



The Compassionate Friends

South Bay/LA Chapter

Supporting Family After a Child Dies

A NEWSLETTER FOR BEREAVED PARENTS AND THEIR FAMILIES

APRIL 2014 ISSUE

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

OUR NEXT MEETING
will be April 2nd, 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.--

The Compassionate Friends
Mission Statement...

When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.

**The April 2nd Meeting will start with "Time and Grief".
Time does not heal, it is what we do with time that counts.**

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.

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April 2nd topic... "Time and Grief:" Time does not heal, it is what we do with time that counts. There is no set timetable for grief. Just as each person who died was unique, so will you be, in your own grief process. Take the time you need to recover from your loss. Become an active participant in your grief instead of letting it become your new way of life.

Instead of recognizing time as a duration from one second to the next, we begin to see time as something to either endure or look forward to in the hope that it will pass quickly. Time takes on a different meaning for each of us after the death of a child. We cannot sit back and say "Time will heal me." Time is merely the movement of the clock. It is what we do with that time that determines how long and hard we will grieve. This month we will be sharing how we are using time to recover from our losses.



The Timetable of Grief

Society has a tendency to limit the time of mourning that is considered acceptable. That time may be three days, three weeks or three months. But sooner or later the grieving person gets the message that it's time to stop grieving and start living. People become uncomfortable with the grieving person. They grow weary of hearing of the pain over and over. This is natural. People not in grief don't want to be reminded of death. They want to get back to their lives and happy thoughts. The grieving person, however, needs to tell the story over and over. There is no timetable for grief. Each person grieves in his or her own way and they will take the time needed to resolve the grief.

What then, is the grief process? Grief counselors state that raw grief (uncontrolled sobbing at least once a day) may last months. This is a time of over whelming emotions. The grieving person has sleeplessness, loss of appetite or overeating. Often physical pain in the stomach or heart area, inability to concentrate, feelings of confusion, numbness, or anger.

Later, and the time will vary from person to person, the heaviness of grief will lessen. There will still be difficult days, sometimes for no reason at all, but there will also be some "good" days. This is the time for "reinvesting", where the grieving person begins to build a new life. Sadness still continues and there may be occasional crying, but more and more energy is devoted to getting on with living. That shift is one that happens naturally and cannot

be forced. The timetable of grief is an individual one, requiring love and patience.

--The Bear House Chronicles, The Dougy Center
Portland, OR

Four Steps to Grief Recovery

People who are grieving want to get better, but often don't know where to begin. The goal is not to "get over" the loss but rather, to integrate with other life events. Although there are no formulas that guarantee the resolution of grief, the following exercises have helped many bereaved people regain control of their lives and, eventually, make peace with their loss.

STEP ONE - Talk About Your Loss. What you have just experienced could be one of the most traumatic events of your life. If you feel depleted, depressed, or angry, you are normal. And the most important thing you can do to reduce the pain is talk about your loss. You may get the message from family and friends, that you are abnormal or should be over your loss, so you may need to seek out other listeners. People you know who have had a similar loss are usually the most helpful, although empathetic family and friends can be as helpful. Support groups are great place to talk And, counselors can be wonderful sources for short-term grief therapy.

STEP TWO - Read books and stories of people who have experienced a similar loss. In this society, we have very little, if any, experience of normal grief. The most common reaction most people have is that they feel they are going crazy. By, reading other's words, they find out they are normal, their actions are normal and their thoughts are normal. It is usually very comforting and reassuring. These stories also give you the idea of what your journey will be like and how long it will take. This helps reduce the paralyzing fear you may feel. And finally, stories offer encouragement, You know others have made it through grief and that helps give you the strength to continue on your personal journey.

STEP THREE - Write about your thoughts and feelings. By getting you; thoughts and feelings on paper, they become less vague and more concrete. They become easier to deal with and usually less frightening. Sometimes you may feel like you are going in circles and not getting any better. By writing, you will be able to see your progress. We suggest you make a diary. As time goes on you will probably write less and less

frequently, showing your pain is lessening. Writing is also a great substitute when you feel you need to talk, but no one is available— like late at night.

STEP FOUR - Exercise your body.

Bereavement is the most stressful life event. To handle this stress and keep it from building up in your body, you need to do some form of body work. This could mean walking or playing tennis or it could mean refinishing furniture or hitting a pillow or punching bag. It is a great way to release your anger in a constructive way. Studies have shown that bereavement lowers your body's immune system and exercise helps combat that effect.
--TLC Group, Dallas TX



Two Years Later

I remember those first days, waves of sorrow rolling up in me, devastation just beyond the door. The tears that burned so very badly, coming in uncontrollable gushes- then nothing. The never-leaving pain in your chest that reminds you, you are alive. The amazing ability to function despite mental non-participation.

