



**The
Compassionate
Friends**
Supporting Family After a Child Dies

Tucson Chapter
P.O. Box 30733
Tucson, AZ 85751-0733
(520) 721-8042
www.tucsontcf.org

National Headquarters
The Compassionate Friends
48660 Pontiac Trail #930808
Wixom, MI 48393
Toll free (877) 969-0010

WALKING THIS VALLEY- Tucson Chapter Vol. 41 No. 1 January-February 2023

Welcome!

All bereaved parents, grandparents, and adult siblings are welcome at our support group meetings. Here you will find comfort, caring people, and most of all-HOPE. Coming to the first meeting is hard, but you have nothing to lose and much to gain. For many it is the first real step toward healing. Although it may seem overwhelming, we encourage you to come to several meetings to give yourself a chance to become comfortable. The hope of The Compassionate Friends is that those who need us would find us and that those that find us would be helped. TCF also provides information to help members be supportive to each other. We are not professional counselors. We are bereaved families who want to help each other.

We're sorry for the reason you're here, but we're glad you've found us-Tucson TCF
Tucson Chapter Meetings: Christ Church United Methodist 655 N. Craycroft

Second and Fourth Wednesdays, 7-9pm

January 11, 25

February 8, 22

March 8, 22

For the New Year

Where there is pain,

Let there be softening

Where there is bitterness,

Let there be acceptance

Where there is silence,

Let there be communication

Where there is loneliness,

Let there be friendships

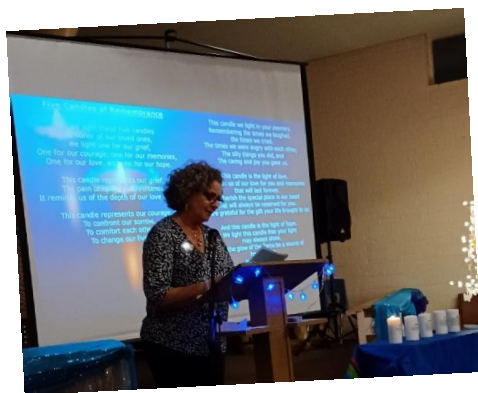
Where there is despair,

Let there be hope.

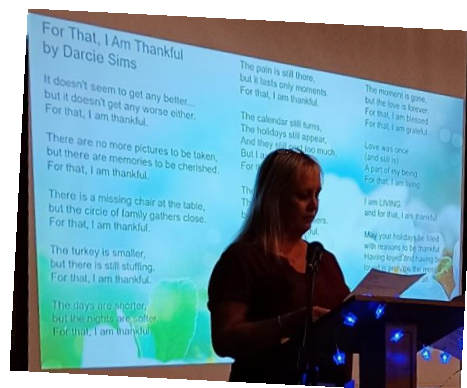
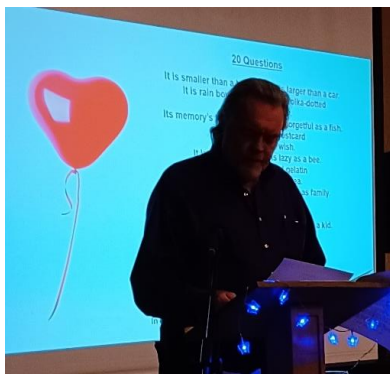
**Ruth Eiseman
TCF Louisville, KY**

END OF YEAR EVENTS FOR 2022

OCTOBER CANDLE LIGHTING



ALL SOULS PROCESSION (PHOTO: GARY O'BRIEN)

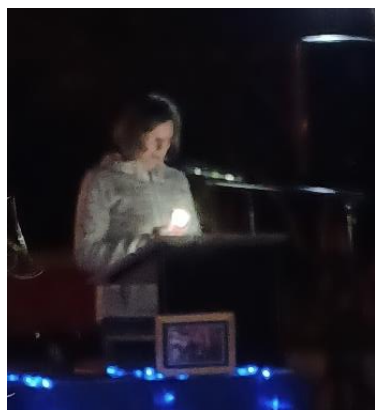


DECEMBER GET TOGETHER



DECEMBER CANDLE LIGHTING

A BIG "THANK YOU!" TO BLOOMIE'S ON TANQUE VERDE FOR THE GORGEOUS CENTERPIECE.



