



THE COMPASSIONATE FRIENDS



South Bay/L.A. Chapter



Supporting Families After a Child Dies

A NEWSLETTER FOR BEREAVED PARENTS AND FAMILIES

SEPT. 2013 ISSUE

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

OUR NEXT MEETING
will be Sept. 4th, the first Wednesday
of the month at 7:00 P.M.

LOCATION:

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

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

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

**The Compassionate Friends
Mission Statement....**

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

Sept. 4th topic will start with "Dreams and Unusual Occurrences." There will be a separate sharing session for those uncomfortable with the topic.

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

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Sept. 4th topic will start by be discussing dreams, signs, and unusual happenings. Some people have had a strong vision, dream or unusual experience or happening since they have lost a child. Many bereaved parents and siblings feel their loved one close to them at certain moments. Some have had a dream that reassured them their child is okay. Others have smelled a certain scent, heard their child call their name or heard a baby crying in the night.

Skeptics may say it is wishful thinking. Believers may say it was a distinct knowledge coming from within. Others may feel it was a turning point in their grief. Some may long for such an experience and wonder why they have not had something similar. We will be sharing things that have happened in our grief, and together will try to understand their meanings. Our purpose is not to judge, but rather to allow you a safe place to share your experience and listen to the experiences of others as you draw your own conclusions.

For those uncomfortable with this topic, we will have a separate sharing group in the other room.



Butterflies And Visions

The daughter of a friend of mine was killed in an auto crash. Some time later, in one of our telephone conversations, she hesitantly told me that her son had "a vision" of his sister. I could tell by the way she was telling the story that she wasn't sure just how I would react. She told me her son was an intelligent and stable person who wouldn't make up something like this.

I could almost hear the relief in her voice when I told her his experience is not an unusual one, that a large number of grieving people report similar experiences.

Actually, nearly half the grieving population questioned have had a similar experience that involved their deceased loved one. They report seeing, hearing, or strongly feeling their loved one's presence. Others reported an event or occurrence that assured them that their loved one was safe and happy.

Bill and Judy Guggenheim of Orlando, Florida, are studying this phenomena. They call the experience After Death Communication (ADC). They have interviewed people from diverse social, economic, educational, and religious backgrounds. The following are just a few of the ADC experiences

families reported having:

Sensing the loved one's presence. This is the most common form of contact. It's a distinct feeling that the deceased is nearby, even though he can't be seen or heard.

Hearing a voice. Some people hear an external voice, just as if the deceased is talking to them.

Feeling a touch. One may feel that their loved one is touching them, or they may feel a tap, a pat, a caress, a kiss, or even a hug.

Smelling an aroma. The grieving person may smell the loved one's favorite after-shave or perfume, or an odor associated with him/her.

Visual Experiences. A wide range of visual experiences are had. Appearances range from a "transparent mist" to "absolutely solid", with many graduations in between. The upper part of the person's body or the entire body may be seen. The loved one will usually appear healed and whole. Verbal communication may take place at the same time, but not always.

Twilight Experiences. These occur in the "alpha state", while falling asleep, waking up, meditating, or praying. Any or all of the above experiences may be had while in the state of consciousness.

Symbolic ADC's. Common symbolic signs involve rain-bows, butterflies, birds, and animals, flowers and other animate and inanimate objects. According to the Guggenheims these visits by deceased loved ones are to offer comfort, reassurance, and hope to their spouses, children, parents, and their family members. It seems that they want their families to know that they're still alive and that they'll be with them. You may be able to explain the presence of a purple butterfly that hovered for a long time over the grave of my three-year-old granddaughter one sunny afternoon, but for me it was a message from Emily saying "Grandma, I'm okay."

It was certainly significant for me considering that purple is a color I wear often and butterflies are one of my favorite things.

There doesn't appear to be a reason why some people have ADCs and others don't, but fear, prolonged heavy grief, and anger seem to inhibit the possibility of having ADC's.

The Guggenheims suggest that you pray and ask for a sign that your loved one continues to exist. They say: "Our research indicates that ADC's should be perceived as a normal and

natural part of life."

For many griever, an after-death communication from their deceased loved one is considered a sacred and profound experience to be cherished for a lifetime.

ADCs usually expand one's understanding of life, and offer a spiritual awareness of "life after death." They consistently deliver one message: "LOVE IS ETERNAL."

-- Margaret Gerner St. Louis, MO. Taken from CHRYSALIS: A Bereavement Newsletter

Butterflies Make Me Happy

Sometimes in our grief we truly believe we are crazy. We hurt so bad we don't think we can manage to go on living without our precious child here with us. Part of the grieving process is learning how to do just that. Some parents need the reassurance that their child is okay. I think the human mind can only take so much pain and jumps at the chance to see signs from their children, reassuring them that they are okay.

