorry." You can even say, "I just don’t know what to say, but I care, and want you to know that."
• Please don’t say, "Call me if you need anything." I’ll never call you because I have no idea what I need. Trying to figure out what you could do for me takes more energy than I have. So, in advance, let me give you some ideas:
  ♥ Bring food.
  ♥ Offer to take my children to a movie or game so that I have some moments to myself.
  ♥ Send me a card on special holidays, birthdays (mine, his or hers), or the anniversary of the death, and be sure to mention her name. You can't make me cry. The tears are here and I will love you for giving me the opportunity to shed them because someone cared enough about me to reach out on this difficult day.
  ♥ Ask me more than once to join you at a movie or lunch or dinner. I may say no at first or even for a while, but please don’t give up on me because somewhere down the line, I may be ready, and if you’ve given up, then I really will be alone.

--Virginia A. Simpson

Some Thoughts on Rebuilt Engines

All of us who receive this newsletter have experienced something in common - the shattering of our human machinery upon impact with a son or daughter’s death. Whatever helped us keep moving before, nothing works for us now. Our lives ground to a halt. In the stillness of grief’s long night, I felt despair over trying to repair something that would always lack a vital part—my daughter Beth. How could I ever rebuild the machinery of my life without that precious part? Any repair work would require my permission and participation. Looking at the tangled, damaged parts of myself, I questioned how to salvage anything workable from the wreckage.
Eventually, blessedly, the desire to move again, to get back into life's traffic, got me doing something. At first it was tinkering, experimenting with the broken parts, imagining them whole again. Then I tried to learn by watching others who were rebuilding. It helped to read repair manual painfully written by people like me.

The process was tedious and exhausting. There were setbacks, hidden costs, and false starts. One surprising day, my engine actually turned over. I moved a little. Before long, the motor sounded stronger. It almost seemed to hum, as I remembered it could. With persistence, I worked up to a decent speed, regained my sense of direction, and even began appreciating some sights along the way.

I discovered that a rebuilt engine could carry me despite the missing part. Occasionally it sputters, misfires or floods, being sensitive to road hazards other drivers don't see. Some hills always seem too steep; certain roads have too many memories. Sometimes the fog is too thick to drive through. When necessary, I slow down, make adjustments, or pull off the road temporarily.

I wanted to write about my experience out of gratitude. Each of us has our own long night of grief, and our own reawakening from it. The mystery of healing defies simple explanation. Do invisible hands help us in the healing process? I don't have an answer - just astonishment at the process which moved me from the tangled wreckage of myself to a sturdy rebuilt that appears whole, even though it isn't.

In closing, I lovingly acknowledge my daughter Beth, who believed deeply in the possibility of rebuilding her own life.

--Joan Page TCF, Miami, FL

Battling the Back to School Blues Without My Son

The loss of a child to death is overwhelming to all of us, but to me, being a suicide survivor is like living in an emotional war zone. Events, holidays, and situations that seemed normal before James died now seem like yet another battle that we have to conquer. It is a small victory when we can turn a negative, heart-breaking situation into something positive.

And so I try to conquer and overcome the Back-to-School blues. The suggestion of a Compassionate Friend at a recent meeting, coupled with an article in the newspaper for a plea for book bags and supplies, helped me deal with some of my sorrow at not being able to share in my son’s excitement of the upcoming new school year, nor shop for just the right supplies. In the case of suicide, a parent often wonders what went wrong and how things could have been different. I often seek a way for James to see that I have regrets and that I miss him so much, and since I could not help him in the ways he needed, I can try to help others.

When I read that the Department of Family and Children Services needed book bags and supplies for the children in foster care, it took a couple of days of pondering and wondering if this was something I could do in memory of James. When my mother and I were shopping and discussing the difficulty of seeing all the flyers for back-to-school ads, we came upon a store that had a great sale on organizer book bags and we just knew we had to help someone else. We each chose a book bag in the color and style that James would have liked. One was all black, with zippered compartments and storage pockets, and the other was red and black, the school colors of James’ high school.

The next day I went to another store and carefully chose items to pack in each of the book bags. I tried to remember what was on James' list for his freshman year at high school and chose what he would have liked and needed. By concentrating on what the book bag needed, and not on the fact that James is no longer physically with me, I was able to successfully complete this shopping trip. I was very pleased with all the supplies and knew that two teenagers were going to be very lucky to receive their new, well-stuffed book bag.

As I drove to DFACS, I remembered so many other back-to-school shopping excursions taken with James and our many conversations about the upcoming school year. With those memories helping me to be strong, I signed the donator list, noting that the book bags were supplied with items for a high school student. Walking out of that office empty handed was much harder than the shopping and stuffing of the book bags. I hope James knows that out of the tragedy he created in our lives, we are desperately trying to make positive things happen for other teenagers.

I am very grateful to the Compassionate Friend who told me that she also does this and I am grateful to my mother for helping me to take the first step to have the strength to carry through with this deed. Although this does not completely take away
the pain and sorrow I suffer at being unable to prepare my child for another school year, I know that somewhere out there I have touched the life of someone else’s child in a positive way. More battles lie ahead in this war of grief, and armed with memories, I am challenged to encounter each one and make a difference somehow, someway, in my son’s memory. James, I hope you know how much I miss you and how much I wish I could have helped you.

--Condensed from an article by Meg Avery, TCF/Lawrenceville, GA

**Labor Day**

On Monday, September 5th, many of us will enjoy a day off work, usually in the company of friends and family, cooking burgers on the grill. It is Labor Day - a day to honor all working people. As parents, our "labor" begins at the birth of our child, an experience you are not likely to forget. But the pain has a wonderful purpose and so we don't mind too much. Some of us labor in vain to conceive but are blessed with a child through adoption. As our children grow, we labor constantly - giving them the guidance, nourishment, and emotional support they need to develop into caring and concerned adults.

But, along the way, our labor increases one hundred-fold. Now we labor in our grief and oh how we labor! Such exertion we have never known before in our lives. The things that came so easily before the death of our children are now so difficult - like reading the newspaper, making dinner, conversing in social groups - it is all just too much effort with too few rewards. And it can stay that way for a long time. Most of your energy is going into absorbing the impact of your child's death on your life.

Fortunately, most of us reach the point of a new kind of labor. We find new fulfillment in our family, a special cause, work that is important to us, and, many times, in helping other people. We are growing and making something good come of the rest of our lives. It is the choice that we finally feel free to make. So, as you labor, let me assure you that it will become easier, and when you are ready, it will become something that you do for yourself and for your child - a true labor of love!

--Lisa Beall, BP/USA, Annapolis, MD

**Those Left Behind**

In the aftermath of the suicide of a family member or friend comes shock, denial, anger, depression, loneliness and profound sense of loss. The death is the more shocking when, as often, it is unforeseen - or when a severely damaged body is found or when identification is necessary. Denial of the nature of death of young children or adolescents by parents, even on the finding of a suicide note, compounds an initial denial. Anger (Why did he . . . ?) with corrosive guilt (Why didn’t I...?) focuses on the loss, and the loneliness is deepened when baffled friends have difficulty and cannot extend consolation or support, a silence that is felt as the stigma that is attached to suicide. With terrible irony, just when a father and surviving siblings, (grieving in their own loneliness), need familial support, the loneliness of a mother is isolating or manifesting as over-protectiveness of the siblings. Parents can feel shame, even blame, at their self-perceived failure as parents, and mothers are particularly prone to depression after the suicide of a child.

In contrast to the quiet gathering at a deathbed of one with chronic illness is the death of an adolescent or young adult suffering from severe mental illness, with the final hopelessness of suffering not always known to the other members of the family, but when it is, some families, already in turmoil with members emotionally drained, experience both loss and some relief. Severe mental illness is one of the conditions that predispose young individuals to kill themselves.

Depression is at the heart of most suicides. How can those left behind be helped? There are many ways: the support of family and friends, religious faith, the passage of time, psychotherapy and counseling. An effective way has been through the establishment of local self-help support groups. These groups enable those who have experienced the suicide of a member of their family to get together and exchange support, information and encouragement to build a meaningful future. From listening to others who have survived comes learning to survive and do better in life. The Compassionate Friends is one such group, indeed to provide this help is the mainspring and role for its existence and actions. --Trevor Faragher
Just Because

Just because you don't see me cry doesn't mean the tears don't fall.
I choose my moments to let go.
Just because my baby isn't here doesn't mean he left my heart.
Don't be afraid to mention his name.
Just because I smile a lot doesn't mean I'm all better now.
Please don't push me too fast.
Just because it's been a while doesn't mean I can move on.
My life won't ever be the same.
Just because his crib is empty doesn't mean we aren't his parents.
Our job is to keep his memory alive.
Just because I seem calm to you doesn't mean I'm not screaming inside.
Remember me in your prayers.
Just because I'm holding it together doesn't mean I don't need your help.
Lend me your ear, your shoulder, your heart.

