



The Compassionate Friends

South Bay/LA Chapter

Supporting Family After a Child Dies

A NEWSLETTER FOR BEREAVED PARENTS AND THEIR FAMILIES

Aug. 2025 ISSUE

EDITOR: LYNN VINES (310) 530-3214

e-mail: Lynntcf@aol.com

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

OUR NEXT MEETING

will be Aug. 7th, the first *Thursday* 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. → Park In EAST lot. Follow path to back patio. Meetings are held at the **EAST** end of the church. Patio Meeting room is 101 classroom. Follow signs. (Last door, first floor.)

--Please remember to park in the EAST 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 Aug 7th meeting will start with **"Finding Hope"**

To participate in our Zoom meetings, contact Leo at (310) 283-6739 or Liccia79@gmail.com for the link.

The TCF Friday Lunch Group offers you a drop-in- place to talk about your grief every Friday at 1. In Aug. we will meet at Chili's restaurant at 21835 Hawthorne Bl. Torrance. We invite you to join us. Please call (310) 963-4646 to let us know you are coming.

For a free Picture Button of your child, call Connie at (310) 292-5381.

South Bay/LA Chapter of TCF
P.O. Box 11171
Torrance, CA 90510-1171
(310) 963-4646
www.tcfsbla.org

Chapter Co-Leaders:
Jarmo & Bonnie Mantyla (310) 530-8489
j.mantyla@att.net
Leo & Connie Licciardone (310) 292-5381
ConnieStar58@gmail.com

The National Office of TCF
P.O. Box 3696
Oakbrook, IL 60522-3696
Toll free (877) 969-0010
www.compassionatefriends.org

The **Thursday Aug 7th** meeting will start with **“Finding Hope”**. After the loss of a child, grandchild, or sibling we are faced with many challenges in our grief. While everyone will grieve differently, there are many common areas that we all will face as we struggle to find a way to go on. Many people are initially immersed in pain and confusion. It is exhausting to even think about living without the one we have lost. With time and grief work we will start to see small glimmers of hope in the darkness of our grief.

If I Could Just See Hope

If I could just see hope. If I knew what to look for or how to act or feel. If only the pain would stop. But we cannot erase this pain; that is the price we pay for love.

The pain of this darkness will always be with us. But it can change its intensity and its depth. It can change its color, but only with our efforts. No one can make this journey for us. We must travel this path ourselves, but perhaps we do not have to go alone. So, come with me in search of hope. Perhaps somewhere within these words will be the flicker of light that you've been seeking. We are always in search of hope, in search of that magical moment when we **REMEMBER FIRST THAT OUR LOVED ONE LIVED.**

Hope isn't a place or thing. Hope is not the absence of pain or sadness. Hope is the possibility of renewed joy...it's the memory of love given and received. Hope is here, within the magic and the memories of your heart.

Hope is us...you and me and the person next to you and across the room and down the street and in your dreams. **WE ARE EACH OTHER'S HOPE.**
--by Darcie Sims

Adam's Death

"I had a conversation today with someone about Adam's death, what life was like at that moment and how it's been since that horrific day. The best analogy I could think of was this: in one phone call, in one second of one ordinary day, life as I knew it changed forever. It was as if all the electricity in the world went out at once and I was left standing

there...all alone...scared and lost...in total darkness.

I had to walk through days, weeks, even months in a total black out – not knowing where I was or which direction I was going. I couldn't see my hand in front of my face, but I could hear familiar voices and I knew I wasn't alone, but I could not reach out and touch the people who were standing directly in front of me.

Slowly over time, a dim light started to shine and I could finally see silhouettes staring back at me. The familiar faces of my family and friends who loved me and stood there in the darkness patiently waiting for me. In time, I could actually start to see their faces and eventually I was able to reach out take their hands. It's such an exhausting struggle to learn how to balance living and grieving.

You have to dig deep and find an inner strength that you never knew existed. You have to find the joy and beauty in life again, once you have been broken down to your soul. It was a tough battle, but it was definitely worth the fight. If you hold on through the darkness, the light will shine again.

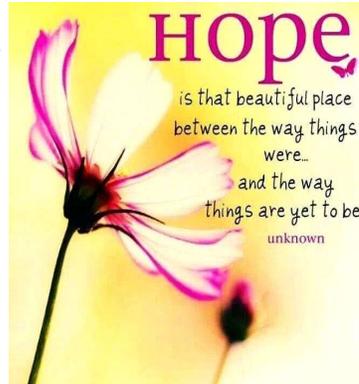
As hard as it was to say good-bye to my child and to live this life so many will never be able to comprehend, I wouldn't trade a single day of being Adam's Mom. I could have missed the pain - but I'd had to miss the dance...So many people take life for granted...it's a gift and so are the people God gave you to love. Love them!"

--Quoted with permission from Martie Brinck
D'Andrea – bereaved mom of Adam

The Gap...

The gap between those of us who have lost children and those who have not is profoundly difficult to bridge. No one, whose children are well and intact, can be expected to understand what parents who have lost children have absorbed and what they bear. Our children come to us through every blade of grass, every crack in the sidewalk, every bowl of breakfast cereal. We seek contact with their atoms, their hairbrush, their toothbrush, their clothing. We reach for what was integrally woven into the fabric of our lives, now torn and shredded.

A black hole has been blown through our souls and, indeed, it often does not allow the light to escape. It is a difficult place. For us to enter there is to be cut deeply, and torn anew, each time we go there, by the jagged edges of our loss. Yet we



return, again and again, for that is where our children now reside. This will be so for years to come and it will change us profoundly. At some point in the distant future, the edges of that hole will have tempered and softened but the empty space will remain - a life sentence.

Our friends will change through this. There is no avoiding it. We grieve for our Children, in part, through talking about them and our feelings for having lost them. Some go there with us; others cannot and through their denial add a further measure, however unwittingly, to an already heavy burden.

Assuming that we may be feeling "better" six months later is simply "do not get it". The excruciating and isolating reality that bereaved parents feel is hermetically sealed from the nature of any other human experience. Thus it is a trap—those whose compassion and insight we most need are those for whom we harbor the experience that would allow them that sensitivity and capacity. And yet, somehow there are those, each in their own fashion, who have found a way to reach us and stay, to our comfort. They have understood, again each in their own way, that our children remain our children through our memory of them.

Their memory is sustained through speaking about them and our feelings about their death. Deny this and you deny their life. Deny their life and you no longer have a place in ours. We recognize that we have moved to an emotional place where it is often very difficult to reach us.

Our attempts to be normal are painful and the day-to-day carries a silent, screaming anguish that accompanies us, sometimes from moment to moment. Were we to give it its own voice we fear we would become truly unreachable, and so we remain "strong" for a host of reasons even as the strength saps our energy and drains our will. Were we to act out our true feelings we would be impossible to be with.

We resent having to act normal, yet we dare not do otherwise. People who understand this dynamic are our gold standard. Working our way through this over the years will change us, as does every experience - and extreme experience changes one extremely. We know we will have recovered when, as we have read, it is no longer so painful to be normal. We do not know who we will be at that point or who will still be with us.