The way I look at it, if you get comfort from a dream or a sign ... enjoy it. You've suffered enough, and believing in signs, butterflies, dreams, or what ever else gives you comfort and hurts no one else, is your right as a bereaved person.

Are these signs real, or just in my imagination? Can I prove they are messages from my son? Does it even need to be proven? No, I can't scientifically prove it. But, I know that dreams, butterflies, signs, and enjoyment in nature makes me feel closer to Eric and therefore I will continue to enjoy them. It hurts no one, I'm not obsessive about it, and anyone who chooses to think I'm nuts for believing in such things, can think I'm nuts.

We've all heard how the butterfly is a symbol of rebirth. Whether it's our child moving from this world onto a higher plane, or a bereaved parent emerging from the cocoon of grief into a world without our child here with us, butterflies are a comfort for many. When I'm sad and missing my son and I see a butterfly fluttering from flower to flower, I smile and feel better. When I'm in a happy mood and see a butterfly, I enjoy the beauty of such a delicate creature. Taking the time to slow down and watch such a fragile creature going about its business is calming and I don't think anyone should discount the benefits from having a calming moment.

About four months after Eric died, I had a dream

about him. I woke myself up from tears of joy running down my face, I knew he was okay ... what a relief that was. I still hurt terribly and missed him more than I thought I could endure, but I felt comforted by the dream. Some could say it was my subconscious trying to sort things out, but I choose to believe it was his way of trying to comfort me. Either way, it made me feel better.

Maybe its because bereaved parents walk around in such a fog and function on automatic pilot that we are moving slow enough to notice the signs that are around us. Maybe dreams are one way for us to accept messages we need to hear and take into our hearts, without logically trying to interpret them. Maybe faith is what we rely on when nothing else makes sense and we instinctively know we need something to hold on to. Whatever it is, just give me a second helping; I like feeling closer to my son!

--Lynn Vines TCF South Bay/L.A., CA

Pennies From Heaven

I found a penny today
Just laying on the ground,
But it's not just a penny
This little coin I've found.
Found pennies come from heaven
That's what my grandpa told me,
He said angels toss them down
Oh, how I loved that story.
He said when an angel misses you
They toss a penny down,
Sometimes just to cheer you up
To make a smile out of your frown.
So don't pass by that penny
When you're feeling blue,
It may be a penny from heaven
That an angel's tossed to you.

--Heidi Campbell Northern Nevada TCF



The Back to School Pressure Cooker

Labor Day can put siblings into their own back to school pressure cooker. Whether this is the first year, or later, our kids may be dealing with questions and comments from peers, teachers, and/or counselors about their brother or sister. Or perhaps no one is talking, because no one knows what to say. Feelings of loneliness, being different, being left out, can surface, and sibling rivalry? Remember if you will how intense it could

get between all your children. What kind of competition existed between them during the school year, or what comparisons were made: athletics, grades, friendships, extra activities? That kind of emotion is often forgotten when a child dies. But as your children go back to the classroom, to the athletic field, they may see those reminders each day. When they bring home these feelings, positive and negative, they need a place to express them without being judged, or compared to their sibling.

We want to remember the good. But we have to remember that no child was always good! To forget that, is to make a martyr of our dead child - possibly at the expense of our living children. Our surviving children need special support at this time of year, too. They need to be reassured that they are still lovable - that they can be forgiven for any anger or resentment they may feel toward their brother or sister ... that perfection is not a requirement for loving. They need to be reassured that they are separate, unique individuals, not imperfect replacements for the child who died. They need a safe place to talk, to let out their own concerns and anxieties and fears. They too are grieving and need a lot of support, especially during this back to school rush.

--Cindy Cooper TCF St. Louis



Parenting Through a Glass Partition--After the Death of a Child

Raising children and being bereaved makes me feel like I did when I was six years old. My red tights bagged around my ankles, I often had doggy poop on the bottom of my scuffed patent-leather shoes, and I was constantly running to catch the bus. Now, as a mother of three living children and one who died, I feel overwhelmed, forgetful and, to use a word my Aunt Mollie often said, discombobulated.

At the fast food restaurant, my children laugh in the play area as I sit drinking coffee behind the glass partition that separates the play area from the dining section. While I have hugged them so tightly their tonsils could pop out, I am still, much of the time, finding myself watching them from a distance. They are mine but so was Daniel, and in the course of a moment I know they could be gone, as he is.

When Rachel, 11, was late coming home from a shopping trip with her grandmother, I thought they had been tied up in traffic, but then my mind leaped off-into an insane spin and I was certain she'd been

in an accident. My thoughts dove into planning her funeral.

