



# THE COMPASSIONATE FRIENDS

Supporting Families After a Child Dies



## South Bay/L.A. Chapter



A NEWSLETTER FOR BEREAVED PARENTS AND FAMILIES

APRIL 2012 ISSUE

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"This newsletter is sponsored by an anonymous family in memory of our children".

**OUR NEXT MEETING**  
will be April 4th, the first Wednesday  
of the month at 7:00 P.M.

**LOCATION:**

The Neighborhood Church  
415 Paseo Del Mar  
Palos Verdes Estates, CA 90274  
(South of Torrance Beach)

**DIRECTIONS:** Pacific Coast Hwy. to Palos Verdes Blvd. → Palos Verdes Blvd. becomes Palos Verdes Drive West. Veer Right. → Go to Via Corta (stop sign just past Malaga Cove Plaza). Turn right. → Go down hill to Arroyo (stop sign). Turn right. → Continue down hill to end of street. → Turn left on Paseo Del Mar. → Meetings are held at the west end of the church.

**--Please remember to park in the church parking lot and not on the street.--**

**WHO ARE WE...**

The Compassionate Friends is a self-help organization which offers support to families who have experienced the death of a child. Only a person who has experienced the trauma of losing a child can fully understand the pain and suffering involved.

We gather to listen, to share, and to support each other in the resolution of our grief. You need not walk alone, we are The Compassionate Friends.

**APRIL 4<sup>th</sup> ...**

This month's topic will start with "Grief and Family Members".

Upcoming Events: July 20-22: TCF 35<sup>th</sup> National Conference... Are you coming? **Can you volunteer to help?** See pg. 16 for more information.

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

Picture Buttons of your child are available. Call Ken at (310) 544-6690.

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**April 4th meeting ...** This month our topic will be "Grief and Family Members". How do you focus on your remaining family members and their grief following the death of your child? All your energies seem to be needed for your own survival. This meeting we will start by talking about what we can do to help our extended families and close friends while meeting our own needs. Surviving sibling, grandparents and close friends are all wanting to help us during this painful time. Each of these groups go about it in different ways...sometimes doing the "wrong" things for the "right" reasons.

First we will look at how they may be affected by their own loss and then talk about ways we can try and help them when we are already on overload. We invite you to join us as we share ways to help our extended families.

### A View From A Parent's Heart

When I began working with a children's grief group, I was reawakened to the fact that young people are many times forgotten in the midst of grief. Their feelings and pain are often put on the back burner until we can emotionally deal with them ourselves.

I found myself going back to the time when my daughter died, and wondering if I had given enough attention to my surviving three children in their own grief. As a grieving parent, I might have neglected at times to include these "forgotten mourners" in my sadness and pain. I hoped that I had given their grief the attention it so desperately needed.

Grieving children need to be allowed to mourn with us and among us. They need to share our pain and work through the myriad of feelings they are encountering. They will most likely bottle those feelings up inside, never knowing exactly what to do with them. Parents, share your grief with your children. They need to know it is a normal occurrence following the death of a loved one. Allow them to share their feelings, even when you believe it may be difficult, or your own pain is overwhelming you.

They are hurting too. Yes, it will be hard, but they will benefit from it. These "forgotten mourners" come to my grief group confused and in pain because they have not been able to grieve the loss of a loved one. Talking about

their feelings, shedding tears, and realizing that things will be better can make a world of difference for them.

Almost sounds like any grieving adult doesn't it? I guess we just have to remember these children are feeling the same things we are, only in smaller bodies. But they have big hearts and big hugs! So, share your grief today with your children. Make them an important part of your grieving process. You'll both be better for it!  
--Cathy Heider, TCF Algona, IA



### A Grandparent's Lament

My seven-year-old grandchild was killed in a tragic accident. We had such wonderful times together. He was the shining light of my life. And now he is gone. I feel sorry for my daughter and son-in-law, but they have lots of support from caring friends. No one seems to understand my agony. Grandparents mourn too!

**Rabbi Grollman responds:** How true. The grandparent/grandchild relationship is very special. With quality time they provide the biggest laps, make few demands, and give many gifts. It has often been said that parents aren't supposed to bury their children. But neither are grandparents supposed to bury their grandchildren. When a child dies, both parents and grandparents have lost a part of their future—one of the most horrific blows that human beings can endure.

There is the double assault of grieving for a grandchild while witnessing the suffering of your daughter and son-in-law. Your grief work may be different. Memories and attachments are not the same.

Each of you has been rocked in individual paths to the very depths of your being in the attempt to patch together the pieces of your shattered lives. You must find a way to express what you are feeling or this suffering will stay inside you and fester. Seek out those with whom you can share your heartbreak. Pour out these emotions of grief and if necessary repeat them time and time again.

Perhaps keep a journal for your eyes alone to flood out your sorrow. But most of all, talk. Talk to your friends, family, clergy, neighbors, support group or a professional counselor. How sorely you need their expressions of help, warmth and

understanding.

The death of your grandchild may also result in an even closer relationship with your daughter, son-in-law, and the rest of your family. Recall the unforgettable memories of the past as you search for a meaningful future. Even in your overwhelming despair, you will realize that part of that child's life will live with you forever.

--By Rabbi Earl A. Grollman

## A Family Copes With Tragedy



Most people think that after a reasonable period of mourning, families pick up the pieces of their lives and go on. I remember a friend asking me, three months after my son's death, if everything was back to normal. Those who haven't been through this experience cannot comprehend that life, as we know it will never exist again. There won't be "normal" years for parents whose world has been devastated. Their dreams of raising children have vanished forever.

Our surviving children have lost a part of themselves—the part they shared with their sibling. One daughter said to me, "I don't want him to stop living. I don't want to go on with my life without him being part of it and growing along with me. I don't want to leave him behind. I need his caring and sharing."

How would we live? How would we manage? Nothing could ever replace what we have lost. Since my son's death, I don't make long-range plans anymore or take anything for granted. I live each day as it unfolds, for I have learned that everything I know or have known can be shattered in an instant. We did seek help in different ways, through counseling, writing and group therapy. As a result of our tragedy, our family is closer than they have ever been. Any anger or frustration we harbored about one another has disappeared because of its comparative triviality. We've shared feelings never before expressed and emphasize our love for each other, over and over again. This we will do forever more.

--Nancy Doss, TCF Houston TX

Sometimes all a person needs is a hand to hold and a heart to understand.

--Andy Rooney (bereaved sibling)

## Concerning Siblings

Adapted From: Helping Children Cope With Loss, Buz & Joanie Overbeck, TLC Group - Dallas, TX

It's been said that when a child's brother or sister dies, actually three people are lost: the sibling and both parents. The sibling also loses a friend, playmate, confidant, role model, and lifelong companion. For the parents, the loss of a child is often so traumatic that they have little left to give to the surviving children. Yet the surviving sibling has fears, needs, and anxieties that must be explored and addressed if the child is to avoid negative long term consequences. Listed here are normal feelings siblings might have concerning the loss along with some suggestions on what to do to encourage their expression.