I have cried a river of tears. I have bounced with positive attitude. I have philosophized 'til my brain hurt. I have tried with all my will to accept, though I'm still not sure I know what that means. And yet I still hurt. There is still a space in me that pulsates with all the unbearable things - my own Pandora's box, acceptably easy to ignore.

I should be telling you that the hurt and the loneliness goes away with the sands of time, cleansing your soul and making you whole again. And I imagine for the very brave this is true. But for me, it's been a matter of learning how to live with the hurt – handling some, ignoring the rest.

I don't know that there will be a day that I can release that last bit of pain, open that box and stand strong against its blows.

I have been told that I am a person who does not feel too deeply. And I have been told that I wear a hard shell. These two things are equally true. It has been my choice to feel only part of the pain, even at the cost of part of the laughter - and maybe a notable numbness that does not go away.

It is my belief that there is no limit to the emotions we are capable of feeling, save human endurance.

--Laura House, TCF, St. Louis Chapter

The Timing of Grief

Folks say that there's been enough time
For me to be beyond my grief.

There are those who think it's a crime
That I have not complete relief.

I know I'm better, happier now
Than when bereavement came to me.
But life has trouble knowing how
To be as it was formerly.

I'm thankful folks can understand
That healing takes not months but years.
And yet some folks would now have banned
That I should ever be in tears.

Yes, grief will heal, though it be slow;
Yet, grief continues, though it's less.

But this our friends could only know
If they've been through it, I confess.

For once I, too, thought time would heal
And back to normal I would go.

Now death and grief are very well real!
But how, without them, can one know?

--Robert F Gloor - Tuscaloosa, AL-TCF

Moving Towards Recovery

At what point does a bereaved parent find himself or herself past the intense pain and confusion and well on the way to the recovery we all seek? Will we even know when we reach that point? In the sixth year of our grief, Dolores and I come to realize that we passed that point some time in the past, but we aren't sure when it occurred. We noticed it first when Vance's anniversary wasn't quite as hard to deal with, when going to the cemetery was no longer a requirement on Sunday, but instead a choice, when we could clearly express our desire to help others as we had been helped.

There is no clear memory of a point in time when we passed through the fog into the light. We just know it happened. I think our involvement with TCF had a definite impact. That is what gave us the opportunity to grow. I guess it is what keeps us moving forward. We've had to defend our involvement on several occasions against the well-meaning attack of those who think we have lingered too long in our grief. I'm not sure that we've convinced anyone but ourselves, but perhaps that is what we needed after all.

--Pat Sweeden, Central Arkansas TCF

Tips for Survival

We need to remember there is light at the end of the tunnel; things will get better or become bearable. To work toward that goal, consider these tips:

1. Buy time. Get through each week, one day at a time.
2. Make plans. Get busy with activities that take up some of your thinking time.
3. New interests. Develop new interests, skills or goals. This is difficult for newly bereaved parents, as they often have trouble concentrating or remembering things.
4. Sports. Active sports get you out of the house and help buoy your spirits.
5. Reach out. Reach out to others suffering or in distress and you will help yourself.
6. Share your grief. Allow others to grieve with you. Be open with friends who want to know how you are feeling and what they can do to support you.
7. Be positive. Search out something to be thankful or appreciative for each day.
8. Keep a sense of humor.
9. Show emotion. If you feel it, show it. Don't keep your grief bottled up.
10. Get involved. Involvement with a church, temple, or other organization can be very rewarding. The Compassionate Friends would fit the bill nicely here as a strong support for you during the terrible months of early grief and also later as you gradually move from being the recipient of support to helping others.

--Sid Cato, Hinsdale, IL TCF



A Sufi Story

I am going to talk a little bit about religious beliefs I have learned in my studies and the work that I do, about teachings, not only from my own tradition, but from other traditions as well.

Religious wisdom is a little bit different from other kinds of wisdom. It is of a separate character that involves attitude more than everything else. Religious wisdom teaches you how to see the same set of events in ways that might not have occurred to you.

Religious wisdom helps take you over or through a passage that might have taken a little bit longer to get there by yourself, or it simply turns your head a little bit and shows you a different angle

than you would have seen by yourself, or when it is really working, it will take you to a place you could not have gotten to by yourself.

In my tradition, we are very specific about mourning and death because we have had a lot of experience in suffering. We have had to develop a kind of technology of it, just to get us through some of the history that we've experienced. I am only going to speak of one aspect of that.

When someone dies in our tradition, we say a prayer for that person, a memorial prayer. It is the same prayer all the time. It is called the Kaddish. The name has to do with holiness. What is interesting about this prayer is that it makes no mention of death. It makes no mention even of memory. It's simply a prayer that reiterates and states, in a very forceful way, the optimism and dedication and meaningfulness of life and the purposefulness of existence.

