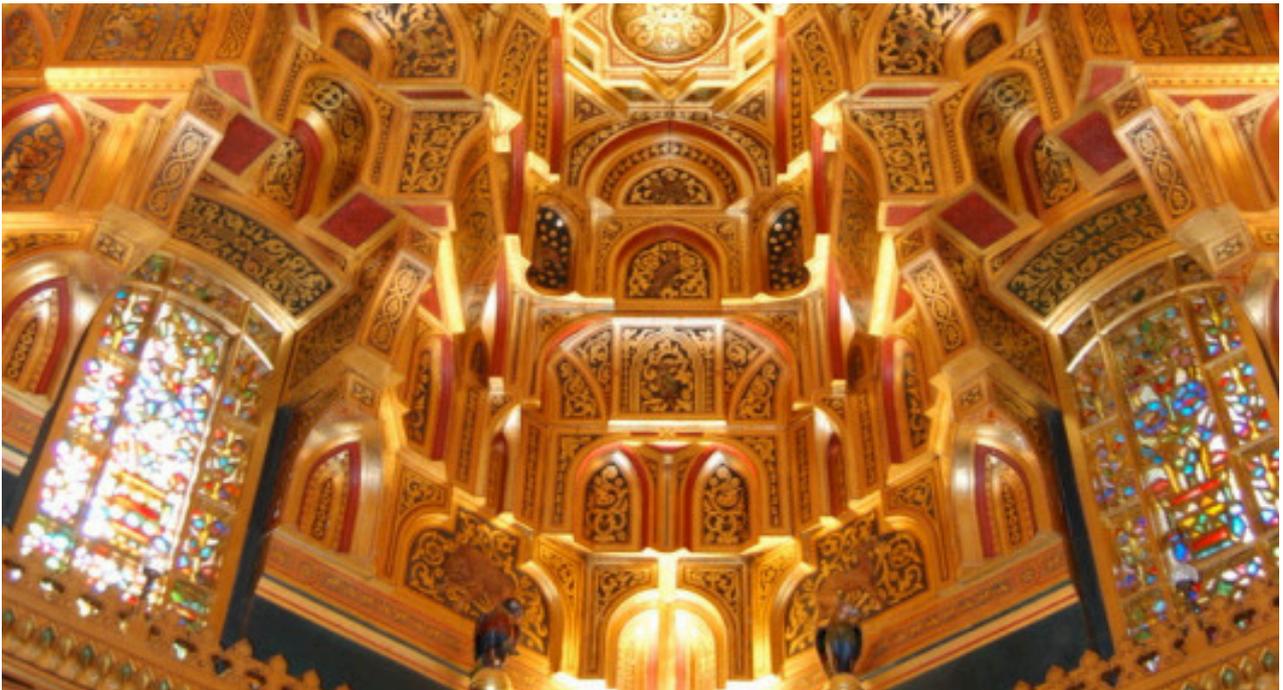




The Compassionate Friends

Supporting Family After a Child Dies

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



Heightened Awareness

By Jean E. Taddonio
In honor of her son

**look for signs
hear the prayer that is there
in the chimes**

**the sprouting seeds
the color of sunflower yellow
the hovering hummingbird**

**a smile someone gives you
when you didn't smile first
the kindness of strangers**

**and when you tell
your sad story, to those
who have the heart to hear**

**pray for the others
who also grieve
and wait for answers**

**that may never come
this side of heaven
help us Lord believe**

**there in another side
where tears disappear
leaving only joy**

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

*Our Children Loved Missed &
Remembered*

JANUARY BIRTHDAYS

KATIE R. DIX 1-02
DARRYL CHARLES HOHMAN 1-04
MADISON RENEE WHITE 1-05
STEPHEN WILLIAM ANDERSON 1-06
AZJA K. OSTRYE 1-08
JULIE ELIZABETH RICHARDSON 1-08
PHILIP GLYNN MURPHY 1-15
DANIEL R. KEYSER 1-16
JUSTIN SCOTT 1-23
RORY DAVID BOYER 1-26
RILEY GAIL HORGAN 1-27
LARRY STAUFFER 1-31