### Normal Thoughts

"Did I cause the death?" "Will the rest of my family die?" "Who will take care of me now?" "I'm all alone now." "Half of me died." "I'm different from all the other kids." "I'm not a child anymore." "I feel left out." "Things will never be the same again." "No one cares about my grief, only about my parent's grief." "I can't cry because it will make my parents more upset." "I feel guilty to be happy or to laugh." "Why wasn't it me?" "Will I die young, too?" "I made it happen by wishing him dead!" "If I act like my sibling, maybe my parents will feel better." "Maybe my parents would love me more if I died!"

### Normal Feelings

Impatient and angry at the world. Resentful over the attention the parents are getting. Resentment over the attention they are not getting. Resentment over having to do more around the home. Fearful of having to replace the sibling. Guilt for feeling relieved over the death after a long illness. Guilt over all the "bad" thoughts, words, and fights with the deceased.

### How To Help

- The bereaved parents should constantly remind themselves to be sensitive to the feelings of the surviving children.
- The parents should strive to maintain as much of a normal routine as possible for the survivors.

- The parents should encourage grieving, openness, and the expression of feelings in the children by grieving openly and expressively in front of them.
  - Reassure them that they are not going to die, too.
  - Reassure them that they are loved, wanted, and okay.
  - Reassure them that they did not cause the death in any way.
  - Give lots of physical reassurance in the way of touching and hugs.
  - Contact the teacher/teachers or school counselors.
  - Ask them what and how they would like the school to be told.
  - Prepare them for questions and remarks they can expect at school.
  - Encourage them to resume their normal activities at their own pace.
  - Remember the sibling's birthday and anniversary of the death.
  - Remember the sibling at special family gatherings and functions.
  - Don't be afraid to talk about the child that died.
  - Talk about all the qualities of the child that died- positive and negative.
  - Talk about the differences between the siblings- good and bad.
  - Don't promise them a replacement sibling with talks of having another child.
  - Remember: surviving siblings cannot become, or replace, the deceased brother or sister.
- TCF, Marin County & San Francisco Chapters  
November 2000

Editor Note: The following article was written to help grandparents, but I have found these useful ideas really can help any family member or friend with their own grief while also helping you in your grief.

## Helping a Grandparent Who Is Grieving



When a grandchild dies, the grandparent often mourns the death on many levels. The grandparent probably loved the child dearly and may have been very close to him or her. The death has created a hole in the grandparent's life that cannot be filled by anyone else.

Grandparents who were not close to the child who died, perhaps because they lived far away, may instead mourn the loss of a relationship they never had.

Grieving grandparents are also faced with witnessing their child-the parent of the child who died-mourn the death. A parent's love for a child is perhaps the strongest of all human bonds. For the parents of the child who died, the pain of grief may seem intolerable. For the grandparents, watching their own child suffer so and feeling powerless to take away the hurt can feel almost as intolerable.

Young people aren't supposed to die. The death violates the natural order of life and seems terribly unfair. For grandparents, who may have lived long, rich lives already, the struggle to understand the death may bring about feelings of guilt. "Why didn't God take me, instead?" the grandparent may ask himself. "Why couldn't it have been me?"

Such feelings are both normal and necessary. You can help by encouraging the grandparent to talk about them.

Respect faith and spirituality. Many people develop strong commitments to faith and spirituality as they get older. If you allow them, grieving grandparents will "teach you" about the role of faith and spirituality in their lives. Encourage them to express their faith if doing so helps them heal in grief.

Sometimes, however, faith can naturally complicate healing. The grandparent may feel angry at God for "taking" the grandchild. He then may feel guilty about his anger, because, he may reason, God is not to be questioned. Or the grandparent may struggle with feelings of doubt about God's plan or the afterlife.

Talking with a pastor may help the grandparent, as long as the pastor allows the grandparent to honestly express her feelings of anger, guilt and sadness. No one should tell a grandparent that she shouldn't grieve because the child has gone to heaven; mourning and having faith are not mutually exclusive.

Listen with your heart. You can begin to help by simply listening. Your physical presence and desire to listen without judging are critical helping tools. Don't worry so much about what you will say. Just concentrate on the words that are being shared with you.



The grieving grandparent may want to share the same story about the death over and over again. It's as if talking about the death makes it a little more bearable each time. Listen attentively. Realize that this repetition is part of the grandparent's healing process. Simply listen and try to understand.

Sometimes grandparents, especially grandfathers, don't want to talk about the death. They may have been raised to believe that talking about feelings is frivolous or selfish or unmanly. It's OK; they don't have to talk. Simply spending time with them demonstrates your love and concern.

Be compassionate. Give the grandparent permission to express her feelings without fear of criticism. Learn from the grandparent; don't instruct or set expectations about she should respond. Never say, "I know just how you feel." You don't. Think about your helper role as someone who "walks with" not "behind" or "in front of" the grieving grandparent.

Allow the grandparent to experience all the hurt, sorrow and pain that he is feeling at the time. Enter into his feelings, but never try to take them away. And recognize that tears are a natural and appropriate expression of the pain associated with the death.

Avoid clichés. Words, particularly clichés, can be extremely painful for a grieving grandparent. Clichés are trite comments often intended to provide simple solutions to difficult realities. Grandparents are often told, "God needed another angel in heaven" or "Don't worry, John and Susie (can) have another child" or "You have to be strong for your child." Comments like these are not constructive. Instead, they hurt because they diminish the very real and very painful loss of a unique child.

Offer practical help. Preparing food, washing clothes, and cleaning the house are just a few of the practical ways of showing you care. And, just as with your presence, this support is needed at the time of the death as well as in the weeks and months ahead.

Write a personal note. Sympathy cards express your concern, but there is no substitute for your personal written words. What do you say? Share a favorite memory of the child who died. Relate the special qualities that you valued in him or her. These words will be a loving gift to

the grandparent, words that will be reread and remembered always.

Use the name of the child who died in your personal note and in talking to the grandparent. Hearing that name can be comforting, and it confirms that you have not forgotten this important child whom the grandparent loved and misses so much.

Be aware of holidays and other significant days. The grandparent may have a difficult time during special occasions like holidays and other significant days, such as the child's birthday and the anniversary of the child's death. These events emphasize the child's absence. Respect this pain as a natural extension of the grief process.

These are appropriate times to visit the grandparents or write a note or simply give them a quick phone call. Your ongoing support will be appreciated and healing.

"When a grandchild dies, grandparents grieve twice. They mourn the loss of the child and they feel the pain of their own child's suffering. Sometimes we forget about the grandparents when a child dies. You can help by not forgetting, by offering the grandparents your love, support and presence in the weeks and months to come."

