



# THE COMPASSIONATE FRIENDS



## South Bay/L.A. Chapter



Supporting Families After a Child Dies

A NEWSLETTER FOR BEREAVED PARENTS AND FAMILIES

MARCH 2013 ISSUE

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### OUR NEXT MEETING

will be March 6th, 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)

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

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.

**March 6th... This month's topic will start with  
"Rebuilding Your Life, It's Your Choice....  
Choose Now".**

**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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The **March 6<sup>th</sup>** meeting will start with the topic **“Rebuilding Your Life, It’s Your Choice... Choose Now.”** While we had no choice in becoming a bereaved parent, grandparent, or sibling, we must choose how to go on from here. This month’s topic will start with different ideas that other bereaved parents have used to find ways to go on with their lives after suffering this terrible loss. Sometimes we have to actually stop and analyze what we can do to help ourselves instead of just spinning our wheels like a hamster in a cage.

The more we look for options out of the pain, the easier it will be to focus on the small steps we take to regain some control over our lives. We can choose to look for ways to honor our child’s life instead of focusing on the death. We can choose to get up and start each day even though we would rather pull the covers over our heads and block out the world. We can decide we must recognize the cold hard truth... our child has died. We have not. We have been left to face this harsh reality and to make what we can with the rest of our lives. We can choose to go on. We can choose to start now. We can choose to reach out to another bereaved parent. We can choose to start rebuilding with each others help and encouragement. Like our motto says, we need not walk alone, we are the Compassionate Friends. Come join us and share what has helped you in your grief.

### In the Beginning...

Your child has just died. As a newly bereaved parent you have experienced the most devastating life-changing event. Your whole world has been shattered and you are in a new world now. You will be re-learning how to survive when at times you won’t even want to survive.

The only hope I can give you is that we in TCF, have survived and we are here to help you. It won’t be easy but keep in mind, if you hadn’t loved so much you wouldn’t hurt so much now.

“How long will it last?” is probably the first question we hear from ones like you new to grief. It is a very important question to us at the beginning. Professionals have tried to place timetables based on their studies, and you will hear “two years” quoted, but those of us who have been down the road a number of years will tell you that you will not “get over” the death of your child

in two years. You probably never will “get over” his or her death, but you will learn to live with the fact of it and rejoin life and lead a normal life again; it will just be different from before.

There is no timetable on grief. Some work through the process sooner than others but for us who are bereaved because our child died, grief is longer and more devastating than grief from any other death in our lives.

We operate on our own individual timetable; we cannot judge our progress or lack of it by anyone else.

Grief is a process, a moving through. Sometimes we go forward, but sometimes we get “stuck” for a while, but keep in mind it is a process and eventually you will move through it. Most of us do experience shock and denial or disbelief first. We can’t believe it has happened; there must be a mistake. This happens to other people, not us. That shock is so tremendous that it affects us physically as well as psychologically. It is marked by a lowering of blood pressure, coldness of the skin, rapid heartbeat, and an acute sense of terror.

That shock insulates us and allows us to go through our duties and do things at this time that we never could have done otherwise. I praise the shock because it keeps us from dying too. That shock allows some of us to carry on with grace and skill during the days surrounding the death and the funeral. That same shock knocks some of us into merciful oblivion and we don’t remember a thing during that time. We are all individuals and we react differently during grief but there are common reactions we all share. This is why you will find very quickly that the only one who really understands what you are going through is another bereaved parent.

Anger may come at any time. It is a natural, normal reaction; don’t be afraid or ashamed of it. Know it is okay, you won’t always feel this way. There is nothing wrong with you for feeling this way-most of us feel some anger towards something, even at God, even the child in some instances.

You have been hurt beyond your wildest imaginings. I have described my own anger as rage. Society frowns on anger, so don’t expect to always be treated kindly when you display it. But remember, you have a right to be angry. Anger is often unfocused and we sometimes take it out on innocent people. Medical personnel are often the



first to receive this anger and funeral directors are next in line. Later that anger can attack anyone who crosses our paths.

It is good to recognize anger and try to focus it, and learn to use it as a tool. Take up social issues, find healthy outlets for it. It is important to do something physical about anger. Hard work and sports are two ways. We've heard many stories of chopping wood, buying dishes at garage sales and breaking them when we need an outlet. Scream in the shower, in your speed boat, or closed up in your car, but get it out. Anger turned inward becomes depression.

