



The Compassionate Friends

South Bay/LA Chapter

Supporting Family After a Child Dies

A NEWSLETTER FOR BEREAVED PARENTS AND THEIR FAMILIES

DECEMBER 2013 ISSUE

EDITOR: LYNN VINES (310) 530-3214

e-mail: Lynntcf@aol.com

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

OUR NEXT MEETING
will be Dec. 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.--

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.

Wed., Dec. 4th meeting will start with Handling the Holidays while grieving.

Sun., Dec. 8th World Wide Candle Lighting at Malaga Cove

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

TCF Lunch Group meets for lunch at Mimi's Café

South Bay/LA Chapter of TCF
P.O. Box 11171
Torrance, CA 90510-1171
(310) 963-4646
www.tcfsbla.org

Chapter Co- Leaders:
Cheryl Stephens (323) 855-2630
mymeischka@yahoo.com
Linda Zelik (310) 370-1645
Lzelik@verizon.net

The National Office of TCF
P.O. Box 3696
Oakbrook, IL 60522-3696
Toll free (877) 969-0010
<http://www.compassionatefriends.org>

Up-Coming Reminders... Wed., Dec 4th is our regular meeting. Because the church needs our regular room for an event at the church, we will meet down the hall. Please follow the signs to the assigned room for this night only.

Sun, Dec 8th is the World Wide Candle Lighting at Malaga Cove from 6:45 - 8:00 PM.



The 16th TCF World Wide Candle Lighting...

The candle lighting ceremony starts at 6:45 and we will be lighting our candles at 7 PM. This event occurs every year on the second Sunday in December. Everyone, in every time zone around the world, is

invited to light a candle in honor of all children who have died, that their light may always shine.

As candles go out in one time zone, they will be lit in the next, creating a wave of light that will encircle the globe. We will be having our local World Wide Candle Lighting at Malaga Cove. Dress warmly. Chairs and candles will be provided. Please join us in the 24-hour memorial by lighting a candle, wherever you are, at 7 pm on December 8th.

Please help us get the word out to your church or temple, support group, or other community outreach so others will know about this event which is open to the public. For additional information call Kitty at (310) 541-8221.

The Worldwide Candle Lighting

A little history about the event: The Worldwide Candle Lighting is held annually the second Sunday in December, this year December 8th. The Compassionate Friends Worldwide Candle Lighting unites family and friends around the globe in lighting candles for one hour to honor and remember children who have died at any age from any cause. As candles are lit at 7 p.m. local time, hundreds of thousands of persons commemorate and honor children in a way that transcends all ethnic, cultural, religious, and political boundaries.

The Worldwide Candle Lighting is a gift from The Compassionate Friends to the bereavement community allowing us all to join together in unity to remember and honor the memories of all children so they may never be forgotten.

Believed to be the largest mass candle lighting on the globe, the Worldwide Candle Lighting creates a virtual 24-hour wave of light as it moves from time zone to time zone.

Hundreds of formal candle lighting events are held and thousands of informal candle lightings are conducted in homes as families gather in quiet remembrance of special children to always be remembered.

The Worldwide Candle Lighting started in the United States in 1997 as a small Internet observance but, as it has been embraced by the bereavement community, has swelled in numbers as word has spread throughout the world of the remembrance. A memorial message board is available during the event at TCF's USA website <http://www.compassionatefriends.org/>.

Thousands of postings are received each year from all over the United States, as well as dozens of other countries, with many messages in foreign languages. Here in the United States, publicity about the event is widespread, being featured in the past in Parade Magazine, Ann Landers column, Guideposts magazine, Annie's Mailbox, and literally hundreds of U.S. newspapers, dozens of television stations, and numerous websites.

Information on the Worldwide Candle Lighting and planned memorial candle lighting services is posted on the TCF website at <http://www.compassionatefriends.org/> each year as the event nears. For many of the years of the Worldwide Candle Lighting, the United States Senate has joined in its observance through the unanimous passage of resolutions declaring the second Sunday in December National Children's Memorial Day. TCF/USA appreciates our government's understanding of what the Worldwide Candle Lighting means to so many.

Holiday Reflections

Christmas and Hanukkah are upon us once more. December is often an emotionally laden month for most adults. We pause and ponder the meaning of "peace on earth, good will toward men." We overflow with nostalgia for holidays past. We touch base with our feelings, rituals, traditions and treasured memories. As we pass on the heritage to our children, we are like conduits connecting past, present, and future. It is a bit of immortality, a sense of tradition flowing from generation to generation.

It is this very essence of the holidays that stabs at the heart of bereaved parents. Our children represent the future. We may wonder what is the point of tradition with so many pieces of the future dead? Each grieving parent must struggle to answer that question effectively in order to establish a framework for the holiday season.