--Alan D. Wolfelt, Ph.D. Director of the Center for Loss and Life Transition



## Spring is Coming

If you are newly bereaved and looking toward your "first" spring, you may be surprised by some of the feelings you may experience during the next few weeks. We hear so much about the beauty of spring - the new life and the feelings of renewal that are supposed to accompany this lovely time of year.

During my "first" year, I expected that spring would cheer me up, and make me feel lots better. How surprised and frustrated I was when, on one of those truly magnificent spring days as life seems to burst forth everywhere, I was "in the pits." When a friend said to me, "Doesn't a day like this really lift your spirits and make you feel better?" I had to reply honestly that I was having a really bad day – that the sense of loss and emptiness was greatly intensified.

Gradually, I began to realize that my

expectations for spring were unrealistically high. I had looked forward to spring with the wrong kind of hope. When we are newly bereaved, we are constantly looking for something to take away the pain and make our lives all right again. Unfortunately, there is no magical event or moment when this takes place. It does happen, but only with time and the grief work which we all must do before we can be healed.

The coming of spring cannot make everything okay again. What it can do, however, is remind us that regardless of what happens in our lives, nature's process will continue, and that can offer us hope.

I am looking forward to spring this year. I welcome the sun's warmth, the return of the birds from their winter in the south, and forsythia, the daffodils and the greening of the world. Know that someday you will once again welcome spring. Be gentle and patient with yourself and with nature. Don't expect too much. Be ready to let a little of the hope that spring can offer into your heart.

-Evelyn Billings TCF Springfield, MA

## Easter Means Forever

Today I want to write a few lines about Easter and life after death, a subject of profound interest to everyone, young and old. At Easter we commemorate the supreme mystery of life; we reaffirm the glorious hope that life is eternal. An immortal parable to me is the most satisfying illustration on the subject of life after death. It has to do with a baby in a pre-natal state. The baby is nestled up under his mother's heart, well fed and happy. He likes it there. Suppose, then, that somebody comes to the baby and tells him, "You're not going to stay here. You're going to be born," and he learns that being born means he would leave this warm, secure place. That would not be "being born" to him. That would be "dying," for dying is considered an end. And the baby would say, "I don't want to die out of this place. I like it here. I'm warm, I feel love all around me, I'm happy and content. Just leave me alone. I don't want to leave this nice place."

But there comes a day when he is born ... or looking at it from his angle ... when he dies out of that place and is born into our world.

What happens to him? The first thing, he

feels soft, tender, loving hands gently holding him. He looks up into a wonderful face that is full of love, and loving eyes are shining down at him. Then as he grows he has the fascinating experiences of childhood and young manhood, and the future is before him. He feels strong. It is good to be alive. He marries and has children. He becomes middle-aged, is creative and happy, and life is good; indeed the world is good. He loves it.

Then the years begin to add up. His hair becomes white and his step a bit feeble. And he knows he has to die, to leave all this and go away into another place, some uncertain place that is mysterious to him.

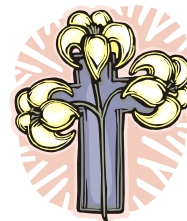
And once again he protests, "I don't want to die! I like it here. I love to feel the warmth of the sun on my face, the softness of rain, the bite of snow. I love to see great blue-shrouded mountains shouldering out the sky. I love to watch the ocean washing upon soft shores of sand. I love to be with my family and friends. Life is good. I don't want to leave here." But, as it happens to all humanity, one day he does die to this world.

What happens then? Does God all of a sudden change in nature? That doesn't make sense. Isn't it reasonable to believe that the first thing man will feel is the touch of great, loving hands, that he will look up into a face that is infinitely loving, and he will look around him wonderingly, and his breath will be taken away by the beauties that he sees? All tears will be wiped from his eyes and he will ask, "Why was I so afraid of this thing called death, when as I now see, it is life more wonderful than ever before?" And he will be forever alive.

THAT IS WHAT EASTER  
REALLY MEANS.  
IT IS A FAITH, A HOPE.

But when you really think it through, it also is a very rational conclusion.

--Norman Vincent Peale, from the Baltimore USA N/L April 92.



## Just One More Time

How many times have I woken on an Easter morning and smiled, knowing that all the baskets were all set, the eggs dyed and new clothes were waiting? How many times have I watched with joy as the little hands reached for chocolate bunnies and jellybeans? The joy of these mornings will forever be etched in memory, sitting, waiting for a time to be brought to remembrance. The children are grown now, except one, who is forever frozen in time.

The egg dye has been put away, the baskets hid in the attic with all the other keepable things from holidays and special events. The children now have children and they go on their way in life, except one, who is forever frozen in time.

The new clothes to be worn are now packed away in storage boxes filled with mothballs, hoping to be kept forever, never to be worn by one gone from my sight. The waking hours of that Easter morn are different now. No longer do I lie in my bed and wait for those sounds of joy and laughter coming down the hall. The children are all grown now, except one, and she is gone from me. She was too old for childish things, stuffed bunnies and jellybeans, yet too young to give it all up. "Just one more year, mama, let me hold onto my youth and enjoy the wonders of that day," she said. Just one more year. Now she is gone, forever frozen in time, and her memory is engraved in my mind. "Just one more time ... "

--Barbara Sockwell TCF Lawrenceville, GA

## Happy Passover



Jews throughout the world celebrate the holiday of Passover, which is called our favorite holiday because it operates on so many levels. It is a time of triumph, as well as tears. Perhaps at no other time do we feel the absence of our loved one more than at Passover. As we gather around the Passover table, we cannot help but recall those who were so dear to us and are with us here no more. We recall them in friendship and love, for Passover is the time of family service. But even as we mourn their loss, we understand that the life of the dead is now placed in the memory of the living. Spring and Passover are a time of new hope and new life.

--Rabbi Earl Grollman

## I Don't Think I like My New Home

I live in a house of suicide now,  
 I don't want to live here anymore,  
 I don't want the hurt  
 I don't want the confusion  
 I don't want the sadness  
 I don't like this house I live in now  
 I wish suicide hadn't moved into my house  
 My house was so much nicer before it came  
 In my house we used to laugh more  
 In my house we used to joke more  
 In my house I used to like getting the mail  
 In my house I used to think nothing of doing laundry  
 In my house I used to like everything about our house  
 Now I have to work at getting used to my new house  
 I have two rooms that I don't feel the same about  
 I have a room that makes me ache for what was  
 I have a room that makes me ache for what happened  
 I have things in my home that suicide changed  
 All the simple things that suicide made hard when it moved in  
 I wish suicide hadn't moved into my house  
 I just hurt and I want it to go away now.

--Sherry Daugherty, TCF/St. Paul Chapter Sherry's son, Brad took his life in her home, in their basement one pretty Saturday morning in August of 2010. This poem was written by her about 17 weeks after his death on December 18, 2010. Brad would have been 20 on December 5<sup>th</sup> of that year.