With the death of our child everything we ever believed in is shattered. In my own case, I had to struggle for a long time to even figure out what I had believed in; I was so confused. Our egos and our beliefs in ourselves, were badly shaken because, as parents, we truly believed we could protect our child from anything. We were careful, good parents, and now our child is dead. We have failed to keep our child alive and our ego tells us we are a failure! This devastates us; we can no longer believe in ourselves; we feel that obviously we are incapable of doing anything right.

We have no self-confidence, no longer any self-esteem. These are all natural, normal responses to the horror of your child's death. Given time and care these feelings will pass. We will achieve a balance in our personal life again.

Remind yourself to be patient, to be kind to yourself. You are not a failure, you did the very best you could, and you surely would have given your own life to save your child's. You did not fail; life just isn't always fair. These feelings, and others as bizarre, may cause you to think you are going crazy. Ask any bereaved parent of some years and they will all tell you they thought the same thing at some time or point.

You are a changed person now, you will never again be the same as you were before your child died. Someday you will accept that fact. Out of the ashes of grief you can grow, if and when you choose to do so. Look around you to the other bereaved parents; you will find role models and hope in them.

There will be many tears, allow them, they are healing and necessary to survival and recovery.

Many of us suffer from the lack of ability to concentrate. It is a common complaint. We can't think, we can't remember from one minute till the

next, and we have no idea what we've read. Be patient; given time and effort you will return to normal.

Hang on to any shred of your sense of humor that you can, even a small chuckle now and then can break your tension and give some relief. It may be a while in coming, but one day you will laugh again. I know you can't believe that now but you will.

You will have a strong need to talk. You will find that you can talk more than one person can listen, so seek out several good friends who will let you talk to them. You will need to tell your child's story over and over again. You will need to talk about the whole life and the death and what you are going through now. Talking is therapeutic. Talk, and talk, and talk, until your story is told.

At night you may go over the events again and again, night after night. This is called obsessional review. Sleep disturbances are not unusual. We either can't sleep or sleep too much.

We suffer guilt, real or imagined. We recall punishments and in turn punish ourselves with them, when at the time, the punishment was probably fair. We remember things we did and things we didn't do. We go through the "if onlys." If only we had or hadn't.

Beware of isolation. We need to be with people, not alone. When we isolate ourselves with no one to talk about our feelings, we become depressed; and isolation plus depression equals suicidal feelings, and that spells real trouble.

We are fatigued, lack motivation, we suffer numerous physical complaints, headaches, stomach disorders, we are either nervous or feel dead inside-many and sundry are our complaints, most of which are normal and to be expected in this time of enormous stress. And always we ask ourselves and others, "Why?" "Why?" "Why my child?" Simply because life isn't always fair, my friend.

Your world is topsy-turvy now, nothing makes sense, nothing fits-family balance is upset, the numbers are all wrong, there is one too many chairs at the table now, so you choke on your food and think of the empty chair. Grocery shopping is a nightmare because your child's favorite food greets you from the shelves of every aisle.

You don't dare think of the holidays because you know you'll never survive them without your child. Your child's birthday and the memory of all



the joy of that day looms like a mountain far too high to climb-some days all you want is for the pain to stop.

Some days you can't get out of bed. Some days you work hard and fast like something possesses you. Every day you cry. You find you are very lonely even in the midst of a crowded shopping mall. You want to scream at the busy, happy people, "Don't you know my child is dead?" How can they go on as if nothing has happened? No matter how many people you are with, you are lonely.

Our members understand; each one of us has had at least one child die. We know what you are going through. We don't pretend to have all the answers, but we want to share this time of your life with you. We want you to know you are not alone.

—TCF St. Louis Chapter Introductory Newsletter



## Choice Points In Your Grief

by Darcie Simms Keynote Speaker  
(2012 TCF Conference Closing Ceremony)

We have always had choices in our lives: Should I smile or cry now? Which thumb to suck? Which shoe to lose? Who will be my best friend? Who will be my second best friend? Which to eat first ... dessert or vegetable? Which one to fall in love with? Whom to marry? How many children to have? What will we name them?

And then, one day, we ran out of choices, or so we thought. Our world came to pieces, and the sky grew dark, and the sun went out. But even then, in the darkest moments that we have ever known, there were choices to be made ... even if we did not recognize them. From the moment we learned of the death, there were choices to be made: Should I continue breathing? Who needs to be notified? Which funeral home to use? Burial or cremation? Which clothes, music, readings? Who will do what? Should I continue breathing?

