



The Compassionate Friends

South Bay/LA Chapter

Supporting Family After a Child Dies

A NEWSLETTER FOR BEREAVED PARENTS AND THEIR FAMILIES

MAY 2014 ISSUE

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

OUR NEXT MEETING
will be May 7th. 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 May 7th Meeting will start with "Handling Special Days".

Get your free Picture Button of your child so you can wear it at the next meeting. Call Ken at (310) 544-6690 for information.

Save the date: June 4th is our pot-luck and balloon liftoff.

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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May 7th meeting will start with.. “Handling special days as a bereaved family”.

Mother's Day, Father's Day, proms, graduations, and weddings can catch bereaved parents by surprise. We anticipate that our child's birthday and anniversary day will be painful, but often times less major holidays leave us feeling overwhelmed.

Attending these special events can seem overwhelming and you wonder if every upcoming celebration will be off limits to you.

Mother's Day and Father's day seem to scream at us that our beautiful child is dead. If this is the first year without your child, you may be overwrought with emotions and not know what to do about celebrating anything. We will be discussing various methods other bereaved families have devised to make these holidays and special occasions a little easier to bear.



May: The Unusually Difficult Month

For the bereaved parent, May is frequently the cruelest month. The month of May offers the rest of the world a promise of another carefree summer, swimming, family vacations, relaxation, reading, cook-outs and picnics, trips to the lake and so much that is inherent in our culture.

Yet May also brings memories of our children. The common denominator for mothers (and fathers) is Mother's Day. This tradition was wonderful when our children were alive, now the direct mail and newspaper advertising sentimental television spots, in-store promotions, cards and letters and the countdown to the day itself are very cruel reminders of our lost children. Who will remember us on Mothers Day?

This will be my fourth Mother's Day without my son. I miss him terribly all year long, but May and December are the worst months for me. First we have Mother's Day, then my son's birthday and throughout the month I am bombarded with invitations for high school and college graduations each one reminding me of what once was. My son finishing grade school, high school, college, graduate school. Each was accompanied by a ceremony. All the ceremonies rush into my mind as I realize how much of myself is my memories and those memories are very entwined with my son's life. A big part of me died with him that night in December.

Three years ago I was overwhelmed, sobbing, still occasionally in deep shock. My mind was mush, my heart was crushed and I did not have the will to do much more than quietly weep. It was my

first Mother's Day without my son, the first birthday that he wasn't here, the first Memorial Day Weekend without him. I was paralyzed. May would never be joyful for me again.

What to do ... what to do. I ask myself this question each April as we begin the romp up to the longest month. This year, I am counting out the last days of April and wondering how I will handle it. I am not worried about it; I am just wondering. I have gotten used to the transformation that has taken place in my mind, heart and soul. I experienced a slow spiritual awakening which accompanied a deep, deep sense of loss over which I have no control. I go with it.

There are questions that we must ask ourselves. The answers are unique to us. Collectively we know this is a month to dread; individually we have our own memories and our own methods of coping. Collectively we lean on each other for hope, comfort and support. Individually, we each walk our own road depending on how many circumstances of life are in our month of May: Mother's Day, Memorial Day, birthdays, death anniversaries, graduations, weddings, baptisms, first communions, confirmations. How we handled the beginning of summer the end of the school year all of these events can bombard us in May. The memories float into our minds like a mist that thickens into a heavy fog. We are enveloped in our fog of memories; the before death years come to us in a hodgepodge of the happiest times and clash with the reality of now. These are our memories, our children, and ultimately our choices. And there seems to be little joy we can take from this month of memories.

Once again, we make the decision. If we are not ready to acknowledge Mother's Day, we shouldn't do it. If we are facing other days in May that will tear at our hearts, we must plan for it. Some of us prefer to be alone and isolated. Others of us prefer to be with friends or family. Some of us go to the cemetery; others go to the park. Some read, watch movies, sit on the deck or simply rest. Others take a weekend trip, which puts them into a different state of reality. There are as many choices as there are parents who have lost their children. Consider your options. Be honest with yourself. Don't be pushed into anything. Take control. We each move forward toward hope at a different rate and in a different way. This is not about meeting the expectations of others; this is a personal journey toward peace and hope. It is your journey.

I will always miss my son. I will always feel deep sorrow at his uncompleted life. But I know

that he would want me to move forward, move back into the sunshine that is life on this earth. I am working on it. Be patient with me. This is the most difficult road I have ever walked, but I am in motion, moving mostly forward and seeking something akin to peace, hope and tranquility. I will always be a work in progress.

-Annette Mennen Baldwin TCF/Katy, TX

A Grieving Father Looks at Mother's Day



On Sunday, May 12, 2002, religious and secular institutions across our western hemisphere will celebrate Mother's Day. Corporate America will eagerly open its arms, that is its doors, to embrace Mom with sales. Florists will be working overtime to insure that floral bouquets arrive on time.

Restaurants will be offering special Mother's Day meals so families can honor mom by eating out. In synagogues, temples and places of worship, mothers will be honored in a variety of ways.