She came home without a scratch, and I gulped my worries away-for the moment. When my children say, "I love you, Mom," and spontaneously wrap their arms around me, I'm certain this could be the end.

"So you live in fear?" a friend asks. Well, no. I live in reality. My reality is hearing my children call "Hi, Daniel" when we drive on Interstate 40 near Exit 270, where there's a view of Daniel's Place, what my children have named the cemetery. Ben, at five, older than his older brother ever got to be, asks which of our toys Daniel liked to play with and with a smile on his face, listens as I share a story about Daniel and the Fisher Price fishing rod. Elizabeth, age four, tells me out of the blue that Daniel isn't dead; he lives with God. Later, she hugs me and says she wishes Daniel was here. She's never been photographed with her oldest brother. She kicked in the womb as Daniel breathed his last. Three months later, this failed-vasectomy child was born. I was certain she'd be severely traumatized, but so far, at age four, she has only been known to tell the neighbor girl she doesn't like her.

My reality is that a part of my heart wanted to be childless when Daniel died so that I could have time to weep and wail without having to meet the demands of exasperated cries, without having to wipe little bottoms and without having to search for tiny shoes and socks. When infant Liz used to wake crying months after Daniel's death, I'd hold her and we'd sob together.

The hole in my heart looms large today. The new school year and Daniel's birthday are just around the corner. I finish my coffee and tell my kids it's time to attend the Open House. While grinning at my children and me, a friend exclaims, "One in middle school, one in kindergarten, and one in preschool! You will be busy." I paste on a phony smile and think, not busy enough. I need my fourth grader. But Daniel, my would-be-nine-year-old, died four years ago before completing a year of preschool.

When we arrive home from the Open House, Ben trips onto the pavement while playing ball and I hold him as he cries and his knee bleeds. Whispering, I assure him, "It is going to be okay." What a luxury to be able to tell my children this line of comfort. For Daniel, with the cancer treatments he had to go through, it was not "okay." Although I

prayed daily he'd be cured, it was beyond my control. A scraped knee will heal.

How do we do it? How do we continue living the role of the nurturing and loving parent with the enormous responsibilities, when at times, we can barely put one foot in front of the other?

Here are some tips that have worked for fellow bereaved parents and me:

Take breaks. This is easier said than done, I know. But I believe you need more breaks than before the death of your child. Your energy for living has been depleted. If you're home all day with the demands of little ones as I have been, you need time alone. If your spouse is at home all day with the children, he or she needs a break.

Let anger out in a constructive way. When you find you're constantly yelling at the kids, it's time to figure out another release for anger. Play basketball, go on a walk or bike ride. Shut yourself in a room and write. Use your pent-up frustration to pull weeds in the garden or sweep the garage.

Learn to apologize-often. When you do find yourself unreasonably upset with your children, apologize for your reactions. Grief can make you irrational.

Hug your kids more-even if the older ones whine and don't want you to. They know now as we do how important hugs and showing our affection really are.

Talk it out. Tell your children why you are feeling sad or discouraged. If you're having a frustrating day, let them know. Even my little ones could understand that "Mommy or Daddy is sad because she/he misses Daniel."

Spend time with the kids-one on one-if possible. Just you and your daughter can go shopping or out for ice cream. Don't force talk of her dead brother or sister. Just be together for the sake of spending time together. We focus a lot on our deceased children; our living children need to feel valued, too.

Don't stifle your children as they grow and grieve in their own ways.

Write love letters to your surviving children. Sometimes it is easier to convey feelings on paper. Give the letters to your kids or keep them to reread later.

Share your child who died. He is a part of the family and his story needs to be told.

Don't fear your "glass partition" view of parenting. As with the other phases and experiences of grief, honor it, and don't fight it.

You are modeling survival. Even as your tears flow and you are overcome with sorrow, your children can learn this is okay. They will also reflect (although it may be years later) that Mom got out of bed, made us breakfast, shopped for school supplies, and went to our soccer games even when she didn't feel like it. They will learn life is tough and even when the storms hit the hardest, it is possible to live through them.

Believe your surviving children will be all right even as they see you suffering and as they face their own monumental pain. In time, they may learn a deeper sensitivity. Perhaps they will become more compassionate because of their experiences. You can guarantee they're more realistic. Your son or daughter might even become a winner of the Nobel Peace Prize. (One can still dream, can't we?)

I have to remember that although once laid-back, I was never the perfect parent before Daniel died. I had vices and virtues then, just as I have now. Perhaps grief has helped us become better aware of what we are all about. Listen. There are many negatives, but there is much to smile about now, too. Devotion made us caring and loving parents before, and it can carry us through during this rocky road of bereavement. There is the ability to parent effectively through the glass partition.

