



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

Tucson Chapter
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WALKING THIS VALLEY- Tucson Chapter Vol. 40 No. 4 July-August 2022

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**

July 13, 27

August 10, 24

September 14, 28

NO VACATION

There is no vacation from your absence.
Every morning I awake I am a bereaved parent.
Every noon I feel the hole in my heart.
Every evening my arms are empty.
My life is busy now, but not quite full.
My heart is mended, but not quite healed.
For the rest of my life
Every moment will be lived without you.
There is no vacation from your absence.

Kathy Boyette
TCF, Gulf Coast, MS

Choosing Life

“It will never be the same. Never.” As a bereaved parent, you have often heard or said these words to express grief’s profound feelings of sorrow and disorientation. Your life has suddenly taken an unexpected course that appears both uncharted and endless. Bewildered, you vainly search for pathways back to your former life, until you confront the reality that there is no way back. Your child is dead forever. It is then that you may say, “...never the same.”

This is the aspect of grief that Simon Stephens calls “The Valley of the Shadow.” It is that very long time between the death of your child and your reinvestment in life. *Between*. It is not supposed to be a permanent resting place. Although some people do take up residence in the valley, it is a transition from the death of your child to life with renewed purpose.

The key to this transition is yourself. You must choose between life and the valley. You and only you can decide. And you must make that decision again and again, each day.

Giving in to the hopelessness of the valley is tempting. Choosing to move on toward life requires a great deal of work. You must struggle with the pain of grief in order to resolve it. It is a daily struggle full of tears, anger, guilt and self-doubt, but it is the only alternative to surrendering yourself to the valley.

Little by little you choose to move on. Little by little you progress toward the other side of the valley. It takes a very long time, far longer than your friends or relatives suspected. Far longer than you had believed – even prayed – that it would be. When one day you find yourself able to do more than choose merely to live but also how to live, you will know you are leaving the valley of the shadow. There will still be more work to do, more struggle and choosing. The valley, however, stretches behind rather than in front of you.

When you have resolved your grief by reinvesting in life, you will be able to realize that nothing is ever “the same.” Life is change. We would not have it be otherwise, for that is the valley of the shadow. Change has the promise of beginning and the excitement of discovery.

Life is never the same. Life is change. Choose life!

Marcia F. Alig
TCF, Mercer Area Chapter, New Jersey

Editor’s note:

If your child’s name has not been printed in the newsletter on his/her birthdate or date of passing, I apologize. Our database seems to have dropped some names and some weren’t added during our Zoom phase during Covid. Please send an email so I have dates and the spelling of names correct - Compassionate.friends.tucson@gmail.com -. Also, when filling out the form if you checked “No” for having their name listed or did not check a box then I do not print the name. If you want that changed please leave a message for that as well. Thanks.

July Birthdays

ANTHONY ABNEY
MARK BATES
DEANA CAPPUCCIO
CARM-IDRELLE CASSEUS
COLETON DAVID DORMAN
RYAN GRIFFIN GAMBLE
SEAN HOLDEN
JASON KRAUSE
RAUL "RULLY" JR LOPEZ
RYLIE MCREYNOLDS
BOBBY PARKINSON
KATHERINE RILEY
JOSEPH SHIELDS
CINDEE TURNER
BABY TSOSIE SIQUIERUS
JESSICA GRACE WING
JOSHUA GRABENBAUER
EDWARD VINCENT ANDREW RAMOS

JAMIE ARNOLD
JENNIFER BUNNELL
JENNY CRIM
JOHN CROCI
ANDREW GAINES
FRANK GARCIA
JONATHAN KALOS
GABRIEL LOPEZ
CHRIS MAIER
DALE MELLBERG
JASON PHANCO
ASHLEY HOWARD
LINDA STUBBINS
BRYSE VASQUEZ

DANIELLE BARNETT
JAMES THOMAS BUSEY
ELLILAH ROSE CHICO
ANGELA DILLON
DONALD GREENE
ELISA GASTELLUM
DAVID KETTUNEN
MORGAN LOR
DANIEL J. McCLAIN
TIMOTHY PARFREY
ALYSSA RILEY
LANCE SENICK
TARA SWAIN