## "Let's Pray for the Baby"

As was stated by a writer, it used to be that the mother was never allowed the "luxury" of grieving. As my child was born, I was placed under general anesthesia, and not even told what gender my baby was. My husband was in the army, out on a field problem; I was placed in the GYN ward with the hysterectomies, and by the time I came home from the hospital, all reminders of my preparations for that baby were removed.

I grieved in brief spurts, off and on, for the next ten years. One evening as my oldest son (who was 12 at the time) and I were setting the table for dinner, he asked why there was a five year age gap between him and our daughter. I

told Christopher the story, even the fact that I never even knew the sex of his younger sibling.

Christopher turned to our china closet and retrieved our family Blessing Cup that we use for special paraliturgies, and said, "Let's pray for the baby. We also have to name our baby. Let's name the baby Stacy, because that could be a boy or a girl's name." That night, our family prayed together, and my daughter, three sons, and husband gathered around me like a warm winter quilt, allowing me to weep for the first time.

I weep now and then, knowing the emptiness will never go away, but now I weep for Stacy, not the stillborn baby". Since I have named Stacy, I see a face; gender is not important, but I weep for lost potential and lost love that is tangible. Because I know that feeling of loss will never leave me, I want the opportunity to cry with other parents through your bimonthly newsletter. The time spent in grief can be so healing!

--Maryanne Perry Director of Religious Education for the Catholic Program at Fort Bragg, N. C. After reading one of our newsletters she wrote us this letter saying it had awakened memories of the loss of her stillborn in 1975).

## Newly Bereaved ...

### There Is No Place

Restless is my soul; broken is my heart.  
My brain is an undefined maze of thoughts.  
The anger swells so savagely within my breast,  
And the revenge I feel will leave me no rest.  
The pain is so unbearable in my heart,  
I feel that any moment it will shatter into parts.  
I care not for the treasures life can bring,  
For because of death, none of them mean anything.

The anger, the fear, the pain and the guilt,  
All tear at me as if to gain control of my will.  
The confusion has left me weak,  
And unable to find the answers I seek.  
Nevermore will I hold my beautiful, sweet,  
precious Patty.

One shot, one second and eighteen years are gone.

A child is left without her mother.  
A mother is left without her child.

--B. Virginia Hurley from the Journal of A Mother's Broken Heart

## Friends and Family...

My Friend,  
I sat and cried with you last night,  
But it really was in vain-  
There is nothing I myself can do  
To take away your pain.  
I can't bring the life back  
That God just took away,  
What can I do except be there  
For you every passing day?  
It tears my heart in pieces  
Watching how hard you grieve-  
Knowing nothing, nothing  
Anyone does ever will relieve  
The heartache and the emptiness  
And the hole that is there.  
Just know my friend I love you  
And I will always care.  
- Alaine O'Connor



## Welcome...

### Peeling the Onion

The best definition of grief I know is:  
"Grief is like peeling an onion; it comes off one layer at a time, and you cry a lot." I like the onion analogy because it allows for the individual differences in grief. If one hundred people were given an onion, no two onions would be alike, and no two people would peel the onions the same way. We do it in our own way.

--Doug Manning, The Gift of Significance South Suburban Chapter Evergreen Park, IL

*Editor's Note:* Everyone deals with their grief differently. By talking with each other we can start peeling away the layers of pain. Join us as we share what helps when we are dealing with the loss of our children. Talking to other bereaved parents gives us insight into our own grief and allows us to see that there is hope for the future.

## Helpful Hint...



Such a beautiful day... why am I crying? This is a question that comes up every spring, particularly from the more-newly bereaved .... Perhaps it is because we see this beauty unfolding, and our



children are not here to share it .... The fact that the world seems to go on, just as if nothing had happened (when our world seems to have stopped) seems impossible to comprehend .... What we tend to forget is that although the seasons change, where we are in our grief is what controls our feelings. Just hold on to the fact that spring is the rebirth of what seems dead--as dead as you feel, now. It is true, you will never stop missing your son or daughter; however, hold on to the hope and belief that your spring will come again, too. When it does, it will be different. Just as the trees and flowers aren't the same this year, as last, you won't be either. But their beauty is still there, and as you start to come back to life, you will find joys in life--again....

Excerpted from "Such A Beautiful Day .. Why Am I Crying?" Mary Ehmann, TCF Valley Forge, PA

## Book In Review ...



***How Can I Help?*** By June Kolf. The author offers step-by-step directives for helping those who grieve. She suggests appropriate actions and explains how to listen to and help a bereaved person (paperback). Available in our library or you can order a copy to share with family & friends. Order from Centering Corp. (402) 553-1200 (For free shipping, tell them you are a member of TCF)

## Hope

It is the gift of HOPE which reigns supreme in the attributes of The Compassionate Friends.  
 HOPE that all is not lost,  
 HOPE that life can still be worth living and meaningful,  
 HOPE that the pain of loss will become less acute, and above all else, the HOPE that we do not walk alone, and that we are understood.  
 The gift of HOPE is the greatest gift that we can give to those who mourn.  
 --Rev. Simon Stephens, TCF founder

## Loss

I am here among friends,  
 smiling at their humor  
 and making plans for tomorrow.  
 But there is another person,  
 lying curled in the corner,  
 crying out in unbelievable pain.  
 This, too, is me.

I am doing my household chores,  
 and routine is familiar and satisfying,  
 a gesture toward a need for living.  
 But there is another person,  
 lying in bed,  
 willing her mind a blank:,  
 not wanting to think: or be.  
 This, too, is me.

I look at a lovely spring day,  
 a view of a world of growth and change,  
 a world only God could make.  
 But that other person stares through tears  
 with unseeing eyes,  
 knowing there is no God.  
 That, too, is me.

I am surrounded by my family,  
 a gathering of love and joy  
 and tenderness,  
 of cherished moments and warm hugs.  
 But another person is there,  
 whose arms and heart ache  
 for one she can never hold and comfort.  
 That, too, is me.

