



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

Tucson Chapter
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Tucson, AZ 85751-0733
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www.tucsontcf.org

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The Compassionate Friends
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Wixom, MI 48393
Toll free (877) 969-0010

WALKING THIS VALLEY- Tucson Chapter Vol. 41 No. 2 March-April 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

March 8, 22

April 12, 26

May 10, 24

Tucson Chapter Spring Event:

April 15 1:00-3:00pm

**Christ Church United Methodist
655 N. Craycroft**

Ice Cream Social and Butterfly Release.
We are trying something new this year
and hope that you can join us.



We will still provide the opportunity for you to write a note to your child, grandchild, or sibling but this year will also be doing a group butterfly release.

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

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.

March Birthdays

CHRISTOPHER THOMAS ARNOLD
KRISTIN BAILEY
OSWALDO BAKER
MITCHELL BARRINGAR
PATRICK BENSON
RENEE BLANCHARD
CHRISTOPHER BREY
PAUL BRUMBAUGH
STEVEN BURR
WENDY CARBONEL
RICK CASEJALUR
EVAN JACOB CUETO
PHILIP GANOTE
CALUM GAYNOR
LAURA GORMAN
KALYN MARIE GREGG
RICKY M. GRIJALVA JR.
MELISSA HEYMERS
KYLE HOLBROOK
REESE HOTTEN
DORINDA JONAS DEVAUL
MELISSA LOPEZ
ALEXANDER "PEANUT" LUPER
BRADLEY CHARLES MAPLES
DANIELLE MARIT-KALLA
MORGEN McBRATNEY
RYAN MCCRAY
MICHEAL MCDANIEL
BRYAN MCLAUGHLIN
ERIC MIRANDA
GARETH OWEN
CASIMIRO MARTIN PALAFOX
AVA PASSANNANTI
JARED PATRICK
STACY PESSIN
GRANT J. PIONTEK
HEATHER RAMIREZ
JESUS RENE
NATHAN TYLER ROBERTS
BRET RUSSEL
ROSALINA ISABELLA SAENZ
ANTHONY SIGAL
CHADWICK "CHAD" SPALDING
MEGHAN TOLLE
KRISTA ANN VALDEZ
DAK SCOT FREDERICK VANTSANT
ANTHONY JOEL WELLS
STEVIE WEBB
TREMAYNE GARCIA
ANTHONY BUSS



March Remembrance Days

CHANCE MORGAN ALLISON
KRYSTAL ARNOLD
LAUREN AUFDENKAMP
MARTHA BATES
CHRISTOPHER BAYZE
JOSHUA BEDELL
RICHARD BLAU
DEVANTE CARRANZA
KENNETH CHESTER
THOMAS CLARK
JASMINE COOMBS
AUDIANNA MARIE COTA
EVAN JACOB CUETO
ANGELA DILLON
EMILIA F DOYLE
KATIE EDMONDS
MATTHIAS EDWIN ENLOW
WESTON FOARD
JIMMIE GANIS
ANNA CECELIA GAXIOLA
TESSA LEIGH GRIGGS
SHAY EMMA HAMMER
DANIEL HART
KYLE HENSON
DANIEL GENE HILL
CHERIE HILL
ROBERT HORSTMAN
ANDREW INGARGIOLA
JONATHAN KALOS
NICOLE LAJALLEE
ALEXANDER "PEANUT" LUPER
CHRIS MAIER
MEADOW CENTER MARSTON
MICHEAL MCDANIEL
ZACH MORGAN
JOSHUA MOSS
RUSSELL SCOTT NEWSOME
MARINA ESTRELLA PALOMO
HEATHER RAMIREZ
TYLER SAX
ANTHONY SIGAL
PAIGE JAYDEN STOUT
DANIEL TATTRIE
MARLA THYE
LUIS JAMES TIFFANY
KRISTA ANN VALDEZ
HOLLY VICKERS
CHRISTOPHER VIVIAN
GENE WATKINS
MORGAN WISE
PHILLIP JOHN WATTERS
TREMAYNE GARCIA

Catching Butterflies

It often hurt to come upon reminders of my son
Tho' often since I lost him I would search around for one
Which always brought on sadness and the tears that I would shed
Were caused by names or faces, all things that I would dread.
But then one day I came upon a man who'd lost his son
I found that things I ran from, he wouldn't even shun.
But rather he would treasure and I said I wondered why
He told me that he called them "Catching Butterflies."
This view of his intrigued me; I wanted to hear more
And learned that he took all of them and carefully would store
All of the reminders that I chose to push away
He would tuck deep down inside his heart each and every day.
Now a name or likeness when catching me off guard
Does not upset me as it did and I don't find it hard
For now instead I see these times as opportunities
To see my son awakened in these new fresh memories.

