



**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](http://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. 45 No. 5 September-October 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**

**September 13, 27      Second and Fourth Wednesdays, 7-9pm**  
**October 11, 25 (Chapter Candle Lighting)**

**November 8, 22**

### **Chapter Candle Lighting October 25 7pm**

**Please come early as we start at 7:00pm.**

**This year we have a special treat for our music. Carol Tilton and her bell group from CCUM will be performing!**

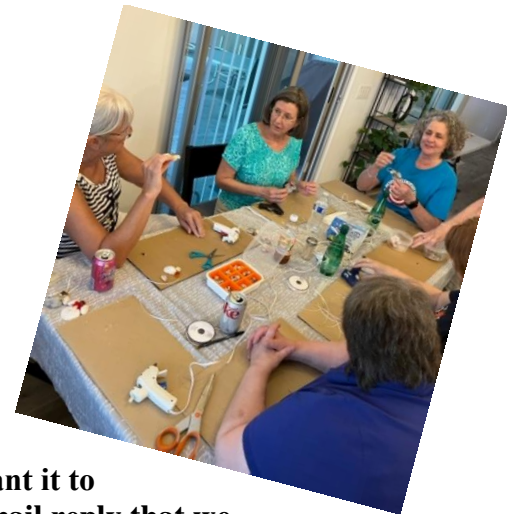
**Since the bells are set up in the Sanctuary, we will have our program there rather than in the chapel as it has been before. The Sanctuary can be entered off Craycroft or from the courtyard. It is upstairs.**

**We will have the slide show. If you have submitted photos previously then they are on the program. If you have not please send two photos to [compassionate.friends.tucson@gmail.com](mailto:compassionate.friends.tucson@gmail.com)**

**Please include your child's name as you want it to appear on the slide. You will receive an email reply that we have received the photos.**

**The ladies worked hard on the take home goodie. We hope to see you there.**

**We will have a potluck after the program.**



## 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](http://www.rachelsgift.org)

## Fundraising:

You can link your Fry's card to 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)

## 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

### September Birthdays

MICHAEL STEPHEN ACOSTA  
MICHEAL AUSTIN ANDERSON  
LYRA DANIELLE BARBER  
JAMES K. BROWN JR.  
BRANDIE CAMPBELL  
SEAN KELLY CATAUDELLA  
GEORGIA COLEHOUR  
MAHLON (Jimmy) CRONK  
ANTHONY JESUS DURON  
STEFAN ENRIQUEZ  
MCKENZIE HARRISON  
DANIEL HUGHES  
REBECCA KATZ  
JOE KEELING  
KRYSTAL SUE MAEDL  
ZACH MORGAN  
AARON NICHOLS  
REYNALDO PARADA  
ADAM REICHEG  
ANDY SAUERS  
MICHAEL SCHNEIDER  
JANESSA JACLYN SMITH  
MAKAYLA SOPHIA GUNDERSON  
EDITH LAURINE WHITSETT  
ORION WORLEY

PALINA ALDECOA	MIKE BALL
ANITA BECERRA	TOM BATES
ALEAH CRUCE	LISA GATZ
MARTY BEDELL	RYAN HORN
MAVERICK CAMPISI	C WARNER
MICHAEL SCARDAVILLE	
MARLA THYE	
MATTHEW DODGE	
JACOB EISNER	
CHRISTIAN WATSON	
JEFFREY HILL JR.	
JAYANNA LYNN JUAN	
MATTHEW KAUFMAN	
ZEMIRA BAYLA LENC	
RICHARD MORGAN	
CHRISTOPHER MUELLER	
PENELOPE NOELLE PADILLIAS	
CHRISTOPHER FRANKLIN RICHTER	
BEN-DAVID PFLUG	
ANGEL LEON	
CLINT SMITH	
AMY SVOBODA	
SEAN SEGALL	
RICK WILLIAMS	
DUSTIN YODER	