It is curious that this is said precisely at the time when things are darkest for people, and they begin to wonder where the light is coming from.

We use candles in this ceremony because candles have always been a symbol of the soul. The Book of Proverbs says that the soul of a human being is like a candle of God.

A candle represents all that is enduring, all that is non-typical, all that is spiritual. And when we say this prayer we remember our dead.

It is a prayer that is often compared to a single candle against the night. If you have ever been in a dark room, one candle can shed a tremendous amount of light.

One candle pierces the darkness and if you don't have a match, the person next to you is bound to, and they will light a candle for you. All you have to do is to be open to receive the light and to pass it on again.

We say this prayer precisely at the darkest time of our life, almost as if to convince ourselves, as if to talk ourselves into rededicating ourselves, purposefulness and the meaningfulness of life.

We say this prayer as if we mean it, even when we don't. And one day we do mean it. We do mean it when we become reconciled to the facts of human existence as they are rather than trying to wrestle with God or with nature or with the way of the world because we want human existence to be as we wish it to be.

One day we come to the point where we stop fighting, stop wrestling. The great paradox is that we've given nothing up. The great paradox is that

when we become reconciled in some way, we surrender.

The best way I know how to describe this any further is with a story. It is a Sufi story, which means it is a story which is intended to sit inside of you for a long time. It releases its meaning to you, sometimes in a gradual way.

You have to digest it. It is a story about a passage of reconciliation. It is a story called "The Tale of the Sands." It is about a mountain stream. As is the character of a mountain stream, it flows free and fresh over everything in its path. So if there is a log in its path it flows over it. If there's a rock in its path it courses right over it because it is fresh and free-flowing and always recreates itself before itself.

It flows up through the mountains and over anything that comes in its path. It flowed this way for many a journey.

Then one day it came to the edge of the desert. It had never seen a desert before. It ran into the desert like it coursed over everything else that came in its path before, but this time something else happened. This time it was dissipated into the sands of the desert.

It had never experienced this before so it began to collect on the side of the desert as a fallow pool, fetid and shallow.

It collected this way for many years. One day a wind blew in from the desert, and the wind had a whisper to it. The voice said: "submit." It said: "Allow yourself to be absorbed by the wind. The wind will carry you to the other side of the desert and it will deposit you there as rain."

The mountain stream said: "I never heard of such a thing. I've never submitted to anything in my life. First of all, I'm a coursing, vibrant mountain stream. I've coursed over everything in my life." The desert whisper said: "Trust me, you have to just submit. Allow yourself to be carried by the arms of the wind. It will take you across the desert and it will deposit you on the other side as rain."

The voice continued: "Besides, what have you got to lose? You're not the mountain stream you once were."

And so, the mountain stream allowed itself to be picked up and carried by the arms of the wind which did carry it to the other side of the desert where it did, indeed, become the rain.

I give you this story in the spirit in which these stories are told, in these traditions, the sacred stories. They are meant to be lights; candles to light

you on your way.

--Rabbi James Goodman, 12/83 Reprinted in Bereaved Parents USA St. Louis March/4/97

Easter and Passover Seasons of Grief



The season takes on a new meaning when a child dies. The snow of winter melts into the first breath of spring. How well I remember the first spring of my grief. I looked forward eagerly to its coming. Surely when the long dark days of winter are past, spring will be better!

How surprised was I at tears springing forth with the discovery of each new crocus and every bursting bud and spring flower. Yes, spring was beautiful, but oh, so sad, that first year without my son to share it with. For suddenly, I realized that it was he who gave me my first bedding plants for Mother's Day each year.

And now, the Lenten Season unfolds once more, and I'm aware of other bereaved parents who will withdraw to the privacy of their personal and painful world of memories with this new season for them. Ash Wednesday ... Easter... Passover ... these are totally new experiences in the first year of grief. The liturgical words are a thousand years old, yet tears blur the painful newfound meaning.

-- TCF Seacoast, NH newsletter

Easter and Passover

Coming much too soon for me are these two major holidays of the Christian and Jewish faith.

PASSOVER - as a young person, I thought the plagues were something the mean old Egyptians deserved. As a bereaved parent, I think - how did a nation survive with each and every family losing their first-born Child? The feeling certainly shifts when you look again with the experience of having had a child die. And I think of the Israelites wandering in the wilderness - how many of them had children die during those years of hardship?

EASTER - a very hard time for me since my son died the week before Palm Sunday. It is the time when Christians are assured of the resurrection and eternal life - something we look forward to since we want to spend eternity with our children. But the first year after Jaime died, I took everything personally and literally and when I heard the words, "O death where is thy sting?

