



The Compassionate Friends

Marin County Chapter

Supporting Family After a Child Dies



September—October, 2022 ISSUE

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#1184

This issue of the TCF Marin Newsletter is sponsored by love gifts from our members.

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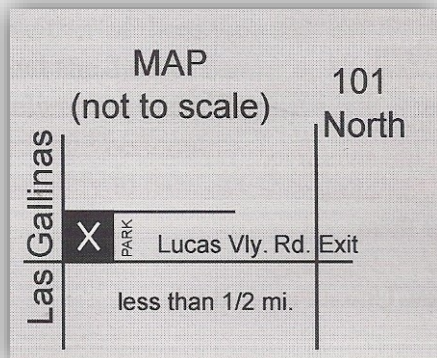
Mark Rosengarden

TCF Marin Monthly Meetings:

Group meetings are normally held on the third Monday of the month from 7:30 p.m. to 9:00 p.m. at the Hillside Church at Lucas Valley.

2000 Las Gallinas Avenue
(at Lucas Valley Road)
San Rafael, CA

First time attendees are encouraged to arrive at 7:00 for orientation. All attendees arriving before 7:00 p.m. are asked to sign in and be seated in the lobby until the meeting room is ready. The TCF Newsletter and informational pamphlets will be displayed for attendees to browse.



FORWORD to this edition and note from the editor:

We are holding our usual monthly support meetings at the Hillside Church in Terra Linda. Attendees must show proof of Covid-19 vaccination and a picture ID. Facemasks are required.

Please let us know if you are not receiving periodic email information or if your email address is not on our contact list. We will add you to the list. Thank you for your continuing support.



Grief

I had my own notion of grief
I thought it was a sad time
That followed the death of someone you love
And you had to push through it
to get to the other side.

But I'm learning there is no other side.

There is no pushing through.
But rather,
There is absorption.
Adjustment
Acceptance

And grief is not something that you complete.
But rather you endure.

Grief is not a task to finish,
And move on.
But an element of yourself-
An alteration of your being.
A new way of seeing,
A new definition of self

Kristina Susana
TCF Marin

"Bereavement is a darkness impenetrable to the imagination of the unbereaved" — Iris Murdoch

Gone yet not forgotten, although we are apart, your spirit lives within me, forever in my heart. - Author Unknown

"Tears shed for another person are not a sign of weakness. They are a sign of a pure heart." — José N. Harris, *MI VIDA: A Story of Faith, Hope and Love*

God has you in His keeping. I have you in my heart. - Unknown

Meeting Calendar

Third Monday of the Month:

Monday, September 18, 2022
Monday, October 16, 2022
Monday, November 20, 2022
Monday, December 18, 2022



TCF RESOURCES:

The Compassionate Friends, Marin County Chapter

P.O. Box 150935
San Rafael, CA 94915
www.tcfmarin.org
tcfmarin@gmail.com
<https://www.facebook.com/groups/36595597804>
Info: Eileen Rusky (415) 457-3123

TCF San Francisco and Peninsula Chapter

Meets: 2nd Wednesday
Taraval Police Sta. 2345, 24th Ave
Contact: Audre Hallum
650.359.7928, cwhallum1@mac.com
Co Leaders: Meg Cunningham, Doug Cameron

TCF Sonoma County Chapter

tcf.sonomacounty@gmail.com
(707) 490-8640

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Toll Free: (877) 969-0010
Fax: (630) 990-0246
Email: nationaloffice@compassionatefriends.org
www.compassionatefriends.org

Additional Support Sites

opentohope.com
survivorsofsuicide.com
griefspeaks.com

Other Grief Counseling Resources

Hospice by the Bay offers individual and group grief counseling.
Free monthly drop in 1st Thursday 11am-12pm 17 E. Sir Francis Drake, Larkspur.
Marin and SF (415) 526-5699
Sonoma (707) 931-7299
Email: griefsupport@hbtb.org
Website: www.hospicebythebay.org

North Bay Grief Recovery in San Rafael

www.NorthBayGriefRecovery.com
Ph.: 415-250-3027

[LINK TO WEBSITE](#)

American Foundation for Suicide Prevention

www.afsp.org Ph.: 707.721.4062

SEASONS OF THE HEART

Your special days are unchanging
Seasons of the heart I celebrate.
Your birth, forever spring,
Tender memories relate,
New and green, a dream
From which too soon I awake.

The summer of your life was bright
Laughter needed no reason,
Seemingly endless days of sharing.
Sixteen summers. Short in season.

Your death brought winter without
warning,
What sense in all this can be found?
Summer dreams replaced with
mourning.
Where is hope now?