--Author unknown

Friends and Family...

To My Friends

This is my pain. Let me feel it. Don't tell me not to cry. I know you mean well, dear friend.
But telling me not to cry, tells me you don't understand. But, how could you, really? Have you lost a child? Have you given birth, loved and laughed, and then watched him die?
This is my pain. Let me feel it. Be patient with me when I want to scream, to cry, or be crabby or talk about him or be alone.
This is my pain. Let me feel it. I know you'd take it all away, if you could. But you can't. I can't avoid it, or stuff it down somewhere, or run away from it. Because it always finds me again.
The cold, hard fact is, that I had a child that died, and it hurts.
So I know, that this is my pain. And I have to feel it to get through it.
--Carolyn Johnson, TCF Yuba City, CA

Newly Bereaved...

The Solitude of Grief

There are wounds one can't assuage
For the cut is deep and bleeding
Some wounds show no outward trace
For it's the heart that's sore and needing
How does one cope with a broken heart
A heart that's cold and lonely
From where the strength to carry on
From a grief that's shared ... but yours only
Still in dreams we see them yet
So young, so fair, so alive
I don't know how we cope with death
But somehow ~ somehow we do survive
Always a part of this heart of mine
Now tossed like a windblown leaf
And I imprisoned in a world not mine
In the solitude of grief

--Harvey Hockstien, In loving memory of daughter,
Marilyn  TCF, Morris Area NJ

Seasoned Grievers...

Blessings Inside Sorrow

There are blessings inside sorrow, or so I have been told. I am not sure I always agree. At times I can see the gifts I have been given. Love... without measure...fills my heart when I think of you. But I loved you then too, when you were in my arms, not just in my heart. And I miss you now. The emptiness you left can never be filled, not by any blessings I might receive from sorrow.
And yet, still, I wonder. Are there blessings? Would I have known how much I cared for you...for your brothers, for your Dad, were it not for your coming, and so suddenly, softly, leaving, without a good-bye? Would I treasure the life I have remaining if it weren't for your loss? Certainly I loved and treasured before you left, but hasn't my sorrow caused me to express that love and to treasure more highly those around me? I KNOW I can't take for granted that they will always be.
In the aftermath of losing you, when life lay crumbled around me...still was there not a glimmer of hope? That life would go on, and, somehow, we would survive and build on the ashes of our broken hearts. Building somehow in spite of our pain. Mixing the cement of our love with tears, we bound
ourselves together even more tightly than ever before. And our love grows stronger. And we have not forgotten. What a bitter lesson! And still, the emptiness will never be filled. There yet remains a hole in my heart...and in all our hearts.

Dear son, we will never forget you. The blessings inside our sorrow will never fill the hole you left in the fabric of our lives. It remains open, a testament that you mattered, and that your coming and soft going made a difference. And in that difference lies the blessing inside our sorrow. We were blessed to have held you for a time, even though you could not stay. And even through our tears, we smile at the memories. And we know that you are not completely alone. You shadow our lives, affecting them in big ways and small. And though I would trade these blessings in a minute just to have you back in my arms, I am indeed grateful for the blessings inside sorrow.

--Lisa Sculley, TCF, Jacksonville Orange Park Fl

Welcome...

Grief is a solitary journey. No one but you knows how great the hurt is. No one but you can know the gaping hole left in your when someone you know has died. And no one but you can mourn the silence that was once filled with laughter and song. It is nature of love and of death to touch every person in a totally unique way. Comfort comes from knowing that people have made the same journey. And solace comes from understanding how others have learned to sing again. --Helen Steiner

Editor's Note: We encourage you to try TCF and see for yourself how sharing our losses and learning from each other helps.

Helpful Hint...

“You will lose someone you can’t live without, and your heart will be badly broken, and the bad news is that you never completely get over the loss of your beloved.

But this is also the good news. They live forever in your broken heart that doesn’t seal back up. And you come through. It’s like having a broken leg that never heals perfectly - that still hurts when the weather gets cold, but you learn to dance with the limp.”

--Anne Lamott

Book In Review...

The Empty Room: Surviving the Loss of a Brother or Sister at Any Age by Elizabeth DeVita-Raeburn helped me in a positive way to begin to understand the plight of my surviving children. It has given me keener awareness of the impact of Brandon’s loss on his brothers. It has also given me the courage to have patience as they find the right time and path to work through the loss of their oldest brother.

Extra Meeting...

Are you seeking more contacts on your grief journey? A small TCF coffee group is available to build friendships and support each other in our grief. Lori Galloway is leading an informal sharing group to give members a place to meet between regular meetings. These small meetings are informal. Just parents looking to share their stories about their loss, and to talk about how they are dealing with their grief with other bereaved parents who can understand their pain. They are at 7:00 PM on the third Tuesday of every month at Catalina Coffee Co. Located at 126 N. Catalina, Redondo Beach, CA. The next meeting is Sept 19th. All TCF members are invited to drop in and help support each other in our grief. For more information call Lori at (760) 521-0096.

Reflections of an Anniversary

Frozen in a hundred photographs, my son,
No more do you crash through the door
And throw your adventures at my feet
Or solve the non-workings of a music box.
Your rolling giggle echoes in your sister’s voice;
Your dimple somehow lodges on your brother’s face
And younger brother lives with your scientific thirst.
We said good-bye years ago
But you never left.
Memories, a thousand moonbeams of joy,
Not frozen, but active
A spirit filling in the corners and hollows of my life
A love expanding my capacity for living
Until in eternity—we meld again.

Marcia A. ~ TCF, Mercer Area Chapter, NJ
Stepping Stones

Come, take my hand,  
the road is long  
We must travel by stepping-stones.  
No, you’re not alone;  
I’ll go with you.

I know the road well; I’ve been there.  
Don’t fear the darkness, I’ll be with you.  
We must take one step at a time.  
But remember, we may have to stop awhile,  
It is a long way to the other side,  
And there are many obstacles.  
We have many stones to cross; some are bigger than others.  
Shock, denial, and anger to start.  
Then come guilt, despair and loneliness.  
It’s a hard road to travel, but it must be done.  
It’s the only way to reach the other side.  
Come; slip your hand in mine.  
What? Oh yes, it’s strong. I’ve held so many hands like yours.

Once, you see, I had to take someone’s hand  
In order to take my first step.  
Oops! You’ve stumbled; go ahead cry,  
Don’t be ashamed, I understand.  
Let’s wait here awhile and get your breath.  
When you’re stronger we’ll go on,  
One step at a time.  
There’s no need to hurry.  
Say, it’s nice to hear your laugh. Yes, I agree,  
The memories you shared are good.  
Look, we’re halfway there now.  
I can see the other side,  
It looks so warm and sunny.  
Oh, have you noticed; we’re nearing the last stone  
And you’re standing alone!  
And look, your hand, you’ve let go of mine!  
We’ve reached the other side.  
But wait, look back, someone is standing there.  
They are alone  
And want to cross the stepping-stones.  
I’d better go, they need my help.  
What? Are you sure?  
Why, yes, go ahead, I’ll wait.  
You know the way; you’ve been there.  
Yes, I agree, it’s your turn,  
To help someone else cross the stepping-stones.  
–Barb Williams

When Life Goes On

What is it, I wonder,  
That we set our hope upon?  
There must come a point in this  
Grieving process when  
The choice is in my own hands.  
In dark moments,  
I played with the idea of death, listened to it,  
Enjoyed it as one might enjoy the  
Sweetness of forbidden fruit.  
But no, I made a decision.  
As impossible as it seems,  
I must learn to live without my child,  
For I really have no other choice.  
It may take many years,  
Much longer than others expect,  
But a time must come when  
I have to accept her death  
In order to accept her life,  
And accept my own as well.  
Just as surely as my child  
Walked toward eternal life,  
I, too, must walk toward my own light;  
Finding a way through this  
Tunnel of darkness  
To the brightness of a new day.  
And in my own time  
Learn to live again,  
With laughter, love and joy.  
For myself, for my child,  
For those still in need.  
And so, just for this moment,  
Just for this day,  
I set my hope  
Upon tomorrow.  
--Dana Gensler  
TCF, South Central KY

