



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

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

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WALKING THIS VALLEY- Tucson Chapter Vol. 47 No.3 May-June 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
May 14, 28 June 11, 25 July 9, 23

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

BUTTERFLY RELEASE





May Birthdays

JAZELLE ARMENTA
PHILIP BIGGERS
ZACHARY BOSSELER
MIKE CARLSON
AUDIANNA MARIE COTA
AMANDA DEVILLERS
JULIAN DOMBROWSKI
JOEL ESPINOSA
TESSA LEIGH GRIGGS
SYDNEY REAGAN HESS
ANDREW KEATON
AMY KRUPPENBACHER
BENJAMIN JOHN LAUX
PANCHITO MEZA
FERNANDO ORTIZ, III
REBEKAH MARIE RAY
STEVEN A SCANNELL
JESUS TARAZON-ROSAS
CARA LYNN THOMAS

ROGER BEENE
ARI BLATTSEIN
JAKE BOUDREAU
MONIQUE CELIA
DREW DAVIS
TROY EADLER
WENDY FORD
SAMANTHA FULCO
MISSY HALL
NICK JOHNSON
KEITH KRAGE
RICHIE LOPEZ
SCOTT MULLEN
ARIANA PORTUGAL
NEAL REINACHER
ROCKY STEWART
SHERYL SCHUBERT
SUSAN WAYNE

HUNTER BERGNER
NINA BODEN
ERICA LYN BOWDEN
NOAH COHEN
EMILIA F DOYLE
BRUCE EDWARDS
CURTIS LEE EHLERS
JASMIN GAXIOLA
JOSHUA HOLDEN
TRAVIS KATHREIN
KORY LAOS
KENNETH LUIKART
MARIELLE MENTZER
MADELINE PREIN
IAN LEE ROGERS
JEAN E. STONE
GENE WATKINS
JUSTIN WITT

CARL WALDENSTROM
CARLY ANNE WOOLRIDGE
ANTHONY RYAN ORANTEZ
ANDRES (ANDY) DIONICIO
SHANNON MICHAEL ROSE
MATTHEW UNTERRINER

CONNIE CHRISTINE WILSON
LUIS MIGUEL SALAZAR
BODHI VINCENT DE SANTIS
AARON JAMES "AJ" RACHUY
CARMEN MARTINEZ RUSSO
MARINA MAY WALDRIP



May Remembrance Days

ANTHONY ABNEY
PATRICK BENSON
MADISYN BERTSCH
ALLIE BURCH
BILL CARSON
MORGAN COLE
JACOB EISNER
ASHLEY FRANCO
KEVIN GEIS
RICHARD HAYES
MARKO JAKSIC
RYAN KNOTT
KORY LAOS
GARETH OWEN
BRANDEN PEASE
JONATHAN ROSS
DAVID SNEPP
BECKA ROSENWALD
AMY SVOBODA
CARA LYNN THOMAS
AMANDA VIVIAN
MAKAYLA SOPHIA GUNDERSON

HAILEY AGUILAR
DREW GYORKE
ZAC BERTSCHY
MIKE CARLSON
NOAH COHEN
COLLEEN CONTER
RYKEN EVERETT
CALUM GAYNOR
JOSHUA GIBSON
TRAVIS HEGERLE
NICK JOHNSON
JASON KRAUSE
MORGEN McBRATNEY
REYNALDO PARADA
JUNIOR PHOTHONG
MATTHEW SCOTT
BETH STERN
ZAKARY STORM
JUDY TIPTON
DAN TOMASKO
LIANE WILSON

MADISON ANGUIANO
LEWIS HARPER
NICOLAS JOURDAIN BURCH
JAMES THOMAS BUSEY
ELLILAH ROSE CHICO
BODHI VINCENT DE SANTIS
ANDRES (ANDY) DIONICIO
GABRIEL ADRIAN GASTELUM
JAMES EDWARD HAINES
STACY ANN HEMESATH
WRIGHT SAMUEL JOHNSON
DALLAS LUCAS/BECKER
RYAN MCCRAY
THOMAS WILLIAM NEAL
ASHLEY REDPATH
MADISON RODRIGUES
LUNA SAYURI ROMERO
HECTOR MANUEL SANCHEZ III
THOMAS FRANCIS TAAFFE II
ANTONIO TORRES
CARLY ANNE WOOLRIDGE