Very slowly, I am learning  
 there is room for joy and fun  
 and cherished moments with friends.  
 In this hurry-up world,  
 with no space or patience  
 for grieving,  
 there may always be two of me,  
 and I'm doing the best I can for both.  
 That, too, is me.  
 --Beth Lorber, Gassville, AR



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

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

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

Robert H. Apodaca  
Born: 12/55 Died: 9/89  
Mother: Margaret Hall  
Father: Al Apodaca

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

Brandon Armstrong  
Miscarried: June 1995  
Mother: Cheryl Stephens

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

Joseph David Artino  
Born: 11/51 Died: 11/07  
Mother: Nancy Graybill &  
Step-father: Art Graybill

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 Barcnas  
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

Christopher Michael Barta  
Born: 2/72 Died: 9/04  
Mother: Mary Barta

Stephen Barrington Baxter  
Born: 7/61 Died: 4/99  
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

Frank Becker  
Born: 11/61 Died: 8/07  
Parents: Al & Louise Becker

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

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

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

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

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

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

Devon Leigh Brown  
Born: 5/90 Died: 3/92  
Mother: Heidi Brown

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

Tony Burack  
Born: 12/63 Died: 12/87  
Parents: Rita & Herb Burack

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

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 Siau &  
Wibawa Chou

Ophelra 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

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

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

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

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



## Our Children Remembered



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

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

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

Danielle Ann Davis  
Born: 10/78 Died: 3/10  
Mother: Jackie Davis

Michael David Deboe  
Born: 12/75 Died: 5/09  
Parents: Dave & Judy Deboe

Phillip Dennis Delurgio  
Born: 11/64 Died: 7/10  
Mother: Denise Nolan Delurgio

Anthony Joseph Demasio  
Born: 6/52 Died: 7/00  
Vivian Demasio

Lee Denmon, III  
Born: 7/79 Died: 3/03  
Parents: Frances & Lee  
Denmon, Jr.

Douglas Thhorn Dethlefsen  
Born: 11/64 Died: 11/09  
Father: Douglas G. Dethlefsen

Cori Daye Desmond  
Born: 3/80 Died: 12/09  
Parents: Mark & Monica  
Desmond

Luke Edward Devlin  
Born: 12/07 Died: 12/07  
Parents: Jacqueline & Tom  
Devlin

Allison Jeanine Kirkbride  
Dewart  
Born: 10/87 Died: 1/06  
Parents: Z & Michael Dewart

Gary A. Dicey, II  
Born: 4/82 Died: 6/98  
Father: Gary A. Dicey, Sr.

Michael A. DiMaggio  
Born: 10/54 Died: 7/01  
Parents: Neno & Helen Di  
Maggio

Amy Elizabeth Dodd  
Born: 1/74 Died: 7/02  
Mother: Kathleen Dodd

Wayne Douglas  
Born: 9/71 Died: 1/10  
Mother: Marie Galli

Ramsay Downie, II  
Born: 2/64 Died: 10/99  
Ramsay & Sally Downie

Rachel Sheridan Dunlap  
Born: 9/69 Died: 3/09  
Mother: Janell Dunlap

Myaka Kaitana Durham  
Born: 1/04/06 Died: 1/06  
Parents: Jahman & Ampy  
Durham

Scott Michael Dykstra  
Born: 7/72 Died: 10/01  
Parents: Mike & Rita Dykstra

Gary Edholm  
Born: 5/56 Died: 9/95  
Parents: Patti & Bob White

Mark Edler  
Born: 11/73 Died: 1/92  
Parents: Kitty & Rich Edler

Timothy Charles Egnatoff  
Born: 11/92 Died: 9/08  
Parents: Rick & Cathy Reny

Lorian Tamara Elbert  
Born: 5/66 Died: 10/07  
Mother: Dorota Starr Elbert

Luke Emery  
Born: 7/89 Died: 12/99  
Parents: Karen & Glenn Emery

Jeffery Mark Engleman  
Born: 6/61 Died: 2/10  
Parents: Janette & Laszlo  
Engelman

Richard Paul Engelman  
Born: 02/66 Died: 03/95  
Parents: Janette & Laszlo  
Engelman

Henry Espinoza  
Born: 12/63 Died: 9/98  
Mother: Virginia Espinoza

Kurt Faerber  
Born: 8/63 Died: 3/87  
Mother: Trudy Faerber

Jarod Ryan Faulk  
Born: 8/86 Died: 12/08  
Father: Joe Faulk

Chase Feldkamp  
Born: 5/05 Died: 3/06  
Parents: Buddy & Jessica  
Feldkamp

David Joseph Ferralez  
Born: 2/74 Died: 12/02  
Parents: John & Rebecca  
Ferralez

Michella Leanne Matasso  
Fincannon  
Born: 8/86 Died: 1/06  
Parents: Bill & Cheryl Matasso

Emma Nicole Fisher  
Born: 11/99 Died: 7/06  
Parents: Nancy & Elliott Fisher

Casey Owen Flint  
Born: 5/75 Died: 7/09  
Mother: Catherine Flint

April Lou Flynn  
Born: 4/61 Died: 1/05  
Mother: Peggy Flynn

Mark Fraze  
Born: 5/79 Died: 7/07  
Mother: Kathy Cammarano

Peter Joseph Fuentes  
Born: 2/68 Died: 3/98  
Mother: Pat Fuentes

Donald A. Funk  
Born: 12/41 Died: 9/00  
Parents: William & Norma Jean  
Funk

Mark Scott Galper  
Born: 2/62 Died: 5/97  
Mother: Sheri Schrier

Melinda "Peeper" Gardner-  
Collins  
Born: 6/56 Died: 8/07  
Mother: Pat Gardner

Justin Brian Gartland  
Born: 10/81 Died: 4/05  
Parents: Brian & Paulette  
Gartland

Richard Lamar Gibbs  
Born: 3/84 Died: 5/05  
Mother: Ann Wasecha

Steven Paul Giuliano  
Born: 4/55 Died: 4/95  
Mother: Eleanor Giuliano

Jacob Seth Goar  
Born: 1/79 Died: 5/01  
Parents: Michael & Venus  
Nunan

Morgan Leeann Gomez  
Born: 1/08 Died: 1/08  
Parents: Amanda & Louie  
Gomez

Nicholas Gonzalez  
Born: 2/63 Died: 10/01  
Parents: Nick & Gloria  
Gonzalez

Evan Leonard Grau  
Born: 8/82 Died: 5/04  
Parents: Maria & Wayne Grau

Christopher Dudley Gray  
Born: 5/83 Died: 2/04  
Parents: Dudley & Laurie Gray

Matthew Ryan Gregory  
Born: 3/80 Died: 1/11  
Parents: Carol & Fred Gregory

Adam Francois Guymon  
Born: 4/89 Died: 4/06  
Mother: Eileen Guymon

Anthony Joel Guzman  
Born: 5/87 Died: 1/08  
Mother: Teresa Guzman

Andrew John Gvist  
Born: 7/88 Died: 5/05  
Father: Mark Gvist

Justin Todd Gwizdala  
Born: 10/75 Died: 6/96  
Parents: Kathy & Gary  
Gwizdala



## Our Children Remembered



James Burman Hahn  
Born: 11/68 Died: 12/05  
Mother: Berna Hahn &  
J. Thomas Hahn

Grant Henry Hampton  
Born: 3/79 Died: 7/05  
Parents: Jeri & George Medak

Brandon Allen Hanson  
Born: 5/75 Died: 5/10  
Mother: Yolanda Alepe

Robert Belmares Harris  
Born: 12/66 Died: 12/95  
Parents: Bea & Larry Harris

Leslie Geraci Hart  
Born: 6/66 Died: 7/11  
Father: John Geraci

Rachel Anne Hartman  
Born: 2/91 Died: 7/04  
Parents: David & Paula  
Hartman

Robert Hashimoto Jr  
Born: 5/66 Died: 5/92  
Parents: Robert & Shirley  
Hashimoto

