



The Compassionate Friends

Supporting Family After a Child Dies

email - leaders@sdtcf.org / phone - (619) 583-1555 / www.sdtcf.org



Jamie's Joy

**Honoring Grief, Creating Legacy,
Celebrating Life**

Book by Mom

Elene Y. F. Bratton M.S. LMFT

Grief is like an Ocean

It is deep

It is wide

It covers most of the surface

It has waves that can be jumped over

It has waves that can swallow you up,

Tumbling you about

Making you fight for your life

And spitting you up onto the shore,

When THEY are done with you,

Just like the ocean, grief is dark and mysterious

And has many odd creatures in its depth,

Things of which we shall never know

Th ocean can drown

Grief drowns.

-2003 Elene Bratton

Continued on page 4

Meeting Information

The San Diego Chapter of
The Compassionate Friends

Dates Times Addresses

Virtual / Online

1st Wednesday of month 7:00-8:30pm

Email sdtcfzoom@gmail.com for

ZOOM link and passcode.

VIRTUAL FACILITATORS

Debbi & Dom Montisano

(858) 349-5573

In-Person

1st Thursday of month 7:00-9:00pm

Northminster Presbyterian Church

(TCF is nondenominational)

4324 Clairemont Mesa Blvd

San Diego, CA

**The Compassionate Friends
2024 National Conference
Information On Page 6**



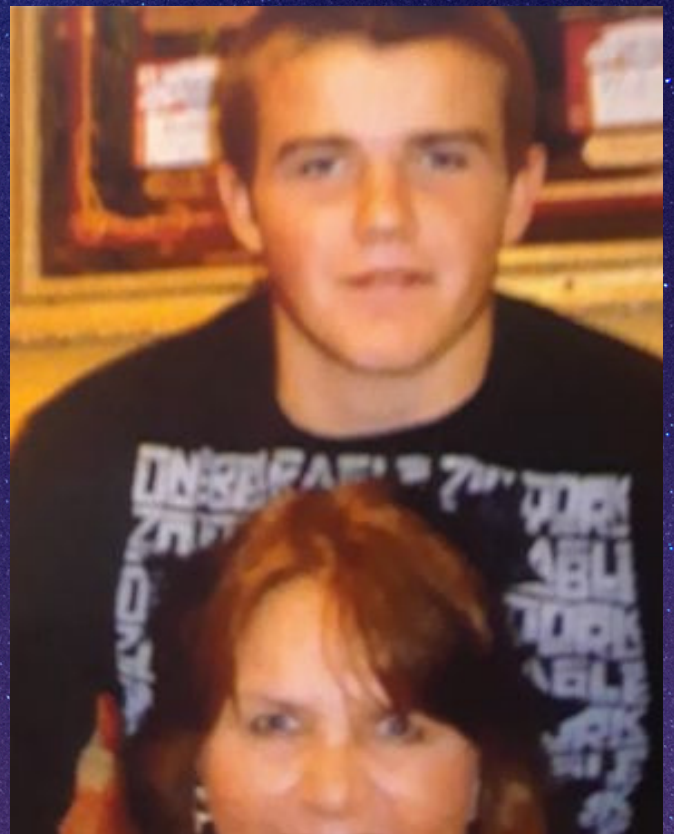
Beloved son Allen J. Kha



**Nicole Lambert with Mom
Donna**



**Celebrating Camille "Cami"
Barletta**



**Michael Scott Ayers with
Mom Mary**

If you do not find your child's photo here, which you expect to see annually, please note that we are currently in the process of transitioning our vast photo library.

Note From the Editor

Mother's Day

May has arrived, bringing with it Mother's Day, and now we also recognize Bereaved Mother's Day.

I came across this heartfelt message by a mom on the TCF-Loss of an Adult Child Facebook page:

"Mother's Day is one of the toughest days for me to celebrate because my motherhood has been..."

This mom touched lives as she continued to express her emotions about her motherhood, the loss of her child, and her plans for this Sunday. She received an outpour of mom's sharing stories of their own Mother's Day experiences after the loss of their child/ children.

Many of us reading this also share similar sentiments following the loss of our own children.

Since losing my daughter, Cami, the approach of Mother's Day stirs up a range of emotions for me. Cami was born on my first Mother's Day as a new mom.

