



The Compassionate Friends

South Bay/LA Chapter

Supporting Family After a Child Dies

A NEWSLETTER FOR BEREAVED PARENTS AND THEIR FAMILIES

SEPTEMBER 2014 ISSUE

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

OUR NEXT MEETING
will be Sept. 3rd, 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 Sept 3rd topic will be **"How the age of our deceased child affects our grieving process."**

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

TCF Lunch Group meets for lunch at Mimi's Café every Friday at 1:00. (Crenshaw and PCH). All members are invited.

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The Sept. 3rd Meeting will start with **“How the age of our deceased child affects our grieving process.”** Many bereaved families follow certain patterns. Depending on the age your child was when he/she died, you may experience different feelings. If your child died as an infant, toddler, school age, teen, or adult you will have unique issues to deal with along with the pain of losing a child. While this newsletter deals with articles with various ages when the loss occurred, we will be going into more details at the meeting relating to the unique ways of mourning we face because of the age of our children. Join us as we start our discussion with grief issues related to age.



Infant Death

A family gathered in the hospital where a couple's twelve-hour-old infant daughter had died. The sister of this couple said, "It's so hard to hold her, because it makes it all so real." She had spent only hours with her niece and already was feeling the impact of this child's death. If it takes only hours for an aunt to feel the loss, how can we begin to explain the impact on the parents?

Miscarriage, stillbirth and infant death are not thought to be significant because the parents didn't really know the baby. Even with a loss early in pregnancy, the parents know the baby. Once a pregnancy is confirmed, the parents think about the baby all the time. This child is a part of their daily lives. They form a mental picture of the baby and plan what college he or she will attend. Names are chosen and rooms are decorated. In the book, *Swimmer in the Secret Sea*, a couple walks through the woods and pretends the baby has already been born and is swinging along between them holding onto their hands. After their son is stillborn, the doctor says, "The baby looks perfectly normal. There's no reason you can't have another child." Laski (the father) listened numbly. "He thinks that's what has been at stake, our wish for a child, any child, not this particular child who swung down the road between us. They can't know how special he is. They point to the future. But we're here, forever, now."

Parents are sometimes encouraged to have another baby as soon as possible in the belief that they will then forget about the baby that died. Most parents do go on, to have another child, if able, simply because they are in the family-building part

of their lives. They know it will not take away the pain or replace the child that died.

Some parents have a need to get pregnant again right away and others want to wait for awhile. As long as the mother is healed physically, whenever the parents feel ready for another pregnancy is the right time.

Occasionally parents experience some difficulty getting pregnant again and find it takes longer than it did before. Others have no difficulty achieving a pregnancy, but find even a few months a stressful wait.

Getting through the next pregnancy can be an emotional roller coaster. On one hand is the joy and hope for the new baby and on the other hand is the vulnerability and fear that what happened before may happen again. However, because they feel so exposed, parents now worry about everything that could happen, not only what caused the previous loss.

There is little support for parents who experience an infant death. Because many people see infant loss as insignificant and easily forgotten, they offer either no support or support only in the first few days or weeks. After that time, parents are assumed to have healed and forgotten. If there are other children in the family, it is seen as being easier. "At least you have other children," is what these parents are told, as if that makes the loss easier. Since grief is overwhelming and takes so much energy, parents with other children may need extra help with care taking. If no one offers, frequently parents find it difficult to ask for the help they need. Parents need to know that it is okay to ask for help or to take life easy and be good to themselves. Remember, grief can heal only if you let it.

--JoAnne Matzke TCF, Hinsdale, IL

Mother's Complaint

I used to wait for you to sleep
to do important chores.

Your busy hands did challenge me
to walk across the floor.

I used to cry and then complain, "There aren't
enough hours,"

I used to say, don't wake the baby, just let her
sleep so I can put the toys away."

Now my baby sleeps.

Those busy hands are still.

How I wish, just one more time some popcorn they

could spill!
How I wish that I could trip once more on
scattered toys!
Now they lay still within their box—
locked tightly beside my joy.
--Cynthia Kausack, TCF Des Moines, IA



School Days...

Some of you will have heard or read this before but one of the most stressful times for some bereaved parents is the opening of school. All the ads on TV and in the newspaper are of kids--with new clothes, lunch boxes, and school supplies--all reminding us that someone from our life will be missing this year. Whether your child died as an infant, during school age, or after they graduated will determine whether your pain will come from memories or unfulfilled longings or, perhaps, both. Maybe you wish you could go back to the days where everything seemed simple and you sent your child off to school in new clothes and everything was okay. Maybe your school-aged child died recently and with children on the streets again headed for school, you will see one who, from the back, looks just like yours. I used to hold my breath until I could see their face. Or perhaps you are the only one who remembers that there should be one more child turning five and starting kindergarten, knowing that it should be your year to outfit your "baby," meet their first real" teacher, and watch them start turning into a big kid."

Undoubtably, you will have friends talking about "losing their baby" and will wish that you had this opportunity and that they will never know what it is like to truly lose theirs.

Whichever your pain, it's real and may be easier to deal with if you think about it and talk about it with someone who understands. The day I am writing this newsletter would have been my son's 25th birthday. I wonder if he would have a child getting ready to start school this year.

For some, the pain is knowing that because of their child's death, they are more distant from his or her children, and they think about those grandchildren at this time of year.