There will be silent, invisible mothers on that day. They will go unrecognized for the most part. They will be generally unnoticed. They will be even ignored. They are the grieving mothers. For them, the day is not a celebration, but endurance. Mother's Day changes completely for them after the death of a child. The pain is a pain only another grieving mother can relate to. All of the imagery that is conjured up doesn't necessarily help either. The pages of the hymn book flutter with the images of a mother and her children. Read the titles of the songs as you flip the pages: "My Mother's Old Bible is True", "Will the Circle Be Unbroken?", "Mother's Prayers Have Followed Me", and "Are All the Children In?" Religious guidebooks and holy texts are filled with thousands of references and pictures of mothers nurturing their children. This motherly love is central to all the religions of the world. The implied message is that a mother's love for her children is a bond quite unlike any other. So the death of a child, to them, must feel quite unlike any other loss. These wonderful words and images which are meant to comfort, end up tormenting them.

I write this column as a grieving father. I share my insights from my personal experiences and my readings on child-loss. But a lot of my education has come from the truest source of all, my forever-best friend, Debby. She has taught me that a mother's pain is so inexplicable, except to other grieving mothers, because when their child dies, a unique bond is broken. I cannot understand this bond, because like all Dads, I am an outside observer, so many times in the birthing process.

But I do know that this bond exists.

My many hours of watching The Discovery Channel and Animal Planet with my son, Carl, taught me lessons, nature's lessons. Never mess with mothers! Here's a reason why mothers bears have their reputations. They fiercely protect their young. There is a deep, mysterious and unique relationship that a mother has with her child. Pregnancy is the start of a bond, which men cannot fully understand. The intricacies of feeding, nurturing and protecting that new life is beyond the scope of male experience. It just boggles my mind that my wife did all those jobs 24 hours a day, and still worked a regular job too. Fathers are sort of detached observers in the birth process. Mothers are participants in the clearest meaning of the word. Their bodies work all day and night. They feel the movements of the new life within them; endure the hardships and sicknesses. Go through intense ups and downs. Live with the sheer terror of the unknown. Mix all of these ingredients together and the result becomes a spiritual umbilical cord. It survives all the troubles and turmoil in life that children can bring. Nothing can break through that cord. Nothing, that is, except a child's untimely death.

Now, I am trying to understand all of this in my finite, male mind, and frankly, I can't. I can't begin to understand a mother's keen sense of suffering when a child dies. I am left only to my inadequate imagination of her emptiness within. I caught glimpses of this suffering watching Debby sob and repeatedly cry out, "I can't protect him anymore! I can't comfort him anymore. I can't treat his hurts anymore!"

Truly, a big part of a mother dies when her child dies. I share these thoughts with grieving family members and friends so there can be some sort of understanding. Mother's Day will never be the same. If it is a first time after the passing of a child, anxiety and grief will be severe, frequent and intense. Expect those feelings, but they will also pass. Here are some suggestions, which come from grief counselors and experienced grieving parents. Keep the level of anxiety and anticipation low. Let the grieving mother set the tone of the day. Let it be her day to observe in her fashion. Have a plan for the day. It can be the simplest of plans, and it should be. Elaborate plans can cause more grief, not less. Communicate the family plans with all family members and friends. Be assertive. Stick to those plans. If a quiet day is needed, do it. If many friends and family are the answer, do it. Words can hurt or heal. So choose the words of encouragement wisely. Resolve to be a good listener that day. Remember that the

best gift to give a grieving mother can't be bought. It is priceless. It can't be wrapped. It is too immense. That gift is you. Now I close with something for all you precious, compassionate mothers. Please be good to yourselves, you have surely earned it.

--Aaron Pueschel TCF Visalia CA

Mother's Day Thoughts

That first Mother's Day after Raymond died was a dark day. I had not only lost my son, but in losing him I was no longer a mother. The telephone didn't ring; I felt very much alone. I let the tears fall and fell asleep on Raymond's bed. While I was sleeping a neighbor came by with a small pot of miniature white mums with a note attached. "Now everyone in heaven knows what a great Mom you are". That simple message lifted me, and I was able to smile. Now I don't think I'm a great Mom, but a pretty good Mom. I am - and I'll always be Raymond's Mom, no matter what! Nothing can take that away. Rather simplistic, you say! Yes, but sometimes we need to think in simplistic terms to experience the joy hidden within the sorrow.

--Joanne Azre West Suburban/Cleveland TCF

Mother's Day Revisited

Many of us in TCF do not look forward to Mother's Day. On this holiday, when the whole nation is celebrating the joys of parenthood, grieving parents often feel a special anguish. Mother's Day this year looms as a particularly difficult milestone for me. Sunday, May 10, is not only Mother's Day but also the second anniversary of the death of my ten-year-old son, Jacob. Because this day of private sadness also happens to be a day of public celebration, I decided that I should start thinking early about the occasion.

I engaged in a little research about the holiday and learned a story that I think is worth sharing. Mother's Day was the creation of a woman named Anna Jarvis in the early years of this century. Anna, who never married and never had children of her own, devoted herself to establishing a national Mother's Day as a way of honoring her beloved mother, who died on May 9, 1905. In Anna's view, her mother deserved a memorial because she had lived selflessly and endured considerable suffering - seven of her eleven children had died in early childhood.

