



The Compassionate Friends

South Bay/LA Chapter

Supporting Family After a Child Dies

A NEWSLETTER FOR BEREAVED PARENTS AND THEIR FAMILIES

MARCH 2014 ISSUE

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

OUR NEXT MEETING
will be March 5th, the first Wednesday
of the month at 7:00 P.M.

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

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

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

The Compassionate Friends
Mission Statement...

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

The March 5th Meeting will start with "The Ask-It-Basket" where we submit questions and as a group try to come up with answers.

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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March 5th topic... "The Ask-It-Basket."



This month we will be doing the "Ask It Basket". We will all pick up a blank card and write a question down that we would like answered, and then drop them in the basket. Then the leaders will assemble the questions and as a group, we will try and come up with answers. With any luck, some other parent will have experienced something similar and will be able to help you.

This is an opportunity to anonymously ask something you are uncomfortable bringing up in person, but would like help with. We do this once a year and although the questions vary, the answers usually help someone.

One year a rather newly bereaved person asked why we do this when we have the open discussion at each meeting. When I explained that some people are uncomfortable asking in person, or in front of their spouse, it made more sense to him. He had many questions written out on 3 X 5 cards which he brought to the meeting. Many were the same questions others asked. It turned out to be the opening that this couple needed to open the lines of communication without all the tears and sidetracking that usually happened when they tried to talk.

Sometimes it is easier to come up with questions when you have time to think about them. I encourage you to take a moment to think about your questions and jot a few down, either at home or before the meeting gets started.

The following five articles are from *The Ask It Basket*, an educational column written by bereaved parents based on their own personal experiences of what may have been helpful to them.

My friends think I go to the cemetery too often. What is normal?

Many people report they went to the cemetery every day for weeks, then later monthly, and now not as often. Others never felt a need to go back after the funeral. The general consensus is to go as often as you need to go. Some people felt they needed to go just because the death was so unbelievable and they had to see their child's grave to begin to absorb the impact of the death.

My spouse doesn't react the same way I do and it is frustrating for me.

One of the greatest fallacies in thinking is the

belief that others think just like we think, and that others process information just like we do. No two people grieve alike. We are unique individuals who bring our own set of preconceived ideas to our daily life. We can not expect others to do it "our way". You might try a conversation where you explain your needs and try to understand your partner's needs. You might also ask yourself the question, "Why does my way have to be the only way?" Remember, we all had a unique, special and different relationship with our child. We remember different things about our child and we miss different things.

What is normal grief?

Dr. Nancy Hogan, a bereaved sibling and grief researcher describes normal grief as anything you do as long as it doesn't hurt yourself or any other person.

People told me after I made it through the first year that it would be OK. I'm in my second year and it is bad.

Many refer to the second year as the "Terrible Two's". Most people find the second year following the death of a son or daughter is tough. They say that now that they have been through the "firsts" that they now are beginning to realize that yes it is true - my child died.

For many, it is like "coming out of a fog" and seeing the facts for real. It is especially disappointing for those of us who believed what we had heard about being OK after the first year.

Some who have never attended a meeting begin to come in their second year so they can have the support of others who have made the journey through that time period.

People have said some very hurtful things to me that they apparently thought would be helpful. Why do they say these things?

Everyone who looked at this question had similar experiences so don't feel singled out. People often say things they believe will make you feel better and end up hurting you without intent. For some people, the statements they make are unconsciously designed to make them feel safe, instead of comforting you. They realize that if it could happen to you, then it could happen to them.

Others admitted that they too said similar things to people before their child died. Most agreed no malice was intended. We just didn't

know any better. We wish now we could take those things we said back.

A Broken Heart Doesn't Show



"We are the walking wounded. Our lives are seemingly normal for those looking at us from the outside, but we know differently – for a broken heart doesn't show from the outside," said a participant in my grief support group. It is true that life continues following the death of a loved one. Groceries still need to be bought and clothes laundered. Jobs require our attendance and our attention. Little league games, dance recitals, graduations and weddings still take place. For those grieving, it takes enormous effort to participate in these rituals of life. The daily "got-to-dos" and the occasional "special event" all beckon to us at a time when we would rather just curl up until the world begins to make sense again.

So how can you function when your heart is not in it? How can you find a way to care if you eat a hot meal or just make a bowl of cold cereal do for dinner?

The bigger question is – How can you be anything but involved with life? It calls to you each day. It urges you to get up and be a part of it. Not *in spite* of your grief, but *because* of it. The only way to journey through grief is to get up each day and see what the Universe brings your way.

