

The Compassionate Friends

Supporting Family After a Child Dies

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



Thanksgiving Is For The Bereaved

By Alice Willer

I have a hard time believing it is the season of holidays again. While this year should be easier since it will be our fifth Thanksgiving, Christmas, and New Year's without our son Daniel, I still feel myself putting on an extra shield of courage.

In the cool afternoon air, I am reminded of my first. Thanksgiving since Daniel's death. On that day, I wrote a poem; it wasn't very good, but it did express what I had learned from reflecting on the origins of this national American holiday.

For the first time, I thought that the initial Thanksgiving among the settlers and the Indians couldn't have been that glamorous. Why not? For one, there had been many losses. Around those tables were certainly fathers and mothers who had had to bury children. While thankful for much, these parents held heavy hearts too.

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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 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
2025 Candle Lighting Ceremony
Information On Page 2

THE COMPASSIONATE FRIENDS WELCOMES YOU TO OUR 29TH ANNUAL WORLDWIDE CANDLE - LIGHTING SUNDAY DECEMBER 14, 6:00PM - 8:00PM

PIONEER OCEAN VIEW UNITED CHURCH OF CHRIST

IN FELLOWSHIP HALL
2550 FAIRFIELD ST
SAN DIEGO, CA 92110

SDTCF COMMITTEE WILL PROVIDE:

*A SPECIAL TABLE AVAILABLE FOR PHOTOS IF UNABLE TO SEND

IF NO PHOTO IS AVAILABLE OF YOUR CHILD

YOU ARE WELCOME TO ADD A SMALL ENDEARING KEEPSAKE (DEC 13TH @ 11:45 PM PST IS LAST DAY TO SUBMIT YOUR CHILD'S PHOTO SEND TO JASON <u>SDTCFZOOM@GMAIL.COM</u>, OR TEXTED TO 858-314-8508)

*MATERIALS TO CREATE PERSONAL LUMINARIE

*LIGHT REFRESHMENTS

*DRESS WARM AS THE NIGHTS ARE COOL

2025 CANDLE LIGHTING CEREMONY

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 14TH, 2025 AT 7:00 PM LOCAL TIME, 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

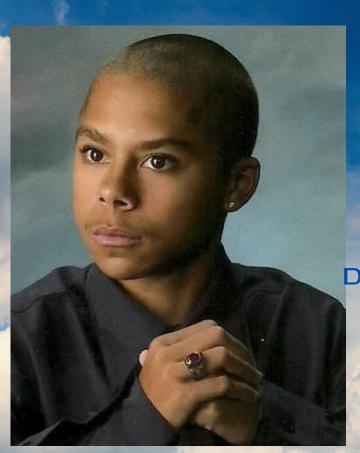
REMEMBRANCE OF CHILDREN WHO HAVE DIED AND WILL NEVER BE

FORGOTTEN.



Our
CHERISHED DAUGHTER
Malini E. Sathyadev
DECEMBER 7

HAPPY HEAVENLY BIRTHDAY
ESTHER
LOVE MOM & DAD

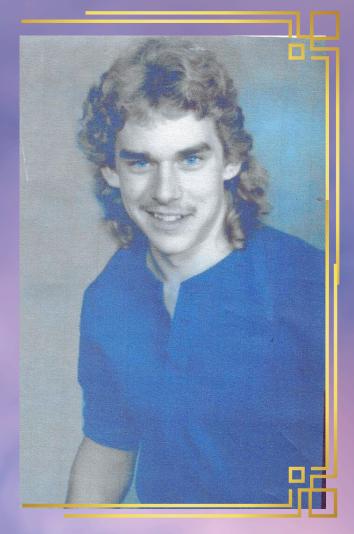


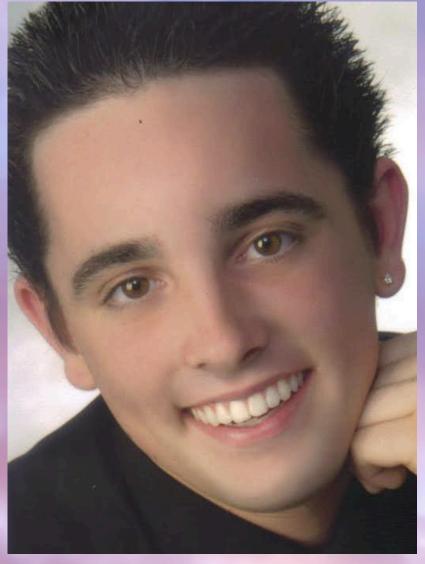


ESTHER JANUS
DECEMBER 5

DAVEY JOHNSON
11/02
Extraordinary
Loved
Adored

DUANE C. ALLEY
ANNIVERSARY 10-10
LOVING SON
OF
LOUISE HENDRICKSON





JOSHUA JAMES LUBRICH

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!

Thanksgiving Is For The Bereaved continued

Continuing to reflect this way helps me realize Thanksgiving is also a holiday with reality. It is not a Norman Rockwell painting.

