



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

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

Tucson Chapter
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www.tucsontcf.org

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The Compassionate Friends
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www.compassionatefriends.org

WALKING THIS VALLEY- Tucson Chapter Vol. 46 No. 6 November-December 2024

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

November 13, 27

December 11 (No meeting on 25th)

January 8, 22

Events: Nov 2 9am Walk Out of Darkness. Reid Park.

Nov. 1-3 Dia de Los Muertos weekend. Procession 11/3 begins at 6pm

www.allsoulsprocession.org

December 8 6pm Worldwide Candle Lighting Children's Memorial Park on 15th

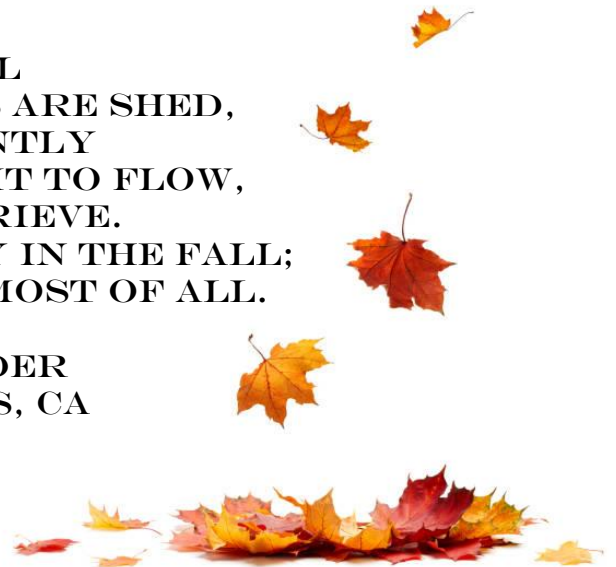
(Note earlier time)

Note to Readers: I have computer issues and 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 leave a message on the phone line or email at compassionate.friends.tucson@gmail.com Corrections will be made in the next publication. Apologies and thanks, Diane Allison Editor

AUTUMN

**IN THE FALL
WHEN AMBER LEAVES ARE SHED,
SOFTLY—SILENTLY
LIKE TEARS THAT WAIT TO FLOW,
I WATCH AND GRIEVE.
MY HEART BEATS SADLY IN THE FALL;
'TIS THEN I MISS YOU MOST OF ALL.**

**LILY DE LAUDER
TCF, VAN NUYS, CA**



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
- * thegriefftoolbox.com
- *griefwatch.com (books and products)
- *whatsyourgrief.com
- *Pomc.com (families of murder victims)
- *save.org (suicide awareness)
- *webhealing.com
- *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 2024 Jim Click Millions for Tucson Raffle
TICKET SALES END NOVEMBER 27, 2024**

The Raffle has begun! Grand Prize New 2024 Jeep Wrangler Rubicon 4xe Plug-In Hybrid. Actual vehicle is white which is preferred for our hot summers! 2nd prize Two Round-Trip First Class Airline Tickets to anywhere in the world! 3rd Prize \$5000!

Due to Popular Demand Jim Click brought back the 5 for \$100!! (Of course if you want individual tickets they are still \$25 each.) Please support our chapter. This is our main fundraiser for the year. Tickets available at meetings or leave a message on our phone line and we will be in touch. Remember all money for tickets stays with the charity.

November Birthdays

SEBASTIAN ALDECOA
DAVID ARAOS
GENNA AYUP
NICK BARNETT
CHRISTOPHER BAYZE
MICAELA ELINAH
BENITEZ
RACHEL MICHELLE
BENNETT
ZAC BERTSCHY
BOB BRUMMETT
TORRE LYNN CARLS
THOMAS CLARK
ELIZABETH DAVIS
TOMMY DILLON
ZACK EIDE
JORDAN FAULK
CALEB FOSSLAND
KATERI LAURA JOANN
FRANCISCO
MICAYLA JASMINE
FULLER
DIEGO ANTONIO
GADEA
JIMMIE GANIS
RICKY HAMRICK
CINDY HARTRANFT
CHARLES "BUDDY"
HOLLEY
RICK IVIE
SABRINA JOY
THOMAS KILPATRICK
LYSANDRA LAINE
NICOLE LAJALLEE
NICOLE LUBINSKI
ISAIAH MARTINEZ
CLAYTON MATHESON
ALEX ANDRU
MENDOZA
JUSTIN MOHN
JUNIOR PHOTHONG
JESSE PLOENSE
MICHELLE RENEE
QUIHUIS