According to historians, Anna's mother mourned the deaths of her children throughout her life. Anna insisted that the holiday always fall on a Sunday so that it would retain its spiritual moorings. Because

of her efforts, President Woodrow Wilson finally proclaimed the second Sunday in May as Mother's Day. Although Anna couldn't prevent the new holiday from quickly becoming a marketing phenomenon, she did try. Speaking out against "the mire of commercialization" that threatened to engulf Mother's Day, Anna attempted to preserve her creation as a true "holy day," a time for solemn reflection and prayer.

Mother's Day, then, was borne of a daughter's grief and love. More importantly, it was intended as a tribute to a bereaved mother- a brave woman who lost multiple children but who managed to live with an abiding kindness and generosity toward others. I like knowing this background, and my attitude towards Mother's Day has been colored by the knowledge. The holiday now makes me think of the common sorrow that links all bereaved parents. I feel a bond with Anna's mother that stretches over time and space.

In a broader sense, the woman for whom the holiday was founded reminds me of people I've met at TCF who have continued to live productive, meaningful lives in the face of unthinkable loss. Finally, Mother's Day in its origins symbolizes both the joy and the vulnerability inherent in parenthood. Anna's mother knew all too well that from the moment a child is born, hope and the possibility of tragedy go hand in hand. She understood the fragility of life.

Enriched by its own history, Mother's Day is easier for me to tolerate. The coincidence of dates this year-Mother's Day and the anniversary of my son's death-is not as jarring as it once seemed. Although the commercial images of the modern Mother's Day still make me wince, I can turn off the television and envision the kind of day that Anna Jarvis had in mind: a time for quiet reflection and the sharing of cherished memories.

--Barbara Atwood TC F-Tucson, Arizona



Father's Day

I just finished watching another miserable cologne commercial on TV. For some reason these are the first signs of the upcoming holiday, commercials that are only shown at Christmas and Father's Day to give wives and kids some idea of what to get Dad to celebrate a gift oriented holiday.

Like the other fathers who read this newsletter, I know the gift I'd like to get this Father's Day, just as I know there is no way that it will happen. My son's life. An opportunity not to hurt when I see boys who are the age my son should be now. A chance to dream those dreams for that little boy

again. But that's not going to happen. Instead I will get up on that day, having called and wished my father a happy day the night before, and go to the florist for the flowers I will place on my son's grave. I will stand alone and cry for a time, then return home to my wife and our infant son. This year will have a greater measure of peace due to young Dan's arrival, but I shall always have that Alex-sized hole in my soul, a longing that I know I will have until I, too, die.

Like many bereaved fathers I have felt the lack of understanding of the non-bereaved on how a father should mourn his child's death, and for how long. I do not understand how a society can have such belief in the strength of maternal love, and do such a good job of ignoring the intensity of paternal love. From the people whose only question at Alex's memorial service was "how my wife was dealing with this tragedy", to the long-time friend who didn't understand my choking up after watching a Hallmark Card commercial last year, the majority of people around us seem to have difficulty with the thought that a father may need to grieve for his deceased child just as much as a mother might.

So that is where some support and love is needed, and needed badly. Of course we have Compassionate Friends, but something more personal and closer to home is needed. In a recent newsletter there was a note from a bereaved mother from New Jersey asking fathers and siblings to be understanding of a grieving mother's needs on Mother's Day.

I agree, but I would also hope that you ladies will not forget your husbands this Father's Day as well. It is frequently said that we males don't often talk of our emotional needs, and are reluctant to show our pain, but we need love and "warm fuzzies" when we hurt also. Please remember us on June 21st, and please remember also that those cute little sentimental commercials that hurt you in May, take their toll on us in June. There are definitely times when I can do without Old Spice, Mc Donalds, Hallmark, and AT&T.

Brothers, I wish you peace, comfort, and love.
--Doug Hughes Cincinnati, Ohio TCF

Missing Graduate

Parent's happy faces all around me,
with a glow from within.
Pomp and Circumstance is playing
now the program will begin.
The graduates are lined up,
they are coming down the aisle
Some have serious faces, and

some with a little smile.

I look down the aisle hoping for
your face to come into sight.

This is your class,

It was to be your graduation night.

All the graduates pass by,
but none of them is you.

A tug of my heart tells me, you are not here,
God called you home ...

I wanted you here.

Looking into your classmate's faces

Do they remember you're missing this day?

(Author unknown)

My Memorial Day Experience



My Memorial Day experience came at Jacksonville Cemetery, where Jason is buried. It's an historic cemetery in a very natural, woods setting. No grass and at times, very little maintenance. Jason would like it. I went out with flowers, intending to rake some of the debris from the trees around his grave and of course, to be with my memories. Two women, one young, one very old, approached me. The younger said, "You don't get the day off even today?" I realized she thought I was an employee so I just said, "Well, it is Memorial Day after all." She asked for directions to the older, historic headstones. After giving some basic directions, I explained that although they would find headstones from the 1800's throughout the cemetery, the most historic section lay at the bottom of the hill and that directly below us is the Jewish section. For no apparent reason, I closed by saying we were standing in the Catholic section, where my son is buried. With that, they went on their way.