JIM CLICK RAFFLE
DRAWING: REID PARK ZOO LIGHTS

JANUARY BIRTHDAYS

JACK ATKINSON
ROBERT BREMOND
NICHOLAS A. BUONAVOLONTA
TIMOTHY BYMP
SHANTI CARLISI
LARRY CASTAÑEDA
ZAC CLARK
COLLEEN CONTER
GARY DURRENBERGER
KATIE EDMONDS
KATHRYN EIDE
JOVAN ANTONIO ESCARCEGA
RYKEN EVERETT
KETZIA AMAIRANY FLORES
KAREN FORD
ALEX GRADIAS
EDNA HERRERA
TIMOTHY HESKIN
ANDREW INGARGIOLA
ROLAND JAMES
MEGHAN JONES
JOSEPH (JAY) KAPLINSKI
CHADWICK THOMAS KENYON
SWAIN TAYLOR KOENIG

MIA MATHESON
SEBASTIAN MEYER
AARON MILLER
PENELOPE OSWALT
DONN OWENS
MICHAEL JOHN PADILLA
JAMESON GILES PERSONIUS
KYLE PETTEYS
CHRISTOPHER PULLEN
DAVID RADTKE
GREGORY RAMIREZ JR.
BECKA ROSENWALD
MICHEAL P. SHEATS
NICHOLAS SIMS
ERIC TAYLOR
ANTHONY THOMASON
EMILY TRENT
ROBERT ERIC TURNER

RAMES VALENZUELA
MARIO VERDUGO JR
LINDSAY WAKEFIELD
PHILIP WORKMAN
RUDY URIAS JR.



JANUARY REMEMBRANCE

DANIELLE BARNETT
PHILLIP BECKER
MICAELA ELINAH BENITEZ
JAKE BOUDREAU
ERICA LYN BOWDEN
NICHOLAS A. BUONAVOLONTA
CLYDE BURKEY
JOHN JOSEPH CEPIN IV
GEORGIA COLEHOUR
LUKE DAINS
STEFAN ENRIQUEZ
MICAYLA JASMINE FULLER
ANDREW GAINES
CESAR TIZOK GONZALEZ
LAURA GORMAN
BRIAN JOEL HARPER
EDNA HERRERA
SEAN HOLDEN
TYGE IRSKENS II
AMY KRUPPENBACHER
KENNETH LUIKART
STEPHEN MAHAFFEY
MIA MATHESON

DAYS

DAMION MATTHEWS
DANIEL J. MCCLAIN
ALEX ANDRU MENDOZA
MARIELLE MENTZER
JARED PATRICK
JASON PHANCO
TRACY ANN POLLINS
LUKE RUTHERFORD
SHERYL SCHUBERT
CLINT SMITH
JANESSA JACLYN SMITH
IAN CHRISTOPHER SMITH
LINDA STUBBINS
JESUS TARAZON-ROSAS
ANTHONY THOMASON
MARCOS RENE TORRES
OLANDO TRUJILLO
EDWARD SAMUEL WEISS
ANTHONY JOEL WELLS
CONNIE CHRISTINE WILSON
CHRISTOPHER
JOSHUA GRABENBAUER
MICHELLE RENEE QUIHUIS

OTHER TUCSON SUPPORT GROUPS

*Information & Referral Services: <http://www.211arizona.org/>

*Homicide Survivors, Inc.: 520-740-5729

*FOOTPRINTS-Pregnancy and Infant loss: 520-873-6590

*Tu Nidito/Children to Children: 520-322-9155

*Alive Alone <http://www.alivealone.org/> -for parent(s) who have lost their only child