We have read that the gap is so difficult that, often, bereaved parents must attempt to reach out

to friends and relatives or risk losing them. This is our attempt. For those untarnished by such events, who wish to know in some way what they, thankfully, do not know, read this. It may provide a window that is helpful for people on both sides of the gap.

--The Bluegrass Chapter of The Compassionate Friends newsletter

Returning to the Land of the Living—Sort Of...

Sooner or later we make an attempt to return to the land of the living; In order to do that we must find Hope. Find one thing that might give you hope. Small or large – just anything that allows even a glimmer of hope.

NOW what do we do? When the universe flip-flops and upside down is right side up and happiness seems impossible and the sight and sounds of a single day much less any season -only annoy and hurt, what do we do to survive?

Survive? Everyone is tell us we must move forward, learn to LIVE AGAIN, but how do you do that when everything has changed? Nothing fits, belongs or feels right anymore. At times we can't find our shoes, keys, glasses, things that we just had in our hand so how can we find HOPE? Has it been stolen from us forever?

NO! HOPE is still in our midst, we just have to seek it out now. Our lives have changed in every aspect we now have to find what could possibly bring us hope to re-enter the land of the living.

WAYS TO FIND HOPE AND SURVIVE

1. Brush your teeth, every morning. No matter what else happens, do that and you are on your way to "recovery". Of course, if you don't want to recover, you still should brush your teeth. Just keeping a routine is a way to counteract the craziness. It is a "responsible, adult" thing to do and is a start. Just do it! Everyone you encounter will be glad you did!
2. Get it out of the house. Take out the trash; just get out of the house for a minute! While you are doing this task, look around you for a HOPE.
3. Eat. Whatever you want, just make sure you eat whatever you are "supposed to". Skip the "oughts" and "shoulds" right now and concentrate on the comfort foods. You can't eat this way forever, but you might as well take advantage of your grief and treat yourself.



4. Buy a gift for yourself. While you are buying a gift for yourself, buy one for your loved one as well. Pass on the love you share together and it can never die.

5. Take deep breaths every so often, In and out; In and out. This takes some of the weight off you and your grief, for a moment or two. We need all those "moments" we can get! It's that simple and that hard. Some days just breathing is all you can manage and that is okay because other days it's a bit easier.

—Author unknown

Summer Butterflies

It is the first day of August, a typically warm and sunny, summer day in the suburbs of Cincinnati. It is also a little past the eighth anniversary of my son's death from a skateboard fall. These days, when few people (other than my TCF friends) remember my child's 13 years of life, I am frequently reminded of him by magnificent colorful butterflies, soaring everywhere ... in Alaska where our family recently visited, butterflies along the river where we relaxed on weekends, butterflies around our home where he once frolicked. They are everywhere but never have I seen a butterfly in the pharmacy where my prescriptions are filled! Except today.

As bereaved parents, we often seek comfort in something that reassures us that our children are okay and are at peace where they are. My comfort comes from butterflies. The TCF butterfly symbolizes the emergence of our children from life here on earth to a beautiful new freedom; to soar and swoop like the butterfly, to flit its magnificent wings at will, to lend grace and purity to its surroundings for everyone to admire and receive comfort. I frequently mention to the newly bereaved that there may be a message of love for them in the butterflies they see around them. I encourage them to look at the ones that fly nearby. Today, standing alone in that pharmacy, I was stunned and overcome with joy as I watched that beautiful creature flit and soar, glide, and swoop over my shoulder. I embraced the message as my very own. My son is okay and happy where he is ... and I am comforted and at peace where I am. "Thanks Kevin! I love you, too."



Newly Bereaved...

When you're newly bereaved, suddenly you find yourself on an emotional roller-coaster where you have no idea what to expect next. Here are thoughts on some of what you may be experiencing or feeling (many of these will apply to bereaved siblings and grandparents):

Psychological

You're in shock from what has happened and a numbness surrounds you to help shield you from the pain.

You find yourself in denial. Your child cannot be dead. You expect to see your child walk through the door any moment.

You see your child in the faces of others walking down the street.

You wonder how someone can feel this much pain and survive.

Thoughts of suicide briefly enter your mind. You tell yourself you want to die—and yet you want to live to take care of your family and honor your child's memory.

You want to know how the people around you can go about their day as if nothing has happened—don't they understand that your life—everything that meant anything to you—has just ended? Your purpose in life is gone.

You are no longer afraid of death as each day that passes puts you one day closer to being with your child.

Thoughts of "what ifs" enter your mind as you play out scenarios that you believe would have saved your child.

Your memory has suddenly become clouded. You're shrouded in forgetfulness. You'll be driving down the road and not know where you are or remember where you're going. As you walk, you may find yourself involved in "little accidents" because you're in a haze.

You fear that you are going crazy.

You find there's a videotape that constantly plays in an endless loop in your mind, running through what happened.

You find your belief system is shaken and you try to sort out what this means to your faith.

Placing impossible deadlines on yourself, you go back to work, but find that your mind wanders and it's difficult to function efficiently or, some days, at all. Others wonder when you'll be over "it," not understanding that you'll never be the same person you were before your child died—and the passage

of time will not make you so.

You find yourself reading the same paragraph over and over again trying to understand what someone else has written.

Emotional

You rail against the injustice of not being allowed the choice to die instead of your child.

You find yourself filled with anger, whether it be at your partner, a person you believe is responsible for your child's death, God, yourself, and even your child for dying.

You yearn to have five minutes, an hour, a day back with your child so you can tell your child of your love or thoughts left unsaid.

Guilt becomes a powerful companion as you blame yourself for the death of your child. Rationally you know that you were not to blame—you most certainly would have saved your child if you'd been given the chance. You feel great sadness and depression as you wrestle with the idea that everything important to you has been taken from you. Your future has been ruined and nothing can ever make it right.

Physical

Either you can't sleep at all or you sleep all the time. You feel physical exhaustion even when you have slept.

You no longer care about your health and taking care of yourself—it just doesn't seem that important anymore.

You're feeling anxiety and great discomfort—you're told they're panic attacks.

The tears come when you least expect them. Your appetite is either gone or you find yourself overeating.

Family & Social

If you have surviving children, you find yourself suddenly overprotective, not wanting to allow them out of your sight. Yet you feel like a bad parent because it's so difficult to focus on their needs when you're hurting so bad yourself.

You find that your remaining family at home grieves the loss differently and you search for a common ground which seems difficult to find.

You've been told by well-meaning people, even professionals, that 70-80-90 percent of all couples divorce after their child dies. You are relieved to find that new studies show a much lower divorce rate, from 12-16%, believed to be caused by the "shared experience" aspect of the situation.

Old friends seem to fade away as you learn they cannot comprehend the extent or length of

your grief.

Things you liked to do which seemed so important before now seem meaningless.

Others say you'll someday find "closure," not understanding that closure never applies when it is the death of your child.

Fleeting thoughts of pleasurable activities bring about feelings of guilt. If your child can't have fun, how can you do anything that brings you enjoyment?