We are social beings by nature, so staying home hibernating does not help us to feel better. Our emotional pain does not diminish if we become a recluse nor can we sleep our pain away. When we are out in the world doing our "normal" routine that has now become anything but normal, it allows us to reach out to others for help and understanding. It allows us to remember our loved one and how they were a part of this schedule and, how in some ways, still are.

Distraction can be a wonderful tool when mourning a loss. Staying busy can keep you from thinking too much about what has changed in your life and you may even catch yourself having a laugh or two with others. Used skillfully, distraction can bring you into the present moment where healing can take place. So much of grief is looking back with regret or forward with fear. It is only when we are truly present that we can get a bit of relief from the overwhelming emotional pain. Working, shopping, even ironing can help you regroup and realign. However, too much distraction that does

not allow you the time and space to grieve is not healthy either. You must find a balance between time to get quiet and remember and time for busy-ness.

This may not be easy, but the world still calls to you. There are things to do and people to meet and somehow you need to find the inner strength to get out and be a part of it all. While others may not understand why you seem distant or sad, for your heart is unseen, being with others is still the best salve for your hidden wound. Remember the immortal words of Robert Frost, "In three words I can sum up everything I've learned about life: it goes on." It does... and so will you.

--Nancy Weil South Suburban Chapter Newsletter July - August 2012 Evergreen Park, IL

Living with Shadow Grief

Shadow Grief is a facet of grief that will stay with you for the rest of your life. When your grief is triggered at various and often random times by a smell, a certain time of day, specific places or events... this is called "shadow grief." Parents who have lost a child will experience shadow grief for as long as they live. It can be overwhelming to experience these episodes of grief months and years after the loss that feel almost as intense and deep as they did when the loss was new.

The types of triggers and our responses to them are as varied as we are. Anniversaries of your child's birth and death, your due date, the day you learned that something might be wrong with your baby, your doctor's office, holidays and other family traditions can often be painful triggers. Fortunately, the anxiety and anticipation that build in our minds as we lead up to certain anniversaries is usually worse than the actual event turns out to be. It can be helpful to plan ahead if you know a certain trigger of yours is looming on the calendar. Planning a way to remember your baby, privately or with family and friends can be especially healing.

There will also be times when you are feeling especially low and depressed, and do not realize until much later that you were experiencing shadow grief. You might find that in time your eye is not watching the calendar so closely, and suddenly a meaningful date arrives, for example. Although your awareness might not be focused upon the event, your subconscious remembers for you, and your body will feel the impact of this grief.

Allow yourself the time and space to feel your feelings. Communicate to those close to you that you are having a rough day. There is no right or wrong way to experience grief.

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Feeling Bad About Feeling Good

TCF Boston '05 Workshop

"In our greatest adversity we find our greatest strength. In that strength we find our greatest healing."

One of our healing goals is to bring happiness back to our lives. We yearn to smile and laugh again. Early in our journey we ask, "Will I ever feel joy again?" or, "Can I ever have a happy moment after the death of my child?" Those emotions seem like elusive, distant dreams that may never happen again. As our world crumbles, it feels like much of our life has ended, and the possibility of regaining even a brief glimpse of happiness seems remote. Yet somehow we manage to get out of bed, go to work, or take care of other children if we're fortunate enough to have them, and the world keeps turning even though our hearts bleed. As time passes and we do our grieving/healing work, we begin to have happy moments. It's what we want, but when we laugh again, and its true heartfelt laughter without our masks, we may think, "What right do I have to be happy when my child is dead?" or, "If I feel better, am I abandoning my child?" Those questions can bring feelings of guilt and rob us of any healing we've felt. Having that guilt is common and normal, but sustaining that guilt can keep us from continuing to heal. So what can we do to let go of that guilt and continue on our healing path?

I believe the reason we smile again is because we're fulfilling another of our grieving goals, which is the return of the life of our child. We smile, we laugh, and we feel better because we think of our child as living, living through our memories. When my son died, I believed I would never have him in my life again. His life, in any form, was gone forever. I now know that's not true. It took many years and a lot of grief work, but when I was able to let go of his physical death, his life force and spirit re-entered me, along with my smile. Sadly, the bodies of our children will never come back. That's a tough reality to acknowledge. Our greatest suffering comes from not being able to hold them,

see them, or interact directly with them. So much of who they are was wrapped up in their bodies. When their bodies left, so did they ... or so we thought.