*MISS FOUNDATION <http://www.missfoundation.org/>

*Survivors of Suicide..... 520-989-0467

*Rachel's Gift (pregnancy and infant loss-national group) www.rachelsgift.org

CRISIS HOTLINE INFORMATION

National Suicide Prevention Lifeline	1-800-273-8255
Suicide Hotline	1-800-Suicide
Depression & Crisis Hotline	1-800-784-2433
The National Institute for Trauma & Loss in Children (TLC)	1-877-306-5256
Families Anonymous (Addiction/Recovery)	1-800-736-9805
Al-Anon Family Groups (Addiction/Recovery)	1-888-425-2666
Post Partum Depression	1-800-944-4773

The Compassionate Friends National:

ONLINE SUPPORT information is available on the National Compassionate Friends Website at www.compassionatefriends.org. (NationalOffice@compassionatefriends.org)

The Compassionate Friends 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. There are general bereavement sessions as well as more specific sessions.

FACEBOOK GROUPS: The Compassionate Friends offers a variety of private Facebook Groups. These pages are moderated by bereaved parents, siblings, or grandparents, and may not be accessed unless a request to join is approved by a moderator. Please click on the link next to the group you wish to join and answer the screening questions so they can confirm your request.

February Birthdays

CHANCE MORGAN ALLISON
LAUREN AUFDENKAMP
JASON BAKE
DAVID BAKER
ISAIAH BATES-SCOTT
JOSHUA BEDELL
JEREMY BRIGHT
CHRISTOPHER SCOTT CURTIS
LUKE DAINS
AISLYNN TIANA DAVIS
JENNIFER DUTTON
ROGER PAUL EAGLE
MATTHIAS EDWIN ENLOW
D. FRANCES ENRIQUEZ
SAHARA FAHMY
PETER JAMES "PJ" FARRELL
WESTON FOARD
BRIAN FRAZIN
RAUL (BUDDY) GARCIA
KEVIN GEIS
DANIEL LEE GEIS
JOSHUA GIBSON
CHARLES A. (CJ) GRAHAM
SHAY EMMA HAMMER
BRIAN JOEL HARPER
KYLE HENSON

CHRISTOPHER J.R. HESSE
SEAN ALEXANDER KINCAID
PETER KJOLSRUD
ERIC SETH KOVITZ
JOSE EDY LEYVA
PAIGE LOVE
DANIEL LOWE
AISLYNN TIANA MAGUIRE
BRIDGET MEMBRILA
ROLANDO MONGE
JOSHUA MOSS
THOMAS WILLIAM NEAL
MICHELLE VICTORIA PADILLA
NICHOLAS PUTNAM
CASSIE RAO
AZAR IAN RUST
NICHOLAS ANDREW SAN ANGELO
REBECCA SIEGEL
DAREK SLAYTON
IAN CHRISTOPHER SMITH
KATELYN NICOLE STANES
ANTONIO TIRADO
JAMES TURNER
HOLLY VICKERS
ALYSSA GUNN MULDONADO
NATHAN ANDREW BRALY

February Remembrance

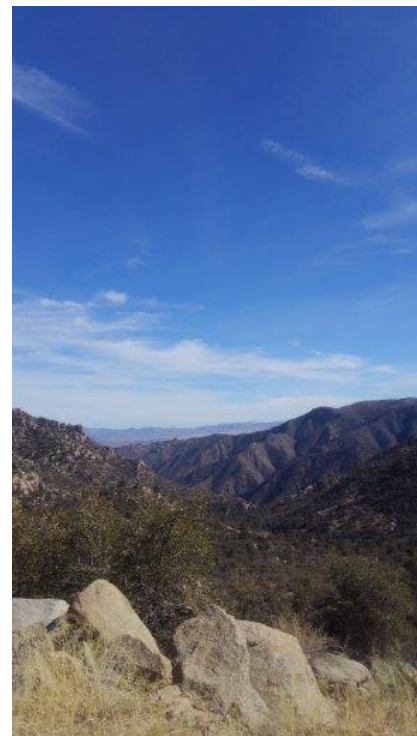
BILL ANDERSON
DAVID BAKER
NICK BARNETT
TAMARA DAWN BASS
PHILIP BIGGERS
JADEN ELIJAH BLUE
KELLI BONN
CALEB CANDLER
CARM-IDRELLE CASSEUS
JOHN PATRICK CLINE
JENNY CRIM
KATIE DECKER
ALAN DOYLE
TROY EADLER
ELISA GASTELLUM
DONALD GREENE
RAAD HALABY
CINDY HARTRANFT
JAY JOHNSON
GREGGORY RYAN KAISER
REBECCA KATZ
CHARLES JOSEPH KEEN
CHRISTIAN LAWSON
ZEMIRA BAYLA LENC