In a world where there are no choices to be made, we are faced with countless choices that are required. Yet there is simply no energy, no brainpower, no motivation to make any of them. We would prefer to lie down and die ...and some of us tried, but it didn't work, and so we got up, dusted ourselves off, got busy, made coffee, tossed in a load of laundry, and began to move

forward into grief ... a world filled with choices we did not want to make!

In the early hours, days, weeks, and even months of grief, our choices are pretty basic and limited. We plod through the fog, frozen as icicles or Popsicles, functioning, but not feeling. It is early grief, and fortunately the choices are pretty basic: Should I eat? Should I go to work? Should I pay the bills? Should I keep breathing?

But as grief progresses, our choices begin to become more complex: What should we do with the stuff? What do we do with the room? Should I keep breathing? Should we move, stay married, hide? What do we tell everyone when they ask how we are? Why are we still breathing?

Eventually grief settles down into a routine of sorts ... a new normal for us; and still there are choices to be made: Should we go to a support group? Should I make him/her go with me? How should we memorialize our child, grandchild? How long should we be grieving? Can we move on, get over it, or stay in sadness forever?

And finally, what should we bring with us into our new life? Bitterness? Sadness? Guilt? Joy? Hate? Sorrow? Pain first? Pain always? You will wrestle long and hard, and finally discover the awful truth of grief: your child, your grandchild, your sibling, has died. You have not. You are left among the living, to carve out an existence that has to endure not only the pains of life, but the joys as well. And suddenly, survival isn't enough. If you are to be stuck in life, then you can choose to live again.

We can choose how we wish grief to influence us. We can carry bitterness and anger, or we can choose to remember the light and the love. We rearrange the furniture, change rooms, and sometimes we move. "The Room" becomes a den, a sewing room, a guest room, or perhaps someone else's room. We slowly begin to understand that putting our child's things away does not mean putting him or her out of our life.

This now becomes a fork in the road ... a choice point between grieving forever and learning to live with what you've got instead of what you wanted. You don't have to remember only the awfulness of the death. You can choose to recall the joys, the light your loved one brought, the music of his or her presence in your life: These are the Choice Points in Grief:

- ✓ You can choose what you remember .
- ✓ You can choose what you carry with you .



- ✓ You can choose what you let go.
- ✓ You can choose to carry hurt, pain, bitterness, and anger .
- ✓ You can choose to carry joy, love, laughter, and life .
- ✓ How long are you going to let the death overshadow the life?
- ✓ Didn't say good-bye? Then say it now, or choose to say, "I love you," now, tonight, and forever .
- ✓ You don't stop loving someone just because they died .
- ✓ You can choose whether you remember the death or the life first.
- ✓ You can look for joy and carry rose-colored glasses, or you can carry the pain and sorrow of the death. Risk it all; don't wait for anything anymore ... just start dancing. Even if there is no light, our memory can light the way. No one can take our memories away. You can toss them away or give them away, but no one can destroy those precious moments of light. They will, last forever.

*Love is the size of a sigh*

*Light as a kiss*

*Gentle as a whisper*

*Small as a moment in time*

I am glad I bought the ticket. I'm glad I paid the price. I am glad I shared the journey, and I have a memento or two from the ride. Let go of the hurt so there is room for love to grow. Remember the life, not just the death.

I think the truly bereaved are those who have never known love at all. You and I are rich beyond measure because someone loved us and we loved them ... we still do. And for this I am thankful...

*Grief isn't a seasonal song.*

*It's a lifetime song,*

*but it doesn't have to be a sad song forever.*

*Our loved ones lived. We loved them.*

*We still do.*

*I choose joy and thanks for the little while.*

--Darcie D. Sims, PhD, CHT, CT, GMS, is a bereaved parent and child, a grief management specialist, a nationally certified thanatologist, a certified pastoral bereavement specialist, a board certified professional counselor, and a licensed psychotherapist and hypnotherapist. She is director of the American Grief Academy in Seattle, Washington, and the director of training for the Tragedy Assistance Program for Survivors

(TAPS). Darcie is the author of numerous books and grief resources. She can be contacted at [www.griefinc.com](http://www.griefinc.com) (From We Need Not Walk Alone, Summer 2012) – Darcie Simms