Our kids are much more than just their bodies. Even though we miss them terribly, when we close our eyes and think of our child, good memories can come to us. That, too, is the child we know and love. Early on, those memories may have made us cry because we knew they'd be making no more. Over time, as we challenge our grief and do our work, those memories can make us smile, even though we will at times have a tear in our eye. Those memories of a living child we'll always have, and need for our healing. So go ahead and smile without guilt. Go ahead and laugh and feel good about laughing. It's your child who's bringing that joy to your life. They live, not like they did before, but in the best possible way we let them live. They live in our hearts, our lives, and in our joy. Feel good about feeling good.

--Rob Anderson, TCF Boston '05 Workshop

Lessons Learned from the Death of My Child



A bereaved father once said to me after the rape and murder of his beautiful young daughter, "It's as if my whole life has exploded. For me to rebuild, I'm doing it one piece at a time. I look carefully at what I once believed, and I challenged it. If that piece doesn't fit any more, I throw it away." His words made sense to me. I felt the same after my daughter's death.

After she died, I wasn't sure what to believe any more. In order to unscramble my feelings, I questioned everything from God to life itself. The challenge was good for me, and led to my greatest growth. I still had the hard work of dealing with my emotions, not the least of which were my envy of parents who still had their children, and my anger for those who didn't seem to care.

Once, at a restaurant, I saw a dad having dinner with his young son and daughter. But, instead of interacting with them, he had his nose in a newspaper, completely ignoring them. It was all I could do not to go over to this father, rip the newspaper from his hand and shout, "Pay attention to your children! You are lucky to have them, and they need you. Besides, you may not have them tomorrow."

Every day, I must confess, when I hear parents

talking about their children driving them crazy, I bristle. I catch myself thinking "You don't know what crazy is. Crazy is not having your children at all! What I wouldn't give to have Krissie here to drive me crazy!

Trying to understand why my daughter had to die, I found myself thinking about all children who die. Children die every day, and Kristen was one of them. Today I also think about the children who are lost to drugs, or missing. My heart goes out to these parents, because they do not want to give up hope. They are held hostage to a pain they must endure daily. They may never know if their children are dead or alive, but they realize unhappy endings are all too often the result.

How do others cope! I wondered. How do they overcome their unique challenges - debilitating handicaps, the loss of jobs with no other source of income, chronic or fatal illnesses? I didn't miss Krissie less, but this perspective did keep me from completely giving up. It kept me from climbing into bed and pulling the covers over my head. I also learned the great importance of ongoing support. So important, that in my book Sugar Cookies and a Nightmare, I addressed it in the first chapter.

Rebuilding my life after Krissie's death. I don't have to bury my memories with her. No one can take them from me. I can look back on our good and bad times together, and they are all mine. I can do whatever I want with them. I can be bitter, angry, hateful, and resentful, or I can look into the meaning of the many things we shared, I decided to choose the latter. If there was anything I learned from Kristen, it was not to be victim to these emotions, but instead to love and trust. This perspective helped me to emerge from my cocoon of grief. I focus on how much was given to me, instead of how much was taken from me. I am honored to be Kristen's mother.

One of the greatest lessons I learned when rebuilding my life after Kristen's death, was the importance of love - love for others, but also love for ourselves.

Equally significant I learned that the truly wonderful things in life are so simple that we often miss their wonder until they are beyond reach. How much we take for granted! Anyone who has lost a loved one knows this. The beauty of life lies in the quality of our relationships, for what else could possibly matter more?

--Carol Keams, PhD



There's a New Man in Town

My son is dead. The moment I was told my son died in an auto accident, there was a new man in town. The old man would find a way to fix 'it' or at least make 'it' better. The new man couldn't fix a thing. Oh, he could make arrangements, settle accounts, acknowledge condolences as though he were really there but the new man was far off, living in a protective shell hardened by disbelief and shock. Yes, he did things, but he didn't feel in the old ways, he was far off being reborn.

My wife's grief would bring the new man back, at least for a while. There was no fixing her, just acknowledgment of the hurt and pain and helplessness we both felt. I was there for her as she was there for me and we bonded in our grief at depths we did not know existed. My son did not die to make our marriage better or worse and his death did not change what it fundamentally was and is. There is however a new level where we meet to hurt and heal together.

When a baby is born there are pain and tears followed by profound joy. If that baby dies before his parents, there is pain and tears and a longing for peace. No man can anticipate the number of tears that will flow during his rebirth. The half hour drive to work each morning was a time of nothing but tears and pain and guardian angels to provide safety for myself and those around me. The new man was every bit the good driver the old man was, but he wasn't there, he was far off being reborn in those unstoppable tears. Peace was nowhere to be found.