JANUARY ANNIVERSARIES

DEE LOUISE HOCHSTETLER 1-01
MATTHEW RAIMER 01-01
LISA MARIE STOEFFEN 1-03
MADISON RENEE WHITE 01-06
MATTHEW C. COLBERT, 1-09
RENEE ELEONOR DAWSON 1/12
CARI TATE 1-13
MATTHEW BEAVER 1-14
CHAD EUGENE CLAUSEN 1-17
TIMOTHY DOUGLAS MOREAU 1-23
BRIAN MARC ALLEN 1-24
JASON WILSHE 1-25
SARA ELIZABETH CHANDLER 1-25
JAMIE CHRISTOPHER YATES 1-26
AYMEE SOFIA GARCIA 1-27

FEBRUARY BIRTHDAYS

CARI TATE 2-03
FRANK PALMER 2-05
MITCHELL SZEGI 2-06
BRITTANY GRELL 2-08
JOSHUA LINZY FOGEL 2-08
ANDRES SAPUTO 2-12
JUSTIN KNAPP 2-13
SPENCER CLAY 2-19
JOSEPH THOMAS 2-25
TOMMY DUBA 2-25
TODD ALMEIDA CULTER 2-28

FEBRUARY ANNIVERSARIES

BRITTANY GRELL 2-03
PHILIP GLYNN MURPHY 2-07
MILTON (DANNY) SMITH 2-10
DAMIAN REID CARVER 2-12
HEATHER A. AVILEZ 2-14
BERNARD G. SNYDER 2-15
JANA A. WARDA SCHOTT 2-15
ANGELA SCARBROUGH 2-22
ANDREW EVAN BOURLAND 2-23
ROSA GRIFFITH 2-23

To Our Dear Son Darryl



**Darryl Charles Hohman 1-04
Birthday**

WE KNOW WE'VE TOLD YOU WE LOVED YOU,
BUT ONE THING WE MAY NOT ALWAYS
HAVE REMEMBERED TO SAY IS HOW PROUD WE WERE OF YOU, TOO.
WE WERE PROUD OF YOUR SUCCESSES -
OF YOUR SKILLS AND TALENTS,
OF YOUR HARD WORK AND ACCOMPLISHMENTS,
OF YOUR DREAMS AND PLANS FOR THE FUTURE.

YET EVEN MORE IMPORTANT THEN THESE,
WE WERE PROUD OF THE PERSON YOU WERE INSIDE -
OF THE GOODNESS AND GENEROSITY
WHICH WERE SO MUCH A PART OF YOUR DAILY LIFE,
OF THE WARMTH AND CARING YOU HAVE SHOWN OTHERS.

YOU WERE SPECIAL AND WE WANT YOU TO KNOW HOW LUCKY WE FEEL TO HAVE HAD THE GIFT OF A SON LIKE YOU.