For all of us, we remember our children, we cherish their memory, and we somehow, live on.
--TCF Newsletter, Central Arkansas Chpt.

I Was Once You

I have never met Carlie Brucia's mother, Nicole Brown Simpson's mother, Polly Klass's mother, Princess Diana's mother, Carolyn Bessette Kennedy's mother or Lade Peterson's mother. But I know them all intimately. I know what dwells in their hearts and souls everyday. Like them I buried my daughter.

What am I now? Am I a daughterless mother? That sounds like an oxymoron, two words that contradict themselves. My eighteen year old daughter, Amy Marie, died on May 25, 2001. My life is forever changed. Burying a daughter is a surreal experience. There are no words in Webster's Dictionary that can explain the grief, the heartache, the pain, the depression or the anguish. Heartbroken is too small a word. The words don't exist because it is not supposed to happen. There are no plausible definitions that could accurately describe "bereaved parent". Groups of words can't be strung together on a typed page to accurately explain the grief. It is impossible to bury your child, yet it happened. Logically, the factual part of my brain processed the information. The emotional part of my brain argues with the fact every day. Each and every morning it is still a shock to my entire being! I still peek into her bedroom and expect to find her perfectly made bed a mess and jumbled covers with my daughter snuggled deep inside of them.

Parents don't bury children! Headstones read "loving mother", "cherished wife". They don't read "beloved daughter". That is not the natural order of the universe. This was not supposed to happen to me. It always happens to other people. I see reports on the evening news, articles in the newspaper describing horrible events that resulted in the death of someone's child. It isn't supposed to be my child. How can this be? It can't be changed. I can't say, "Amy, want to go to the mall?" "Let's go out to lunch." She can't tell me about her "freaking bio test" that she has to study for all night long.

Things I want to say to her are forever left unspoken. How will I go on? I can't go on, yet I do. My body wakes up each day. I don't ask for this to happen, it just does. My lungs take in air, it is automatic, something that I have no control over. My physical body now controls the course of events in my life. I breathe, I eat, I walk, I talk. I put one foot in front of the other. I load the

washer and shop for food. I can work. I can teach. I can think on the job about the job. My spiritual being merely exists. It cannot flourish or soar ever again.

When my daughter died, my emotional self was buried with her. When she died, I also buried her future husband to be, my future grandchildren, my daughter's future wedding, my daughter's college graduation ceremony, my holidays, my joy. I buried my best friend. I buried the once perfect life that I knew and lived everyday. Tucked into the corner of Amy's casket is my happy husband. My despondent bereaved husband now lives with me. I buried my fifteen year old daughter's future matron of honor. I buried Renee's future nieces and nephews.

There is not enough room in Amy's casket for all the things that died with her. Dreams, hopes, joys, lives, emotions, hearts and souls slipped into that casket with Amy. They occupy every square inch of that place.

One day my fifteen year old daughter will be older than her older sister. Can my brain ever understand that? Renee will have a nineteenth birthday, Amy did not. How can the impossible happen?

Bereaved parents go on. We go on because we have no other road to travel. It is just that we are not "normal" anymore. We used to be you. We used to be the PTA moms and the Girl Scout leaders. We brought lovely, frilly, fancy, holiday dresses for our daughters. We were once car pool moms and soccer moms. We sat at musical recitals and listened to the first melodious squeaks and squawks of their instruments. Forgotten homework assignments were rushed to school for our children. In our heads we planned our beautiful daughter's future wedding. Visions of the bridal gown and the reception danced in our heads. We couldn't wait to have grandchildren to baby-sit and enjoy. We wanted to tell our daughters that their children were just like them. Our daughter's christening gown is carefully preserved and awaiting to be worn by her own children. We wanted to hold our grandchildren's chubby little fingers in our hands and remember holding our daughter's chubby little fingers in our hand.

We used to answer the telephone and hear, "Hey mom. What's up?" Now the phone doesn't ring. And it will never ring again with that sweet voice we so desperately would love to hear. Now we are set apart. We are not normal anymore.

People choose to walk down a different aisle to ignore us. It is too painful for them to think about our lives. They might take a moment to wonder how we go on. They say, "I can only imagine your pain." That is not true. No one can imagine it unless they live it. We now belong to a new group. We never wanted to be a part of this group of bereaved parents. No one lines up for this membership. We wish our membership would never grow. I am glad you are not me.

--Colleen Fledderman, TCF Newtown Square, PA



The Special Grief of Older Parents

There is not a good time to lose a child. We are all very well aware of that. But I feel that we should consider the special grief of the older parent, which is probably one of the two least understood issues - these being the newborn baby or miscarriage and, at the other end of the spectrum, the death of a child of 40 plus.

"Society" wonders why a parent should grieve for a child who now no longer lives in their home and probably had grown-up children of their own. Just because that child is now older, it doesn't mean a parent ceases to love them, worry about them, and wishes to help, support, comfort, and protect them. This never changes. Once a parent, always a parent.

When speaking to parents in this age group, we have become aware of some of the problems and differences experienced by them. One lady said she felt so hurt when her flowers weren't placed on her daughter's coffin alongside those from her son-in-law. This had not been done deliberately to hurt her, but it was just that no one thought to do it.

As parents age, roles are often reversed, with middle-aged children taking on some, if not most, of the caring role of their elderly parents. When we are younger we worry about what will happen to our children if we die, but the older parent is faced with the question - who will help me now that my child has died? The elderly parent may have been reassured to think that someone would be around to care for and support their partner should they die first - now that person is no longer there.

