



Newsletter of the San Diego
Chapter of "TCF"
The Compassionate Friends
*A non profit self-help organization
for families who are grieving the death of a child.*



January / February
2022

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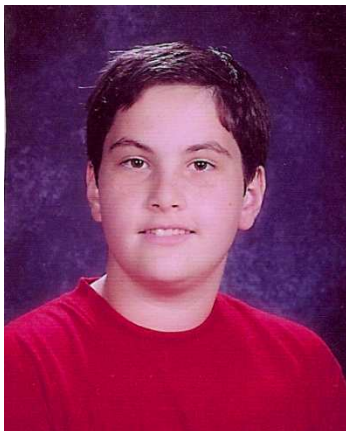
Next Meetings

**In Person
Meeting
Legacy Church
See page 3**

Wednesday
January 5th

Wednesday
February 2nd

These pages Dedicated with Love to:



Jason Wilshe



Andrea Lynn Montisano



Brian Marc Allen

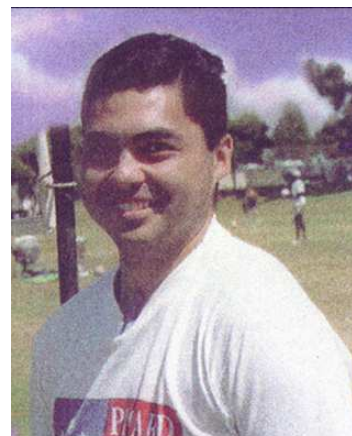
♥ Always In Our Hearts ♥



Daniel R. Keyser



Todd Almeida Cutler



Darryl Charles Hohman

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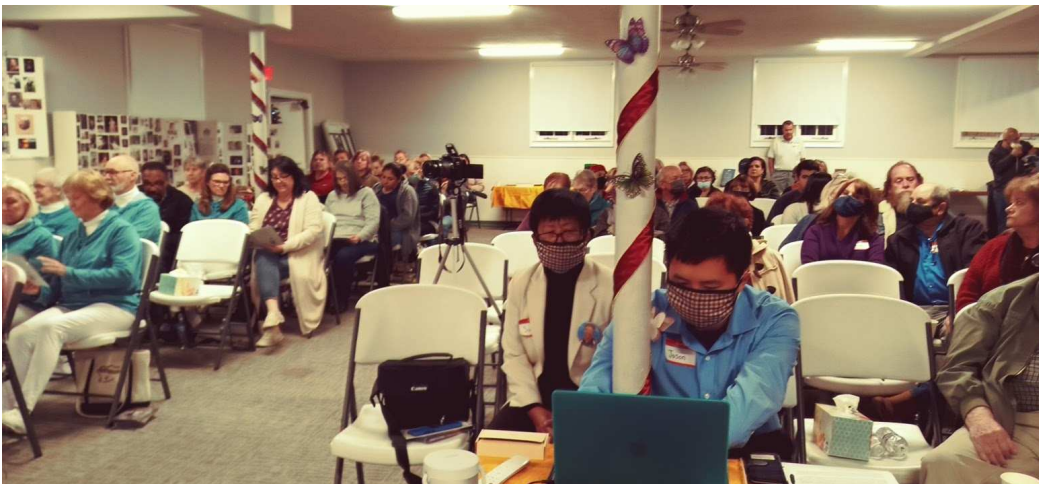
Donations and Love Gifts

Dedications and Love Gifts go towards the cost of: printing and mailing of this Newsletter; outreach activities to the newly bereaved; and other expenses necessary to continue our chapter in San Diego. These donations are tax deductible. Our sincerest thanks to all who honor their children in this way.