New friends come into your life who understand some of your grief because they've been there themselves.

Summertime And The Livin' Is Easy...

The lazy, hazy days of summer... What does summertime bring to your mind? I think of the beach with the waves softly washing ashore.

Walking along with the sand between my toes. Finding "treasure" along the shoreline. The sound of the ocean is calming. The sun is warm on my face. Life seems good.

And then I realize that being at the beach is forever changed for me. The memories of times past at the beach with my family come flooding back. Lots of good memories.

I stare at the ocean and think...the ocean is like my grief. Sometimes it seems wild and black with rage and almost impossible to manage. Riptides, currents and storm surges. Sometimes it's like rough waves hitting the shore, continually pounding. And sometimes the waves are smaller and are enjoyable to play in. Then sometimes it is unusually calm and I can wade in and let the cool water surround me.

So now I go to the beach to remember. And let the sun warm my heart. Let the sound of the waves calm my soul. And get sand between my toes.

--Carol Tomaszewski, Annapolis Chapter, BP/USA

Why We Still Go to Tcf

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



ten I can think of:

1. Because we never want the world to forget our child so what we do we do in his or her name.
2. Because when we reach out to help someone else, we also help ourselves.
3. Because someone was there for us when we needed it most; now the best way to say thank you is to pass it on by being there for others.
4. Because it is the one thing we do that can bring something positive out of tragedy.
5. Because we have found in TCF better friends and closer bonds than we ever thought possible. Here we can cry and hug people even if we don't know their last name or what they do for a living. And it doesn't matter.
6. Because few people are qualified to walk up to a newly bereaved family and say "I know how you feel." And because we can, we must.
7. Because sometimes we need to talk too, and to remember and to share. We are further along than many around us, but we never forget.
8. Because many of us believe that one day we will meet our dead child or brother or sister again, and she or he will ask, "So what did you do with your life after I left?" and we will have an answer.
9. Because our presence might help newly bereaved families understand that they will survive and laugh again.
10. Because we love cold coffee, cookies and hard metal chairs.

--Richard Edler, TCF South Bay/LA, CA
In memory of my son Mark Edler

Moments

The moment a man hears the word "father" for the very first time he feels a special happiness in his heart. He can't imagine how lucky he is when he gets to hear this word twice.

The moment a man hears the words "Daddy, catch me," for the very first time from both his daughters, he smiles so widely that it almost hurts. The trust they have in his arms as they fly through the air makes them squeal out loud with such joy.

The moment that a man hears the words, "Daddy, can I sit on your shoulders?" for the first time he is in such delight as they slip up while holding hands. What pride he feels when they both

sit so high in the sky.

The moment that a man hears the words, "Daddy, I get to go to school today" finds him confused that this has come so quickly. His is so concerned that he must step aside as education changes their little minds forever. He begins to see that his babies are starting to disappear.

The moment that a man hears the words, "Daddy, I learned so much today," he smiles for them but knows that his life is starting to get so busy that the time he gets to spend with his daughters seems to just slip away.

The moment that a man hears the words, "Daddy, I made cheerleader," or "I made the debate team," he knows that their little lives are changing right in front of him. He watches as they go through braces, prom, then graduation as they change into young women.

The moment that a man hears the words, "Daddy, we miss you so much," he feels a tear between being with his daughters and trying to keep the bills paid. He misses them too.

The moment that a man hears the words, "Daddy, I am not feeling well," he hurts for them. He has to let their mom take the lead as the illnesses become increasingly worse. As he travels more and more, his time with his daughters becomes less and less as his heart is filled with concern and worry.

The moment a man hears the words, "Daddy, I am in so much pain," he feels so helpless. What can a man do to take all the pain away from both of his daughters? He would gladly carry their illnesses in his own heart and body if he only could.

The moment a man hears the words, "Both of them have passed," he is in total shock. His heart now has an empty tear so deep that he thinks it will never heal. He knows that they will never be in pain again but he also knows that they will never say, "Father, Daddy catch me, Daddy, can I sit on your shoulders? Daddy, I got to go to school today, Daddy, I learned so much today, "Daddy, I made cheerleader" or "Daddy, I made the debate team," or "Daddy, I miss you so much." He will never look into their eyes and they will never look into his to say good night.

There are moments when a man will never hear the word, "Daddy", again.

--Don Batson, Daddy to Amy and Sarah



Moments
becomes
a Memory.

Memories
become
Treasures.

Trial by Fire - 9 Tips for Grieving Couples



You will often hear that grief and loss bring couples together, but it can actually do just the opposite. It is possible to emerge on the other side of grief with a closer marriage, but it does take work.

1. Give each other the freedom to grieve in an individual way. Resist the temptation to feel that your way is the only way to handle loss. Do not be fooled if it seems that your spouse has not been affected by the loss.
2. Remember the good times. Think about activities you enjoy as a couple and make time to do them- even if you do not feel up to it yet.
3. Expect tough times. Be tolerant with your mate and understand that you are both going to fail each other during this turbulent time.
4. Do not lash out at one another. In a weakened state of grief, this will only push you apart. Find constructive ways to release the stress and anger of grief.
5. Prepare for change. Loss and grief change people and it will change the face of your marriage. Decide together that this trial will bring you closer and commit to your relationship
6. Reach out. Resist the urge to spend time away from your mate or reach out to others who better understand your grief.
7. Avoid placing blame. Tossing accusations at your spouse will only place a wedge in your relationship. Understand that feelings of guilt, anger, and confusion are normal during this time.
8. Love each other. Be sure to offer the hugs, cuddling, and love that each partner needs to feel secure and supported. Be sure to resume your physical relationship as soon as possible.
9. Seek information and support. Educate yourselves on grief and try to understand one another. If you are having difficulties resolving your grief as a couple and you feel your marriage is in trouble, get help immediately! Do not wait until it is too late to seek help.

There are no easy answers for couples dealing with pregnancy loss. It is crucial that you make the decision to put your marriage first and then do it!

--Lisa Church is author of *Hope is Like the Sun: Finding Hope and Healing After Miscarriage, Stillbirth or Infant Death.*

Seasoned Grievors...

The Cord

We are connected,
 My child and I, by an invisible cord
 Not seen by the eye. It's not like the cord
 That connects us 'til birth This cord can't be
 seen by any on Earth.
 This cord does it's work right from the start.
 It binds us together attached to my heart.
 I know that it's there though no one can see
 the invisible cord from my child to me.
 The strength of this cord is hard to describe.
 It can't be destroyed it can't be denied.
 It's stronger than any cord man could create.
 It withstands the test.
 Can hold any weight.
 And though you are gone, though you're not
 here with me,
 the cord is still there but no one can see.
 It pulls at my heart. I am bruised...I am sore,
 but this cord is my lifeline as never before.
 I am thankful that God connects us this way,
 a mother and child.
 Death can't take it away!
 -- Terri Apostolakas

Looking Forward...