The parent of 60, 70, or 80 years old may rely on their son or daughter for financial advice, household maintenance, or the odd jobs around

the house and garden they now find more difficult to do themselves. All of this support is removed, and the older parent is left to fend for themselves as well as cope with the awful pain of parental bereavement. They have lost a child, friend, helper, and advisor.

Often the older parent will suffer "survival guilt." "It really should have been me." As one lady said to me, "When you get to my age, you don't expect them to die first."

The older parent may well find themselves trying to help and support teenage grandchildren or the grieving spouse of their dead child. They fear for the future of their grandchildren after their own death, especially if the dead child was a single or lone parent.

We are told that, with time, we will learn to live with our grief more comfortably. We will learn to adjust to our new circumstances, and we will slowly learn that we are able to function again. The elderly parent feels they may not have that time to learn and adjust.

As we begin to try to understand the special grief of the older parent, we become more and more aware there is certainly no good or better time to lose a child, it is just different.

--Wendy Pye TCF St. Louis, MO

Any Child's Death Diminishes me

What difference does it make whether a child is stillborn or dies after some years of life? She spoke of the lack of memories because her child was stillborn. He commented on the deep pain brought by those very memories which remind one what he lost!

When it comes to a child's death, does the type of death matter? Is a murder worse than an accident? Suicide worse than chronic illness? Teenage worse than older adult? Stillborn worse than teenage?

I've tried to be thankful that Jeanie wasn't murdered, that she did not commit suicide, that she and those dear boys did not linger, comatose, or die from prolonged illness. I could not find thankfulness though I have sought diligently for it within my deepest being!

The death of each child, whatever the age or circumstances, brings its own guilt and anger. Its own despair and questioning. Any child's death diminishes the parents who loved that child. And, for those bereaved parents, that death is surely the

worst. Their grief the most severe!

--Robert F. Gloor, M.D. - TCF Tuscaloosa, AL

*What gets me up and going each day
is knowing that how I live my life and treat others
will be the only reflection
and definition of my son
that people who never met him
will ever get to see.*

--Tanya Pearce



The End of Summer, The Autumn Of Our Healing And a Harvest of the Heart

September summer has always been a time of nostalgia for me. The days are noticeably shorter with temperatures beginning to cool down and the slightest chilliness of beautiful star filled evenings requiring a sweatshirt or sweater. Early morning streets are filled with children going back to school. Most everyone is finally back to work, relaxed and sharing the adventures and experiences of summer vacations then one day, there is a wind from the west. And just by its feel you know these are the last days of summer and it will soon gently ease itself into our mountains. Before we know it, the canyons are blazing with the fire color working its way down into our valley.

It is a beautiful season and perhaps my favorite time of the year. We can sit for hours in Sugar House Park, watching the birds gather and head south for the winter and enjoy the trees now fully aflame with oranges, browns and reds so beautiful it can make our hearts sing with joy.

And yet, with all the beauty that surrounds us, we as bereaved parents sometimes struggle to let it all in. For as summer wanes, and fall begins, our thoughts naturally turn to grammar school homework, high school parties and dances, college football games, shopping for new clothes, and the specter of holidays ahead without those of our children who have too soon been taken from us.

It is difficult to write about this. Just today, I went to a wedding of my closest friends' son, where Jacob's nieces and nephews, brothers and sisters and past friends all came together for three days of reunion and celebrations filled with stories of the past. On Sunday over 30 people were at my place sharing enchiladas and childhood memories of those years we were all together.

And of course, the occasional, "I wish Jacob was here to see this."

For me, not an hour went by that I did not think of him or see his face in his young nephew who bears his name. And yet. . . and yet the season, the colors, the beautiful days and evenings, the weddings, the parties and football games and the eminent holidays now fill me with thanksgiving that Jake was part of this for 16 years. No small thing that.

I consider myself lucky for that much time, for I know so many friends who had much less time with their beloved children. So this year, I choose to find the good and the beauty of the season, and let the holidays come. For, it is in remembering his face and the goodness of his life and the beauty of the season, I find sweet healing for my grieving soul.

Very soon now, autumn and the harvest season will be upon us, and the bounty of summer's growth will begin to fill our barns and sheds. And this will be an opportunity for us, even though we grieve, to discover the rich harvest of memories with those of our lost children. In their season, they provided us with a bounty of their own.

If we are able to accept it, this can be a fall season where we reflect on their abundance of smiles, laughter, humor, growth, learning, and sharing of love. God how we loved them, and how they loved us. Even through all the difficulties, the energetic exchanges of opinions and ideas, the heartaches, the tears, anxiety and disappointments, we cannot avoid the fact that we loved them with a measure beyond our comprehension. And in spite of the difficult times, their sweet and sometimes very short lives provided us with an abundant harvest of experiences that are able, if we let them, to bless us with healing memories to last for as long as we live.

So as we say goodbye to summer, as best we can, let us welcome the fall season and the coming holidays and all the beauty these seasons can and will bring to us. I fully realize that for those of us most recently bereaved, this will be difficult, and in our sorrow and grief, seem perhaps almost impossible. Please let me reach out my hand and my heart to you in the quiet of your reading this right now.