## Overcoming Grief

The road to recovery from grief... is to take time to do things which will enable us to give a renewed meaning to our lives. That's when our journey through grief becomes a journey of discovering ourselves, our potential, and our resources in the encounter with life. That's when we become BETTER PEOPLE rather than BITTER PEOPLE. In grief no one can take away our love. The call of life is to learn to love ... again.  
--Father Arnold Pangrazzi

## The Legend of the Shamrock



A tiny lad called Patrick was at play beside the sea  
When he spied a four-leaf clover  
and he touched it tenderly.  
It brought blessings—some call luck;  
His love and wisdom grew!  
As a man he taught the meaning  
even little Patrick knew—  
For he'd seen the humble weed that day  
as a cross that never dies;  
A symbol of eternal life  
where God's own promise lies-  
He still touches every shamrock  
each St. Patrick's Day to show  
That all of us are loved and blessed  
as long as shamrocks grow.  
--Coeur d'Alene, ID newsletter

## Find a Little Time For Spring

Find a little time for spring  
even if your days are troubled.  
Let a little sunshine in -  
let your memories be doubled  
Take a little time to see  
all the things your child was seeing -  
and your tears will help your heart  
find a better time for being.  
--Sasha Wagner TCF, Des Moines, Iowa

## Spring

The Easter and Passover seasons are upon us. They are special family times that make it more obvious that one is missing. Some parents are struggling with what they believe. The pretty dresses and hats don't seem to matter as much as they did. There are more important things on our minds now. We are facing the renewal of life all around us - and yet the missing child's life is not renewable.

We hurt because life is going on and his or hers is not. These are normal reactions for some when grief is fresh, for the changing of seasons is a poignant time for many. Those of us who have had the necessary time, wish to convey to those who have not that it won't always be this painful. When your grief softens (and it will), so will many of the hurtful responses. Get out in the sunshine, go for a walk, smell the fragrance of the flowers and allow the warmth and beauty of the season to permeate your being. It just may make your day a little lighter.

– Mary Cleckley TCF, Atlanta, GA



### Taboos and Stigmas

Excerpts from *A Message of Hope*  
written by Patricia Harness-Overley

“Stigmas and taboos cause us all a lot of unnecessary heartache. They start from a case of ignorance and fester like an ulcer in society. Left untreated, they bore deep beneath the surface, causing terrible pain, until they are cut away with education and understanding. The stigmas and taboos of suicide are the reason I felt such a sense of shame about the death of my son. I didn't understand this until I began to study the history of suicide.

Being a history buff, I already knew most ancient societies had no fear of suicide. In fact, they saw it as an acceptable way to die. In the Greek and Roman Empires, it was not uncommon for the government to supply a poison hemlock, if one had a good reason and wished death by suicide.

What I didn't know was that in the early Christian era there was an epidemic of suicides. Life was difficult and many believers were eager to enter heaven. The church wanted to put a stop to it. So in the fourth century A.D., Saint

Augustine persuaded the church to proclaim suicide a sin on the basis of its being self-murder. This pathetic attempt at suicide prevention didn't do much good.

In the 13th century A.D., Thomas Aquinas convinced the church to declare suicide a mortal sin with eternal damnation as the punishment. This helped a little, but was still not enough, so the church said a victim of suicide couldn't have religious rites or be buried in religious cemeteries.

Then laws were put into effect which offered harsh punishment to anyone who attempted suicide and to the families of the completed suicide. All property belonging to the victim was taken by the government. The body was violated, and often the head would be placed on a pole outside the city gate for all to see. Burial was often at a crossroad where the traffic would pass over the grave. The families were ridiculed with whispers of contempt, disgust, and scorn. They were the butt of cruel jokes. More often than not, they would have to move away from the town which had been their home. The stigma of suicide was disgrace, dishonor, humiliation, and shame. This set up a taboo against talking about suicide, and if one could not talk about it, one could not learn about it.

These attitudes didn't start to change until the 18th century. The laws were slowly changed. Even though there isn't any legal punishment in today's society, the stigmas and taboos are a punishment of their own. People have no idea how much pain they can inflict with some of their ignorant remarks.

One woman told me that my son would rot in hell for his action. Thank goodness most people are not so cruel, but often they didn't have to say it. I could see in their faces and eyes: I could hear it in their voice. This woman was devoutly religious and sincerely believed what she was saying.

