



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

Chapter email: compassionate.friends.tucson@gmail.com

Tucson Chapter
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The Compassionate Friends
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www.compassionatefriends.org

WALKING THIS VALLEY- Tucson Chapter Vol. 47 No.1 January-February 2025

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

January 8, 22

February 12, 26

March 12, 26

Note to Readers: The database of names for birthdays and remembrance days is being reconstructed. If your child's, grandchild's, or sibling's name is missing and you want it published please email compassionate.friends.tucson@gmail.com

**Corrections will be made in the next publication. Apologies and thanks, Diane Allison
Editor**

To Start a New Year

If I can concentrate on the
moral and spiritual side
of the holidays
I can make it through.
If I can absorb
the love and warmth
that was the beginning
I can give love back.
If I can share
the grief and love
that is in me
through these holidays
I can start a new year.

Tom Spray TCF Ventura, CA

OTHER TUCSON IN PERSON AND ONLINE INFORMATION AND SUPPORT

- *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
- *Survivors of Suicide..... 520-989-0467
- *www.empactsos.org (suicide loss support group)
- *Rachel’s Gift (pregnancy and infant loss-national group) www.rachelsgift.org
- *Miss Foundation <http://www.missfoundation.org/>
- *babysteps.com
- *griefwatch.com (books and products)
- *Pomc.com (families of murder victims)
- *webhealing.com
- * thegrieftoolbox.com
- *whatsyourgrief.com
- *save.org (suicide awareness)
- *taps.org (military death)

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 2024 Jim Click Millions for Tucson Raffle

The Jim Click Millions for Tucson Raffle 2024 edition is now over! 378 charities raised \$1,833,925 and the winners are:
Third Prize: Donna Gutman of Tucson, won \$5,000 (ticket sold by No Kill Pima County)

Second Prize: Diane Kirkendall of Green Valley won two round-the-world First Class plane tickets (some restrictions apply) (ticket sold by St. Vincent de Paul San Martin de Porres)

Grand Prize: Angela Johansen of Harlem, GA won a 2024 Jeep Wrangler Rubicon 4xe with an MSRP of \$72,290 (ticket sold by St. Demetrios Greek Orthodox Church).

Congratulations to all the winners and charities!

January Birthdays

JACK ATKINSON
TIMOTHY BYMP
KAREN FORD
GARY DURRENBERGER
RYKEN EVERETT
ROLAND JAMES
KYLAH RAE MARTINEZ
AARON MILLER
MICHAEL JOHN PADILLA
DAVID RADTKE
MICHEAL P SHEATS
ANTHONY THOMASON
RUDY URIAS JR.
LINDSAY WAKEFIELD
JOVAN ANTONIO ESCARCEGA
NICHOLAS A. BUONAVOLONTA
JOSEPH (JAY) KAPLINSKI
JAMESON GILES PERSONIUS

ROBERT BREMOND
SHANTI CARLISI
ZAC CLARK
KATIE EDMONDS
EDNA HERRERA
MEGHAN JONES
MIA MATHESON
PENELOPE OSWALT
KYLE PETTEYS
GREGORY RAMIREZ JR.
NICHOLAS SIMS
EMILY TRENT
RAMES VALENZUELA
PHILIP WORKMAN
KETZIA AMAIRANY FLORES
ANDREW INGARGIOLA
CHADWICK THOMAS KENYON

ALEX GRADIAS
LARRY CASTAÑEDA
COLLEEN CONTER
KATHRYN EIDE
TIMOTHY HESKIN
SWAIN TAYLOR KOENIG
SEBASTIAN MEYER
DONN OWENS
CHRISTOPHER PULLEN
BECKA ROSENWALD
ERIC TAYLOR
ROBERT ERIC TURNER
MARIO VERDUGO JR
CHRISTIAN KNOTT

January Remembrance Days

DANIELLE BARNETT
PHILLIP BECKER
MICAELA ELINAH BENITEZ
JAKE BOUDREAU
ERICA LYN BOWDEN
JOHN JOSEPH CEPIN IV
STEFAN ENRIQUEZ
LAURA GORMAN
SEAN HOLDEN
KENNETH LUIKART
DAMION MATTHEWS
MARIELLE MENTZER
TRACY ANN POLLINS
MICHELLE RENEE QUIHUIS
LINDA STUBBINS
JESUS TARAZON-ROSAS
EDWARD SAMUEL WEISS
CONNIE CHRISTINE WILSON
GABRIEL FIGUEROA
NICHOLAS A. BUONAVOLONTA