If you can, imagine I am looking right into your eyes with all the compassion I can muster. And in that moment, I will share your tears, your agony of loss, and your grief, for I am truly one of you. I am after all, and have been, a Compassionate Friend for over 11 years now. And as we share this

moment, please hear the warmest feelings of my heart as I say to you this wretched agony of grief, this painful time of suffering, and this nightmare and horror you now feel will pass.

At some point, I promise you will begin to experience the light at the end of this painful tunnel of grief. I promise you will have summers and falls and holidays to come filled with healing memories of your children.

I promise as Halloween comes, and you are finally able to turn your porch light on to welcome trick-or-treaters, you will see your own children in the bright and joyful faces at your front door, and smile and be glad they once blessed your life. I also promise the time will come when you will move past Halloween and look forward to Thanksgiving and the December holidays. As I wrote earlier, I realize this maybe too soon for some of you. All I ask is that you be willing to let these most difficult times pass -- as I have promised, they will, and allow your hearts to soften and show you their rich places where you still love your children.

For it is in those painful, tender places you will begin to find the abundance of love given to you by your children which will bring healing. And when that happens, you will look forward to Thanksgiving Day with its abundantly filled table, and realize an equally abundant harvest of the heart. Whenever we are able to accept it and embrace it, the grace of healing will come to all of us.

Of course our lives will never be the same. We will always have the sadness of their absence in our lives and experience those frequent bittersweet times when we simply miss them. But the dark pain and suffering of their passing will itself pass—this I can promise you. For in these past 11 years I have looked into every dark and secret corner of grief, and have spent with you, all those endless weeks and months of intense pain and tears.

I have shared those endless days of self recrimination and regret and anger - and in all this I have finally found the autumn of my healing, and have feasted in the abundant harvest of love. Yes indeed, I promise you the light of joyful memory at the end of this dark tunnel.

So may you look forward to the fall and all its beauty and grace, and anticipate the holidays' peace and joy with a sure knowledge that this present darkness will pass, and that your life will



once again be able to embrace the abundance of harvest enjoyed by the rest of your family and friends. And along with Rabbi Harold Kushner, who wrote the book, *When Bad Things Happen to Good People*, be able to say as he did of his own son's life and death, "... I think of Aaron and all that his life taught me, and I realize how much I have lost and how much I have gained. Yesterday seems less painful, and I am not afraid of tomorrow."

--Erin Silva, TCF Salt Lake City



A Moving Experience

We are sorting through and packing up for a move. It's worse than your usual move from one home of ten years to another; the one we live in now is the last one we shared with son, Aaron. We are sorting through and packing up memories, along with the tools, dishes, and books. I have heard other bereaved parents talk about moving after their child died. For some it was too painful to stay in a house that held so many images. They spoke of not being able get away from the sorrow, and of running into the pain every time they walked through the door. We never felt that way about our home. This was a place Aaron loved, and we have been very happy here-the last earthly house that Aaron knew. I know that we will be happy in our new home as well—but that house won't hold a breath of him, as this one does. Now, I can walk out onto the patio and still see him in my mind drifting across the pool on a raft. I can easily imagine him coming out of his bedroom door calling "Mom"... as he so often did. The new house won't have any history with Aaron, and there is a feeling of loss in leaving this old place. I know that Aaron goes where I go; he is a part of me always and forever. Nonetheless, I will miss walking familiar streets where once he walked. I will miss the feeling of connection as I lie on side of the hill at the park and watch the clouds drift by. I'll miss the scent of his closet and the view from his window. There are stories in these rooms and this neighborhood, stories woven from the fabric of my son's life. I may carry the stories with me, but I am leaving behind the props.

We have packed up his baby book, the special school projects, and the box of cards received when he died. Hannah still has his treasured rocks in her room, and the boxes of comic books so carefully preserved and alphabetized are ready for transport. Paul is going through the collections of action

figures and baseball cards to determine what can be sold or given away, and I expect that his raggedy old "bud" from infancy, No-Way Noah, will take up residence somewhere in the new house.

But how do you pack up his passion for life? I know what to do about things I can hold my hands; what I want to know is—how am I to carry his heart? I've had a vision of these rooms empty of all our things: I am doing one last walk through, taking one last look, saying one final good-bye. It is a scene that brings with it a gentle sorrow, and though I know we are moving forward and that all is well, in my heart there is a sense that I am somehow leaving Aaron behind.

It makes me think back to those first months when I could not leave the house, even overnight. I told Paul, I know this sounds crazy, but I feel that if I leave I might come home and find a note on the door that says: "Hi, Mom! Sorry I missed you. Catch you later. Love, Aaron." Six years later, I am not anxious about leaving home; I don't worry that I might miss a visit. The shock and disbelief of early grief has passed away and the reality of Aaron's death has settled on my soul. Though I knew that I will never again see my son walk through the door, I also know that I will never leave him behind. Aaron goes where I go. Still, I will be leaving a piece of my heart in the old house. Should you visit, listen for the gentle beat. You might sense its rhythm somewhere about-gazing out a tree-shaded window, lingering over a bloom in the garden, or drifting gently across the sky. And you will know that a house holds more than the stuff of memories. A house can hold a heart.

--Frances Wilford, TCF, Carrolton-Farmers Branch, TX

"The most beautiful people we have known
are those who have
known defeat, known suffering,
known struggle, known loss, and
have found their way out of the depths.

