



**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
P.O. Box 3696
Oak Brook, IL 60522
Toll free (877) 969-0010
www.compassionatefriends.org

WALKING THIS VALLEY- Tucson Chapter Vol. 36 No. 4 July-August 2018

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 7:00pm-9:00pm

July 11, 25

August 8, 22

September 12, 26

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.

Please join us as we heal.

Upcoming Events:

41st TCF National Conference

July 27, 2018 - July 29, 2018

Marriott St. Louis Grand Hotel, 800 Washington Ave St. Louis, MO 63101 United States



St. Louis, Missouri, will be the site of the 41st TCF National Conference on July 27-29, 2018.

There are many workshops (you can check the list), a luncheon, a dinner and candle lighting, and a walk to remember. **If you are not able to attend the conference but**

would like a photo of your child, or of a memorial tattoo, posted please bring these to a meeting before July 26 and someone will take and post them for you on the boards provided. The size limit is 8"x10" but you can put one or multiple photos or even share a poem etc. in that space. It is a way to share your child beyond our chapter. You can also go on the national website and submit your child's name to be carried on the memorial walk.

July Birthdays

ANTHONY ABNEY
MARK BATES
DEANA CAPPUCCIO
JENNY CRIM
ANDREW GAINES
ELISA GASTELLUM
DAVID KETTUNEN
RAUL "RULLY" JR LOPEZ
DANIEL J. McCLAIN
TIMOTHY PARFREY
JASON PHANCO
KATHERINE RILEY
LINDA STUBBINS
BRYSE VASQUEZ
BABY TSOSIE SIQUIERUS

JAMIE ARNOLD
JENNIFER BUNNELL
CARM-IDRELLE CASSEUS
ANGELA DILLON
RYAN GRIFFIN GAMBLE
DONALD GREENE
JASON KRAUSE
MORGAN LOR
RYLIE MCREYNOLDS
BOBBY PARKINSON
ALYSSA RILEY
LANCE SENICK
TARA SWAIN
JESSICA GRACE WING
NATHAN SPANGENBERG

DANIELLE BARNETT
JAMES THOMAS BUSEY
ELLILAH ROSE CHICO
COLETON DAVID DORMAN
FRANK GARCIA
ZACHARY TAYLOR JONES
GABRIEL LOPEZ
CHRIS MAIER
DALE MELLBERG
MARINA ESTRELLA PALOMO
SHAWN DOUGLAS RAMON II
JOSEPH SHIELDS
CINDEE TURNER
ERIC ALEXANDER RUBOYIANES
EDWARD VINCENT ANDREW RAMOS



July Remembrance Days

PALINA ALDECOA
JACK ATKINSON
CHRISTOPHER BREY
JENNIFER BUNNELL
WENDY CARBONEL
ALEAH CRUCE
KAREN FORD
ROLAND JAMES
CLAYTON LEVIS
SCOTT MILLER
TODD PIERCE
ALYSSA RILEY
MAURICIO B. SALAZAR
GEOFFREY STENSON
JAMES THELEN
MATHEW VYBORNY

SEBASTIAN ALDECOA
JENNIFER BAIN
PAUL BRUMBAUGH
SELENA BURNEY
SHANTI CARLISI
DREW DAVIS
MARTHA HARRINGTON
DEVIN KAMBER
GABRIEL LOPEZ
ROLANDO MONGE
CASSIE RAI0
KATHERINE RILEY
JAMES SELBY
AMANDA SUMAN
JAMES TURNER
MARINA MAY WALDRIP

JAMIE ARNOLD
MARTY BEDELL
BOB BRUMMETT
ASHLEY CALLAHAN
JORDAN CHRISTENSON
COLETON DAVID DORMAN
TIMOTHY HESKIN
JOSEPH (JAY) KAPLINSKI
PAIGE LOVE
SANTINO MARTINEZ-PACHO
REBEKAH MARIE RAY
JOE ROMMEL
BABY TSOSIE SIQUIERUS
KATHLEEN TEMPONE
ROBERT ERIC TURNER
JESSICA GRACE WING

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.



SIBLINGS WALKING TOGETHER

(FORMERLY THE SIBLING CREDO)

We are the surviving siblings of The Compassionate Friends.

We are brought together by the deaths of our brothers and sisters.

Open your hearts to us, but have patience with us.

Sometimes we will need the support of our friends.

At other times we need our families to be there.

Sometimes we must walk alone, taking our memories with us, continuing to become the individuals we want to be.

We cannot be our dead brother or sister; however, a special part of them lives on with us.

When our brothers and sisters died, our lives changed.

