



**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

## WALKING THIS VALLEY- Tucson Chapter Vol. 39 No. 5 September/October 2021

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**

**September 8, 22**

**October 13, 27 (Candle Lighting)**

**November 10, 24**

### Waiting for Answers

Years ago I left my first meeting of The Compassionate Friends and drove home in tears. My son, Max, had died a few short weeks before and I had been anxiously awaiting this evening. These people must have some answers, I thought. With paper and pen in purse, I was ready to take notes and do as they prescribed. I would do anything to ease the ache in my soul.

But when I walked out into the spring, air later that night, I felt betrayed. I hadn't heard any answers. Instead of learning how to leave my grief behind, it had been confirmed, made more real with expression. I knew I would miss Max forever. Now I wondered if I would grieve forever. Would it always be this way, a flash of pain aligned with every memory?

During the next months and years, I attended TCF meetings and conferences, read books, raged, kept busy, sometimes spent the day in bed. I wrote, cried and talked about Max. Slowly, I discovered the answers I had long feared were true: yes, I will grieve forever, and yes, my memories will often provoke tears. But something had changed.

My grief was now more forgiving, my tears almost sweet with memory. Max's life took shape again as the anguish of his death began to recede. If I would always miss him, I would also always have him with me in so many ways. I wanted to carry his memory into the future: the joy, the lessons, and the inevitable pain. How could I do otherwise?

As I walked to my car after that first meeting, the TCF chapter leader caught up with me. "How can I stop this pain?" I asked. She put her arm on my shoulder. "Just do what feels right to you," she said, "Listen to your heart. And we'll be here to listen, too."

Sometimes the best advice is none at all.

Mary Clark In memory of Max  
TCF, Sugar Land-SW Houston Chapter, 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](http://www.rachelsgift.org)

Unless expressly stated, the views expressed in articles, poetry, etc. in Walking This Valley are not necessarily the views of The Compassionate Friends, The Chapter Steering Committee or the Editorial Team. The Editor reserves the right to edit any contributions.

### **Chapter Steering Committee**

Leader: Kirsten Bice Co Leader: Kenny Allison

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

Outreach/ Correspondence: Donna Ruboyianes

Facebook: Kirsten Bice, Cat Morrow

Website: Julie Shulick

New Attendee Coordinator/email blasts: Cat Morrow

Library: Debbie Russell

Treasurer: Sharon Farrell

Facilitators: Cindy Walter, Tara/Melissa Chico, Diane/Kenny Allison, Deanna Dillon, Sharon Farrell, Cat Morrow, Debbie Russell, Donna Ruboyianes

### **Regional Coordinators:**

Barb & Gene Caligari, Chandler, AZ; Denise Dean

## **Past Events:**

**National Conference:** If you missed the National Conference but are still interested in recordings of the key note speakers or workshops you can receive those through the national website [www.compassionatefriends.org](http://www.compassionatefriends.org)  
The cost is \$95.

## **Upcoming Event:**

**Chapter Candle Lighting:** Our chapter candle lighting will be on October 27 at Christ Church United Methodist starting at 7pm. There will be poems, songs, and a slide show of our children. If you have not yet submitted photos, please send 2 to [compassionate.friends.tucson@gmail.com](mailto:compassionate.friends.tucson@gmail.com) by Oct. 14. We will also have a table set up for you to share a photo or memento of your child.