One of the ways to think about your grief is to look at some of the markers that indicate you are moving forward. Some examples are below. This list is entitled, "I Know I'm Moving on a bit when..." I want to do more with my life than "just survive". I can laugh without feeling guilty. I'm not afraid anymore of losing the memory of my loved one. I know it will always be with me I come to realize that doing little things for myself is OK I'm not as much afraid of the future. I don't find myself "searching" for my loved one as much as before. I'm not as sad or depressed as I used to be. I feel I don't have to do a ritual. I can get through the holidays, birthdays, and anniversaries a little easier. I can reach out to help other people. I can engage in some of the activities I had given up after the death.

It doesn't hurt as much as it used to.
 I can talk to others about him/her without getting upset.
 I can see the memory of my loved one as "less saintly" i.e. not perfect.
 The emotional roller coaster ride isn't as bad as it used to be.
 Sometimes a whole day has slipped by without my feeling overwhelmed.
 I now know both truths:
 I am moving on with my life, BUT
 I will never forget and moving on does not mean that I love him/her any less.
 I can experience the reminders as more positive than negative.
 I can look back and see my progress.
 I realize that it really happened and that my life has forever changed.
 When another loss occurs I now understand more the effect it has on me (and others).
 I realize that I will always carry my loved one in my heart and that I am a better person for having had this person in my life for however long or short it was.
 And I've come to realize that some things in life – just don't matter.
 "The reality is that we don't forget, move on, and have closure, but rather we honor, we remember, and incorporate our deceased children and siblings into our lives in a new way. In fact, keeping memories of your loved one alive in your mind and heart is an important part of your healing journey."
 -- Harriet Schiff, author of The Bereaved Parent

Friends And Family...

Your Compassionate Friend

I can tell by that look friend, that you need to talk,
 So come take my hand and let's go for a walk.
 See, I'm not like the others - I won't shy away,
 Because I want to hear what you've got to say.
 Your child has died and you need to be heard,
 But they don't want to hear a single word.
 They tell you your child's "with God", so be strong.
 They say all the "right" things that somehow seem wrong.
 They're just hurting for you and trying to say,
 They'd give anything to help take your pain away.
 But they're struggling with feelings they can't understand

So forgive them for not offering a helping hand.
 I'll walk in your shoes for more than a mile.
 I'll wait while you cry and be glad if you smile.
 I won't criticize you or judge you or scorn,
 I'll just stay and listen 'til your night turns to morn.
 Yes, the journey is hard and unbearably long,
 And I know that you think that you're not quite that strong.
 So just take my hand 'cause I've got time to spare,
 And I know how it hurts, friend, for I have been there.
 See, I owe a debt you can help me repay
 For not long ago, I was helped the same way.
 As I stumbled and fell thru a world so unreal,
 So believe when I say that I know how you feel.
 I don't look for praise or financial gain
 And I'm sure not the kind who gets joy out of pain.
 I'm just a strong shoulder who'll be here 'til the end!
 I'll be your Compassionate Friend.
 --By: Steven L. Channing, The Compassionate Friends, Winnipeg, Canada

Book In Review...



Centering Corporation is a provider of resources for those grieving and publishes books on the loss of a child, grandchild, sibling, infant and miscarriage. For a catalog go to www.centering.org.
 Healing a Parents Grieving Heart – 100 practical ideas after your child dies by Alan Wolfelt, helps parents understand and reconcile grief. Covers common challenges such as dealing with marital stress, helping surviving siblings dealing with hurtful advice and exploring feelings of guilt.

Helpful Hint...



We can endure much more than we think we can; all human experience testifies to that. All we need to do is learn not to be afraid of pain. Grit your teeth and let it hurt. Don't deny it, don't be overwhelmed by it. It will not last forever. One day, the pain will be gone and you will still be there.
 -- Harold Kushner, When All You've Ever Wanted Isn't Enough

Welcome...

As members of The Compassionate Friends, we understand what you are experiencing. Like you,

we have also lost a dearly beloved child. We share your pain, and while every journey through grief is unique, we are here to support you. We welcome you to attend our meetings and see for yourself how helpful they can be.

No Vacation

There is no vacation from your absence.
 Every morning I awaken.
 I am a bereaved parent.
 Every noon I feel a hole in my heart.
 Every evening my arms are empty.
 My life is busy now, but not quite full.
 My heart is mended, but not quite healed.
 For the rest of my life every moment will be lived without you.
 There is no vacation from your absence.
 -- Kathy Boyette, TCF Mississippi Gulf coast

The Same To Me

You'll always be the same to me
 as when I knew you last.
 You've no tomorrow in this world
 but live in recent past.
 So I will watch your sisters
 your classmates and your friends,
 grow to their adulthood
 and dream-filled ends.
 And soon they'll have their families
 and years will pass them by,
 still I know what I shall hold
 and cherish in mind's eye.
 I'll see others get grey-templed
 and paunchy in the waist.
 And doing in slow-motion
 what once was done in haste.
 And they will all be care-worn
 from their many daily trials.
 As taxes, jobs and housework
 erode those youthful smiles.
 But I'll take comfort having
 what time can't tear apart.
 For you'll be that forever teen
 to keep within my heart.
 --Ken Falk, TCF Connecticut

If you mention my child's name I may cry.
 But if you don't mention it, you will break my heart.
 --author unknown

Surviving

There's no way to know,
 in those first, early years,
 if the crying will stop,
 be an ending to tears.
 But slowly, so slowly,
 through the grieving and time,
 will come moments and days,
 when hopefulness shines.
 Backwards and forwards,
 into darkness, then out,
 we begin to start living;
 scraps of new life peek out.
 This happens most surely,
 survivors will tell,
 when we find time for others
 and give of ourselves.
 --Genesse Bourdeau Gentry
 From her book: "Stars in the Deepest Night"

More than a thousand days and nights have
 passed since we last danced in the same place,
 in the same dimension.
 Nearly three years since I last heard your laugh,
 saw your smile, could give you a hug,
 and know that I could get a hug back.
 Your absence has altered those who knew you,
 who loved you, and still do.
 Laughter is harder to come by, when pained
 expressions,
 and wretched kvetching stand in the way.
 The joy that followed you as you danced,
 sang, enlightened and engaged,
 still permeates the world over.
 The children, whose lives you aspired to nurture,
 carry your wisdom with you in their smiles.
 I too, try to carry your wisdom, when I
 try to nurture and educate.
 Your weightless footsteps still dance among us,
 hidden within the wind,
 on wings of butterflies, and the ladybugs
 you would catch on warm summer days.
 More than a thousand days and nights have
 passed
 since we said goodbye and goodnight in this world.
 I yearn for decades of time, to help make up
 for the time we have lost together.
 ~ Greg Williams, TCF, Twin Forks chapter, 2013
 In loving memory of his sister, Kara Lynn Williams