Many churches and synagogues are working to change these attitudes. The change is slow because the taboo is so deeply ingrained in us that even professionals, like our religious leaders, teachers, nurses, doctors, and counselors have not received the necessary education about suicide or the grieving process of the family.

When I first saw the statistics on suicide from the American Suicide Foundation and the National

Institute of Mental Health, I found it hard to believe these rates could be so high. The report states that suicide is the second major cause of death among high school and college students, the fourth major cause of death among adults ages 24-34, and that the highest adult suicide rates are found among men over the age of 50. This information was alarming, but then I learned that the rates are based only on the reported deaths and that one-half to three times that number are covered up and never reported.

Many people take their own life in such a manner as to have the death appear to be an accident. An automobile is driven off a cliff or head-on into a tree, an accidental gunshot wound or a hanging that appears to have been an accident proved fatal, or someone steps in front of an oncoming train.

Sometimes the person who finds the body will remove evidence and make the death appear to have been an accidental homicide. Some people will go to all kinds of extremes in an attempt to have the word "suicide" removed from the death certificate. Stigmas and taboos are often the reasons for these cover-ups. How sad it is to face the death of someone we love and then find it necessary to fight demons of ignorance.

After studying the history, I had a better understanding of my feelings and attitudes of other people. Thus, the sting of ignorant remarks became less hurtful."

--SOS newsletter Idaho Falls, ID 2/95

## The Grief of a Parent Who Has Lost an Infant

To experience the loss of an infant is to grieve for what never was. After all the months of anticipation and preparation, the actual birth of a child brings feelings of hope and fulfillment. Should that child be stillborn, or die hours, days, or even months later, the unrealized dreams become a source of pain for the parents. No parent ever expects to outlive his child; the death of an infant is often the loss of a child unknown even to his or her parents. The expected stages of grief (guilt, disbelief, anger) can have new directions for the parent who has lost an infant.

1. Guilt-- especially if the infant was stillborn or had a birth defect, the mother may feel she has failed as a woman. "Other women have live,

normal babies, why can't I?" Should an infant die months after birth, parents find it hard to resolve feelings that it was their fault.

2. No Memories-- parents may only have "souvenirs of occasions" (birth certificates, I.D. bracelet) by which to remember their child. If the infant was older, they may have pictures and a few belongings, but they still feel they hadn't really gotten to know their child.

3. Loneliness in Grief-- it is hard for friends and relatives to share your grief for a child they never knew. If the child is a newborn, they may give the impression that you are grieving unnecessarily over a non-person. They hope that you can "forget this baby" and have another one.

4. Neglected Fathers-- too often the sympathies of professionals and friends are directed mainly toward the mother. It is important to remember that the father had made plans for this baby too.

5. Mothers vs. Fathers-- since the mother had bonded with her child all during pregnancy, her grief may be much deeper than the father who only came to know the child after birth. It may be difficult for the father to understand why his wife's grief is so profound and prolonged.

--TCF, Knoxville Hope Chapter, TN

## For Friends and Family...

### "A True Friend Indeed" Of A Grieving Parent



One who realizes you're hurting intensely and need immense assistance.

One who wants to help you.

One who decides to help you.

One who doesn't turn away from you.

One who offers comforting, hopeful words.

One who doesn't make promises and then disappears.

One who insists on "intruding" when most others hide behind the words: "I don't want to intrude."

One who doesn't say "if you need anything, just call, as they back away from you.

One who recognizes that parents devastated by grief are not capable of calling for help. It must be offered.

One who offers specific items of help: food, cheer, shopping, driving, company, etc. over the long haul.

One who does not feel they have fulfilled their

responsibility of friendship by sending a card or making a “dutiful” condolence call(s) and then disappearing.

One who can understand and absorb unintentional anger which results from torment, and still love you and support you.

One who is willing, out of friendship to make a commitment to help a parent get through the WORST time of their life.

One who doesn't allow being uncomfortable or not knowing what to say or do, prevent them from helping.

-- Mitchell Weiser, Albany/Delmar TCF

## For the Newly Bereaved...

### Mind Games

Mind games— it can happen anywhere, anytime. Driving along the highway, I think: suppose, just suppose, I turn my head quickly, will you suddenly be sitting next to me? Will you be humming along to a song that was a particular favorite of yours? I swear I can hear you. I want so much to hear you singing loudly and a bit off-key again.

