



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

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

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
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www.compassionatefriends.org

WALKING THIS VALLEY- Tucson Chapter Vol. 48 No.2 March-April 2026

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 11, 25

April 8, 22

May 13, 27

My "Chris" Birds

It's the twigs below the birdhouse
Lets me know your birthday's near
This back yard once sat empty
Not a bird in sight all year

We placed the houses in our yard
To give the birds a home
But never did we see one
Til the day that you went home

We looked outside on that day
We laid you in the ground
On that dark day in September
The starlings swarmed around

We had never seen so many
Certainly not in our back yard
But there they were aplenty
On that day that was so hard



They came again in the Spring
Round your birthday, the end of March
The starlings flew around again
Bringing twigs, a home to start

So, March and September
Are special months indeed
The starlings come to see us
They recognize our need

Because they came when you left
They were never here before
I've named them after you my son
Your legacy, I'm sure

So, it's these twigs below the birdhouse
That lets me know that you are near
My "Chris birds" come a-calling
Reminding me of you so dear

-Robyn Kingery In Memory of my son, Chris Kingery

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 2026 Jim Click Millions for Tucson Raffle



This year Jim Click is donating a 2026 Nissan Frontier Pro-4X Roush® Edition as the Grand Prize!

Second prize is two round-trip, first-class airline tickets to anywhere in the world (some restrictions apply) and third prize is \$5,000 in cash! Tickets can be purchased *only from participating charities* at \$25 each or 5 for \$100.

March Birthdays

KRISTIN BAILEY
PATRICK BENSON
CHRISTOPHER BREY
ANTHONY BUSS
EVAN JACOB CUETO
CALUM GAYNOR
RICKY M. GRIJALVA JR.
REESE HOTTEN
DANIELLE MARIT-KALLA
MICHEAL MCDANIEL
ROBBIE MILLER
AVA PASSANNANTI
GRANT J. PIONTEK
JESUS RENE
MEGHAN TOLLE
STEVIE WEBB
CHRISTOPHER THOMAS ARNOLD
ROBERT "BOBBY" GONZALES
BRADLEY CHARLES MAPLES
NATHAN TYLER ROBERTS
CHADWICK "CHAD" SPALDING

OSWALDO BAKER
RENEE BLANCHARD
PAUL BRUMBAUGH
WENDY CARBONEL
PHILIP GANOTE
LAURA GORMAN
MELISSA HEYMERS
DORINDA JONAS DEVAUL
MORGEN McBRATNEY
JACK MCGRAW
ERIC MIRANDA
JARED PATRICK
NICHOLAS QUETS
BRET RUSSEL
KRISTA ANN VALDEZ
ANTHONY JOEL WELLS

MITCHELL BARRINGAR
EMILY BOOTH
STEVEN BURR
RICK CASEJALUR
TREMAYNE GARCIA
KALYN MARIE GREGG
KYLE HOLBROOK
MELISSA LOPEZ
RYAN MCCRAY
BRYAN MCLAUGHLIN
GARETH OWEN
STACY PESSIN
HEATHER RAMIREZ
ANTHONY SIGAL
NOAH WALTER

DAK SCOT FREDERICK VANTSANT
ALEXANDER "PEANUT" LUPER
CASIMIRO MARTIN PALAFOX
ROSALINA ISABELLA SAENZ



March Remembrance Days

KRYSTAL ARNOLD
CHRISTOPHER BAYZE
RICHARD BLAU
KENNETH CHESTER
AUDIANNA MARIE COTA
ANGELA DILLON
ERIN FLATLAND
TREMAYNE GARCIA
SHAY EMMA HAMMER
DANIEL GENE HILL
ANDREW INGARGIOLA
NICOLE LAJALLEE
ROBBIE MILLER
HEATHER RAMIREZ
PAIGE JAYDEN STOUT
LUIS JAMES TIFFANY
CHRISTOPHER VIVIAN
DIEGO ZELL
ALEXANDER "PEANUT" LUPER
RUSSELL SCOTT NEWSOME
PHILLIP JOHN WATTERS

LAUREN AUFDENKAMP
JOSHUA BEDELL
MAREYA BULLARD
THOMAS CLARK
EVAN JACOB CUETO
EMILIA F DOYLE
WESTON FOARD
ANNA CECELIA GAXIOLA
DANIEL HART
CHERIE HILL
BRIAN CODY JONES
CHRIS MAIER
ZACH MORGAN
TYLER SAX
DANIEL TATTRIE
KRISTA ANN VALDEZ
GENE WATKINS
CHANCE MORGAN ALLISON