These persons have an appreciation,
a sensitivity, and an understanding of life,
that fills them with compassion, gentleness,
and a deep loving concern.
Beautiful people do not just happen."
-Elizabeth Kubler-Ross



Battling the Back to School Blues Without My Son

The loss of a child to death is overwhelming to all of us, but to me, being a suicide survivor is like living in an emotional war zone. Events, holidays, and situations that seemed normal before James died now seem like yet another battle that we have to conquer. It is a small victory when we can turn a negative, heart-breaking situation into something positive. And so I try to conquer and overcome the Back-to-School blues.

The suggestion of a Compassionate Friend at a recent meeting, coupled with an article in the newspaper for a plea for book bags and supplies, helped me deal with some of my sorrow at not being able to share in my son's excitement of the upcoming new school year, nor shop for just the right supplies. In the case of suicide, a parent often wonders what went wrong and how things could have been different. I often seek a way for James to see that I have regrets and that I miss him so much, and since I could not help him in the ways he needed, I can try to help others.

When I read that the department of Family and Children Services needed book bags and supplies for the children in foster care, it took a couple of days of pondering and wondering if this was something I could do in memory of James. When my mother and I were shopping and discussing the difficulty of seeing all the flyers for back-to-school ads, we came upon a store that had a great sale on organizer book bags and we just knew we had to help someone else. We each chose a book bag in the color and style that James would have liked. One was all black, with zippered compartments or storage pockets, and the other was red and black, the school colors of James' high school.

The next day I went to another store and carefully chose items to pack in each of the book bags. I tried to remember what was on James' list for his freshman year at high school and chose what he would have liked and needed. By concentrating on what the book bag needed, and not on the fact that James is no longer physically with me, I was able to successfully complete this shopping trip. I was very pleased with all the supplies and knew that two teenagers were going to be very lucky to receive their new, well-stuffed book bag.

As I drove to DFACS, I remembered so many other back-to-school shopping excursions taken with James and our many conversations about the

upcoming school year. With those memories helping me to be strong, I signed the donator list, noting that the book bags were supplied with items for a high school student. Walking out of that office empty handed was much harder than the shopping and stuffing of the book bogs. I hope James knows that out of the tragedy he created in our lives, we are desperately trying to make positive things happen for other teenagers.

I am very grateful to the Compassionate Friend who told me that she also does this and I am grateful to my mother for helping me to take the first step to have the strength to carry through with this deed. Although this does not completely take away the pain and sorrow I suffer at being unable to prepare my child for another school year, I know that somewhere out there I have touched the life of someone else's child in a positive way. More battles lie ahead in this war of grief, and armed with memories, I am challenged to encounter each one and make a difference somehow, someday, in my son's memory. James, I hope you know how much I miss you and how much I wish I could have helped you.

--From a condensed article by Meg Avery TCF
Lawrenceville, GA

Forget Me Not

Our little ones whisper,
 "Forget me not,"
 As their specialness wraps
 Around our aching hearts.
 Their short little lives
 Hold meaning and love.
 Their spirits have touched us—
 Each and everyone.
 They have left their gifts
 For us to uncover,
 If we open our eyes,
 Our hearts, and our minds.
 The road to discovery
 Is hilly, deep, and dark.
 Will we long harbor only the pain
 Or set our wings for the light?
 Our lives have been changed,
 Our paths filled with sorrow.
 Yet, their memories embrace us,
 And our love lasts forever.
 If we open our hearts,
 Their gifts shall unfold,
 As we
 Forget them not!
 (c) Sherokee Ilse, www.BabiesRemembered.org

Newly Bereaved...



Returning To Work After A Child Dies

Dear Compassionate Friends,
I wrote this letter for my coworkers and posted it in the office where everyone would see it because I found that although everybody had been extremely kind and generous during Laurie's last brief illness, some of them didn't seem to know how to deal with me or what to say after she died. The idea for the letter and some of its contents are from a book on grief work by Bob Deits.

Dear Friends and Coworkers:

I want to thank all of you for your kindness and support during the last few months. I have experienced a loss that is devastating to me. It will take time, perhaps years, for me to work through the grief I am having because of the loss of my daughter, Laurie. Although Laurie was our oldest child, she was the child of my third pregnancy, so she was very much wanted by the time I gave birth to her. She was also the child who was most like me, both in appearance and personality. Perhaps because of this, I actually feel I have lost a part of myself. I would gladly have given my life in exchange for hers, had I had that option.

I will cry more than usual for some time. My tears are not a sign of weakness or a lack of hope or faith. They are symbols of the depth of my loss and, I am told, a sign that I am recovering. I find that I become angry without there seeming to be a reason for it. My emotions are all heightened by the stress of grief. Please be forgiving if I seem irrational or unfriendly at times.

I need your understanding and your friendship more than anything else. If you don't know what to say, just touch me or give me a hug to let me know you care. Do not be afraid to mention Laurie's name. She is gone from this life, but she will never be gone from my memory or my heart. And please don't hesitate to call me, because it is reassuring to hear from supportive friends.

If you, by chance have had an experience of loss that seems anything like mine, please share it with me. You will not make me feel worse. And if I get emotional or appear upset, you are not making me cry. I am crying inside all the time anyway!

This loss is the worst thing that could happen to me. But, I will get through it somehow, and I will live

again. I will not always feel as I do now. I will laugh again.