## September Birthdays

MICHAEL STEPHEN ACOSTA  
PALINA ALDECOA  
MICHEAL AUSTIN ANDERSON  
MIKE BALL  
LYRA DANIELLE BARBER  
TOM BATES  
ANITA BECERRA  
MARTY BEDELL  
JAMES K. BROWN JR.  
BRANDIE CAMPBELL  
MAVERICK CAMPISI  
SEAN KELLY CATAUDELLA  
GEORGIA COLEHOUR  
MAHLON (Jimmy) CRONK  
ALEAH CRUCE  
MATTHEW DODGE  
ANTHONY JESUS DURON  
JACOB EISNER  
STEFAN ENRIQUEZ  
LISA GATZ  
MAKAYLA SOPHIA GUNDERSON  
MCKENZIE HARRISON  
JEFFREY HILL JR.  
RYAN HORN  
DANIEL HUGHES  
JAYANNA LYNN JUAN  
REBECCA KATZ  
MATTHEW KAUFMAN  
JOE KEELING  
ZEMIRA BAYLA LENC  
ANGEL LEON  
KRYSTAL SUE MAEDL  
RICHARD MORGAN  
ZACH MORGAN  
CHRISTOPHER MUELLER  
AARON NICHOLS  
PENELOPE NOELLE PADILLIAS  
REYNALDO PARADA  
BEN-DAVID PFLUG  
ADAM REICHEG  
CHRISTOPHER FRANKLIN RICHTER  
ANDY SAUERS  
MICHAEL SCHNEIDER  
SEAN SEGALL  
CLINT SMITH  
JANESSA JACLYN SMITH  
AMY SVOBODA  
MARLA THYE  
C WARNER  
CHRISTIAN WATSON  
EDITH LAURINE WHITSETT  
RICK WILLIAMS  
DUSTIN YODER



## September Remembrance Days

DAVID ARAOS  
JAZELLE ARMENTA  
DEAN (DINO)\* AZZARELLO  
JASON BAKE  
MARK BATES  
KEVIN BOOS  
JOHN CARSTENS  
MATTHEW DODGE  
CURTIS LEE EHLERS  
PETER JAMES "PJ" FARRELL  
KETZIA AMAIRANY FLORES  
RAUL (BUDDY) GARCIA  
LISA GATZ  
JESSE GELSINGER  
KALYN MARIE GREGG  
MCKENZIE HARRISON  
CRAIG HAUGE  
MELISSA HEYMERS  
MERCER JOHNSON III  
JAYANNA LYNN JUAN  
SEAN ALEXANDER KINCAID  
RYAN KITTREDGE  
PETER KJOLSRUD  
CHRISTOPHER LAWSON  
DENNY MALLORY  
TRENT MAPELSDEN  
GIDEON MCDONALD  
BRYAN MCLAUGHLIN  
DAMIEN MELZER  
RICHARD MORGAN  
DAVID RADTKE  
LUKE MICHAEL RICHARDS  
KEVIN ROBINSON-BARAJAS  
JESSICA ROSE RUSSELL  
ROSALINA ISABELLA SAENZ  
JEFFREY SEWELL  
MICHEAL P SHEATS  
REBECCA SIEGEL  
LORI L. SMITH  
NATHAN SPANGENBERG  
RICHARD NICHOLAS UMBERGER  
DELLVON WATSON  
PRESTON WERNER  
WENDY WHITACRE  
JONATHAN D WILLIAMS  
SABRINA KINSLEIGH WILLIAMS  
JUSTIN ZEHNGUT



5M360

**Ongoing Events: Fundraising**-We are participating in the Jim Click Raffle. First Place: 2021 Ford Bronco Sport Badlands Edition. Second Place: 2 First Class Airline Tickets. Third Place \$5000! \$25 per ticket or 5 for \$100 and all money stays with our chapter.

We can also earn funds through Amazon Smiles and Fry's.

