



THE COMPASSIONATE FRIENDS

Marin County, California Chapter

May-June 2013

A non-profit self-help organization offering friendship and support to families who have suffered the loss of a child

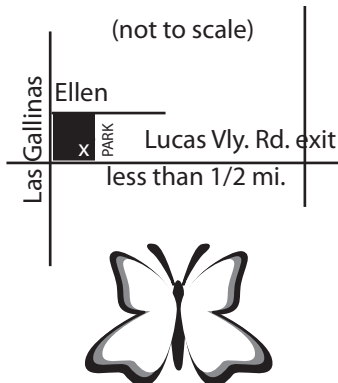
Meeting Site

Lucas Valley Community
Church Conference Room
2000 Las Gallinas at Lucas Valley Road in San Rafael
3rd Tuesdays of the month at
7:30 P.M. (7:00 p.m. if first time)

Directions: Exit 101 at Lucas Valley Rd. and go west. Turn right onto Las Gallinas and make an immediate right onto Ellen, then a right turn into the parking lot at the signage. The Conference Room is located in the first building next to the parking lot. For more info, call our TCF Hotline 415/457-3123. Please call prior to your first meeting, so that you might meet with the facilitator before the meeting begins.

MAP

101
North



San Francisco Chapter:
Community Meeting Room/
Taraval Police Station at 2345-24th
Ave. (near Taraval) in S.F. on the 2nd
Wednesday of the month at 7:30
p.m. For more information, call Audrey at 650/359-7928 or alhallum@comcast.net.

Mother's Day Grief from the Death of a Child

The following comments were posted by Carol Forsloff on May 6, 2009 in Lifestyle and adapted for our newsletter.

"What do you want to do this Mother's Day," he asked. How can anyone explain that some mothers simply want to sit alone and cry. Because losing a child, as they say, is one of the most hurting things in life.

Mother's Day is a special time certainly. It is a time when families remember their mothers. Women get cards and gifts and taken out to dinner. Everyone is happy, thankful and loving. It's a time to celebrate life and the people who give it, whether it is life that is created from a womb or one that comes from birth in the heart. What do women do, however, when a child they love dies suddenly?

Grief from the death of a child is something some counselors may declare women can heal from, although they will likely always remember. Others acknowledge that, although there be some mending, there is never any final healing. Some women will recall the moment the child died and memorialize it, recalling how old the child would be from year to year.



No gifts and no words can take the place of a child that has died. Whether the child dies in infancy or adulthood, the death is always felt. It can come like a shock, a surprise, a painful- to others, perhaps innocuous- event that takes the mind and moves it away from joy to a point of infinite pain so great that one believes it can never be overcome. But the pain finally moves enough so each day begins again, while something fills the empty space that can never be filled entirely. Others can say they understand, but seldom can, unless they too have shared the same experience.

What I know for sure is that Mother's Day is never a day to celebrate at my house and hasn't been for years. It is a time for reflection, however, on the life and love yet to give, and the young people who will come and go from my life and fill the empty spaces for those precious moments that only God, and other grieving mothers, truly understand.

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*Our Children Remembered
Birthdays
May 2013*

Child

Garrett Artigiani
Danny Buttke
Timothy Richmond Coleman
Jonathan Conrad
Kevin C. Craft
Peter Alexander Forstner
Peter von Frenckell
Michael Chad Harris
Christopher Robin Hotchkiss
Stefanie Helen Jacobs
Danielle Jue
Zachary Josef Kabala
Patrick Alan Kolsky
Katherine N. Mackura
Joshua Charles Matthews
Timothy Patrick McBride
Alexander Sol Olive
Bobby Orr
Rachel Shaina Ours
Anthony Michael Polizzi
Kelly Ann Potter
Lindsey Opal Quinby
Ruby Rhea
Kaitlyn Seckington
Susan Raab Simonson

Bereaved

Joe & Anya Artigiani
Doug & Judy Buttke
Rich and Jerri Coleman
Karen & John Christopher
Debbie & Curtis Craft
Kitty Forstner
Birgitta von Frenckell
Jerry & Trena Harris
Radha Stern
Nanette Jacobs
Colette Jue
Mary Kabala
Alan & Linda Kolsky
Jaeson & Kelly Mackura
Paul & Deborah Matthews
Lois Kortum & George McBride
Judy Olive
George & Karen Orr
Alan & Shoshana Phelps
Jackie Polizzi
Dick & Sue Potter
Paul Quinby
Bertha Jean Schmidt
Michael & Cathy Seckington
Bob & Joan Raab