But the heart knows what
The mind cannot accept
That when all is lost,
It is love that is left.
Love knows no barriers
Time or distance recognize.
Love does not diminish,
But is constant in our lives.
And like a summer breeze
Uplifts and inspires us
With healing memories.

Peggy Walls
TCF Alexander City, AL
In Memory of my son, Eddie

After October

and if there be a perfect month,
for me, it is October...
with days and nights like laughing
fauns,
with mornings bright and sober.
when wind will dance in sudden glee
to do the autumn-sweeping
or cloud and fog and wistful rain
can move a heart to weeping.
and in October You were born,
four days before November...
and four years later you were gone,
my little son, my only son,
I love you.
and remember. . .

Sascha Wagner
© The Compassionate Friends



Stop All the Clocks

Stop all the clocks, cut off the tele-
phone,
Prevent the dog from barking with a
juicy bone,
Silence the pianos and with muffled
drum
Bring out the coffin, let the mourners
come.
Let aeroplanes circle moaning over-
head
Scribbling on the sky the message
She Is Dead,
Put crepe bows round the white necks
of the public doves,
Let the traffic policemen wear black
cotton gloves.
She was my North, my South, my
East and West,
My working week and my Sunday
rest,
My noon, my midnight, my talk, my
song;
I thought that love would last for ever:
I was wrong.
The stars are not wanted now: put out
every one;
Pack up the moon and dismantle the
sun;
Pour away the ocean and sweep up
the wood.
For nothing now can ever come to
any good.

- Auden

Empty Places

I drove the old way yesterday.
It'd been a while, you see.
And there, without a warning,
the pain washed over me.

I drove the old way yesterday
and sadness came on strong,
taken back by so much feeling,
since you've been gone so long.

Places seem to lie in wait
to summon up the tears,
to say remember yesterday,
those days when you were here.

Places where you laughed and played
are places where I cry.
These places hold the memories
that will live as long as I.

Genesse Gentry
TCF Marin County, CA
In Memory of Lori Gentry

Carol's Corner

by Carol Kearns, PhD
author of "Sugar Cookies and a Nightmare"



Columns for The Compassionate Friends

I have found great solace volunteering for The Compassionate Friends, a hard-working group that supports families seeking "the positive resolution of grief following the death of a child" (www.compassionatefriends.org). My columns discuss topics of continuing concern in the Marin County CA newsletter. Please visit my newly updated website at www.carolKearns.com. - Carol

Grief and the Creative Process

Many of us after the death of our child, find words are inadequate when trying to describe our feelings. To say we feel devastated, empty, hollow, hopeless, helpless or desperate still may not get to the core of what we're experiencing. That said, I know several of you were non-poets before the death of your child, yet found words flowing from your heart after. These poems have allowed you to creatively or analogically describe your experience. They have not only helped you to heal, but they have helped others to understand. To reach beyond words, whether we are trying to explain to someone what we're feeling or to help ourselves heal by tapping into the depth of our grief, the creative process can be the answer.

Others, who have not been able to heal through poetry, have reached beyond words into other creative ways. Many, like me, have turned to painting as a way to reach these depths. The paintings can be as personal as a journal, never to be seen by anyone but the painter. One father I counseled who had never painted before tried this medium. Often, painting over and over on the same canvas, he would just splash on color. At other times he tried to be more specific. It didn't matter. Afterwards, he would often write in his journal.

If painting or poetry is not for you, there are many ways to be creative when grieving that can console us. A mother, whose thirteen-year-old daughter died in a biking accident, made a necklace out of her daughter's favorite colors and calls it her "Barbara" necklace. She gets great comfort, feeling closer to her daughter, when wearing it. Another mother, whose ten-month-old baby died, with the help of a quilter, made a beautiful wall hanging out of some of her baby daughter's clothes. A friend of mine whose son committed suicide, found a harmonica in his son's room and now has taught himself to play. He feels an intimacy with his son when playing that soothes him. Another parent plays his son's guitar and feels like he has his arms around his son when cradling it. A mother, whose toddler died, embroidered her son's name on several pillowcases. This has helped her to feel closeness to him when she rests her cheek on the pillow. Use your

own creativity to find the right expression for you.

On another note, I joined Facebook in order to facilitate a conversation with other bereaved parents. You can go to my web site: www.carolkearns.com and click on the Facebook icon under my book on the right hand side. I would love to have this interaction with you and Hope you will take part.

KRISTEN

You were laughter and lightness,
You were rhinestones and scarves
You were fantasy in person.
A child's child,
Living outside of what others knew as real.

With the sudden surge of a frenzied wave
Living fantasy became nightmare.

