



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

Tucson Chapter
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The Compassionate Friends
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www.compassionatefriends.org

WALKING THIS VALLEY- Tucson Chapter Vol. 46 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 10, 24

February 14, 28

March 13, 27

Mother's loss (Found by Cat Morrow early in her grief. Source unknown)

How do you describe a mother who has lost a child?

She is first and foremost changed forever

She is walking around, even though breathing, she is not "living" She tries to hold it together for the other children But inside she is missing a part of her heart

She feels NO ONE can understand her and what her mind goes through everyday

She talks to him all the time as if he will answer

She talks about him just so no one will ever forget he was once here in our presence She wants to scream but knows it will make everyone think she is even more crazy than she already is inside

She wants comfort, but then again all she wishes is to be left alone

She loves her other children more than her own self, and is in CONSTANT worry over losing another child

She looks at her other children growing, living, and smiling and wonders what would he Look like today

She thinks of happy times they all had and know he will never be here to share another She "FEEIS" him standing over her shoulder as tears stream down her face writing

She reaches to hug him but he is not there

No one can understand "Why isn't she better?" She can't comprehend what "better" is anymore

She feels alone in a room full of people, not wanting to talk but wanting to talk She isn't "she" anymore....

She is a mother without a part of her heart

The part that once heard her heartbeat from the inside out

She is the one missing someone so much that no words can ever truly describe how she She is wanting to die just to see him again but knows she cannot because she is needed here

She is a mother grieving a grief like no other in this world

She is a mother who lost her child.....

The New Year: A Time of Hope

Another New Year has slipped into our lives, radically changing some things and leaving other things to evolve naturally. For bereaved parents a new year marks another year on the calendar without their precious children. It is a new year, but not much has changed since the old year. Why is that?

We act as the catalysts of change for ourselves. We choose to help ourselves; we choose to stay in a specific place in our grief. We choose to reach out for hope or we choose to withdraw into the familiar and postpone facing life and hope another day. There are no set rules or specific timetables in bereavement. We are each unique in our grief.

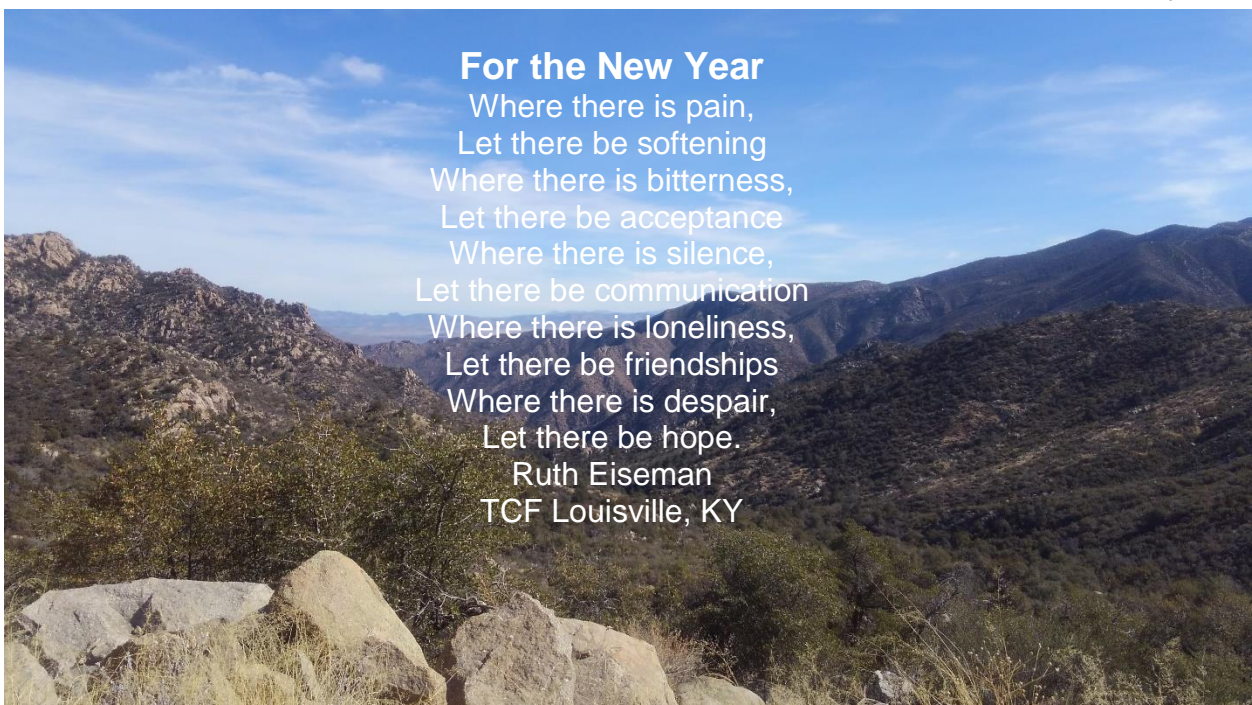
Eventually we all find hope. We find it in different ways and in different times. There will be no one moment of epiphany for bereaved parents. Instead, there are a series of minutes, hours, weeks, months and often years until we realize that we can truly say we feel the power of hope coming alive from deep within us. This moment will come for each of us. It will come in its own time and its own way.

