



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

Chapter email: [compassionate.friends.tucson@gmail.com](mailto:compassionate.friends.tucson@gmail.com)

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  
P.O. Box 46  
Wheaton, IL 60187  
Toll free (877) 969-0010  
[www.compassionatefriends.org](http://www.compassionatefriends.org)

## **WALKING THIS VALLEY- Tucson Chapter Vol. 47 No.5 September-October 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**

**September 10, 24**

**October 8, 22 (Chapter Candle Lighting)**

**November 12, 26**

### **Memories Diane Allison Tucson TCF**

Have you heard the Maroon 5 song "Memories"? Adam Levine wrote it in memory of a close friend who died. It begins,

*"Here's to the ones that we got*

*Cheers to the wish you were here, but you're not*

*'Cause the drinks bring back all the memories*

*Of everything we've been through*

*Toast to the ones here today*

*Toast to the ones that we lost on the way*

*'Cause the drinks bring back all the memories*

*And the memories bring back, memories bring back you"*

The song made several appearances for me at the conference this year.

Its first appearance was while I was stuck on an obstacle at Bellevue Adventures. I had been working my way across the obstacle and I just couldn't lift my leg over any more logs when the song came on. I sat there and cried. Then I finished before the song ended. The presenters in my first workshop used the song in a video to introduce us to their son. The song showed up a third time at lunch when we heard it on an electric harp.

We hold on tightly to our memories, eager to share them with anyone who will listen.

We find an audience at the conferences and at our meetings.

Please come to share your children, grandchildren, and siblings with us and allow us the opportunities to share with you. We know that by sharing their stories, we keep their memories alive.

## 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](http://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



### Our Main Fundraiser:

The 2025 Jim Click Millions for Tucson Raffle  
 1<sup>st</sup> place Kia Carnival, 2<sup>nd</sup> place first class air  
 tickets, 3<sup>rd</sup> place \$5000

**Last day to purchase: Meeting on November 26**

The drawing will be in December.. 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.

## September Birthdays

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

## September Remembrance Days

PETER JAMES "PJ" FARRELL  
RICHARD NICHOLAS UMBERGER  
KEVIN ROBINSON-BARAJAS  
SABRINA KINSLEIGH WILLIAMS  
ROSALINA ISABELLA SAENZ  
CHRISTOPHER THOMPSON  
JUSTIN ZEHNGUT  
KALYN MARIE GREGG  
MATTHEW DODGE  
JESSE GELSINGER  
MERCER JOHNSON III  
CURTIS LEE EHLERS  
MCKENZIE HARRISON  
WENDY WHITACRE  
RICHARD MORGAN  
LUKE MICHAEL RICHARDS  
DENNY MALLORY  
DAVID RADTKE  
DELLVON WATSON  
PRESTON WERNER  
AUBREY BULLARD



JASON BAKE	KETZIA AMAIRANY FLORES
DAVID ARAOS	LUIS MIGUEL SALAZAR
LISA GATZ	JOHN CARSTENS
PETER KJOLSRUD	MARK BATES
JAZELLE ARMENTA	CRAIG HAUGE
RAUL (BUDDY) GARCIA	DAMIEN MELZER
JAYANNA LYNN JUAN	KEVIN BOOS
SEAN ALEXANDER KINCAID	MELISSA HEYMERS
CHRISTOPHER LAWSON	JONATHAN D WILLIAMS
JESSICA ROSE RUSSELL	RYAN KITTREDGE
TRENT MAPELSDEN	GIDEON MCDONALD
MICHEAL P SHEATS	NATHAN SPANGENBERG
JEFFREY SEWELL	BRYAN MCLAUGHLIN
ERIC HOLMSTROM	REBECCA SIEGEL
	LORI L. SMITH
	ALLISON SPRINKLE

## I Felt I Was Healed

I felt I was healed, felt I was ok  
Ten years had passed to make me this way.  
Worked with others who were feeling the pain  
So tears and the heartache would soon go away.  
I make the newsletter and work on the slides  
That we watch as we remember the better times.  
But life has a way of throwing a curve  
That rocks to the core and shatters the nerves.  
My brother has died and though he was ill  
A hole has re-opened once again I must fill.  
I know all the steps that take me through grief  
Of the traps to watch out for, oh what a relief.  
Though same it is different, the hurt is still there  
I miss my little brother and wish he were here.