- ♥ **Marc & Barbara Allen — In Loving Memory of our son Brian Marc Allen.** “We miss him every day.”
- ♥ **David & Ruth Keyser — In Memory of our beloved son and brother Daniel Ransom Keyser.** “We still carry you every day in our hearts. We will always Love you.” Dad and Mama, Anna and Lauren
- ♥ **Richard & Gloria Selby — In Loving Memory of their son Todd Cutler.** “Tenth Birthday without you son. My heart breaks every day. Miss you and love you so much.” Mom & Richard
- ♥ **Debbie & Dominic Montisano — In Loving Memory of their daughter Andrea.**
- ♥ **Karen & Ken Wilshe — in Loving Memory of their son Jason.** “Even though you’ve been gone 19 years, we miss you each and every day. We love you,” Mom & Dad
- ♥ **Lisa & Del Hohman — In Loving Memory of our son Darryl.** “Happy 50th Birthday in Heaven. Miss your smile, your wit, and your joy! You live on in our hearts every day!” Love you always, Mom & Dad

Our Candle Lighting Service December 12, 2021

About our “Annual Candle Lighting Service”. It’s been 2 years (pandemic) since our last in-person meeting. It was wonderful to see so many attending.



More about
Candle Lighting
on page five.

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".



Telephone Friends

Ever feeling blue and need someone to talk to, who understands and cares. Just pick up the phone and call:

LONG TERM ILLNESS Lynn Lyon
(760) 639-4601

ONLY CHILD Wendy Jones
(619) 371-2335

ALCOHOL RELATED Elizabeth Richardson
(619) 245-3515

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

Wednesday meetings (first Wed. of the month) continue at the Legacy Church.

Virtual meetings offered.

Legacy Church 8076 La Mesa Blvd. in La Mesa. The Church is within the La Mesa Springs Shopping Center.

No food. Must wear mask. (7-9 PM)

Easiest Directions:

From I-8 going east exit Fletcher Pkwy.

Right turn on Baltimore Blvd.

Right turn to University Ave.

Pass traffic light at Allison Blvd. turning left into "Vons La Mesa Springs" shopping center. Pass Von's entrance continuing to the end of the parking lot, Legacy Church on left. Ample parking.

For another entrance to the "shopping center". Left turn on La Mesa Blvd (next intersection). Left turn next traffic light into the parking lot. Church toward the right.

About TCF and Our Newsletter

Cost of printing and mailing our newsletters is expensive.

Thanks to all of you who send in a Love Gift whenever you can, we are able to keep our monthly newsletters going. It encourages us when we hear from you.

We hope to hear from each of our readers sometime during the year. Your gift does not need to be a great amount to make a difference. It all helps...and it offers each of us the opportunity to remember your child, too, in a special way when we see his or her name. Each child touches our hearts, and in various ways, bonds us together.

To Place Child's Picture In Newsletter

If you wish to have your child's picture in our newsletter please use the Application / Love Gifts form on the back page. Recommended donation is \$30. Donations / Love Gifts are always appreciated.



***Our Children – Loved, Missed and Remembered
January & February***
We remember the families of:



Birthdays

Katie R. Dix, born 1-2
Darryl Charles Hohman, born 1-4
Madison Renee White, born 1-5
Stephen William Anderson, born 1-6
Azja K. Ostrye, born 1-8
Julie Elizabeth Richardson, born 1-8
Yehudit Sherman, born 1-8
Philip Glynn Murphy, born 1-15
Mark E. Gannon, born 1-15
Daniel R. Keyser, born 1-16
Justin Scott, born 1-23
Rory David Boyer, born 1-26
Riley Gail Horgan, born 1-27
Larry Stauffer, born 1-31
Vince Lopez, born 1-31
Cari Tate, born 2-3
Frank Palmer, born 2-5
Mitchell Szegi, born 2-6
Joshua Linzy Fogel, born 2-8
Andres Saputo, born 2-12
Justin Knapp, born 2-19
Todd Almeida Cutler, born 2-28
Leticia Raimer, born 2-18

Anniversaries

Dee Louise Hochstetler, died 1-1
Matthew Raimer, died 1-1
Lisa Marie Stoefen, died 1-3
Julie Hart, died 1-4
Madison Renee White, died 1-6
Matthew C. Colbert, died 1-9
Renee Eleonor Dawson, died 1-12
Cari Tate, died 1-13
Matthew Beaver, died 1-14
Chad Eugene Clausen, died 1-17
Brian Marc Allen, died 1-24
Jason Wilshe, died 1-25
Sara Elizabeth Chandler, died 1-25
Jamie Christopher Yates, died 1-26
Aymee Sofia Garcia, died 1-27
Brittany Grell, died 2-3
Philip Glynn Murphy, died 2-7
Heather A. Avilez, , died 2-14
Jana A. Warda Schott, died 2-15
Angela Scarbrough, died 2-22
Rosa Griffith, died 2-23