-- Alice J. Wisler's son, Daniel, died from cancer treatments in 1997 at the age of four. In his memory, she writes and speaks, conducting Writing the Heartache workshops across the country. <http://www.alicewisler.com/>



Moving Forward

Many people say, "Life happens... we have to move on!" Moving on speaks of leaving something behind. On the other hand, there's "moving forward."

Moving forward speaks of taking life a day at a time, building on the experiences we've gone through, strengthening those connections with people in our past, and figuring out how we'll get through today and be better off for it when we close our eyes tonight. Moving forward means expecting a bright tomorrow instead of dwelling on the sadness of yesterday. Moving forward means aren't stuck, we will accept change and grow even though it's hard.

Moving forward means we will reach out to others who will move forward with us and add them to our circle of friends, because we know

that we can't do it alone. Moving forward means opening a new chapter in our life, hoping that the ending will be happy, and being willing to work hard to make that hope a reality.

--From "Circle of Friends" by Chris Harder

Dedicated to Zack who is my inspiration and a friend to many more than we can count.



A Father's Goodbye

"Come, it's over," she said "We must leave now." Softly, tenderly, she touches my shoulder. "There is nothing left to do." No, there is nothing left to do. I cannot hope or wish, or cry any longer. He is gone.

The eulogy has been given. Friends expressing their grief. Some embarrassed at their awkwardness; others, unable to speak of such a loss, have left.

I cannot leave my son; not yet. I have watched him suffer, now let me watch him rest.

"Please, Jerry, please." Sandy, tear-stained and weary from the burden of loving and caring for this child--yet so strong, knows it is time to say goodbye.

Not yet, not yet. Even in grief I feel relieved; he must forgive me. Forgive me--please forgive my uselessness. I could never stop the sun from setting, nor could I stop the nights from growing cold. I could not change the chemistry that bore your early death. No, my son, no ... I could not stop you from dying.

Somehow, I know your short life, seemingly ended, has transformed itself into living strength for me and your mother. Your pain becomes our compassion; your suffering, our tolerance. Your smile and laughter gives way to our joy. It is time to say goodbye. Life goes on. And we are better for having loved him.

--Jerry Dreeson TCF of Tipton, IN

One

It was only one second, one thought, one decision, one action in a lifetime of seconds, and thoughts, and decisions, and actions. It was so fast, so permanent, so irreversible, so hopeless. This moment, this thought, this decision, this action does not define him, does not honor him, does not immortalize him. It is the preceding 946,080,000 seconds, and thoughts and decisions, and actions that define him, that honor

him, that immortalize him.

I remember my brother in all of the other seconds, and thoughts, and decisions, and actions that preceded this one. I remember him coming home from the hospital, lip synching in the basement, falling out of the tree, biking across campus, coming home from school, from boot camp, from war ... I remember him hiking, and skiing, and running, and laughing, and crying. I remember how safe I always felt when he was around. I knew he would take care, protect, defend me.

I don't remember exactly when my brother became an amazing human being. I just looked at him one day and knew he was. I knew that nothing would make him change his mind about me. He was without judgment, without prejudice, without preconception. I knew my brother because we talked and he listened. I respected my brother most for his humanity--for being so sensitive, so vulnerable, so honest. I loved my brother for sharing the load when it was too hard for someone he loved to carry alone. I knew my brother because he left so much of him in me.

I trusted and respected my brother's decisions in the preceding 946,080,000 seconds. I have to trust and respect this one decision the same. I honor my brother by honoring myself. I do not dwell in that one moment, instead I celebrate and cherish all of the others. In that one second, one thought, one decision, one action, I found the strength he had given me and will not let him down. I will not let that one moment be the only one.

--Michele Mallory

A Label On My Forehead

My son, Ian, was stillborn 9/11/97. Ever since then I feel as though I've been "labeled." In fact, at times I get the sense that there is a label attached right to my forehead. The label says, "Woman Who Lost her Baby."

I remember being in a restaurant several months ago when I ran into someone who works where I do. She politely said hello and then turned to her friend, whispered something in the friend's ear, and then her friend turned around and looked at me. You should have seen the expression on her friend's face! I swear she was looking right at the label on my forehead!

Seriously, I'm sure the friend was feeling a bit sad, however I felt like I was back in grade school again playing "the whisper game." This feeling of wearing a label still hangs over me every day.

A co-worker of mine who recently lost a child to cancer acknowledged the same feeling. In fact, we were taking a brief walk during our lunchtime and I sarcastically said, "I feel like I have a label on my head that says "Woman Who Lost a Baby". My friend immediately responded, "YES, I have a label too!"

--written by Joann - Share - Atlanta, GA

Newly Bereaved...