A Promise

The colors of life change as we go through grief.  
We begin black and white.  
Then gray settles over us, seeping into our pores, surrounding us.  
Smothering us for a long period of time; then  
slowly the colors change.  
We may not even be aware of their changing ’til  
one day we see a rainbow.  
And know it was meant for us.  
--Faye Harden  
TCF, Tuscaloosa
Our Children Remembered

Ron Acker
Born: 10/65 Died: 5/95
Mother: Ursula Spey-Acker
Father: Heinz H. Acker

Jonathan Adams
Born: 1/81 Died: 2/08
Parents: Siv & Eddie Adams

Troy Akasaka
Born: 1/91 Died: 2/15
Parents: Jay & Sharon Akasaka

Ramon Alvarez
Born: 10/84 Died: 2/07
Mother: Terrie Alvarez

Sumer Nicole Alvarez
Born: 5/85 Died: 7/005
Parents: Dave Alvarez & Sandy Murphy

Marie Ann Andrade
Born: 4/76 Died: 12/96
Parents: Sabino & Ana Andrade

Nancy Geraldo Andrade
Born: 8/90 Died: 8/05
Parents: Elizabeth & Rogelio Geraldo

Noah William Aragon
Born: 1/05 Died: 3/06
Parents: Rich & Michele Aragon

Brandon Armstrong
Miscarried; July 1995
Mother: Cheryl Stephens

Joshua Arevalo
Born: 7/93 Died: 8/11
Mother: Vilma Alfaro

Jason M. Bakos
Born: 9/79 Died: 12/07
Father: James Bakos

Alexandra Renee Balesh
Born: 9/73 Died: 3/95
Parents: Ron & Stella Balesh

Kimberly Barcenas
Born: 2/88 Died: 10/06
Mother: Maria Guadalupe Ixta

Christopher Barnhart
Born: 11/77 Died: 4/07
Parents: Ron & Susan Mother
Sister: Stacy Pierce

Stephen Barrington Baxter
Parents: Cash & Betty Baxter

Vincent Beagle
Born: 11/82 Died: 5/10
Mother: Angela Beagle

Tristina Ann Beale
Born: 12/80 Died: 9/08
Mother: Kathy Beale

Jeremiah Bell
Born: 1/88 Died: 6/15
Mother: Angela Albarez

Kimberly Belluomini
Born: 10/62 Died: 10/00
Parents: Joyce Anderson & Ronald Assmann

Vincent Begole
Born: 11/82 Died: 5/10
Parents: Angela & Vincent Begole

Scott Berkoivitz
Born: 5/88 Died: 1/16
Parents: Carl Berkoivitz & Maria Moore

Noah Bernstein
Born: 6/87 Died: 2/17
Mother: Beth Bernstein

Cheiann Jayda Berry
Born: 12/2001 Died: 7/16
Mother: Kristina Berry

Sammy Bloom
Born: 2/59 Died: 12/82
Parents: Lois & Sam Bloom

Kurt Boettcher
Born: 12/71 Died: 06/95
Mother: Carolyn Boettcher

Todd Boettcher
Born: 2/79 Died: 10/79
Mother: Carolyn Boettcher

Robert Bolde
Born: 7/94 Died: 9/12
Parents: Diane & Paul Bolde

Alan Bolton
Born: 11/63 Died: 3/06
Mother: Helen Eddens

Alex James Bonstein
Born: 11/91 Died: 7/16
Mother: Cynthia Sanchez

Kevin Border
Born: 11/88 Died: 11/09
Mother: Kelly Border

Antoinette Botley
Born: 12/67 Died: 7/10
Mother: Fredia McGrew

Renee Bouchard
Born: 3/75 Died: 5/06
Mother: Susan Bouchard

Michael Bowen
Born: 5/95 Died: 8/14
Mother: Tomasah Richmond

Tamara Lynette Boyd
Born: 12/65 Died: 12/00
Parents: Gloria & Gayle Jones

Jazzelyn Braga
Born: 11/08 Died: 5/09
Father: Leonard Braga

Lawrence Tom Brennan
Born: 11/86 Died: 12/10
Parents: Manuel & Lisa Jo Hernandez

William Joseph Britton III
Born: 3/62 Died: 7/85
Mother: Jean Anne Britton

Austin Broussard
Born: 3/95 Died: 9/12
Parents: Travis & Marty Broussard

Sayumi Claire Brower
Born: 9/08 Died: 9/08
Parents: Scott & Maiko Brower

Eric Michael Brown
Born: 11/65 Died: 9/00
Mother: Beverly Young

Benjamin Matthew Bryant
Born: 10/84 Died: 6/96
Mother: Karen Merickel & Robert Bryant

Robert L. Buckner
Born: 2/92 Died: 3/03
Parents: Brad & Cindy Buckner

Scott Buehler
Born: 3/80 Died: 2/08
Mother: Elizabeth Buehler Miller

Brittany Nicole Cail
Born: 10/88 Died: 4/08
Mother: Raquel Cail

Albert Caldera
Born: 3/78 Died: 2/10
Parents: Refugio & Maria Caldera

Christina Califano
Born: 10/90 Died: 11/06
Father: John Califano

Cesar Isaac Cancino
Born: 01/05 Died: 01/05
Parents: Claudia & Cesar Cancino

Kenneth Capparelli
Born: 1/77 Died: 1/04
Mother: Sandy Capparelli

Kevin Castaneda
Born: 4/94 Died: 4/13
Parents: Fernando & Aleda Hockenberry

Frank Christopher Castania
Born: 8/94 Died: 7/05
Parents: Frank & Debbie Castania Grandparents: Richard & Ann Leach

Vanessa Roseann Castania
Born: 2/97 Died: 7/05
Parents: Frank & Debbie Castania Grandparents: Richard & Ann Leach

Ryan Cavanaugh
Born: 6/83 Died: 11/06
Mother: Kimberly Cavanaugh

Zackary Kenneth Charlton
Born: 11/81 Died: 3/10
Parents: Christine & Kerr
Sister: Allie Bentley

Nathaniel Choate
Born: 7/80 Died: 5/08
Mother: Vicki Blain

Andrew Alexander Chou
Born: 12/03 Died: 12/03
Parents: Lu-Sieng Siauw & Wibawa Chou