### September Remembrance Days

RICHARD NICHOLAS UMBERGER  
KEVIN ROBINSON-BARAJAS  
JUSTIN ZEHNGUT  
JASON BAKE  
JOHN CARSTENS  
PETER JAMES "PJ" FARRELL  
KALYN MARIE GREGG  
KETZIA AMAIRANY FLORES  
PETER KJOLSRUD  
DAMIEN MELZER  
SEAN ALEXANDER KINCAID  
CHRISTOPHER LAWSON  
GIDEON MCDONALD  
LUKE MICHAEL RICHARDS  
JESSICA ROSE RUSSELL  
NATHAN SPANGENBERG

SABRINA KINSLEIGH WILLIAMS	
ROSALINA ISABELLA SAENZ	
DAVID ARAOS	JAZELLE ARMENTA
MARK BATES	KEVIN BOOS
MATTHEW DODGE	CURTIS LEE EHLERS
LISA GATZ	RAUL (BUDDY) GARCIA
CRAIG HAUGE	MELISSA HEYMERS
JESSE GELSINGER	MCKENZIE HARRISON
MERCER JOHNSON III	JAYANNA LYNN JUAN
JONATHAN D WILLIAMS	WENDY WHITACRE
RYAN KITTREDGE	RICHARD MORGAN
DENNY MALLORY	TRENT MAPELSDEN
BRYAN MCLAUGHLIN	DAVID RADTKE
MICHEAL P SHEATS	JEFFREY SEWELL
REBECCA SIEGEL	LORI L. SMITH
DELLVON WATSON	PRESTON WERNER

### *The Compassionate Friends National:*

ONLINE SUPPORT information is available on the National Compassionate Friends Website at [www.compassionatefriends.org](http://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.

**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

## **September and a New School Year**

To most people school means:

The kids out from under foot, caps on.  
Buying a new lunch box, new clothes and the usual school supplies.  
Fixing breakfast and trying to get it eaten.  
Getting to a school bus on time.

What does school mean to a mother who has lost a child?

Watching other children filled with excitement.  
A little boy who should be in kindergarten.  
A brother who must go off to school by himself.  
A teacher who must reach out to a class, when her little one won't be in school this year.  
A mother sending two children off, when there should be three.  
Many tears, behind smiling faces!

Patsy Hedges  
TCF Frederick, MD



## National Conference in Denver July 7-9 (Plus training day on July 6)



The Platte River. Kenny and Diane rented bikes from REI. "We try to do something Chance would choose." - Kenny



The Big Blue Bear outside Denver Convention Center.



Kirsten and Sharon get cozy at Stout Street Social.

"Enjoyable conference. Taking time to remember our children. It's good to be with others who care and walk our journey." - Kirsten



Our Tucson Chapter Board.



Sharing a meal at Henry's Tavern. The regular photo and the funny face photo.



Nallen's, Denver's oldest Irish Pub.







**Lunch at West of Surrender.  
The chef came to say hello.**



**The Formal Dinner before the candle  
light program.**



**The Walk to Remember.**



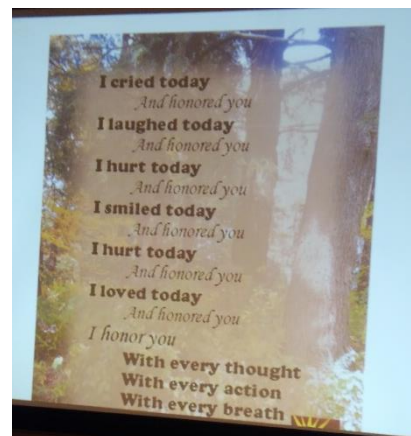
**“Even after multiple conferences I  
always learn something new.” -  
Carol**



**“The  
Compassionate  
offers a safe space to share our laughter and tears on the  
local as well as a national level. I always feel like I’m in a  
bubble. Everyone is like me, a bereaved parent, instead of  
feeling alone on this journey” - Sharon**