-Dottie Williams TCF Pittsburgh PA



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: Kirsten Bice Co-Leader:
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: Sharon Farrell, Nancy Richards
Facilitators: Diane/Kenny Allison, Deanna Dillon, Sharon Farrell, Kirsten Bice, Debbie Russell
Regional Coordinator: Denise (Dean) Amore

Fundraising:

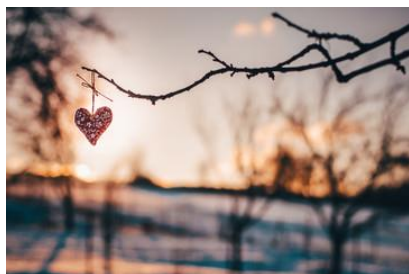
You can link your Fry's card to also help with our expenses.

The 2023 Jim Click Millions for Tucson Raffle has begun! Jim Click has



announced that this year's grand prize is one of the most in-demand vehicles today, a 2023 Ford Bronco Raptor, a highly sought-after SUV which is expected to generate interest and ticket sales from across the country. The second prize in this year's raffle is two first-class, roundtrip airline tickets to anywhere in the world (some restrictions apply), and the third prize is \$5,000 in cash.

Since 2003, Jim Click, Jr. has initiated 13 raffles* for charities in the Greater Tucson area and has donated a vehicle as the raffle prize*. Eligible 5Mr Click 201301c3 charities have been encouraged to sell tickets for the raffle with each charity keeping 100% of the proceeds raised. The raffle has been one of the many way the Click family has been able to give back to the community that has given his family so much since they came to Tucson in 1974. (From the Millions for Tucson website)



LOVE NEVER GOES AWAY

Posted on February 10th, 2023

<https://www.compassionatefriends.org/blog/love-never-goes-away/>

“Why does it hurt so much? Why is this grief so incapacitating? If only the hurt weren’t so crushing.” Sound familiar? All of us have known hurts before, but none of our previous “ouches” can compare with the hurt we now feel. Nothing can touch the pain of burying a child.

Yet, most of us have discovered that the sun still comes up. We still have to function. We did not die when our child did, even though we wished we could have. So...we are stuck with this pain, this grief, and what do we do with it? Surely we can’t live like THIS forever!

There are no magic formulas for surviving grief. There are a few commonly recognized patterns for grief, but even those are only guide-lines. What we do know is that the emptiness will never go away. It will become tolerable and livable... some day.

TIME...the longest word in our grief. We used to measure TIME by the steps of our child...the first word, first tooth, first date, first car...now we don’t have that measure anymore. All we have is TIME, and it only seems to make the hurt worse.

So what do we do? Give ourselves TIME...to hurt, to grieve, and to cry. TIME to choke, to scream. TIME to be “crazy” and TIME to remember.

Be nice to yourself! Don’t measure your progress against anyone else’s. Be your own timekeeper.

Don’t push. Eventually you will find the hours and days of grief have turned to minutes and their moments... but don’t expect them to go away. We will always hurt. You don’t get over grief...it only becomes tolerable and livable.

Change your focus a bit. Instead of dwelling on how much you lost – try thinking the good memories come over you as easily as the awful ones do. We didn’t lose our child...HE/SHE DIED. We didn’t lose the love that flowed between us...it still flows, but differently now.

Does it help to know that if we didn’t love so very much it would not hurt so badly? Grief is the price we pay for love. And as much as it hurts, I’m very, very glad I loved.

Don’t let death cast ugly shadows, but rather warm memories of loving times you shared. Even though death comes, LOVE NEVER GOES AWAY!

-DARCIE SIMS



National Conference 2023:

(From the national website) “Our conference is a place for bereaved families to find community and hope, while learning and sharing with others. Lifelong friendships are often made at the conference through meeting others who truly understand the painful loss of a child, sibling, or grandchild. This eagerly anticipated event will take place in Denver, Colorado, during the weekend of July 7-9, 2023.”