Michelle Christian
Born: 10/67 Died: 04/13
Parents: Paul & Toni Saben

Ophelia Grace Clark
Born: 10/82 Died: 9/10
Sister: Rebecca Clark

John Francis Cleary
Born: 12/74 Died: 8/93
Mother: Pauline Cleary Basil

Kelly Swan Cleary
Born: 3/59 Died: 3/95
Parents: Dick & Bev Swan

Matthew Clifford
Born: 1/80 Died: 3/15
Parents: Bob & Melissa Clifford

Aaron Christopher Cochran
Born: 11/90 Died: 9/12
Mother: Julia Carr

Sarah Elizabeth Cooper
Born: 10/95 Died: 8/00
Parents: Mark & Sandra Cooper

Hugo Ignacio Corbalan
Born: 4/84 Died: 5/08
Mother: Isabel Acosta

Tiffany Corkins
Born: 7/70 Died: 8/05
Mother: Nancy Lamb

Hannah Elizabeth Cortez
Born: 9/92 Died: 7/13
Parents: Rafael & Shari Cortez

Layla Crandall
Born: 4/15 Died: 5/15
Parents: Mary Shahroodi & Shawn Crandall

Marika Critelli
Born: 3/78 Died: 11/09
Father: Michael Critelli

Adam Crow
Born: 5/70 Died: 7/15
Mother: Flora Crow

Joseph Francesco Michael Curreri
Born: 9/80 Died: 10/07
Mother: Karen Curreri

Scott Curry
Born: 8/59 Died: 7/08
Mother: Marilyn Nemeth

Justin Dalton
Born: 9/74 Died: 8/09
Mother: Janis Farran

Daniel Elijah Day
Born: 4/93 Died: 5/16
Mother: Kristen Day

Rodney D. Day, Jr.
Born: 4/96 Died: 6/01
Parents: Jerusha Day

Danielle Ann Davis
Born: 10/78 Died: 3/10
Mother: Jackie Davis
<table>
<thead>
<tr>
<th>Name</th>
<th>DOB</th>
<th>DOD</th>
<th>Father/Mother</th>
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</thead>
<tbody>
<tr>
<td>Tara Hudson</td>
<td>1/86</td>
<td>1/07</td>
<td>Mother: Mari Hudson</td>
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<tr>
<td>Chad Michael Huisenga</td>
<td>10/74</td>
<td>12/95</td>
<td>Parents: Alan &amp; Melinda Huisenga</td>
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<tr>
<td>Hannah Nichea Hupke</td>
<td>9/87</td>
<td>6/05</td>
<td>Parents: Bruce &amp; Joni Hupke</td>
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<tr>
<td>Zane Austin Hutchins</td>
<td>9/03</td>
<td>2/04</td>
<td>Parents: Mae Rivera &amp; Jon Hutchins</td>
</tr>
<tr>
<td>Casie Leean Hyde</td>
<td>3/89</td>
<td>12/05</td>
<td>Mother: Kelli Rigby-Hyde</td>
</tr>
<tr>
<td>John Joseph Iacono</td>
<td>5/02</td>
<td>5/04</td>
<td>Parents: Nancy &amp; Anthony Iacono</td>
</tr>
<tr>
<td>Ben Francisco Inez de la Cruz</td>
<td>1/71</td>
<td>11/91</td>
<td>Parents: Francesca Inez &amp; Emmanuel de la Cruz</td>
</tr>
<tr>
<td>John E. James</td>
<td>6/62</td>
<td>9/93</td>
<td>Parents: Marilyn &amp; Lupe Arvizo</td>
</tr>
<tr>
<td>Kalaea Jennings</td>
<td>4/07</td>
<td>9/07</td>
<td>Parents: Nacio &amp; Maria Jennings</td>
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<td>Melissa Gale Jetton</td>
<td>5/58</td>
<td>7/84</td>
<td>Parents: James &amp; Cathie Jetton</td>
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<tr>
<td>Angela Johnson</td>
<td>4/92</td>
<td>3/15</td>
<td>Parents: Dennis &amp; Maria Johnson</td>
</tr>
<tr>
<td>Daniel A. Jones V.</td>
<td>5/92</td>
<td>10/09</td>
<td>Father: Daniel A. Jones IV.</td>
</tr>
<tr>
<td>David B. Jones</td>
<td>3/50</td>
<td>3/01</td>
<td>Mother: Lucille Jones</td>
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<tr>
<td>Jeff Joyce</td>
<td>2/68</td>
<td>4/01</td>
<td>Mother: Wadene Duffy</td>
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<td>Lance John Juracka</td>
<td>10/69</td>
<td>4/06</td>
<td>Parents: Frank &amp; Nancy Juracka</td>
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<tr>
<td>Heather Mary Kain</td>
<td>6/83</td>
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<td>Mother: Maura Kain</td>
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<td>Edwin J. Kaskowski</td>
<td>11/67</td>
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<td>Mother: Carolyn Kaskowski</td>
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<td>Emily Matilda Kass</td>
<td>6/95</td>
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<td>Mother: Susan Kass</td>
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<td>Scott Ira Kaufman</td>
<td>4/68</td>
<td>7/95</td>
<td>Mother: Renee Kaufman</td>
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<td>Douglas Drennen Kay</td>
<td>3/72</td>
<td>9/06</td>
<td>Parents: Steve &amp; Diane Kay</td>
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<tr>
<td>Kalin Marie Kech</td>
<td>10/90</td>
<td>6/09</td>
<td>Richard &amp; Kris Kech</td>
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<td>Kathryn Anne Kelly</td>
<td>12/72</td>
<td>1/91</td>
<td>Parents: Dick &amp; Timmy Kelly</td>
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<tr>
<td>Sean A. King</td>
<td>7/63</td>
<td>12/07</td>
<td>Parents: Catherine &amp; Michael King</td>
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<tr>
<td>Colby Joshua Koenig</td>
<td>6/84</td>
<td>1/10</td>
<td>Parents: Cindy Tobis &amp; John Koenig</td>
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<tr>
<td>Scott Keller</td>
<td>10/83</td>
<td>3/15</td>
<td>Mother: Betty Benson</td>
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<tr>
<td>Keith Konopasek</td>
<td>1/63</td>
<td>7/95</td>
<td>Parents: Ken &amp; Mary Konopasek</td>
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<tr>
<td>Michael Kroppman</td>
<td>12/88</td>
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<td>Parents: Brenda &amp; Greg Kroppman</td>
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<td>Susan Ann Kruger</td>
<td>9/64</td>
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<td>Mother: Gloria Swensson</td>
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<td>Kyle Kubachka</td>
<td>1/89</td>
<td>11/08</td>
<td>Parents: Keith &amp; April Kubachka</td>
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<td>Natalie Samantha Large</td>
<td>6/05</td>
<td>6/05</td>
<td>Parents: Keith &amp; April Kubachka</td>
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<td>Dolores LaRue</td>
<td>8/57</td>
<td>11/08</td>
<td>Mother: Maggie Ramirez</td>
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<td>Cherese Mari Laulhere</td>
<td>9/74</td>
<td>3/96</td>
<td>Parents: Larry &amp; Chris Laulhere</td>
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<tr>
<td>Bernard Lawrence</td>
<td>2/63</td>
<td>11/06</td>
<td>Mother: Jackie Bowens</td>
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<tr>
<td>Bryan Yutaka Lee</td>
<td>12/70</td>
<td>9/07</td>
<td>Mother: Kathee Lee</td>
</tr>
<tr>
<td>Steven J. Lee</td>
<td>1/63</td>
<td>10/06</td>
<td>Mother: Donna Lee</td>
</tr>
<tr>
<td>Avery James Lent</td>
<td>12/03</td>
<td>7/06</td>
<td>Parents: Crystal Henning &amp; Dan Holly</td>
</tr>
<tr>
<td>Quinn Frances Leslie</td>
<td>12/12</td>
<td>9/14</td>
<td>Parents: Ian &amp; Katie Leslie</td>
</tr>
<tr>
<td>Kevin Le Nguyen</td>
<td>5/88</td>
<td>6/14</td>
<td>Mother: Tracy Le Nguyen</td>
</tr>
<tr>
<td>Wendy Levine</td>
<td>10/65</td>
<td>11/95</td>
<td>Parents: Paul &amp; Sharon Levine</td>
</tr>
<tr>
<td>Joseph Licciardone</td>
<td>4/94</td>
<td>3/16</td>
<td>Parents: Connie &amp; Leo Licciardone</td>
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<tr>
<td>Liliana “Lily” Lindlahr</td>
<td>12/11</td>
<td>7/14</td>
<td>Parents: Greg &amp; Shannon Lindlahr</td>
</tr>
<tr>
<td>Richard Lee Luthe</td>
<td>8/70</td>
<td>1/13</td>
<td>Parents: Tom &amp; Mary Malone</td>
</tr>
<tr>
<td>Michelle Marie Mandich</td>
<td>5/89</td>
<td>2/05</td>
<td>Parents: Michael &amp; Lori Mandich</td>
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<tr>
<td>Daniel Edward Manella</td>
<td>9/67</td>
<td>10/98</td>
<td>Sister: Kathleen Manella</td>
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<tr>
<td>Elizabeth Mann</td>
<td>7/60</td>
<td>5/05</td>
<td>Parents: David &amp; Olivia Mann</td>
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<tr>
<td>Janet Sue Mann</td>
<td>10/61</td>
<td>9/10</td>
<td>Mother: Nancy Mann</td>
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<td>Gabriella Mantini</td>
<td>5/85</td>
<td>8/06</td>
<td>Mother: Martha Mantini</td>
</tr>
<tr>
<td>Alex J. Mantyla</td>
<td>3/89</td>
<td>8/08</td>
<td>Parents: Jarmo &amp; Bonnie Mantyla</td>
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<tr>
<td>Kyle Jeffrey Martin</td>
<td>11/80</td>
<td>7/04</td>
<td>Parents: David &amp; Joanne Martin</td>
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<tr>
<td>Jason Lee Martinez</td>
<td>9/79</td>
<td>12/07</td>
<td>Father: James Bakos</td>
</tr>
<tr>
<td>Travis Frederick Marton</td>
<td>10/91</td>
<td>1/15</td>
<td>Mother: Ricki Marton</td>
</tr>
<tr>
<td>Audrey Sinclare Marshall</td>
<td>2/00</td>
<td>3/00</td>
<td>Parents: Don &amp; Kimberly Marshall</td>
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<tr>
<td>Paul Martinez</td>
<td>1/86</td>
<td>3/08</td>
<td>Mother: Lorraine Martinez</td>
</tr>
<tr>
<td>Daniel George Mateik III</td>
<td>12/84</td>
<td>6/09</td>
<td>Mother: Stefanie Hudak</td>
</tr>
<tr>
<td>Max McCardy</td>
<td>4/05/15</td>
<td>8/15</td>
<td>Parents: Derk &amp; Ami McCardy</td>
</tr>
<tr>
<td>Joseph McCoy</td>
<td>9/11</td>
<td>11/14</td>
<td>Mother: Amy McCoy</td>
</tr>
<tr>
<td>Kirk Mc Nulty</td>
<td>7/84</td>
<td>2/14</td>
<td>Mother: Elaine Me Nulty</td>
</tr>
<tr>
<td>Jeremy Stewert Mead</td>
<td>10/61</td>
<td>11/14</td>
<td>Mother: Carol Mead</td>
</tr>
<tr>
<td>Robert Andrew Mead</td>
<td>5/65</td>
<td>4/11</td>
<td>Mother: Carol Mead</td>
</tr>
<tr>
<td>Nicole Marie Megaloudis</td>
<td>10/84</td>
<td>2/04</td>
<td>Mother: Gail Megaloudis-Rongen</td>
</tr>
<tr>
<td>Alexis Melgoza</td>
<td>3/90</td>
<td>6/11</td>
<td>Mother: Gina Melgoza</td>
</tr>
<tr>
<td>Shawn Mellen</td>
<td>05/81</td>
<td>8/99</td>
<td>Godmother: Rose Sarukian</td>
</tr>
<tr>
<td>Damion Mendoza</td>
<td>7/76</td>
<td>6/92</td>
<td>Parents: Carlene &amp; Paul Mendoza</td>
</tr>
<tr>
<td>Shannon R. Middleton</td>
<td>2/77</td>
<td>5/94</td>
<td>Mother: Candy Middleton</td>
</tr>
<tr>
<td>Steven Douglas Millar</td>
<td>2/70</td>
<td>10/00</td>
<td>Parents: David &amp; Suzanne Millar</td>
</tr>
<tr>
<td>Patricia Acha Miller</td>
<td>1/62</td>
<td>11/10</td>
<td>Mother: Christina Acha</td>
</tr>
<tr>
<td>Angel Flores Misa, Jr</td>
<td>10/69</td>
<td>7/06</td>
<td>Parents: Roland &amp; Luscita Dilley</td>
</tr>
<tr>
<td>David F. Mobilo</td>
<td>7/71</td>
<td>11/02</td>
<td>Parents: Richard &amp; Laurie Mobilo</td>
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<tr>
<td>Jacki Montoya</td>
<td>10/89</td>
<td>7/15</td>
<td>Mother: Theresa Montoya</td>
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<tr>
<td>Joshua Montoya</td>
<td>4/15</td>
<td>7/15</td>
<td>Grandmother: Theresa Montoya</td>
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<tr>
<td>Anthony Moreno</td>
<td>2/91</td>
<td>11/13</td>
<td>Mother: Ivette Romero</td>
</tr>
</tbody>
</table>
Our Children Remembered