Our Annual World-Wide Candle Lighting

Our annual Candle Lighting in December was most inspiring. Beautiful luminarias lined our walkway. Special readings, the slide presentation, picture boards and photographs of our children, gone too soon, and the Love In Motion Signing Choir enriched the program for the evening. When all candles were lit, and each child's name announced, the song "Tonight I Hold This Candle" by Alan Pedersen, was performed by the Signing Choir.

As the program progressed, we had to put up extra chairs again and again. After the program, delicious cookies and hot apple cider were furnished with a cheerful heart by our dedicated members. A huge thank you to all who helped and worked so hard in bringing us the program. Extra special thanks to those who supported our chapter with love gifts and donations. It is greatly appreciated. Many beautiful thanks to the Jensen's and Love In Motion Signing Choir for performing, and for complimentary DVD given to each person present.

The service was a beautiful way to celebrate and honor our children, all around the world, gone too soon, but will never be forgotten. Let us speak their names often, because they also lived.





Photos courtesy of Kha family. More photos available on our website.

The New Year: A Time of Hope

Another New Year has slipped into our lives, radically changing some things and leaving other things to evolve naturally. For bereaved parents a new year marks another year on the calendar without their precious children. It is a new year, but not much has changed since the old year. Why is that?

We act as the catalysts of change for ourselves. We choose to help ourselves; we choose to stay in a specific place in our grief. We choose to reach out for hope or we choose to withdraw into the familiar and postpone facing life and hope another day. There are no set rules or specific timetables in bereavement. We are each unique in our grief.

Eventually we all find hope. We find it in different ways and in different times. There will be no one moment of epiphany for bereaved parents. Instead, there are a series of minutes, hours, weeks, months and often years until we realize that we can truly say we feel the power of hope coming alive from deep within us. This moment will come for each of us. It will come in its own time and its own way.

Even those of us who have found hope and who shine its light on the paths of newly bereaved parents, still regress and withdraw into the dark sadness of our loss. And that is as it should be. For we have lost the most precious gift of our lives...our children's presence with us and their future in this life. Our children live in our hearts and our memories and our dreams. They do not share this plane with us. It is normal and it is good to think of our children often and to shed some tears for all that has been lost. These aren't setbacks as much as sweet memories that bring cathartic tears.

The element we find in these memories is a closeness to our child and our child's life. This, too, is healthy. An often-expressed fear is that our children will be forgotten. Worry not, gentle parent,

your child will be remembered for all of your days and for many days thereafter. You will never forget your child. Others who knew your child will never forget. The proof of this is in our memories....sweet memories that take us back to another time when our child was with us.

So this New Year's, whether you are a few months, a few years or many years in your grief, think about hope. You have not forsaken your child when you reach for hope. Your hope brings your child back in a positive way that will warm your heart. Reach for that hope. As you move forward in your grief in the New Year, reach for hope. Your child will still be with you. And one day you will find that your child's presence is sweeter when hope is within you.

Annette Mennen Baldwin
In memory of my son, Todd Mennen
TCF, Katy, TX

♥ For Grieving Grandparents ♥

We are the grieving grandparents, the shepherds of our children's and grandchildren's lives. Our grief is two-fold and at times we feel powerless to help. We seek to comfort our children in the depths of their grief and yet we need the time and space to face our own broken hearts. We have been robbed of the special tender touch a grandparent shares with a grandchild, and we have lost a symbol of our immortality. As we walk by our child's side, we both give and draw strength. We reach into their hearts to comfort them, and when they reach out to us in their distress, we begin the journey to heal together. We continue to be their guardians. We allow traditions to change to accommodate their loss. We support the new ones, which symbolize the small steps on their journey. It is in their healing that our hearts find comfort.