Where thy victory. O graver I was very tempted to stand up and tell the entire congregation that death had the biggest stinger I had ever experienced and the grave certainly had achieved victory over me.

I continue to believe that a little planning helps us over the rough spots. So decide if you want to celebrate your holiday the same way or make changes, take care!

--Tracy Rhein, BP/USA, Central Arkansas



Prayer for Spring



Like Springtime, let me unfold
 And grow fresh and new
 From this cocoon of grief
 That has been spun around me.
 Help me face the harsh reality of
 Sunshine and renewed life
 As my bones still creak from
 the winter of my grief
 Life has dared to go on around me.
 As I recover from the insult
 Of Life's continuance,
 I readjust my focus to
 Include recovery and growth
 As a possibility in my future.
 Give me strength to break out of
 The cocoon of my grief
 But may I never forget it as
 The place where I grew my wings,
 Becoming a new person
 Because of my loss.
 --Janice Heil TCF Vancouver

Suicide Note

The following letter was written by David John Bernreuter before he died by suicide on May 12, 1987. David, an astute 22-year-old, was unusually well-informed about his illness. By his own description of his feelings, myths and assumptions about suicide are shattered, and we are allowed an insight into his motivation to end his life. In granting permission for its use, it is the hope of David's family that the loved ones of other victims may find comfort in David's words.

Dear Mom, Dad, and Stephany:

First, some facts:

1. I LOVE YOU VERY MUCH.
2. I KNOW YOU LOVE ME VERY MUCH. If love alone would have made me better, I would be the most well-adjusted man on earth. Please don't feel

that you neglected to tell or show me how much you loved me.

3. YOU WERE NOT TO BLAME FOR MY CONDITION. I believe my mental illness was the result of a chemical imbalance in the brain. A certain percentage of people, from all types of family situations have a major mental illness. It was just the luck of the biological draw that I happened to be one of them. Whether it was Major Depressive Disorder, Schizoid Personality Disorder, Manic Depressive Disorder, or Schizophrenia, my mental illness made my "life" unlivable. But you are not to blame for that. So please don't let yourselves feel guilty.

4. I KNOW THAT YOU WILL MAKE IT THROUGH THIS. It won't be easy, but you will have a lot of support from a lot of friends and relatives. Don't be like me, the ultimate schizoid loner. Count on the support of your friends and relatives.

If you only knew what goes on inside my head. I know you will say that I "didn't try long enough or hard enough." I have been emotionally disturbed since late childhood. I now have a major mental illness. I tried as long and as hard as I could. I've had all sorts of suggestions, like: "Repeat positive phrases over and over again. Don't eat foods with yeast. Take Haldol. Don't take Haldol. Accept Jesus as my 'personal Savior.' Quit smoking. Get a girlfriend." And the list goes on and on ...

I know that the above suggestions were made with the best intentions, but they lack an understanding of what mental illness is all about. That's why I found something in common with other people who are mentally ill. When they told me how being mentally ill affects their life, I understood, because my illness affected me in the same way.

If I were to tell Uncle Ray that I had bought a gun, that I felt suicidal, he would have no alternative but to call the hospital and the police. And before you know it, I'd be back in the hospital. I'd rather be dead.

It's not like I killed myself because I didn't get an A on an exam or because I broke up with my girlfriend. Those are the kinds of depression that have a reason to happen. My depression comes without any help from the outside. Nothing bad has happened to make me depressed except my depression.

It's not like I did this "on a lark." I've had over

a year to think it over. But I can hardly expect you to understand about something I myself don't understand. I don't know why I am the way I am. "The man who didn't see it through." That is what this is. If given a chance to choose between an eternity in heaven or another go-round as a human of earth, I'm certain I would choose the latter.

And now for the business part of this suicide note: Cremate and scatter me (I don't care where). All my money goes to you. Everything else, too. Do with it what you will, but may I suggest sending a portion of my worldly goods to a mental health research foundation of your choice.

As David requested, the family sent a donation to a mental health organization in hopes that someday a cure will be found.

--Bereavement Magazine



The Ordinary Life

I have a good life. I am blessed with a good husband, two sons, and a precious little girl I am raising as my daughter. I have a nice house, two cars in running condition, and enough things to make me comfortable. I even have a bird and a family dog! I have an ordinary life.

I do the ordinary things of an ordinary wife and mother. I do the dishes, wash the clothes, and do the marketing. I hunt high and low for bargains. I take the kids to church with my husband every week, and for midweek services. I shoo the kids out the door when schoolwork and chores are done for the day, and I give them the ordinary warnings. "Don't talk to strangers," "Be careful when you cross the street," and "Don't go out of your boundaries." I have an ordinary life.