I am not going into detail into the many ways I think I have changed. Believe me, I have changed and so have you, fellow bereaved father. I cannot believe my son died to make me a better man. I do believe that my son's death shocked me into holding dear all that was always precious to me with the new knowledge that "it" can all end in an instant, and neither the old man nor the new man can ever fix "it."

The protective shell is fading away and real peace is finding its way into my heart and soul. But the shell will never be completely gone and the peace will never blend into complacency. We are new men with new priorities and new things to do. This does not mean we abandon all that was of the old man, the newness is in our attitudes and understanding and acceptance of vulnerability.

--Dave Simone, Tampa FL

Do's/Don't; Helps/Hindrances



My name is Barbara Parsons and I have been a bereaved parent since Nov. 24, 1991 when my son Robert died by suicide. Robert had a learning disability and with that came self esteem/self value issues and lots of frustrations. We worked very hard to help him with this and although school was difficult, he fought hard for every grade he earned.

He was a sensitive child and the "listener" in his group of friends. He was always available to listen to other kids problems, yet he rarely, if ever, talked of his own. We looked at this as a positive characteristic; little did we know at the time how detrimental this was. As an adolescent he did not know how to "let go" of all his peers woes; he added them to his own.

In Nov. 1990 at age 14, some of his behavior patterns changed and he started acting out. We initially thought this was due to adolescence and hormonal changes; after all, this is what other parents said their kids were acting like. For Robert though, it was his crying out for help. A school counselor suggested that we get professional family counseling. On our first visit, the counselor spent some initial time with Robert alone. Robert revealed to the counselor that he felt suicidal. We immediately took him for a psychiatric evaluation and he was diagnosed with clinical depression. We returned home with medication and continued with counseling.

After about 6 months, Robert seemed to be doing better, talking more and less dark days. The summer before his death was one of his best and the counselor agreed to give us "some time off" although he had not yet discovered the root cause of Robert's depression. Our encouragement was short lived.

As the start of school approached we could tell that Robert was withdrawing and shortly after school started his Dad and I agreed that we should go back to counseling. Robert had another thought altogether. He reluctantly went to a few sessions and he started on medication again. He never made it to his last counseling session... He completed suicide on Nov. 24, 1991.

The mask of depression had hidden him from us and it was worse than we or the counselor knew.... we all ran out of time. Robert shed his mask thru death and I took up another type mask altogether. Grief from the death of a child is the most significant self-evaluation a person can do, mentally,

physically, emotionally, both for the parents and family. For a long time, it is a life of extremes. Elation/depression; peace/pain; riding the wave/drowning in the wave; guilt/anger/desperation; loss of the familiar, I think you get the picture.

While I have experienced all the stages of grief, the "guilt period" was the longest and hardest for me; the if Onlys; why didn't I; why did I; what did I do wrong; why didn't the school see the gravity of his depression; why didn't the counselor "fix" it (he was the professional, after all); I am the parent, surely I should have known how depressed he was; why couldn't I see it in his eyes; why didn't he reveal his pain to his Mother, surely I could have saved him. I loved him more than life itself; didn't he know that; didn't he feel that.., What was in that last drop of water that made his cup overflow? I kept asking the questions; trying to find answers and someone to blame. I finally had to accept there were few, if any, answers and blame went nowhere... Robert made a life altering decision while in a hopeless state.

Don't take away my grief. I need it..... I need to go thru each phase/stage to get to healing. I need to go thru it so I can get beyond surviving to "thriving". I need to go thru it and embrace it and incorporate it into my new normal so I can let Robert's "death" go and establish a new relationship with my son and remember his life and who and what he was to me. Although I didn't find one. All the life I could ask for it, I need this journey to find out who and what I am now and what I will do with my life now.

Tell me it's OK....Okay to feel angry, guilty, depressed, desperate, sad, for these are normal feelings for grieving. Tell me in time I will be able to turn my anger into forgiveness and my guilt into regret. Tell me I won't feel sad forever; that this intense grief will soften. Tell me this time frame is different for each person so I won't try to hurry it along based on another's grief or what the world thinks is an appropriate time to grieve. Don't tell me that time heals, tell me that time offers the opportunity to heal. Don't tell me I'm doing well and are a very strong person. I may be those things, but mostly I feel weak inside. Tell me it's okay to challenge my faith because my faith can withstand the challenge and offer me comfort and rest. Let me talk....I need to tell you about his depression and troubled last year. I need to tell my story over and over and over, for hearing it with my own ears and saying it out loud gives it less

control over me. Let me talk... I am desperate to tell you about my son, our good times, our not so good times; what a great hug he had; what his laughter did to my soul; let me tell you what I miss about him....just let me talk and while I'm talking....just listen.