*Our Children Remembered
Death Anniversaries
May 2013*

Child

Lani L. Carver
Lua Flora Craft-Pires de Almeida
Robin James Crittenden
Peter C. F. Haldén
Joanne Rae Kline
Maximillian Letizi
Katherine N. Mackura
Erin Kathryn McEowen
Melody Rae Osheroff

Bereaved

Penny-Louise C. Carver
Maria C.Craft-Neto & Jose Pires de Almeida Neto
Susan & Russ Crittenden
Marlene Haldén Rice
Donna & Sylvan Kline
Anthony & Terry Letizi
Jaeson & Kelly Mackura
Sandy & Jerry McEowen
Aaron Osheroff

Resources

TCF Marin County, CA Chapter
P.O. Box 150935
San Rafael, CA 94915
<http://www.tcfmarin.org>

TCF Information Line
Eileen Rusky
415) 457-3123

TCF of Marin Co-leaders
Liz Anderson
Lizanderson707@gmail.com
Richard Pedemonte
rlpedemonte@yahoo.com

Northern CA Regional Coordinator
Nancy Juracka
nancy_juracka@yahoo.com

Chapter Newsletter Editor
Edward Rusky
415) 888-2149
erusky@firstam.com

TCF National Website
www.compassionatefriends.org

TCF National Office
P.O. Box 3696
Oak Brook, IL 60533-3696
630) 990-0010
877)969-0010
630) 990-0246 (fax)
nationaloffice@compassionatefriends.org

Additional Support Sites:

opentohope.com
bereavedparents.com
survivorsofsuicide.com
griefspeaks.com
healingafterloss.org
childloss.com

Talk with a Friend
These folks will welcome your call:
Judith Billings... 707)452-1116
Ed Garvey... 650) 756-8010 (suicide loss)

Other Grief Counseling Resources

Hospice by the Bay 415) 927-2273
Petaluma Hospice 707) 778-6242



Walk to Remember

July 7, 2013
Boston, Massachusetts

A special child in your life can be remembered when an expected fifteen-hundred people join together for the two-mile Walk to Remember in Boston, MA Sunday, July 07, 2013. The names of thousands of children will be carried who will always be loved, missed, and remembered.



The Compassionate Friends
Walk to
Remember
Boston, Massachusetts
July 7, 2013

The Compassionate Friends Walk to Remember was created to give everyone the opportunity to have their child(ren) or that of a relative or friend remembered in a unique way.

If perchance you think you might be able to attend, by all means go to our national thecompassionatefriends.org, go to the right-hand column and click on the Walk to Remember heart. This will take you to the Walk-to-Remember Home Page. There you will be able to learn about attending and staying at the Boston Sheraton Hotel and, if you are unable to attend, other ways to participate in this fine event.

We know that not everyone can participate in this event in person, so this is an open invitation to have a child in your life remembered in an event that has been described as heartwarming and truly inspiring! Simply submit the information as explained below. The name of every child submitted will be transcribed onto memory pages that will be worn by volunteers during the walk. Last year we estimate that we reached our goal of carrying the names of more than 15,000 children during the Walk! You can help make this happen again in 2013!!

Last year the Walk to Remember raised nearly \$100,000 in donations to support the mission of The Compassionate Friends—to help families just like yours or someone you know. While donations are always optional, if you would like to make a contribution in memory of a child, you would not only have our gratitude, but that of bereaved families that reach out to us seeking friendship, understanding, and hope.

Please note that you do not have to make a donation for our volunteers to carry a child's name, but donations are always appreciated as they help in our outreach to bereaved families across the United States! If you wish to submit a child's name to be carried and have the opportunity to make an online tax deductible donation on our secure server using Visa, MasterCard, or Discover, go to the TCF website, then to the Walk-to-Remember Home Page and follow the guidance there.