***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/>).

**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

## October Birthdays

AARON THOMAS ATHERTON  
JENNIFER BAIN  
NANCY BATES DIETZ  
JONATHAN BECK  
MADISYN BERTSCH  
KELLI BONN  
JOHN BREMOND  
SELENA BURNEY  
JOHN PATRICK  
CLINE  
KATIE DECKER  
JOY FEULING ERB  
ASHLEY FRANCO  
JOHN GEHLEN  
PAUL GOGUEN  
JOSHUA GREEN  
DREW GYORKE  
MARTHA HARRINGTON  
SHANE HARVEY  
WRIGHT SAMUEL JOHNSON  
RYAN KITTREDGE  
GAGE LA FONTAINE  
AMY LOGAN  
DENNY MALLORY  
TRENT MAPELSDEN  
JACQUES MARGODT  
ANGEL MARTINEZ  
GIDEON MCDONALD  
PAUL METZGER  
BRIAN MINK  
LIYA MONASMITH  
JODI MONNARD  
BRANDEN PEASE  
KAREN PRICE  
ASHLEY REDPATH  
KEVIN ROBINSON-BARAJAS  
PAUL ROBOLD  
JANET ROSS  
BRODIE SCHMICH  
ERIC SCHULTZ  
MATTHEW SCOTT  
KRISTIN SMITH  
BETH STERN  
RAMON EDUARDO TAVERAS  
AMANDA VIVIAN  
KENNETH WALTER  
RON WHEELER  
WENDY WHITACRE  
RANDY ZIMMERMAN



## October Remembrance Days

MATTHEW ALTLAND  
OSWALDO BAKER  
JONATHAN BECK  
HUNTER BECKHORN  
KELSEY ELIZABETH BEITEL  
RENEE BLANCHARD  
JOHN BREMOND  
TRUDIE CALE  
MONIQUE CELIA  
MAHLON (Jimmy) CRONK  
HAVEN CROSS  
JENNIFER DUTTON  
ROGER PAUL EAGLE  
JOY FEULING ERB  
COLLIN WILLIAM FORBES  
JASMIN GAXIOLA  
TIM GOAR  
PAUL GOGUEN  
LEAH GOODMAN  
JOSHUA GREEN  
RICKY HAMRICK  
JOSHUA HOLDEN  
MEGHAN JONES  
SABRINA JOY  
DAVID KETTUNEN  
KEITH KRAGE  
JOSE EDY LEYVA  
BRADLEY CHARLES MAPLES  
ANGEL MARTINEZ  
BRIAN MINK  
CHRISTOPHER MUELLER  
SCOTT MULLEN  
ERIC OGDEN  
FERNANDO ORTIZ, III  
TIMOTHY PARFREY  
JAMESON GILES PERSONIUS  
GRANT J. PIONTEK  
KAREN PRICE  
NICHOLAS PUTNAM  
EDWARD VINCENT ANDREW RAMOS  
NATHAN TYLER ROBERTS  
DOUGIE SALSBURY  
ROCKY STEWART  
MICHAEL TWOHILL  
MATTHEW UNTERRINER  
MARTIN VALENZUELA  
LINDSAY WAKEFIELD  
CLIFFORD WALTEIN  
C WARNER  
DANIELLE WELLS-BORQUEZ  
RICK WILLIAMS  
PHILIP WORKMAN  
JONATHAN ZINSLI

The following article is from the national website. I think it explains well how we can help each other. It is also a great resource to reprint or email to family and friends to teach them how to help us.

## A Survivor's Alphabet: Empathy

"Where were you when I needed you?" Ever find yourself saying words like that? Ever look for comfort at a point of greatest need and wonder why it doesn't come or help? Family and friends try their best to let us know they care. It never seems enough for just what we need at the critical moment.

What's going on? Family and friends, in expressing their sincere words of comfort and love, are relieving their own anxiety. In their attempts they often bypass our more critical need. It's like two trains passing each other in the night. They meet but quickly go their separate ways.

What we have received is sympathy which, by itself, gives temporary comfort and relief but has little long lasting effect. It may or may not touch the point of hurting with enough impact to relieve. What is better is a sensitivity to hurt where it is and a response to that hurt that mirrors the crisis itself. What is needed is not sympathy but **empathy**.

Empathy is made up of the following:

**Listening.** What do you hear when you hear? Isn't it amazing how often we hear but we do not listen. You and I hear the concert while the violinist listens for pitch and tone. We tell a mechanic the engine runs "rough" while he listens and notes that something is wrong with the valves. Developing the skill of listening enables us to be more sensitive to actual need where it occurs. A cry for help may be more, or less, than what we think we hear. Someone is hurting and needs relief, now. Being with that person we listen and are given clues of what to say and do that will bring the greatest relief. It's not for us to set the agenda; the other person in their hurt and pain does.