NATHAN SPANGENBERG
ZACHARY TAYLOR JONES
SHAWN DOUGLAS RAMON II
ERIC ALEXANDER RUBOYIANES
MARINA ESTRELLA PALOMO



July Death Dates

PALINA ALDECOA
JACK ATKINSON
CHRISTOPHER BREY
JENNIFER BUNNELL
WENDY CARBONEL
JORDAN CHRISTENSON
MICHELLE HALEY
MARTHA HARRINGTON
GABRIEL LOPEZ
ROLANDO MONGE
REBEKAH MARIE RAY
KATHERINE RILEY
MAURICIO B. SALAZAR
KATHLEEN TEMPONE
JAMES TURNER

SEBASTIAN ALDECOA
JENNIFER BAIN
PAUL BRUMBAUGH
SELENA BURNEY
SHANTI CARLISI
DREW DAVIS
TIMOTHY HESKIN
DEVIN KAMBER
PAIGE LOVE
BLIXA PARDEE
CASSIE RAI0
JOE ROMMEL
GEOFFREY STENSON
JAMES THELEN
MATHEW VYBORNY

JAMIE ARNOLD
MARTY BEDELL
BOB BRUMMETT
ASHLEY CALLAHAN
ALEAH CRUCE
KAREN FORD
ROLAND JAMES
CLAYTON LEVIS
SCOTT MILLER
TODD PIERCE
ALYSSA RILEY
JAMES SELBY
AMANDA SUMAN
ROBERT ERIC TURNER
JESSICA GRACE WING

MARINA MAY WALDRIP
COLETON DAVID DORMAN
JOSEPH (JAY) KAPLINSKI

CHRISTOPHER THOMAS ARNOLD
BABY TSOSIE SIQUIERUS
SANTINO MARTINEZ-PACHO

July's Child

Fireworks race toward heaven
Brilliant colors in the sky.
Their splendor ends in seconds
On this evening in July.
"Her birthday is this Saturday,"
I whisper with a sigh.
She was born this month,
She loved this month
And she chose this month to die.

Like the bright and beautiful fireworks
Glowing briefly in the dark
They are gone too soon, and so was she
Having been, and left her mark.
A glorious incandescent life,
A catalyst, a spark...
Her being gently lit my path
And softened all things stark.

The July birth, the July death of
My happy summer child
Marked a life too brief that ended
Without rancor, without guile.
Like the fireworks that leave images
On unprotected eyes...
Her lustrous life engraved my heart...
With love that never dies.

Sally Migliaccio
TCF Babylon, Long Island, NY

THE BITTER TEARS OF LOVE LOST

Because of my status in society
I can look below to poverty
and realize no matter how frustrated I get,
I will always be very lucky to have a family
who loves and cares for me.

But still the tears roll down my face
and my cheeks are forever stained
because I know as long as I live
my heart will always be pained.

I was left in shock, pain, and fear,
left with your unspoken words which I will never hear
But in my days of sorrow when I feel that I will fall
I can only repeat the phrase to myself,
"It is better to have loved and lost than to never have loved at all."

Peter Smith
In Memory of my brother, Gregory Smith

August Birthdays

MADISON ANGUIANO
TAMARA DAWN BASS
CALEB CANDLER
AIDON COPFER
ALAN DOYLE
MARISA GALLEGO
ROBERT HORSTMAN
ANGELINA KNOX
BRIDGET MCCABE
JAMIE MULLINS, III
JAMISON PESSIN
DANIEL TATTRIE
PRESTON WERNER
MAXFIELD LANE WILLIAMS
SAVANNAH GRACE WATSON
EBERT S.R. EISSENSTAT
NATHANIEL LEWIS HEDGES
NATHAN NOWECKI-HUBBLE
TRACY ANN POLLINS
BENJAMIN ROHEN-TRAPP

CARRIE ANNE ATKINS
JADEN ELIJAH BLUE
BILL CARSON
JOHN DALLIES
RACHAEL EDWARDS
JARED GIDDINGS
MERCER JOHNSON III
NANCY KONERTH
SHAUN MOORE
LOGAN PALMER
JA-MUS WHITFIELD
OLANDO TRUJILLO
ALEXANDER WHEATLEY