Most people who know me now, think I am just like them, and perhaps in some ways I am. But in so many other ways, I know I am not. Most of my friends now, did not know my other son. You know, the one that died? You know, the one that makes me "not so ordinary"? You know, the one that no one mentions anymore? Only a very few people are privileged to see the hole that exists in my heart. Only the few people who can respect the pain that is still there and always will be. To all the others, I have an ordinary life.

I can remember a time when my life did not have the appearance of "ordinariness." Eight years ago, we joyously prepared for our third and final son. Eight years ago, we bought a crib and picked out wallpaper, and decided that we would use

rocking horses and bears for a theme. Just a few months later, we welcomed Joey into our arms and lives. Everything was perfect in our "ordinary life."

Only three months after we welcomed Joey into our lives, we had to say good-bye. We were forced to adjust to a new "ordinary," one without our little boy. And our lives were anything but ordinary. Our family was in chaos, and our hearts in broken pieces. A little over seven years ago, we could never again imagine living an "ordinary life." Anyone who knew me back then, and who knows me now can tell you that losing my son has changed me irrevocably. I am not the same person I was before my son came and left. None of us are the same, we are all changed. And yet, the majority of the world continues to see our "ordinary lives" from the outside. They see the shell, they don't see what is inside.

There are times that I resent that they cannot see my grief any longer. Somehow, if it showed even now, I could be convinced that they would also see the love I still have for that little boy. But then again, I also cherish being able to remember him without tears, and even with a smile. I can laugh again. I can do the things that an ordinary Mom does with her children, with the ones I have here now.

I can relish life, and have real joy. There is never a moment in which I forget that I still miss and love a child I can't hold. I could never forget. There are many times, often the most joyous ones, in which tears and laughter are inter-mixed ... tears for the boy who is missing, and laughter for the ones I still have. I am glad for my "not so ordinary" ordinary life.

--Joy Morning TCF - Phoenix, AZ

Newly Bereaved...

Take Things One Day at a Time

As you begin your journey to recovery, know that there are people with you every step of the way.

Take just one day at a time.

Don't expect more from yourself than you do from others.

Conquer any anger or frustration with hope and determination.

Believe in yourself.

Believe you will win this battle

and emerge better and stronger than ever.
 Fight pain and self-doubt
 with prayer and humor.
 Reach out and accept the love and support
 of your family and friends.
 Know that you will overcome this obstacle
 as you have all others.

For Friends and Family...



Grieving Is A Lonely Job

I don't care what anybody says, grieving is a very lonely job. Friends and family try to help in their own caring way, but, sometimes it's almost too much effort to try to explain how you feel inside.

In fact, I'm not so sure that there are words to describe the feeling. It isn't "physical pain," and I don't know if "emotional pain" is any more descriptive. It's just a feeling that's always there. The sadness, the loneliness and the helplessness. On the outside, of course, no one would know. From the beginning people would always tell me how great I looked or how well I was doing. What did they expect? Sometimes I'm tempted to ask, "Well, how do you expect me to look?" But I don't. They mean well. They just don't know what else to say.

Oh, it's true, the last 15 months since my 17-year-old son, Shane was killed in a motorcycle accident with his friends, I've come a long way. Life is good and I have much to look forward to each day. A challenging job, terrific friends, a great family, including Shane's 14-year-old brother, Zachary. But there are days when it's just not enough.

It's interesting how your entire perspective about life changes when you're forced to endure a personal tragedy. I call it my "BIG DEAL SCALE". Losing Shane was the "biggest deal" I've ever experienced. It gives me a tool in which to measure the trivial ups and downs of life. We all have the strength to endure a tremendous amount of pain. We just have to get it in perspective. It doesn't come easy. I consciously work at it everyday. I wonder if it will ever go away. Sometimes I hope it doesn't. I guess it's my way of remembering - of holding on.

My biggest source of strength comes from Zachary, though. My heart aches for him; knowing how close he was to Shane. The first few days after the accident, he said, Shane was my idol. He

always helped me and taught me "things". It's hard for me to imagine what it must be like for him. Still sleeping in the same room that they shared for 13 years. Although, now he sleeps in Shane's bed. And does his homework at Shane's desk. He says he likes it like that. I guess it's just his way of remembering ... of holding on.

Months ago when Zachary asked when the "hurt" would stop, I didn't have an instant answer. Grieving is a lonely job, to be done in individual time frames. But, what I did tell him was, "Trust me. The pain will eventually fade, but the memories will last a lifetime."

And just the other day he said to me, "You're right, Mom, the hurt is much better." I can see it in his face, in his eyes. He has matured so much this last year. It seems like he was just a baby when this all happened. Now, I can see so much of Shane in him. And, I know that if he can handle this "job" he can handle anything. And so can I.
 --Susan Hedlund, TCF Portland, OR

Welcome...