Stew Levett  
TCF Pikes Peak Chapter



## I Will Cry With You

I will listen closely ~ hold your hand or just sit  
with you ~ as long as it brings comfort - I will be  
near ~ I will be silent ~ I WILL CRY WITH YOU  
~ I will silently pray for you ~ I will quietly listen as you share your unspoken  
thoughts ~ I will not fill the space with questions, words of wisdom, well intentioned  
resolutions, or small conversations ~ there are no words for missing ~ the heart kisses  
the thoughts and dare to remember happier moments ~ in time, tender memories will  
guide us through difficult seasons - occasions ~ in time, tender memories will be  
flowers a bloom in spring, a summer sun set at dusk, the crisp leaves of fall, the first  
snow of winter ~ But for now, I WILL CRY WITH YOU ~ I will not tell you how to  
feel, how to be ~ I will not tell you stories of others who have lost ~ I will honor your  
moment ~ I will honor your loss ~ Please share your tears with me ~ I will not hush  
them away, turn away, emotionally walk away ~ I will be near ~ I will hear you heart  
~ I will hear your unspoken words ~ I will not offer answers, but I will offer love ~ I  
will help you ~ I will hope for tender moments, But for now---I WILL CRY WITH  
YOU

Pamela Hagens TCF Nashville Chapter, TN Copyright 8/5/2015

"It's so curious; One can resist tears and 'behave' very well in the hardest hours of grief.  
But then someone makes you a friendly sign behind a window, or one notices that a  
flower that was in bud only yesterday has suddenly blossomed, or a letter slips from a  
drawer... and everything collapses."

~ Colette



## 2025 National Conference in Bellevue Washington



**“The new and ongoing connections made at The National Conference give me strength and comfort on this grief journey. Being in this bubble of people who get it is a gift.” -Sharon Farrell**



**“We choose to do something at each conference that we think Chance would choose. This year we did Bellevue Adventures that included an aerial adventure course and a zipline course”.  
– Kenny and Diane Allison**



**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](http://www.compassionatefriends.org).

([NationalOffice@compassionatefriends.org](mailto: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](mailto:compassionate.friends.tucson@gmail.com)

**Chapter Candle Lighting: October 22 7pm**

The ceremony will be held in the Sanctuary. Bring a photo for the sharing table. If you have not previously submitted photos (limit of 2) for the slide show, please send the photos and your loved one’s name as you want it to appear on the slide to our email at

[compassionate.friends.tucson@gmail.com](mailto:compassionate.friends.tucson@gmail.com)

Refreshments following in hall on ground level. Feel free to bring a treat to share.

**Dia De Los Muertos Weekend November 1-3 Check online for details.****Walk Out of Darkness November 8, 2025**

Suicide Prevention and awareness event. The Tucson Chapter of The Compassionate Friends has a table at this event and some of us walk. You can register online or at the event. Reid Park 9am.

## October Birthdays

AMY LOGAN  
JONATHAN BECK  
JOHN BREMOND  
KATIE DECKER  
JOHN GEHLEN  
DREW GYORKE  
MARTHA HARRINGTON  
GAGE LA FONTAINE  
GIDEON MCDONALD  
LIYA MONASMITH  
BRANDEN PEASE  
PAUL ROBOLD  
BRODIE SCHMICH  
MATTHEW SCOTT  
AMANDA VIVIAN  
RON WHEELER  
BROOKE FUNSECA  
AARON THOMAS ATHERTON  
HANNAH ELIZABETH PAIRRETT  
KEVIN ROBINSON-BARAJAS  
RAMON EDUARDO TAVERAS  
CARTER GARRICK HERNE

JENNIFER BAIN  
MADISYN BERTSCH  
SELENA BURNEY  
JOY FEULING ERB  
PAUL GOGUEN  
SHANE HARVEY  
DENNY MALLORY  
JACQUES MARGODT  
PAUL METZGER  
JODI MONNARD  
KAREN PRICE  
JANET ROSS  
DANIEL SCHNEIDER  
KRISTIN SMITH  
KENNETH WALTER  
WENDY WHITACRE  
ALLISON SPRINKLE  
DEVON MARTINEZ

NANCY BATES DIETZ  
KELLI BONN  
JOHN PATRICK CLINE  
ASHLEY FRANCO  
JOSHUA GREEN  
RYAN KITTREDGE  
TRENT MAPELSDEN  
ANGEL MARTINEZ  
BRIAN MINK  
COLBY NIGHTINGALE  
ASHLEY REDPATH  
ZAARON SANTA CRUZ  
ERIC SCHULTZ  
BETH STERN  
PHILLIP JOHN WATTERS  
RANDY ZIMMERMAN  
EMBER WILLIAM SANDOVAL  
WRIGHT SAMUEL JOHNSON



## October Remembrance Days

COLLIN WILLIAM FORBES  
KALEB SHIPMAN  
MAHLON (Jimmy) CRONK  
JASMIN GAXIOLA  
MATTHEW ALTLAND  
JONATHAN BECK  
JOHN BREMOND  
HAVEN CROSS  
JENNIFER ELDRIDGE  
RICK WILLIAMS  
TIM GOAR  
JOSHUA GREEN  
MEGHAN JONES  
KEITH KRAGE  
BRIAN MINK  
SCOTT MULLEN  
KAREN PRICE  
JOSHUA PARMETER  
NATHAN TYLER ROBERTS  
MATTHEW UNTERRINER  
ALEXANDER FIGUEREDO  
JARED MEANS