Days

ANGEL LEON
BRIDGET MCCABE
DALE MELLBERG
PAUL METZGER
SHAWN NOBLE
NATHAN NOWECKI-HUBBLE
TIMOTHY O'DONNELL
PENELOPE NOELLE PADILLIAS
AVA PASSANNANTI
CHRISTOPHER PULLEN
SHAWN DOUGLAS RAMON II
PAUL ROBOLD
BENJAMIN ROHEN-TRAPP
AZAR IAN RUST
DAREK SLAYTON
JARED SMITH
EMILY RENEE SORKIN
KATELYN NICOLE STANES
JULIO C. VERGARA
KENNETH WALTER
JA-MUS WHITFIELD
NOAH ZACARIAS
RANDY ZIMMERMAN
JARED SMITH

*Normal day, let me be aware of the treasure you are.
Let me learn from you, love you, savor you, bless you
before you depart.
Let me not pass you by in quest of some rare and
perfect tomorrow.
Let me hold you while I may, for it will not always be so.
One day I shall dig my nails into the earth, or bury my
face in the pillow,
or stretch myself taut, or raise my hands to the sky,
and want more than all the world for your return.*
~ Mary Jean Irion



Remembrance Cards To receive remembrance cards for your loved ones birthday month and the death anniversary month, sign-up with your complete information, for the memorial book (<https://www.compassionatefriends.org/find-support/to-the-newly-bereaved/>).

Tucson Chapter Steering Committee

Leader: Kenny Allison

Co-Leader:

Editor: Diane Allison

Contributing Editors: All members- contributions wanted!

Outreach/ Correspondence: Kirsten Bice, Nancy Richards, Kenny Allison

Facebook: Kirsten Bice, Cat Morrow

Website: Julie Shulick

New Attendee Coordinator/email blasts: Cat Morrow

Library: Debbie Russell

Treasurer: Sharon Farrell

Facilitators: Diane/Kenny Allison, Deanna Dillon, Sharon Farrell, Cat Morrow, Debbie Russell

Regional Coordinators: Denise (Dean) Amore

Fundraising:

If the Jim Click Raffle occurs in 2023, we will participate and more information will be forthcoming.

You can link your Fry's card and use Amazon Smiles to also help with our expenses.

Save the Date:

National Conference 2023

The conference will be held in Denver, Colorado July 7-9. It is a wonderful opportunity to remember your child, shed tears with no judgement, and gather "tools" to help you on your grief journey.

Precious Valentine Memories

The lace has grown yellow with age. The edges are tattered and the glue that held the pieces together has long dried up, leaving only a slight stain on the faded red paper. It is much smaller than I remembered. Perhaps time has caused it to shrink. It seems so fragile, resting here in my palm. The words have nearly faded and even the heavy crayon marks have lost their luster over the years. There's a smudge of unknown origin on the back, near where the paper was rubbed dangerously thin by the uncounted erasure marks. The name is barely legible, the pencil lines so weak that only the mind can read the letters.

I found it the other day, while doing one of those winter chores: cleaning closets. It's nearly 25 degrees below zero outside and it seemed like a good idea to clear away some of the trappings of a thousand years.