To register or reserve a room: www.compassionatefriends.org

April Birthdays

KRYSTAL ARNOLD
BEN ARRELLIN
MARTHA BATES
PHILLIP BECKER
HUNTER BECKHORN
ALLIE BURCH
ASHLEY CALLAHAN
JOHN CARSTENS
ROBERT GLEN CREWS
LEAH GOODMAN
RICK HAMILTON
TRAVIS HEGERLE
STACY ANN HEMESATH
WILEY HERREN
CHERIE HILL
JAY JOHNSON
DEVIN KAMBER
CHARLES JOSEPH KEEN
RYAN KNOTT
CHRISTOPHER LAWSON
MELISSA QUINN MADONNA
MEADOW CENTER MARSTON
DAMIEN MELZER
DANIEL MERENS
SCOTT MILLER
SCOTT NEVINS
JEREMY BRYANT PATRICK
MICHAEL PENA
KASEY PIKE
LUKE MICHAEL RICHARDS
LUNA SAYURI ROMERO
JOE ROMMEL
JONATHAN ROSS
ARIELLE IRENE RUBEN
LUKE RUTHERFORD
SUSANN SALMON
TYLER SAX
JAMES SELBY
MATTHEW TESCHNER
JAMES THELEN
PAUL (ALAN, JOY) THOMPSON
WILLIAM TIDWELL
MARCOS RENE TORRES
EMILY KATELYN ARRIAYA TORRES
TINA VALENZUELA
JULIE ANN VONDERSAAR
DELLVON WATSON
GAVIN LEE WEBB
TONY WINFIELD
CHRISTOPHER
JOSHUA PARMETER



April Remembrance Days

AARON THOMAS ATHERTON
NANCY BATES DIETZ
HEATHER BERTSCHY
SUSAN M. BIEGER
W. JARED BLAIR
NINA BODEN
MARK BRIDGEMAN
JAMES K. BROWN JR.
GORDON BRYAN
STEVEN BURR
JOE CRAWFORD
RACHAEL EDWARDS
EBERT S.R. EISSENSTAT
D. FRANCES ENRIQUEZ
JULEE FRASER
MARISA GALLEGO
FRANK GARCIA
DORINDA JONAS DEVAUL
ANGELINA KNOX
NANCY KONERTH
GAGE LA FONTAINE
RICHIE LOPEZ
DANIELLE MARIT-KALLA
BRIDGET MEMBRILA
PANCHITO MEZA
AARON MILLER
ZACHARY ORMAN
LIEM MICHAEL O'ROURKE
MICHAEL JOHN PADILLA
CHRISTOPHER PALACIO
LOGAN PALMER
STACY PESSIN
KYLE PETTEYS
BEN-DAVID PFLUG
AARON JAMES "AJ" RACHUY
GREGORY RAMIREZ JR.
JANET ROSS
STEVEN A SCANNELL
DREDAN SEGUNDO
JOSEPH SHIELDS
EMILY RACHEL SILVERSTEIN
DAVID THORSON
RAMES VALENZUELA
BRYSE VASQUEZ
PETER VELAZQUEZ
SAVANNAH GRACE WATSON
GAVIN LEE WEBB
ALEXANDER WHEATLEY
NICHOLE STAMPER

What Are The Odds?

It was 2004, and our oldest daughter, Jessica, had decided she would travel to England and hitchhike across the countryside. As parents, we were objective to the idea. She was barely 18. We understood her intentions to go back to the country where she was born, but it just didn't sound safe. So, we suggested that we could make a family trip out of it. The four of us, mom, dad, Jessica, and Chelsea.

Our daughters were born in England as my husband, William, was stationed there with the U.S Air Force. Jessica was born at RAF Mildenhall in the base hospital, but Chelsea was born in Ipswich in the municipal hospital. The remainder of their childhood was spent in Canada and Germany before retiring in New Orleans. So, the thought of going back to the country where they were born seemed pretty exciting.

William planned the trip. He arranged the flights, rental car, and places to visit. We wanted to visit all the places we had seen while living in England when the girls were too young to remember. And the first stop was Blenheim Palace. Blenheim Palace is a great country house located in Woodstock, Oxfordshire, England, and is the birthplace of Sir Winston Churchill. We had taken hundreds of pictures throughout the trip, but some of the most memorable were the ones standing at the courtyard gate with this majestic palace in the background. The trip was ten days in England and ten days in Germany. Truly the best family vacation we had ever taken after retiring from the Air Force.