Tell me about support groups.....tell me about The Compassionate Friends. This is where I'll meet other bereaved parents who have walked this journey and will help me heal. They will offer compassion only born of the same tragedy and will not judge how my son died, but ask about his life and show me that somehow I will make it. Tell me about Survivors of Suicide support group for this is where I will be able to seek some understanding into my son's mind and the side roads I must travel because he took his own life.

Be honest with me....you see I've been given something no one should have to go through so there's nothing you can say or do that would bring much more pain. If you think I'm stuck in my grief and yes sometimes we do get "stuck".... tell me (gently please) and I'll do my best to see it for myself and work hard to get beyond stuck. You see, sometimes we get tired of grieving and want to put it away for awhile, but that's not the way grief is...it can be relentless, but we must choose to go thru it and remember that healing, surviving and thriving are the goals.

Tell me about re-entry...what does it mean....for a bereaved parent it is baby steps back into life again....for a lot of us, it's just getting out of bed in the morning or cooking a meal; a smile or maybe even laughter. Tell me about reinvestment... doing something that will give me or someone else some satisfaction at the end of the day. Something that will give meaning to the meaningless. And last....dare me to dream again so that when I'm ready, I will look beyond today, beyond the pain, and into the future and although my son Robert will not be physically walking with me, he will be walking with me in my heart.

--By Barbara Parsons, Sugar Hill, GA

Finding Peace in Honoring Our Daughter



I love hearing the stories behind the names that we each have chosen for our sweet babies. I am often struck at how much time and care is taken to choose just the right name for any child, although for some it seems to take on greater significance when you learn that your child will not have a lifetime with

their name.

Several years ago I had a discussion with others after one parent shared their thought of not "wasting" this special name that meant so much to the family on a baby who would die. It is such a difficult situation. I remember myself being shocked at first at how honest a thing that was to share. I was also taken aback a little, as if the act of sharing this thought aloud somehow translated into cheating my child out of something. I remember feeling ashamed to admit that I felt the very same thing. I too had those secret thoughts about giving our baby girl the name Rowan. I had wanted that name for my daughter for as far back as I could remember; before I ever met my husband. For me it was a beautiful and unique name, especially in the United States, where it is just not as popular as in other countries.

Ultimately for us, there was hardly any wavering when naming her. I felt it would be unfair to deprive her of something that meant so much to us, and we named her the moment she arrived. We didn't know she was a girl, or about her diagnosis - but we knew something would be wrong on the day that she was born.

I remember when we were filling out the "official" birth forms for social security and such after she was born and it was then that these little thoughts crept into my mind again. Maybe we could save this name for another child. Maybe...

I don't regret having my "chosen" name being given to someone who lived only a day... of course I wanted so much to have her live a long life with her beautiful name. I imagined her with auburn hair telling everyone that her name means "little redhead" in the old Irish. I thought it would be a strong name for a woman to have, most likely not shortened by a nickname as she grew up.

In retrospect, I do feel that I have honored her by giving her the name we had chosen. I can say now, that if we had given her another name, I would have felt we had in some way devalued and disrespected her. The beautiful daughter that has arrived after her could never have been named Rowan. Today I can look back and truly say it is an honor to have my firstborn bear the name that I had dreamt about giving a child for so long. And the irony, I guess, is that she does have her name for a lifetime, it just is not her lifetime - but ours. Her name is part of the legacy that is my family, and hopefully I can instill in everyone how wonderful it is to continue to talk openly about Rowan, so that we may never forget her.

My daughter would be turning 6 this year. I have found joy in hearing her name still spoken in our home and among our friends, and more recently among her younger siblings. For me, her name is so very special, probably even more so now because hearing it spoken proves her spirit and her memory are alive in us.

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Newly Bereaved...