Since we cannot ignore it or make it go away, we can deal with the situation by making specific plans with our families. We can assess priorities. We can make changes. We can decide which traditions to uphold and which to set aside this year. We can choose to acknowledge openly to our children our grief.

We can think about some very special gifts. To ourselves we can grant the gift of acceptance by realizing that our grief is a necessary healing process. To our families, we can extend the gift of empathy by remembering that they, too, hurt. To our missing children, we can bestow the gift of homage by determining to work through grief so that we may live life to the fullest.

--from The Hope Line, Syracuse, NY, Dec. '04

Ideas For Remembering Your Children in Special Ways During The Holiday Season



The following is compiled from various sources, including comments made by our own TCF members and articles printed in various newsletters.

★ Starting in November, we attend our chapter's Holiday Remembrance and Pot-Luck dinner in memory of our child.

★ When taking our annual holiday family picture I hold a picture of Billy so others will remember him.

★ I put up Ann's stocking with a pen and paper for others to write memories to her. Their thoughts become love gifts to us all.

★ Attend the TCF World Wide Candlelighting program.

★ Buy a special candle and keep it burning in remembrance of your child.

★ Include the name of your child in the family prayer before dinner.

★ Have your family light advent candles as a special holiday remembrance.

★ Invite a guest or a family into your home who would otherwise spend the Holidays alone.

★ Donate time or money to a charity that would have meaning for you or your child.

★ Become involved in a community service

delivering dinners to shut-ins.

★ Place flowers in the church as a memorial.

★ Have a living Christmas tree to plant later.

★ Decorate a tree outside with bird treats and golden bows.

★ Take a miniature, decorated tree to the cemetery (you can decorate it in angels or something that your child really liked).

★ Donate a tree to a school or hospital (decorated or undecorated) in your child's name.

★ Help someone else decorate a tree, especially someone unable to do so by themselves.

★ Run errands for a shut-in.

★ Visit a nursing home and just talk.

★ Buy toys as you would have before, then donate them to a children's home or charity.

★ Give presents to your child's closest friends- they hurt too.

★ Decorate your house using something in memory of your child or that had belonged to your child.

★ Add a picture of your child and a cuddly bear under the tree or in a place of honor in your house.

★ Hang your child's stocking, with the rest of the family's and let family members stuff notes into it conveying their feelings and thoughts. (Some families do this and read them aloud as part of the holiday dinner.)

★ Place the "Gifts from our child" notes from the Holiday Remembrance program in your child's stocking as a tangible reminder of your continuing love for this special child.

★ Place a special ornament on the tree in memory of your child, or add to a collection of ornaments in your child's memory.

★ Decorate a tree especially for your child and place it in a special place in your home.

★ Decorate your child's grave with a special cover or tree.

★ If you send Christmas cards, you can sign them with family member names and add "in loving memory of ... "

★ Christmas cards can also be pre-printed, then enclose the funeral service card.

★ Hold a special at home prayer service in memory of your child.

★ Before or at Christmas dinner, have a moment of silence in memory of your child, or light a special candle and let it burn throughout dinner.

★ Set an album of pictures and mementoes on the coffee table to share memories.

★ Make a Christmas Cheer Box for a family

member or close friend who cannot be home for Christmas.

★ Shop from catalogues or by mail.

★ I now fix David's favorite desert - the one that he always prepared.

–TCF South Bay/L.A., CA



Chanukah

There are various ways that we include Johnny in our Chanukah celebrations. Some are subtle and others more overt. When we light the Menorah, we use a blue taper as the extra candle. The color blue represents Johnny to us. Just as the extra candle gives of itself to light each of the eight other candles without giving up its own light, we give Johnny and each other our love without diminishing ourselves. After the meal and before we exchange gifts and play games, we say the Kaddish (mourners prayer). This prayer demonstrates our faith in God-despite our loss. It insists that we focus on hope rather than despair, and our determination to pass on loving memories of Johnny from generation to generation. Shalom.

-- TCF San Diego, CA

The "Soul" of Christmas

By Sandy Goodman, Author of Love Never Dies

I can remember when Christmas was all about shopping and baking and parties. By this time back then, the first week of December, I was well into the season. With a come hell or high water attitude, I had already rushed through all the local stores, decorated a perfect artificial tree, ran my credit cards up to their limit, and penciled in all the school programs and social gatherings on my calendar. I was exhausted, but triumphant.