Reflecting on conversations with other mothers who have experienced child loss, I wondered about the origins of "Mother's Day".

I found a bit of comfort to learn Mother's Day was established in the United States by Anna Jarvis, to honor her mother, Ann R. Jarvis, who like us, had lived with child loss.

However you decide to spend Mother's Day this year, I hope you can take comfort too in knowing that a mother, a sibling, and a grandmother, Ann R. Jarvis, who understood child loss, initiated this day.



Anna Jarvis (born May 1, 1864, Webster, West Virginia, U.S.—died November 24, 1948, West Chester, Pennsylvania) American social activist who is generally recognized as the founder of the legal holiday known as Mother's Day in the United States and in many other countries. Jarvis also headed the Mother's Day International Association, which she incorporated in 1912 to guide the annual observance of Mother's Day and preserve the integrity of the holiday in the face of what she considered to be commercial exploitation by businesses and ideological distortion by businesses and ideological distortion by political and social movements...

Jarvis was the 10th of 13 children born to Ann Reeves Jarvis, a social activist and Sunday School teacher, and Granville Jarvis. Only four of the couple's children survived to adulthood...

In 1876, when she was 12 years old, Anna Jarvis witnessed her mother offer a prayer at the close of a Sunday school class: "I hope and pray that someone, sometime, will found a memorial mothers day commemorating her for the matchless service she renders to humanity in every field of life," her mother said. "She is entitled to it." Anna Jarvis never forgot her mother's prayer. She repeated it at a memorial service for her mother following the latter's death in 1905, and she vowed that, "by the grace of God, you shall have that "Mothers Day". Two years later Jarvis began a letter-writing and public speaking campaign directed at local, state, and national figures and organizations and dedicated to generating support for a holiday to honor mothers for their invaluable role as domestic caregivers and their selfless devotion to their families. Jarvis and her supporters advocated a Mother's Day to be observed on the second Sunday of May, which matched the day on which Ann Jarvis died. Within a few years nearly all U.S. states were celebrating Mother's Day, and the movement quickly spread to other countries. In 1914 Pres. Woodrow Wilson made Mother's Day a national holiday in the United States.

-Britannica

Jamie's Joy Honoring Grief, Creating Legacy, Celebrating Life

Continued from page 1

"On the day our very own angel, Jamie, was born, we knew he was an old soul. He had the deepest eyes, and the smile on his face told you he knew something.

He seemed very wise. We called him our "Little Buddha."

... When he was two-and-a-half years old, he spontaneously told me the story of how he picked us as parents. He explained very confidently that he was up in heaven with an angel and that he saw us on the bed. He told the angel that he wanted to be with us and then slid down a long tunnel into my tummy! ...Losing Jamie reshaped and redefined my life. It has brought an unrelenting depth of pain and a deepened compassion, developing my relationship to those without their bodies in profound ways that has allowed me to less fearfully, more loudly and fully, live intertwining their legacies into the tapestry of my own life – an honoring and remembering, rather than a letting go and "forgetting."

My passion is being of service to humans, animals and the earth by honoring the deepest in me through love, peace, joy and connection; by practicing selfcare, healing, connection and service.

...Lastly, and firstly, I am a divinely made human, here to practice healing for myself, others and the planet through sharing my passion, compassion, love and authenticity to continually grow into who I was born to be.

Jamie's Joy
Honoring Grief, Creating Legacy, Celebrating Life
Self Published Amazon Books

Donna Lambert remembers her Brother Steve Aby & his son, her nephew, Mike Aby



As long as I can I will look
at this world for both of us.
As long as I can I will
laugh with the birds, I will
sing with the flowers, I
will pray to the stars, for
both of us.