**Understanding.** By careful listening it's amazing what we can learn that we only surmised before. We learn that our agenda can be put "on hold" while the hurting person is considered as top priority. We learn that words do not always have the weight we give to them; a touch will do far more. Maybe just being there without thinking that we have to do something helps. Whatever it is, we are there for the other person and they know it; they are given just what they need at that given moment.

**Value.** This tacit understanding gives strength for building trust. A bond is created whose value will be noted long after the crisis is over. Friendships are developed that are long lasting. New understanding between family members creates a climate of love. Personal self esteem is given a boost which has a value of its own. We understand others and they understand us and a network is established of support and caring.

Empathy is "LUV" actively supporting and sustaining to develop strength for times of crisis. It goes beyond in creating long lasting relationships that give personal vitality to each of us.

© 1999 Jesse Baker

*Jesse Baker is a retired minister of The United Methodist Church. He and his wife Fay live in Port Orange, FL. They became bereaved parents when their daughter Vera was murdered in November, 1984.*

*Reprinted from the Heart of Florida Chapter newsletter, May 1999.*

## WHERE DO I GO?

Now that you're gone, where do I go

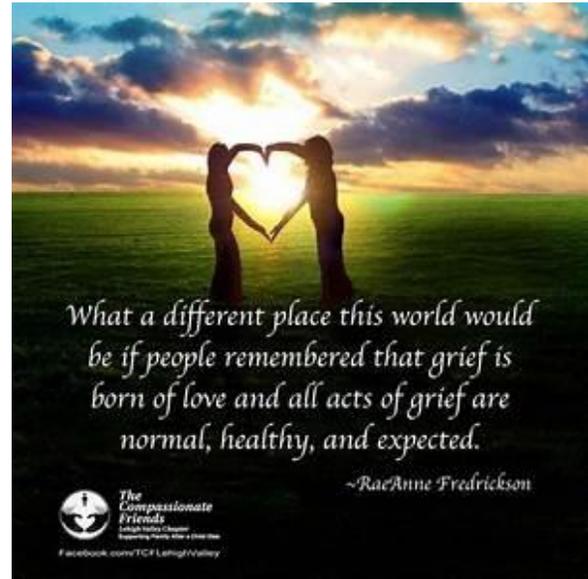
to see your fair smile  
to hear your tingling giggle  
to smell your dank hair after a swim  
to listen to your questions  
to touch your gentle cheek  
to feel your bear hug?

Where do I go

to share all my years of wisdom  
to find someone who'll tell me truth  
to answer the phone that won't ring  
to tell you I'm sorry  
to know that I am loved and  
to pour out my love and my tears?

I shall go

to the pictures that hold you forever  
to the books we shared  
to the music you taught me to love  
to the woods we explored as one  
to the memories that never fail  
to the innermost reaches of my heart  
to where we are always together.



Marcia Alig  
TCF, Mercer Area Chapter, New Jersey

## LOST POTENTIAL

Last year I attended a workshop presented by a specialist in grief named Dr. Cable. Dr. Cable said many important things about the grief process, but as a bereaved parent one thing stuck in my mind.

He said that if you ask a bereaved person to describe his deceased mother, he will say, "Oh, she was so sweet. She always wore flowered dresses and loved to bake cookies." But, if you ask a bereaved parent to describe her deceased child, she will say, "Oh, he would be five this year and just starting kindergarten," or, "She would be twenty-two this year and graduating from college."

You see, we bereaved parents grieve the lost potential of our children. Our children don't stop growing in our minds. We grieve again and anew each year as our child would have been a different age.

Chris Anderson  
TCF, Walla Walla, Washington



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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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Tucson, AZ 85751-0733

Return Service Requested



September-October 2021