ALEXIA ROBLES
JANNELLE ROSNESS
ALEX SANOV
JOSHUA SHAME
EMILY RENEE SORKIN
NICHOLE STAMPER
THOMAS FRANCIS
TAAFFE II
KATHLEEN TEMPONE
ANTONIO TORRES
CHRISTOPHER VIVIAN
CLIFFORD WALTEIN
EDWARD SAMUEL
WEISS
DANIELLE WELLS-
BORQUEZ
KRISTEN YODER
NOAH ZACARIAS
ERIN FLATLAND
TABATHA VEAZEY
KAI CAMBERN
CRYSTAL MORRISON



**November Remembrance
Days**

MARC APPLETON
BEN ARRELLIN
CARRIE ANNE ATKINS
KRISTIN BAILEY
LYRA DANIELLE
BARBER
TOM BATES
JEREMY BRIGHT
ANTHONY BUSS
RICK CASEJALUR (?)
LARRY CASTAÑEDA
AIDON COPFER
DESTRI CORONADO
JOHN CROCI

CHRISTOPHER SCOTT
CURTIS
TOMMY DILLON
RICKY M. GRIJALVA JR.
RICK HAMILTON
JEFFREY HILL JR.
KELLY HUYSER
CODY KLING
LYSANDRA LAINE
MORGAN LOR
MELISSA QUINN
MADONNA
RYLIE MCREYNOLDS
DANIEL MERENS
LIYA MONASMITH
NIKKI PACKARD
MICHELLE VICTORIA
PADILLA
KASEY PIKE
ARIANA PORTUGAL
JANNELLE ROSNESS
ERIC ALEXANDER
RUBOYIANES
SUSANN SALMON
MICHAEL SCHNEIDER
LANCE SENICK
CHADWICK "CHAD"
SPALDING
JEAN E. STONE
RAMON EDUARDO
TAVERAS
PAUL (ALAN, JOY)
THOMPSON
EMILY TRENT
CINDEE TURNER
DAK SCOT FREDERICK
VANTSANT
LINDA VARGAS
CARL WALDENSTROM
RON WHEELER
EMILY BOOTH
KAI CAMBERN
AUSTIN ROBINETT
CHRISTIAN KNOTT
CRYSTAL CERVANTES

One Little Candle

I lit a candle tonight, in honor of you.
Remembering your life, and all the times we'd been through.
Such a small little light the candle made until
I realized how much in darkness it lit the way.
All of the tears I've cried in all my grief and pain.
What a garden they grew, watered with human rain.
I sometimes can't see beyond the moment, in hopeless despair.
But then your memory sustains me, in heartaches repair.
I can wait for the tomorrow, when my sorrows ease.
Until then, I'll light this candle and let my memories run free.

Sheila Simmons
TCF Atlanta, GA

WORLDWIDE CANDLE LIGHTING MEMORIAL SERVICE December 8 6:00pm
Children's Memorial Park 4875 N 15th Pl, Tucson, AZ 85704

The Compassionate Friends Worldwide Candle Lighting on the 2nd Sunday in December unites family and friends around the globe in lighting candles for one hour to honor the memories of the sons, daughters, brothers, sisters, and grandchildren who left too soon. As candles are lit on December 8th, 2024 at 7:00 pm local time (please note we will begin our program at 6pm), hundreds of thousands of people commemorate and honor the memory of all children gone too soon.