Thank you all for caring about me. Your concern is a gift I will always treasure.
Sincerely, Marcia

--Marcia Davis- TCF Contra Costa County, CA

Editor's Note: A few of the parents in our group have found that writing a similar letter makes it easier for everyone to understand what is going on without having to wonder, grope for words, or express their concerns at an inopportune moment. This is one way we can help others help us in this difficult time.

For Friends And Family...

When we honestly ask ourselves which persons in our lives mean the most to us, we often find it is those who, instead of giving advice, cures or solutions, have chosen rather to share our pain and touch our lives with a warm and tender hand. The friend who can be silent with us in a moment of despair and confusion, who can stay with us in an hour of grief and bereavement, who can tolerate not knowing, not curing, not healing, and face with us the reality of our powerlessness, that is a friend who cares.

--Henri Newmen

Welcome...



Helping and reaching out to others who are experiencing the pain of losing their child is what The Compassionate Friends is all about. We invite you to attend a meeting to help you overcome the devastation that follows from having your child die. We are here to help. Nothing is required of you. There are no dues or fees. You need not speak one word. Attending your first meeting does take courage, but our parents who do attend find a comforting network of friendship and understanding that helps them to heal. Because each meeting is different, we ask you to try a couple of meetings before deciding how beneficial they can be.

You don't
recover from grief,
you manage it.

--Martia Lattanzi, TCF Ft Smith, AK

Helpful Hint...



Surviving Children

Fear is the constant nagging companion of every bereaved parent who has surviving children, and there isn't a darn thing we can do about it. A surviving child needs to live a "normal" growing-up child's life. As parents, we must hold back, must let go, and not be so overprotective of our child(ren) so that we screw up their growing-up time and deprive them of the experiences they need to mature into adulthood. Our hell of the fear of loss of another child must not become their hell of being overprotected. Fear... It doesn't go away. We must control it but please, don't ask me how.
--Tom Crouthamel Sarasota, FL

Book Review...



A Guide For The Bereaved Survivor A List of eactions, Suggestions and Steps for Coping With Grief by Robert Baugher and Marc Calija. Practical information on coping, emotional and physical reactions, how others react, dreams, beliefs, and long-term features of grief. (Grief related books are available from the Centering Corp. Call (402) 533-1200 for a current catalog. Remember to tell them you are a member of TCF for free shipping.

Healing

Lord, teach me that one day I will heal.
That I will slowly move away from this agony
And learn to accept what is.
For to have one's child die, Lord,
is too much to bear.

Help me to be gentle with myself and others
And to thank You that he has been,
And he was and still is ours.
The time we shared is so precious.

Teach me to forgive those who do not understand,
And as they talk about their child
who may be in England,
Give me courage to speak of my child
whose address is now Heaven.

I am so anxious, irritable, angry, and sad, Lord.
Will this last forever?
I am fearful it will,
but pray somehow it won't

Hoping someday I will learn
to live and smile again.

Help me Lord to help myself,
And bless a thousand times
Those who reached out to help me.
It is hard to think of others when you are grieving,
But let me reach out and touch my family.
Help us share this loss together,
So that we may begin to heal together.

Lord, one day I will have traveled far enough
To risk loving again without fear of losing,
To make an album,
To plant a tree,
To give myself time,
To cherish every memory, And to regain
confidence,
For You, Lord, know how much I love and miss
him.

So please give me strength, Lord,
To find my way out of this fog and confusion, To
believe once more in all that is good - Your own
mother Lord, was once as I.

I now thank You, Lord,
For my family, my friends,
My sight, hearing and health,
And for giving me the strength to float through The
bad times, never giving up.

Lastly, thank You for the promise
That one day we'll all be together again.
--Teen & Brian Schreenan, Melbourne, Australia
Their son Tim, died age 19 in an accident with his
best friend.

Grief

It creeps up,
With searing edges, it catches me off guard.
Shoppers stare, not understanding my tears
It's tendrils clutch at my chest, my heart pounds.
Impossible to breathe, I look for an exit,
There is none from grief.
They say "Don't cry over spilled milk"
But Haagen Daz, your favorite, brings tears to my
eyes every time
I make my way to the check out line,
Determining in my mind
Next time will be different.
--Mary Bell Ankeny, Iowa



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

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

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

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

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

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

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

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

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



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

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

Sierra Dove
Born: Died:
Parents: Michelle & Mathew Dove

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

Myka 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

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 Honsinger
Born: 12/70 Died: 10/06
Mother: Sunny Honsinger

Jeremy Michael Howard
Born: 7/83 Died: 6/94
Mother: Donna Howard-Scuggs
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



Our Children Remembered



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: 10/3
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 Lauthere
Born: 9/74 Died: 3/96
Parents: Larry & Chris Lauthere

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

Kirk McMulty
Born: 7/84 Died: 2/14
Mother: Elaine Mc Multy
Sister: Reme Mc Multy

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

Crystal Pagan
Born: 6/74 Died: 3/14
Mother: Sunny Honsinger

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

Maddison Grace Partida
Born: Died:
Mother: Gabriela Partida

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

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

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

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

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

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

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

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

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

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

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

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

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

Cindy Ranftl
Born: 8/68 Died: 7/97
Parents: Pat & Bob Ranftl

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

Patrick C. Shillings Jr
Born: 1/88 - Died: 10/09
Mother: Rena Shillings

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

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

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

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

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

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

Nancy Sterger
Born: 8/57 Died: 6/12
Mother: Ann Leer

Daniel John Swiggum
Born: 6/88 Died: 8/08
Parents: Stewart & Marian Swiggum

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

Anthony Tanori
Born: 8/82 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



OUR CHILDREN

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

REMEMBERED



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

Brett Yodice
Born: 11/89 Died: 5/13
Parents: Sam & Susan Yodice

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.)