When I noticed they were back again, the younger woman gave me a touching apology for mistaking me for an employee of the cemetery and expressed her sympathy. The older woman spoke for the first time and asked how old was my son and how did he die. I assumed they were just curious and this would be the end of our recurring discussion so I gave my stock answer, "He died of suicide, at nineteen, in 1995." The older woman then said, "My only son died when he was twenty-one. I still miss him."

We visited a while longer about nothing in particular. Everything, important had already been said. It's these unexpected connections that touch me deeply. When I feel alone in my pain, when life makes no sense, it's a comfort to be reminded that death did not begin or end with Jason. Loss is an experience of the present, the

past, and the future. It is enduring. I can't, or won't imagine my future losses. My present loss is overwhelming, but it's in reflecting on the past that I find comfort. I can go on knowing that through the ages others have walked through grief and survived. I expect that from now on, every Memorial Day, I'll remember that chance encounter with another mother whose son died many years before Jason. And I'll be reminded that all bereaved parents, for all time, are one in grief.
--By Carol Clum TCF Medford OR

He Wasn't Famous

A few days ago I had a discussion with someone about celebrating the birthdays of famous people, well known people, and our children who died. Feeling like I do, the other person said, "Why is it we can celebrate George Washington's birthday and yet if I mention it's my child's birthday, no one says a word?"

I receive a lot of emails from bereaved parents. I've been getting letters for several years now, and many say the same thing; "Why can't I recognize my child's birthday without people looking at me as some kind of nut. Why is it ok to have a holiday for those whose names were famous, and wrong to mention my child on his or her birthday"?

I feel the same. I didn't know George Washington; none of us did. We only know what we read in history in school about him. I'm sure he was a good person, and I'm sure he was loved by his wife and family. But you know what...so was my son. So was all our kids.

It's a shame we can have legal holidays for famous people and everyone remembers it each year, but we bereaved get "funny looks" if we mention our child's name. I loved my son. I love him still today just as much as this world loved JFK, Washington, and so many more. Take away the titles, and we are all just people. All of us. Take away our loved one and we are broken, torn people. Take away our child and we are a changed person. Why can't so many try and understand how we feel? Try and imagine what it would feel like if they lost their child? Try and imagine what it is like to go on without our child with us anymore.

My son wasn't famous. He was just a little boy who had a mom who loved him. A mom who was proud of him, and a mom who will never forget him. There will never be a holiday made in his memory. There will never be a paid vacation day in his memory. But to me, he was my world. He was my little guy that made me happy, and gave me the title of "Mom. He made my parents happy when he

gave them the title of "Grandparents." He made my sister proud to be an aunt, and brothers to be uncles. I remember how famous they thought they were the day my child was born. I remember how proud I was, that I had brought something so beautiful into this world.

God knows how much we love our children. If only others would try and THINK what they MIGHT feel like if one of their children was gone. We all know they'd want to talk about them. We all know they'd always remember their birthday.

No, My son was not famous. But to me, he was the world when he was here. And to me, he will always be my little boy. Because I am his mom. I always was and I always will be. I will always talk about him, I have to in order to survive. I can't pack away his albums and pretend he didn't exist. I can't erase away the memories that come at any given time. I just can't do those things. He was a part of my life on earth and he remains a part of my life in my heart. He wasn't famous to the world...but he'll always be famous to me.

—Sharon, Whispers of the heart, Fall 2006;
TCF Atlanta Online



Grief and the Loss of Control

Possibly one of the hardest aspects of grief for me has been that I can't control it. I spent the majority of my life trying desperately to control everything in it. I wanted life to be predictable and - above all- peaceful. The problem has been what I tried to control and how I'd gone about it. I spent many, many years trying to control the people and situations around me through careful, strategic use of my own words, actions (or lack thereof), and responses. It was exhausting and depressing. And as you can imagine, it never really worked. Maybe I could temporarily create the illusion of control; but it would never last.

Many - including myself - try to control our lives out of a need to feel safe or secure in our surroundings. Fear of the unknown can be incredibly scary, and even panic-inducing. When situations or people around us cause us to experience uncomfortable feelings like hurt, anxiety, frustration, anger, or guilt, we tend to want to do anything and everything to make those feelings subside. Sometimes, we can take various actions to change the situation or influence the person to behave differently. But sometimes, we are completely at the mercy of unpredictability and the unknown. Death and grief are one of those times.

On the day my daughter drowned, amid all the

chaos of trying to revive her, I remember pleading with whoever happened to be listening to save her. I can hear myself screaming: "Please save her. Please. Please. Oh God. NO. PLEASE SAVE HER. SHE CAN'T DIE," amid hysterical sobs and falling to my knees. The idea that she was dead and couldn't be saved was unacceptable. No. Through sheer determination, I would will her back to life. And yet even on that day while I watched the paramedics and then the ER staff desperately work on her, part of me knew she had already died.