Grief for the children we have lost to death does not fit into a neat pattern of healing like the seven day cold. It's a long process and not smooth. When our child died, many people provided the immediate bandaging of our wounds. As our grief increased, as it does when the shelter of shock disappears, few people knew of our need for follow-up care.

We at TCF understand the slow, bumpy times ahead and are prepared to "stick with you" through the long, tedious ordeal. Your feelings are "normal", as you'll find out once you've talked with some of us. How can you possibly turn down free help to feel better? Even if you have found a way on your own to feel better, we really need you. Your help with TCF could be a beautiful memorial to your child's life.

–Helen Armstrong, TCF Pikes Peak, CO
 Editor's note: We invite you to attend our meetings and see for yourself how the experiences of other bereaved parents and siblings can help you in your own grief. Our members truly understand your pain and confusion over the loss of a child or sibling. What better place to ask questions and have answers from those who remember asking the same thing when they were newly bereaved.

Book in Review...

Maci's Place - The Loss of a Child through a Father's Eyes by Mike Miller. Losing a child is the most devastating thing that can ever happen to anyone. Learning to live with that loss is equally devastating. Outlined in this book is the true story of one man's loss in the hope that it provides comfort and understanding to you. This journey outlines the psychology behind the way you feel day in and day out, and displays a first hand understanding to why things are happening the way they are. This book is intended for men, suffering from the loss of their child, in any number of situations. Yet, if you are a loved one trying to understand what is happening to the man in your life, it can provide guidance as well. Through the detailed explanations, we hope that those that want to understand the way a man truly feels with such great loss will understand just how incredibly painful it can be. Available online.

37th TCF National Convention

The Compassionate Friends is pleased to announce that Chicago, Illinois, will be the site of the 37th TCF National Conference on July 11-13, 2014. "Miles of Compassion through The Winds of Hope" is the theme of this year's event, which promises more of last year's great national conference experience. The 2014 conference will be held at the Hyatt Regency O'Hare in Rosemont, just minutes from the airport. We'll keep you updated with details on the national website as well as on our TCF/USA Facebook Page and elsewhere as they become available. Plan to come and be a part of this heartwarming experience. Registration for the conference will be \$90.00 for Adults, \$40.00 for Children (9-17), and \$40.00 for Full-Time College Students. Online registration will be available starting March 1.

The Hyatt Regency O'Hare, 9300 Bryn Mawr Ave., Rosemont, IL 60018, is now accepting reservations for TCF's National Conference. Conference attendees are receiving a discounted room rate. We anticipate a large attendance for the conference, so we encourage you to make your reservation as soon as it is convenient for you. You can make reservations through the TCF national website at www.compassionatefriends.org or by calling the hotel directly at



(888) 421-1442 and please mention "The Compassionate Friends" when reserving your room.

Helpful Hint...

Remember: *"Hope is the feeling you have
That the feeling you have
Isn't permanent."
—Jean Kerr*

Please Wait for me in Heaven

Sitting here and thinking
and missing you tonight
I am hoping and I'm praying
That you're never out of sight
I see you on every corner
I've seen you driving past
I saw you walking in the mall
But you just walked too fast
I can never seem to catch you
You're always a step ahead
Try as hard as I might to touch you
My hand reaches out to air instead
I never get to hold you
Yet I feel you in the room
I only get a small glimpse
But trust me, I know it's you
Don't be afraid to come near me
I won't get scared and cry
You can put your hand on my hand
Come on ... please give it a try
I will wait forever
And one day after that
If a lifetime is what it takes me
Then I will do just that
Please wait for me in heaven
Just be waiting at the gate
I don't know when I'll get there
I just know I have to wait
I still have work to do here
So until my time is through
Then lead me into heaven
So I can be with you.

by Wendy Vanucci

When someone dies,
you don't get over
your grief by forgetting,
you get through your
grief by remembering.
--Leslie M. Silko



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
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

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

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

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

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 Brytan
Born: 10/84 Died: 6/96
Mother: Karen Merickel &
Robert Brytan

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

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

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 Siau &
Wibawa Chou

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

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

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

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



Our Children Remembered



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

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 DiMaggio

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

Heidi Dominguez
Born: 8/68 Died: 06/13
Grandmother: Rita Menendez

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

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

Joel Draper
Born: 1/84 Died: 5/04
Mother: Tracy Solis

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 Frazee
Born: 5/79 Died: 7/07
Mother: Kathy Cammarano

Hunter Rebecca Bloem Freese
Born: 1/02 Died: 4/12
Parents: Brian & Michelle Freese