* Please remember we are always working a month in advance and need your tributes by the first of the month preceding the actual birthday.

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



Dear Lisa,
Happy 38th birthday in Heaven - its been twenty two years since we've celebrated together. Twenty two years of thinking I'd never be able to live without you. Twenty two years of living with a heart that always feels the void. Twenty two years of all the happenings of life gone unshared. Twenty two years of living with a real pain, gone unseen. Twenty two years of missing you ! Twenty two years of realizing Happiness is Heaven.

Have fun with Dad in Heaven -
Missing you always, Mom



**A Birthday Tribute to:
Cheresse Lauhere
Sept. 1974 - March 1996**

Cheresse Mari Lauhere, Our Dearest Daughter,
In my mind I don't understand how the years can go by so fast, and in my heart time just stands still... my

heart will always hurt and be empty without you here with me and Dad and Todd and Tere and the two little gems in our lives you never got to meet... Jason and Lily. They look at your pictures and play with your stuffed animals and ask when you are coming home and it breaks my heart.

They love you and someday you will know them. You have been doing amazing things to help children with your foundation. Judy and Anne-Marie had their babies in your birthing center! "THE CHERESE MARI LAULHERE BIRTH CARE CENTER " at Long Beach Memorial Hospital where you were born. Every year when your birthday comes I can't believe the age you should be, but, never will be ... this year you should be 40 years old! How is that possible, in my mind you are FOREVER 21....

Cherese we all love and miss you more than I could ever put into words. You are the most amazing daughter and we have always been so very proud of you. There is not a day that goes by that I do not talk about you to someone, I will always keep your memory alive as you continue to help children everywhere.

www.cherese.org

All our love, Mom, Dad, Todd,
Tere, and Jason and Lily

For Siblings...



Give Teens a Chance - Understanding Teen Grief

I had just turned sixteen when my older brother, Tim, was murdered. I was already struggling with the pressures of being a teen. I certainly did not need my life to be any more complicated. It was the most difficult thing I had ever experienced. Eventually, I emerged from my loss with a better understanding of grief. Since then, I have always felt the need to advocate for grieving teens.

Being a parent to a grieving teen can be tough. When I've heard them say things like: "My teen doesn't want to talk to me about their loss. They seem so distant." I want to help, but I don't know how. I just want to share a good cry with them.

Being a grieving teen can be tough. Some of the things I've heard teens say are: "I don't talk to my parents about my loss because I don't want to upset them. I am really going through a difficult time right now. I feel a tremendous weight upon my shoulders. I don't think my parents understand."

Allow a teen to be a teen. Not only has their loss been difficult for them to get through, but they are also getting bombarded with all kinds of other stress. Never allow yourself to compare your surviving teen with the one who died. In my house, we had a bookshelf dedicated to the "greatness" of my brother. One of the things that really angered me was that his

memory was being distorted. He was a great brother, but he was no angel. I wanted to remember him for exactly who he was - good and bad included. One of the most important things that a grieving teen can have is a friend they can talk to. As a parent, this may be you, but more often it is not. There are several reasons for this. The teen may feel that bringing up the subject will only make the parent feel worse. I call this "parenting the parent." Another reason is that as griever, we all tend to be very selfish. Often the parent feels that they are entitled to the most grief. Grief should not be competitive. Everyone handles his or her grief differently.

No one said this was going to be easy. Give yourself some room to grieve as well as your teen. I have found that when you give a teen a chance to express his or her grief, then they will do the same for you.

--Ben Sieff, BS HSSA

Sometimes

Sometimes, something clicks, and with a tear remembrance of the pain and the loneliness floods the heart.

Sometimes, something clicks and with a smile remembrance of the love and the laughter flood the senses.

And there are times when nothing clicks at all and a voice echoes through the emptiness and numbness, never finding the person who used to fill that space.

And sometimes the most special times of all a feeling ripples through your body, heart and soul, that tells you that person never left you and he's right there with you through it all.

--Karen Hansen Kentfield, CA

For Grandparents...



For Bereaved Grandparents

One grandmother said she could not bear to visit her son's children after his death. She thereby robbed herself of his immortality, and her grandchildren felt a second loss and rejection. If a child dies leaving grandparents behind, our opportunities for turning grief into meaning and purpose are even greater. Who better than a parent to keep memory alive?

After much persuasion and the promise that her second son would go with her, this frightened grandmother went to visit her four grandchildren, who almost knocked her over with hugging and kissing. She later said, "They looked so much like David! Especially the two girls. And when they called me 'Grandma' and showed me how much they needed

me to tell them about their father when he was a child, I wondered what I had been so afraid of.”

When a child dies, it is natural to be afraid of any further pain. For a while we may just want to crawl into a hole and lick our wounds. But then we need to have the courage to say to ourselves, “I’m still here-I can fulfill some of the dreams and give the love my child would have given.– I can make that life count.” And in that sense of purpose and the good we do, we remain forever in touch with the child we thought we had lost.