A Special Message to Our New Compassionate Friends

If you are newly bereaved and have recently attended your first Compassionate Friends meeting, you may have left feeling overwhelmed and emotionally drained; or you may have felt a great sense of relief knowing that you found an environment of support and understanding. Your reactions may be varied. Each of us remembers how difficult it was to walk through the meeting-room doors for the first time. With the heavy load of grief that you are carrying, you may feel that you cannot bear to hear about all the pain that is shared at meetings. Consequently, you may have decided not to return. We would like to let you know that these feelings are common to all of our members, many of whom resolved not to expose themselves to such anguish again, but were drawn back by the knowledge that they were among those who "know how you feel". Please give us at least three tries before you decide whether or not the meetings are for you. You will find a network of caring and support which will help you as you travel this journey of grief and assuredly find hope along the way. We truly care and want you to know that you need not walk alone.

Friends and Family...



You Can't Win With Me

If you say to me, "How are you doing?", with such sympathy and meaning in your voice, I reply, "I'm fine," and brush you off, because to

talk about my loss with you is just too painful.

If you see me and don't mention the loss that is consuming my thoughts, I think you don't care enough, or are too scared to mention it for fear that you might upset me.

You can't win with me.

If you say, "I'm sorry your baby died," it is hard for me to reply to that. What do you expect me to say?

I want to say, "I'm sorry too!" or "It's awful!" I want to scream, "It's not fair!!" But I won't because I don't want to upset myself today. Not in front of you. So I reply, "Thank you."

And that thanks means so much more than that. It means thanks for caring, thanks for trying to help, thanks for realizing that I'm still in pain. If you don't know what to say to me, that's okay. Because I don't know what to say to you either.

You can't win with me.

If you see me smile or laugh, don't assume I must have forgotten my baby for the moment. I haven't, I can't, I never will.

Tell me that I look good today. I will know what you mean. I'm getting good at picking up unspoken cues from you. If you see me and think I look upset or sad, you are probably right. Today might be an anniversary day for me, or some event might have triggered a wave of grief in me.

If you don't say anything I'll think you don't care about me, but if you do say something, it might make me feel worse. You could try asking if I want to talk, but don't be surprised if I say no.

You can't win with me.

Don't give up on me, please don't give up. I need your attempts however feeble, however trite you might feel they are. I need your thoughts. I need your prayers. I need your love. I need your persistence. I need all that but most of all I need to be treated normally, like it used to be before all of this happened. But I know it's impossible. That carefree, naive person is gone forever, and I am mourning that loss too.

So you can't win with me.

--Jane Warland

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. TCF understands.

When I have no words to speak

You always hear what I say

When I stand so all alone

You're beside me all the way

When I am blinded by my pain

Your eyes help me to see

When darkness fills my very soul

You shine a light for me

When I lose my grasp on life

You always offer your hand

When I feel I am going insane

You're there to understand

And maybe now I can go on

For my heart might someday mend

It's all due to your love and support

Thank you... My Compassionate Friends

--Dori Dulles Troy, MI

Editor's note: We reach out to you with the understanding and love only another bereaved parent can offer. Attending meetings and learning from others what has helped them is one way to ease the pain of losing a child. We welcome you to join us at the South Bay/L.A. Chapter of TCF.

Helpful Hint...



Faces of Grief - a Discussion

"Letting Go" is a peculiar proposition. It's been talked about a lot. But sometimes, on reflection, or at the moment, the explanations don't seem to make sense. After pondering, I think, perhaps "letting go" means:

- being willing to stop being miserable.
- being willing to relax, and go with the flow of ever day living
- being willing to enjoy life's pleasures, small or large.

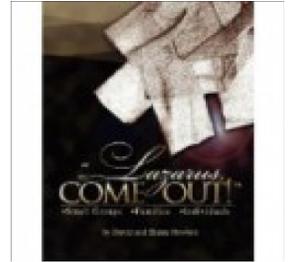
"Letting go" does not mean forgetting your child. It means putting aside the dark, gloomy, gray abomination that is early grieving. It does take time to pick from our faces the strands of the wet dirty mop and from our shoulders the ton of cement that are our early burden.

One life had stopped. Living goes on. So should we, knowing that loving need never ends.

--Joan D. Schmidt TCF, Central Jersey

Book In Review...

TCF is a non-denominational organization, the following review is written by a local member that found this book as a helpful resource to them.