If memory serves me correctly, and it's not often it does, my to-do list looked something like this:

1. Make a list of who to shop for (those who get us something)
2. Send out cards (to every Tom, Dick and Harry who sent me one last year)
3. Shop (charge it and worry about money in January)
4. Wrap, mail, or deliver gifts
5. Decorate outside and put up the tree (impress neighbors and guests)
6. Attend open houses (even if you don't want to) and have one (for those who invited you to theirs)

7. Unwrap gifts, cook, eat

Black and white, unfeeling, organized. But don't misunderstand me. I have many happy memories of the Christmases before ... before Jason died. I loved the season and navigated through it with little trouble. Our family dinners were complete with no empty chairs, and laughter was a prevalent sound. It's just that the holidays were simpler then. Not very difficult, not very unique, just simple. Holidays were simple, my to-do list was simple, and life was simple . . . before Jason died.

But now it is after. The first few Christmases after Jason's death were desolate and raw. Behind my "I'm fine thank you" mask that I wore for the rest of the world, I cringed at everything that resembled joy. I thought that I was doomed to feel that way forever and that what I was feeling was a sign of weakness. I know now that what I was feeling was normal and that the grief I felt would soften and change as I worked through it.

My search for meaning came back into the season of peace and love some time after the fourth or fifth year of "missing Jason". I began wanting to feel the old holiday juices flow and yearning for something new, something different. I think I finally named it "the magic" and in craving it, I found myself creating it. And therein lay the secret. I could not expect a wave of joy and warmth to envelop me when I was behind a wall of negativity. I could not curse the holiday season as if it had come to personally attack me in my anguish. If I truly wanted to experience "the magic" I had to create it, or at least allow it into my life.

Are you wondering what the heck I'm rambling about yet? Here, let me show you what I mean. Look at my to-do list for 2005:

1. Hug those I love and those who need love. Thank them for being in my life.
2. Stop DOING and just BE at least once every day. Create and then touch the magic.
3. Make a list of who to shop for (those we want to touch during this season of love)
4. Send out cards with candle lighting announcements (to those we want to touch)
5. Purchase candles to burn throughout the month (to remind me of love's immortality and to celebrate the lives of those I cannot see)
6. Prepare and mail out newsletters to those who grieve and those who love them
7. Decorate Jason's Park (to make sure he and

- others honored there are remembered)
8. Decorate Jason's Rock (because it is healing)
 9. Plan and carry out a huge random act of kindness (one that Jason would have loved doing)
 10. Shop (spend only what I have)
 11. Wrap, mail, or deliver gifts
 12. Decorate outside and put up a real tree (that makes people smile and makes our house smell of nature)
 13. Attend open houses of those we feel a connection to
 14. Light candle at Jason's Rock (to pierce the darkness)
 15. Light candles at Jason's Park with my compassionate friends
 16. Unwrap gifts, cook, eat

I am sure you can see the difference. The "soul" of my Christmas has changed in the nine and a half years since Jason died. It is not difficult to see that it has changed in the direction of good, it has moved toward love. This will be our 10th Christmas without Jason's physical presence. Life, the holidays, this list... none of them are simple any more. They have taken on meaning, they can no longer be taken lightly.

This morning, while scrutinizing my current emotional state and the items on my list, I realized that I have to go there again. I have to go to that place where I admit that I am a better person after surviving the death of my child. I have to confess that while his death was horrific, the ensuing grief was transforming. I have to swallow any self-inflicted guilt, look to that which is greater than I, and say, "Thank you. Thank you for this gift of love." For it is only in gratitude that I will find what I need to create "the magic."

Reprinted from: Love Never Dies, A Newsletter about the Journey from Loss to Love

When Words Become Gifts

On Thanksgiving Day, 1994, two of my three young adult sons, Erik and David, were killed in a freak car accident. Years after the accident, my husband and I were at David's college alma mater for a holiday event. I was in the dessert line when a woman came up to me and said, "I saw your name tag, are you David Aasen's mom?" After doing a double take (it had been some time since I had been asked what used to be a rather common question), I replied with much appreciation, "Yes, I am!" With those three, almost magical,



words this person gave me five gifts.

Her first gift was saying David's name. Instead of just thinking to herself, Hmmm, I bet that's David Aasen's mom but I'd better not say anything, she said something. Her second gift was sharing a story with me about how her daughter, a classmate of David's, still treasures the friendship she and David shared.

Acknowledging that I'm still a mom was her all-important third gift. While my sons' deaths have resulted in my becoming a bereaved mother, death cannot take away the fact that I am, and always will be, Erik and David's mom.

The fourth gift was permission to share a bit of my grief journey with her. Since their deaths, I explained, there haven't been any truly easy, carefree, feeling-on-top-of-the-world days, but taking each day as it comes has been the most "doable" way for me to go on. Her questions and manner did not make me feel obligated to cover up my grief and was the fifth gift. I felt valued for my honesty and my integrity remained intact.