KRISTEN'S RIBBONS

The waves rushed in and took their toll
In their wake, anguish filled my soul.
Where have you gone and why?
Clouds of gray, sheets of mist filled the sky.
You didn't wait to say good-bye.
I searched in vain but could not find,
A trace to ease my troubled mind.
In my despair I turned to prayer
And looked to heaven above,
And there, trailing rainbow colored ribbons in your
hair,
You waved good bye with love.

Grandma Michel
November, 1976



Our Children Remembered

September

Child	Dates	Bereaved
Daniel Zacharia Ashkenazy		Pamela Ashkenazy, Dan Ashkenazy
Sean Behan		Gerri & Robert Behan
Sylvia Chantal Bingham		Francoise Blusseau & Stephen Bingham
Jason Bohlke		Adam Bohlke & Britt Rosenmayr
Jacob Westley Brumbaugh		Mark & Deborah Brumbaugh
Oksana Collins		Susan Collins
Scanlan Derrick		Susan Derrick
Chelsea Faith Dolan		Colleen Dolan
Dylan Simon Duncan Wright		Mara Duncan
Jacob Samuel Freeman		Michael Freeman & Lisa Klairmont
Errol Friedman		Jeff & Barbara Friedman
Savannah Louise Hill		Andrea Hill
Alecia Anne Marie Hopper		Constance Blake, Bill Hopper
Dana John Hudson		Diana Hudson
Grace Perin Kuhzarani		Rachel Kepp & Ali Kuhzarani
Evan Porter		Libby McQuiston
Chris Leach		Marcie & Don Leach
Athena Maguire		Alexandra Maguire
Fernando Martinez		Don & Maria Pazour
Timothy Patrick McBride		Lois Kortum & George McBride
Daniel McLaughlin		Eve Pell
Marci Eilene Meyring		Gary & Natalie Meyring
Lauren Nelson		John & Vicki Nelson
Diego Ruiz Palomino		Celia Ruiz & Michael Palomino
Nicholas Plaskon		John & Berit Lelas
Joshua Adam Portnoy		Bob & Gunilla Portnoy
Kareem Rafeh		Hafez & Nada Rafeh
Carolyn Reichling		Michelle Miller
Justin Daniel Reynolds		Carole Bonnici
Lara Rachel Rusky		Edward & Eileen Rusky
Benjamin P. Scheuenstuhl		Maureen & Heinz Scheuenstuhl
Nicolas Simard		Julie Chabot & François Simard
Vinnie J. Simons		Lori Jones
Malika Ziani		Phyllis Callahan

"my feet will want to walk to where you are sleeping
but

I shall go on living." — Pablo Neruda

Only a moment you stayed, but what an imprint
your footprints have left on our hearts.

- Dorothy Ferguson

"When one person is missing the whole world
seems empty."

— Pat Schweibert, *Tear Soup: A Recipe for Healing After Loss*

At some of the darkest moments in my life, some people I thought of as friends deserted me—some because they cared about me and it hurt them to see me in pain; others because I reminded them of their own vulnerability, and that was more than they could handle. But real friends overcame their discomfort and came to sit with me. If they had not words to make me feel better, they sat in silence (much better than saying, "You'll get over it," or "It's not so bad; others have it worse") and I loved them for it. — Harold Kushner, *Living a Life that Matters*

"Come back. Even as a shadow, even as a dream."
— Euripides

Our Children Remembered

October

Child	Birth	Anniversary	Bereaved
Chancellor Argall			Grier Argall & Jeanni Lang
Lancelot Argall			Grier Argall & Jeanni Lang
Matthew Buckley			Mark & Kristina Buckley
Joey Ciatti			Becky Oken
David Riley Crook			Ronald & Joan Crook
Misty Dollwet			Ronald & Joan Crook
Adam Teplin Emmott			Michelle J. Maguire, Kristina Teplin
Debra Lynn Ferrua			Ronald & Joan Crook
Reneé Francesca Garcia			Bertlla, Carmen & Jose Armando Garcia
Ellen Marian Haas			Harold & Mary Haas
Pamela Dawn Heaster			Ila Benavidez-Heaster
Bowen Kader Johnson			Julie & Brian Gordon
Emma Kristen Kearns			Dr. Carol Kearns
Robert LeRoy Latham			Sharon R & Robert Finston
Albert Arthur Levy			Shary Levy, Arthur Levy
Athena Maguire			Alexandra Maguire
Chance Pierre Maurer			Tracy Maurer
Robert Scott McIntosh			Jennifer Holman McIntosh
Ryan W. McKnight			Bob & Leesa Tuley
Peter McLaughlin			Eve Pell
Brian David Mixsell			Bill, Sandy & Belinda Mixsell
Kayden Montoya			Michelle Padilla-Goode
Peter Langhorne Morawitz			Terry Morawitz
Emily Grace Panicacci			Scott & Jennifer Panicacci
Phillip E. Perry			Sue Hecht
Steven Rodriguez			Rafael & Alex Rodriguez
Lonnie Roper II			Shirlee Roper
James Aaron Rosengarden			Mark Rosengarden
Susan Rudolph			Jackie Martin
Casey Sandvick			Rich Sandvick
Anthony Salvatore Santa Maria			Pam Santa Maria
Ellen Alexandra Scott			Carol Scott
Railee Naomi Silvis			Linda Cox
Adrian Rodolfo Valderrama			Rosa Sandoval & Rodolfo Valderrama
Isabelle Quinn van Bergen			Fran Quinn van Bergen
John Elliot Vipiana			Lisa Vipiana, John Vipiana
Gregory Patrick Walsh			Sandy Williams
Brittney Marie Weaver			Janine Schengel
Craig Weldon			Lee Weldon
Robert Craig Wilson			Mary C. Fishman
Kendra Elizabeth Young			Betsy & Bryant Young