Forever Entwined

Losing a child to death is statistically improbable, yet all parents harbor the concept as their worst fear, the stuff of nightmares, cold sweats and anxiety. But when our children die, the anxiety of that possibility pales against the soul wrenching horror of the reality. At first we freeze in time as our focus is on the primal ... breathe, drink water. After the initial shock has ceased to control our every moment, we seek answers. Can I get through this? Do I want to get through this? How have others managed to continue living after their child has died? I have disconnected from my friends and even my family. I don't want to go forward ... the pain is too intense. Death would be a mercy. Life is no longer a joy. My heart is broken. I will never see my child again.

If we are fortunate enough to find a Compassionate Friends Group, we meet people who have taken this nightmare journey ... and survived. Our first meeting is the most difficult ... at my first meeting the only word I could say was my son's name. Later, we tell our story to those who have experienced the death of their child and find that talking to kindred souls can be cathartic. If we persevere and continue to attend meetings, get to know other parents, participate in the group discussions, cry with others and smile at the memories of their child ... we begin the healing process.

Now our lives are forever entwined with those of other parents who have lost a child to death. Like the Celtic knot, we are now part of an eternal paradigm: we are strands in the knot, weaving our stories into each others' lives. This interlace of our lives is a permanent and beautiful blending of souls seeking comfort from one another. Our reality is shared by others; we lean on them, they lean on us. We give, we receive.

Many friends from our lives before the death of

our child hesitate to mention our child's name and even fear talking about our child's life and listening to our memories. But we don't want to forget our child as that would be the worst betrayal. We want to talk about our child's life and keep their spirit with us always. Those in our lives who do not share this feeling are not part of our eternal paradigm; they will never be entwined with us as we complete our journey on this earth.

The Celtic knot, the symbol of eternity, is symbolic of the relationships we have found at The Compassionate Friends. These lives are forever woven into ours; we accept each others perspectives and share their sorrow and the joy of their memories. There is a place in our Celtic knot for all parents who have lost a child.

As other parents join us, they are enfolded forever into the eternal paradigm of healing and compassion.

--Annette Mennen Baldwin In memory of her son, Todd M. Mennen July 24, 2005. Katy, Texas, TCF Lovingly lifted from TCF Atlanta's newsletter

Friends and Family...



Why We Still Go To TCF

By Rich Edler

"Are you still involved with that group? Aren't you over it yet? Why do you go? These are the questions I often hear now that it has been more than seven years since Mark died. I suspect you hear them too. There are easy answers. But not everyone understands, unless you have been there.

Here are ten I can think of:

1. Because we never want the world to forget our child, so what we do we do in his name.
2. Because when we reach out to help someone else, we also help ourselves.
3. Because someone was there for us when we needed it most, now the best way to say "Thank you" is to pass it on by being there for others.
4. Because it is the one thing we do that can bring something positive out of a tragedy.
5. Because we have found in TCF better friends and closer bonds than we ever thought possible. Here we can cry and hug people even if we don't know their last name or what they do for a living. And it doesn't matter.
6. Because a few people are qualified to walk up to a newly bereaved family and say "I know how you feel." And because we can, we must.

7. Because sometimes we need to talk, too, and to remember and share. We are further along than many around us but we never forget.

8. Because many of us believe that one day we will meet our child, or grandchild, or brother or sister again, and he or she will ask "So what did you do with your life after I left?" and we will have an answer.

9. Because our presence might help newly bereaved families understand that they will survive and even laugh again.

10. Because we love cold coffee, stale cookies and hard metal chairs.

Richard Edler was many things to many people – an author, a speaker, a successful entrepreneur and a leader. Rich and his wife Kitty came to TCF shortly after their son Mark died from an accidental fall in 1992. They attended their first conference a few months later. They quickly became active and with help of friends they founded the South Bay/LA Chapter on the first anniversary of Mark's death. Rich had been on the TCF national board of directors since 1996, serving as president 1998-2000. He is most known for his kindness – the love and the hope he gave so freely to everyone. Rich died without warning on the morning of February 16, 2002 after an early morning jog. Lovingly lifted from TCF Facebook page

Welcome...



Make no mistake, we do not meet just to cry our own tears and tell the story of our pain. We come together to learn how to bring new meaning and life from the ashes of our lives and to help others do the same- and not just the inferior, crippled life that you might expect, considering the trauma from which we are recovering, but a good life- filled with deeper meanings and greater ability to love - precisely because of the pain that has been transformed. Please join us at the next meeting.

Helpful Hint...



Exercise (For next Week?)

Try to teach yourself to remember at the end of each day that something nice or important or funny or interesting or beautiful has happened to you...

Even though you may not be able to enjoy such things just then, keep your mind aware.

