





# *The Compassionate Friends*

**Supporting Family After a Child Dies**

email - [leaders@sdtcf.org](mailto:leaders@sdtcf.org) / phone - (619) 583-1555 / [www.sdtcf.org](http://www.sdtcf.org)



I used to beg for the grief to go away.  
Now I understand,  
it's the last piece of you I get to keep.  
It's in the quiet moments,  
the sudden tears,  
the way my heart skips when I think of  
your laugh.  
This grief is the thread that ties me to you  
in a world that keeps moving without you.  
And I'll never let it go.



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## **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](mailto: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

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**TCF**

**2025 National Conference  
Information On Page 6**





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Supporting Family After a Child Dies

WELCOME TO OUR 20TH

# ANNUAL *Memorial* FAMILY Picnic

🌸 SATURDAY 🌸

SEPTEMBER 13, 2025

9:00 AM - 3:00 PM

ADMIRAL BAKER

🌸 FIELD 🌸

3604 Admiral Baker Rd

San Diego, CA 92120

Field Pavilion #4

Gather your friends & Family for a day filled with unforgettable moments and friendship Remember to bring your Child(ren), Sibling, Grandchild's favorite go-to side dish to share. The San Diego Compassionate Friends will provide juicy burgers, hot dogs, and thirst-quenching drinks! Let the feasting begin!





**Joshua James Lubrich Anniversary July,01  
Son of Sandi Terrell**

IN LOVING MEMORY OF JOSHUA (JOSHY). TO OUR BELOVED SON & BROTHER, JOSHUA: "WE LOVE YOU AND MISS YOU FOREVER AND ALWAYS!! YOU WILL ALWAYS BE OUR "JEWEL" IN THE FAMILY, ONE TO BE "GONE BUT NEVER FORGOTTEN!" WE MISS YOU MORE WITH EACH PASSING DAY! "YOU'RE STILL A PART OF EVERYTHING WE DO; YOU'RE ON OUR HEARTS, JUST LIKE A TATTOO, JUST LIKE A TATTOO WE'LL ALWAYS HAVE YOU." SONG BY JORDAN SPARKS. LOVE, MOM, DAD, BEST FRIEND ZACHARY, RYAN AND KIERSTEN WITH GRANDDAUGHTER LILY MAE, ANDREW AND VIRGINIA WITH GRANDSONS ANDREW JOSHUA AND AUSTIN LEE, BEST FRIEND JASON AND BRITTNEY WITH GRANDSONS DYLAN AMIR AND JAYCE BENJAMIN AND BEST FRIENDS FOREVER, PERSIO!





HEATHER ROSE POWELL DOB 7-16  
DAUGHTER OF JULIE WITKOFF



ANDREA LYNN MONTISANO

DOB 8-10

DAUGHTER OF  
DEBBIE & DOM  
MONTISANO



KELLI R. SMITH DOB 7-19  
DAUGHTER OF OF  
RACHEL KENNEDY



# *Our Children, Brothers, Sisters, Grandchildren*

## *Loved Missed & Remembered*

### **July & August Birthdays**

Alan James Hein, 7-1  
Matthew C. Colbert, 7-6  
Karandeep Singh, 7-8  
John Thomas Gittelsohn, 7-15  
Heather Rose Powell 7-16  
Mathew Steven Spiewak 7-17  
Kelli R. Smith 7-19  
Sara Elizabeth Chandler 7-20  
Roosevelt Jerard "RJ" Carter 7-23  
Emily Quinian 7-26  
Nicole Clark 7-27  
Brittany Star Curcio 7-27  
Ellie Kennison 7-31  
Trevor Shane Kirby 7-31  
Derek Reed Thomas 8-5  
Jacob Kallas 8-7  
Andrea Lynn Montisano 8-10  
Lawrence O'Brien 8-16  
Kathryn R. Main 8-24  
Nick Jellison 8-29  
Scott Ray Sturgess 8-29  
Nicole Kaitlynn 8-30  
Allison Anne Dunn 8-31

