



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

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

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The Compassionate Friends
48660 Pontiac Trail #930808
Wixom, MI 48393
Toll free (877) 969-0010
www.compassionatefriends.org

WALKING THIS VALLEY- Tucson Chapter Vol. 46 No. 2 March-April 2024

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

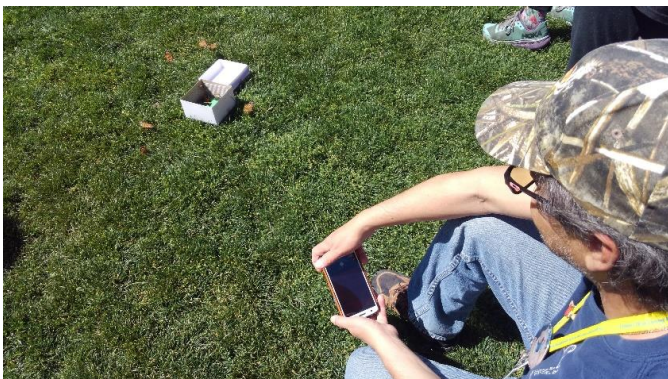
March 13, 27

April 10, 24

May 8, 22

Like the Butterfly
It fluttered above my head
Weightless in the soft breeze.
I reached up my hand
It lit on my finger.
Waving glistening wings gently,
It looked at me for timeless moments.
I smiled, reaching deep and
Finding all those cherished memories.
As it flitted off through the sunlit morn,
I knew we had said hello once more.

Leslie Langford
TCF, North Platte, NE



Upcoming Event:
Ice Cream Social & Butterfly Release
Christ Church United Methodist
655 N. Craycroft
Sunday, April 7, 1-3pm
Note: Butterfly Release at 2:00pm
Family and Friends invited. You can bring a
photo of your child, grandchild, or sibling to
share. We will have flash paper for notes.



The 2024 Jim Click Millions for Tucson Raffle

The Raffle has begun! Grand Prize New 2024 Jeep Wrangler Rubicon 4xe Plug-In Hybrid. Actual vehicle is white which is preferred for our hot summers! 2nd prize Two Round-Trip First Class Airline Tickets to anywhere in the world! 3rd Prize \$5000!

Due to Popular Demand Jim Click brought back the 5 for \$100!! (Of course if you want individual tickets they are still \$25 each.) Please support our chapter. This is our main fundraiser for the year. Tickets available at meetings or leave a message on our phone line and we will be in touch. Remember all money for tickets stays with the charity.

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/>).

What do we live for if not to make life less difficult for each other? ~ George Eliot

March Birthdays

CHRISTOPHER THOMAS ARNOLD
KRISTIN BAILEY
OSWALDO BAKER
MITCHELL BARRINGAR
PATRICK BENSON
RENEE BLANCHARD
CHRISTOPHER BREY
PAUL BRUMBAUGH
STEVEN BURR
ANTHONY BUSS
WENDY CARBONEL
RICK CASEJALUR
EVAN JACOB CUETO
PHILIP GANOTE
TREMAYNE GARCIA
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
STEVIE WEBB
ANTHONY JOEL WELLS
ROBBIE MILLER
EMILY BOOTH
ROBERT "BOBBY" GONZALES



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
TREMAYNE GARCIA
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
PHILLIP JOHN WATTERS
MORGAN WISE
ERIN FLATLAND
ROBBIE MILLER

A STEPPARENT'S THOUGHTS

I am a bereaved stepparent – *Stepfather* to be exact. Robin Ann Craney, my stepdaughter, was killed at the hands of a drunk driver on June 8, 2001. She was 17 years old.

I have a son named Greg. His Mom remarried so I saw him on weekends, did the trips, and long summer visits as many divorced parents do. I did not get the chance to be a part of his life and see him every day. I got to hear about his activities and accomplishments *all* after the fact. When you marry someone with kids, you get another chance.

After several months of dating my (now) wife Cindy, I finally met her kids, Chris and Robin. Robin was almost 7 years old at the time. I remember that first meeting clearly because she wasn't feeling so good. She ended up getting sick and had to go home. What a first meeting that was!

After that, I became totally involved in the lives and activities of both of the children. I remember one of those nights well! Cindy and I attended parent-teacher conferences for both kids, a Cub Scout Pack Meeting and a Girl Scout Brownie Meeting...not bad for a single guy, who had been unmarried for 13 years!

Over the years, I got to know Robin's likes, dislikes, and all of her friends – *and she had a lot of friends!* I attended and participated in all of Robin's activities, supporting her in her many endeavors – including gymnastics (her favorite). I was there when she had migraine headaches, running her to the doctor when her Mother couldn't, encouraging her, supporting her – all the things Dads do for their kids. I want to tell you in no uncertain terms, being a stepparent is so much harder. You get the responsibility and, often times it seems, none of the respect. "Mom said I could so I don't have to listen to you" or "You can't tell me what to do, you are not my dad" and so forth. I tolerated and dealt with her emotional outbursts when she became incensed at anything (sometimes it seemed everything) during the teen years. All *Dads* know how trying those times can be!

Now I am a bereaved stepparent...the one in a kind of "no man's land." I am not biologically connected to Robin; I sometimes feel like an outsider around people who were *once* a family - Mother, Father, Son, and Daughter. Many of our friends have worried about Cindy and Chris. They often ask me "How is Cindy doing?" or "Is Chris OK?" Although I knew and lived with Robin for 10 years, very few ask, "How are *you* doing?" I am only the *stepparent*. The idea that this tragedy cannot be as devastating to me as it is to Robin's "real family" is incomprehensible.