Or perhaps I'm in the supermarket and I see someone with long, blond hair— is it you? My heart thumps. I want so badly for it to be you. People glance at me strangely and I realize I am standing in the middle of the aisle weeping. Even the special foods you loved can reduce me to tears. I'm tempted to buy your favorites and prepare them for when you come home for supper.

At night when I climb into bed, I scrunch over toward the middle, this gives you room to sit next to me the way you would after coming home from a late date.

My senses are alive with you. I can smell your special perfume and feel your long, slender fingers with the pearl ring Daddy gave you for graduation. I can hear your laughter. I will you to stay with me until I fall asleep.

Then there are the times when I consciously call out your name in the silence of the house. My mind knows there will be no response, but in my heart I hear you answer me and for that split moment you are there at the top of the stairs as surely as I am at the bottom.

Barbara.. .Barbara.. . Barbara... Your name is a litany.

I suppose that behavior could be considered quite strange. What does one make of it? Weeping in supermarkets, calling to one who is not here. Oh, but in that fraction of a second when one feels one's loved one close, that feeling, although bittersweet, soothes and comforts a splintered heart.

Mind games... it can happen anywhere, anytime.

--Bunny Placco TCF Greater Providence, RI

## Welcome to TCF...



### Welcome

Bring us your grief and though we cannot cure it, we fully understand it.

Tell us your problems, although we may not solve them, we can help you through them.

Bring us your guilt, and we will help you to lose it.

Bring us your anger, and we will help you to release it.

Please share with us the memories of your child, and we will shed a tear or hug, or even a smile together.

And last but not least, bring us your love, for we will gratefully receive it.

And in return, we will give you ours.

For we are THE COMPASSIONATE FRIENDS.

--Marge Saan

N.E. Ohio TCF

Editor's Note: We welcome you to share your pain well as your progress through grief. We are here to help in whatever way we can. Come join us for a few meetings and see how sharing will make this pain through grief easier to bear.

## Helpful Hint...



Daylight savings time begins on Sunday, March 10<sup>th</sup>. Don't forget to change your clock and smoke detector batteries.

Keep in mind:

“Those who leave us in the springtime of their lives, greet us someday, in a land where springtime is eternal.”

--St. Paul, MN TCF newsletter



**Book Review...**



*LEFT BEHIND A Mother's Grief*, by Carol Kifer. When your child dies, there are no easy answers, only difficult questions. Will it always hurt this much? How can I go on living when my child is dead? Am I going "mad"? The author invites us to share her journey from death's suffocating grip to the rediscovery of life's joys. A true story of precious memories, necessary tears, and people who make a difference when tragedy strikes. (paperback) (Grief related books are available from the Centering Corp. Call (402) 533-1200 for a current catalog. Remember to tell them you are a member of TCF for free shipping.)

**SPRING**

I'm afraid of the spring  
 I'm afraid, you might say.  
 Of other children's voices  
 As they come out to play.  
 I'm afraid of the feelings  
 Deep down in my heart;  
 Without the pain and the hurt.  
 I may fall apart.  
 Shall I shut all the windows  
 So I don't hear a thing?  
 Shall I shut my eyes  
 So I can't see spring?  
 Shall I let winter live  
 The whole year through  
 And feel safer inside  
 And a lot colder too?  
 --Penny Lenehan                      TCF Brookside, NJ

**Numbers**

Yesterday this woman spoke to me  
 about a lady whose son had died,  
 Killed. Traffic. Fifteen.  
 "When?" I asked.  
 The woman threw back her head  
 And pondered the simple question.  
 "Twenty-seven years ago."  
 And I thought back four -  
 To a three year old.  
 Funny," I said,  
 "There doesn't seem to be much difference  
 In numbers."  
 --Susan Borrowman,                      TCF Kingston, OH

**SHATTERED**

I remember the day  
 The policeman came to say  
 There is just no good way  
 To tell you your son died today  
 A world  
     SHATTERED I

To be with out my first born  
 I did not want to go on  
 Why did God take him away?  
 Oh, the pain of that day  
 I felt  
     SHATTERED.

I felt my world come to an end  
 I just did not know how to begin  
 I knew I had to find a way  
 Or from that fateful day  
 I would stay  
     SHATTERED.

Then slowly I begin to mend  
 And learn to live without him  
 To put my life back together again  
 Would it be possible then  
 To not be  
     SHATTERED?

Yes the cracks are still there  
 But by putting the pieces together with care  
 With family and friends I learned to share  
 To feel their love and their care  
 Could I be less  
     SHATTERED?