Even those of us who have found hope and who shine its light on the paths of newly bereaved parents, still regress and withdraw into the dark sadness of our loss. And that is as it should be. For we have lost the most precious gift of our lives...our children's presence with us and their future in this life. Our children live in our hearts and our memories and our dreams. They do not share this plane with us. It is normal and it is good to think of our children often and to shed some tears for all that has been lost. These aren't setbacks as much as sweet memories that bring cathartic tears.

The element we find in these memories is a closeness to our child and our child's life. This, too, is healthy. An often-expressed fear is that our children will be forgotten. Worry not, gentle parent, your child will be remembered for all of your days and for many days thereafter. You will never forget your child. Others who knew your child will never forget. The proof of this is in our memories....sweet memories that take us back to another time when our child was with us.

So this New Year's, whether you are a few months, a few years or many years in your grief, think about hope. You have not forsaken your child when you reach for hope. Your hope brings your child back in a positive way that will warm your heart. Reach for that hope. As you move forward in your grief in the New Year, reach for hope. Your child will still be with you. And one day you will find that your child's presence is sweeter when hope is within you.

Annette Mennen Baldwin
In memory of my son, Todd Mennen
TCF, Katy, TX



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

January Birthdays

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



January Remembrance Days

DANIELLE BARNETT
PHILLIP BECKER
MICAELA ELINAH BENITEZ
JAKE BOUDREAU
ERICA LYN BOWDEN
CLYDE BURKEY
JOHN JOSEPH CEPIN IV
GEORGIA COLEHOUR
LUKE DAINS
STEFAN ENRIQUEZ
MICAYLA JASMINE FULLER
ANDREW GAINES
CESAR TIZOK GONZALEZ
LAURA GORMAN
NICHOLAS A. BUONAVOLONTA
JOSHUA GRABENBAUER
BRIAN JOEL HARPER
EDNA HERRERA
SEAN HOLDEN
TYGE IRSKENS II
AMY KRUPPENBACHER
KENNETH LUIKART
STEPHEN MAHAFFEY
MIA MATHESON
DAMION MATTHEWS
DANIEL J. McCLAIN
ALEX ANDRU MENDOZA
MARIELLE MENTZER
JARED PATRICK
JASON PHANCO
TRACY ANN POLLINS
MICHELLE RENEE QUIHUIS
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

Fundraising:

You can link your Fry's card to help with our expenses.

The 2023 Jim Click Millions for Tucson Raffle



Thank you to everyone who bought or sold tickets. This is our big fund raiser each year and covers many of our expenses.

Winners are Sylvia Bencomo of Green Valley, won the third prize of \$5,000 (ticket sold by Sheriff's Auxiliary Volunteers of Green Valley); Karyn Zoldan of Tucson won the second prize of two plane tickets (ticket sold by Cherished Tails); and Baruch Cohon

of Tucson will receive a 2023 Ford Bronco Raptor (with an MSRP of \$90,925) (ticket sold by Congregation Beit Simcha).

Congratulations, winners!

We will let you know when the 2024 Raffle begins.

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/>
(website resources, group inactive in Tucson)

*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

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/>).

Valentine Message

I send this message to my child
Who no longer walks this plane,
A message filled with love
Yet also filled with pain.