BARRY BOYLE
CLYDE BURKEY
MORGAN COLE
ASHLEY DENEEN
RONALD GARDY
RICHARD HAYES
MARKO JAKSIC
DAVID LESSER
OHN WOOD
BLIXA PARDEE
JEFFREY SEWELL
LINDA VARGAS

GLENN HARRISON WILLIAMS
KELSEY ELIZABETH BEITEL
GABRIEL ADRIAN GASTELUM
RUSSELL SCOTT NEWSOME
CHRISTOPHER PALACIO
MADISON RODRIGUES



August Death Days

ARI BLATTSEIN
TIMOTHY BYMP
BRANDIE CAMPBELL
TORRE LYNN CARLS
ROBERT GLEN CREWS
SARAH ESPINOZA
SAMANTHA FULCO
SHANE HARVEY
CHRISTOPHER J.R. HESSE
MATTHEW KAUFMAN
RAUL "RULLY" JR LOPEZ
JUSTIN MOHN
MICHEAL PESQUEIRA
BRODIE SCHMICH
ETHAN STRASSMAN
TINA VALENZUELA
MICHAEL SCARDAVILLE
NATHANIEL LEWIS HEDGES
CARMEN MARTINEZ RUSSO

ROBERT BREMOND
ANNABELLE CAMP
DEANA CAPPuccio
SEAN KELLY CATAUDELLA
ANTHONY JESUS DURON
LILY FAIRCHILD
JARED GIDDINGS
WILEY HERREN
KYLE HOLBROOK
ERIC SETH KOVITZ
MELISSA LOPEZ
SCOTT NEVINS
NEAL REINACHER
NIKOLAUS SMITH
WILLIAM TIDWELL
CARIE LEE SHAFFER

BARRY BOYLE
ASHLEY DENEEN
KATIE CLARK
ZAC CLARK
PHILIP GANOTE
RONALD GARDY
TYLER GROVE
JOE KEELING
DANIEL HUGHES
AMY LOGAN
BRIAN MOHN
DONN OWENS
JUSTIN WITT
OHN WOOD
DEVIN JACKSON

KATERI LAURA JOANN FRANCISCO
CHADWICK THOMAS KENYON

Remembering The Laughter

A few days ago I was in a store, and a one-year-old boy started laughing. At first he giggled, then he let the pure joy of life take him, and he started laughing uncontrollably. Magically, he got the hiccups which caused him to laugh even more. As I listened to this happy child, laughing for the joy of life, I felt a tear of happiness roll down my cheek. The sheer joy and laughter of this child reminded me of another time and another place when my son would laugh uncontrollably.

Todd was a happy baby, and a happier toddler. As a baby he grinned at me each time I caught his eye. If I continued to look at him and smile or make a silly noise, he would start laughing. He'd laugh uncontrollably. My Irish grandmother told me that Todd smiled in his sleep because he could still see the angels. I'll never forget that.

As Todd grew older, his happy disposition became one of his most endearing qualities. When he was three he started going to pre-school. This was a great experience for him laughing with other children. He was so happy at that pre-school that when he was ready for first grade, he didn't want to leave. "What if I can't laugh and smile in first grade, Mom?" he asked one day. I told him that he would have to pick and choose the times to laugh and smile. But the payoff, I told him, was that he was going to learn to read big boy books. He was so happy about that possibility that he quietly smiled all the way home.

By the end of second grade, Todd had learned to control the giggles and laughter. But he was always ready with a quick smile and that special look of joy in his eyes. As he got older, he lost some of that luster. Life does that. It saddened me to see so much seriousness in my child. I asked him one day if he was unhappy. "No, I'm happy," he said. "It's just that a lot of people don't like that."

That was when we had "the talk." I explained that the expectations of others were not important. I went into great detail about who he inherently was and why he must cling to that with everything he had. He seemed to understand. He was now in fourth grade, and teachers, principals, teachers' aids and friends' parents would occasionally try to impress upon him how serious life was. "Enjoy it," I told him. And he did.