Danielle Ann Mosher
Born: 8/78 Died: 6/97
Parents: Paul & Rose Mary Mosher

Benjamin A. Moutes
Born: 3/07 Died: 5/10
Parents: Kevin & Claudia Moutes

Danielle Murillo
Born: 5/96 Died: 4/14
Parents: Cheryl Outlaw & Manuel Murillo

Peter Anthony Murillo
Born: 11/72 Died: 10/04
Mother: Stella Murillo

Marilu Murney
Born: 6/53 Died: 1/14
Parents: Herb & Pat Gardner

Christopher Myers
Born: 10/86 Died: 5/06
Parents: Janet & Larry Myers

Edward W. Myricks II
Born: 4/72 Died: 10/11
Parents: Edward & Sandra Myricks

Annamay Rebecca Celine Naef
Born: 4/95 Died: 10/11
Parents: Heinz & Ursina Naef

Christian Paul Nagy
Born: 5/02 Died: 5/02
Parents: Paul & Teresa Nagy

Lisa Nakamaru
Born: 12/93 Died: 10/14
Mother: Grace Nakamaru

Richard Paul Negrete
Born: 6/43 Died: 2/04
Mother: Sally Negrete

Joy Ellen Nelson
Born: 1/97 Died: 1/97
Parents: Mary Desmond & David Nelson

Eric M. Neuan
Born: 1/79 Died: 3/09
Parents: Eric & Lynn Neuan

William Samuel Nicassio
Born: 1/88 Died: 1/14
Mother: Pearl Nicassio

Danielle Nice
Born: 7/81 Died: 8/04
Parents: Daniel & Debbie Nice

Monique Nicholson
Born: 7/71 Died: 1/08
Sister: April Nicholson

Denise Northbrook
Born: 2/67 Died: 8/31
Parents: Mike & Barbie Schafer

Geoff James Nowak
Born: 11/97 Died: 2/98
Parents: Chrisen Murphey & Geoff Nowak

Logan Kay Nunez
Born: 1/95 Died: 4/05
Parents: Mike & Laura Nunez

Michaela Grace Nunez
Born: 2/05 Died: 7/05
Parents: Roger & Jennifer Nunez

Steven Scott Nussbaum
Born: 5/61 Died: 11/15
Parents: Will & Gloria Nussbaum

Sally Anne O'Connor
Born: 12/62 Died: 2/11
Mother: Grace "Darlene" Dye

Isabella Ofsanko
Born: 6/97 Died: 10/15
Mother: Desiree Palmer

Thomas Jinkwang Oh
Born: 2/72 Died: 6/03
Sister: Barbara Oh

Tyri Ojose
Born: 9/10 Died: 7/12
Mother: Maureen Ojose

Dominique Oliver
Born: 5/85 Died: 3/02
Mother: Cheryl Stephens

Elliott Shawn Oliver
Born: 8/75 Died: 2/13
Parents: Elliott Joseph Oliver Jr. & Linda Barcela

Henry Ortega
Born: 5/97 Died: 7/08
Parents: Henry & Wendy Ortega

Masahi Ozaki
Born: 5/78 Died: 8/09
Sister: Etsuko Moromi

Crystal Pagan
Born: 6/74 Died: 3/14
Mother: Sunny Honsinger

Lucas Hunter Palar
Born: 11/89 Died: 5/06
Parents: Hugh Palar & DeAnna Williams

Armon Parker
Born: 4/72 Died: 3/04
Mother: Sabrina Parker

Maddison Grace Partida
Born: Died
Mother: Gabriela Partida

Annemarie Pellerito
Born: 9/73 Died: 8/03
Parents: Vicki & Pete Pellerito

Jessica Perez
Born: 5/89 Died: 10/03
Sister: Monica Perez

Andrew Periaswamy
Born: 5/97 Died: 10/16
Parents: Megala & Xavier Periaswamy

Joseph Ryan Persh
Born: 1/03 Died: 2/03
Parents: Gary & Jane Persh

Daniel Andrew Peterson
Born: 1/78 Died: 5/85
Mother: Gay Kennedy

Richard Phillips
Born: 9/81 Died: 3/11
Mother: Lisa Grant

Jennifer Pizer
Born: 10/69 Died: 4/91
Parents: Janis & Bud Pizer

Chris Pierce
Born: 11/77 Died: 4/07
Sister: Stacy Pierce

Steven Randall Prather
Born: 9/62 Died: 8/10
Parents: Stu & Evelyn Prather

D'Juan Marcel Pratt
Born: 12/79 Died: 11/06
Mother: Gwendolyn Elaine Maiden

Shannon Quigly
Born: 11/68 Died: 1/09
Mother: Kathleen Shortridge

Daniel Paul Rains
Born: 4/72 Died: 3/91
Mother: Janet Ferjo

Jeffrey Alan Rakus
Born: 10/86 Died: 7/06
Parents: Tony & Donna Rakus

Julius Ramirez Jr.
Born: 8/09 Died: 8/10
Parents: Bridie & Jules Ramirez

Brooke Randle
Born: 3/04 Died: 11/15
Parents: Sandi & Bren Randle

Leo Joshua Rank II
Born: 3/11 Died: 4/12
Parents: Roberta Redner & Leo Rank

Cindy Ranfl
Born: 8/68 Died: 7/97
Parents: Pat & Bob Ranfl

Sarah Lynne Redding
Born: 12/80 Died: 12/05
Parents: Linda Redding

Megan Patricia Rexroad
Born: 12/91 Died: 10/15
Mother: Mary-Ann Rexroad

Richard R. Reyes
Born: 12/65 Died: 12/08
Mother: Terry Reyes

Mallory Richards
Born: 8/92 Died: 1/11
Mother: Lisa Richards

Aaron Rico
Born: 12/89 Died: 12/10
Parents: Cameron & Annette Rico

Keith Patrick Riley
Born: 3/69 Died: 10/99
Parents: Kevin & Debby Riley

Christopher Rivera
Born: 10/67 Died: 1/06
Mother: Katherine Wagner

Ryanne Robles
Born: 10/12 Died: 10/12
Mother: Glenda Osborne

Ruth "Vanny" Rodriguez
Born: 10/73 Died: 5/01
Parents: George & Ruby Rodriguez

Christine E. Rojas
Born: 6/64 Died: 12/94
Parents: Ray & Esther Rojas

Jamie (James) Lloyd Roman
Born: 4/78 Died: 2/97
Mother: Carolyn Roman

Frankie Romero
Born: 10/81 Died: 9/93
Mother: Magdalena Hilda Salas & Francisco L. Romero