Although my grief is still real  
 With the emptiness I can now deal  
 I learned to live life again  
 Yes, I will always miss him  
 But no longer do I feel  
     SHATTERED.  
 --Betty Thoreson with love, for her son, Richard

Tears are the natural form of release  
 for the still-suppressed feelings of  
 love and gratitude, and also for the reservoir  
 of pain and sorrow we have in our hearts.  
 --Zig Ziglar



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Michael Kropfman  
Born: 12/88 Died: 3/12  
Parents: Brenda & Greg  
Kropfmann

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

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





# Our Children Remembered



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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 & 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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

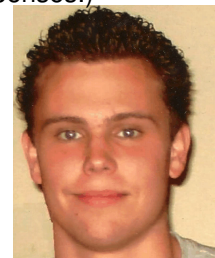
Brian Scott West  
Born: 8/70 Died: 4/08  
Parents: David & Connie Schlottman

## 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: Alex Mantyla March 1989 - Aug. 2008



Happy Birthday, Alex!  
This year you would be turning 24, and hopefully, finishing your MBA. Your grandparents, your sister, your brother, your niece, all your aunts, uncles and cousins miss you, your gorgeous smile and your crazy sense of humor. No one, however, misses you more than your mom and dad. There has been a big hole in our lives since you left us. Whenever we get downhearted, we remember how lucky we were to have you for nineteen years, and we're grateful that you had such a beautiful life. We feel your presence always. Thank you for watching over us.

Love, Mom and Dad



## For Siblings...

### How My Family's Life Was Changed Forever

I want to tell you about my family and how my brother changed our lives. In my family there is my mom and dad and my two sisters Savannah and Sterling. Savannah is 6 Sterling is 1 and I am 8 and then there is my brother Sadler. He had half of a heart. A lot of doctors suggested that he should not be born. But we let him be born. He changed our lives by teaching us to love people better. He was fed through a tube that went through his nose and down to his stomach. If he didn't have it his half of heart would use up all his energy eating. And he wouldn't grow.

One day Sadler came to pre-school with me. And we put a cape around him and my mom flew him in the air. And we tried to make him as normal as possible. He got to go to Gatlenberg and he got to ride on a helicopter. He got to feel a horse and feel snow. Also he was very well loved. He got to watch us open presents on Christmas.

He had two mager heart sergereys. That lasted ten or eleven hours. He went threw a lot. He was born June 6, 1994. He died on Mar. 13, 1995. He was nine months and one week when he died. Every year we selebrate his birthday at the grave. And we send notes up to him on a balloon and eat cupCakes. When people saw that life was so hard for Sadler, they started to love there children more and be thankful for there children more just in case they die to and every year we buy a bookey of flowers, and bring them to the church in memory of Sadler. If Sadler woughdint have died we woughdint have Sterling. Sterling is my baby sister and she is one. Sterling is the best baby and she is walking now. And she makes funny noises. We love Sterling but we still miss Sadler. He's still a big part of our family even now. I have learned that bad things happen to good people. I think about Sadler sometimes and so does my family. Sometimes I talk about him at school cause a lot of people no about him. And even thow we miss him there are more smiles than tears. The End.

(This beautiful story was written in loving memory of Sadler Holliday Moore by his brother Sawyer, son of Gary and Audrey Moore, TCF Nashville. Sawyer's story won first place in the Williamson County Library Association Family Willing Contest for the K-2nd grade category. He wrote it all by himself. Sawyer is a 2<sup>nd</sup> grader at Christ Presbyterian Academy.)from TCF Rockland County (NY)

## For Grandparents...



### Letter from a Grandma's Heart

Dear Aaron,  
 I'm writing you today  
 To tell you Grandma loves you  
 And I'm missing you today.  
 I know that you can't read these words  
 But somehow that's okay,  
 Because the postman can't deliver  
 What I'm feeling anyway.  
 I'm sorry that we didn't have more time  
 We barely got to say hello  
 Before we said goodbye.  
 But it was that day in May  
 A miracle came true,  
 A Grandma's love was born that day  
 The miracle was YOU...  
 Don't worry, I'll do the best I can  
 To help Mommy and Daddy  
 Through the rough times they'll both have.  
 I know you see their sadness

and it hurts to see their pain.  
 But time will wash away their tears  
 'til only love remains.  
 In closing, I just want to say  
 I'll see your smile in every child  
 That passes through my day,  
 And when each day has ended  
 And twilight turns to night,  
 I'll look above and feel your love  
 For your star shines twice as bright.  
 P.S. Dear Aaron, I promise you today  
 you'll live within this Grandma's heart  
 'til you're in my arms again.  
 -- Roslyn Hurley in memory of Aaron Farrier

## From Our Members...

### Why?

I have a love hate relationship with the word "why". Why did that happen? Why do I feel this way? Why can't I do that? Why won't I do that? I want to know the answer to the questions that start with why, but at the same time I don't. Does it really matter why? Will it change anything to know why?

