



**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  
[www.compassionatefriends.org](http://www.compassionatefriends.org)

## **WALKING THIS VALLEY- Tucson Chapter Vol. 45 No. 6 November-December 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**

**November 8, 22      December 13, 27      January 10, 24**



## **WORLDWIDE CANDLE LIGHTING MEMORIAL SERVICE**

**December 10 7:00pm Children's  
Memorial Park** 4875 N 15th Pl, Tucson, AZ  
85704

The Compassionate Friends Worldwide Candle Lighting on the 2nd Sunday in December unites family and friends around the globe in lighting candles for one hour to honor the memories of the sons, daughters, brothers, sisters, and grandchildren who left too soon. As candles are lit on December 10th, 2023 at 7:00 pm local time, hundreds of thousands of people commemorate and honor the memory of all children gone too soon.

Now believed to be the largest mass candle lighting on the globe, the annual Worldwide Candle Lighting (WCL), a gift to the bereavement community from The Compassionate Friends, creates a virtual 24-hour wave of light as it moves from time zone to time zone. TCF's WCL started in the United States in 1997 as a small internet observance and has since swelled in numbers as word has spread throughout the world of the remembrance. Hundreds of formal candle lighting events are held, and thousands of informal candle lightings are conducted in homes, as families gather in quiet remembrance of children who have died and will never be forgotten.

## Walk Out of Darkness: October 14 Reid Park



## October Chapter Candle Lighting: October 25

We want to thank Deborah Dinse for providing the shells and the DIY directions to put together our Angel Ornament gifts for families that attended the October Chapter Candle Lighting. I also want to thank all the group members who met to put them together. I would list names but know I would forget someone.



### Remember

Light a quiet candle  
Send a quiet kiss  
Say a quiet fare-thee-well  
To the one you miss.  
Light a quiet candle  
Shed a quiet tear  
Sing a quiet lullaby...  
And the quiet  
Christmas Star will hear.

-Sascha Wagner TCF Des Moines



## Coming Soon: All Souls Procession (Photo credit: kretyen)



FRIDAY NOV. 3 - SUNDAY NOV. 5, 2023

<https://allsoulsprocession.org/>

This three-day event takes place during the first week of every November and continues in the tradition of Mexico's Day of the Dead celebration. Nearly 30,000 spectators observe as over 10,000 participants trek the two-mile procession complete with altars, costumes and floats in commemoration of deceased loved ones.

**November Birthdays**

SEBASTIAN ALDECOA  
DAVID ARAOS  
GENNA AYUP  
NICK BARNETT  
CHRISTOPHER BAYZE  
MICAELA ELINAH BENITEZ  
RACHEL MICHELLE BENNETT  
ZAC BERTSCHY  
BOB BRUMMETT  
TORRE LYNN CARLS  
THOMAS CLARK  
ELIZABETH DAVIS  
TOMMY DILLON  
ZACK EIDE  
JORDAN FAULK  
CALEB FOSSLAND  
KATERI LAURA JOANN FRANCISCO  
MICAYLA JASMINE FULLER  
DIEGO ANTONIO GADEA  
JIMMIE GANIS  
RICKY HAMRICK  
CINDY HARTRANFT  
CHARLES "BUDDY" HOLLEY  
RICK IVIE  
SABRINA JOY  
THOMAS KILPATRICK  
LYSANDRA LAINE  
NICOLE LAJALLEE  
NICOLE LUBINSKI  
ISAIAH MARTINEZ  
CLAYTON MATHESON  
ALEX ANDRU MENDOZA  
JUSTIN MOHN  
JUNIOR PHOTHONG  
JESSE PLOENSE  
MICHELLE RENEE QUIHUIS  
ALEXIA ROBLES  
JANNELLE ROSNESS  
ALEX SANOV  
JOSHUA SHAME  
EMILY RENEE SORKIN  
NICHOLE STAMPER  
THOMAS FRANCIS TAAFFE II  
KATHLEEN TEMPONE  
ANTONIO TORRES  
CHRISTOPHER VIVIAN  
CLIFFORD WALTEIN  
EDWARD SAMUEL WEISS  
DANIELLE WELLS-BORQUEZ  
KRISTEN YODER  
NOAH ZACARIAS  
ERIN FLATLAND  
TABATHA VEAZEY