--Excerpt from After A Child Dies By Eda LeShan, Long Island, NY

Steering Committee Meeting: All TCF members are invited and needed on the steering committee to help with ideas for topics and chapter special events. We meet for two hours three times a year. Please let us know if you could help. Our next meeting will take place at 7:00 PM on Tuesday, Aug 26th at Kitty Edler’s house. We invite you to come and voice your opinions on topics, events and ways to improve our chapter in the upcoming months. For directions please call Kitty at (310) 541-8271. We hope you will come and help us make decisions that affect our chapter.

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@tcf-sbla.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. 1 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

REGIONAL COORDINATOR

- Olivia Garcia.....(818) 212-3506

Memory Book... Our chapter has an ongoing

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

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

Newsletter... For those of you who are receiving the newsletter for the first time, it is because someone has told us that you might find it helpful. We warmly invite you to attend one of our meetings. Please let us know if you know of someone who could benefit from our newsletter which is sent free to bereaved parents. We do ask that professionals, friends, and family members contribute a donation to help offset the costs involved. If any information needs to be changed, or if you would like your child included in the "Our Children Remembered" section, please contact the editor at (310) 530-3214.



Additional Grief Support

Bereavement Organizations and Resources:

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

FAMILY & FRIENDS OF MURDER VICTIMS: Rose Madsen, (909) 798-4803 Newsletter and support group, e-mail Roseydoll@aol.com

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

www.Alivealone.org

SURVIVORS AFTER SUICIDE: Support Group for families that have lost someone to suicide. Contact Sam & Lois Bloom (310) 377-8857

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

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

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

PROVIDENCE TRINITY CARE HOSPICE AND THE GATHERING PLACE: Various bereavement support groups including support for loss of a child, support

group for children 5-8, 9-12, and teens. Call Patty Ellis (310) 546-6407—new number

Torrance Memorial Bereavement Services:

(310) 325-9110 Weekly grief support.

THE LAZARUS CIRCLE: Monthly grief support.

Meets third Thurs of each month, 6-7:15 at First Lutheran Church, 2900 W. Carson St. Torrance

SHARE Pregnancy & Infant Loss: Contact: Megan Heddlesten (800) 821-6819

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

Other Grief Support Websites...

agast.org (for grandparents)	groww.com
goodgriefresources.com	childloss.com
beyondindogp.com	griefwatch.dom
angelmoms.com	babysteps.com
healingafterloss.org	webhealing.com
survivorsofsuicide.com	opentohope.com
taps.org (military death)	alivealone.org
bereavedparentsusa.org	save.org
pomc.com (families of murder victims)	
grasphelp.org (substance abuse deaths)	

LOCAL TCF CHAPTERS

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

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

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

Pomona/San Gabriel: (626) 919-7206

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

Riverside-Inland Empire: (909) 683-4160

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

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

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

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

A SPECIAL THANKS TO:

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

CHAPTER OFFICERS:

CHAPTER LEADERS: Cheryl Stephens & Linda Zelik

NEWSLETTER EDITOR: Lynn Vines

PROOFREADER: Sandra Myricks

TREASURER: Ken Konopasek

CARDS & WEBSITE: Crystal Henning

NEW MEMBER FOLLOW-UP: Cheryl Stephens

STEERING COMMITTEE MEMBERS:

Kristy Mueller	Linda Zelik
Lori & Dudley Gray	Cheryl Stephens
Cheryl & Bill Matasso	Lynn Vines
Nancy & Elliott Fisher	Ken Konopasek
Kitty Edler	Crystal Henning
Susan Kass	



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 Danielle Mosher, August 1987 - June 1997. We have passed the grieving stage and now we are dealing with the acceptance of you being gone. Our loss is never ending, but we continue to thank about you and through our grief we have received more strength to continue. We miss you and continue to keep you in our prayers.

With all our Love, Grandma & Grandpa Nelson

In loving memory of our beloved daughter, sister and friend to many, Cherese Mari Laulhere, Sept. 1974 - March 1996. We all love and miss you so very much. Though you will always be FOREVER 21 on this birthday you should be 40 years old! You are the most amazing daughter and sister and we are so blessed to have you forever in our hearts and minds. www.cherese.org

Our love forever and always, Mom, Dad, Todd and Tere, Jason and Lily

In loving memory of Rowan David La Barre, July 2014 - July 2014. We will always remember you and your brief time with us.

Love, Aunt Karen and Uncle Bruce

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.

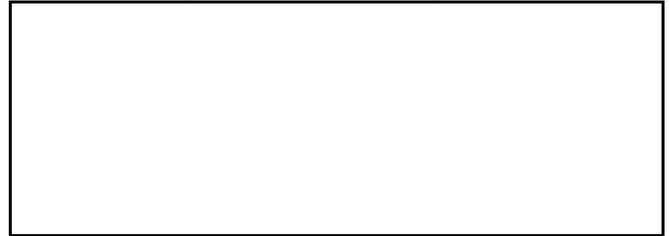
The Compassionate Friends
South Bay/L.A., CA Chapter
P.O. Box 11171
Torrance, CA 90510-1171

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Grief is like the ocean
it comes on waves
ebbing and flowing.
Sometimes the water is
calm, and sometimes
it is overwhelming.
All we can do is learn to swim.
--Vicki Harrison

– Change of Service Requested –



September 2014

Time Sensitive Material, Please Deliver Promptly



THE COMPASSIONATE FRIENDS CREDO

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

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

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

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

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

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

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

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

WE NEED NOT WALK ALONE. WE ARE THE COMPASSIONATE FRIENDS.
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