~ Sascha Wagner

**To include a photo of your sibling, child,
or grandchild please refer to page 7**

Our Children Loved Missed & Remembered

May & June Birthdays

Michael Scott Ayers 05-02
 Ramiro Zuñiga-Cedillo 05-03
 Timothy Douglas Moreau 05-03
 Matthew Scott Lewis 05-05
 Jason Wilshe 05-06
 David Ward Ray 05-07
 Christopher Koki Haas 05-08
 Paul Albert Alferos Jr 05-08
 Julie Hamilton 05-09
 Stautland 05-09-61
 Brittany Dawn Williams 05-10
 Andrew K. Scott. 05-13
 Camille Barletta. 05-13
 Jared Dillard 05-13
 Kyle Joseph Carranza 05-14
 Anthony William Bane 05-18
 Gary R. Lopez 05-18
 Jamie Christopher Yates 05-18
 Chad Eugene Clausen 05-20
 Francisco "Frankie" Morales
 05-20
 Kai Wright. 05-21
 Brian Marc Allen. 05-23
 Jamie Morgan 05-24
 Mychael Mc Neeley. 05-24
 Alexander Nicolas Model 05-25
 Kate Brumfield. 05-27
 Aymee Sofia Garcia. 05-30
 Amanda Jo Stuart 06-02
 Cooper Jancic. 06-02
 Todd Schulman 06-08
 Marsha Cushing 06-15
 Richard Wilson. 06-16
 Maxim Dudinov 06-20
 Heather A. Avilez 06-23
 Rosa Griffith 06-24
 Tara Michelle Hickman 06-27
 Jason Robert Chambers 06-29
 Nicholas Ferrell. 06-30
 Ryan McDonough 06-30

Anniversaries

Frank Palmer 05-02
 Camille Barletta 05-03
 Dominique Ynette Young 05-05
 Joseph Roy Elkins 05-07
 Maxim Dudinov 05-12
 Todd Almeida Cutler, 05-14
 Nicholas James Reynolds, 05-16
 Tara Michelle Hickman 05-18
 David Michael Ellis 05-19
 Derek Reed Thomas 05-21
 Larry Stauffer 05-21
 Nick Jellison, 05-21
 Kristy Shoepate, 05-24
 Michael Shawn Kyle, 05-29
 Derek Thomas 05-30
 Allen J. Kha 05-31
 Joseph Balan 06-04
 Jason Robert Chambers 06-06
 Ellie Kennison 06-09
 Sammy Fishkin. 06-09
 Michael Lopez 06-10
 Stephan Mathew Kraft III 06-13
 Lauren Francis 06-16
 Karandeep Singh 06-17
 Klay Budz. 06-19 or 06-20
 Samuel Michael Parente 06-21
 Nicole Kaitlynn. 06-23
 Kyle Joseph Carranza 06-26

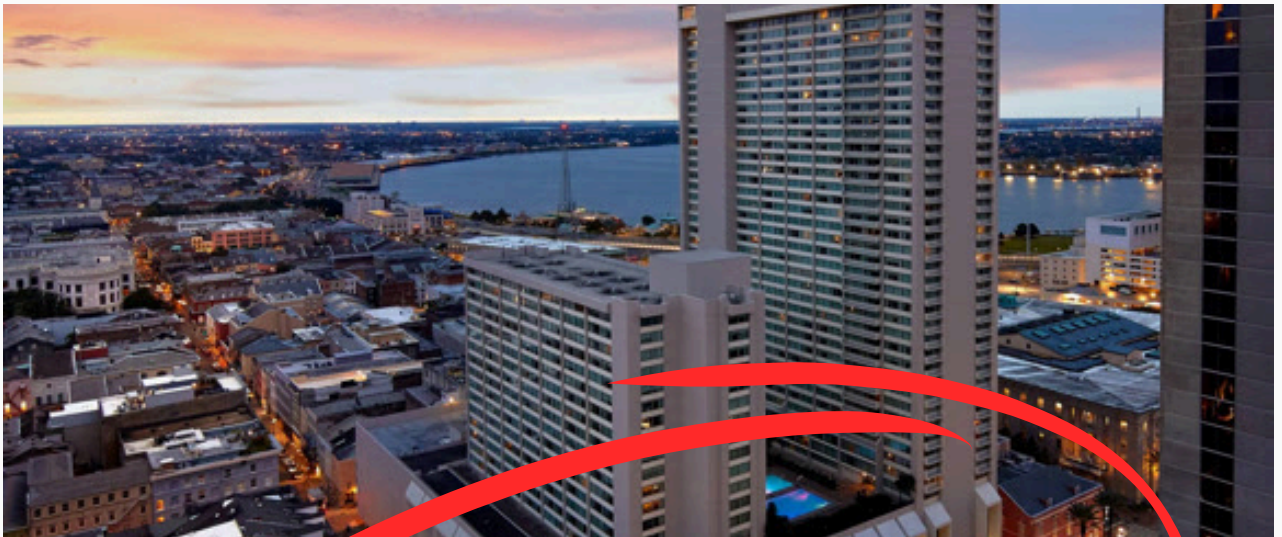


Conference Registration Now Open

We are very pleased to announce The Compassionate Friends (TCF) 47th Annual National Conference in New Orleans! TCF's National Conference is an enriching and supportive event for many newer and long-time bereaved parents, grandparents, and siblings.