The warmth of those five gifts has lingered on in my heart and has comforted me. As I reflect on the experience, I marvel at how just a few simple words had such an impact. I have come to the conclusion that most bereaved parents want nothing more than the opportunity to talk comfortably with others about their children. Just being able to share stories about our sons and daughters in a safe place, along with the permission to mourn in our own way and for as long as we need to, even for a lifetime, is what matters most to us.

The real treasure comes when others introduce our children's names and stories into an everyday conversation. Knowing our sons and daughters are remembered and live on in the hearts and lives of others is a measure of the meaningful legacy that our sons and daughters have left to us and to the world.

--Nita Aasen St. Peter, MN TCF

This is Not the End of Joy

Grieving is bits of many things - memories, regrets, reminders— each of which bears its own special weight in our burden of sorrow. Each bit has to be gone through patiently, silently and painfully, like one goes through old papers in a long-forgotten trunk. Considering each one

separately, remembering and assigning it to some new box within our hearts.

Healing, too, is bits of many things - smiles which multiply as the days pass; chilling remembrances turned warm by the returning sun. A day will come when there will be more healing than of grieving, and reasons for joy will begin to pile up in the freshly-swept rooms of our lives.

--From Safe Passage by Molly Fumia



One Word ... COURAGE

I will not tell you that you are strong. I know you do not feel strong. A single word could bring you to your knees. I will not tell you that I admire you. I know you do not feel admirable. More like confused and hurting; falling down a deep, dark hole. What I will tell you though, is that you have courage. Courage you may not have recognized in yourself. Whenever you open a book on grief, read a magazine article on grief, attend a support group, or talk about your grief, you have courage. Whenever you positively express your suffering, you have courage. When you got out of bed but didn't want to, got dressed, went to work or took care of children and then made it to the end of your day, you found courage. Courage that you never wanted to know you had, but courage that you now have. Courage is not easy to find, let alone keep. However, it can be found; it can be kept. During those horrible days when you may think you are going to die, keep courage firmly in front of you. When your pain is overwhelming, keep courage firmly in your heart. Courage is where your healing lives.

The opportunities to find courage are many, if we pay attention. When you went to the grocery store, even if you collapsed on the floor at the sight of your child's favorite food, but made it back home, you found courage. When you looked through photo albums of your child and cried and cried, you found courage. When you spoke their name, told their story and allowed yourself to grieve, you found courage.

Courage born can never die. Courage found can never be lost. It can be difficult to wake up every day and find courage. The devastation from our child's death is like nothing we have ever experienced. Words like happy, smiles, laughter, meaning, and joy are concepts in a distant reality we think we will never know again.

So when you hear the bereaved parents talk

about the return of their smile or how they have found meaning again, let that give rise to your courage. Try to have an attitude that says, "If it can happen for them, maybe, just maybe, it can happen for me. It is true, it can happen for you, it has happened for thousands of parents who did their work and did not let death win. Bring courage into your life and it will bring along its partners of hope, a positive attitude, and the desire for a better day.

--By Rob Anderson, Sugar Grove, IL

Loneliness and How to Overcome It

Why are there times when a bereaved parent feels lonely, even though surrounded by loving people? Loneliness is the outgrowth of separation from one who has given meaning to life. Yes, other relationships offer meaning, but it is normal for the searing pain from the loss of one's child to supersede the pleasure from other experiences.

Part of yourself has been invested in another person. When that person has died, in a sense, you are lonely for a part of yourself that has been destroyed. At times you look around you and think that no one else is experiencing the pain you are feeling; that no one else's world has been shattered. The self-centeredness is a natural part of the grief process. Do not deny it, but **DO NOT HOLD ON TO IT AS A WAY OF LIFE.**

Give yourself permission to accept help from others and then reach out and help others. Although your child is not here to give continuity to your life, by having lived and having given purpose to your life, your child can be the bridge of your continuity with life as a thinking, loving, and active person.

--Ruth Eiseman, Louisville, KY TCF

Grief, Not Anger, Heals After Suicides

Dear Ann: A few weeks ago, my 33-year-old son died by suicide. It was his third attempt. Last November, he stopped communicating with all family members, including me. I believe that is when he made up his mind to end his life. He didn't want anyone to talk him out of it. When I saw how down he was, I suggested therapy. His response was, "I don't need any help." I am so angry with my son for not giving himself a chance to find a reason to live. I am furious with him for not caring how much his suicide would hurt his

wife and children, not to mention his parents. Help me get past MY anger so I can forgive my son and move forward.