Peter J. 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

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

Dakota Max Haight
Born: 9/27 Died: 9/12
Parents: Gail Cochran & Bill Scar



Josephine Olivia Haman
Born: 6/98 Died: 2/10
Aunt: Caroline Ozimok

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

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

Michael Kroppman
Born: 12/88 Died: 3/12
Parents: Brenda & Greg
Kroppmann

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 Lauthere
Born: 9/74 Died: 3/96
Parents: Larry & Chris Lauthere

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

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

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

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

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



Our Children Remembered



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

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

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

Tyiri Ojose
Born: 9/10 Died: 7/10
Mother: Maureen Ojose

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

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

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

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

Shauna Jean Malone
Born: 8/70 Died: 1/13
Parents: Tom & Mary Malone

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Patricia Acha Miller
Born: 1/62 Died: 11/10
Mother: Christina Acha

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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

Shannon Quigly
Born: 11/268 Died: 1/09
Mother: Kathleen Shortridge

Dominic Roque
Born: 8/02 Died: 1/09
Parents: Kerrie & Ren Roque

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

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

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

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

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

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

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

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

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

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

Julius Ramirez JR.
Born: 8/10 Died: 8/10
Parents: Bridle & Jules Ramirez

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

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

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

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

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

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

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

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

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

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

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

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

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

Joel Paulson Draper
Born: 1/84 Died: 3/04
Mother: Tracy Solis

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

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

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

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

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

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

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

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

Vance C. Valdez
Born: 10/90 Died: 3/12
Mother: Maria R. Valdez

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

Jeffrey Alan Sampson
Born: 3/86 Died: 5/05
Parents: Claude & Paula Sampson

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

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

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

Lisa Sandoval
Born: 9/76 Died: 12/92
Parents: Susan & Ruben Sandoval

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

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

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

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

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

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

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

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

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

**OUR CHILDREN REMEMBERED****Birthday Tributes...**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Sister: Sheimekia Wagstaff

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

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

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 for Alex Mantyla Mar. 1989 - Aug. 2008



This year you would be turning 25, Alex. How can it be 25 years since that Easter Sunday when you were born? It seems just like last year when you were holding your new puppy, with a big smile that revealed your recent loss of two front teeth. And wasn't it just last month that you had spent weeks building a "rocket" for your science project?

Your whole class watched expectantly on the football field as you launched it. Sadly, it only went up about six feet or so. Even the "A" you received, didn't mask your disappointment that you hadn't broken any records but we tried to reassure you that you'd have the chance to break many records in your life.

We're so very sorry you didn't have that chance, but we are so very grateful you were part of our world for nineteen wonderful years. You changed our lives and the lives of countless others, in many wonderful ways. That's as important to us as any record you could have broken.

We miss you more than words can say but we feel your presence always. Thank you for watching over us.

Love, Mom and Dad

A Birthday Tribute to Edward W. Myricks II April 1972 - Oct. 2011



Happy Birthday to our dear son. You would've been 42 years old but instead you will forever be 39. This year your birthday falls on Easter Sunday, the day that Christ had risen which helps me, knowing that you have also risen to be with Jesus and our Father. God Bless you son. You have always been amazing to us from the day of your birth. You became a friend to all you met and always helping others in need. You became the most wonderful father to your children. You made us so proud son. We all love and miss you so much son. Mom and Dad

For Siblings...



A FREE one-week camp for children, ages 9-15, who have experienced the significant death of someone close August 12-17, 2014.

Circle Camps and Manitou Experience have been offering week-long overnight camp programs to bereaved girls and boys nationally for over a decade. We are excited to host our 2014 program at Camp Hess Kramer in Malibu. Transportation will be provided from the greater L.A./Palm Springs areas. Circle West for Girls



At Circle Camps, we know the value of overnight camp ... of engaging in healthy activities such as swimming and canoeing, ropes courses and climbing walls, arts and crafts, and nature walks. We also know the value of helping children talk about the losses in their lives. Circle West brings these two together, so our campers can have summer days of childhood fun, meaning, and bonding.

Our program integrates traditional overnight camp activities with the chance for girls to share their grief in a supportive environment of understanding peers, caring counselors, and professional bereavement staff.

For referrals or questions, please contact Cathy Spear at cathyspear@circlecamps.org
www.circlecamps.org



MANITOU

experience Manitou Experience provides boys who have experienced a significant death-loss with a program that helps build confidence, encourage laughter, and navigate their grief through friendship, teamwork, athletics, and the common bond of loss.

It is a safe environment where kids can explore their grief, break the isolation they may feel with their non-camp peers, and have a whole lot of fun. Under the guidance of professional bereavement staff, campers have the opportunity to share stories and remember the one who died, while exploring skills that will help them after camp.