The grief that took over in the aftermath of her death was overwhelming. Looking back, I'm not sure what was worse: the excruciating pain of missing my daughter, or the complete and utter lack of control of anything. I couldn't change what happened and bring her back to life. I couldn't control my thoughts or emotions and was a complete wreck. Things that used to be automatic and easy, like cooking or showering were unbearable and almost impossible. I could no longer tell my other children that everything would be ok when I couldn't possibly imagine that anything would ever be ok again.

But it wasn't just a loss of control. It was being face-to-face with the unknown. Questions raced through my head. What if I had just stopped to play with her the last time she asked? What if I had brought her with me that morning? Why did it happen to us? Will I ever be ok again? What is going to happen to my family? My other children? My marriage? What happens after we die? Will I ever see her again? None of these questions could be answered. I couldn't control any of it by choosing the "right" words or actions.

As time went on, my grief took many unexpected twists and turns. I never knew how I would feel from one moment to the next. I never knew what would trigger my emotions and leave me a crying mess, or in an angry rage, or in a state of panic. And the triggers themselves were random and unpredictable. I would desperately try to figure out what triggered me to try to avoid it in the future. But most of the time, I felt completely out of control. And despite attending counseling and support groups, there was nothing I could really do about it.

I'm not sure when I came to terms with it. I'm not sure when I accepted that grief, in its very nature, is unpredictable and uncontrollable. But when I did finally accept it, it had an unexpected result: I felt relief. It was as if a weight had been lifted off my shoulders. Now, when intense grief appears seemingly out of nowhere, I am better able to accept it, process it, seek support for it, and know

that it will eventually pass.

I don't know what the future will bring, but for the first time in my life, I'm ok with that. I no longer hope for the best while expecting the worst. I no longer try to control others with my words and actions. Instead, I try to speak the truth and express my feelings and needs. I'm ok with focusing on the here and now, yet not forsaking planning for the future. It takes less energy. It produces less anxiety. It provides more contentment. It allows me to enjoy the moment.

But I would be lying if I didn't admit I still wish I could change the past.

I love and miss you Margareta.

-- Maria Kubitz TCF Contra Costa County Chapter

Helping Someone Survive

A death by suicide triggers great amounts of anger and guilt. However, some of those feelings can be balanced by struggling to see that the suicide was not so much a deliberate, hostile act, but a gesture of utter hopelessness and despair. Reminders that a person was so driven by emotional whirlwinds that it was impossible to sense any ray of hope, can temper considerably the emotional impact of a death by suicide.

One of the best responses to a suicide that I have ever heard came through a sermon delivered by a pastor of a young man who shot himself. With great eloquence, his pastor was able to convey tremendous hope through these words: "Our friend died on his own battlefield. He was killed in action fighting a civil war. He fought against adversaries that were as real to him as his casket is real to us. They were powerful adversaries. They took toll of his energies and endurance. They exhausted the last vestiges of his courage, and only God knows how this child of His suffered in the silent skirmishes that took place in his soul."

-- Victor Passchin Reprinted with permission of Bereavement Publishing, Inc.

I'd Love to See You Smile

Even in the fleeting time
That the two of us were three,
You taught us of the purest form
Of love that there can be,
Of a mother for her baby,
For the new life that she bore,
For the miracle love created.
How could anyone ask for more?
Short-lived was my chance at motherhood



Because you could not stay,
And I would give almost anything
To see you smile today.
--Sharon S. O'Keefe TCF, Richmond, VA

Newly Bereaved...

I Never Believed ...

I never believed I would see another season change with gladness. I never believed I would see the world again without the haze of tears. I never expected to actually laugh again. I never felt my smile would return and feel natural on my face. I never hoped for another day when I would not want to die. I never envisioned a world that could again be bright and full of promise. I believed that all that had passed from me the day he died and went away, never to return.

But I was wrong, and I know that in the fullness of your grieving, you too will come to understand that life goes on ... that it can still have meaning ... that even joy can touch your life once more.

-- Don Hackett, TCF

For Friends and Family...



Helping Others Help You ... Ten Rules for Self-Healing

1. Tell your friends to call you often. Explain that after the first couple of months, you'll need their calls.
2. Tell your friends to make a specific date with you; none of this 'we must get together for lunch.' Remind them that you're bound to have 'down' times and their patience with you will be appreciated.
3. Tell them to please feel free to talk about the person who has died and don't avoid that person's name.
4. It's important for friends to understand that you may appear to be 'doing so well', but on the inside you still hurt. Grief is painful, tricky, and exhausting.
5. Ask your friends to care, but not to pity you.
6. Make it plain that friends and relatives should treat you as a person who is still in command and can think for yourself.
7. Tell your friends that it's all right to express their caring. It's okay for them to cry; crying together is better than avoiding the pain.
8. Let your friends know, too, that it's all right to say nothing. A squeeze or a hug is often more important than words.

9. Let people know that they can invite you to socialize, but that you might decline.
10. Ask your friends to go for walks with you. You and your friends can walk off feelings. Walks promote conversation and help fight depression.

-- Ruth Jean Loewinsolin TCF Mt. Vernon OH

Welcome...