MARTHA BATES
HUNTER BERGNER
DEVANTE CARRANZA
JASMINE COOMBS
AMANDA DEVILLERS
KATIE EDMONDS
JIMMIE GANIS
TESSA LEIGH GRIGGS
KYLE HENSON
ROBERT HORSTMAN
JONATHAN KALOS
MICHEAL MCDANIEL
JOSHUA MOSS
ANTHONY SIGAL
MARLA THYE
HOLLY VICKERS
MORGAN WISE
MATTHIAS EDWIN ENLOW
MEADOW CENTER MARSTON
MARINA ESTRELLA PALOMO



Grief is Complicated

Posted on February 11th, 2026

www.compassionatefriends.org

It isn't just sadness and crying, although that is certainly part of it.

It's forgetfulness. Earlier I went to put the laundry in the dryer only to realize I had never turned the washing machine on. I've lost important paperwork, my glasses, my coffee cup, etc. I will swear I told Greg or Allison something only for them to tell me I didn't.

It's exhaustion. Sleep doesn't help. I can sleep 3 hours or 13 and I wake up exhausted. It's the kind of tired you feel in your bones. The kind that makes me feel like I've aged 20 years in the last month. The kind that makes it incredibly difficult to do anything at all.

It's questioning yourself about everything. Did I tell him I loved him that night before we left? I know I did, but I keep second guessing myself. Did I pray for him enough? And if so, why did this happen? Why him? Did my extreme worry over that bike somehow make this happen? Did I worry it into fruition? It's all so silly, but when you are in the thick of grief, nothing makes sense. So you question everything. Am I praying hard enough now to keep the rest of my family safe? Do I have any control over anything anyway?

It's anger. Anger at the person you lost, at others, at yourself, at no one at all. Anger that can't be fixed by screaming or throwing things. It just sits with you. And it changes depending on the day, even the minute. It's physical pain. Heart racing, headaches, constant nausea, and stomach aches. Everything hurts.

It's guilt. Guilt for continuing to breathe when he stopped. For laughing at something on TV or at each other. Guilt for being sad, because I know he wouldn't want us to be sad. He was the fixer. He couldn't stand for us to be sad.

And it is sadness. It's crying until you physically can't cry anymore. It's working, doing housework, eating, reading, etc. but the sadness never really leaves. You get small glimpses of hope now and then, but the sadness overshadows it. It is a deep sadness that unless you've been through this, you'll never understand.

It's complicated. It is gut wrenching and awful and I pray you never have to go through it.

I miss my boy so much. Grief may change, but that never will. I will miss him for the rest of my life.

[Lindsay Simmons](#)

Lindsay is wife to Greg, mom to Ryan (forever 23) and Allison ,19. They live in a small town near Fort Worth, Texas.

Tucson Chapter Steering Committee:

Leader/Facebook: Kirsten Bice Co-Leader: Sharon Farrell
Treasurer: Nancy Richards Library: Debbie Russell
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
Regional Coordinator: Denise (Dean) Amore

Remembrance Cards To receive remembrance cards for your loved one's 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/>).

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

Benchmarks

Goodbye would be too difficult,
Although I know you are gone.
Instead, I keep you in my heart
And your memory lives on.
I have redefined my purpose, son,
Since you are no longer here.
With your death I faced a choice
To die, exist or to live free.
My life has changed forever, child,
I'm redefined each week,
You would call these "benchmarks"
Of goals set and then achieved.
And so I set my benchmarks,
Achieving many, reshaping some...
But everything is different now
Except your mother's love.