CLYDE BURKEY
GEORGIA COLEHOUR
ANDREW GAINES
BRIAN JOEL HARPER
TYGE IRSKENS II
STEPHEN MAHAFFEY
DANIEL J. McCLAIN
JARED PATRICK
LUKE RUTHERFORD
SHERYL SCHUBERT
OLANDO TRUJILLO
ANTHONY THOMASON
ANTHONY JOEL WELLS
MATEO GONZALEZ
CESAR TIZOK GONZALEZ
JOSHUA GRABENBAUER

LUKE DAINS
MICAYLA JASMINE FULLER
EDNA HERRERA
AMY KRUPPENBACHER
MIA MATHESON
ALEX ANDRU MENDOZA
JASON PHANCO
JANESSA JACLYN SMITH
CLINT SMITH
IAN CHRISTOPHER SMITH
MARCOS RENE TORRES
CHRISTOPHER
ANDREW THOMAS REPP



A Name for My Pain

I have given a name to my pain—
it's called "Longing."

I long for what was,
and what might have been

I long for his touch and smell of sweat;

I long to hold him one more time.

I long to look on his beautiful face
and impress it upon my memories and heart.

I long to return to the day before
and protect him from his death.

I long to take his place,
so he may live and have sons too.

I long for time to pass much faster,
so my longing and pain will lessen.

Will they?

June Williams-Muecke - TCF Houston West, TX

Resolutions

Every time the holiday season comes to a close, I feel as if I can hear a collective sigh of relief. This year was no different except that the sigh seemed louder and longer than in past years. Some years are like that for us. This one was certainly like that for me. No matter how difficult I thought the holidays would be to get through I was wrong. In some ways they were more difficult and in other ways, surprisingly, they were less difficult. The reality is that you and I, no matter how we anticipated the holidays, did get through them. We did survive the holidays and though it may be difficult for you to believe this now, there is no reason that this new year shouldn't be better.

Which brings me to a favorite topic for this time of year, New Year's resolutions. Resolutions that I think are most helpful are those that concern our well-being. Above all else, resolve to take better care of yourself. Try to eat right and exercise. Find ways to nurture yourself—both your body and your mind. Remember all things in moderation. Seek advice from others when you need it and above all, ask for help when you need it. You won't always get the help when you ask for it, but remember, if you don't ask for it, you surely won't get it.

Another thing you can do to have a happier new year is to become more involved in our chapter of The Compassionate Friends. If you've not come to any meetings, or if it's been a while, give it a try. Commit to attending at least three meetings. If you were to attend only one, you would not necessarily get a very good idea of what our meetings are like. Join us and make your needs known to us.

This newsletter is another way you can become more involved in our chapter. Let us know what works for you and what doesn't. Consider becoming a contributor. Tell us how we might be able to better serve your needs.

Have a happier New Year!

Pat Akery

TCF, Medford, OR

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: Cat Morrow

Library: Debbie Russell

Regional Coordinator: Denise (Dean) Amore

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/>).



Grief Takes Time or Does It

Posted on November 27th, 2024

<https://www.compassionatefriends.org>

At first, there's a flood of "I'm so sorry" variations as soon as you mention the loss of your child. It's only been a few weeks since you said goodbye. These common condolences, while considered thoughtful, seem to fall quite short. Maybe it will get better with time.

Soon you hear, "I know how you feel; I lost my _____," when asked why you may be a bit melancholy. You know they mean well, but how could they possibly know how you feel? Why do they think losing a _____ is the same as losing a child? Maybe this, too, will get better with time.

After a while, either said, implied, or even in our own thoughts, we "should be over it" seems to echo. What exactly does that mean? We should no longer miss our child? No longer hurt because they are gone? Does being over it mean we've stopped crying? We shouldn't talk about our child? We shouldn't be grieving anymore? It seems to most often be the latter. It must be time now.

While for a lot of things the old saying “time heals all wounds” holds true, but it definitely does not when it comes to grief and a loss as significant as your child. It isn’t time that heals us. In fact, we don’t really “heal” at all because the grief never goes away. It just changes. Everything changes.