Caleb Haskell  
Born: 6/78 Died: 9/06  
Parents: Karen & Kim Haskell

Daniel Hassley  
Born: 2/71 Died: 2/90  
Parents: Eila & Richard Hassley

Alicia M. Hayes  
Born: 1/81 Died: 5/96  
Parents: Becky & Dave Jordan

Jason Patrick Healey  
Born: 10/84 Died: 2/09  
Mother: Sharon Sykes Healey

Emma Joy Heath  
Born: 5/98 Died: 6/07  
Parents: DJ & Phil Heath

Kent Hisamune  
Born: 6/00 Died: 6/00  
Parents: Toshi & Hideko  
Hisamune

Jesse Hoffman  
Born: 1/86 Died: 8/10  
Mother: Gina Hoffman

Hope Ann Honeycutt  
Born: 12/62 Died: 6/00  
Mother: Donna Honeycutt

Adria Horning  
Born: 12/91 Died: 3/07  
Parents: Gary Horning & Linda  
Cipriani

Jeremy Michael Howard  
Born: 7/83 Died: 6/94  
Mother: Donna Howard-  
Scruggs  
Grandmother: Charlotte Crager

Jennifer Nicole Hower  
Born: 6/75 Died: 12/04  
Brother: Jeff Hower

Miranda Howells  
Born: 8/91 Died: 11/09  
Father: Walter Howells III

Rachel Suzanne Hoyt  
Born: 2/70 Died: 1/95  
Sister: Laura Hoyt D'anna

Tara Hudson  
Born: 1/86 Died: 1/07  
Mother: Mari Hudson

Chad Michael Huisinga  
Born: 10/74 Died: 12/95  
Parents: Alan & Melinda  
Huisinga

Hannah Nichea Hupke  
Born: 9/87 Died: 6/05  
Parents: Bruce & Joni Hupke

Zane Austin Hutchins  
Born: 9/03 Died: 2/04  
Parents: Mae Rivera & Jon  
Hutchins

Casie Leean Hyde  
Born: 3/89 Died: 12/05  
Mother: Kelli Rigby-Hyde

John Joseph Iacono  
Born: 5/02 Died: 5/04  
Parents: Nancy & Anthony  
Iacono

Ben Francisco Inez de la Cruz  
Born: 1/71 Died: 11/91  
Parents: Francesca Inez &  
Emmanuel de la Cruz

John E. James  
Born: 6/62 Died: 9/93  
Parents: Marilyn & Lupe  
Arvizo

Kalaea Jennings  
Born: 4/07 Died: 9/07  
Parents: Nacio & Maria  
Jennings

Melissa Gale Jetton  
Born: 5/58 Died: 7/84  
Parents: James & Cathie Jetton

William Jimenez  
Born: 3/94 Died: 5/04  
Sister: Adrianna Jimenz

Daniel A. Jones V.  
Born: 5/92 Died: 10/09  
Father: Daniel A. Jones IV.

David B. Jones  
Born: 3/50 Died: 3/01  
Mother: Lucille Jones

Thomas Sean Jordahl  
Born: 7/67 Died: 4/03  
Mother: Lynda Orr

Jeff Joyce  
Born: 2/68 Died: 4/01  
Mother: Wadene Duffy

Lance John Juracka  
Born: 10/69 Died: 4/06  
Parents: Frank & Nancy  
Juracka

Heather Mary Kain  
Born: 6/83 Died: 2/10  
Mother: Maura Kain

Edwin J. Kaslowski  
Born: 11/67 Died: 7/96  
Mother: Carolyn Kaslowski

Emily Matilda Kass  
Born: 6/95 Died: 3/06  
Mother: Susan Kass

Scott Ira Kaufman  
Born: 4/68 Died: 7/95  
Mother: Renee Kaufman

Douglas Drennen Kay  
Born: 3/72 Died: 9/06  
Parents: Steve & Diane Kay

Kalin Marie Keech  
Born: 10/90 Died: 6/09  
Richard & Kris Keech

Kathryn Anne Kelly  
Born: 12/72 Died: 1/91  
Parents: Dick & Timmy Kelly

Timothy Michael Kerrigan  
Born: 4/68 Died: 8/02  
Mother: JoAnna Kerrigan

Sean A. King  
Born: 7/63 Died: 12/07  
Parents: Catherine & Michael  
King

Kay Dee Kinney-Palser  
Born: 6/87 Died: 6/99  
Grandmothers: Diana Palser &  
Kay Kinney

Colby Joshua Koenig  
Born: 6/84 Died: 1/10  
Parents: Cindy Tobis & John  
Koenig

Keith Konopasek  
Born: 1/63 Died: 7/95  
Parents: Ken & Mary  
Konopasek

Susan Ann Kruger  
Born: 9/64 Died: 6/08  
Mother: Gloria Swensson

Kyle Kubachka  
Born: 1/89 Died: 11/08  
Parents: Keith & April  
Kubachka

Natalie Samantha Large  
Born: 6/05 Died: 6/05  
Parents: Burke & Maya Large

Dolores LaRue  
Born: 8/57 Died: 11/08  
Mother: Maggie Ramirez

Cherese Mari Laulhere  
Born: 9/74 Died: 3/96  
Parents: Larry & Chris Laulhere

Bernard Lawrence  
Born: 2/63 Died: 12/06  
Mother: Jackie Bowens

Bryan Yutaka Lee  
Born: 12/70 Died: 9/07  
Mother: Kathee Lee





## Our Children Remembered



Steven J. Lee  
Born: 1/63 Died: 10/06  
Mother: Donna Lee

Gabriella Mantini  
Born: 5/85 Died: 8/06  
Mother: Martha Mantini

Angel Flores Misa, Jr  
Born: 10/69 Died: 7/06  
Parents: Roland & Luscita Dilley

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

Avery James Lent  
Born: 12/03 Died: 7/06  
Parents: Crystal Henning & Dan Holly

Alex J. Mantyla  
Born: 3/89 Died: 8/08  
Parents: Jarmo & Bonnie Mantyla

Jamie Susan Mintz  
Born: 11/52 Died: 12/04  
Sister: Jessica Mintz

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

Wendy Levine  
Born: 10/65 Died: 11/95  
Parents: Paul & Sharon Levine

Audrey Sinclare Marshall  
Born: 2/00 Died: 3/00  
Parents: Don & Kimberly Marshall