My son is dead-and you expect ME to feed the cat? Isn't it amazing how society is so rigid in their expectations? There are rules you know ... STEPS we must all take ... Who ever set these standards obviously has never lost a child, the core of your heart and soul. It just doesn't work that way.

Simple every day tasks are impossible to complete. The only constant in your upside down world is pain, unlike any pain you have ever known. Shortly after your child's death you are expected to return to your job, take care of your household, pay the bills, and yes, even feed the cat! It has been a year for me, since I lost my son, and I still go totally blank mid act. I stand in a store, with no idea what I came in for, or I cry over the bananas, because Lee loved them. I can go from laughter to tears in 1.1 seconds.

The Compassionate Friends has been a life saver (or perhaps a heart saver) for me. Only those who have experienced the same heartache, will understand when you "go crazy." They will understand when you say "I need to be alone-but I can't stand to be alone!" Each grieving parent must heal in his or her own way, in his or her own time. One step forward, 15 back, spin around and start over, only to repeat the same progress, one step forward, 15 back, spin around ... You got the picture.

But you don't have to heal alone. You need not walk alone. Join us, we know you're not crazy-just a grieving parent. We do care.

--Ann Stuitt TCF Roseburg, OR

Editor's Note: We welcome you to join us for a meeting and see for yourself how helpful TCF can be. Surrounded by other bereaved parents you can share your struggles or just listen and gain valuable insight into your grief.

*When we truly listen
to each other,
we are saying
~~I love you~~
by Sascha*

Helpful Hint...



Remembering Grandmothers

Grandmothers are often the forgotten grievers. We turn to our mother (our child's grandmother) for comfort and support during our grief, not realizing that she is suffering not only the grief of losing a beloved grandchild, but the pain of watching her child suffer. We acknowledge your strength and your love and your wisdom and we thank God for your existence. With love always from your child.
--Coeur d' Alene, TCF newsletter

(Editor's note: A few lines on the Mother's Day or Father's Day card acknowledging their loss on this special day will remind them of the unbroken bonds of love from you and their grandchild.)

Book In Review...



My Teen Angel, A Mother's Grief About Heartache - Healing - Hope. Sally Silagy shares the personal story of how she survived the loss of her 15-year-old son, Scott. How she wanted to die, yet was able to discover joy again. It addresses specific topics such as normal grief responses, the stages of grief, dealing with the holidays, sibling survivors, on-line grief resources, and remembrance tokens and rituals. It is a poignant book about how quickly our lives can change; the difficulties we have accepting that change, and how we can learn to live again. Contact Sally Silagy (our former member, through her website at www.sdspublishing.com Sally has donated a copy to our chapter in memory of her son Scott.

On Not Saying it

I never got around to saying it.
There was always tomorrow,
When the time would be more appropriate.
Besides, you hated "embarrassment,"
Or was the embarrassed one really me?
Now I say it a lot,
To the sky, to your photo, to a gravestone.
Knowing facts say you cannot hear it,
But believing, inside me, you can.
When a child, a youth, then a young man,
I remember how you watched my face.
First as your god, then as your monitor,
Finally, I hope, as a friend.
But "I love you," as years went by,
Were words we kept bottled inside.
Now that you've left, the bottle overflows.

Until I, too, cross the Divide,
I have to believe you knew.
And forgave me for not saying it.
- Leonard Ruppert
TCF Atlanta, GA

Mother's Day

Another Mother's Day!
But a different one this year
For you see, I am a mother.
but my child isn't here.

I am a mother who is hurting
for this child who was so dear,
as I face this and other occasions,
each and every year.

I am a mother who feels an emptiness
over and over again,
because I miss THIS child
and all that could have been.

I am a mother who cared
as I watched my child grow,
and truly loved her more
than anyone will ever know.

I am a mother who has memories
and many tears to cry
over regrets I'll have to live with
until the day I die.

I am a mother who is thankful
for the miracle of birth,
and all my child has taught me
about life and my own self-worth.

I just can't stop being a mother
just because my child isn't here,
because the love we had for each other
will continue for years and years.

And so
On this special "Mother's" day,
I will feel within my heart,
all the pride, love and joy
which are the parts
that make me who I am,
and what I'll always be -
A MOTHER
just remember that - - - please?
-by Judy A. Sittner from Hope Line, newsletter by
Hope For Bereaved, Syracuse, NY



Darcie Sims Death

We are sorry to announce the death of Darcie D. Sims, PhD, CHT, CT, GMS, at her home in Puyallup, WA, on Feb 27, 2014. She was both a bereaved parent and child, a grief management specialist, a nationally certified thanatologist, a certified pastoral bereavement specialist, a licensed psychotherapist, and a hypnotherapist. She was the author of *Why Are the Casseroles Always Tuna?*, *Footsteps Through the Valley*, *Touchstones and If I Could Just See Hope*; she co-authored *A Place For Me: A Healing Journey for Grieving Kids*, *Footsteps Through Grief*, *The Other Side of Grief* and *Finding Your Way Through Grief* with her daughter, Alicia Sims Franklin; and she co-authored *The Crying Handbook*, *In the Midst of Caregiving*, and *Exploring the Heart, Soul, and Challenges of Caregiving for Professionals* with Dr. Robert Baugher. She wrote and produced the videos *Handling the Holidays* and *What Color is Dead: Death From A Child's View* as well as authored numerous chapters in professional books and textbooks.