-A HEARTSICK MOTHER IN TEXAS

Dear Texas Mother, A person who dies by suicide does not think of anything except how to escape from the pain of living. Being angry with your son for having done this will serve no useful purpose. What you must do now, is understand the agony your son was going through and that his death was something you could do nothing about. You could not have given your son the will to live. Please get some grief counseling to help you get over this tragedy. If there is a chapter of The Compassionate Friends in your area, I hope you will go to the next meeting. This fine organization assists families after the death of a child of any age, from any cause. Contact them at The Compassionate Friends, P.O. Box 3696, Oakbrook, IL 60522-3696 (www.compassionatefriends.org), or call their toll-free number, (877) 969-0010.

A Loss Before the First Christmas

I think the only thing sadder than looking back at Christmases that were and will never be again is having no Christmases to look back to at all. There are some people who believe it is easier to lose an infant than an older child, and I am sure that for some parts of grief, they are right, but this is not one of them.

Memories are painful, but they are treasured, wonderful things that can help fill the emptiness. Christmas is one of the big expectations. Matter of fact, it is one of the reasons we have children. So, if our child dies before sharing a Christmas with us, we know we are missing something wonderful, but we don't know exactly what.

We will try as hard as we can, over and over again, to imagine our children on Christmas, but we cannot fabricate a memory. We can not see our child's face light up, or hear their sweet voices, or watch their movements. So the more we try, the more frustrated we become. We hurt horribly, and we are empty, lonely, and devastated. But because we did not have them long enough, most people (even ourselves, sometimes) will feel we have no right to grieve this Christmas. So I've got to tell you, we have as much right and as many reasons to cry and grieve, as any parent whose child has died.

--Laura Bouse, TCF Hardin County, OH

Newly Bereaved ...

Coming Unwrapped



We wrap ourselves for the holidays much like the presents we give. The brightly colored paper hides what's within. When people look at us they only see the outside. We promise ourselves we will not come unwrapped. We'll make it through the family celebrations, the church services, and the big occasion. The paper and the ribbon will remain intact.

But it is the small thing that manages to untie the bow. The little insignificant moment, the Christmas parade, the search for the tree, the discovered ornament, the special carol, the memory, and the paper gets wrenched off. The true Christmas presence shows itself.

The inevitable tide of feelings bursts out of the artificially decorated facade. The emotions pour out. The intense anger wells up. The tears are shed and the holidays come. These are as sure as the tides of the sea and the march of time.

Only a compassionate friend, a bereaved parent, knows of what I speak. Yet the answer isn't in fighting or in denying these feelings. We have paid the price. We have the right to grieve. The resolution of our grief is the grieving.

Our hope for all who read this letter is that you will make it through the holidays. We cannot make the pain go away. But know there are others who suffer with you. We have made it, and together will continue on.

--Hank Hewett TCF, Scranton, PA

For Friends and Family...

Looking for a special gift this holiday season for a person who is dealing with a tragic loss of a loved one? Well, you don't have to search all of the specialty shops in town to find one. The one gift you can give doesn't cost a dime. Give them the gift of a memory!

A memory gift comes from the heart and will mean more to the receiver than a package wrapped in gold foil or expensive paper. You can make this yourself with very little time or money. If you feel that this is not enough and you have to purchase something, then add to your present, and include a memory gift.

The main thing to remember at the holidays, or

any time of the year, is that a grieving person is thinking about their loved one and hurting. If the one who is gone is not mentioned, it does not ease any of the pain, so don't leave them out for fear of upsetting the ones left behind. Yes, the pain will always be there and you cannot take it away or fix the griever's aching heart, but you can give them the gift of remembering their special someone. So what if they cry, it's a human emotion. Your memory will not cause the tears, the pain of loss did. The worst fear for any grieving individual is that the one who meant so much to them will be forgotten, let them know in some way that this will never happen.

Whatever your beliefs, however you celebrate the Holidays, take a few extra minutes, and write, record, video tape or call someone who needs a Memory Gift. You could be making someone's Holiday Season something very unique.

--Bonnie Harris-Tibbs TCF, Richmond, VA

Welcome...



I still remember my first TCF meeting, walking into a room full of strangers, not knowing what to expect, feeling confused at hearing folks chatting together about everyday life, some smiling, some even laughing. I remember sitting in the circle and crying as each person told their story. It was so overwhelming!

My pain seemed to intensify. When my turn came to speak, I could not utter a word, only sob. It had only been two months since my son had been killed. Perhaps that was too soon to have gone to a meeting? I left emotionally drained, not sure if I would return... But I did. I went back the next month and again the next each time weeping quietly as I sat in the circle.