My heart continues to skip a beat
When I ponder your early death
As I think of times we'll never share
I must stop to catch my breath.

Valentine's Day is for those who love
And for those who receive love, too
For a parent the perfect love in life
Is the love I've given you.

I'm thinking of you this day, my child,
With a sadness that is unspoken
As I mark another Valentine's Day
With a heart that is forever broken.



Annette Mennen Baldwin
TCF Katy, TX
In Memory of my son, Todd Mennen

Valentine's in Heaven

Are there Valentines in Heaven?
Are there Red Hearts everywhere?
Do they line the golden streets,
Or is that very rare?
I wish that I could send you one,
Right through Heaven's Gate,
To say how much we miss you,
On this special date.
I'd like to send a Candy Heart,
That is printed, "I Luv U,"
And maybe you would whisper back,
"I know, I Luv U too."



Marilyn Rollins
TCF Lake-Porter, IN
For All Our Children

LOST POTENTIAL

Last year I attended a workshop presented by a specialist in grief named Dr. Cable. Dr. Cable said many important things about the grief process, but as a bereaved parent one thing stuck in my mind.

He said that if you ask a bereaved person to describe his deceased mother, he will say, "Oh, she was so sweet. She always wore flowered dresses and loved to bake cookies." But, if you ask a bereaved parent to describe her deceased child, she will say, "Oh, he would be five this year and just starting kindergarten," or, "She would be twenty-two this year and graduating from college."

You see, we bereaved parents grieve the lost potential of our children. Our children don't stop growing in our minds. We grieve again and anew each year as our child would have been a different age.

Chris Anderson
TCF, Walla Walla, Washington

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.

Tucson Chapter Steering Committee

Leader: Kirsten Bice Co-Leader: Sharon Farrell
Editor: Diane Allison Contributing Editors: All members- contributions wanted!
Outreach/ Correspondence: Kirsten Bice, Nancy Richards, Kenny Allison
Facebook: Kirsten Bice Website: Julie Shulick
New Attendee Coordinator/email blasts: Cat Morrow
Library: Debbie Russell Treasurer: Nancy Richards
Facilitators: Diane/Kenny Allison, Deanna Dillon, Sharon Farrell, Kirsten Bice, Debbie Russell
Regional Coordinator: Denise (Dean) Amore

As long as I can I will look at this world for both of us. As long as I can I will laugh with the birds, I will sing with the flowers, I will pray to the stars, for both of us. ~ Sascha Wagner

Chapter events October-December 2023

October Candle Lighting



Phyllis (P.J.) and Sam.
P.J. passed in Nov.
She will be missed.



Carol's Ringing
group.



Debbie's Tree with
the beautiful
keepsake angel
ornaments.



December Candle Lighting



We thank Julee for singing and her karoake machine, Bloomie's for our centerpiece, and SOS (The Rachuys) for refreshments.



Jim Click Raffle Winners Announcement



Holiday Get Together

February Birthdays

CHANCE MORGAN ALLISON
LAUREN AUFDENKAMP
JASON BAKE
DAVID BAKER
ISAAH BATES-SCOTT
JOSHUA BEDELL
NATHAN ANDREW BRALY
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
ALYSSA GUNN MULDONADO
THOMAS WILLIAM NEAL
MICHELLE VICTORIA PADILLA
NICHOLAS PUTNAM
CASSIE RAIO
AZAR IAN RUST
NICHOLAS ANDREW SAN ANGELO
REBECCA SIEGEL
DAREK SLAYTON
IAN CHRISTOPHER SMITH
KATELYN NICOLE STANES
ANTONIO TIRADO
JAMES TURNER
HOLLY VICKERS
GABRIEL NATHANIEL AGUILAR

February Remembrance Days

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
ANGEL LEON

KYLAH RAE MARTINEZ
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
DANIEL SCHNEIDER
DAREK SLAYTON
JARED SMITH
EMILY RENEE SORKIN
KATELYN NICOLE STANES
JULIO C. VERGARA
KENNETH WALTER
JA-MUS WHITFIELD
ORION WORLEY
NOAH ZACARIAS
RANDY ZIMMERMAN



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Non-Profit Org.
U.S. Postage Paid
Tucson, AZ
Permit No. 2296

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

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Return Service Requested



-Paula Stephens

January-February 2024