Our Children

Remembered



Troy Akasaka
Born: 1/91 Died: 2/15
Parents: Jay & Sharon
Akasaka

Larry Broks Jr.
Born: 7/88 Died: 9/17
Mother: Thessia
Carpenter

Matthew Hales Clifford
Born: 1/80 Died: 3/15
Parents: Bob & Melissa
Clifford

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

Josue
Born: 3/04 Died: 6/07
Mother: Elizabeth
Centeno

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

Aaron Christopher
Cochran
Born: 11/90 Died: 9/12
Mother: Julia Carr

Ryan Dobie
Born: 7/92 Died: 2/19
Parents: Linda &
Douglas Dobie

Brandon Armstrong
Miscarried: July 1995
Mother: Cheryl Stephens

Julian Burns
Born: 12/18 Died: 1/19
Parents: Daniel & Marta
Burns

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

Michael John Dornbach
Born: 7/60 Died: 10/17
Parents: Maria Triliegi &
Edward Dornbach

Connor Aslay
Born: 5/99 Died: 7/18
Mother: Erin Aslay

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

Hannah Elizabeth Cortez
Born: 9/92 Died: 7/13
Parents: Rafael & Shari
Cortez

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

Jeremiah Bell
Born: 1/88 Died: 6/15
Mother: Angela Albarez

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

Mike Sebastian Cortez
Born: 5/97 Died: 6/17
Mother: Rita Cortez

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

Scott Berkovitz
Born: 5/88 Died: 1/16
Parents: Carl Berkovitz &
Maria Moore

Carina Chandiramani
Born: 5/86 Died: 9/18
Mother: Norma
Chandiramani

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

Joel Draper
Born: 1/84 Died: 5/2004
Mother: Tracy Solis

Noah Bernstein
Born: 6/87 Died: 2/17
Mother: Beth Bernstein

Blair Chapin
Born: 4/82 Died: 5/18
Sister: Elizabeth Chapin

Michael N. Daffin
Born: 2/85 Died: 4/17
Parents: Michael & Diana
Daffin

Brian Daniel Edelman
Born: 5/86 Died: 8/23
Father: Ray Edelman

Cheianne Jayda Berry
Born: 12/01 Died: 7/16
Mother: Kristina Berry

Alexandra Chi
Born: 2/03 Died: 12/24
Father: David Chi
Parents

Daniel Elijah Day
Born: 4/93 Died: 5/16
Mother: Kristen Day

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

Sam Boldissar
Born: 10/91 Died: 3/17
Parents: Jeeri & Frank
Boldissar

Michael Edward Clapp
Born: 2/93 Died: 4/18
Mother: Patti Clapp

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

Gregory Robert Ehrlich
Born: 4/91 Died: 2/19
Mother: Sarah Ott

Alex James Bonstein
Born: 11/91 Died: 7/16
Mother: Cynthia Sanchez

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

Sean Michael Denhart
Born: 3/88 Died: 12/20
Mother: Janna Denhart

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

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

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

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

Nicolas Frank DiMarco
Born: 9/89 Died: 9/22
Father: Frank DiMarco

Bettina Mia Embry
Born: 8/65 Died: 4/22
Parents: Larry & Elena
Bruns

**Our Children**

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

Cody Jarod Esphorst
Born: 3/02 Died 7/19
Parents: Jesse & Julie
Esphorst

Jesse Eric Esphorst
Born: 9/00 Died: 3/17
Parents: Jesse & Julie
Esphorst

Chidinma Ezeani
Born: 8/89 Died: 10/19
Mother Ifeoma Ezeani

Robert Justin Fields
Born: 1/00 Died: 1/22
Parents: Loree & Bob
Fields

Shawn Eric Fillion
Born: 12/82 Died: 8/21
Mother: Lise Fillion

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

Bryce Patrick Fisher
Born: 10/86 Died: 8/21
Mother: Nancy Goodson

Miles Andrew Gallas
Born: 2/89 Died: 3/21
Mother: Denise Gallas

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

Lexie Rose Gilpin
Born: 4/09 Died: 4/09
Mother: Michele Gilpin

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

Marc David Guerreva
Born: 7/97 Died: 7/17
Mother: Sharon Cortez

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

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

Christie Hagenburger
Born: 4/63 Died: 12/17
Father: D.W.
Hagenburger

Bishop Michael
Hernandez
Born: 3/98 Died: 6/21
Father: John Hernandez

Jesse Hernandez
Born: 2/90 Died: 11/22
Mother: Joann
Hernandez

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

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

Sarah Jade Hurley
Born: 6/97 Died: 5/17
Father: Tim Hurley
Grandmother: Laurie
Hurley

Taylor X. Hyland
Born: 8/06 Died: 7/20
Mother: Tessa Hyland

Steven Ishikawa
Born: 9/75 Died: 4/17
Mother: Miki Ishikawa

Remembered

Alexander John Jacobs
Born: 3/90 Died: 8/19
Mother: Diane Jacobs

Stefanie Jacobs
Born: 5/87 Died: 1/97
Father: Rob Jacobs

Jason Christopher
Jenkins
Born: 4/86 Died: 11/20
Parents: Alvin & Caprice
Jenkins

Lizzie Jester
Born: 6/93 Died: 7/18
Father: Lee Jester

Zachary Hyun Joon
Jeong
Born: 12/24 Died: 12/24
Parents: Ken Jeong &
Cydne Shapiro

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

Jillian Nicole Katnic
Born: 3/87 Died: 10/18
Mother: Debbie Hughes

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

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

Chase King
Born: 4/87 Died: 11/19
Mother: Laura King

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

Scott Koller
Born: 10/83 Died: 3/15
Mother: Betty Benson



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

Margareta Sol Kubitz
Born: 9/05 Died: 9/09
Parents: Maria & Bill
Kubitz

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

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

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

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

Emma Nicole Lerner
Born: 11/99 Died: 7/06
Mother: Nancy Lerner

Kevin Le Nguyen
Born: 5/88 Died: 6/14
Mother: Tracy Le Nguyen

Joseph Licciardone
Born: 4/94 Died: 3/16
Parents: Connie & Leo
Licciardone

Gaby Lindeman
Born: 7/64 Died: 9/12
Parents: Gilberto &
Graciela Rodriguez

Joshua Lozon
Born: 6/91 Died: 6/21
Mother: Tracey Gentile

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

**Our Children**

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

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

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

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

Jesse Robert Martinez
Born: 1/89 Died: 9/21
Father: Harry Martinez

Travis Frederick Marton
Born: 10/91 Died: 1/15
Mother: Ricki Marton

Matthew "Matty" Louis
Match
Born: 5/02 Died: 7/18
Parents: Mike & Shirley
Match, Grandmother:
Dorothy Match