Editor's Note: Anyone who has ever attended a National conference is familiar with Darcie's upbeat, common sense and humorous insight into the grieving process. In 1992 I was in tears after a sharing session and wondered what I had gotten myself into by coming to my first conference. I met this wonderful woman in the elevator and was caught off guard when she pulled out her trademark roll of toilet paper and offered some to me. Later that night I found myself laughing and crying at the same time while listening to her key note address. Her wonderful books and workshops over the years have taught me more than I ever wanted to know about grief. Darcie will always hold a special place in my heart along with the thousands of bereaved families who had the pleasure of letting her share in their private world of pain, and can recall the pearls of wisdom she offered that helped in their healing.

Alan Pederson, TCF Interim Executive Director, wrote the fitting tribute that follows on Facebook on Feb 27th.

"Darcie Sims—mother, wife, grandmother, educator, leader, rose-colored glasses wearer, smile-on-a-stick carrier, and friend--died today in her home in Puyallup, WA. Today our hearts are broken, our dear friend Darcie Sims has died. Darcie was my mentor, but the story of how she affected my life could be echoed by the thousands of others in the TCF Family whose lives have been equally touched by her incredible gift of loving

guidance. Those of us who have had the honor of knowing Darcie will never forget this amazing woman. She was a super-star in our world, and though we loaned her out to the rest of the world, there was no doubt that she was "our" super-star.

Darcie was one of us, she listened to our stories, she felt our pain, she walked our walk, she was Big A's mom. Many of us are in great pain today; it hurts deeply as we try to wrap our minds around such a profound loss to our TCF Family. I know Darcie would want us to take the time to grieve and be sad for our loss today...but I am betting she would also want us to take a moment to remember that she lived...and oh boy did she live. So, as the tears come, grab a roll of toilet paper and stick it in your pocket, at your next TCF meeting remember to touch knees with the person next to you...and as you do these things...look upward to where Darcie is once again holding her precious Big A and say... "Thanks, For The Little While." You can share memories on Facebook at www.facebook.com/darcie.sims.9 or via email at remember@griefinc.com May Love Be What You Remember the Most!!

Thanks For The Little While

Thanks For The Little While

Thank you for life. For its good times and bad

Thank you for love, even when I can't feel it.

Thank you for the love I used to share,

For the arms that held me tight.

Thank you for my family

In faraway places, in different times

Thank you for the songs we sang,

For the dreams we saved

For the smiles we shared

Thank you for the strength the eludes me just now

Thank you for the weakness that sends me to my knees

Thank you for the searching, the reaching, the hoping

Thank you for the bonds of memory that hold me in place in this universe, even when I don't believe in it anymore or forget what it is all about.

Thank you, most of all, for having been blessed with the love I have known, even now when I fear I will forget it.

Thank you for memory and for filling it full measure for me.

It wasn't nearly long enough, but it will have to do.

Thanks for the moments we danced.

Thanks for the little While...

--Darcie Sims



Our Children Remembered



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

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

Debbie Allison
Born: 11/62 Died: 1/14
Parents: David & June Simon

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

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

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

Brandon Armstrong
Miscarried: July 1995
Mother: Cheryl Stephens

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Robert L. Buckner
Born: 2/92 Died: 3/03
Parents: Brad & Cindy Buckner

Scott Buehler
Born: 3/80 Died: 2/08
Mother: Elizabeth Buehler
Miller

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

Brittany Nicole Cail
Born: 10/88 Died: 4/08
Mother: Raquel Cail

Albert Caldera
Born: 3/78 Died: 2/10
Parents: Refugio & Maria
Caldera

Christina Califano
Born: 10/90 Died: 11/06
Father: John Califano

Cesar Isaac Cancino
Born: 01/05 Died: 01/05
Parents: Claudia & Cesar
Cancino

Kenneth Capparelli
Born: 1/77 Died: 1/04
Mother: Sandy Capparelli

Kevin Castaneda
Born: 4/94 Died: 4/13
Parents: Fernando & Aleda
Hockenberry

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



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

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

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

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

Asa Dolak
Born: 2/94 Died: 12/13
Mother: Andrea Dolak

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



Our Children Remembered



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



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

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

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

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

Kirk Nicholas McNulty
Born: 7/84 Died: 2/14
Mother: Elaine McNulty

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
Dilley

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Shannon Quigly
Born: 11/26 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

Cynthia Marie Ranftl
Born: 8/68 Died: 7/97
Parents: Robert & Patricia
Ranftl

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



Our Children Remembered



Emily Elizabeth Rivera
Born: 6/01 Died: 2/14
Parents: Jose & Judith Rivera

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**OUR CHILDREN REMEMBERED**

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...**Say Their Name**

Time goes on. I don't know that I believe the "time heals" idea, but I do know now that time just keeps going and drags you along with it. Into the future you never imagined. Into a life without your sibling or child by your side. It's painful and unbelievable, we all know that.