Attendees come and find renewed hope and support, as well as strategies for coping with grief. Participants create friendships with other bereaved people who truly understand the heartbreaking loss of a child, sibling, or grandchild. Lifelong friendships are often formed and rekindled each year at TCF conferences.

Register Now



**We welcome you to send a photo of
your Child, Sibling or Grandchild
To be part of our San Diego Chapter
"Wall of Remembrance"
displayed at the TCF National Conference
Send a copy of your photo to:
PO Box 1332
Alpine, CA 91901**



Jamie Morgan DOB 5-24

He's Here

He's here
 And what was once inside
 Is now out.
 It's been two weeks waiting
 After nine months anticipating
 I can hardly believe
 He's here-
 Sleeping and pooping and breathing
 With his blue remnant
 Of an umbilical cord.
 And uncircumcised penis.
 Call up God
 And make sure he knows
HE'S HERE! He's here among us-
 Line up he trumpets and bugle horns,
 Wheel out the blasting parade
 And let everyone know
 Of this perfect little boy
 My nephew, your son, out reason.
 You should see him:
 Quiet and understanding
 He knows something important,
 I can tell-
 So, quick to adjust
 So much like Buddha
 And all the enlightened souls
 He's something to behold
 So come take a look, hold him
 near your heart-
 He's cool and little and
 wrinkled
 And best of all
 He's here.

-David McNeeley

**"Jamie's Joy: Honoring Grief, Creating Legacy,
 Celebrating Life"**
 Elene Y.F. Bratton M.s. LMFT

THE COMPASSIONATE FRIENDS CREDO

WE NEED NOT WALK ALONE. WE ARE
 THE COMPASSIONATE FRIENDS. WE
 REACH OUT TO EACH OTHER WITH
 LOVE, WITH UNDERSTANDING, AND
 WITH HOPE. THE CHILDREN WE MOURN
 HAVE DIED AT ALL AGES AND FROM
 MANY DIFFERENT CAUSES, BUT OUR
 LOVE FOR THEM UNITES US. YOUR PAIN
 BECOMES MY PAIN, JUST AS YOUR
 HOPE BECOMES MY HOPE. WE COME
 TOGETHER FROM ALL WALKS OF LIFE,
 FROM MANY DIFFERENT
 CIRCUMSTANCES. WE ARE A UNIQUE
 FAMILY BECAUSE WE REPRESENT MANY
 RACES, CREEDS, AND RELATIONSHIPS.
 WE ARE YOUNG, AND WE ARE OLD.
 SOME OF US ARE FAR ALONG IN OUR
 GRIEF, BUT OTHERS STILL FEEL A GRIEF
 SO FRESH AND SO INTENSELY PAINFUL
 THAT THEY FEEL HELPLESS AND SEE NO
 HOPE. SOME OF US HAVE FOUND OUR
 FAITH TO BE A SOURCE OF STRENGTH,
 WHILE SOME OF US ARE STRUGGLING
 TO FIND ANSWERS. SOME OF US ARE
 ANGRY, FILLED WITH GUILT OR IN DEEP
 DEPRESSION, WHILE OTHERS RADIATE
 AN INNER PEACE. BUT WHATEVER PAIN
 WE BRING TO THIS GATHERING OF THE
 COMPASSIONATE FRIENDS, IT IS PAIN
 WE WILL SHARE, JUST AS WE SHARE
 WITH EACH OTHER OUR LOVE FOR THE
 CHILDREN WHO HAVE DIED. WE ARE
 ALL SEEKING AND STRUGGLING TO
 BUILD A FUTURE FOR OURSELVES, BUT
 WE ARE COMMITTED TO BUILDING A
 FUTURE TOGETHER. WE REACH OUT TO
 EACH OTHER IN LOVE TO SHARE THE
 PAIN AS WELL AS THE JOY, SHARE THE
 ANGER AS WELL AS THE PEACE, SHARE
 THE FAITH AS WELL AS THE DOUBTS,
 AND HELP EACH OTHER TO GRIEVE AS
 WELL AS TO GROW. WE NEED NOT
 WALK ALONE. WE ARE THE
 COMPASSIONATE FRIENDS.