Now believed to be the largest mass candle lighting on the globe, the annual Worldwide Candle Lighting (WCL), a gift to the bereavement community from The Compassionate Friends, creates a virtual 24-hour wave of light as it moves from time zone to time zone. TCF's WCL started in the United States in 1997 as a small internet observance and has since swelled in numbers as word has spread throughout the world of the remembrance. Hundreds of formal candle lighting events are held, and thousands of informal candle lightings are conducted in homes, as families gather in quiet remembrance of children who have died and will never be forgotten.

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/>).

Tucson Chapter Steering Committee:

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

Treasurer: Nancy Richards

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

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

Website: Julie Shulick

New Attendee Coordinator/email blasts: Cat Morrow

Library: Debbie Russell Treasurer: Nancy Richards

Regional Coordinator: Denise (Dean) Amore

AUTUMN TEARS

We look back on September and we realize that somehow, we made it through those dreaded first days of school. Whether it was the anticipation or the actual days that were the worst, we survived. We used our faith, our support systems or just plain hard work and made it over yet another hurdle. We watched small children heading for their first day of kindergarten, listened to excited teenagers talk of high school and heard stories of children leaving home to attend post-secondary school. Somehow, we rode the waves of grief and found ourselves ashore again.

As these waves subside new ones will build as we head into the holidays that speak of, and to, children. Halloween will soon approach and for some, painful memories. Thanksgiving arrives to exemplify family and togetherness and Christmas looms ahead. These special days are forever reminders of our loss—the costumes we'll never sew, the empty chair at turkey dinner, the fun and magic we'll never share with someone we love. Forever reminders that our child has died.

To survive when these events and anniversary days come around let's find time to think of the good memories we have—the announcement of our long-awaited pregnancy at Thanksgiving dinner, the look of excitement on our son's first Halloween night, the vision of our daughter helping prepare the turkey dinner. These holidays will always be reminders that our child died. Let us also make them reminders that our child lived! They left us memories more precious than any others to hold and celebrate!

Penny Young

TCF Powell River, British Columbia

SOON: Walk Out of Darkness November 2, 2024

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.

Autumn Memories

My son and I always enjoyed the autumn season. Yes, when we lived in the cold zone, we knew that winter's winds and snows were on the way. But, yet, we took time to enjoy the beautiful array of colors that nature gave us as a final salute to the growing season.

Todd and I raked leaves in the autumn. I had purchased a home in a town on the Mississippi River bluffs; the home had been built in the 1860s and I am sure some of the trees were well over 50 years old. The leaves would fall and we would rake. We

made a game of it. Sometimes his best friend, Allen, would come over and help. The boys would jump into the piles and laugh with delight. We'd create a big pile and rake it to the concrete so that it could be burned. I can still see Todd laughing and dancing around that fire. His pure childhood joy was contagious.

Todd and I loved to look at the changing leaves along the bluffs of the river. We would drive on weekends and find the best view. Then we'd park and marvel at nature's wonder. The big bluffs, the turning leaves, the eagles soaring above us. Ducks flying south....even the occasional group of geese overhead...honking, honking as they journeyed to a warmer climate.

The light is different in the autumn...it's diffused somehow. It's different than the light in any other season. Autumn sun was our favorite light. It seemed less harsh, more forgiving, gentler in a strange sort of way. That was another time and another place.

Now in the autumn I remember all the special times I shared with my child. Looking at leaves, collecting leaves, raking leaves.....we did this together, just the two of us. "Mom, when are we going to go look at leaves?" Todd would ask. That was my cue to load up some soft drinks and sandwiches and head out on the first sunny Saturday. We'd repeat this ritual until the leaves had all fallen and it was time to rake.

When we moved to the Houston area, Todd was 12, and we talked about the seasons. He told me about his great memories of leaves and drives and time together. He said he would miss autumn with me. That made me feel good. These were memories that we shared, of a time when it was just Todd and me for those special moments. Looking back, I am so glad that I spent the time to make memories. I thought I was making memories for my child, but in fact, I was making memories for us both. And now those memories are my memories.....good memories....memories that I will cherish always.