Susan Mackey TCF, Rutland, VT



VALENTINE SENT TO HEAVEN

Angels come swiftly, hurry to our side.
Carry our hearts back with you, to our children in heaven now reside.
Carry them gently, handle them with care
And take them to their sides, and gently lay them there.
Whisper to them of our love, and our longing hearts
All our lonely aching while we are apart.
Hold them gently to you, and let them see our love.
Let them see this, our valentine to them above.
Reassure them of our love, that it is still the same
And gently hold us when we cry, when we hear them
Whisper our names.
Let this exchange of love be our valentine
And whisper to them that our love will stand the test of time.
Show them the memories are safely held inside
And with us they will always abide.
Let them see this day, a day filled with our love.
As we shed our tears, and whisper their names,
to our Valentines above,

Sheila Simmons

From TCF, Mesa County, Colorado Chapter



As the Holiday Season Ends

Every time the holiday season comes to a close, I feel as if I can hear a collective sigh of relief. This year was no different except that the sigh seemed louder and longer than in past years. Some years are like that for us. This one was certainly like that for me. No matter how difficult I thought the holidays would be to get through I was wrong. In some ways, they were more difficult and in other ways, surprisingly, they were less difficult. The reality is that you and I, no matter how we anticipated the holidays, did get through them. We did survive the holidays and though it may be difficult for you to believe this now, there is no reason that this New Year shouldn't be better.

Which brings me to a favorite topic for this time of year, New Year's resolutions. Resolutions that I think are most helpful are those that concern our well-being. Above all else, resolve to take better care of yourself. Try to eat right and exercise. Find ways to nurture yourself—both your body and your mind. Remember all things in moderation. Seek advice from others when you need it and above all, ask for help when you need it. You won't always get the help when you ask for it, but remember, if you don't ask for it, you surely won't get it.

Another thing you can do to have a happier new year is to become more involved in your chapter of The Compassionate Friends. If you've not come to any meetings, or if it's been a while, give it a try. Commit to attending at least three meetings. If you were to attend only one, you would not necessarily get a very good idea of what meetings are like. Join us and make your needs known to us.

The newsletter is another way you can become involved in your chapter. Let us know contributing poems or stories. Tell us how we might be able to better serve your needs. Have a Happier New Year!

Pat Akery, TCF Medford, OR
Submitted by Lisa Hohman
Co-leader, TCF San Diego, CA

I Want to Thank You for the Gifts You Have Given Me

In your lifetime, you have given me far more gifts than I can count; yet the ones I remember most are the ones you gave from within, often without even realizing it.

As a child, you gave me the gift of allowing me to see the world through your eyes, and finding beauty I had overlooked before.

The many memories we've made, the love you have given,

and the love I have for you are lifetime gifts.

I want to thank you for all

you've given me,
and let you know that

one of the greatest gifts of all
is the joy that has been mine
ever since the moment

I first held you in my arms.

— Deanne Laura Gilbert

From: "There Is Greatness Within You, My Son"

Submitted by Lisa Hohman, Darryl's Mom. ♥ Happy 50th
 Birthday in Heaven, Babe ♥ We miss and love you very
 much!



New Year's Resolutions for Bereaved Parents

I resolve:

- That I will grieve as much and for as long as I feel like grieving, and that I will not let others put a time table on my grief.
- That I will grieve in whatever way I feel like grieving, and I will ignore those who try to tell me what I should or should not be feeling and how I should or should not be behaving.
- That I will cry whenever and wherever I feel like crying, and that I will not hold back my tears just because someone else feels I should be "brave" or "getting better" or "healing by now".
- That I will talk about my child as often as I want to, and that I will not let others turn me off just because they can't deal with their own feelings.
- That I will not expect family and friends to know how I feel, understanding that one who has not lost a child cannot possibly know how it feels.
- That I will not blame myself for my child's death and I will constantly remind myself that I did the best job of parenting I could possibly have done. But when feelings of guilt are overwhelming, I will remind myself that this is a normal part of the grief process and it will pass.
- That I will not be afraid or ashamed to seek professional help if I feel it is necessary.
- That I will commune with my child at least once a day in whatever way feels comfortable and natural to me, and that I won't feel compelled to explain this communion to others or to justify or even discuss it with them.
- That I will try to eat, sleep, and exercise every day in order to give my body strength it will need to help me cope with my grief.
- To know that I am not losing my mind and I will remind myself that loss of memory, feelings of disorientation, lack of energy, and a sense of vulnerability are all normal parts of the grief process.
- To know that I will heal, even though it will take a long time.
- To let myself heal and not to feel guilty about feeling better.
- To remind myself that the grief process is circuitous - that is, I will not make steady upward progress. And when I find myself slipping back into the old moods of despair and depression I will tell myself that "slipping backward" is also a normal part of the grief process and these moods, too, will pass.
- To try to be happy about something for some part of every day, knowing that at first, I may have to force myself to think cheerful thoughts so eventually they can become a habit.
- That I will reach out at times and try to help someone else, knowing that helping others will help me to get over my depression.
- That even though my child is dead, I will opt for life, knowing that is what my child would want me to do.

From Augusta, Ga. TCF newsletter Contribution from Nancy A. Mower, TCF, Honolulu, HI

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① OUR LOCAL WEB SITE

Visit the San Diego Chapter homepage:

www.sdtcf.org

Email: leaders@sdtcf.org

The San Diego chapter home page has information about our chapter and links to more grief resources.

TCF Regional Coordinator

① 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

① INFORMATION ON THE NET

Visit the TCF national homepage:
www.compassionatefriends.org

The national home page is filled with information and grief resources on-line. A "chat" room for on-line discussion with bereaved families is available.

Chat Room schedule:

Mon 9-10 pm EST: General Bereavement
Mon 10-11pm EST: Men's Chat
Tue 9-10 pm EST: Pregnancy and Infant Death
Thur 8-9 pm EST: No surviving children
Thur 9-10 pm EST: Siblings (Minimum age is 13)
Thur 10-11 pm: Grieving Alone (Single parents)

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<http://www.RickPieramico.com>

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caricat83@hotmail.com

Elene Bratton
jamiesjoy@simplynet.com
www.jamiesjoy.org

Tami Carter halley1@san.rr.com

TCF INFORMATION PACKAGE

If you would like to send an information package on TCF to someone you think could benefit, (either for themselves or others) phone 619-583-1555. Leave a message with your name and phone number and the name and full address of the person you would like to receive the package.

Be a compassionate friend

Our Lost Children's Photos for Newsletter

The recommended donation for your child's photo in our newsletter is \$30. Children's pictures will be in color. Donations and love gifts are always greatly appreciated.

WE WELCOME YOUR CONTRIBUTIONS



Deadline for submission to
the March / April

**Issue of
The Compassionate Friends is
February 15, 2022**

We warmly welcome your contributions, both original and inspirational writings. Please indicate sources of any non-original texts.



THE COMPASSIONATE FRIENDS

Supporting Family After a Child Dies
San Diego County Chapter

3805 Garden Lane, San Diego CA 92106

ADDRESS SERVICE REQUESTED

January / February 2022

Love Gifts

Donations and love gifts in memory of your loved one enable us to reach bereaved parents with telephone calls and information, and help defray newsletter and mailing expenses. Please indicate any special tribute you wish printed in our newsletter. When making a donation, please specify the San Diego chapter. Make your checks payable to:

TCF, San Diego Chapter, 3805 Garden Lane, San Diego CA 92106 (619) 583-1555

From: _____ In Memory Of: _____

TCF The Compassionate Friends *newsletter application*

New Address ☐

New subscription ☐

Remove from list ☐

☐ Please send newsletter by regular mail.

☐ By email, address _____

Your name: _____

Child's Full Name: _____

Address _____

Birth date: _____

City: _____

Date of death: _____

State: _____ Zip: _____

Cause: _____

Home phone: () _____

Your relationship to child: _____

Siblings/Ages: _____

☐ 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 web site

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