**Happy Birthday, till we meet again
Love... Mom & Dad**

Del & Lisa Hohman
San Diego, CA



**Andres Saputo 2-12
Birthday**



**Dee Louise Hochstetler 1-01
Anniversary**



TCF's 49th National Conference

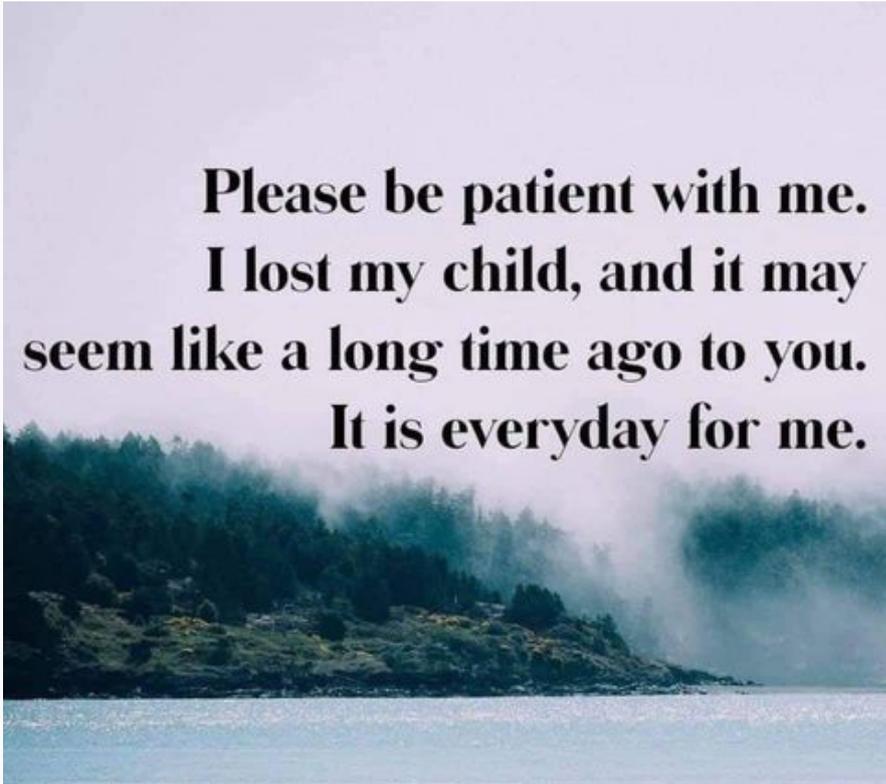
Baltimore, MD | July 2-5, 2026

Registration Opening Soon

49TH TCF NATIONAL CONFERENCE

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 Baltimore, Maryland, during the weekend of July 2-5, 2026.





**Please be patient with me.
I lost my child, and it may
seem like a long time ago to you.
It is everyday for me.**

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.

©2016 THE COMPASSIONATE FRIENDS

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".

Chapter Leader

Grace Saputo 619-386-6986
Debbi Montisano 619-583-1555
Lisa Hohman 619-701-5641

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Lori Treadwell
secretary@SDTCF.org

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web@SDTCF.org

Newsletter Editor

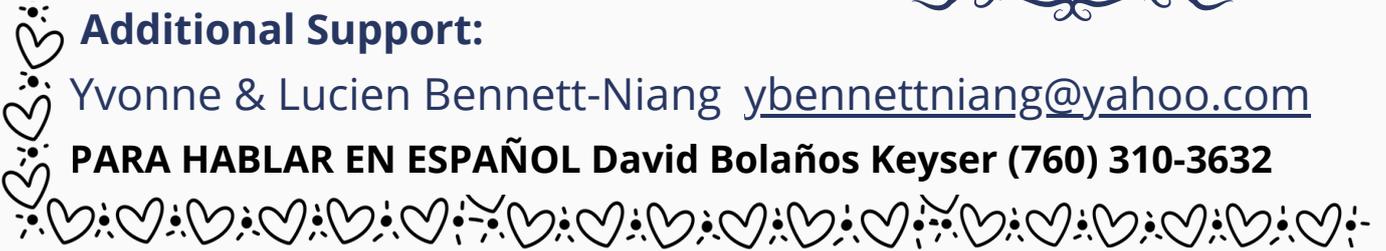
Anita Barletta
newsletter.sdtcf@gmail.com

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 12 and/or QR Code on page 13

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

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:

(PLEASE USE A SEPERATE FORM IF YOU HAVE LOSS MORE THAN I 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) _____

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**

**TCF San Diego Chapter Treasure
C/O Long Kha
3805 Garden Lane, San Diego, CA 92106,
Phone (619) 583-1555
email: treasurer@SDTCF.org**