I still remember my first Holiday Memorial Candlelight Service, only five months after my son's death. My tears flowed freely. But, oh, how healing those tears were! It was then that I came to realize why I had found TCF to be so important to me. TCF had allowed me a "safe place" to cry where no one tried to stop me; TCF had allowed me the time and space to process my anger with God when my faith was dwindling; TCF had offered friendship when old friends became scarce; TCF had offered e-mail messages when condolence cards and letters had all but stopped and when "aloneness" had set in; TCF had assured me that what I was feeling was normal; and most of all, TCF had offered me a means to help myself to heal by reaching out to

others in their pain.

I'm glad I went back after that first confusing meeting - and I want to encourage all newcomers to go to more than two or three meetings before making a decision about whether or not TCF is right for you. And if you do go back and you should hear someone chatting about everyday life or see someone with a smile or hear a laugh, that will be me - a grateful member of The Compassionate Friends

--author unknown

Helpful Hint...



Gifts of Love

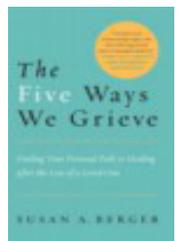
Be prepared to find "gifts" from your children when you unpack your Christmas decorations for the first time. It seemed as if each box I opened there was something left there from her something that I had long forgotten about: one box contained a picture of her in a Santa hat smiling that brilliant braces-laden grin, another her carefully crafted handmade ornaments another one a hand-written card in her just-learning-to-print handwriting, and on and on... so many memories. I realized that in a sense these were Nina's gifts to me now that she wasn't physically here. She was giving me the gifts of memories ... beautiful memories that were given in love. Those memories will only increase in value as the years go on. They are invaluable because they are yours and yours alone ... no one can ever take those priceless memories away. Though they may hurt now and probably always will but not as intensely, give yourself a gift ... the gift of emotion and allow those healing tears to fall. Give yourself time to grieve.

--Cathy Seehueter, St. Paul, MI newsletter

Book In Review...

The Five Ways We Grieve by Susan A. Berger

In this new approach to understanding the impact of grief, Susan A. Berger goes beyond the commonly held theories of stages of grief with a new typology for self-awareness and personal growth. She offers practical advice for healing from a major loss.



A Season's Grief

Trim the tree with tears, if you must.
Admire their sparkle, but do not let them
Quench the flames on the candles you lit.
My gifts to you have been delivered
Find them, search in my hiding places,
Unwrap them, peel away the obscuring layers
And reveal the treasure within:
My love for you is sturdy and durable.
You may wear it for any occasion
And share it with others.
Give me the only gift you can: Remember me.
Remember me as I was.
Do not try to make me better or smarter or
prettier
Or in any way something other than
The person who was me.
Keep me alive within your heart.
--Robb Holmes, TCF Rockland County, NY

Candle Lighting

It's time again to light candles,
And while we view the burning flames
We think of all our beloved children
And hear the reading of their names.
All who are here have suffered heartbreak,
We each have felt the crushing pain,
Our children dead, forever one.
We can't forget them so we came.
To grasp a hand, to lend a shoulder,
With helping friends we all can gain.
We feel support and understanding
And a hope that we can live again.
The candle lighting and remembrance
Affirms for us this truth so plain:
Our children will live on in our hearts,
And that will always remain.
--Lovingly lifted from TCF Norman, OK

"Merry" Christmas

I question if Christmas can ever be "merry"
Except to the heart of an innocent child —
For when time has taught us the meaning of sorrow
And sobered the spirits that once were so wild,
When all the green graves that lie
scattered behind us
Like milestones are marking the length of the way,
And echoes of voices that no more shall greet us
Have saddened the chimes of

the bright Christmas Day —
We may not be merry, the long years forbid it,
The years that have brought us such manifold
smarts,
But we may be happy if only we carry
The Spirit of Christmas deep down in our hearts.
Hence I shall not wish you the old "Merry
Christmas",
Since that is of shadow-less
childhood a part,
But one that is holy and happy and peaceful,
The Spirit of Christmas deep down in your heart.
-- Taken from the book, Roses TCF online
newsletter

Knowing When you died...

I knew you would leave... but I didn't know it would
be this soon.
I knew I'd be sad... but I didn't know it would be
this dark and this deep.
I knew I'd miss you... but I didn't know how much
my heart would really ache.
I knew I would cry ... but I didn't know I had this
many tears.
I knew you wouldn't be coming home ... but I didn't
know how long forever really was.