Love Gifts



*Lani Laurene Carver.
6/21/66 - 5/3/03
Penny Louise C. Carver
Lanikuhona ... Where heaven and earth meet.
You are everywhere, everywhere I go.
Always, Mother*

*Tim McBride
5/5/86-9/24/01
Lois Kortum and George McBride
We love you and miss you so.*

*Lori Meislin
8/24/1959-6/25/1967
Purple Lady Barbara Meislin
Beloved little lady Lori. Forever at the center
of your mother's purple heart. Lori*

LOVE GIFT FORM: 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, and Love Gifts are tax-deductible as allowed by law.

Deadlines for Love Gift information for Newsletters:

| | | | |
|-----------------|----------|----------------|---------|
| Jan/Feb issue | Dec. 15 | July/Aug issue | June 15 |
| Mar/April issue | Feb. 15 | Sept/Oct issue | Aug. 15 |
| May/June issue | April 15 | Nov/Dec issue | Oct. 15 |

* Please destroy older Love Gift forms and use this one with NEW ADDRESS to assure prompt delivery! *

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: _____

NOTE ADDRESS CHANGE: Mail the information above along with your donation (check) made payable to TCF/Marin to:
TCF/Marin, Attn: Newsletter Editor, P.O. Box 150935, San Rafael, CA 94915

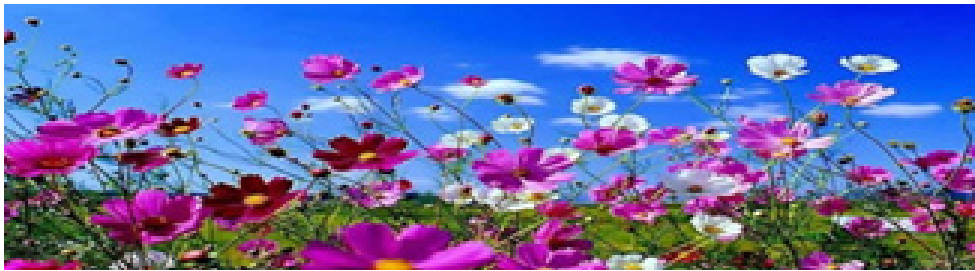
*Our Children Remembered
Birthdays
June 2013*

Child

Jack Bacheller
Lani L. Carver
Zachary Andrew Clayton
Lua Flora Craft-Pires de Almeida
Chloë Sabrina Dator
Anthony Helzer
Janet Suzanne Hoch
Richard C. Mannheimer, Jr.
David Frank Piazza
Summer Skye

Bereaved

Bruce & Joe Bacheller
Penny-Louise C. Carver
David Clayton
Maria C.Craft-Neto & Jose Pires de Almeida Neto
Dani Dator
Donna Romer
Linda & Peter Hoch
Richard Mannheimer, Sr. & Shirlee Newman
Frank & Rosella Piazza
Barry Bram & Mary McLain



*Our Children Remembered
Death Anniversaries
June 2013*

Child

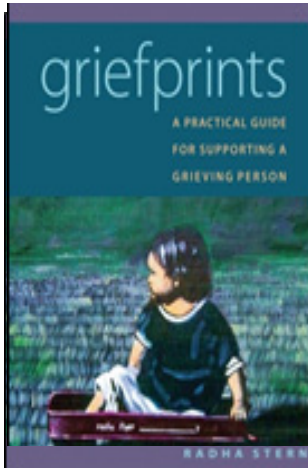
Philip Keith Adams
Peter Demetrius Alex
Shane Arneson
Robert J. Bennett III
Matthew Buckley
Daniel Keith Cracchold
Marisa Davidson
Jason Paul Ewing
Lori Ann Elizabeth Gentry
William Turner Gundry
Devin Lawrence Marzullo
Lori Margo Meislin
David Frank Piazza
Nicholas Plaskon
Kaitlyn Seckington
Summer Skye
Wykeham Smith

Bereaved

Joan Adams
Bill & Pat Alex
Carolyn Beasley
Jack Bennett
Mark & Kristina Buckley
Linda Winslow
Marsha Davidson
Harry & Josie Ewing
Genesse & Bill Gentry
Karen Gundry Smith & Frank Gundry
Shari Jarboe & Tony Marzullo
Barbara J. Meislin
Frank & Rosella Piazza
John & Berit Lelas
Michael & Cathy Seckington
Barry Bram & Mary McLain
Joan Brinkley Smith

Griefprints: A Practical Guide for Supporting a Grieving Person Radha Stern

In her new book *Griefprints: A Practical Guide for Supporting a Grieving Person* Radha Stern offers compassionate and sound guidance for understanding and helping a grieving loved one. She also shares her own moving story.