At some point in our lives, in school, or maybe after our grandparents pass, we learn there are 5 Stages of Grief. We are taught about each one: Denial, Anger, Bargaining, Depression and Acceptance. The way they are explained lends to the belief that we go through each stage and move on to the next. So why is it taking so long?

The reality is that we don’t go through each stage one by one. We bounce around, never “completing” any of them. Sure, almost all of us start in the Denial stage. What parent lives longer than their child? That can’t be right. Once you realize it is true, you’ve completed that stage. Except a few weeks, months, (or even years) later, you find yourself questioning that all over again.

We all certainly get into the Anger stage pretty quickly as well. We’re mad that we have to plan their services, pick out flowers, something for them to lie in, their clothes—the list goes on. Then angrier still that we cannot hug them again. Or hear their voice. Being angry all the time isn’t good for anyone, so eventually that calms down. We have now completed that stage. Then, after a while, something stirs it up again—usually a family event or a holiday. Here we are, angry that they are not here to celebrate with us.

Okay, but if we stop complaining about “x, y, and z”, we can have our child back, right? How about if we take their place? Too much? Fine, I’ll do “blah” if it just doesn’t have to hurt so bad! Obviously, none of that is going to work. I can’t speak for all, but I know for myself that after 18 years, I’m still trying to make a deal.

There’s no escaping the intense sadness and depression that come with losing a child. This stage, we have to watch a bit closer. Many of us tend to get “stuck” in this one. It’s okay to be stuck for a while in this stage. Just make sure you have something to hold on to. For me, TCF has been one of those things I hold on to. Family. Friends. While there are times I can let go a little, I can find myself needing to hold on again and again. Seeking professional assistance can be necessary as well. It’s not a bad idea to keep a list of assistance sources, as we may need more than one from time to time.

I’m not sure I like “Acceptance” much when it comes to grief. In my mind’s definition, I see acceptance as being okay or allowed, while acknowledgement is simply a statement of fact. In reality, they mean the same thing, but somehow it’s easier for me to acknowledge that my child is no longer here than to be okay with it or allow it. Neither is the equivalent of “being over” the loss or completing the Stages of Grief. Soon enough, I will be right back in Denial again.

Grief is fluid. There is no time limit. It simply changes. Everything changes. We change. We have to.

Paige Engle

Paige is the mom of four adult living children, one angel son, and grandma to four beautiful grandchildren. She spent over 40 years in the healthcare field, leaving as an Alzheimer’s and Dementia LPN after an accident left her unable to continue her nursing role. Her nursing career assisted in caring for her second child, who passed away in 2005 at almost 18 years due to congenital heart disease complications following surgery at birth.

February Birthdays

CHANCE MORGAN ALLISON
LAUREN AUFDENKAMP
JASON BAKE
DAVID BAKER
ISAIAH BATES-SCOTT
JOSHUA BEDELL
NATHAN ANDREW BRALY
JEREMY BRIGHT
CHRISTOPHER SCOTT CURTIS
LUKE DAINS
AISLYNN TIANA DAVIS
JENNIFER DUTTON
ROGER PAUL EAGLE
MATTHIAS EDWIN ENLOW
D. FRANCES ENRIQUEZ
SAHARA FAHMY
PETER JAMES "PJ" FARRELL
WESTON FOARD
BRIAN FRAZIN
RAUL (BUDDY) GARCIA
KEVIN GEIS
DANIEL LEE GEIS
JOSHUA GIBSON
CHARLES A. (CJ) GRAHAM
SHAY EMMA HAMMER
BRIAN JOEL HARPER
KYLE HENSON
CHRISTOPHER J.R. HESSE
SEAN ALEXANDER KINCAID
PETER KJOLSRUD
ERIC SETH KOVITZ
JOSE EDY LEYVA
PAIGE LOVE
DANIEL LOWE
AISLYNN TIANA MAGUIRE
BRIDGET MEMBRILA
ROLANDO MONGE
JOSHUA MOSS
ALYSSA GUNN MULDONADO
THOMAS WILLIAM NEAL
MICHELLE VICTORIA PADILLA
NICHOLAS PUTNAM
CASSIE RAI0
AZAR IAN RUST
NICHOLAS ANDREW SAN ANGELO
REBECCA SIEGEL
DAREK SLAYTON
IAN CHRISTOPHER SMITH
KATELYN NICOLE STANES
ANTONIO TIRADO
JAMES TURNER
HOLLY VICKERS
GABRIEL NATHANIEL AGUILAR
RICHARD HISLOP