One definition for the word father is "father figure: one often of particular power or influence who serves as an emotional substitute for a father." This is what I was for Robin. She loved to push my buttons – but that was part of our relationship – as frustrating as it could be. Robin is the only daughter I will ever have. I was every bit a *father* to her. I love her and I miss her.

We, the stepparents of children who have died, grieve for our children too. *Only* society puts the "Step" in the name. *Parent* is still the biggest part of who we are. We hurt because they were our children too - often without the support and understanding that is demonstrated towards the biologically connected parents. These beautiful children with whom we developed emotional bonds are now gone out of our lives; and we, too, endure the same feelings of loss and sadness.

Tony Cinocco
In memory of Robin Ann Craney
TCF, Denver, CO

Beautiful Butterfly

Beautiful butterfly, stay awhile
Your social visits make me smile
I know your name,
And why you came
To get me through each daily trial

I miss you each and every day
And in your own very special way
You come to me
And let me see
That we will meet again one day

Black on brilliant orange hue
I cannot get enough of you
Can you stay
Throughout the day
Or will you leave as you always do?

Beautiful butterfly, please don't go
I need you more then you could know
I know it's you
From the things you do
You come and give me quite a show

From the moment you came to be
There are blessings for us to see
I fear the day
You go away
No longer will you visit me

Beautiful butterfly, I'll let you go
But in my heart of hearts I'll know
You're always there
You'll always care
I'll feel the love you've come to show



Donna Gerrior TCF Pasco County, FL
In Memory of Rob

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

A Survivor's Alphabet: Empathy

"Where were you when I needed you?" Ever find yourself saying words like that? Ever look for comfort at a point of greatest need and wonder why it doesn't come or help? Family and friends try their best to let us know they care. It never seems enough for just what we need at the critical moment.

What's going on? Family and friends, in expressing their sincere words of comfort and love, are relieving their own anxiety. In their attempts they often bypass our more critical need. It's like two trains passing each other in the night. They meet but quickly go their separate ways.

What we have received is sympathy which, by itself, gives temporary comfort and relief but has little long lasting effect. It may or may not touch the point of hurting with enough impact to relieve. What is better is a sensitivity to hurt where it is and a response to that hurt that mirrors the crisis itself. What is needed is not sympathy but **empathy**.

Empathy is made up of the following:

Listening. What do you hear when you hear? Isn't it amazing how often we hear but we do not listen. You and I hear the concert while the violinist listens for pitch and tone. We tell a mechanic the engine runs "rough" while he listens and notes that something is wrong with the valves. Developing the skill of listening enables us to be more sensitive to actual need where it occurs. A cry for help may be more, or less, than what we think we hear. Someone is hurting and needs relief, now. Being with that person we listen and are given clues of what to say and do that will bring the greatest relief. It's not for us to set the agenda; the other person in their hurt and pain does.

Understanding. By careful listening it's amazing what we can learn that we only surmised before. We learn that our agenda can be put "on hold" while the hurting person is considered as top priority. We learn that words do not always have the weight we give to them; a touch will do far more. Maybe just being there without thinking that we have to do something helps. Whatever it is, we are there for the other person and they know it; they are given just what they need at that given moment.

Value. This tacit understanding gives strength for building trust. A bond is created whose value will be noted long after the crisis is over. Friendships are developed that are long lasting. New understanding between family members creates a climate of love. Personal self esteem is given a boost which has a value of its own. We understand others and they understand us and a network is established of support and caring.

Empathy is "LUV" actively supporting and sustaining to develop strength for times of crisis. It goes beyond in creating long lasting relationships that give personal vitality to each of us.

© 1999 Jesse Baker

Jesse Baker is a retired minister of The United Methodist Church. He and his wife Fay live in Port Orange, FL. They became bereaved parents when their daughter Vera was murdered in November, 1984.

Reprinted from the Heart of Florida Chapter newsletter, May 1999.

At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us. ~ Albert Schweitzer

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
FRANCISCO "CISCO" KNUDSON
CHRISTOPHER LAWSON
MELISSA QUINN MADONNA
MEADOW CENTER MARSTON
DAMIEN MELZER
DANIEL MERENS
SCOTT MILLER
SCOTT NEVINS
JOSHUA PARMETER
JEREMY BRYANT PATRICK
MICHAEL PENA
KASEY PIKE
LUKE MICHAEL RICHARDS
COLTON ROBERTS
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



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 GALLEG0
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
NICHOLE STAMPER
DAVID THORSON
RAMES VALENZUELA
BRYSE VASQUEZ
PETER VELAZQUEZ
SAVANNAH GRACE WATSON
GAVIN LEE WEBB
ALEXANDER WHEATLEY
GABRIEL NATHANIEL AGUILAR



**The
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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

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

Return Service Requested

Special Opening Registration Discount Through March 20th!

We are very pleased to announce The Compassionate Friends (TCF) 47th Annual National Conference in New Orleans! TCF's National Conference is an enriching and supportive event for many newer and long-time bereaved parents, grandparents, and siblings. Attendees come

and find renewed hope and support, as well as strategies for coping with grief. Participants create friendships with other bereaved people who truly understand the heartbreaking loss of a child, sibling, or grandchild. Lifelong friendships are often formed and rekindled each year at TCF conferences. **Register at www.compassionatefriends.org**



March-April 2024