Ginger Romero
Born: 1/47 Died: 5/15
Sister: Genie Moreno

Dominic Niall Pennington Roque
Born: 8/02 Died: 9/09
Parents: Kerrie & Ren Roque

James Garrett Ross
Born: 12/74 Died: 10/05
Parents: Jim & Sharon Ross

Michael William Roth
Born: 6/71 Died: 12/08
Parents: Karen & William Roth

John Patrick Rouse
Born: 1/78 Died: 7/02
Mother: Sharon Rouse

Giovanni Rubalcava
Born: 4/95 Died: 8/14
Parents: Gina & Dennis Diviak

Michael B. Ruggera, Jr.
Born: 4/51 Died: 4/96
Parents: Michael & Frances Ruggera

Shannon Quigley Runningbear
Born: 12/68 Died: 1/09
Mother: Kathleen Crowley Shortridge

Danny Ryan
Born: 07/79 Died: 10/15
Parents: Mike & Andrea Ryan

Joseph Sahu
Born: 6/89 Died: 4/12
Parents: Ron & Cathy Sahu

Armando Sainz
Born: 6/76 Died: 2/02
Mother: Jennie Hernandez

Andrew Patrick Sakura
Born: 3/90 Died: 3/08
Parents: Bruce & Karen Sakura

Daniela Mora Saldana
Born: 3/17 Died: 3/17
Mother: Rosa Saldana

Jeffrey Alan Sampson
Born: 3/86 Died: 5/05
Parents: Claude & Paula Sampson
Lisa Sandoval  
Born: 9/76   Died: 12/92  
Parents: Susan & Ruben Sandoval

Phillip Ruben Sandoval  
Born: 7/84 - Died: 6/16  
Parents: Valerie & Joe Desjardin

Andrew Sankus  
Born: 4/71   Died: 8/15  
Mother: Mary Sankus

F. Marlow Santos  
Born: 10/84   Died: 7/93  
Parents: Fred & Julie Gillette

Patrick C. Skillings Jr  
Born: 1/88   Died: 10/09  
Parents: Patrick & Rena Skillings

Dylan Elwood Sievers  
Born: 8/08   Died: 8/08  
Parents Daren & Marie Sievers

Tyson Donald Sievers  
Born: 8/08   Died: 9/08  
Parents: Darren & Marne Sievers

Michael William Schlamb  
Born: 4/61   Died: 7/14  
Parents: Bill & Sharon Schlamb

Karen Ailegra Scholl  
Born: 8/64   Died: 4/99  
Mother: Kay Scholl

Matt Scholl  
Born: 2/73   Died: 4/08  
Parents: Bill & Kay Scholl

Candace Arond Schonberg  
Born: 3/98   Died: 11/00  
Parents: Andree & Arond Schonberg

Jonathan "Jamie" Schubert  
Born: 7/65   Died: 12/06  
Parents: Lynn & Roy Schubert

Melissa Lauren Schweisberger  
Born: 10/84   Died: 11/99  
Parents: John & Margarita Schweisberger

Spencer Simpson  
Born: 1/80   Died: 6/13  
Parents: Rich & Shelly Simpson

Gerald Slater  
Born: 2/71   Died: 8/94  
Parents: Bob & Gwen Slater

Dale Lee Soto  
Born: 7/94   Died: 5/11  
Mother: Monique Soto

Mia Amour Steen  
Born: 7/05   Died: 9/10  
Parents: Janine & Dona Steen

Nancy Sterger  
Born: 8/57   Died: 6/12  
Mother: Ann Leer

Jonathan David Streisand  
Born: 1/87   Died: 2/13  
Parents: Pricilla & David Streisand

Lisa Swiggun  
Born: 6/88   Died: 7/08  
Parents: Stewart & Marian Swiggun

Elizabeth D. Szucs  
Born: 4/72   Died: 6/11  
Parents: Dolores & Frank Szucs

Kenneth Tahan  
Born: 2/66   Died: 7/16  
Parents: Shirley & Joseph Tahan

Anthony Tanori  
Born: 8/82   Died: 8/12  
Parents: Chuck & Sylvia Tanori

Jacqueline Taylor  
Born: 1/83   Died: 7/11  
Mother: Jennifer Flynn

Kristi Nicole Taylor  
Born: 5/80   Died: 9/94  
Parents: Kathy & Cory Taylor

John Teresinski  
Born: 12/67   Died: 1/00  
Parents: Beverly & Victor Teresinski

Ryan William Thomas  
Born: 2/82   Died: 4/04  
Mother: Linda Thomas

Ryan William Thomas  
Born: 2/82   Died: 4/04  
Mother: Linda Thomas

Laura C. Toomey  
Born: 1/69   Died: 12/78  
Mother: Michael & Elizabeth Toomey

Michael D. Toomey  
Born: 4/62   Died: 2/05  
Mother: Michael & Elizabeth Toomey

Nathan Torbert  
Born: 1/78   Died: 12/05  
Mother: Rebecca Williams

Catarina Sol Torres  
Born: 12/16   Died: 12/16  
Mother: Marcus & Vanessa Torres

David Torres  
Born: 6/66   Died: 3/06  
Mother: Joyce Whiry

Marcelo Torres  
Born: 8/81   Died: 9/03  
Parents: Jaime & Carmen Torres

Brian Gregory Trotter  
Born: 10/78   Died: 8/94  
Mother: Abby Trotter-Herft

Carlos Valdez  
Born: 1/61   Died: 1/12  
Parents: Antonia & Refugio Valdez

Vance C. Valdez  
Born: 10/90   Died: 3/12  
Parents: Carlos & Maria Valdez

Lexi Noelle Valladares  
Born: 4/04   Died: 7/10  
Parents: Fausto & Erica Valladares

Manuel Vargas III  
Born: 3/95 - Died: 5/15  
Father: ""Manuel Vargas"

Mark T. Vasquez  
Born: 5/75   Died: 5/11  
Parents: Manuel & Blanca Vasquez

Tommy Villanueva  
Born: 10/68   Died: 5/02  
Parents: Jennie & Edgar Villanueva

Justin Alexander Velasquez  
Born: 7/12   Died: 7/12  
Parents: Ricardo & Marcie Velasquez

Eric Douglas Vines  
Born: 7/77   Died: 7/91  
Parents: Doug & Lynn Vines

Serena Yasmeen C. Viveros  
Born: 11/05   Died: 11/05  
Mother: Brenda Viveros

Marisa Ann Vooso  
Born: 7/83   Died: 3/93  
Parents: Debbie & Marco Vooso

Kristopher Wadman  
Born: 11/82   Died: 10/00  
Parents: Michael & Melodie Wadman

Carl Alan Wagenknecht  
Born: 7/70   Died: 8/04  
Parents: Tom & Janis Wagenknecht

Jeffrey Sinclair Wagstaff  
Parents: Johnny & Barbara Walker

Cory Dylan Walker  
Born: 8/76   Died: 3/01  
Parents: Jim & Susan Walker

Eric Webb  
Born: 6/85   Died: 10/07  
Parents: Jim & Vickie Webb

Dennis William Webber  
Born: 5/85   Died: 3/05  
Parent: Blaine & Sin Young Webber

Sharon Ann Wendt  
Parents: Mr. & Mrs. Carmel Doucet

Carlos Valdez  
Born: 1/61   Died: 1/12  
Parents: Antonia & Refugio Valdez

Vance C. Valdez  
Born: 10/90   Died: 3/12  
Parents: Carlos & Maria Valdez

Taylor Whitaker  
Born: 4/00   Died: 4/06  
Mother: Karen Scott

Andreas Wickstrom  
Born: 12/83 - Died: 12/01  
Parents: John & Inge Wickstrom

Kellen Morgan Williams  
Born: 11/88   Died: 11/11  
Mother: LaFonda Williams

Victoria Winchester  
Born: 2/57   Died: 2/84  
Mother: Erin Adams

Jennifer Winkelspecht  
Born: 7/75 - Died: 8/95  
Parents: Pam Weiss & John Woolington

Jordan Michael Witte  
Born: 1/87   Died: 11/08  
Parents: Licha & Mike Witte

Bob Woodward  
Born: 7/55 - Died: 10/08  
Bill & Barb Woodward

Amy Woolington  
Born: 10/85 - Died: 1/07  
Parents: Pam Weiss & John Woolington

Christopher Wootton  
Born: 11/86 - Died: 5/08  
Father: Jim Wootton

Cristofur Daye Wrotten-Kennedy  
Born: 2/75 - Died: 9/01  
Father: Joe Kennedy

Brett Yodice  
Born: 11/89 - Died: 5/13  
Parents: Sam & Susan Yodice

Aaron Young  
Born: 9/74 - Died: 6/15  
Mother: Sheila Young

Steve R. Young  
Born: 7/57 - Died: 2/90  
Mother: Marjorie Young

Whitney Marie Young  
Born: 8/87 - Died: 11/06  
Parents: Marlene & Steve Young

Thomas Zachary  
Born: 12/85 - Died: 7/11  
Father: Bob McGaha

Kevin Zelik  
Born: 11/85 - Died: 6/10  
Parents: Joe & Linda Zelik
Birthday Tributes...