**Friends**



## **October Birthdays**

AMY LOGAN	JENNIFER BAIN	NANCY BATES DIETZ
JONATHAN BECK	MADISYN BERTSCH	KELLI BONN
JOHN BREMOND	SELENA BURNEY	JOHN PATRICK CLINE
KATIE DECKER	JOY FEULING ERB	ASHLEY FRANCO
JOHN GEHLEN	PAUL GOGUEN	JOSHUA GREEN
DREW GYORKE	SHANE HARVEY	RYAN KITTREDGE
MARTHA HARRINGTON	DENNY MALLORY	TRENT MAPELSDEN
GAGE LA FONTAINE	JACQUES MARGODT	ANGEL MARTINEZ
GIDEON MCDONALD	PAUL METZGER	BRIAN MINK
LIYA MONASMITH	JODI MONNARD	COLBY NIGHTINGALE
BRANDEN PEASE	KAREN PRICE	ASHLEY REDPATH
PAUL ROBOLD	JANET ROSS	ZAARON SANTA CRUZ
BRODIE SCHMICH	DANIEL SCHNEIDER	ERIC SCHULTZ
MATTHEW SCOTT	KRISTIN SMITH	BETH STERN
AMANDA VIVIAN	KENNETH WALTER	PHILLIP JOHN WATTERS
RON WHEELER	WENDY WHITACRE	RANDY ZIMMERMAN
AARON THOMAS ATHERTON	WRIGHT SAMUEL JOHNSON	
HANNAH ELIZABETH PAIRRETT	KEVIN ROBINSON-BARAJAS	
RAMON EDUARDO TAVERAS		

## **October Remembrance Days**

COLLIN WILLIAM FORBES	KALEB SHIPMAN	
KELSEY ELIZABETH BEITEL	MAHLON (Jimmy) CRONK	
DANIELLE WELLS-BORQUEZ	BRADLEY CHARLES MAPLES	
EDWARD VINCENT ANDREW RAMOS	JAMESON GILES PERSONIUS	
MATTHEW ALTLAND	OSWALDO BAKER	JONATHAN BECK
HUNTER BECKHORN	RENEE BLANCHARD	JOHN BREMOND
TRUDIE CALE	MONIQUE CELIA	HAVEN CROSS
JENNIFER DUTTON	ROGER PAUL EAGLE	JENNIFER ELDRIDGE
JOY FEULING ERB	C WARNER	RICK WILLIAMS
PHILIP WORKMAN	JONATHAN ZINSLI	JASMIN GAXIOLA
TIM GOAR	PAUL GOGUEN	LEAH GOODMAN
JOSHUA GREEN	RICKY HAMRICK	JOSHUA HOLDEN
MEGHAN JONES	SABRINA JOY	DAVID KETTUNEN
KEITH KRAGE	JOSE EDY LEYVA	ANGEL MARTINEZ
BRIAN MINK	ERIC OGDEN	CHRISTOPHER MUELLER
SCOTT MULLEN	TIMOTHY PARFREY	COLBY NIGHTINGALE
KAREN PRICE	NICHOLAS PUTNAM	FERNANDO ORTIZ, III
JOSHUA PARMETER	GRANT J. PIONTEK	DOUGIE SALSBURY
NATHAN TYLER ROBERTS	ALEX SANOV	ROCKY STEWART
MATTHEW UNTERRINER	MICHAEL TWOHILL	MARTIN VALENZUELA
LINDSAY WAKEFIELD	CLIFFORD WALTEIN	ALEXANDER FIGUEROA







**Thank You!**

**We want to thank Tracy for her generous donation of books to our library. Come check out the new selections! Debbie has added several of them to the shelves.**

### **Other upcoming events:**

In addition to the October candle lighting, October always brings the **Walk Out of Darkness**. This is a fundraising effort for Suicide awareness as well as a time to come together and support family and friends who have experienced this loss. The Compassionate Friends-Tucson Chapter hosts a table which is manned by Stella Salazar in honor of her son, Buddy. You can register to walk online or the day of the walk in person.

**(From the afsp website)**

**Out of the Darkness Community Walk is a journey of remembrance, hope, and support. It unites our communities and provides an opportunity to acknowledge the ways in which suicide and mental health conditions have affected our lives and the lives of those we love and care about.**

If you're looking for support and/or resources, please visit [www.afsp.org/get-help](http://www.afsp.org/get-help) and [www.afsp.org/resources](http://www.afsp.org/resources).