–Sascha



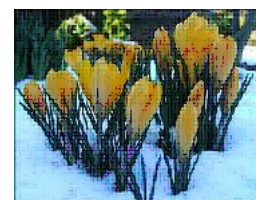
Book In Review...

From a Mother's Heart by Joyce Beaulieu

From a Mother's Heart is a compilation of stories

and poems written by mothers who have lost children, the worst pain there is. The contributors to this book desire to reach out to help comfort and bring hope to other bereaved parents. The book will also help families and friends to understand our grief and know how they can help us through this painful journey. I wish I had a book like this when my daughter and I went through the loss of our children. I gathered the testimonies of others in hopes that by sharing the stages of grief we have been through, along with trying to live a normal life, we could bless and soothe the hearts of others going through the pain of the loss of a child. It's a good thing to know one is never alone.

Yes for Spring



Crocuses, robins, light breezes and warmth

Signal the coming of Spring.

Already my neighbor measures his lawn

With the spreader to encourage Green grass and new life.

But not for me. No, not for me.

How dare that robin build

A nest in my apple tree!

Can't she see that here

Winter still shrouds the house -

That storms still howl within?

I do not yearn for Spring.

There is no new awakening

Or joy within my heart.

I cling to winter's dreary cold

For it echoes the cry of my soul.

And yet that bird builds.

Now comes her mate to add

A ribbon fallen from the Christmas rubble.

Together they stack and weave

Until a strong new nest appears.

Was last year's nest torn asunder

By winter's brutal wrath?

Were the nestlings caught

By neighbor's greedy cat?

Whatever - robin sits upon the new nest.

I watch the robins and long to stay in winter.

To postpone the pain of rebuilding.

But I cannot - I must not.

Spring is coming even here.

Crocuses grow in my yard, too.

And for me - especially for me.

-- Marcia F. Alig, TCF, Hightstown, NJ



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

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

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

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

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

Brandon Armstrong
Miscarried: July 1995
Mother: Cheryl Stephens

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

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

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

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

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

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

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

Stephen Barrington Baxter
Born: 7/61 Died: 4/99
Parents: Cash & Betty Baxter

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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 Siauw & 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



Our Children Remembered



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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
Kroppman

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

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

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

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

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

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

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



Our Children Remembered



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

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

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 Dille

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

Tyri 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: 11/26/68 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 Finnin

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 Yasmeen 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

**OUR CHILDREN REMEMBERED**

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.)

Sorry, No tributes were submitted this month

For Siblings...**A Sister is Forever**

A sister's a sister forever,
A bond that diminishes never,
A friend who is kind and caring,
A sibling God chooses for sharing.
Few ties are as deep and so profound
And with so much affection abound,
Though some thoughts are seldom expressed,
Love endures and survives every test.
Of the constants that rest in the heart,
A sister's a primary part.
She'll always be there when you need her,
You listen, you value, you heed her.
As growth, independence you ponder,
Your feelings grow deeper and fonder,
And life tells you one thing that's true
A sister's a large part of you.
--Bruce B. Wilmer S. Broward, FL TCF

The "D" word!

I can almost laugh about it amidst all the pain! I hate the "d" word, I think most of you know the word I am talking about. Isn't funny how the words death or dying rolled off of the tip of your tongue prior to losing your brother or sister, and now you cannot even say those words about your brother or sister. I am sure some of you are like me, and think of how many ways you can avoid using those words. You think of all the words you replace the "d" word with- passed, gone, left, went, is away etc. I really doubt I am alone with this one, I am sure I am not the only a life long member of the club nobody wants to be a member of!
----Siblings Walking Together Posts from
www.siblingsgrief.com

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

Yes Grandparents Do Grieve!

Thank God, some one stepped up and said.
 "Hey" This child was and is my grandchild!!! And
 I hurt too! Not looking for sympathy, but wanting
 the world to know that Yes, the mother and
 father are hurting from the loss of their little
 angels, but Granny and Grandpa loved these
 children with their hearts and souls. Totally,
 unconditionally!

I read these letters that are sent to me,
 everyday. My heart hurts for these parents for
 the loss of their children. But please, let us not
 forget any of the Grandparents, whose loss is

twofold. One for their child who is hurting so bad
 and for the loss of their Grandchildren.

I always thought my Grandchildren would out
 live me. At least that's the way it's supposed to
 be. It doesn't always work out that way. So yes,
 my heart also hurts for the Grandparents too.

--Wanda Bryant, Vidalia, GA - Grammy to
 Victoria King

From Our Members...