In honor of your child’s birthday, we welcome you to submit a birthday tribute. Though your child is no longer here to buy a present for, think of this as a birthday present about your child. This tribute is an opportunity to share your child with us all. (We thank you for any birthday donations that help offset chapter expenses.)

※ Please remember we are always working a month in advance and need your tributes by the first of the month preceding the actual birthday.

Sorry, no tributes were submitted this month.

For Siblings...

Death of a Sibling: Issues for the Grieving Child

When a sibling dies, the surviving child reacts both to the loss of his or her sibling and to the change in behavior and grief process of his or her parents. A sibling's grief response may be longer or shorter than the parents', and the sibling may have a different understanding of the death. Siblings often are asked numerous questions about their brother or sister's death by their peers and other adults. This can feel overwhelming to a child.

An ill child often receives more attention from parents than a well sibling. The surviving child often believes he or she will get more attention from the parents after the death of the sibling, and then he or she is disappointed when those expectations are not met. The surviving child also may grapple with identity and role issues after the loss. "Am I still a little brother?" "Who's going to take out the garbage now?"

Grieving parents sometimes are over-protective of the remaining siblings, concerned that they may die or become ill as well. Other parents place expectations or unreasonable demands on the remaining siblings to take on the responsibilities and roles or to have the attributes of the deceased sibling.

It is important that parents avoid being either overprotective or over permissive with a grieving sibling—despite the temptation. Care should be taken not to make comparisons between the deceased child and the siblings, as it may lead to the surviving children feeling inadequate. Care also should be taken not to assign inappropriate responsibilities to a child that the deceased sibling used to have—especially responsibilities that are not developmentally appropriate.

For all these reasons, grieving siblings need a lot of reassurance from their parents that they are loved for who they are and that they will be cared for and supported. They need to be reminded that they did not cause their brother's or sister's death. They also should be encouraged to share memories and hold keepsakes of their deceased sibling and to participate in family rituals related to the deceased child.

--By Robin Fiorelli

“To the outside world, we all grow old, but not to brothers and sisters. We know each other as we always were. We know each other’s hearts. We share private family jokes. We remember family feuds and secrets, family griefs and joys. We live outside the touch of time.”

--Clara Ortega

For Grandparents...

Autumn

I always loved the autumn.
Of all The seasons it was my favorite.
I loved the beautiful colored leaves
And the cool crisp air and the
Sweet smell of wood
Burning someplace far away.
I loved the sound of the blue jays
With their raucous cries bidding goodbye to
The long hot summer and welcoming
The cooler days of fall.
I’ve always thought of it as a resting time
A respite between the hot summer days
And the cold winter nights yet to come.
As time to sit on the porch and read my book, enjoy life,
Counting my blessings and watching the hummingbirds
Flitting and hovering around their feeder.
Then one beautiful bright autumn day
Sorrow came unexpectedly and undesired
My grandson, our beautiful boy
Passed from this life to immortality.
He had been home only two weeks earlier
I hugged and kissed him as he left
Not knowing it was his last autumn here
Now I do not love this season so much
Now it brings not only the things I loved
But great sorrow.
How many autumns until I see him again?
Our beautiful boy, who gave us so much joy
For all the seasons of his life. but left us
In the autumn, the soft secret season of fall.
Written in loving memory of our beautiful boy,
Jake Schoonover. By his adoring Nana, Sue Roberts

From Our Members...

Fairness

It is not about what is fair,
lots of people have pain,
and suffering,
and hurt in their lives.
They work through it,
they carry on,
they find a place to put the pain,
Those people,
I am one of them,
I am a part of a group,
a sad group,
a group of people that are living and surviving by
sheer willpower.
We go through our days as if we are ok, but we
really aren't,
we are crying inside,
we are far away,
we are trying to make sense of our lives.
It is not fair,
nothing is fair, but we go on, for them,
for the part of us that is gone,
we are part of a group,
you know us,
our eyes lack the sparkle,
our smile is not as big,
we walk among you,
though separate from you,
in our own world, nothing is fair.
–Nancy Fisher, TCF South Bay/L.A., CA

We welcome and encourage you to submit contributions you
found meaningful to you in your grief. We prefer your
original poems and thoughts, but we can also print other
material if proper credit is given to the author. Please take
the time to submit a poem or article you found helpful.

TCF is On Facebook .... Please visit and help promote The Compassionate Friends National Organization's Facebook page by becoming a fan. You can get there by clicking on the link from TCF's national website home page at www.compassionatefriends.org. Or, you can log into Facebook and search for The Compassionate Friends/USA. In addition to the social support aspect, The Compassionate Friends/USA Facebook page will have information about upcoming events.

Our Website... Joe Zelik is hosting the website and updating it with the current newsletter and chapter information. Thank you to those who are willing to get you newsletter online. To be able to send a reminder each month to let you know when the latest issue of the newsletter is available, we need your e-mail address. If you have not been getting a reminder e-mail, please let me know. To update our files, please call Lynn at (310) 530-3214 to update by phone. You can also log onto our website at www.tcfsbla.org if you want to do it electronically. Thank-you for your understanding and help. TCF South Bay/LA

The National Office of TCF has an ongoing support group for parents and siblings online. For a complete schedule and to register for Online Support, visit http://compassionatefriends.org and follow the directions to register. There is also a closed group chat room for specific topics that you need to register for.

Closed Group Chat... TCF National has several closed Facebook groups you may find helpful on your grief journey. Click the blue link above to be connected and request to join.

TCF - Loss to Substance Related Causes
Moderators: Barbara Allen and Mary Lemley

TCF - Loss to Suicide
Moderators: Cathy Seehuetter and Donna Adams

TCF - Loss to Homicide
Moderators: Debbie Floyd and Kathleen Willoughby
TCF - Infant and Toddler Loss  Moderators: Susan Peavler and Tiffany Barraso

TCF - Sibling Loss to Substance Related Causes  Moderators: Andrea Keller and Barbara Allen

The Compassionate Friends Sounds of the Siblings  (for bereaved siblings) Moderators: Tracy Milne and Keith Singer

TCF – Loss of a Grandchild  Moderators: Betty Farrel and Jennifer Sue Hale

TCF – Loss to Miscarriage or Stillbirth  Moderators: Kelly Kittel and Kenzie Janzen

TCF – Loss of an Only Child/All Your Children  Moderators: Lisa Ridge and Vicki Woods-Ozias

TCF – Loss to a Drunk/Impaired Driver  Moderators: Robin Landry and Rebecca Perkins

TCF – Loss to Cancer  Moderators: Lee Meyerson, Michelle Setzer, Marguerite Caraway Ward

Healing the Grieving Heart... Featuring experts who discuss the many aspects of grief, with a main focus on the death of a child and its effects on the family. "Healing the Grieving Heart" can be heard on the Web live at www.health.voiceamerica.com.

Welcome New Members ... We welcome our new members to our chapter of TCF. We're sorry you have a need to be with us, but we hope you feel you have found a safe place to share your grief and will return. It often takes a few meetings to feel at ease in a group setting. Please try attending three meetings before deciding if TCF is for you. Each meeting is different, and the next one might be the one that really helps.

We encourage you to take advantage of our resources. We have a well stocked library of grief materials, a phone friend committee that welcomes calls at any time, and a members’ directory to call another parent you have met at the meetings.

Thank You ... Thank you to all those who donate to our meeting basket or send donations to our chapter. Since there are no fees or dues to belong to TCF, it is only your donations that keep us functioning, and we appreciate your help. Just a Hint: If you plan to leave $$ at the TCF meeting, you might want to make it by check so you can receive an IRS deduction. No amount is too small and they are needed to keep our chapter going.