And then...
I didn't know I could think of you without crying ...
but the smile that sometimes appears, helps my
heart to heal.
I didn't know to laugh without you was possible ...
but now I laugh in your honor.
I didn't know I would have to live the rest of my life
without you ... but I have our love and memories to
carry me through.
I miss you and love you, McKaila.
-- Sandie Steffes TCF Denver Chapter

We wish to thank the following for their year-end donations to our chapter:

Tom & Jacqueline Devlin in memory of Baby Luke
Edward Devlin
Marilyn & Lupe Arvizo in memory of John James
Richard & Frances Leach in memory of Frank and
Vanessa Castanio
Virginia Veal in memory of Gregory Veal
Cindy Tobis in memory of Colby Joshua Koenig



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

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

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

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



Our Children Remembered



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

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

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 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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



Our Children Remembered



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Shannon Quigly
Born: 11/2/68 Died: 1/09
Mother: Kathleen Shortridge

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

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

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

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

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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

Miaamor Jennine Steen
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: Dolores & Frank Szucs

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Birthday Tributes...



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

A Birthday Tribute to: Baby Luke Devlin Dec.2007 - Dec. 2007



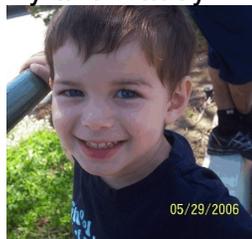
Happy Birthday Baby Luke!

My dearest Luke, you are so missed. This year you would have been six years old and I am sure you would be keeping your brothers busy and your cousins running after you. You are in our hearts where we hold you dearly. Auntie Arden really enjoys having her heart time with you. We both have our Luke mugs and when we use them it helps us feel closer to you. Devlin still asks about you. It is so amazing to be able to share you with them and it helps my heart when we can talk about you.

There isn't a day that goes by that we don't think about you and miss you. Even though we know you are in light and love there is a space in our hearts waiting to be filled when we see you again. We know you are looking over all of us. I cannot wait to hold you and kiss you. My heart aches to see you. You are so loved my beautiful baby boy.

Happy Birthday. Love Mommy and Daddy.

A Birthday Tribute to: Avery James Lent Dec. 2003 - July 2006



Avery,

In my mind, you are celebrating your special day with our Heavenly Father (lucky you!), purple balloons decorating the room, toy cars scattered on the table, a juice filled sippy cup in your hand, and Blues Clues playing on the television. Your smile is huge, and you dance around the room. If you lived on this Earth, you would be turning 10 this December 28th...but in my mind, and in my heart, you will always be 2, turning 3. You will always be my little baby, and when I finally get to meet you again at our Father's doorstep, I'm going to give you a kiss for every birthday I've

missed until you push me away and run away laughing.

I love you, sweetheart, with every ounce of my soul. I miss you more than can truly be put into words. Celebrate your birthday in Heaven, as I celebrate your life here in your temporary home.

Happy birthday, sweet Avery.

Love, Mama



For Siblings...

A Brighter Blue Christmas

Since this is a time rich in symbolism, I thought I'd share with you how this season of miracles finally has become bearable for my family; a sentiment, I must admit, I never truly believed would ever be realized.

For the past five years, I have watched enviably as other families prepared for Christmas. The frenzy of last-minute shopping, the smell of shortbread baking, the delight of finding the perfect tree to trim together, Mel Torme crooning Chestnuts roasting on an open fire, with a well-stoked fire warmly blazing in the hearth. I also remember fondly the years when we gathered together as a young family and were treated to a jaunt down to the old Eaton's store on Queen Street where we would press our faces against the windows in awe of the winter fantasy created by the window dressers. Or other years, before I reached double-digits, when I would put on polished patent leather shoes and itchy, lacy, white tights embroidered with snowflakes and my favorite holiday dress to sit proudly with my grandmother at the O'Keefe theater, dissolving into my seat with the rapturous anticipation of Tchaikovsky's overture to the Nutcracker.

Now, however, unlike those who happily embrace the magic of the season, I worry about how often I will dissolve into tears in public places, emotionally charged with the loss of my brother. You see, like many other bereaved families who face the holidays with anxiety and heart-pounding trepidation, tonight is the evening we will gather to remember those close to us at a "Blue Christmas" service. And there, we will find understanding among the fellowship of others who have also lost brothers, sisters, sons and daughters to death. An exclusive group to which no one would wish to belong, felt even more keenly at a time of year when we are collectively

encouraged to celebrate all that is good and hopeful.

Six years ago, my only brother, David, died in a boating accident up at our cottage in Muskoka. He had just turned twenty-five. And, it is by the grace of his passing, that I am able to relate this piece to you. This tale begins with him. Those who knew him, will remember his life-embracing attitude that was at worst self-righteous and mildly arrogant, and at best gregarious and generous-spirited.

"The Ox" as he was called by family and close friends simply loved being with people. People of all ages would elicit great guffaws of raucous laughter from him. He was as maddeningly at ease with two-year-olds as he was with ninety-two year-olds. I remember two occasions that will explain why Christmastime has been so difficult without him.