Here it is autumn again. Soon Todd will be gone five years. The memories are flooding back: the first day of each school each year, the changes as he grew to become a man. High school, college, graduate school....all began in the autumn. Autumn marks the beginning of many good memories for me. I listen as the school bus stops in front of our house to pick up today's children. Once in a while I go to the door and watch them load up, chatting with each other as they take their seats. I think of my 12 year old son, getting on that bus in front of our home for the first time: the first day of school in Houston. And for a moment, just a fleeting moment, I think I can see him sitting at a window seat, waving at me. Waving goodbye.

Annette Mennen Baldwin

In memory of my son, Todd Mennen

TCF, Katy, TX

December Birthdays

MATTHEW ALTLAND
MARC APPLETON
W. JARED BLAIR
KEVIN BOOS
GORDON BRYAN
NICOLAS JOURDAIN
BURCH
DEVANTE CARRANZA
JOHN JOSEPH CEPIN IV
KATIE CLARK
JASMINE COOMBS
DESTRI CORONADO
JOE CRAWFORD
JENNIFER ELDRIDGE
SARAH ESPINOZA
LILY FAIRCHILD
JULEE FRASER
GABRIEL GALLEGOS
CESAR TIZOK
GONZALEZ
TYLER GROVE
RAAD HALABY
LEWIS "CHIP" HARPER
MORDECAI
HARRELSON
DANIEL GENE HILL
CODY HOOVER
DEVIN JACKSON
AMAN JONES
TIMOTHY ALLAN
KENYON JR.
CHRISTIAN LAWSON
STEPHEN MAHAFFEY
DAMION MATTHEWS
TRINA MCQUEEN
SHAWN NOBLE
ZACHARY ORMAN
MICHEAL PESQUEIRA
JESSICA ROSE RUSSELL
MAURICIO B. SALAZAR
DOUGIE SALSURY
HECTOR MANUEL
SANCHEZ III
MISTY SCHILLING
DREDAN SEGUNDO
LORI L. SMITH
PAIGE JAYDEN STOUT
TAYLOR NICOLE
THOMPSON
DAVID THORSON
MICHAEL TWOHILL

MATHEW VYBORNY
JONATHAN D
WILLIAMS
LIANE WILSON
MORGAN WISE
JUSTIN ZEHNGUT
KALEB SHIPMAN
GABRIEL FIGUEROA
JASON FROST
DIEGO ZELL
ASHLEY ANGELIQUE
HUBER CAMACHO



December Remembrance Days

ANITA BECERRA
RACHEL MICHELLE
BENNETT
ZACHARY BOSSELER
MARK CALHOUN, JR.
EMORY CONWAY
JOHN DALLIES
ELIZABETH DAVIS
JULIAN DOMBROWSKI
KATHRYN EIDE
ZACH EIDE
JOEL ESPINOSA
IAN BEAL
WENDY FORD
BRIAN FRAZIN
RYAN GRIFFIN
GAMBLE
JOHN GEHLEN
DANIEL LEE GEIS
ALEX GRADIAS

CHARLES A. (CJ)
GRAHAM
MISSY HALL
RICK IVIE
ELIJAH HOOVER
ZACHARY TAYLOR
JONES
TRAVIS KATHREIN
ANDREW KEATON
SWAIN TAYLOR
KOENIG
BENJAMIN JOHN LAUX
DAVID LESSER
DANIEL LOWE
NICOLE LUBINSKI
KRYSTAL SUE MAEDL
CLAYTON MATHESON
JODI MONNARD
SHAUN MOORE
ALYSSA GUNN
MULDONADO
JAMIE MULLINS, III
AARON NICHOLS
CASIMIRO MARTIN
PALAFOX
MICHAEL PENA
JAMISON PESSIN
JESSE PLOENSE
JESUS RENE
CHRISTOPHER
FRANKLIN RICHTER
BRET RUSSELL
SUSAN WAYNE
ZAARON SANTA CRUZ
ANDY SAUERS
MISTY SCHILLING
ERIC SCHULTZ
JOSHUA SHAME
NICHOLAS SIMS
KRISTIN SMITH
ERIC TAYLOR
MATTHEW TESCHNER
JULIE ANN
VONDERSAAR
EDITH LAURINE
WHITSETT
GLENN HARRISON
WILLIAMS
BRIAN WILSON
TONY WINFIELD