"Lazarus, COME OUT!" By

David and Elaine Howlett. This book is written out of a crisis of faith after the death of David and Elaine's son (and my nephew) Craig, in June of 2000 in an auto accident. David and Elaine define spiritual grief as "mourning the loss of the relationship you had with God before your child died." This is a workbook, designed to be used by an individual, or in a group setting. The authors take us through the different aspects of grief, dealing with the why's, and through some of the clichés people say and are they really in the bible? They work through Job, Psalm 22, and Jesus' life, and what the resurrection means for us and our children. The basis of the book is the struggle getting our faith back. The authors give us some insight into their struggles, but lead you through your own, and show us how God can guide us into putting joy back into our lives, while keeping our child with us. I thought the book was very good and well written. This is a book not just about David and Elaine's path, but how to deal with our own. I highly recommend it.

"Lazarus, COME OUT!" can be ordered through Centering Corporation, www.centering.org, or Grief Illustrated Press, www.griefillustratedpress.org, or 866-218-0101.

The reaction of grief are not like a recipe with given ingredients and certain results; each person mourns in a different way. TCF Portland, OR newsletter

“Yesterday?”

Three years . . . Have you been gone from us for three years?

No . . . It was only yesterday that I cuddled and held you close-and counted your fingers and toes.

Three years ... But it was only yesterday that you cooed and talked, crawled and walked.

Three years ... Oh, it was only yesterday that you learned to sing, ride your bike; and wasn't it only yesterday that you started to school?

Pets, bicycles, skateboards, glasses, braces, band, stereos, clothes, contacts, cars, jobs, college... weren't these a part of our lives only yesterday?

Three years. No, I'm sure it was only yesterday. you hugged me good-bye for the last time.

Yes ... In my heart and in my memory, it was only yesterday.

--Susie Chesnut - Kenny's Mom TCF of South Central KY

I Don't Wear Make-up Anymore

I still shower every morning,
Brush my teeth just like before,
Comb my hair, polish my nails,
But I don't wear make-up anymore.

There's a black dress in the closet
Wore it once, but not once more.
Not today, perhaps tomorrow,
And I don't wear make-up anymore.

I still want to look professional
Check the mirror on the door
Heels and hose and matching jewelry
But I don't wear make-up anymore.

Turn the key and start the engine
Slowly exit the driveway
Shifting gears, glide into traffic
So begins another day.

Just another day without you,
You, the apple of my eye
Who gave me joy, now sadness
"Oh, God, why did my son die?"

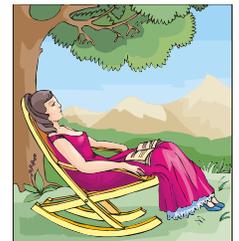
I can feel the pressure building
And I know what is in store
Gushing forth the tears of heartbreak
That's why I don't wear make-up anymore

--By Alice C. Osborn Rolla, Missouri
Bereavement Magazine July/August 1993

Progress

On better days
I fill my life with laughter,
enjoy the charm
of other people's children,
and think about
new flowers for my garden.
On better days,
I start the morning proudly.
I disregard
the forecast of bad weather,
and look ahead
to possible adventures.
On better days,
I look at faded pictures,
recall vacations
in the rainy season,
remember kissing
baby-powdered feet.
On better days,
I hardly cry at all.

--Sascha Wagner, *Wintersun*



Wounds of the spirit... are most gently
soothed and made whole by the passing
years.
Under the old scars flows again
the calm, healthful tide of life....
Under a great loss the heart impetuously cries
that it can never be happy again, and
perhaps in its desperation says that it wishes
never to be comforted.
But though angels do not fly down to open
the grave and restore the lost,
the days and months come as angels with
healing in their wings.
Under their touch
aching regret passes into tender memory;
into hands that were empty new joys are softly
pressed;
and the heart that was like the trees stripped of
its leaves and beaten by winter's tempests
is clothed again with the green of spring.
--George S. Merriam

Ice Age

Yesterday you were with me like a cool day in
summer, like a radiant song, buoying my spirit.
Today you are gone, and it is as if an ice age
has taken my life away. by Sascha



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

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

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

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

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

Brandon Armstrong
Miscarried: July 1995
Mother: Cheryl Stephens

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Benjamin Matthew 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 Siau &
Wibawa Chou

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

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

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

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

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

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

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

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

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

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.



Our Children Remembered



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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 Cragger

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 Husinga
Born: 10/74 Died: 12/95
Parents: Alan & Melinda Husinga

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



Our Children Remembered



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Joy Ellen Nelson
Born: 1/97 Died: 1/97

Parents: Mary Desmond &
David Nelson

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

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

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

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

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

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

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

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

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

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

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

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 Rednov &
Leo Rank

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

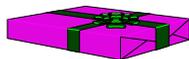
Cristofur Daye Wroten-
Kennedy
Born: 2/75 Died: 9/01
Mother: Dusty Wroten
Father: Joe Kennedy

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

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

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

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



Birthday Tributes...