For referrals or questions, please contact Jenny Kaplan Schreiber at jenny@manitouexperience.org
www.manitouexperience.org

To Those Who Don't Know

If you could imagine the loneliest moment in your entire life, remember exactly how your body felt in that moment, empty those feelings into an expanding pill and swallow it, then you could begin to imagine what it feels like to live through loss.

I have one hand in happiness - the memories we made together - and one hand in isolation - the world without my brother. I constantly push and pull in an attempt to firmly remember, yet

triumphantly live, a positive life.

--Scott Mastley, TCF Sibling Co-leader, Atlanta, Georgia
Written for his brother, Chris

For Grandparents...



My Granddaughter

You came into this world
in the body of a child
But turned into an angel
to live with us a while
And you have always been a blessing
that only God can give
And we always want to thank Him
for those years that we live
God sent you to share his love
and make a happy life
Down here in this world
where there's always sin and strife
But you have overcome
and lived your life anew
And I want to thank the Father
for ever sending you
We know life is short
but we thank Him for every day
And we thank Him for our grandchildren
he sends along our way
For with all of our possessions
there's none that can compare
To our grandchildren that He sent
for us to share.

--Elmer Mills Golden City, MO

From Our Members...

Easter and Passover



This is the month for celebrating Easter and Passover, family holidays and family gatherings. Again, as bereaved parents, especially if we are newly bereaved parents, we pause and must make a decision as to how and if we are going to proceed as we have in former years, before the death of our children. For both holidays, there is the "children's hour" so to speak. For Easter, there have always been the Easter parade, Easter eggs, and the Easter bunny. For Passover, there have been matzoh, the Seder with the recitation of the Four Questions, and the participation of the youngest child.

So, again, what to do? Both Easter and Passover are holidays in which children are strongly involved. To see that empty chair at the table, to know that the missing child is no longer with us can be devastating, especially after the first or second anniversary of the death. As

with other holidays, there are no pat answers, no magic formulas. If you can talk, talk about your child during the holidays. At our home, we have made it a ritual to remember our son at the beginning of the Passover Seder. Please handle these holidays any way you can. There are no rules. **DO IT YOUR WAY.**

--Dave Ziv, TCF Bucksmont Chapter, PA
 --submitted by Ann Kurtis (This article helped me in the beginning of my grief. It validated for me and my surviving children, that their sister's place in our family will always be remembered and honored.)

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. Members, please take the time to submit a poem or article you found helpful.

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. 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... 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@tcfsgla.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.

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 1st 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
- REGIONAL COORDINATOR..... (818) 516-2420**

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. 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 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

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

OUR HOUSE/BEREAVEMENT HOUSE: 1950 Sawtelle Blvd., Suite 255, L.A., CA (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

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) 546-6407—new number

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 Heddlesten (800) 821-6819

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

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.

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

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

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

The Neighborhood Church for the use of their facilities for our meetings.

CHAPTER OFFICERS:

CHAPTER LEADERS: Cheryl Stephens & Linda Zelik

NEWSLETTER EDITOR: Lynn Vines

PROOFREADER: Sandra Myricks

TREASURER: Ken Konopasek

CARDS & WEBSITE: Crystal Henning

NEW MEMBER FOLLOW-UP: Cheryl Stephens

STEERING COMMITTEE MEMBERS:

Kristy Mueller

Linda Zelik

Lori & Dudley Gray

Cheryl Stephens

Cheryl & Bill Matasso

Lynn Vines

Nancy & Elliott Fisher

Ken Konopasek

Kitty Edler

Crystal Henning

Susan Kass

(All TCF members are invited and needed on the steering committee to help with ideas for topics and chapter special events. We meet for two hours three or four times a year. Please let us know if you could help. Call Lynn at (310) 530-3214)



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

In loving memory of Brandon Armstrong, July 1995 - July 1995 and Dominique Oliver, May 1985 - March 2002. 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 all of our children. As the season of Passover and Easter near, thoughts of our missing children spring to mind. We hope with the passing of time and the grief work we do as bereaved parents, siblings, and grandparents the pain of missing them will lessen...allowing the wonderful memories we have of happier times become uppermost in our minds.

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.

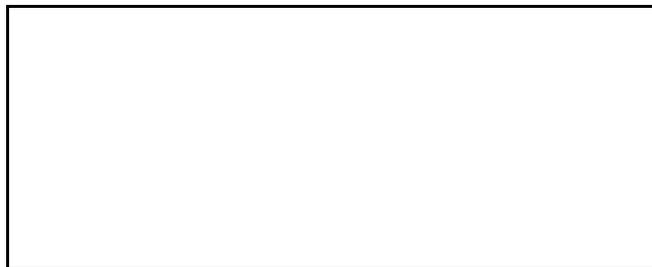
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April 2014

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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.