Max McCardy
Born: 4/05 Died 8/15
Parents: Derk & Akemi
McCardy

Joseph Mc Coy
Born: 9/11 Died: 11/14
Mother: Amy McCoy

Sarah Mc Donald
Born: 10/00 Died: 6/17
Parents: Tom & Shideh
Mc Donald

John Paul Mc Nicholas
Born: 12/89 Died: 11/20
Parents: John & Leeann
Mc Nicholas

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

Jeremy Stewert Mead
Born: 10/61 Died: 11/14
Mother: Carol Mead

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

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

Christopher Metsker
Born: 11/94 Died: 3/18
Parents: Justin & Tara
Metsker

Blanca Isabel Meza
Born: 9/21 Died: 9/21
Mother: Angela Azurdin-
Meza

Mathew Scott Mikelson
Born: 4/77 Died: 4/20
Mother: Dorthy Mikelson

Keith Moilanen
Born: 10/80 Died: 5/19
Mother: Jill Moilanen

Reyna Joanne Monje
Born 9/98 Died: 4/21
Mother: Debbie Trutanich

Jacki Montoya
Born: 10/89 Died: 6/15
Mother: Theresa
Montoya

Joshua Montoya
Born: 4/15 Died: 6/15
Grandmother: Theresa
Montoya

Remembered

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

Danielle Murillo
Born: 5/96 Died: 4/14
Parents: Cheryl Outlaw &
Manuel Murillo

Christopher Murphy
Born: 11/92 Died: 4/18
Mother: Deborah Murphy

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

Lisa Nakamaru
Born: 12/93 Died: 10/14
Mother: Grace Nakamaru

Natalie Rose Nevarez
Born: 5/90 Died: 11/14
Parents: Gregg and
Alison Nevarez

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

Stephanie Sue Newkirk
Born: 12/67 Died:
10/15
Mother: Cindy McCoy

Trevor Mitchell Nicholson
Born: 7/99 Died: 1/18
Parents: Brad & Kendra
Nicholson



Steven Scott Nussbaum
Born: 5/61 Died: 11/15
Parents: Will & Gloria
Nussbaum

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

Isabella Ofsanko
Born: 6/97 Died: 10/15
Mother: Desireé Palmer

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

Steven Thomas Pack
Born: 8/91 Died: 3/20
Parents: Tom & Lisa
Pack

Lilly Parker
Born: 12/15 Died: 1/17
Mother: Nicole Kawagish
Father: J.D. Parker

Jessica Perez
Born: 5/89 Died: 10/03
Sister: Monica Perez

Andrew Periaswamy
Born: 5/97 Died: 10/16
Parents: Megala &
Xavier Periaswamy

Dominic Pennington
Roque
Born: 8/02 Died: 9/09
Parents: Kerrie & Ren
Roque

Lindsay Nicole Pollack
Born: 6/94 Died: 11/23
Mother: Daphne Carroll-
Pollack

Donnie Vincent Pulislich
Born: 1/75 Died: 1/18
Mother: Maria Pulislich
Sister: Michelle Pulislich

**Our Children**

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

Dax Jordan Quintana
Dantas De Oliveria
Born: 6/17 Died: 8/17
Parents: Alexandar &
Sanderson Quintana
Dantas De Oliveria

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

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

David Reade
Born: 4/72 Died: 9/23
Brother of Bobby Reade

Ronald Reade II
Born: 9/69 to 8/23
Brother of Bobby Reade

Sarah Lynne Redding
Born: 12/80 Died: 12/05
Mother: Linda Redding

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

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

Danny Ryan
Born: 07/79 Died: 10/15
Parents: Mike & Andrea
Ryan

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

Daniela Mora Saldana
Born: 3/17 Died: 3/17
Mother: Rosa Saldana

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

Phillip Ruben Sandoval
Born: 7/84 - Died: 6/16
Parents: Valerie & Joe
Desjardin

Andrew Sankus
Born: 4/71 Died: 8/15
Mother: Mary Sankus

Christian Saylor
Born: 10/90 Died: 10/24
Parents: Jeff & Coco
Saylor

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

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

Nicholas M Sinclair
Born: 1/80 Died: 2/22
Mother: Suzanne
Sinclair

Remembered

Paul Slater
Born: 10/71 Died: 11/16
Parents: Bob & Gwen
Slater

Dale Lee Soto
Born: 7/94 Died: 5/11
Mother: Monique Soto

Patrik Stezinger
Born: 1/89 Died: 8/17
Parents: Paul &
Rosemary Mosher

Jonathan David
Streisand
Born: 1/87 Died: 8/13
Parents: Pricilla & David
Streisand

Brittany Anne Suggs
Born: 10/88 Died: 4/16
Mother Camille Suggs

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

Kenneth Tahan
Born: 2/66 Died: 7/16
Parents: Shirley &
Joseph Tahan

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

Jamie Taus
Born: 5/85 Died: 5/21
Sister: Jackie Taus
Mother: Susan Taus

Jacqueline Marie Taylor
Born: 1/83 Died: 7/11
Mother Jennifer Flynn

Julie Catherine Thomas
Born: 1/80 Died: 9/2023
Mother: Mary Thomas



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

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

Catarina Sol Torres
Born: 12/16 Died: 12/16
Parents: Marcus &
Vanessa Torres

Carlos Valdez
Born: 10/90 Died: 1/12
Parents: Antonia &
Refugio Valdez

Vance C. Valdez
Born: 10/90 Died: 3/12
Parents: Carlos & Maria
Valdez

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

Manuel Vargas III
Born: 3/95 - Died: 5/15
Father: Manuel Vargas

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

David Michael Villarreal
Born: 11/90 Died: 2/18
Parents: David &
Barbara Villarreal

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

Adam Michael Wechsler
Born: 3/2003 Died: 11/23
Father: Zach Wechsler



Our Children Remembered



Matthew L. Weiss
Born: 9/96 Died: 8/18
Mother: Natalie Narumoto

Rennie S. Wible
Born: 8/66 Died: 1/18
Mother: Jinx Wible

Dovan Vincent Wing
Born: 6/83 Died: 9/17
Mother: Becky Wing

Aaron Young
Born: 9/74 Died: 6/15
Mother: Sheila Young

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

Ryan Yorty
Born: 4/81 Died: 5/84
Mother: Denise Gonzales

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

Michael Jordan Zareski
Born: 5/71 Died: 12/17
Parents: Susan & Norm Zareski

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

Christopher Zuchero
Born: 5/85 - Died: 5/22
Parents: Mike & Shelly Rudeen

Vincent Zuniga
Born: 1/99 - Died: 10/24
Parents: Shonnie Allen & Eddie Zungia

* For corrections or to add your child to the Our Children Remembered section of the newsletter, call Lynn at (310) 963-4646 and leave a message.

Birthday Tributes...



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

Sorry, no tributes were submitted this month.

By Siblings...



For Siblings

More than a thousand days and nights have passed since we last danced in the same place, in the same dimension.

Nearly three years since I last heard your laugh, saw your smile, could give you a hug, and know that I could get a hug back.

Your absence has altered those who knew you, who loved you, and still do.

Laughter is harder to come by, when pained expressions, and wretched kvetching stand in the way.

The joy that followed you as you danced, sang, enlightened and engaged, still permeates the world over.

The children, whose lives you aspired to nurture, carry your wisdom with you in their smiles.

I too, try to carry your wisdom, when I try to nurture and educate.

Your weightless footsteps still dance among us, hidden within the wind,

on wings of butterflies, and the ladybugs you would catch on warm summer days.

More than a thousand days and nights have passed since we said goodbye and goodnight in this world.

I yearn for decades of time, to help make up for the time we have lost together.