My Spring Bouquet

The rain poured so often,
 the bulbs I planted bloomed in profusion.
 I cut them all to take to your grave,
 leaving my yard as empty of blooms
 as your death left our life and hearts.
 It was a grand bouquet of flowers,
 like our lives when you were here, son.
 From the bulbs new flowers will bloom again.
 I am sad, but also hopeful ...
 I know the harsh lessons of nature are true.
 Like the flower, I will again bloom, too.
 --Marilyn Arvizo, TCF South Bay/LA

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: March 1st 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
REGIONAL COORDINATOR..... (818) 516-2420

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

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

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

please contact the editor at (310) 530-3214.

Additional Grief Support

Bereavement Organizations and Resources:

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

FAMILY & FRIENDS OF MURDER VICTIMS:

Rose Madsen, (909) 798-4803 Newsletter and support group, e-mail Roseydoll@aol.com

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

SURVIVORS AFTER SUICIDE: Support Group for families that have lost someone to suicide.

Contact Sam & Lois Bloom (310) 377-8857

OUR HOUSE/BEREAVEMENT HOUSE: 1950 Sawtelle Blvd., Suite 255, L.A., CA (310) 475-0299

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

NEW HOPE GRIEF SUPPORT COMMUNITY:

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

PROVIDENCE TRINITY CARE HOSPICE AND THE GATHERING PLACE:

Various bereavement support groups including support for loss of a child, support group for children 5-8, 9-12, and teens. Call Patty Ellis (310) 546-6407—new number

Torrance Memorial Bereavement Services:

(310) 325-9110 Weekly grief support.

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

SHARE Pregnancy & Infant Loss:

Contact: Megan Heddlesten (800) 821-6819

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

Other Grief Support Websites...

agast.org (for grandparents)	groww.com
goodgriefresources.com	childloss.com
beyondindogp.com	griefwatch.dom
angelmoms.com	babysteps.com
healingafterloss.org	webhealing.com
survivorsofsuicide.com	opentohope.com
taps.org (military death)	alivealone.org

bereavedparentsusa.org

save.org

pomc.com (families of murder victims)

grasphelp.org (substance abuse deaths)

LOCAL TCF CHAPTERS

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

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

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

Pomona/San Gabriel: (626) 919-7206

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

Riverside-Inland Empire: (909) 683-4160

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

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

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

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

A SPECIAL THANKS TO:

Post Net Printing for their help in printing our newsletters each month and to

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

CHAPTER OFFICERS:

CHAPTER LEADERS: Cheryl Stephens & Linda Zelik

NEWSLETTER EDITOR: Lynn Vines

PROOFREADER: Sandra Myricks

TREASURER: Ken Konopasek

CARDS & WEBSITE: Crystal Henning

NEW MEMBER FOLLOW-UP: Cheryl Stephens

STEERING COMMITTEE MEMBERS:

Kristy Mueller

Linda Zelik

Lori & Dudley Gray

Cheryl Stephens

Cheryl & Bill Matasso

Lynn Vines

Nancy & Elliott Fisher

Ken Konopasek

Kitty Edler

Crystal Henning

Susan Kass

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



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

In loving memory of Brandon Armstrong, July 1995 - July 1995 and Dominique Oliver, May 1985 - March 2002. Not a day goes by where I don't think of you or miss you. You two are the guiding force that makes me want to live, not just exist...

Love, Mom

In loving memory of Emily Matilda Kass, June, 1995 - March, 2006. Missing you Forever...Every Minute of every day...

All Our Love, Mom & Jessica

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 _____

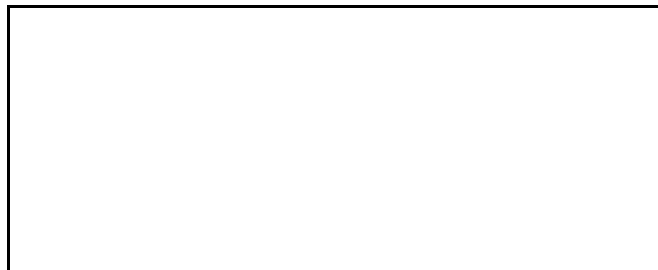
To include your donation in the next newsletter, we must receive it by the first of the month or it will appear in the following issue.

The Compassionate Friends
South Bay/L.A., CA Chapter
P.O. Box 11171
Torrance, CA 90510-1171
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"Now is the season
to know
that everything you do
is sacred."
--Hafiz of Persia



March 2014

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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