THE WIND BLOWS ... BUT THE SUN STILL SHINES

Posted on February 26th, 2025

An excerpt from the book, *Natalia's Endless Love...A Love to Live For*:

The winds forever blow. Sometimes they catch us off guard, and other times serve as a gentle reminder. For there are forces that exist, far greater than our own being. It's evident when a stiff winter wind can bring on heightened preparedness and yet a gentle summer breeze, simply a warming reassurance. Our lives are filled with these day-to-day shifts, ebbs and flows, push and pulls. Through these, we experience times where we tend to brace ourselves and rely on our instincts to guide us, and others where we wait and watch, letting things pass. And when the wind finally seems to settle, and the coolness fades, the sun is always there, sometimes in plain sight or sometimes hidden amongst the backdrop of a cloud-filled sky.

That's the reality of life. We never know what is to come. And thus, we don't know what is to follow. So, we tend to hold our breaths, with some of us emerging unscathed, while others struggle with another day's fight. Our intentions are to be self-sufficient and resilient, but there are life circumstances that occur in which we are not inclined to be – particularly with the loss of a loved one.

Oftentimes, there are no prevailing winds to alert us, and even if so, knowing would not make us any more resilient. Still, we are brought wearily to our knees and chilled to our core. Goosebumps appear as we wait. And we wait. We wait for comfort – the comfort of a warm, familiar sun. We long for that gleaming smile and the softness of a touch. But the return of a familiar sun doesn't always occur, leading to disappointment and despair. Time passes, and when we finally realize the sun, we're inclined to turn away in disappointment and not accept its' glory. Meanwhile, we try to assemble the broken pieces of our hearts, for a crucial piece is missing. Nothing fits right or even feels right. We come to realize, struggle after struggle and tear after tear, it will never happen again.

We become hardened and critical of ourselves, playing the game of “what ifs,” placing blame. We choose not to face anyone or anything. We tune out all the color and sound. Things that once brought comfort are now bitter reminders, and all we want is to be left alone with our sorrow in darkness. And with the passing of time, if a glimmer of a happy thought occurs, we feel guilty, and prefer not to let anyone witness us in those moments.

Meanwhile, the world continues to spin, a merry-go-round of sorts, as we try to find our seat back on that horse we used to ride. But nothing looks familiar. We search for answers outside ourselves but never discover the answers we are looking for. We continue to search, but they never come. They never come because they're not where we left them, and especially, not the answers we desire.

Rather cruel it is, but time is truly the culprit. Time forces us to move, even though we resist. Time makes us forget, starting with trivial things. Time is a thief. Little by little, those things you thought you'd never forget – visions, sounds, begin to turn foggy, much like losing the grip of an outstretched hand. You try to readjust your grip, but there's no way to hold on. And in the end, you hit rock bottom and you're at the bottom of that waterless, dark well with nowhere to go. You search in the direction of the light, and when you finally make the choice to climb, there

are no directions nor stairs. It's all on you to find the way, "your" way, and all on you to decide your path.

And when you finally decide to make your move, a makeshift ladder of sorts appears out of the darkness. You ascend toward the light and simply hold onto the two things that you still have, your memories and that breathing moment that you are in. And when you climb and finally reach the top, there is the sun shining brightly, awaiting you.

Choosing to receive the sun is paramount. For every living being originates and grows from the consistency and warmth it provides. The sun spotlights life's darkest corners and flows back to our origins. Yet, as deciders of our own destiny, we have the choice. We have the choice to receive that light and accept its' immediate warmth and comfort. We have the choice to maintain that light within us as a continual burning ember. We have the choice to illuminate that glow, radiating much like a lighthouse, illuminating those around us. By being a light source, we convert all the sufferings, joys, victories, back into that force, that funnel-shaped whirlwind we call "love".

Although grief continues, it takes on a new form. For grief is the price we pay for love. It's the continuation of love we no longer can express. Grief never ends because love never ends. Mathematically speaking, one might say, the magnitude of grief is directly proportional to the depth of our love. For that reason, no one other than our own selves can comprehend the depths of our unique, unbounded love, nor our grief.