DANIELLE WELLS-BORQUEZ  
OSWALDO BAKER  
CLIFFORD WALTEIN  
ALBERT CORONA JR (AL)  
HUNTER BECKHORN  
TRUDIE CALE  
JENNIFER DUTTON  
JOY FEULING ERB  
PHILIP WORKMAN  
PAUL GOGUEN  
RICKY HAMRICK  
SABRINA JOY  
JOSE EDY LEYVA  
ERIC OGDEN  
TIMOTHY PARFREY  
NICHOLAS PUTNAM  
GRANT J. PIONTEK  
ALEX SANOV  
MICHAEL TWOHILL  
LINDSAY WAKEFIELD  
ROBBIE MEINDL

TRAVIS TRADER  
BRADLEY CHARLES MAPLES  
JAMESON GILES PERSONIUS  
CHRISTIAN LOZANO  
RENEE BLANCHARD  
MONIQUE CELIA  
ROGER PAUL EAGLE  
C WARNER  
JONATHAN ZINSLI  
LEAH GOODMAN  
JOSHUA HOLDEN  
DAVID KETTUNEN  
ANGEL MARTINEZ  
CHRISTOPHER MUELLER  
COLBY NIGHTINGALE  
FERNANDO ORTIZ, III  
DOUGIE SALSURY  
ROCKY STEWART  
MARTIN VALENZUELA  
KELSEY ELIZABETH BEITEL  
EDWARD VINCENT ANDREW RAMOS

## WHEN YOU WISH UPON A STAR

Every time I am in a group of bereaved parents, I hear people say things like, "I wish my child hadn't died" or "I wish I had him back." Those wishes, unfortunately, can never come true. Another wish I hear is "I wish my friends (or church, or neighbors, or relatives) understood what I am going through and were more supportive." This is a wish that has some possibility of coming true if we are able to be honest and assertive with the people around us. What do we wish others understood about the loss of our child? Here is a partial list of such wishes:

1. I wish you would not be afraid to speak my child's name. My child lived and was important.
2. If I cry or get emotional if we talk about my child, I wish you knew that it isn't because you have hurt me; the fact that my child died has caused my tears. You have allowed me to cry and thank you. Crying and emotional outbursts are healing.
3. I wish you wouldn't "kill" my child again by removing from your home his pictures, artwork, or other remembrances.
4. I will have emotional highs and lows, ups and downs. I wish you wouldn't think that if I have a good day my grief is all over, or that if I have a bad day I need psychiatric counseling.
5. I wish you knew that the death of a child is different from other losses and must be viewed separately. It is the ultimate tragedy and I wish you wouldn't compare it to your loss of a parent, a spouse, or a pet.
6. Being a bereaved parent is not contagious, so I wish you wouldn't shy away from me.
7. I wish you knew all of the "crazy" grief reactions that I am having are in fact very normal.  
Depression, anger, frustration, hopelessness, and the questioning of values and beliefs are to be expected following the death of a child.
8. I wish you wouldn't expect my grief to be over in six months. The first few years are going to be exceedingly traumatic for us. As with alcoholics, I will never be "cured" or a "former bereaved parent," but will forevermore be a "recovering bereaved parent."
9. I wish you understood the physical reactions to grief. I may gain weight or lose weight, sleep all the time or not at all, develop a host of illnesses and be accident-prone, all of which may be related to my grief.
10. Our child's birthday, the anniversary of his death, and holidays are a terrible times for us. I wish you would tell us that you are thinking about our child on these days, and if we get quiet and withdrawn, just know that we are thinking about our child and don't try to coerce us into being cheerful.



11. It is normal and good that most of us re-examine our faith, values, and beliefs after losing a child. We will question things we have been taught all our lives and hopefully come to some new understanding with our God. I wish you would let me tangle with my religion without making me feel guilty.
12. I wish you wouldn't offer me drinks or drugs. These are just temporary crutches, and the only way I can get through this grief is to experience it. I have to hurt before I can heal.
13. I wish you understood that grief changes people. I am not the same person I was before my child died and I never will be that person again. If you keep waiting for me to "get back to my old self," you will stay frustrated. I am a new creature with new thoughts, dreams, aspirations, values and beliefs. Please try to get to know the new me - - maybe you'll still like me.

Instead of sitting around and waiting for our wishes to come true, we have an obligation to teach people some of the things we have learned about our grief. We can teach these lessons with great kindness, believing that people have good intentions and want to do what is right, but just don't know what to do with us, or we can sit and wait, I believe our children would want us to help the world understand.

Elaine Grier  
TCF Atlanta, GA

## **A PhD in Pain**

I didn't take an entrance examination. I didn't apply for admission. I didn't register for classes. I never completed any assignments. I didn't write or defend a dissertation.

I didn't wear a cap, gown, or hood at graduation. I didn't walk to "Pomp & Circumstance."

I don't have this diploma framed on my wall. I don't have letters I use after my name.

But my son died five years ago.

So, I have a PhD in Pain.

I never wanted one.

Peggi Johnson  
TCF Piedmont Chapter, VA



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



September-October  
2025