David F. Mobilio  
Born: 7/71 Died: 11/02  
Parents: Richard & Laurie Mobilio

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

Michael Lococo  
Born: 2/55 Died: 1/10  
Mother: Patrina Lococo

Paul Martinez  
Born: 1/86 Died: 3/08  
Mother: Lorraine Martinez

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

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

Anthony "Tony" Low  
Born: 1/46 Died: 3/99  
Parents: Frances & Matthew Low

Daniel George Mateik III  
Born: 12/84 Died: 6/09  
Mother: Stefanie Hudak

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

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

Richard Lee Luthe  
Born: 11/76 Died: 1/98  
Parents: Jeff & Lorraine Luthe

Daniel McClernan  
Born: 7/53 Died: 2/07  
Mother: Lee McClernan

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

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

Janet Sue Mann  
Born: 10/61 Died: 9/10  
Mother: Nancy Mann

Robert Andrew Mead  
Born: 5/65 Died: 4/11  
Mother: Carol Mead

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

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

Audrey Sinclare Marshall  
Born: 2/00 Died: 3/00  
Parents: Kimberly & Don Marshall

Nicole Marie Megaloudis  
Born: 10/84 Died: 2/04  
Mother: Gail Megaloudis-Rongen

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

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

Kyle Jeffrey Martin  
Born: 11/80 Died: 7/04  
Parents: David & Joanne Martin

Alexis Melgoza  
Born: 3/90 Died: 6/11  
Mother: Gina Melgoza

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

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

Jason Lee Martineau  
Born: 9/79 Died: 12/07  
Father: James Bakos

Shawn Mellen  
Born: 05/81 Died: 8/99  
Godmother: Rose Sarukian

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

Caitlin Nalani Oto  
Born: 10/88 Died: 2/05  
Father: Carl Oto

Michelle Marie Mandich  
Born: 5/89 Died: 2/05  
Parents: Michael & Lori Mandich

Damion Mendoza  
Born: 7/76 Died: 6/92  
Parents: Carlene & Paul Mendoza

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

Sally O' Toole  
Born: 10/53 Died: 03/85  
Mother: Kay Arndt

Daniel Edward Manella  
Born: 9/67 Died: 10/98  
Sister: Kathleen Manella

Shannon R. Middleton  
Born: 2/77 Died: 5/94  
Mother: Candy Middleton

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

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

Elizabeth Mann  
Born: 7/60 Died: 5/05  
Parents: David & Olivia Mann

Steven Douglas Millar  
Born: 2/70 Died: 10/00  
Parents: David & Suzanne Millar

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

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

Janet Sue Mann  
Born: 10/61 Died: 9/10  
Mother: Nancy Mann

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



## Our Children Remembered



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

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

Shannon Quigly  
Born: 112/68 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 Ramarez JR.  
Born: 8/10 Died: 8/10  
Parents: Bridle & Jules Ramirez

Tejal Pati Reddy  
Born: 6/86 Died: 12/08  
Parrents: Pranitha & Krupa Reddy

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

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

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

Dominic Roque  
Born: 8/02 Died: 1/09  
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

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

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

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

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

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

Shaulamit Rose Scher-Gilfert  
Born: 12/08 Died: 12/08  
Mother: Aliza Scher  
Grandmother: Adrienne Scher

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: Andrene & 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

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

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

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

Jeff Eric Snowden  
Born: 2/61 Died: 6/01  
Parents: Daryle & Sandra Snowden

Larry A. Stauffer  
Born: 1/67 Died: 5/08  
Mother: Shirley Finnin

Miaamor Jennine Steeh  
Born: 7/05 Died: 9/10  
Father: Donya Steen

Daniel John Swiggum  
Born: 6/88 Died: 7/08  
Parents: Stewart & Marian Swiggum

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

Joseph Tauaefa  
Born: 2/85 Died: 7/10  
Parents: Loi & Sioka Tauaefa

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

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

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

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

Ubong Jabari Uko  
Born: 2/81 Died: 5/09  
Mother: Denise Dues



## Our Children Remembered



Lexi Noelle Valladares  
Born: 4/04 Died: 1/10  
Parents: Fausto & Erica Valladares

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

Kevin Zelik  
Born: 11/85 Died: 6/10  
Parents: Joe & Linda Zelik

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

Sharon Ann Wendt  
Born: 6/54 Died: 4/99  
Parents: Mr. & Mrs. Carmel Doucet

Gregory Earl Veal  
Born: 2/90 Died: 7/00  
Mother: Virginia Veal

Brian Scott West  
Born: 8/70 Died: 4/08  
Parents: David & Connie Schlottman

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

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

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

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

Mark Daniel Vinson  
Born: 11/78 Died: 7/10  
Mother: Virginia Vinson

Jennifer Winkelspecht  
Born: 7/75 Died: 8/95  
Parents: Brian & Lisa Winkelspecht

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

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

Chris Henry Vogeler  
Born: 9/66 Died: 12/04  
Parents: Frank & Lois Fisher

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

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

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

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

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

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

Cristofur Daye Wroten-Kennedy  
Born: 2/75 Died: 9/01  
Mother: Dusty Wroten  
Father: Joe Kennedy

Jeffrey Sinclair Wagstaff  
Born: 9/80 Died: 4/99  
Parents: Johnny & Barbara Walker  
Sister: Sheimekia Wagstaff

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

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

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

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

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

## 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.)

**A Birthday Tribute to:  
Benjamin A. Moutes  
March 2007 - May 2010**



Happy Birthday to our Precious Baby Bear, You would have been turning 5 this year and starting kindergarten, we can only imagine what a big boy you would have been!

We miss you so very much each and every day. Your smile and spirit lives in our hearts and minds forever.

We love you!

XOXO Mama, Papa,  
Jacob and Sofia



## For Siblings...

### Do Not Overprotect Me ... Let Me Be Me

When you are consumed with grief don't forget about me. Let me be me. I grieve too, but different from you. I miss my brother/sister too. Let me be me. Tell me I can't fix your pain. Don't tell me I won't understand. Please don't overwhelm me with your grief... Let me be me. Tell me often that you love me for being me. Ask me about my goals and dreams for the future. Let me be me. Don't break my spirit with your grief. Let me be me.

Let me follow my dreams. Now they will include some of my sister's/brother's dreams. Let me be me.

Don't overprotect me. Let me be me.

Please don't fill every spare moment I have with basketball, baseball, soccer, music or dance classes, just so you can fill your spare time and fall exhausted into bed at night. I need free time to explore who I am. Let me be me.

Don't forget to continue to teach me to celebrate life. I need to know that through all this pain there is hope ... for my future. Let me be me.

As young as I am please don't overprotect me.

Love me, guide me, teach me. LET ME BE ME.

--Dedicated to all the brothers and sisters of The Compassionate Friends, Colleen, TCF Saskatoon

## For Grandparents...



In many families, the relationships between grandparents and grandchildren are every bit as profound as those between parents and their children. The death of a grandchild also ranks high on the scale of human grief – but it is rarely acknowledged. There are few books or support groups addressing the grief of grandparents, and bereavement counselors who specialize in this kind of grief are rare. Grandparents are usually left to cope as best they can.