While we like the warmth this artist has created in his capturing of a happy Thanksgiving table, we know that in most families, everyone is not present. Family members are gone from us and at times, all we can notice are the silent empty chairs.

How can we have Thanksgiving when we are lacking? This holiday does not have the bereaved in mind at all, we conclude.

But in time, we are able to reflect on the presence our loved children held in our lives instead of only focusing on their absences. They lived and we are the more blessed because of their lives – so vibrant and so loving. We become more aware of just how much they impacted our lives then— and even now.

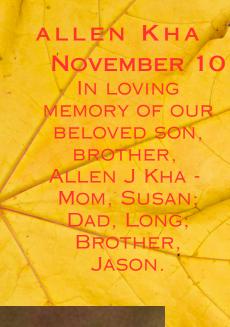
Light a candle this Thanksgiving for those we miss. Recall how blessed we were to have them, even for a short while.

And remember that the origin of Thanksgiving does not stem from the situations of cheery and perfectly intact families. There had been many deaths during the difficult trek to this land from England and Europe and once the settlers arrived, more deaths due to illness, occurred. The Native Americans experienced heart-breaking losses as well.

Even so, these men and women found reasons to be thankful. So although our sorrow is great, we can be appreciative for the memories we hold in our hearts. Thanksgiving is a holiday which includes each of us—bereaved and broken.

~ Copyright 2001 by Alice J. Wisler.









ANDRES SAPUTO
DECEMBER 23

GRACE SAPUTO
IN LOVING MEMORY OF HER
SON
ANDRES.
LOVE & MISS YOU,
MOM

ETHAN ESTLIN WOZNIAK
ANNIVERSARY
12-26
FOREVER IN OUR
HEART'S & THOUGHT'S

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SIBLING INSIGHTS

Managing Grief Through The Holidays

By Sarah Kravits

It was Saturday of Thanksgiving weekend, the first Thanksgiving without my brother, just months after a drunk driver had ended his life. I needed to get some shopping done and I found myself at a mall. The instant I stepped inside, I was enveloped in holiday atmosphere. Everything shone and glittered, music rang out, scents of pine and cinnamon candles mingled with the smell of perfumes being sprayed on shoppers in the department stores. Delight hung in the air.

I, however, couldn't feel anything but despair. It felt like I had been punched in the stomach. I couldn't wait to get out.

This was not like me. I have always loved holiday times with all of their various sensory experiences. I enjoy walking through shops thinking of what loved ones might like, baking seasonal treats, listening to the my parents' holiday LPs (yes I still have a turntable), sitting and enjoying tree lights, or candles in the menorah, or any other glow that a December holiday might bring.

Now, however, it was like everything had been turned inside out. The holiday time, rather than improving my unhappy state, had made it worse. This is the paradox that so many, grieving through the holiday seasons year after year, experience and must endure.

In general, we expect holiday times and their festivities to cheer us for a time and provide a happy haven away from the struggles and frustrations of our daily lives. However, when someone you love has died, whether you are days, months, or years out from the loss, holidays may have the opposite effect. What used to bring extra joy can now bring extra misery, leaving you confused and empty.

Holidays and holiday seasons arrive, year after year, without fail. We cannot avoid them. How can we adjust our expectations? How can we hope to find something of use to us within them? The answers lie within each of us, because each has a unique experience of loss and grief. If we give ourselves time and opportunity to ponder what we can and want to do, we may be able to choose actions that work for us. Use these ideas to get started as you think through your holiday plans.

Do something different. Many people find that doing whatever they used to do with their loved one is too painful. Try different traditions. Spend the holiday in a new location, include an activity you've never done for the holidays, eat something completely other than what you normally eat.



Do something traditional. Others find that they seek the comfort of their holiday traditions even more than before. If you find solace in your customary preparations, this may be true for you. How do you know if traditions such as decorating, attending services, or special foods and meals will be helpful? Give them a try, or even just think about them, and you'll probably know intuitively whether you want to keep them or set them aside for a while.

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Managing Grief Through The Holidays continued

Spend time on your own. Many grievers feel closest to the person who died when they are alone. Whether you curl up in bed alone for an hour, walk alone in the woods, head off on a drive alone in your car, or anything else, grant yourself some privacy. You might be quiet, you might scream and cry, you might talk out loud to the person you miss so much. Being alone can grant you permission to feel, and do, what you need.

Change your mind. No law says you have to stick with any decision you have made. If you thought going to a friend's holiday party would cheer you up, but once there you find yourself falling apart – give yourself permission to leave. If you brought home a tree but cannot bring yourself to decorate it – let it be. If you invite family to visit but then find it overwhelming – duck out for a break. If you've avoided religious services but wonder if you may find something useful there – try again.