We are living a life very different from what we envisioned, and we feel the responsibility to be strong even when we feel weak.

Yet we can go on because we understand better than many others the value of family and the precious gift of life.

Our goal is not to be the forgotten mourners that we sometimes are, but to walk together to face our tomorrows as surviving siblings of The Compassionate Friends.

Fundraising: Raffle Tickets available until November. Drawing in December. Three Prizes again this year; a Jeep, a Trip, and Cash, All are donated by Jim Click and all proceeds stay with the nonprofit organization.

Photo buttons are now made at meetings. Bring your child's photo printed on plain paper (button is 3" round) and ask anyone with a ribbon on their nametag for assistance.

TCF National Organization on Facebook

Please visit and help promote The Compassionate Friends National Organization's Facebook page by becoming a fan. Click on the Facebook icon from TCF's national website home page at www.compassionatefriends.org. Or, you can find it by going to: www.facebook.com/TCFUSA.

We want this to be both an informative and supportive place for those of us who are mourning the death of a child, sibling, or grandchild. All are welcome to leave messages and talk about their child and their grief. As in our meetings, we especially appreciate shared insights about anything that has brought you comfort, hope, or some measure of peace.

In addition to the social support aspect, The Compassionate Friends/USA Facebook page has posts about upcoming events Please visit often and contribute to the conversation.

TCF is also now on Twitter. Search for **TCFofUSA**. These social media initiatives are important to help TCF increase public awareness about our organization and better enable us to fulfill our mission to help bereaved parents, siblings, and grandparents.

For more information, please call TCF's National Office at 877-969-0010 or e-mail sara@compassionatefriends.org.

(One benefit from National) Remembrance Cards

In order to receive remembrance cards during your loved ones birthday month and the death anniversary month, you must individually sign-up, with your complete information, for the memorial book located on our website found under the "Find Support" tab after clicking on "To The Newly Bereaved"

(<https://www.compassionatefriends.org/find-support/to-the-newly-bereaved/>).

The national office does not have the resources available to complete this for the chapters.

Unless expressly stated, the views expressed in articles, poetry, etc. in Walking This Valley are not necessarily the views of The Compassionate Friends, The Chapter Steering Committee or the Editorial Team. The Editor reserves the right to edit any contributions.

Summer

Posted on June 14th, 2018 (TCF National Website “News and Events”)

On the beach, cool breezes blow across the water, but the sun’s rays feel warm upon my face. The ocean laps gently at the shore. I see one golden haired lad with shovel and pail filling the moat around his carefully constructed sandcastle. I remember another golden haired boy of years long past, wearing his bright red swimsuit, busy at his task and oblivious to all around him. Carefully, patiently, he fills and empties his pail again and again, molding and shaping the sand until he has it just right, until his perfect castle is completed. He runs to me, eyes aglow with pride, his dimpled smile stretched from ear to ear.

He dances around me. “Mommy, come see! It’s finished! It’s perfect!” We stand and admire it together. One bucket of sand turned upside down, a tiny trench encircling it. To us, it is a perfect castle. But then it happens. A wave, much bigger than the rest, washes away his labor of love. His green eyes fill, his lip quivers momentarily and then he squares his shoulders and announces, “Oh well, I’ll begin again tomorrow.”



And now recalling that other sunny summer day, my own eyes brimming with tears, my own lip quivers until I remember that I, too, can square my shoulders and “begin again tomorrow.”

Betty Stevens

TCF, Baltimore, MD

New Compassionate Friends Chapter!

#2508 TCF of Oro Valley

11923 N. Centaurus Pl. Oro Valley 85737

(520) 575-9216 tcforovalley@aol.com

Chapter Leader: Susan Gorman

Meeting Information: 4th Saturday of each month at 4pm

Resurrection Lutheran Church 11575 N. 1st Ave Oro Valley, AZ 85737

August Birthdays

MADISON ANGUIANO
BARRY BOYLE
BILL CARSON
ASHLEY DENEEN
EBERT S.R. EISSENSTAT
JARED GIDDINGS
ROBERT HORSTMAN
NANCY KONERTH
JAMIE MULLINS, III
JAMISON PESSIN
BENJAMIN ROHEN-TRAPP
OLANDO TRUJILLO
PRESTON WERNER
OHN WOOD
MAXFIELD LANE WILLIAMS

TAMARA DAWN BASS
CLYDE BURKEY
MORGAN COLE
ALAN DOYLE
MARISA GALLEGRO
RICHARD HAYES
NATHAN HUBBLE
BRIDGET MCCABE
CHRISTOPHER PALACIO
TRACY ANN POLLINS
JEFFREY SEWELL
LINDA VARGAS
ALEXANDER WHEATLEY
ANGELINA KNOX