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

A Birthday Tribute to: Lisa Sandavol Sept. 1976 - Dec. 1992



Dear Lisa,
21 Birthday's in Heaven.
Who would have thought that would be something that I would be saying on your 37th birthday. Memories and love is all I have. If tears could be stairway and memories be a lane, I'd walk right up to Heaven and bring you home again. Love you so much Baby Girl! Hope you're having a blast with your Dad.

Missing you both,
Love Ma Ma



A Birthday Tribute to: Cherese Mari Lauhere Sept. 1974 - March 1996

"Remembering and loving our beautiful daughter and sister, Cherese Mari Lauhere" We miss you so much and think of you everyday. Our hearts will always ache for you. You will always be forever 21 but, you should be 39 years old on this birthday.

www.chereese.org

Our Love Forever,
Mom, Dad, Todd and Tere

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

Note from Lynn... I apologize for anyone sending a birthday tribute for the early including date this month that may have come on time, but wasn't included in this month's newsletter. Due to

surgery, I needed to get them early this time to meet the printing deadline. I will include them in next month's newsletter. Thanks for your good wishes and understanding... Lynn



For Siblings...

Through the Heart of Grief

Jim Dirr, a bereaved parent and a surviving sibling, has been involved in the sibling group of the Tucker, GA chapter of TCF for years. He is a caring and generous individual, and he understands the difference between grieving the loss of a child and grieving the loss of a sibling. He also has enough experience to know what's important in the bereavement process.

Jim says, "You can go around grief; over it; or under it. You can even choose to ignore it, but the only way to successfully survive it is to go straight through it. The question is: How does one go straight through it? How do you face your grief and bravely suffer through it and continue to live a positive life? You get up every day and let the sun shine down on your head. Tell yourself that you cannot change where you are now. You can only affect the future. Internalize this and learn to live with it. Be honest with yourself. Ask for help when you need it. Talk to your parents or a friend or a counselor. Don't be afraid to cry. There's no shame in grieving. Go straight through it.

There are times when you wish to ignore the grief. When you sense the tears welling up in your eyes on the way back to work after lunch, you try to force them back. When you're afraid you might ruin a happy moment for your friends, you keep your sadness to yourself. When you stop in front of a photograph and quickly try to refocus on cleaning your desk, you're attempting to go around grief. Why not take a moment to look at your sibling and reflect?

Avoiding the intense emotions seems more practical than crying at work or at school. Confusion is normal when you're battling with yourself for control. Not knowing what is appropriate is normal. Forgetting your phone number is normal. Worrying about forgetting your sibling is normal. Wishing that the events of your sibling's life had played out differently is normal. Feeling isolated is normal, and being unsure about your future is

normal. Anything that seems abnormal is now normal for you, as a newly bereaved sibling.

Allow yourself to focus on your grief. Feel the helplessness. Let it out. Write about it. Become absorbed in your grief, but don't let it consume you to the point that you have no will. Keep getting out of bed. Let time work on your grief by staying active.

Is there an opportunity to do something positive? You could create a memory book or plant a memorial garden or support a new cause in memory of your sibling.

We grieve as individuals, and there is no standard plan for it. Do what you need to do to survive, but don't deny the presence of your grief. It's a part of you now. Ignoring it will not help. Your life will gradually improve as you learn to acknowledge your grief without letting it take control. You are a new you in a new world. Your perception of the world has changed, and it takes a long time to learn to live in a new world. -*

-- Scott Mastley, TCF, Atlanta, GA

Author: "Surviving A Sibling: Discovering Life After Loss" www.survivingasibling.com

In a crowd of people
I see your face.

In a room of chaos
I can hear your laugh
In a house of silence

I can hear you calling my name.

In the cool spring breeze
I can smell your perfume.
In the peacefulness of sleep
I feel you watching over me.

In my soul of emotions
I cherish your love.

In a family of devastation
I feel comfort.

Knowing you are with God.

--by her sister, Colene Rae Janes
TCF - St. Paul, MN

For Grandparents...



Apple Trees And Memories

I stand beneath a sky of blue, the August sun warming my back. Apple perfume is in the air and my grandchildren can't resist plucking the golden globes from my backyard

tree. It is one of those "firsts" that children of three and five eagerly share with us older folks. We're learning anew that the best apples don't come from a supermarket.

Apple juice drips to the grass beneath bare feet. Giggles float skyward. I close my eyes, lost in the memory of my mother transporting me and six siblings down a country lane to the local orchard where we eagerly fill baskets, then collect five cents for each bushel of handpicked apples. At the end of the day, we're rewarded with ice cream cones all around.