It's been years, yet it feels like yesterday. Some days are pleasant with gentle breezes, reminders of wonderful memories. Other times, stiff winds prevail with no warning. I've learned to brace myself somewhat, for those unexpected gusts, those remnants of a life that were once part of everyday- a song, a smell, or a glance. Quirky little things that bring laughter or stop you in your tracks, those truly "special things" that make us all human, yet vulnerable. Even though the anniversaries and holidays are engrained deep in our core, it's those "little" things that illuminate our hearts. It's those little things that brighten up all the empty soulful spaces and sniff out all the whispering quietness. And like a swoosh of cool steel-filled wind, return in a flash. Longing wishfully for those moment hurt the most. For it is that breathless ache, that imprint on your soul, that becomes your "own" distinct fingerprint of love.

I had that immeasurable love for Natalia. Her presence exuded an essence of an inherent inner light which radiated pure love. As I continue to open my heart and receive the sun, I am bequeathed with that purposeful love from her in my every day. By choosing to maintain and reflect the sun's canopy of golden light within me, despite the deterring winds, it has led me to a continuum of endless love, Natalia's love. Although some of us find ourselves in the midst of such windstorms, know that the winds do become less daunting. We learn with time and faith how to hold on. And beyond those clouds, the sun is always there. When we embrace it and accept it as part of ourselves, that prism makes the world a shimmering array of color and love for all to see. And with that radiating, far-reaching light, we can shine on others in all corners of the world. For there is calm, there is warmth, and there is hope.

JANINE SALEVSKY

Janine devotes her energies to her nonprofit foundation Natalia's Endless Love, sharing Natalia's love and gifts. "Natalia's Endless Love...A Love to Live For," Janine's first book, embodies a family's steadfastness, a love story that navigates the path to ensuring a love so great never to be forgotten. Janine has since written children's books, "A Princess Heart" and, "A Princess Heart Reflects the Beauty of the Human Spirit," showcasing Natalia's radiance as illustrator. Visit www.nataliasendlesslove.org.

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
- * thegriefftoolbox.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 2025 Jim Click Millions for Tucson Raffle 1st place Kia Carnival, 2nd place first class air tickets, 3rd place \$5000

Tickets available Now! The drawing will be in December. We sell through November but appreciate early purchases. Last year we met our goal of \$2000 (actually slightly over) by selling all 100 of our tickets. It would be great if I had to go in to pick up more tickets this year. We appreciate your support. Remember, all money stays with our organization.

June Birthdays

ANDREW ACEVADO
IAN BEAL
MARK BRIDGEMAN
KENNETH CHESTER
ISABEL DRENZEK
COLLIN WILLIAM FORBES
ANNA CECELIA GAXIOLA
JAMES EDWARD HAINES
GREGGORY RYAN KAISER
LIEM MICHAEL O'ROURKE
ERIC OGDEN
NIKOLAUS SMITH
GEOFFREY STENSON
LUIS JAMES TIFFANY
MARTIN VALENZUELA
BRIAN WILSON
ARMANDO MARTINEZ-PACHO
EMILY RACHEL SILVERSTEIN
SABRINA KINSLEIGH WILLIAMS

HAILEY AGUILAR
SUSAN M. BIEGER
TRUDIE CALE
TIM GOAR
MICHELLE HALEY
JESSE GELSINGER
KELLY HUYSER
CODY KLING
JARED MEANS
TODD PIERCE
AUSTIN ROBINETT
JARED SMITH
ETHAN STRASSMAN
JASE BRYER TINSLEY
PETER VELAZQUEZ

JONATHAN ZINSLI

SANTINO MARTINEZ-PACHO

RICHARD NICHOLAS UMBERGER

BILL ANDERSON
RICHARD BLAU
MARK CALHOUN, JR.
JORDAN CHRISTENSON
DANIEL HART
ELIJAH HOOVER
TYGE IRSKENS II
CLAYTON LEVIS
NIKKI PACKARD
TIMOTHY O'DONNELL
CARIE LEE SHAFFER
DAVID SNEPP
AMANDA SUMAN
DAN TOMASKO
JULIO C. VERGARA

June Remembrance Days

MICHAEL STEPHEN ACOSTA
MICHEAL AUSTIN ANDERSON
EMILY KATELYN ARRIAYA TORRES
NICHOLAS ANDREW SAN ANGELO
JOVAN ANTONIO ESCARCEGA