“A feeling of pleasure or solace can be so hard to find when you are in the depths of your grief. Sometimes it's the little things that help get you through the day. You may think your comforts sound ridiculous to others, but there is nothing ridiculous about finding one little thing to help you feel good in the midst of pain and sorrow!”

— Elizabeth Berrien, Creative Grieving: A Hip Chick's Path from Loss to Hope

A Jumble of Thoughts on How I Am Today

How do you explain the constant physical ache of loss to someone who has not experienced a significant loss? It's been almost ten months, and I still feel Tom's absence in our home and in our lives. This gnawing darkness in my chest will not go away. It is impossible to move on when your body and heart are still searching for him here on earth.

I am a different person now. I feel more grounded in some ways. Closer somehow to the universe and its plan for me. But I feel chaotic, too. Unable to focus and drifting. There are moments when I am absolutely struck all over again with the knowledge my son is gone. And yet I have not forgotten it either. Grief is such a paradox.

Something funny happened in class today which Tom would have appreciated. I wanted so much to share it with him. I can see him rolling his eyes and shaking his head along with me. I miss him so much. There are not words to describe how I yearn for him.

This is the hardest thing. Ever.

Kimberly Starr
TCF Facebook Loss to Suicide Group
In Memory of my son Tom

LOVE NEVER GOES AWAY

"Why does it hurt so much? Why is this grief so incapacitating? If only the hurt weren't so crushing." Sounds familiar? All of us have known hurts before, but none of our previous "ouchies" can compare with the hurt we feel. Nothing can touch the pain of burying a child.

Yet most of us have discovered that the sun still comes up. We still have to function. We did not die when our child did, even though we wished we could have, so...we are stuck with this pain, this grief and what do we do with it? Surely we can't live like THIS forever!

There are no magic formulas for surviving grief. There are a few recognized patterns for grief, but even those are only guidelines. What we do know is that the emptiness will never go away. It will become tolerable and livable...some day.

TIME...the longest word in our grief. We used to measure TIME by the steps of our child...the first word, first tooth, first date, first car...now we don't have that measure any more. All we have is TIME, and it only seems to make the hurt worse.

So what do we do? Give ourselves TIME...to hurt, to grieve, to cry. TIME to choke, to scream. TIME to be "crazy" and TIME to remember. Be nice to yourself! Don't measure your progress through grief against anyone else's. Be your own timekeeper.

Don't push. Eventually you will find the hours and days of grief have turned to minutes and then moments...but don't expect them to go away. We will always hurt. You don't get over grief...it only becomes tolerable and livable. Change your focus a bit. Instead of dwelling on how much you lost, try thinking of how much you had. Try letting good memories come over you as easily as the awful ones do. We didn't lose our child...HE [SHE] DIED. We don't lose the love that flowed between us...it still flows, but differently now.

Does it help to know that if we didn't love so very much, it would not hurt so badly? Grief is the price we pay for love. And as much as it hurts, I'm very glad I loved. Don't let death cast ugly shadows, but rather warm memories of the loving times you shared. Even though death comes,
LOVE NEVER GOES AWAY!

Darcie D. Sims

On Gratitude

My feet were cold from the icy pavement as I waited for the morning bus. The bitter winter was receding and I was working hard on gratitude. I bent my head deeper into my scarf and saw a penny in the street.

I had just returned from a regional meeting of The Compassionate Friends in Green Bay, Wisconsin. A presenter held up his 'Pennies from Heaven' and declared that signs from our loved ones are everywhere. I wonder...