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Chapter Leader

Grace Saputo 619-386-6986

Debbi Montisano 858-349-5509

Lisa Hohman 619-701-5641

Treasurer

Long Kha

long.kha@gmail.com

WebMaster

Jason Kha

webmaster@sdtcf.org

Newsletter Editor

Anita Barletta

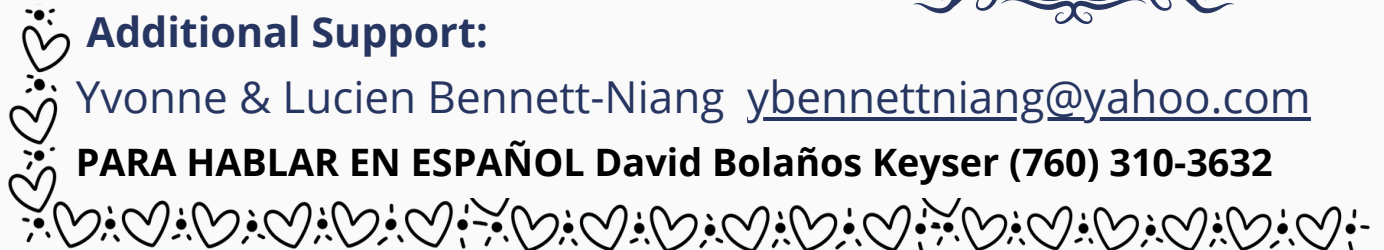
newsletter.sdtcf@gmail.com

You are invited to share a photo of your beloved child, sibling, or grandchild with us. A suggested donation of \$30 is welcomed for featuring your child's photo in our colorful newsletter. Your contributions and generous donations are highly appreciated. For further information, please refer to the form on page 9 and/or QR Code on page 10

Additional Support:

Yvonne & Lucien Bennett-Niang ybennettniang@yahoo.com

PARA HABLAR EN ESPAÑOL David Bolaños Keyser (760) 310-3632



San Diego Chapter of TCF
3805 Garden Lane
San Diego CA 92106
(619) 583-1555
www.sdtcf.org

The National Office of TCF
48660 Pontiac Trail #930808 Wixom, MI
48393
Phone toll free (877) 969-0010
Website:
www.compassionatefriends.org

OTHER LOCAL RESOURCES

MADD 858-564-0780

Empty Cradle 619-595-3887

Survivors of Suicide 619-482-0297
info@SOSLsd.org

Bereaved Parents of the USA
www.bereavedparentsusa.org

Parents of Murdered Children
 National 888-818-POMC
 Local 619-281-3972

Alive Alone - for now childless parents www.alivealone.org

Gifts of Love and Donations

The Compassionate Friends functions as a nonprofit, volunteer organization. Your generous donations and gifts of love, given in memory of your loved one(s) or in support of our services, enable us to continue to provide comfort to grieving parents, siblings and grandparents. If you would like to honor your loved one(s) in our newsletter or on our website, please let us know. When making a donation, please specify that it is for the San Diego chapter.

Contributions can be sent to: TCF, San Diego Chapter, at
3805 Garden Lane, San Diego, CA 92106,
or you can reach us at (619) 583-1555.

We welcome you to share you loved one's information with us

If you have lost more than one child, kindly use a separate form for each child.

Sharing Memories Of _____ From _____

Child, Sibling, Grandchild's Name (full name optional)

Your Relationship _____

Birth Date _____

Death Date _____

Cause (optional) _____

Application for The Compassionate Friends Newsletter

Send Newsletter: US Post ☐ Email ☐ _____

New Address ☐ **New Subscription** ☐ **Remove from list** ☐

Update Address _____

Please provide your name, address, city, state, zip code, and phone number

☐ **Yes, I would like my child's name to be listed on the anniversary pages of the chapter newsletter**

☐ **Yes, I would like my child's name to be listed on the anniversary pages of the chapter website**

The Compassionate Friends Mission Statement

"When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated.

The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family".