-- Greg Williams, TCF, Twin Forks chapter, 2013
In loving memory of his sister, Kara Lynn Williams

GRIEF, WISDOM AND REALIZATIONS

First...

Allow yourself to feel whatever you need.

Cry wherever and whenever.

Sob if your heart calls for it.

Find a space to scream as loud as you can.
 Be as angry as you need to release the emotions that are not healthy for you.
 Then...
 Take responsibility for taking care of yourself.
 Build courage to get through the day.
 Do what you need to let the moment(s) pass.
 Let go of people and things that do not serve you.
 Work out your frustrations as much as you can because
 you deserve to de-stress and look gorgeous.
 Surround yourself with people who are non-judgmental and low maintenance.
 Lastly...
 Laugh, laugh a lot.
 Dance. Dance until you cannot stand anymore.
 Smile, as your sibling wants you to be happy.
 Hug, as you deserve to be loved as much as you love your sibling.
 Breathe deeply, as that is what you need for survival.
 Cherish the moments and stories that honor your sibling.
 Love others as you do your sibling.
 Surround yourself with compassionate people, people who get it, people who love you and understand your grief and are willing to be there to hold your hand and cry with you.
 Give yourself time to redefine yourself and your identity.
 Live the life that your sibling would want you to live.
 Fight for your own happiness because your sibling wants to see you thrive.
 Just be your own true self and do not give a damn about what others think, as they do not know the deep relationship and connection that you have with your sibling.
 Always...
 Reflect and recognize how far you have come in your grief process.
 Self-reflect and follow your inner calling.
 Yearn to do good things in this world that your sibling didn't get a chance to do.
 Admire how far you have come in this process, and do not question the choices that you or your sibling have made.
 Love, love, love and love unconditionally.
 When you need a little inspiration...
 Reach out to a compassionate friend.
 Release in your journal.
 Let things be, keep calm, be more spiritual.

Give yourself a lot more credit.
 Remind yourself of the love you have for your sibling.
 Make your sibling proud of the person that they love and
 will love, always.
 --Susan Zhou, TCF Manhattan



For Grandparents...

Now I See: Grieving and Raising My Grandchildren

"You're coming home with us," I said. My husband and I and our twin grandchildren were standing by the hospital emergency entrance. Nine months ago, their mother (our daughter) died from the injuries she received in a car crash. Now their father was gone, killed in another car crash. The life I had known stopped and I was engulfed in darkness.

Like the words of the famous hymn, "Amazing Grace," I was blind and couldn't see.

The twins (one boy and one girl) were orphans and we were GRGs, grandparents raising grandchildren. Would I have the energy to raise grandchildren? Could I grieve and stay upbeat for the twins? What would become of me? These questions haunted me and all I could do was put one foot in front of the other and keep going.

For me, 2007 was a year of death. My daughter died, my father-in-law died, my brother died, and the twins' father died. I felt like I was lost in a dark, dense, and brambly forest. Years later, I could see the path, the steps I took, and the journey from darkness to light. You may be raising your grandkids and my tips may help you.

Eat dinner together. Mealtime isn't just about food, it's about family values, sharing news, and learning how to cope and solve problems. We expected our grandchildren to eat dinner with us. I'm a made-from-scratch cook and my grandchildren appreciated this. "I love your salad dressing more than the salad!" my granddaughter exclaimed.

Support school activities. We cheered for our granddaughter at gymnastics meets and applauded our grandson's trumpet playing at concerts. Sometimes the twins asked me to help with their research papers and I was glad to help. "I'm only proofreading," I assured them, "and won't

change your style.” The twins appreciated my help and I was impressed with their writing.

Set new goals. Making it to the next hour was my first goal. Once I could do that, my next goal was to make it through the day, then a week, and then a month. Step-by-step, I inched my way along the recovery path. Though I took several detours, I kept moving forward. Setting goals gave new purpose to my life.

Practice self-care. Writing is self-care for me. Friends advised me to give up writing to care for my grandchildren. What a terrible idea. Giving up writing would feel like another death in the family. A week after my daughter and father-in-law died, I sat down at the computer and poured out my soul in words. I’m still writing. Put self-care on your To Do list.

Embrace silence. Like many who are grieving, I feared quiet times, the pain of these times and the disturbing thoughts I would have. But in silence—a few moments of meditation each day—I found a wellspring of strength I could tap again and again. Instead of avoiding silence, you may choose to make it part of your day.

Believe in yourself. “I will survive this” was my mantra and you can make it yours. Attitude has a lot to do with how we approach life and I gave myself frequent “attitude adjustments.” When a negative thought came to mind, I balanced it with a positive one. This took practice, but the more I did it, the better I felt.

Trust life again. My grandchildren’s trust in me enabled me to trust life again. A dozen years have passed since the twins moved in with us. Their energy and interests changed my life forever. Instead of me saving my grandchildren, they saved me.

Both twins graduated from high school with honors. The ceremony was an emotional experience. The man our daughter planned to marry was there and took a photo of the twins. He emailed the photo to me. Every time I looked at the photo I cried, yet I couldn’t stop looking at it. What was going on? I studied the photo and realized I cried because, for the first time, I saw hope in the twins’ eyes.

When I began this journey, I was blinded by sorrow. Today, I am living a new, happy life and immensely proud of the twins. My grandson is a senior at the Mayo Clinic School of Medicine. My granddaughter is an independent photographer and the mother of a newly adopted

great-grandchild—a darling boy.

Death made me appreciate life. I’m a stronger person than I used to be. Most important, I know every breath, every moment, and every day are miracles. Just as the hymn says, “I was blind but now I see.”

--Harriet Hodgson

From Our Members...

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, the people and topics change and need to talk or share fluctuates between each meeting. 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.



Flash Zoom Meetings... are called on short notice, and are of shorter duration. The intent is to check in on each other and share nothing more. The goal is to meet weekly but if it occurs every other week that’s ok. To participate in our Zoom meetings, contact Leo at (310) 283-6739 or Liccia79@gmail.com for the link.

Birthday Table... In the month of your child’s birthday, a Birthday Table is provided where you can share photos, mementos, your child’s favorite snack, a birthday cake, a bouquet of flowers or anything you’d like to bring to share. We want to know your child better, so please take advantage of this opportunity to celebrate the wonderful day of your child’s birth. This is your chance to tell us a favorite story, or whatever remembrance you choose, in memory of your child. Our child’s, grandchild’s, or sibling’s birthday will forever be a very special day and we at TCF know how important that day is and how helpful and healing it can be to share with others. Please plan on attending the meeting of your child’s birthday month and filling our Birthday Table with pictures and/or mementos.

Newsletter 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.) You can mail them to the P.O. Box or send them by e-mail to Lynntcf@aol.com Tributes must be in by the 1st of the month **preceding** your child's birthday month or at the prior meeting. (Example: Aug. first for Sept. birthdays). If you miss the deadline, call Lynn at (310) 963-4646 and let me know. I will try to fit them in. Otherwise they will appear in the following month's issue.



Get Your Photo Buttons...