-Annette Mennen Baldwin TCF Katy, TX In Memory of my son, Todd Mennen

I Am Spring

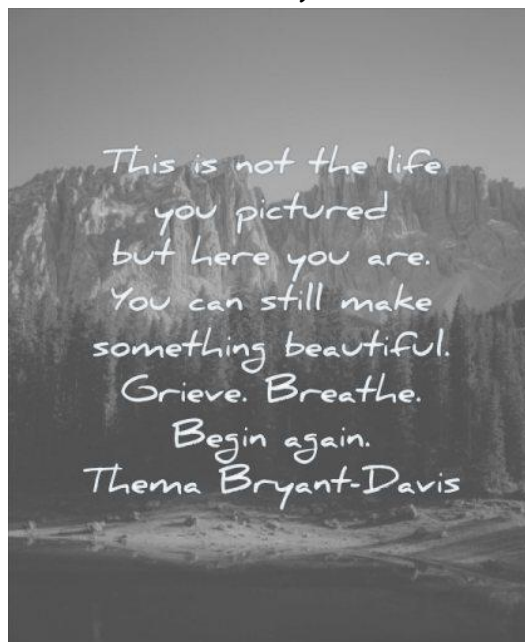
I am the beginning.
I am budding promise.
I spill cleansing tears of life
from cloudy vessels
creating muddy puddles
where single cell creatures abide
and splashing children play.

I am new green growth.
I softly flow from winter's barren hand.
On gentle breeze I fly - embracing sorrow.
With compassion, we feather nests
where winged voices sing winter-spring duets.
As frozen ice transforms to playful stream
I whisper truth - life is change.

I am spring.
I bless long, dark wintry days.
I crown mankind's pain
with starry skies
in deepest night
lighting solitary paths from sorrow to joy
as the wheel of life turns 'round and 'round.

- Carol Clum

(written after attending a workshop presented by John Fox, author of 'Finding What You Didn't Lose' and 'Poetic Medicine'.)



April Birthdays

KRYSTAL ARNOLD
PHILLIP BECKER
ASHLEY CALLAHAN
LIAM GULYAS
RICK HAMILTON
WILEY HERREN
DEVIN KAMBER
DANIEL MERENS
JOSHUA PARMETER
LUKE MICHAEL RICHARDS
JOE ROMMEL
LUKE RUTHERFORD
JAMES SELBY
WILLIAM TIDWELL
GAVIN LEE WEBB
CHRISTOPHER
MARCOS RENE TORRES
JULIE ANN VONDERSAAR
CHRISTOPHER LAWSON
MEADOW CENTER MARSTON
JEREMY BRYANT PATRICK
PAUL (ALAN, JOY) THOMPSON
LEXI BRADBURN

BEN ARRELLIN
HUNTER BECKHORN
JOHN CARSTENS
MATEO GONZALES
TRAVIS HEGERLE
CHERIE HILL
RYAN KNOTT
SCOTT MILLER
MICHAEL PENA
COLTON ROBERTS
JONATHAN ROSS
SUSANN SALMON
MATTHEW TESCHNER
TINA VALENZUELA
TONY WINFIELD

MARTHA BATES
ALLIE BURCH
ROBERT GLEN CREWS
LEAH GOODMAN
STACY ANN HEMESATH
JAY JOHNSON
DAMIEN MELZER
SCOTT NEVINS
KASEY PIKE
LUNA SAYURI ROMERO
ARIELLE IRENE RUBEN
TYLER SAX
JAMES THELEN
DELLVON WATSON
CHARLOTTE WU

CHARLES JOSEPH KEEN
EMILY KATELYN ARRIAYA TORRES
FRANCISCO "CISCO" KNUDSON
MELISSA QUINN MADONNA



April Remembrance Days

AARON THOMAS ATHERTON
SUSAN M. BIEGER
MARK BRIDGEMAN
STEVEN BURR
EBERT S.R. EISSENSTAT
D. FRANCES ENRIQUEZ
DORINDA JONAS DEVAUL
GAGE LA FONTAINE
JACK MCGRAW
AARON MILLER
KYLE PETTEYS
LIEM MICHAEL O'ROURKE
MICHAEL JOHN PADILLA
CHRISTOPHER PALACIO
AARON JAMES "AJ" RACHUY
GREGORY RAMIREZ JR.
EMILY RACHEL SILVERSTEIN
GAVIN LEE WEBB
GABRIEL NATHANIEL AGUILAR

NANCY BATES DIETZ
W. JARED BLAIR
JAMES K. BROWN JR.
JOE CRAWFORD
JULEE FRASER
MARISA GALLEGO
ANGELINA KNOX
RICHIE LOPEZ
BRIDGET MEMBRILA
LOGAN PALMER
BEN-DAVID PFLUG
JANET ROSS
DREDAN SEGUNDO
ELIZABETH SMALL
DAVID THORSON
BRYSE VASQUEZ