Years have passed. It has been four years since we lost Chelsea in 2016 to an accidental drug overdose. Words just could not describe the horror of that day...such a beautiful girl filled with love and zeal for life. She indeed had a passion for fine art, fashion, and fun. And then gone! William and I manage, but it is not easy. Some days are difficult beyond description. We do what we can to carry on the way Chelsea would have wanted us to do. And we occasionally get some signs. The odd penny in a place where you would never expect it to be. The passing by of a butterfly when it truly touches your heart. Missing her is an everyday event of every minute of every hour. But then there was that one event where you have to ask yourself, "What are the odds?"

It was the beginning of Mardi Gras, 2020. William and I and my good friend Leslie decided to spend the day in the French Quarter in New Orleans just to tour the sights and then watch the parades that evening. We planned a late lunch in one of those quaint restaurants in the French Quarter known for its famous BBQ Shrimp dish. There was a line to get in with a 45-minute wait. But what else did we have to do? The café had less than a dozen tables, most seating only two or four people each. But there was that "one" table. A large table. It could comfortably seat eight, and it was the only one.

It was Coop's Place on Decatur Street. It has that rustic look with a bleached masonry and high archways above the windows. We entered the doorway, and the hostess asked, "How many in your party?" "Three," I said. She sat us at the large table. We sat on one end with room to spare. The atmosphere was typically New Orleans, rough grouted slate floors, masonry walls, and the smell of a bar that never closes. It wasn't known for its quiet atmosphere. It was robust with life, music playing, people chatting, bartenders, and waitresses calling out orders. It was definitely the kind of place Chelsea would have loved.

We had only just sat and started to absorb the ambiance of the café. We were still taking in the sights and sounds when the hostess arrived with a party of four who settled in on the other end of the only big table in the room. There was plenty of room, and the addition of new patrons to the

table made it more homely. They were two couples, friends, and casually dressed. I kicked off the conversation, "Are you locals?"

They commenced into their adventure, explaining they were here for the weekend. They were from Atlanta and decided to visit New Orleans when they had the opportunity of a 99 cent bus trip from Atlanta. We were all in astonishment and all laughing. One couple boasted, "Yeah, I offered to pay for the travel as long as he paid the lodging." Guess you just can't beat a deal like that.

After the laughter calmed down, I stated, "Oh, what a coincidence, we are going to Atlanta in July." I went on to explain that after the passing of our daughter, Chelsea, we had joined an organization called The Compassionate Friends (TCF). And that we were going to the National TCF Conference in Atlanta since my husband and I have become the Chapter Leaders of the Greater New Orleans Chapter. Maria responded with awe, "Oh, I know that group. I had been involved with them a few years after I lost my sister to suicide."

We all sat back for a few seconds with a moment of silence. But it didn't take long before Maria said, "Just a sec, I have a picture to show you." Maria pulled out her iPhone and started flipping through the photos. "Oh, here it is," she said as holding out her phone. My jaw dropped. I looked up and saw William's wide-open eyes with that look of astonishment. A picture we knew so well, an image we cherish still today. It was Chelsea in her winter coat with the fur hood up, standing at the courtyard gate with that majestic palace in the background, Blenheim Palace. But, how could this be? It was Maria's phone.