#### **Event Details**

**Date: 10/14/2023**

**Location: Gene C. Reid Park (Georges DeMeester Performance Center), Tucson, AZ**

**Check-in Time: 9:00 am**

**Walk Start Time: 10:00 am**



**We are excited to announce the 2024 National Conference for The Compassionate Friends. The Compassionate Friends 47th National Conference July 12th to 14th, 2024 in New Orleans, LA**  
TCF's New Orleans chapter is looking forward to hosting our conference and sharing their city with our attendees. Save the date and more information will be provided in the coming months.



Falling for you....

....while leaves fall, the river drifts by and friends sit, speaking of loved ones lost to suicide. Like the river, conversation drifts. Some smile at memories shared. Others cry tears of regret, anger, guilt, despair; tears for what could have been, but is no more. Through the years, this group of friends has learned that words fall short of describing sorrow. And so we sit silently, watching the....

....falling leaves....falling tears....falling for you....

....until the time comes to fall in line and drift toward a table adorned with recently fired clay shapes. At an earlier gathering, I molded soft gray clay then impressed it with words and symbols of your life. Although I don't speak of it, I know that yours is not the only life interrupted. My life is also damaged, diminished, in danger of falling apart in oh so many ways. This small group shares space with those we miss and love, both living and dead; in this, my child's birth and death season. How I long to see you float free with the....

....falling leaves....falling tears....falling for you....

....and I long to connect again with you but my plea falls on deaf ears. I'm left with the task of creating your wind chime. A year ago, on your birthday, leaves fell as I stamped the soft clay heart with musical notes, falling stars, hovering doves and the words "treasured memories." Now the clay has cured and along the holes in the edge of the stamped heart, I tie other clay shapes with lengths of string – my heartstrings. I add an anchor, a porcelain leaf inscribed with the words "falling in love." The pieces fall in place like....

....falling leaves....falling tears....falling for you....

....and then I playfully brush my fingers through your wind chime; fingers that long to run through your hair. The chime whispers your name but its music can never fill my heart like the sound of your voice. Fall – a time for friends to make wind chimes and memories. A time for....falling leaves....falling tears....falling eternally for you.

Carol Clum  
TCF Medford Oregon

## **After October**

and if there be a perfect month,  
for me, it is October...  
with days and nights like laughing fauns,  
with mornings bright and sober.  
when wind will dance in sudden glee  
to do the autumn-sweeping  
or cloud and fog and wistful rain  
can move a heart to weeping.  
and in October You were born,  
four days before November...  
and four years later you were gone,  
my little son, my only son,  
I love you.  
and remember. . .

Sascha Wagner  
© The Compassionate Friends



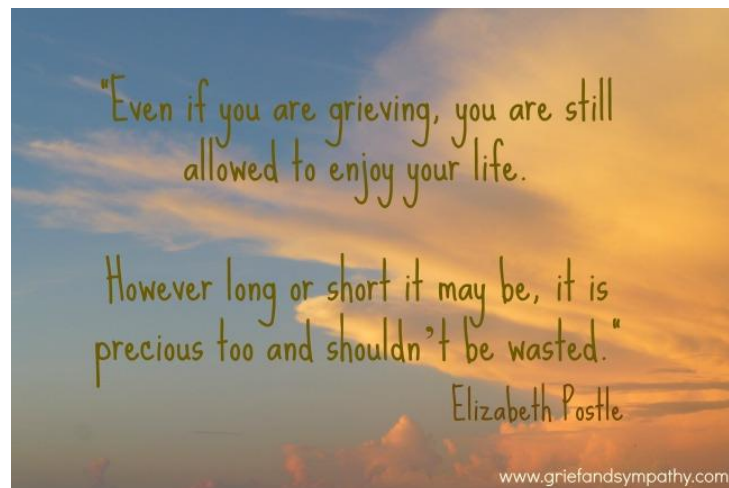
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Supporting Family After a Child Dies

Non-Profit Org.  
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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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Tucson, AZ 85751-0733

Return Service Requested



September-October 2023