HEATHER BERTSCHY
NINA BODEN
GORDON BRYAN
RACHAEL EDWARDS
JASON FROST
FRANK GARCIA
NANCY KONERTH
DANIELLE MARIT-KALLA
PANCHITO MEZA
STACY PESSIN
ZACHARY ORMAN
STEVEN A SCANNELL
JOSEPH SHIELDS
NICHOLE STAMPER
RAMES VALENZUELA
PETER VELAZQUEZ

SAVANNAH GRACE WATSON
ALEXANDER WHEATLEY

Upcoming Events:

Butterfly Release and Ice Cream Social

Sunday, April 26, 1-3pm.

Ramada at Christ Church United Methodist
on Craycroft

Butterfly Release at 2pm



Invite family and friends for ice cream, temporary tattoos, time to hang out together, and the opportunity to remember our children, grandchildren, and siblings in a special way.

We will have “flash” paper to write and send off notes to our loved one(s).

Raffle tickets will be available at the event.

National Conference



Our conference is a place for bereaved families to find community and hope, while learning and sharing with others. Lifelong friendships are often made at the conference through meeting others who truly understand the painful loss of a

child, sibling, or grandchild. This eagerly anticipated event will take place in Baltimore, Maryland, during the weekend of July 2-5, 2026.

REGISTRATION RATES:

Adult Registration ~~\$320~~ special opening rate \$245
(special opening rate ends March 16th at midnight, EDT)

Active Military/Student Registration ~~\$245~~ special opening rate \$170
(special opening rate ends March 16th at midnight, EDT)

Child Registration (6-17 years old) ~~\$200~~ special opening rate \$125
(special opening rate ends March 16th at midnight, EDT)

www.compassionatefriends.org to register and for hotel link

The Anticipation of Spring

Spring is a time for growth and renewal. As a child, teen, and then an adult, I always looked forward to spring with anticipation. The thoughts of green grass, budding trees, and blooming flowers of all varieties and colors were a welcome change from the long cold, dreary Michigan winter.

It was a magical time of year. When I was a child, each member of my family watched anxiously to lay claim to being the first to spot the familiar hop-hop of the returning robin, the first sign that spring was actually here. We could finally take off the gloves, shed our heavy winter coats and boots, and roll down the windows on the car to hear the laughter of children playing outside and smell the fresh mown grass as we'd drive down the road.

That's the way it was for me on the first day of spring 12 years ago. I remarked how beautiful the tulips looked as they danced in the wind. The trees were budding, and there was magic in the air. My kids and I shed our heavy winter coats, flinging them in the backseat, rolled down the windows of the car, and started singing in celebration of the beautiful day we were experiencing.

And then . . . IT happened.

Suddenly, undeniably, horrifically—my world, my spring, my life changed.

My 5-year-old son, Stephen, died that first spring day. His 8-year-old sister, Stephanie, my firstborn, died a few hours later, enough past midnight to list the next day on the death certificate. Gone was the laughter, the magic, the beauty of my world.

The springs that followed were no longer filled with anticipation or magic. They were dark and ugly and filled with memories too painful to talk about. I wanted nothing to do with "spring." If H.G. Well's time machine had existed, I would have entered it at the end of winter and fast-forwarded through spring.

As time marched on and one spring followed another, I learned an important lesson in my journey through grief: As much as I wanted to, I couldn't fast-forward through the hard spots. I couldn't go around them. I had to go through them slowly, like a dog paddling through water, so I could get to the other side. Somehow doing this taught me to cope, to endure, to face tomorrow and all the first days of spring that followed. It's much like the transformation that takes place when a butterfly emerges from a dark, cold, seemingly lifeless chrysalis.

A few years ago, as winter was drawing to a close and the first day of spring was quickly approaching, I looked out the kitchen window toward the budding pear tree in the backyard and discovered it was full of chirping robins. I smiled and knew that spring somehow wasn't going to be so bad. It was once again time to enjoy the smells of the season, the beauty of the budding trees, and the magic that the season had to offer. And I knew Stef and Steve would have wanted that for me.

Pat Loder
TCF Lakes Area Chapter, MI
In Memory of Stephanie and Stephen Loder

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*The
Compassionate
Friends*
Supporting Family After a Child Dies

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

*There is no "normal"
way to grieve.
Except for how
we each do it.*

March-April 2026