### **July & August Anniversaries**

John Thomas Gittelsohn 7-6  
Heather Rose Powell 7-2  
Scott Ray Sturgess 8-8





# The Compassionate Friends 48th National Conference

BELLEVUE/SEATTLE, WA ▪ JULY 11-13, 2025

## Registration Now Open

### KEYNOTE SPOTLIGHT

TCF 48th National Conference ▪ Bellevue, WA



#### Martin and Lisa Cohen

*Finding a Route Back to Happiness  
After a Major Detour*

Martin and Lisa share their story as a couple, and how their now 33-year marriage was profoundly affected by the unexpected death of Lisa's sister, Shari, just five years into their journey. They went from "living the dream"-getting ready to move into their forever home with their daughter and dog, where Shari was going to be moving in with them, to living a nightmare. Through love, patience, counseling, and time, they realized the loss impacted both of them. They learned how to support each other and now use Zoom and TCF conferences to help other bereaved siblings and their partners navigate their grief journey together. They are proof that love can prevail!



Our conference is a place for bereaved families to find community and hope, while learning and sharing with others. Lifelong friendships are often made at the conference through meeting others who truly understand the painful loss of a child, sibling, or grandchild. This eagerly anticipated event will take place in Bellevue/Seattle, Washington, during the weekend of July 11-13, 2025.

[www.thecompassionatefriends.org](http://www.thecompassionatefriends.org)



## Miscarriage, Stillbirth, Infant Loss

Imagine getting to heaven and  
a voice you've never heard  
before shouts, "Mama!"

**Brooks Jackson**

**Lived 43 minutes**

**"We wished for a baby, but God gave us an  
angel instead. Our precious baby boy was  
called to heaven on 4/23".**

**Jordyn Elizabeth, Brooks Mom**

### 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".

### 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

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**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 14 and/or QR Code on page 15**

### Additional Support:

Yvonne & Lucien Bennett-Niang [ybennettniang@yahoo.com](mailto: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

PO Box 46

Wheaton, IL 60187

**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](mailto:info@SOSLsd.org)

**Bereaved Parents of the USA**

[www.bereavedparentsusa.org](http://www.bereavedparentsusa.org)

**Parents of Murdered Children**

National 888-818-POMC

Local 619-281-3972

**Alive Alone - for now childless**

**parents** [www.alivealone.org](http://www.alivealone.org)



## Gifts of Love and Donations

The Compassionate Friends functions as a nonprofit, volunteer organization for the loss of your Child, Grandchild, Sibling. Your donations given in memory of your loved one, or in support of The Compassionate Friends, is greatly appreciated. To honor your Child, Grandchild, or Sibling in our newsletter, or on our website, please send your generous donation to :

TCF San Diego Chapter  
C/O Long Kha  
3805 Garden Lane, San Diego, CA 92106,  
Phone (619) 583-1555  
email: [long.kha@gmail.com](mailto:long.kha@gmail.com)

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

We honor your Child, Sibling, or Grandchild by name in our newsletter during the month of their birth date and date of their passing

Send your loved one's information to  
Anita Barletta - [newsletter.sdtcf@gmail.com](mailto:newsletter.sdtcf@gmail.com)

**Child, Sibling, Grandchild's Name:**

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(PLEASE USE A SEPERATE FORM IF YOU HAVE LOSS MORE THAN 1 CHILD)

**Your Relationship:** \_\_\_\_\_  
(Child, Grandchild, Sibling)

**Birth Date (MM/DD)** \_\_\_\_\_  
(to be included in our newsletter)

**Date of passing (MM/DD)** \_\_\_\_\_  
(to be included in our newsletter)

**Tell us something about your child/sibling (Optional)** \_\_\_\_\_

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Please provide your E-mail address to our editor Anita Barletta at  
[newsletter.sdtcf@gmail.com](mailto:newsletter.sdtcf@gmail.com)  
to receive The Compassionate Friends San Diego Chapter Newsletter  
Letting us know

**\* Yes, I would like my child's name to be listed on the birthday & anniversary pages of the San Diego TCF chapter newsletter**