JADEN ELIJAH BLUE
CALEB CANDLER
AIDON COPFER
RACHAEL EDWARDS
RONALD GARDY
NATHANIEL LEWIS HEDGES
MERCER JOHNSON III
SHAUN MOORE
LOGAN PALMER
MADISON RODRIGUES
DANIEL TATTRIE
SAVANNAH GRACE WATSON
JA-MUS WHITFIELD
GLENN HARRISON WILLIAMS
GABRIEL ADRIAN GASTELUM



August Remembrance Days

ARI BLATTSEIN
ANNABELLE CAMP
TORRE LYNN CARLS
ZAC CLARK
ASHLEY DENEEN
SAMANTHA FULCO
RONALD GARDY
SHANE HARVEY
KYLE HOLBROOK
MATTHEW KAUFMAN
ERIC SETH KOVITZ
BRIAN MOHN
SCOTT NEVINS
NEAL REINACHER
NIKOLAUS SMITH
TINA VALENZUELA

BARRY BOYLE
BRANDIE CAMPBELL
KATIE CLARK
SARAH ESPINOZA
LILY FAIRCHILD
PHILIP GANOTE
JARED GIDDINGS
WILEY HERREN
DANIEL HUGHES
JOE KEELING
AMY LOGAN
JUSTIN MOHN
DONN OWENS
BRODIE SCHMICH
ETHAN STRASSMAN
JUSTIN WITT

ROBERT BREMOND
DEANA CAPPUCCIO
SEAN KELLY CATAUDELLA
ROBERT GLEN CREWS
ANTHONY JESUS DURON
KATERI LAURA JOANN FRANCISCO
TYLER GROVE
NATHANIEL LEWIS HEDGES
CHRISTOPHER J.R. HESSE
CHADWICK THOMAS KENYON
MELISSA LOPEZ
RAUL "RULLY" JR LOPEZ
MICHEAL PESQUEIRA
CARMEN MARTINEZ RUSSO
WILLIAM TIDWELL
OHN WOOD

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

OTHER TUCSON SUPPORT GROUPS

Information & Referral Services.....800-352-3792

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/>

Soulistic Hospice Grief and Recovery Group: Annise Miller 520-820-6610

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

Chapter Steering Committee (Note new leadership for 2018)

Leader: Cat Morrow Co Leader: Sharon Farrell

Editor: Diane Allison Contributing Editors: All members- contributions wanted!

Outreach/ Correspondence: Estella Salazar

Facebook: Melissa Chico, Cat Morrow

Website: Julie Shulick

New Attendee Coordinator: Cat Morrow

Library: Debbie Russell

Treasurer: Erin Chico

Facilitators: Cindy Walter, Melissa Chico, Tara Chico, Carolyn Manka, Kim Teschner

Regional Coordinators: Barb & Gene Caligari, Chandler, AZ; Denise Dean

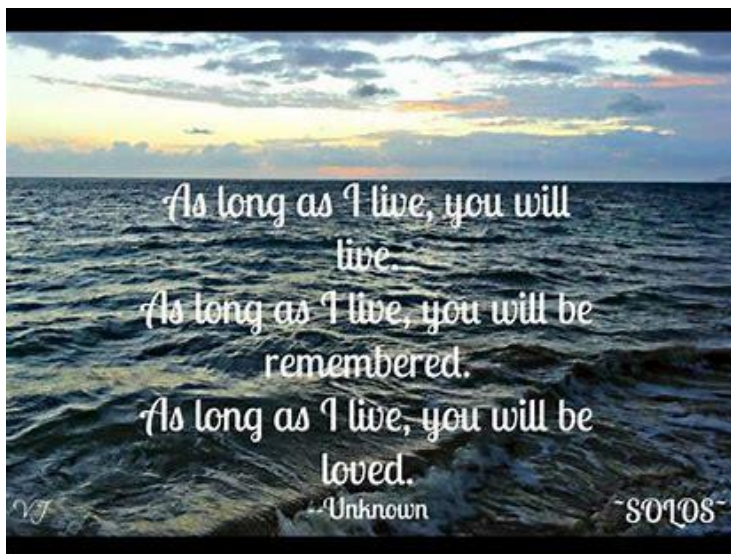


Non-Profit Org.
U.S. Postage
Paid
Tucson, AZ
Permit No. 2296

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



Contact: hotline (520) 721-8042 or visit our website at www.tucsontcf.org

July-August 2018