Probably not, I hate the word why. But at the same time I would like to know the answer to why am I here? Why did my daughter have to leave so young?

Why aren't the answers coming to me? After my searching I have decided on one thing. Everything happens for a reason. I believe that with all my heart. Why?

—Nancy Fisher in memory of her daughter,  
 Emma Nicole Fisher 11/20/99 - 7/09/06  
 TCF South Bay/L.A., CA

We welcome and encourage you to submit contributions you found meaningful to you in your grief. We prefer your original poems and thoughts, but we can also print other material if proper credit is given to the author. Please contact our editor.

TCF Now on Facebook .... Please visit and help promote The Compassionate Friends National Organization's new Facebook page by becoming a fan. You can get there by clicking on the link from TCF's national website home page at [www.compassionatefriends.org](http://www.compassionatefriends.org). Or, you can log into Facebook and search for The Compassionate Friends/USA. In addition to the social support aspect, The Compassionate



Friends/USA Facebook page will have information about upcoming events.

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@tcfbsla.org](mailto:crystal@tcfbsla.org) and she will help you with the steps to create your own tribute.

The National Office of TCF has an ongoing support group for parents and siblings online. For a complete schedule and to register for Online Support, visit <http://compassionatefriends.org> and follow the directions to register.

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

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: March 1<sup>st</sup> for April birthdays). Otherwise they will appear if space permits or in the following month's issue.



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

Cheryl Stephens.....(323) 855-2630  
 Kitty Edler.....(310) 541-8221  
 Karen Merickel..... (310) 375-2498  
 Richard Leach (grandchild).....(310) 833-5213

**SIBLING PHONE FRIENDS**

Kristy Mueller..... (310) 373-9977  
 Joey Vines..... (310) 658-4339  
 Sue Gardner..... (310) 316-3777

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

**Library Information...** At each meeting we have a library table. It is on the honor system. 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](http://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. Also Spanish. Call Claire Towle or Patty Ellis (310) 374-6323

**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
beyondindogp.com	griefwatch.dom
angelmoms.com	babysteps.com
webhealing.com	healingafterloss.org
survivorsofsuicide.com	opentohope.com
taps.org (military death)	alivealone.org
bereavedparentsusa.org	childloss.com
goodgriefresources.com	save.org
pomc.com (families of murder victims)	

### **LOCAL TCF CHAPTERS**

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

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

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

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

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

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

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

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

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

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

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

### **STEERING COMMITTEE OFFICERS:**

CHAPTER LEADER: Cheryl Stephens

NEWSLETTER EDITOR: Lynn Vines

PROOFREADER: Sandra Myricks

TREASURER: Ken Konopasek

CARDS & WEBSITE: Crystal Henning

NEW MEMBER FOLLOW-UP: Cheryl Stephens



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

In loving memory of Brandon Armstrong, 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

---

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

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

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

In loving memory of \_\_\_\_\_

Birth date \_\_\_\_\_ Death date \_\_\_\_\_ Sent from \_\_\_\_\_

Tribute \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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

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

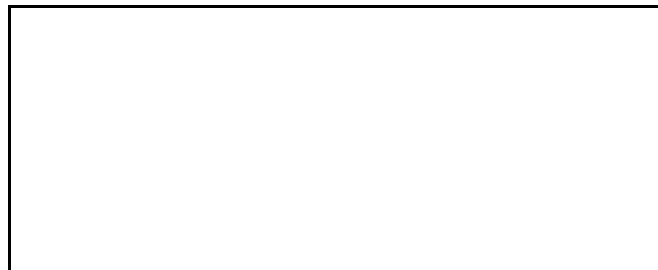
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*There is a past  
which is gone forever  
But, there is a future  
which is still our own.*  
-T.W.Robertson



March 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.  
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