I picked up that penny and found my reading glasses.

I work on gratitude with some skepticism. Was this a treasure or just a muddy little coin? The date imprinted in the copper became clear—1983—the year my son was born.

Surprise and tears triggered by that date immediately washed across my face. I no longer felt cold. I meandered through memories of a day in July some 20+ years ago when I delivered that child.

"Collect yourself," I said to myself under my breath. I might scare my mass transit bus mates. In the cold air I turned my face away from the others and watched my breath puff into icy clouds.

The bus appeared and I boarded with everyone else. I was a penny richer that day and grateful beyond measure for the treasure trove of memories that lay in my hand.

Monica Colberg



TCF Minneapolis, MN
In Memory of my son Art

Love Gifts

Love Gifts are "messages" published in our newsletter that honor children who have died. We are grateful to parents, grandparents and others who, by their Love Gifts donations, allow us to offer resources such as the Annual Candle Lighting Event, the newsletter, books, brochures and pamphlets at no cost to assist bereaved families. They also allow us to provide information to professionals and others who impact the lives and feelings of the bereaved. The donation amount is your choice.

The following love gifts were received for September and October:

Donor/s: George McBride & Lois Kortum
Child: Time McBride
Dates: 5/5/86 - 9/24/01
"Our Beloved"

Donor/s: Becky Oken
Child: Joey Ciatti
Dates: 2/10/71 - 10/6/86
"In loving memory of my dear son on his birthday & always."

Donor/s: Mary C. Fishman
Child: Robert Craig Wilson
Dates: 1956 -1983
"Never Forgotten! Forever loved."

Today I choose life. Every morning when I wake up I can choose joy, happiness, negativity, pain... To feel the freedom that comes from being able to continue to make mistakes and choices - today I choose to feel life, not to deny my humanity but embrace it.

- Kevyn Aucoin

Deadlines for Love Gift information for Newsletters:

Jan/Feb issue Dec. 15 Jul/Aug issue Jun. 15
Mar/Apr issue Feb. 15 Sep/Oct issue Aug. 15
May/Jun issue Apr. 15 Nov/Dec issue Oct. 15

Remembrance

What do we do when we love someone
But they have gone away
When all our days of bright sunlight
Have turned to shades of gray?

What do we say when no comfort comes
From words of love and hope
When efforts made seem pointless
As we fight each day to cope?

How do we act when we hear their name
And we cannot help but cry
This isn't fair, they were barely here
It's not time to say goodbye!

We promise them that they have made
A place within our hearts
Where they will live forever
Though we are far apart

We call upon the memories
As time allowed and then
Tuck them safely in our minds
To visit now and again

We cherish them as best we can
Each smile, each word, each look
We write the story they want told
On the pages of life's book

For most important is the vow
We honor when they're gone
Of sharing all they've given us
From that moment on

Donna Gerrior
TCF Pasco County, FL
In Memory of Rob

Love Gift Form:

Child's name _____ Donor's name _____

Child's Birthdate & Anniversary Date _____

Newsletter month _____

Message _____

Include your name, address and phone # if not on check in case of questions:

Mail the information above along with your donation (check) made payable to TCF/Marin
to: TCF/Marin c/o Love Gifts, P.O. Box 150935, San Rafael, CA 94915.



The Compassionate Friends

Marin County Chapter

Supporting Family After a Child Dies

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Permit No.41

The Compassionate Friends, Marin County Chapter
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San Rafael, CA 94915

SEP—OCT, 2022

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Dated Material - Please Deliver Promptly



A Painless Way to Support our TCF Chapter

TCF Marin survives largely on generous love gifts throughout the year and at the Candle Lighting Ceremony in December. But there is another way to support TCF-MC that is easy and painless. That is, whenever you purchase something from Amazon, if you do so through Amazon Smile, .5% of the purchase price of selected items will be sent to TCF-MC automatically.

It's easy, it places no additional economic burden on you or your family and, when enough of us participate, it will add up and TCF-MC will be stronger and be able to provide more services.

It's simple. Here's how to do it.

To shop at AmazonSmile simply (1) go to smile.amazon.com. (If you have one, you can use the same account on Amazon.com and AmazonSmile. Your shopping cart, Wish List and other account settings are also the same.) (2) On your first visit to AmazonSmile, smile.amazon.com, (3) just select TCF-MC to receive donations from eligible purchases before you begin shopping. AmazonSmile will remember your selection, and then every eligible purchase you make at smile.amazon.com will result in a donation. Eligible products are marked “Eligible for AmazonSmile donation” on their product detail pages.