**November Remembrance Days**

MARC APPLETON  
BEN ARRELLIN  
CARRIE ANNE ATKINS  
KRISTIN BAILEY  
LYRA DANIELLE BARBER  
TOM BATES  
JEREMY BRIGHT  
ANTHONY BUSS  
RICK CASEJALUR (?)  
LARRY CASTAÑEDA  
AIDON COPFER  
DESTRI CORONADO  
JOHN CROCI  
CHRISTOPHER SCOTT CURTIS  
TOMMY DILLON  
RICKY M. GRIJALVA JR.  
RICK HAMILTON  
JEFFREY HILL JR.  
KELLY HUYSER  
CODY KLING  
LYSANDRA LAINE  
MORGAN LOR  
MELISSA QUINN MADONNA  
RYLIE MCREYNOLDS  
DANIEL MERENS  
LIYA MONASMITH  
NIKKI PACKARD  
MICHELLE VICTORIA PADILLA  
KASEY PIKE  
ARIANA PORTUGAL  
JANNELLE ROSNESS  
ERIC ALEXANDER RUBOYIANES  
SUSANN SALMON  
MICHAEL SCHNEIDER  
LANCE SENICK  
CHADWICK "CHAD" SPALDING  
JEAN E. STONE  
RAMON EDUARDO TAVERAS  
PAUL (ALAN, JOY) THOMPSON  
EMILY TRENT  
CINDEE TURNER  
DAK SCOT FREDERICK VANTSANT  
LINDA VARGAS  
CARL WALDENSTROM  
RON WHEELER



## Fundraising:

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

### The 2023 Jim Click Millions for Tucson Raffle is almost over!



Tickets available at meetings in November (or call us to meet up). Tickets are \$25 each and greatly support our expenses.

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)

#### 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)

#### 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

### Pieces –Allison Bezzy

I picked up the pieces of my heart today  
And tried to fit them together any way  
I glued along each end  
And with needles tried to mend  
I even taped and stapled too  
But nothing seemed to do  
They always fell apart again  
Back to the pile where they'd been  
And then I'd sigh,  
Rub my eyes,  
Look at your picture and then  
Try once more to put the pieces together again.



### *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

### **She Is Gone (He Is Gone)**

You can shed tears that she is gone  
Or you can smile because she has lived  
You can close your eyes and pray that she will come back  
Or you can open your eyes and see all that she has left  
Your heart can be empty because you can't see her  
Or you can be full of the love that you shared  
You can turn your back on tomorrow and live yesterday  
Or you can be happy for tomorrow because of yesterday  
You can remember her and only that she is gone  
Or you can cherish her memory and let it live on  
You can cry and close your mind, be empty and turn your back  
Or you can do what she would want: smile, open your eyes, love and go on.



### **Don't Cry for Me (Anonymous)**

Don't cry for me now I have died, for I'm still here I'm by your side,  
My body's gone but my soul is here, please don't shed another tear,  
I am still here I'm all around, only my body lies in the ground.  
I am the snowflake that kisses your nose,  
I am the frost, that nips your toes.  
I am the sun, bringing you light,  
I am the star, shining so bright.  
I am the rain, refreshing the earth,  
I am the laughter, I am the mirth.  
I am the bird, up in the sky,  
I am the cloud, that's drifting by.  
I am the thoughts, inside your head,  
While I'm still there, I can't be dead.

### **Remember Me**

To the living, I am gone,  
To the sorrowful, I will never return,  
To the angry, I was cheated,  
But to the happy, I am at peace,  
And to the faithful, I have never left.  
I cannot speak, but I can listen.  
I cannot be seen, but I can be heard.  
So as you stand upon a shore gazing at a  
beautiful sea,  
As you look upon a flower and admire its  
simplicity,  
Remember me.  
Remember me in your heart:  
Your thoughts, and your memories,  
Of the times we loved,  
The times we cried,  
The times we fought,  
The times we laughed.  
For if you always think of me, I will never have gone.