Photo Buttons are a perfect way to share your child, grandchild or sibling with others at our monthly meetings. If you would like to have some made, call Connie at (310) 292-5381. You can mail her a photo for each button you would like (color photo copies work great) and she can make them for you. There is no cost, but donations are welcomed. Keep in mind that the button is about 3" in diameter, so the picture needs to fit inside that area and the actual photo is used, so make sure it's one we can cut.

Memory Book... Our chapter has an ongoing Memory Book that is on display at each meeting. Each child is given a page in the book. Blank pages are located in the back of the book. Feel free to take a page home to work on. 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 Lori know so we can put your child's name on a donation label inside the book.

We also welcome "book reviews". If you have read a book which was helpful on your grief journey, please let us know. Send book reviews and other articles or poems for submission to the newsletter to Lynntcf@aol.com Also, a friendly reminder, if you have books at home you have checked out and are finished reading them, please remember to return them to our library.

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, it is only your donations that keep us functioning, and we appreciate your help. A receipt will be emailed to you for tax purposes if you include your name. Please let us know if you want the tribute published in the next newsletter.



Our Website... Leo Licciardone is hosting the website and updating it with the current newsletter and chapter information. Thank you to those who are willing to get your newsletter online. To be able to send a reminder each month to let you know when the latest issue of the newsletter is available, we need your e-mail address. If you have not been getting a reminder e-mail, please let me know. To update our files, please call Lynn at (310) 963-4646 to update by phone. You can also e-mail Lynn at Lynntcf@aol.com if you want to do it electronically. Thank-you for your understanding and help. TCF South Bay/LA

Phone Friends... Sometimes you want or need to talk about the life and death of your child, sibling or grandchild with someone that 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.



Leo & Connie Licciardone (chpt. leaders)....(310) 292-5381
 Jarmo & Bonnie Mantyla (chapter leaders)...(310)530-8489
 Lori Galloway.....(760) 521-0096
 Linda Zelik.....(310) 648-4878

Local TCF Chapters:

Beach Cities/L.A. (Manhattan Bch): (970) 213-6293
 Third Tue.
 Los Angeles: (310) 474-3407 1st Thurs.
 Newport Beach (917) 703-3414 3rd Wed.
 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
 San Fernando Valley: (818) 788-9701 2nd Mon.
 South Los Angeles: (323) 546-9755 last Tue
 Ventura Co. TCF: (805)981-1573 1&3 Thurs.
 Verdugo Hills: (818) 236-3635, 4th Thurs.
 Spanish speaking: Mary Trujillo (323) 347-9469

Local Support Groups...

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 of Suicide: Support Group for families that have lost someone to suicide. Contact Rick Mogil (310) 895-2326 or 24 hrs: (310) 391-1253

Our House/Bereavement House: Support groups in LA & So. Bay (310) 475-0299 Also Spanish Support Group, Loren Delgado 310-231-3196.

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. 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. (310) 546-6407

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: (800) 821-6819

Walk with Sally: Cancer loss bereavement & art therapy for children. (310) 378-5843

Camp Comfort Zone: Year round Bereavement Camp for Children www.comfortzonecamp.org (310) 483-8313.

Other Grief Support Websites...

thetearsfoundation.org	childloss.com
goodgriefresources.com	griefwatch.dom
bereavedparentsusa.org	opentohope.com
healingafterloss.org	webhealing.com
survivorsofsuicide.com	alivealone.org
taps.org (military death)	angelmoms.com
save.org (suicide/depression)	M.A.D.D..org
pomc.com (families of murder victims)	
grasphelp.org (substance abuse deaths)	
www.facebook.com/TheUglyShoesClub (Suicide)	
Griefwords.com (for grandparents)	

A Special Thanks to Staples 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 CO-LEADERS: Leo & Connie Licciardone and Jarmo & Bonnie Mantoya

CHAPTER ZOOM HOSTS: Connie & Leo Licciardone

NEWSLETTER EDITOR: Lynn Vines

PROOFREADER: Sandra Myricks

TREASURER: Kristy Mueller

WEBSITE: Leo Licciardone

Steering Committee Members:

Linda & Joe Zelik

Marilyn Nemeth

Bill Matasso

Nancy Lerner

Connie & Leo Licciardone

Sandra & Eddie Myricks

Jarmo & Bonnie Mantyla



Lori Galloway

Crystal Henning

Lynn Vines

Kristy Mueller

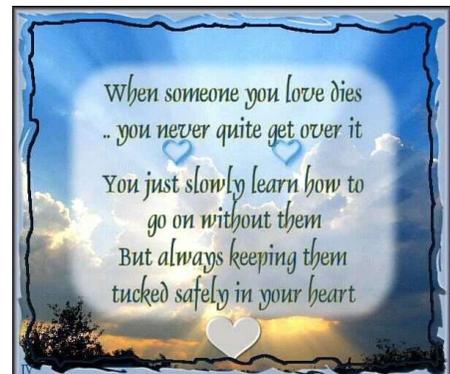
Kitty Edler

Susan Kass

National Office Information: Compassionate Friends E-Newsletter: TCF National Office publishes a monthly e-newsletter designed to keep you up-to-date on what's going on with the organization and its chapters. We encourage everyone use the valuable information it holds to help you in your grief. To receive TCF's e-newsletter, sign up for it online by visiting TCF national website at <http://compassionatefriends.org>. and filling out the request to sign-up at the bottom of the page.

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. There is also a closed group chat for specific topics that you need to register for.

Online Support (Live Chat)... TCF offers "virtual chapters" through an Online Support Community (live chats). This program was established to encourage connecting and sharing among parents, grandparents, and siblings (over the age of 18) grieving the death of a child. The rooms supply support, encouragement, and friendship. The friendly atmosphere encourages conversation among friends; friends who understand the emotions you're experiencing. There are general bereavement sessions as well as more specific sessions. Please Note: Times posted on the schedule are based on Pacific Time. Select "enter room" under the chat room you would like to participate in and you will be prompted to register. Once registered you will be able to log-in with your username and password that you have set up. You can keep abreast of any changes by going to: www.compassionatefriends.org





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

The Compassionate Friends is a totally self-supporting organization. Our chapter is run entirely by volunteers, but we do have operating costs. Your tax deductible donation is what keeps our chapter going. **In honor and in remembrance of you child, please consider a donation to our chapter.** When making a

donation, please make checks payable to
The Compassionate Friends South Bay/L.A. chapter.
Mail to: The South Bay/LA chapter of Compassionate Friends
P.O. Box 11171 Torrance CA 90510

No Donations were submitted this month.

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 _____

Tribute _____

We are always working a month in advance. To include your donation in the next newsletter we must receive it by the first of the month, otherwise it will appear in the following issue.

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

NON PROFIT ORG
US POSTAGE PAID
PERMIT 3223
Torrance CA 90503



— Return Service Requested —



August 2025

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.
©2025 THE COMPASSIONATE FRIENDS -- SOUTH BAY/L.A., CA CHAPTER

If you no longer wish to receive this mailing, need corrections, or
have a new address, please contact us.