JOEL ARANDULES
MITCHELL BARRINGAR
MAVERICK CAMPISI
ISAIAH BATES-SCOTT
GARY DURRENBERGER
SYDNEY REAGAN HESS
MORDECAI HARRELSON
CHARLES "BUDDY" HOLLEY
MADELINE PREIN
THOMAS KILPATRICK
AISLYNN TIANA MAGUIRE
FRANCISCO "CISCO" KNUDSON
TIMOTHY ALLAN KENYON JR
ARMANDO MARTINEZ-PACHO
TAYLOR NICOLE THOMPSON
KRISTEN YODER
MAXFIELD LANE WILLIAMS

GENNA AYUP
ROGER BEENE
JORDAN FAULK
AISLYNN TIANA DAVIS
GABRIEL GALLEGOS
RYAN HORN
ASHLEY HOWARD
JACQUES MARGODT
ISAIAH MARTINEZ
SEBASTIAN MEYER
ADAM REICHEG
SEAN SEGALL
ARIELLE IRENE RUBEN
JASE BRYER TINSLEY
MARIO VERDUGO JR
CHRISTIAN WATSON
CHARLOTTE WU

MIKE BALL
ISABEL DRENZEK
CALEB FOSSLAND
BRUCE EDWARDS
THERESA HEATH
REESE HOTTEN
TRINA MCQUEEN
ERIC MIRANDA
PENELOPE OSWALT
BOBBY PARKINSON
ALEXIA ROBLES
SHANNON MICHAEL ROSE
TARA SWAIN
MEGHAN TOLLE
DUSTIN YODER
STEVIE WEBB
DIEGO ANTONIO GADEA



When I grieve, when I stand by others as they grieve, even in the midst of seemingly unbearable sorrow, grief becomes a way to honor life — a way to cling to every fleeting, precious moment of joy.

~ Cortney Davis, Nurse Practitioner

48th National Conference in Bellevue/Seattle, WA

July 11 @ 8:00 am - July 13 @ 12:00 pm



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 Bellevue/Seattle, Washington, during the weekend of July 11-13, 2025. Conference and Hotel registration are open. Adult registration is \$295 from April 19-May 31 then \$330 June 1-July 7 and \$360 July 8 in person. Room rate is \$165 per night.

Tucson Chapter Steering Committee:

Leader/Facebook: Kirsten Bice Co-Leader: Sharon Farrell

Treasurer: Nancy Richards New Attendee Coordinator: Cat Morrow

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

Outreach/ Correspondence: Kirsten Bice, Nancy Richards, Kenny Allison

Website: Julie Shulick 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/>).

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

Love Lives On

Every second of every minute, of every hour, of every day ... I think of you!
Why you left? What I could have done? ... And now, what do I do?

For the first eight months you left me ... my heart knew it was true,
But my mind kept saying "you're not gone" ... the pain made me the fool!

For the second eight months, I told myself ... that you were just away.
I knew that you were coming home ... and I waited for that day.

These last few months I've seen the truth ... you will not be coming home!
For God has called you to his side ... and left me on my own.

If I'd have known you'd be gone this long ... I'd have tried to face my fears.
That only my dreams would hold the door ... where I see you through the years.

We're not meant to bury our babies ... it's life's most tragic flaw.
For it takes a piece of each of us ... and the wounds ... so deep ... so raw.

It's been two years since you chose to leave ... I pray God holds you near.
I hope he knows the man you are ... gentle and sincere!

I'm not sure what to do with my life ... now that you are gone.
Each day is filled with emptiness ... and the pain continues on.

The sleepless nights are much the same ... as the numbness brought by day.
I walk the walk ... talk the talk ... let life bring what it may.

The two years that you've been away ... I've searched my heart and soul.
I've learned that I must carry on ... to keep your memory whole.

So, I pray to God he keeps you safe ... until he brings me home.
For I promise, Son, in life or death ... you will never stand alone.

Moving on is unimaginable ... but it's what I have to do.
I know that God will hold my hand ... and, in time, bring me home to you.

It truly is a walk for one ... one that none else can share.
Just promise me, when my time comes ... you'll be waiting for me there.

I love you Brice, more than words can say ... and this I know is true.
That when my journey comes to end ... I'll be standing there with you!

Betsy P. Rush Kron
TCF Anchorage, AK
In Memory of my son, Brice Bobby Kron



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

THE TUCSON CHAPTER
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Return Service Requested



May-June 2025