Radha Stern is no stranger to grief. In 1996 her twenty-two-year-old son, Christopher, was murdered, and she started down the long road of healing and coming to terms with her loss. While Stern believes that “closure” is a myth, she is living proof that you can gain solace, acceptance, and the strength to reclaim your life even after the most tragic loss. Stern found support from others who had walked the same path, and she quickly realized that everyone grieves differently. “Grief is like fingerprints; everyone grieves in their own way,” she says. Still, one thing that remains constant is that support from family and friends can nurture the healing process, and make the journey less painful. But so few of us know what to do and say in the face of grief. We agonize about saying the “right” thing and then second guess ourselves no matter what we say, struggle to find ways to be of practical help, and worry that our attempts at being supportive are starting to feel like intrusions. That’s why Stern wrote *GRIEFPRINTS: A PRACTICAL GUIDE FOR SUPPORTING A GRIEVING PERSON* (paperback, June 15, 2013, ISBN: 978-0-9889740-0-5).

In her book, Stern offers straightforward advice and suggestions for helping and supporting a loved one. They include:

- Call and keep calling—and don’t agonize about what to say;
- Talk about the elephant in the room;
- Run small errands or do small chores—it can be of great help and comfort;
- Consider sending one card a week for a while;
- Offer the loved one and his or her family comforting food and cook them a nutritious meal;
- Send emails—but only after you’ve talked to the grieving person directly;
- Don’t judge—remember everyone grieves differently;
- Help care for family pets;
- Be there when it’s time for the grieving loved one to go through the possessions of the person he or she lost.

Radha has been a member of the Marin County Compassionate Friends community for many years and she will be a member of our new Advisory Board. Many of the poems in the book are written by Genesee Gentry. Radha will have two talks and book signings in the near future.

July 18, 2013 – 7:00 p.m.
Books Inc. – Laurel Village
3515 California Street, San Francisco CA 94118

August 13, 2013 – 7:00 p.m.
Book Passage – Corte Madera
51 Tamal Vista Blvd., Corte Madera CA 94925





About The Compassionate Friends

The mission of The Compassionate Friends – 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 is a national nonprofit, self-help support organization that offers friendship, understanding, and hope to bereaved parents, grandparents and siblings. There is no religious affiliation and there are no membership dues or fees. The secret of TCF's success is simple: As seasoned griever reach out to the newly bereaved, energy that has been directed inward begins to flow outward and both are helped to heal. The vision of The Compassionate Friends is that everyone who needs us will find us and everyone who finds us will be helped

The friend who can be silent with us in a moment of despair or confusion, who can stay with us in an hour of grief and bereavement, who can tolerate not knowing... not healing, not curing... that is a friend who cares.

Henri Nouwen



There is a sacredness in tears. They are not the mark of weakness, but of power. They speak more eloquently than ten thousand tongues. They are the messengers of overwhelming grief, of deep contrition, and of unspeakable love.

Washington Irving

Directions to the Children's Memorial

Take Sir Francis Drake Boulevard to Bon Air Road in Greenbrae. Park on Bon Air Road across from Marin General Hospital. At the bridge, turn right at the multi-use path on the north side of the slough (Corte Madera Creek) and walk 1/4 mile past two memorial benches on the right. Just past the benches is a nondescript dirt path going off to the right. Take the path into the site. Be sure to take a moment to sit on the bench or look up at Mt. Tam and enjoy the solitude, beauty and solace of this site.

2012 "Our Children Remembered" DVD

If you would like to include a photo of your child in the DVD for this year's Candle Lighting ceremony, please send your photo or digital photo (along with name of your child) to Alan Kolsky by November 30. For photo return, please include a self-addressed stamped envelope.

NOTE: It is not necessary to send another photo if your child has already been in a previous DVD unless you wish to change the picture.

Video Dimensions
Attn: 2011 TCF DVD
273 Crest Road
Novato, CA 94945

Questions: Alan Kolsky
(415) 893-9070

Email:
alan@digitalvideodimensions.com



**THE
COMPASSIONATE
FRIENDS**

Marin County, California Chapter

P. O. Box 150935

San Rafael, CA 94915

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May-June, 2013

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