When a grandchild dies, the anguish of grandparents is doubled. Their grief for a son or daughter suffering this tragic loss only compounds their pain at the loss of a beloved grandchild. Grandparents who outlast a grandchild struggle with a death that seems out of order; they may cope with survival guilt, perhaps wondering why they couldn't have died instead. Moreover, a grandchild's death chips away at a grandparent's assumed legacy. Most of us hope to make a mark in the world, and the achievements of our children and grandchildren are a part of that dream. When one dies prematurely, that loss resonates through the generations, and like the bell in John Donne's poem – "it tolls for thee."

--By Helen Fitzgerald, CT

## From Our Members...

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 2012 National Conference...** will be held July 20-22, 2012 in Costa Mesa, California. For more information call the National office at (877) 969-0010 or go online at [www.CompassionateFriends.org](http://www.CompassionateFriends.org). You can also make reservations for the conference hotel if you choose to stay there. We recommend that you reserve your room early, they are going fast.



## News From National...

*A southern California TCF family has just offered to support the 2012 conference with a challenge (or matching) grant of up to \$10,000.00!!!*

*For every individual qualifying donation made to the 2012 conference, each dollar up to \$10,000.00 will be matched by this generous family, meaning that individual donations totaling \$10,000.00 would result in a total to TCF of \$20,000.00!*

*To make this opportunity into a reality, you and I, and our chapters, family and friends, must act. We must give so that our gifts can be doubled in value.*

***To qualify for matching, an individual donation must be:***

- 1. Separate from, or in addition to, contributions to already-available sponsorship opportunities such as conference workshops, etc.***
- 2. Received by March 31, 2012. – Act quickly –***
- 3. In an amount of \$200.00 or more.***

***Donations may be made by personal or business check with the memo "2012 conference match" and sent to our post office box in Granada Hills (P.O. Box 3212, Granada Hills Ca 91394), or by credit card at The Compassionate Friends website (on the donation page, be sure to enter in the comment box "2012 conference match"). Please consider participating in this exciting giving opportunity. Your gift of at least \$200.00 will be doubled in support of the 2012 conference.***

**We Need Your Help...** The 2012 Conference Planning Committee needs volunteers for this summer's conference. Our chapter is in charge of the Volunteer desk, and the Hospitality and Reflection Rooms. If you are planning on attending please let us know if you can help by calling Kitty Edler at (310) 541-8221 or E-mail her at [KittyEdler@aol.com](mailto:KittyEdler@aol.com) There are many jobs,



both big and small that need to be done. Could you sit at a table and answer questions? Restock refreshments in the Hospitality Room? Help put together a video of children's pictures? Can we count on you to help? A couple of hours of your time would be greatly appreciated.

We would love to include as many members of our chapter and other chapters across the country. This is a rewarding undertaking that we can do to honor our children and to help the newly bereaved... Please help us make this one of the best conferences TCF has ever had. Please call Kitty Edler at (310) 541-8221 or E-mail her at [KittyEdler@aol.com](mailto:KittyEdler@aol.com) for more information.

**TCF Now on Facebook ...** Please visit and help promote The Compassionate Friends National Organization's new 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](http://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 such as conferences, the Walk to Remember, and the Worldwide Candle Lighting. Please visit often and contribute to the conversation.

**Our Website...** We are now posting a tribute page for each of our children. Please visit the site and add your child's information. You can also download the monthly newsletter which will help defray chapter expenses of the printing and mailing of your newsletter. (Please let us know if you can be removed from the regular mailing list.) Contact Crystal at: [crystal@tcfsla.org](mailto:crystal@tcfsla.org) and she will help you with the steps to create your own tribute.

**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.

**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](http://www.health.voiceamerica.com) every Thursday at noon EST and are also archived on the TCF national website. Shows are also broadcast at 11 a.m. EST Sundays on a number of radio stations

across the country and streamed online simultaneously at [www.HealthRadioNetwork.com](http://www.HealthRadioNetwork.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, your donations keep us functioning, and we appreciate your help.



**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: April 1 for May 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. Cheryl Stephens..... (323) 855-2630



Kitty Edler..... (310) 541-8221  
 Karen Merickel..... (310) 375-2498  
 Richard Leach (grandchild)..... (310) 833-5213  
**SIBLING PHONE FRIENDS**  
 Kristy Mueller..... (310) 373-9977  
 Joey Vines..... (310) 658-4339  
 Sue Gardner..... (310) 316-3777

**Memory Book...** Our chapter has an ongoing Memory Book. 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. 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 the librarian 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

**TRINITY CARE HOSPICE:** Bereavement Coordinator Gayle Kirma (310) 257-3567

**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.Livealone.org

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

**BEREAVEMENT MAGAZINE:** Articles for all types of grief. Bereavement Publishing, Inc., 4765 Carefree Circle, Colorado Springs, CO 80917

**OUR HOUSE/BEREAVEMENT HOUSE:** 1950 Sawtelle Blvd., Suite 255, L.A., CA General bereavement and bereavement for children. (310) 475-0299

**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

**THE GATHERING PLACE:** Various support groups including support for loss of a child, support group for children 5-8, 9-12, and teens, (also Spanish). Call Claire Towle (310) 374-6323, Beach Cities Health Dist

**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 Heddlesten (800) 821-6819

#### **LOCAL TCF CHAPTERS**

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

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

**Orange Co./Anaheim:** (714) 993-6708

**Pomona/San Gabriel:** (626) 919-7206

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

**Riverside-Inland Empire:** (909) 683-4160

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

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

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

#### **A SPECIAL THANKS TO:**

Post Net Printing for their help in printing our newsletters each month and to Reverend Karl Johnson and the Neighborhood Church for the use of their facilities for our meetings.

#### **STEERING COMMITTEE OFFICERS:**

CHAPTER LEADER: Cheryl Stephens

NEWSLETTER EDITOR: Lynn Vines

PROOFREADER: Becky Jordan

TREASURER: Ken Konopasek

CARDS & WEBSITE: Crystal Henning

NEW MEMBER FOLLOW-UP: Cheryl Stephens



# DONATIONS TO THE SOUTH BAY/L.A. CHAPTER OF THE COMPASSIONATE FRIENDS

In loving memory of Brandon Armstrong and Dominique Oliver ... not a day goes by where I don't think of you or miss you. You two are the guiding force that makes me want to live, not just exist...

Love, Mom

In loving memory of David Frank Mobilio, July 1971 - November 2002.

Love, Mom & Dad

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.

Compassionate Friends  
South Bay/L.A., CA Chapter  
P.O. Box 11171  
Torrance, CA 90510-1171

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Like a bird singing in the rain,  
let grateful memories survive  
in time of sorrow.  
-- Robert Lewis Stevenson

– Change of Service Requested–

**APRIL 2012**

**Time Sensitive Material, Please Deliver Promptly**



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.**