February is a middle-of-winter month and most of us have fewer choices in this month than in any other. For those of us here in the Great North, it is either shovel the walk or clean the closets, and it's warmer in the closet (although not by much!) So, armed with a dust rag, trash bag and the radio, I opened the door and slipped in. I thought I was just going to clean the closet...not really about what I might find.

But, that first box sent me spinning. I found things I hadn't even remembered I'd lost! I finally found the holiday gift bought for my sister last year and then so carefully hid away. I found snow boots and sand pails, a beach towel, three old paperbacks, a pile of magazines (all saved because I wanted to clip something "important"). I found shoelaces for shoes no longer "alive" and several other things that had once been alive.

I found a half a chocolate-covered cherry and part of a deck of cards. It was quite a treasure box, filled with junk that once had had some meaning to someone, maybe even me.

I sorted through the coats and clothes, painfully aware that "someday" would probably not arrive in my life-time. The too short hemline and the too-small waist would not be mine again. I packed those things away, mindless of the hours and the drifting snow outside the windows.

When I found the box of scrapbooks, I sat down, now that the closet had some actual floor space. I touched the bindings, not quite sure I possessed the courage required to open the pages. The phone rang and forced me away from that decision. I left the closet and did not return until now.

That's when I found the old paper Valentine, tucked away between the pages of a life lived long ago. As I held that once sticky, but now only stained, piece of construction paper, I felt a connection with other valentines, in other lifetimes. I heard a whisper of another voice: my own mother's exclamation over my offered gift. It blended with my voice, speaking across the generations of children bringing home paper messages of love. OH! I had forgotten THAT....it had become lost in the pain.

It was a peaceful hour in that closet, listening to the sounds of my life, lived long ago and now remembered through the pages of the scrapbooks. I found my own laughter and that of my friend, joining the laughter of my own children, seeking the laughter of tomorrow's bearers of paper hearts. Time does pass on. Generations of hearts have been delivered and received. Generations of love have been shared just as generations of hurt have been endured. It felt timeless in the closet...as if when I opened the door, the give of this Valentine would still be waiting!

Perhaps that is exactly what is happening, perhaps the engineers of all of our hurts and happiness are still waiting - waiting for us to claim that love and bring their light back into being. There were so many years when I could not bear this exchanging of paper hearts! There were so many years when I counted FIRST what was missing, never realizing that in the measuring of my losses, I was truly losing what I did have.

The snow had drifted deep across the yard: only the tips of my flamingos' knit-capped, covered heads are visible in the white. But my vision has been cleared somewhat this afternoon by a visit in the closet where I found a memory that no length of time could fade. The lace is faded, the edges tattered, but the heart always remembers and though the tears, the sounds of love given and received echo back to me.

So now, this little paper message from both my past and my future sits on my dresser, reminding me each morning to make room for the happy memories as well as the hard ones.

I had "lost" that Valentine from so long ago, but the bearer of that most precious gift of love has NOT been lost to me. Our loved ones die, but the love we share between us can NEVER BE DESTROYED. Love continues past all change and becomes the memory trace that guides the human spirit. Love isn't enough, but without it, the world grows cold and frozen, and the sidewalks never get shoveled and the closets never get cleaned, and the memories get lost in the confusion of pain not healing.

Go find a Valentine, clean a closet, rummage through a drawer, search for some tangible evidence that, indeed, your love DID LIVE - and what a sweet treat that will be!

Darcie Sims
Lovingly lifted from Sunflower Chapter,
Wichita, KS Feb Newsletter



A Valentine's Day Wish

How I wish I could bring our children back to us for Valentine's Day—24 hours we could spend telling our children of our love.

But, alas, we are doomed to spend another Valentine's Day without our beloved children. Others who have not lost a child, tend to take for granted these special days. A card that says "I love you, Mom and Dad" should be carefully folded and saved in a special place. All too many parents consider these cards to be renewable commodities. There's no need to save this one—"we'll always get another one next year."