David was musical. He played the piano, drums, guitar and harmonica with equal delight and passion. One December, he strummed his six-string and sang "Mary's Boy Child" at St. Paul's Cathedral during the Annual Carol Service. In years since his death, I have been in St. Paul's attending similar seasonal celebrations, and in spite of the untrained airy soprano voices of young girls filling the cathedral, all I can hear and see in my mind's eye is David strolling up and down that very aisle.

The second memory shifts to the years in his early twenties that he played Santa Claus at the local Christmas tree farm. As families traipsed through the woods on their quest for their ideal evergreen, David would emerge from behind a snow bank or conifer larger-than-life in full red-suited, white-bearded splendor. Only a stone's throw away, wide-eyed children could not believe their good fortune! As preposterous as it might seem, he could also be found perched as the jolly old elf himself (if six-foot-three-inch men "perch" anywhere) atop a tractor pulling the weary questers on the hay wagon back to the log cabin for hot chocolate and the bailing machines that tightly wrapped their trees for the journey home. Imagine with me the sheer shock of the first Christmas without him when we were given an ornament depicting Santa driving a tractor. Rich symbol indeed, and one divined to help us meet our pain around our incomplete table.

This year, my family will gather for the first time since David's death around the dining room

table at my parents' home - an event I previously thought impossible. Our miracle: a new baby, the son of my sister, Denise. Shamus (who has his Uncle David's piercing blue eyes and impish spirit) will physically fill the place left so conspicuously empty by "the Ox's" absence. It will be a "Blue" Christmas, but a brighter blue, filled with hope and promise.

-- Janet Somerville, Toronto, Ontario

For Grandparents...



Dear Santa,

You may not remember me, but I was the one in the mall last week with the red coat on. I asked you to bring me a Barbie car and plane for Christmas. Well, I am not writing for me, but for my Mom-Mom. Mommy always tells me that when you cry a lot, Santa won't come visit. But I wanted to ask you to make an exception to your rules for my Mom-Mom this year. You see, she lost her youngest son in the summer time and I can tell she cries when we are not with her. She misses my Uncle Marshal very very much. When people ask her what she wants for Christmas, all she says is she wants Marshal back. Santa, I'm not sure if heaven is on your way to my house, but if it is, can you stop and pick him up? I know this is late, but I didn't think you would mind. You can leave him at my house and we will take him to Mom-Mom's since she doesn't have a chimney. You might need to drop off some of the other gifts first because Marshal is real tall. If you want to, you can leave my presents at the North Pole, I will be happy just to see my Mom-Mom's face when she sees Marshal. Santa, we eat dinner at 3 o'clock, so if you have time you can eat with us.

Love, Briana, Marshal's niece

--shared by Wendy Lockman,

Reprinted from the Atlanta Area TCF newsletter

From Our Members...



It is quiet in your room,
I talk and you listen silently,
I look around
I feel you, I see you,
I want to tuck you into bed,
To read you a story,
To rub your back and kiss your forehead,
It is quiet in your room,

You are missing and I am lost,
 Till I hear your voice, and I listen silently,
 I look around,
 I feel you, I see you and I smile.
 -Nancy Fisher, TCF South Bay/L.A., CA

We welcome and encourage you to submit contributions you found meaningful to you in your grief. We prefer your original poems and thoughts, but we can also print other material if proper credit is given to the author. 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@tcfsbla.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: Dec. 1st for Jan. 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) 374-6323

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



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 our grandchildren, Frank Christopher Castania, July 1994 -July 2005 and Vanessa Roseann Castania, Feb 1997 - July 2005. You are always in our thoughts-

Love, Grandpa and Grandma Ann, we love you so.

In loving memory of Eric Douglas Vines, July 1997 - July 1991. Merry Christmas son. We will light your special Christmas Candle and include you in our holiday thoughts once again.

We love you, Mom

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

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

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

In loving memory of _____

Birth date _____ Death date _____ Sent from _____

Tribute _____

To include your donation in the next newsletter, we must receive it by the first of the month or it will appear in the following issue.

The Compassionate Friends
South Bay/L.A., CA Chapter
P.O. Box 11171
Torrance, CA 90510-1171
--Change of Service Requested--

NON PROFIT ORG
US POSTAGE PAID
PERMIT 3223
TORRANCE CA 90503



The song of yuletide rings
with tears and laughter.
And if you listen deeply,
you will find
the sound of every voice
you ever knew.
-Sascha



December 2013

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.

©2013 THE COMPASSIONATE FRIENDS -- SOUTH BAY/L.A., CA CHAPTER

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