Birthday Tributes... During your child's birthday month, you may place a picture and either a short personal message, poem, or story about your child in the newsletter. (Less than 200 words, please.) Do not cut your picture. We will block off unused areas. If it is a group photo, identify the person to be cropped. This tribute is an opportunity to tell a short story about your child, so we will be able to know them better. Photos must have identification on the back. Enclose a SASE in order for photos to be returned by mail. (Please do not send your only picture.)

Tributes must be in by the 1st of the month preceding your child’s birthday month or at the prior meeting. (Example: Sept. 1st for Oct. birthdays). Otherwise they will appear if space permits or in the following month's issue.

Phone Friends ... Sometimes you want or need to talk about the life and death of your child with someone that understands and can share your pain. The following friends are on the telephone committee, and are available to talk when ever you need someone who understands.

Linda Zelik (chapter leader)............(310) 370-1645
Kitty Edler.......................................(310) 541-8221
Richard Leach (grandchild)............(310) 833-5213
Kristy Mueller (sibling)....................(310) 373-9977

REGIONAL COORDINATOR
Olivia Garcia...................................(818) 736-7380

Memory Book... Our chapter has an ongoing Memory Book that is on display at each meeting. Each child is given a page in the book. Pictures, poems, or a tribute you choose that will help us to remember your child can be included. Feel free to add your picture to the Memory Book at any of our meetings. This is one way we can meet and remember the new member's children.

Library Information... At each meeting we have a library table. It is on the honor system. You may borrow a book and can bring it back at the next meeting. Many of you have books you got when you were newly bereaved and may no longer need. Perhaps you would like to donate books on grief that you found helpful. If you wish to donate a book to our library, please let Linda know so we can put your child’s name on a donation label inside the book.

Newsletter... For those of you who are receiving the newsletter for the first time, it is because
someone has told us that you might find it helpful. We warmly invite you to attend one of our meetings. Please let us know if you know of someone who could benefit from our newsletter which is sent free to bereaved parents. We do ask that professionals, friends, and family members contribute a donation to help offset the costs involved. If any information needs to be changed, or if you would like your child included in the "Our Children Remembered" section, please contact the editor at (310) 530-3214.

Additional Grief Support .... Bereavement Organizations and Resources:

TCF National Newsletter: For all bereaved parents and siblings. Published quarterly; subscription fee. Contact TCF Inc., P.O. Box 3696, Oak Brook, IL 60522-3696 (630) 990-0010

FAMILY & FRIENDS OF MURDER VICTIMS: Rose Madsen, (909) 798-4803 Newsletter and support group, e-mail Roseydoll@aol.com

ALIVE ALONE: For parents who have lost their only child, or all their children. 1112 Champaign Dr., Van Wert, OH 45891 Newsletter available. www.Alivealone.org

SURVIVORS AFTER SUICIDE: Support Group for families that have lost someone to suicide. Contact Sam & Lois Bloom (310) 377-8857


PATHWAYS HOSPICE: Bereavement support and sibling group. Bill Hoy (562) 531-3031

NEW HOPE GRIEF SUPPORT COMMUNITY: Grief support and education groups for adults and children. Susan K. Beeney, P.O. Box 8057, Long Beach, CA 90808, (562) 429-0075

PROVIDENCE TRINITY CARE HOSPICE AND THE GATHERING PLACE: Various bereavement support groups including support for loss of a child, support group for children 5-8, 9-12, and teens. Call Patty Ellis (310)

TORRANCE MEMORIAL BEREAVEMENT SERVICES: (310) 325-9110 Weekly grief support.

THE LAZARUS CIRCLE: Monthly grief support. Meets third Thurs of each month, 6-7;15 at First Lutheran Church, 2900 W. Carson St. Torrance

SHARE Pregnancy & Infant Loss: Contact: Megan Heddesten (800) 821-6819

Walk With Sally: Cancer loss bereavement & art therapy for children- Monica Fyfe (310) 378-5843

Camp Comfort Zone - Bereavement Camp for Children www.comfortzonecamp.org (310) 483-8313.

Other Grief Support Websites...

agast.org (for grandparents) groww.com

goodgriefresources.com childloss.com

beyondindogp.com griefwatch.dom

angelmoms.com babysteps.com

healingafterloss.org webhealing.com

survivorsofsuicide.com opentohope.com

taps.org (military death) alivealone.org

bereavedparentsusa.org save.org

pomc.com (families of murder victims)
grasphelp.org (substance abuse deaths)

LOCAL TCF CHAPTERS

Los Angeles: (310) 474-3407 1st Thurs.

Newport Beach (917) 703-3414 3rd Wed.

Orange Coast/Irvine: (949) 552-2800 1st Wed.

Orange Co./Anaheim: (562) 943-2269

Pomona/San Gabriel: (626) 919-7206

Redlands: (800) 717-0373 3rd Tues.

Riverside-Inland Empire: (909) 683-4160

San Fernando Valley: (818) 788-9701 2nd Mon.

South Los Angeles: (323) 546-9755 last Tue

Ventura Co. TCF: (805)981-1573 1&3 Thurs.

Verdugo Hills: (818) 957-0254 4th Thurs.

A SPECIAL THANKS TO:

Staples for their help in printing our newsletters each month and to The Neighborhood Church for the use of their facilities for our meetings.

CHAPTER OFFICERS:

CHAPTER LEADER: Linda Zelik

NEWSLETTER EDITOR: Lynn Vines

PROOFREADER: Sandra Myricks

TREASURER: Ken Konopasek

WEBSITE: Joe Zelik

STEERING COMMITTEE MEMBERS:

Kristy Mueller
Lori & Dudley Gray
Cheryl & Bill Matasso
Nancy Lerner
Kitty Edler
Marilyn Nemeth

Linda & Joe Zelik
Cheryl Stephens
Lynn Vines
Ken Konopasek
Susan Kass
Mary Sankos
DONATIONS TO THE
SOUTH BAY/L.A. CHAPTER
OF THE COMPASSIONATE FRIENDS

The Compassionate Friends is a totally self-supporting organization. Our chapter is run entirely by
volunteers, but we do have operating costs. Your donations are what keeps our chapter going.
Please consider giving a donation in your loved one’s name.

In loving of Danielle Mosher, August 1978 - June 1997. In memory of our loving granddaughter, Danielle
Mosher who was taken from us too soon.

Love Grandma and Grandpa Nelson

With sincere gratitude and deep appreciation, we acknowledge the generosity of the previous individuals
and companies. Your tax deductible donation, given, in memory of your loved one enables us to reach
bereaved parents with telephone calls and information, and they also help defray newsletter and mailing
costs. Please help us reach out to others in this difficult time. Indicate any special tribute you wish
printed in our newsletter.

When making a donation, please make checks payable to: The Compassionate Friends South Bay/L.A.
Chpt.

Mail to: The Compassionate Friends So Bay/ L.A. Chapter
P.O. Box 11171
Torrance, CA 90510-1171

In loving memory of

Birth date ____________ Death date ___________ Sent From__________________________________

Tribute____________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________

To include your donation in the next newsletter, we must receive it by the first of the month
or it will appear in the following issue.
The Compassionate Friends
South Bay/L.A., CA Chapter
P.O. Box 11171
Torrance, CA 90510-1171

THE COMPASSIONATE FRIENDS CREDO

We need not walk alone. We are The Compassionate Friends. We reach out to each other with love, with understanding, and with hope.

The children we mourn have died at all ages and from many different causes, but our love for them unites us. Your pain becomes my pain, just as your hope becomes my hope.

We come together from all walks of life, from many different circumstances. We are a unique family because we represent many races, creeds, and relationships. We are young, and we are old. Some of us are far along in our grief, but others still feel a grief so fresh and so intensely painful that they feel helpless and see no hope.

Some of us have found our faith to be a source of strength, while some of us are struggling to find answers. Some of us are angry, filled with guilt or in deep depression, while others radiate an inner peace. But whatever pain we bring to this gathering of The Compassionate Friends, it is pain we will share, just as we share with each other our love for the children who have died.

We are all seeking and struggling to build a future for ourselves, but we are committed to building a future together. We reach out to each other in love to share the pain as well as the joy, share the anger as well as the peace, share the faith as well as the doubts, and help each other to grieve as well as to grow.

WE NEED NOT WALK ALONE. WE ARE THE COMPASSIONATE FRIENDS.

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If you no longer wish to receive this mailing or have a new address, please contact us.