... in the Autumn

Some people love to see the changes in the colors of the leaves, When the sky is clear
and dark blue as the sea.

They love to smell the oak leaves burning But it is then my heart is yearning To be
with ones I know I cannot see.

There's something in the autumn That makes my heart so heavy, I miss them all but
know they're where they should all be.

If I can make it through the winter, And see the spring unfold before me, Then I'll
know once more they're there, and wait for me.

When the morning sun comes later, and the afternoons die early, And my spirits drop
like leaves around my feet.

I'm so aware that I am mortal and I can almost see the portal that I will pass through
and be evermore complete.

Jim O'Neil TCF, Montgomery, AL



**"Your memory feels like home to me. So whenever my mind wanders,
it always finds its way back to you."**

— Ranata Suzuki

Candles in December

My sadness seems reflected in the music that I hear...
Every young one's glowing face reminds me you're not here.
Shoppers crowd the festive stores; emotions all run high
This world I was a part of once, before that sad July.

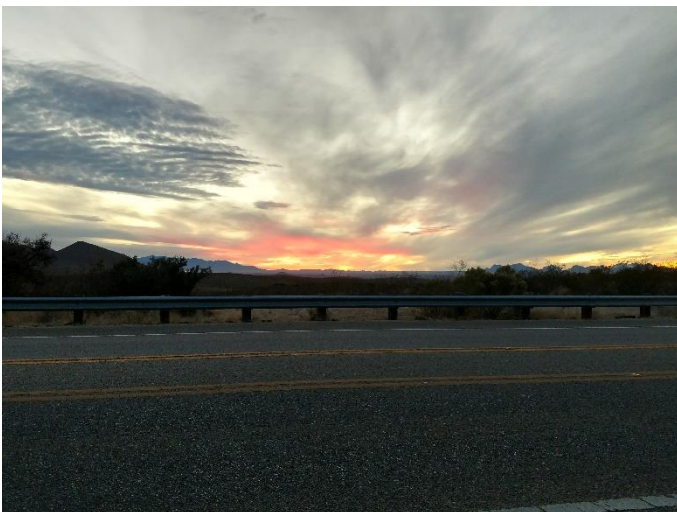
This season's meant for happy times, for love, warm hearts, and cheer.
But grieving families 'round the world remember those not here.
We struggle through the season, lighting candles to proclaim
Our children aren't forgotten, 'round the world our candles flame.

I slowly pass through gates thrown wide one clear, cold Christmas Day.
No toys or playthings do I bring - those gifts of yesterday.
I carry with me just a polished heart of granite made
And walk with grief to where she lies in a silent, silvered glade.

"Merry Christmas, love," I whisper — the quiet words seem so forlorn.
"I've brought my heart for you to keep, my gift this Christmas morn.
It is filled with all my love, though this one's carved of stone...
I'll place it here — it will be near — you'll never be alone."

We parents don't forget, my love; this month we will unite
To honor all we'll light a wall of candles through the night.
The world will know our memories glow with love that's deep and true
We'll stand as one, and 'fore it's done the Heavens will know, too.

Please keep my gift, beloved child, close to where you lie,
And know my love surrounds you 'til the day I too shall die.
On the tenth of December my candle's flame will light
I pray you'll see the love we'll free into the starry night.



Sally Migliaccio



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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

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

November-December 2024