Find ways to include your loved one. Some need to talk about the person openly. Some might want to tuck a photograph into a piece of holiday decoration. Some may make the person's favorite holiday food. Some may include the person's name in blessings said at home or at a service. Do what helps you feel your loved one is not forgotten or left out. Change your mind. No law says you have to stick with any decision you have made. If you thought going to a friend's holiday party would cheer you up, but once there you find yourself falling apart - give yourself permission to leave. If you brought home a tree but cannot bring yourself to decorate it – let it be. If you invite family to visit but then find it overwhelming duck out for a break. If you've avoided religious services but wonder if you may find something useful there - try again.

Be your own best friend. Treat yourself gently, and support your own needs and wants. Watch out for the word "should:" If people say you should do something that makes your stomach turn, or should stop doing something that helps you cope (as long as it isn't destructive or dangerous), find a kind and respectful way to stand up for yourself. Tune in to yourself throughout the holiday to see what you think, feel, and need – and communicate those thoughts, feelings, and needs honestly to those around you.

As you let go of past assumptions about the holidays and turn your focus inward to discover what serves you, you may soften the griever's holiday paradox. One step at a time, one tick of the clock at a time, one breath at a time, this holiday season will pass by. I hope it offers, somewhere along the way, a little light and strength that you can take with you on your journey ahead.

Our Children Loved Missed & Remembered

NOVEMBER BIRTHDAYS
Luis Walter Bernal 11-01
Teresa Carolina Bernal 11-01
Davey Johnson 11-02
Greg Garon 11-03
Joshua James Lubrich 11-03
Sumi Suresh 11-04
Monica Castellozzo 11-07
Allen J. Kha 11-10
Rick E. Pieramica 11-11
Jameson Connor Segel 11-13
Craig Thomas Markley 11-16
Kristy Shoemate 11-24
Eddie Diaz 11-27
Dylan Libby 11-28

DECEMBER BIRTHDAYS
Cory Scott (Krista's Brother)
Mikael Larson 12-02
Stephen Mathew Kraft III 12-04
Malini E. Sathyadev 12-07
Anthony James Shott 12-13
Milton (Danny) Smith 12-28
Jasmine Bellofatto 12-29
Ron Laverty 12-30

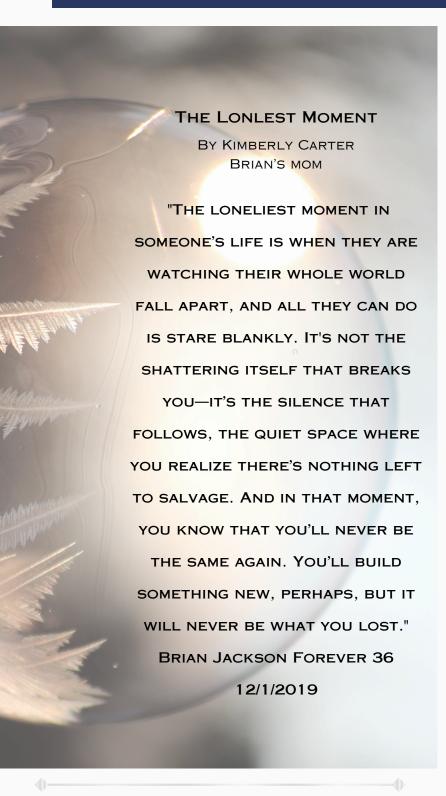
NOVEMBER ANNIVERSARIES

Luis Walter Bernal 11-01
Teresa Carolina Bernal 11-01
Sammy Fishkin 11-02
Azja K. Ostrye 11-04
Gary R. Lopez 11-12
Jacob Kallas 11-16
Philippe Leyva 11-17
Reese Kaitlyn 11-19
Monica Castellozzo 11-24
Alan James Hein 11-25
Alexander Joseph Niazi 11-25
Allison Anne Dunn 11-30

DECEMBER ANNIVERSARIES

Daniel R. Keyser 12-02 Christopher L. Mariano 12-07 **David Sullivan 12-09 Justin Scott 12-09** Cory Scott 12-10 Stephanie J. Westrich 12-10 Riley. Gail Horgan 12-11 Vincent Glen Ruddy 12-13 **Megan Ashley Landis 12-17** Christopher L. Mariano **Andrea Lynn Montisano 12-19 Marsha Cushing 12-19** Ryan Kelly Spohr 12-20 **Amy Sara Bowden 12-21 Andres Saputo 12-23 Anthony James Shott 12-25** Ethan Estlin Wozniak 12-26

Anthony William 12-30



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, IUST 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. IUST 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. ©2016 THE COMPASSIONATE FRIENDS

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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 12 and/or QR Code on page 13



Additional Support:



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

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 is 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: treasurer@SDTCF.org
OR

Scan our QR code on the following page

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

Child. Sibling. Grandchild's Name:

	e e e e e e e e e e e e e e e e e e e
(PLEASE USE A SEPERATE FORM IF YOU HAVE LOSS MORE THAN I CHILI	D)
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)	

Please provide your E-mail address to our editor Anita Barletta at 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



Please scan QR code to donate to our chapter

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