It's been 3 years since my brother Jason died needlessly, and I think about him every single day. I say his name. Sometimes out loud, very often in my head. Sometimes it gets stuck in my throat, and when I say it to a few dear friends it's often accompanied by a choke and tears. When my kids say "Uncle Jason" I smile because they remember him, or at least they remember the idea of him because we talk about him.

I realized one day when a friend told me she was "...thinking about Jason..." that it feels like a gift when others say his name to me. Even if it makes me cry, I love that they say his name and think of him and are willing to talk to me about him.

Which made me think. I should let people know I think about their kids and siblings. People I met at TCF meetings and 'met' their loved one through the stories we shared there. I think of them and say their names. Often when I'm alone, out in nature, I think of them and their families: I say their names... Ginger, Ryan, Scott, Cari, Weston, Toni, Stephanie Catherine, Cody Orion, Julie, Mark, Tyler, Isabella, Gretchen, Rick, Will, Brad, Sarah, Josh, Tracey, Brandon, Brian...so many, too many. Sometimes out loud. Sometimes in my head. They are not forgotten. I say their names.

--Kara Myers, Jeffco TCF sister of Jason Lhotka

For Grandparents...**How Do I Talk about the Future?**

The future is best held in the hands and hearts of your son or daughter. Allow them to share with you their thoughts on future pregnancies or children without pressure or prodding. Grief is a long journey, and having more children will not ease the grief or replace the special baby that died. Even though you may have good intentions, encouraging or implying that parents should have more children may make parents feel as though you are minimizing their loss. They won't 'feel better' by having more children. When the time is right, your son or daughter might tell you the good news that you will again have another grandchild. It might be exciting or it might remind you of the grandchild you lost.

Either way it is all right to share your emotions, but even more importantly, it is all right to remember and honor your grandchild that died.

--from Share Pregnancy & Infant Loss Support, Inc
www.nationalshare.org Denver, CO TCF newsletter

From Our Members...



A Special Mother's Day Tribute

By Amanda Bradley

A mother's job is holding on,
 because she understands
 that she is there to show the way
 with gentle, guiding hands ...
 A mother's job is helping out,
 and everything she knows
 she pours into a little heart
 that blossoms as it grows.
 And in a few short years
 that seem to pass before her eyes,
 she sees a person all grown-up
 who once stood just "so high"
 And then her job is letting go ...
 because the world is wide
 and she has opened up the door
 with courage, love, and pride.
 --I wanted to share my last Mother's Day card, with all
 The Compassionate Mothers. --Vivian Demasio

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 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: May 1st for June 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

FRIENDS FOR SURVIVAL: Newsletter & Support for those affected by a suicide death (916) 392-0664

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.com

angelmoms.com

babysteps.com

healingafterloss.org

webhealing.com

survivorsofsuicide.com

opentohope.com

taps.org (military death)

alivealone.org

bereavedparentsusa.org

save.org

pomc.com (families of murder victims)

grasphelp.org (substance abuse deaths)

LOCAL TCF CHAPTERS

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

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

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

Pomona/San Gabriel: (626) 919-7206

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

Riverside-Inland Empire: (909) 683-4160

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

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

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

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

A SPECIAL THANKS TO:

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

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

CHAPTER OFFICERS:

CHAPTER LEADERS: Cheryl Stephens & Linda Zelik

NEWSLETTER EDITOR: Lynn Vines

PROOFREADER: Sandra Myricks

TREASURER: Ken Konopasek

CARDS & WEBSITE: Crystal Henning

NEW MEMBER FOLLOW-UP: Cheryl Stephens



STEERING COMMITTEE MEMBERS:

Kristy Mueller

Linda Zelik

Lori & Dudley Gray

Cheryl Stephens

Cheryl & Bill Matasso

Lynn Vines

Nancy & Elliott Fisher

Ken Konopasek

Kitty Edler

Crystal Henning

Susan Kass

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

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

Love, Mom

In loving memory of Cynthia Marie Ranftl, August 1968 - July 1997.

Love, Mom & Dad

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

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

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

In loving memory of _____

Birth date _____ Death date _____ Sent from _____

Tribute _____

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

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

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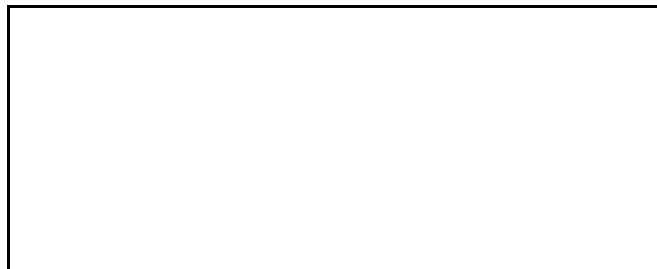
A Mother's Love...



*Is something that
no one can explain.
It is made of deep
devotion and of
sacrifice and pain.
-Helen Steiner Rice*

May 2014

--Change of Service Requested--



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.

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