The next day he took off a tennis shoe and threw it through the transom above the classroom door. His teacher was not amused. She called me. I said I would talk to him. That evening I asked him what possessed him to throw his tennis shoe through the open transom. I wasn't angry; I was curious. "Well, mom, you know how it is when something pops into your head and the more you think about it, the funnier it gets?" I said that I'd experienced that more than a few times in my life. "Well, that's what happened. I looked at the window above the door, and I looked at my tennis shoe. I started feeling really tickly in my stomach. I had to do it, Mom. I just had to do it. It was so funny. I laughed and laughed. The teacher got mad. But she gets mad if we're all just sitting there. I smiled all day. I'm still smiling. You said I should be myself. She's going to quit teaching this year. She doesn't really like kids.

"Do you think you might have helped that process along?" I asked. "No, she told us in September. I'm always nice to her. I'm never rude.

That explained why she was so surprised that Todd would do this. He was such a gentle, kind child. I knew this teacher. She was a bit odd. As it turned out, she left teaching at the end of that year. There was a lot more going on with her than one tennis shoe through a transom.

“You told me to hang on to who I am. That’s who I am, Mom. I’m not the class clown. I’m just happy.” Another moment for “the talk”, I thought. No, I’m going to share my son’s happiness. I asked how he knew that he could get the shoe through the transom. “Oh, I ‘visioned’ it”, he said. “Just like you said... ‘vision’ it and you can do it.” I told him not to disrupt any class again, and he agreed that he wouldn’t. The teacher was pleased that the behavior had been addressed. That was that.

Years later, I asked him what he remembered about fourth grade. The shoe through the transom and the teacher who quit were his memories of that year. I asked if he still got that tickly feeling in his stomach as an adult. With a smile on his face and eyes that brightened my heart, he said, “Sure, Mom. Don’t you?”

Yes, I still do. And I am so glad that my baby boy was able to laugh for 35 years, even on the last day of his life. The angels are surely smiling now with Todd in their presence. How could they not?

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

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/	
*Survivors of Suicide..... 520-989-0467	
*Rachel’s Gift (pregnancy and infant loss-national group) 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

Bereaved Parents

Different ages
Different stages
Different issues

Same pain
Daily strain
Occasional tissues

Our children have died
Often is all we know
A fact we fear to hide

Despite our ever-present woe
We live with pride
Though broken-hearted
To love, remember, and grow

Victor Montemurro
TCF Medford, NY

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.

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 Long Forever

You left us so quickly;
there were no goodbyes.
How long this forever,
your death and our lives.

The sadness, the anger,
the loneliness of three,
preferring four always,
how small, this new we.

Genesse Bourdeau Gentry
From *Stars in the Deepest Night—After the Death of a Child*

Tucson Chapter Steering Committee

Leader: Kenny Allison

Co-Leader:

Editor: Diane Allison

Contributing Editors: All members- contributions wanted!

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

Facebook: Kirsten Bice, Cat Morrow

Website: Julie Shulick

New Attendee Coordinator/email blasts: Cat Morrow

Library: Debbie Russell

Treasurer: Sharon Farrell

Facilitators: Cindy Walter, Diane/Kenny Allison, Deanna Dillon, Sharon Farrell, Cat Morrow, Debbie Russell

Regional Coordinators: Barb & Gene Caligari, Chandler, AZ; Denise Dean

National Conference:



TCF 45th National Conference
Houston, TX • August 5-7, 2022

Reservations for the conference and hotel accommodations are available now!
www.compassionatefriends.org
TCF's annual national conference is back, this year in person! This eagerly anticipated event for bereaved parents, grandparents, and siblings seeking renewed hope, ways of coping with their grief, and friendships made with those who truly understand the painful loss of a child, sibling, or grandchild. With inspirational keynote speakers, numerous workshops on a wide variety of topics, the always memorable candle lighting program on Saturday evening, the popular Walk to Remember on Sunday morning, and so much more, the TCF 45th National Conference is a much-needed gift that we give to ourselves!

Fundraising:

The Jim Click Raffle 2022 is on!!

Tickets are \$25 or 5 for \$100. All money stays with our organization.

GRAND PRIZE: NEW 2022 FORD MAVERICK LARIAT HYBRID; 2ND PRIZE: TWO ROUND-TRIP, FIRST-CLASS AIRLINE TICKETS TO ANYWHERE IN THE WORLD*; 3RD PRIZE: \$5,000 CASH!



You can link your Fry's card and use Amazon Smiles to also help with our expenses.



*The
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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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Return Service Requested



July-August 2022