**Margaret Mead**



**December Birthdays**

MATTHEW ALTLAND  
 MARC APPLETON  
 W. JARED BLAIR  
 KEVIN BOOS  
 GORDON BRYAN  
 NICOLAS JOURDAIN BURCH  
 DEVANTE CARRANZA  
 JOHN JOSEPH CEPIN IV  
 KATIE CLARK  
 JASMINE COOMBS  
 DESTRI CORONADO  
 JOE CRAWFORD  
 JENNIFER ELDRIDGE  
 SARAH ESPINOZA  
 LILY FAIRCHILD  
 JULEE FRASER  
 GABRIEL GALLEGOS  
 CESAR TIZOK GONZALEZ  
 TYLER GROVE  
 RAAD HALABY  
 LEWIS HARPER  
 MORDECAI HARRELSON  
 DANIEL GENE HILL  
 CODY HOOVER  
 DEVIN JACKSON  
 AMAN JONES  
 TIMOTHY ALLAN KENYON JR.  
 CHRISTIAN LAWSON  
 STEPHEN MAHAFFEY  
 DAMION MATTHEWS  
 TRINA MCQUEEN  
 SHAWN NOBLE  
 ZACHARY ORMAN  
 MICHEAL PESQUEIRA  
 JESSICA ROSE RUSSELL  
 MAURICIO B. SALAZAR  
 DOUGIE SALSBURY  
 HECTOR MANUEL SANCHEZ III  
 MISTY SCHILLING  
 DREDAN SEGUNDO  
 LORI L. SMITH  
 PAIGE JAYDEN STOUT  
 TAYLOR NICOLE THOMPSON  
 DAVID THORSON  
 MICHAEL TWOHILL  
 MATHEW VYBORN  
 JONATHAN D WILLIAMS  
 LIANE WILSON  
 MORGAN WISE  
 JUSTIN ZEHNGUT  
 KALEB SHIPMAN  
 ASHLEY ANGELIQUE HUBER CAMACHO

**December Remembrance Days**

ANITA BECERRA  
 RACHEL MICHELLE BENNETT  
 ZACHARY BOSSELER  
 MARK CALHOUN, JR.  
 EMORY CONWAY  
 JOHN DALLIES  
 ELIZABETH DAVIS  
 JULIAN DOMBROWSKI  
 KATHRYN EIDE  
 ZACH EIDE  
 JOEL ESPINOSA  
 IAN BEAL  
 WENDY FORD  
 BRIAN FRAZIN  
 RYAN GRIFFIN GAMBLE  
 JOHN GEHLEN  
 DANIEL LEE GEIS  
 ALEX GRADIAS  
 CHARLES A. (CJ) GRAHAM  
 MISSY HALL  
 RICK IVIE  
 ELIJAH HOOVER  
 ZACHARY TAYLOR JONES  
 TRAVIS KATHREIN  
 ANDREW KEATON  
 SWAIN TAYLOR OENIG  
 BENJAMIN JOHN LAUX  
 DAVID LESSER  
 DANIEL LOWE  
 NICOLE LUBINSKI  
 KRYSTAL SUE MAEDL  
 CLAYTON MATHESON  
 JODI MONNARD  
 SHAUN MOORE  
 ALYSSA GUNN MULDONADO  
 JAMIE MULLINS, III  
 AARON NICHOLS  
 CASIMIRO MARTIN PALAFOX  
 MICHAEL PENA  
 JAMISON PESSIN  
 JESSE PLOENSE  
 JESUS RENE  
 CHRISTOPHER FRANKLIN RICHTER  
 BRET RUSSEL  
 SUSAN WAYNE  
 ZAARON SANTA CRUZ  
 ANDY SAUERS  
 MISTY SCHILLING  
 ERIC SCHULTZ  
 JOSHUA SHAME  
 NICHOLAS SIMS  
 KRISTIN SMITH  
 ERIC TAYLOR  
 MATTHEW TESCHNER  
 JULIE ANN VONDERSAAR  
 EDITH LAURINE WHITSETT  
 GLENN HARRISON WILLIAMS  
 BRIAN WILSON  
 TONY WINFIELD



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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

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.

November-December 2023