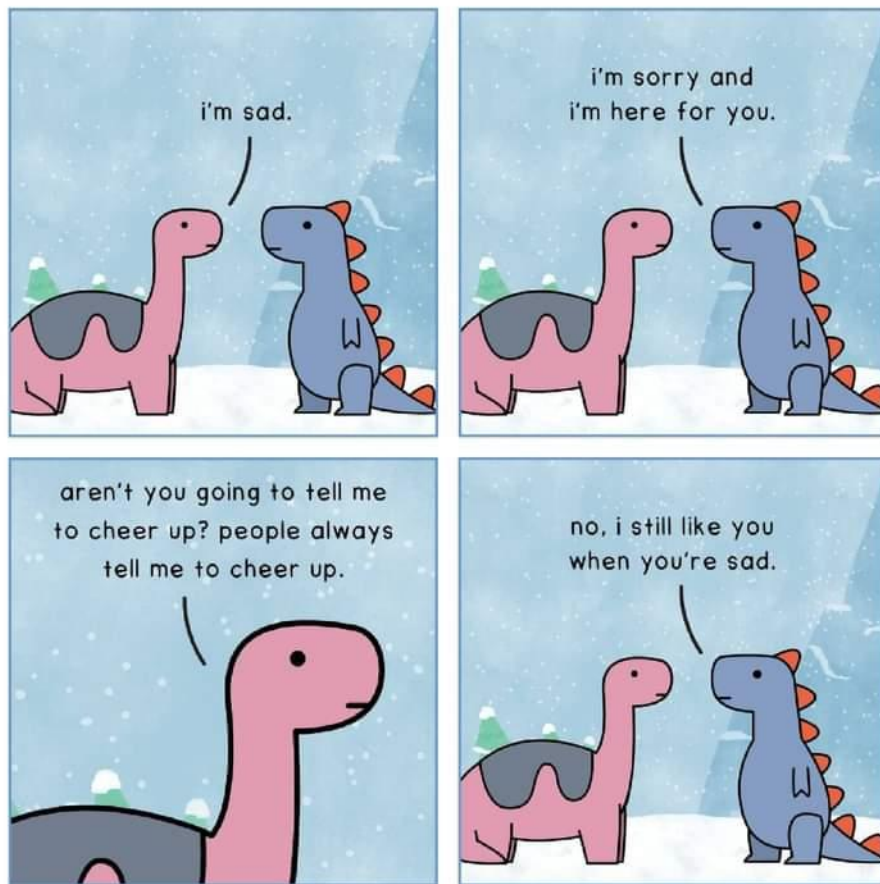
Maria, not knowing what we were experiencing at the time said, "This is my sister in England." "I know, isn't that Blenheim Palace?" She confirmed it was, while I was thumbing through the photos on my phone. Then I showed Maria. She looked, but there was no reaction. The bustling and noise continued in the room, but we heard nothing. There was only silence at our table; we were in a bubble, concealed from the rest of the world. Maria looked up, our eyes met, and tears started flowing down both our cheeks. What are the odds?

This couple had traveled all around the world. We had done the same. Yet, each of us held in front of us a picture of our loved one. Our loved one who had died too soon. The photos were the same. Each image showed our loved one in a winter coat, fur-trimmed hood snugly wrapped around her head, each standing in front of the same gate of the same palace in the same country at the same time of the year. The similarity in the photos was astounding, breath-taking, and almost frightening.

We shared other photos and talked about our travels, but the conversation always came back to these two photos. What are the odds that we had such similar photos, lived so many miles apart, but were destined to sit at the same table in the same restaurant at the same time? Then someone mentioned "Divine Intervention."

Could it be so? Could these two girls have conspired to bring us together? Was our meeting a mere chance? It truly makes you wonder. We attribute this event as Chelsea's most potent sign to us so far. This could not have happened just by mere chance. So, we look back and say, "Thank you, Chelsea."

By Millie Hunton, Co-Leader, TCF Greater New Orleans Chapter 1615



(from Twitter @NGADGrief)

Honoring Unhappiness

I have re-read the book *Man's Search for Meaning* by Viktor Frankl more times than I can count. In it, Frankl quotes from a paper written by Edith Weisskopf-Joelson, who had been a professor at the University of Georgia. She wrote, "Our current mental-hygiene philosophy stresses the idea that people ought to be happy, that *unhappiness* is a symptom of maladjustment....in the present day culture of the United States, the incurable sufferer is given very little opportunity to be proud of his suffering and to consider it ennobling rather than degrading...so that he is not only unhappy, but also ashamed of being unhappy."

It is my hope that all bereaved parents, grandparents, and siblings will have the chance to feel that our unhappiness is honored and respected by others suffering similarly. I hope we will find validation, whether from the embrace of others at chapter meetings, from words read in a newsletter, or from conversations with other bereaved parents and siblings. I hope we will not be ashamed of being unhappy. And when our time is right, I hope we may find some moments of joy and peace even as we keep our grief for our lost children and siblings.

Peggi Johnson
TCF Piedmont Chapter, VA



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

THE TUCSON CHAPTER
P.O. 30733
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Return Service Requested



March-April 2023