Even at that young age, before I knew that life isn't all apple pie and ice cream, I was learning about change. The orchard ritual meant summer was shutting down, autumn was just around the corner, the school bell would ring, and life would change—whether I liked it or not.

I can't say that growing up with this knowledge of change prepared me for that September day when my grandson died. His death can never be anything less than an unacceptable tragedy. Rather, I learned that the unexpected can and does happen. And when something truly terrible happens, we shut down like the end of summer vacation. I fear there will be no more apples and ice cream for as long as I live. There is no fun in being present for anymore "firsts".

Fall has always been my favorite season. Now the calendar is cluttered with remembrance dates. I resist the forward movement from the days when he lived to the days after death, as life goes on, but he does not. My life has forever changed. My feelings about life and death have changed. I have changed.

With each leaf that falls to the ground, I feel a loss so deep that finally, I am empty like the barren trees. When he died, I expected the empty feeling to last for the rest of my life. I had forgotten my childhood lesson. Seasons change. While I grieved, I watched six year's worth of seasons come and go. For me, there is no closure. I'm not prepared to say good-bye to the past. But slowly, I've begun to allow change to happen.

If there is anything that I can suggest to those who are the "less seasoned" in grieving, it is to remain open to the present. Be awake

and aware as grief changes the way you feel and who you are. Season's change, and the seasons of the heart can change. As I peer into the future, I no longer see only emptiness. Sometimes I smile at memories of seasons past. Sometimes I see blue skies and apple trees.

-- Carol Clum, TCF/Medford, OR



From Our Members...

Can pictures speak? They do to me. They tell a story, a story of happiness, of love, of fun, of heartbreak. I look at the pictures of you Emma, and you speak to me through your smiles. I can hear you saying I am ok, I am here with you, I have not left. I stare at your pictures and look into your big blue eyes and I see your soul as alive as ever. Pictures can speak, if you LISTEN.

--Nancy Fisher TCF South Bay/L.A. CA

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@tcsbla.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: Sept. 1st for Oct. 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

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. Also Spanish. Call Claire Towle or Patty Ellis (310) 374-6323

Torrance Memorial Bereavement Services:

(310) 325-9110 Weekly grief support.

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

SHARE Pregnancy & Infant Loss: Contact:

Megan Heddlesten (800) 821-6819

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

Other Grief Support Websites...

agast.org (for grandparents)

groww.com

save.org

beyondindogp.com

griefwatch.dom

angelmoms.com

babysteps.com

healingafterloss.org

webhealing.com

survivorsofsuicide.com

opentohope.com

taps.org (military death)

alivealone.org

bereavedparentsusa.org

childloss.com

goodgriefresources.com

pomc.com (families of murder victims)

LOCAL TCF CHAPTERS

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

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

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

Pomona/San Gabriel: (626) 919-7206

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

Riverside-Inland Empire: (909) 683-4160

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

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

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

A SPECIAL THANKS TO:

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

STEERING COMMITTEE OFFICERS:

CHAPTER 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



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 Jonathan Paul Schubert, July 2013 - Dec. 2006. "Jamie," we'll remember with love, as long as we live, your gentle spirit, strength, and intellect; our warrior in the fight for justice for the needy. Your memorial in your name continues to do your important work.

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.

Compassionate Friends
South Bay/L.A., CA Chapter
P.O. Box 11171
Torrance, CA 90510-1171
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*Sweet memories
remind us of the roads
we have traveled and
the people we have loved.*



September 2013

Time Sensitive Material, Please Deliver Promptly



THE COMPASSIONATE FRIENDS CREDO

We need not walk alone. We are The Compassionate Friends.
We reach out to each other with love, with understanding, and with hope.

The children we mourn have died at all ages and from many different causes,
but our love for them unites us. Your pain becomes my pain,
just as your hope becomes my hope.

We come together from all walks of life, from many different circumstances.
We are a unique family because we represent many races, creeds, and relationships.
We are young, and we are old.

Some of us are far along in our grief, but others still feel a grief so fresh
and so intensely painful that they feel helpless and see no hope.

Some of us have found our faith to be a source of strength,
while some of us are struggling to find answers.

Some of us are angry, filled with guilt or in deep depression,
while others radiate an inner peace.

But whatever pain we bring to this gathering of The Compassionate Friends,
it is pain we will share, just as we share with each other
our love for the children who have died.

We are all seeking and struggling to build a future for ourselves,
but we are committed to building a future together. We reach out to each other in love to
share the pain as well as the joy,
share the anger as well as the peace, share the faith as well as the doubts,
and help each other to grieve as well as to grow.

WE NEED NOT WALK ALONE. WE ARE THE COMPASSIONATE FRIENDS.
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If you no longer wish to receive this mailing or have a new address, please contact us.