For many of us, next year came and there was no card. Tears of sadness replaced tears of joy on this special day. But for many of us the memories remain of those Valentine's Days gone by. Because our child's love remains with us, our child will never truly be gone.

This year on Valentine's Day, let us shed tears of joy that we were given even a short time with our child—for this, no matter how short, can never be taken from us.

Wayne Loder
TCF Lakes Area, MI



Survival Plan

There are times in the life of a bereaved parent when we are feeling fine and are going about our daily activities when suddenly, off in the distance, we begin to inwardly feel a change in the atmosphere of our soul. The rumbling storm clouds start to gather and an icy wind blows a cold rain through our heart. The

dull ache that has been kept to a minimum suddenly becomes unbearable once again. We've been blindsided by grief. It's for times like these that we need to develop survival skills. We need to find a fallback position where we can seek shelter, calm ourselves, rest and regroup. The time to formulate this contingency plan is not when we're in the middle of agonizing sorrow, but when we are feeling and doing well. We can even make a list of ideas, put them into writing and save them for those moments when we are not able to think about what's going to help us in the midst of our blinding pain. What calms and soothes you the best when the bad days come and you're longing for the touch of your child? Would your respite be snuggling in bed under a warm blanket with a hot cup of tea or perhaps watching a favorite movie that you and your child would have enjoyed together? Maybe hugging and telling your surviving children or grandchildren how much you love and treasure them; would this ease your sorrow? Would writing a poem or love letter to your child and reading it out loud help afford you some peace? Would calling one of our Loving Listener's for comfort and understanding assist you during this difficult time? If you haven't been to a TCF meeting in a while, plan on attending the next one. Give yourself something to hold on to and look forward to. We all know that the death of our child is something that we will never "get over" but we can try to find ways to make it through the really bad days. We are here to help.

Janet Reyes
TCF Alamo Area Chapter, TX



A National self-help, non-profit organization for families who have experienced the death of a child

THE TUCSON CHAPTER
P.O. 30733
Tucson, AZ 85751-0733

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Laurence "Larry" Tilton passed away at home surrounded by his loving family on November 2, 2022. He was 76 years old and succumbed rapidly to an advanced, aggressive kidney cancer. Born December 18, 1945, in Grand Junction, Colorado to L. William Tilton and Cecilia Premore Tilton. The family moved to Tucson when he was six for his mother's health. Larry was a graduate of Catalina HS, the University of Arizona, and was a veteran of the USAF, serving two tours in Viet Nam. He worked for Frito-Lay for 27 years and was affectionately known to the neighborhood kids as the "potato chip" man. He married Carol Baur Morgan in 1972 and they were just shy of celebrating their 50th anniversary. Active in his community, he volunteered as a Little League coach for baseball and softball and was a Boy Scout leader. When the children became older he and Carol could be found on most week-ends sailing Desert Breeze (their sailboat) on Lake Roosevelt. Upon the death of his stepson, Richard Morgan, Larry and Carol became active in Tucson Compassionate Friends for over 20 years. Larry was active in his church serving on several committees and involved with their food bank. He loved playing golf, tennis, and especially pickle ball and could be seen at Udall or the Y just weeks before his death. For 42 years a highlight of the summer was the family's vacation week to Rocky Point. He is survived by his wife, Carol; their daughter, Susan Williams (Jeremy); stepson, David (Kelly) and six grandchildren, Calvin Morgan, Steven Williams, Elizabeth Williams, Sarah Williams, Matthew Morgan, and Leah Morgan. Services will be December 31, 2022, at Christ Church United Methodist, 665 N. Craycroft at 10 a.m., with a lunch to follow. Memorials to Tucson Compassionate Friends, P.O. Box 30733, 85751.

Published by Arizona Daily Star on Dec. 18, 2022.

Larry was a beloved Compassionate Friend. He will be missed. January-February 2023