ROBBIE MEINDL

February Remembrance Days

BILL ANDERSON
DAVID BAKER
NICK BARNETT
TAMARA DAWN BASS
PHILIP BIGGERS
JADEN ELIJAH BLUE
KELLI BONN
CALEB CANDLER
CARM-IDRELLE CASSEUS
JOHN PATRICK CLINE
JENNY CRIM
KATIE DECKER
ALAN DOYLE
TROY EADLER
ELISA GASTELLUM
DONALD GREENE
RAAD HALABY
CINDY HARTRANFT
JAY JOHNSON
GREGGORY RYAN KAISER
REBECCA KATZ
CHARLES JOSEPH KEEN
CHRISTIAN LAWSON
ZEMIRA BAYLA LENC
ANGEL LEON
KYLAH RAE MARTINEZ
BRIDGET MCCABE
DALE MELLBERG
PAUL METZGER
SHAWN NOBLE
NATHAN NOWECKI-HUBBLE
TIMOTHY O'DONNELL
PENELOPE NOELLE PADILLIAS
AVA PASSANNANTI
CHRISTOPHER PULLEN
SHAWN DOUGLAS RAMON II
PAUL ROBOLD
BENJAMIN ROHEN-TRAPP
AZAR IAN RUST
DANIEL SCHNEIDER
DAREK SLAYTON
JARED SMITH
EMILY RENEE SORKIN
KATELYN NICOLE STANES
JULIO C. VERGARA
KENNETH WALTER
JA-MUS WHITFIELD
ORION WORLEY
NOAH ZACARIAS
RANDY ZIMMERMAN

Year End Events: October and December Candle Lightings



Holiday Get Together



A Valentine's Day Wish

How I wish I could bring our children back to us for Valentine's Day—24 hours we could spend telling our children of our love.

But, alas, we are doomed to spend another Valentine's Day without our beloved children. Others who have not lost a child, tend to take for granted these special days. A card that says "I love you, Mom and Dad" should be carefully folded and saved in a special place. All too many parents consider these cards to be renewable commodities. There's no need to save this one—"we'll always get another one next year."

For many of us, next year came and there was no card. Tears of sadness replaced tears of joy on this special day. But for many of us the memories remain of those Valentine's Days gone by. Because our child's love remains with us, our child will never truly be gone.

This year on Valentine's Day, let us shed tears of joy that we were given even a short time with our child—for this, no matter how short, can never be taken from us.

Wayne Loder

TCF Lakes Area, MI

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.

Name Badges: If you would like a name badge to wear on a lanyard at meetings please send your name, your child's, grandchild's, or sibling's name, and a photo of your loved one to our email at compassionate.friends.tucson@gmail.com

"Death ends a life, not a relationship." — Mitch Albom



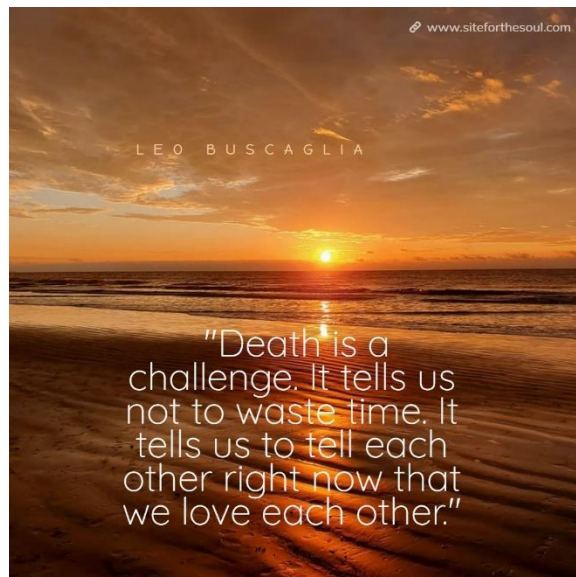
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Non-Profit Org.
U.S. Postage Paid
Tucson, AZ
Permit No. 2296

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

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Return Service Requested



January-February 2025