



The Compassionate Friends

Supporting Family After a Child Dies

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



Will The Pain End

WRITTEN BY ANNETTE MENNEN BALDWIN
IN MEMORY OF MY SON, TODD MENNEN
TCF, KATY, TX

When I look back over my grief journey, I marvel at how far I have come and yet at how poignant and permanent the loss of my son will always be for me. How can this dichotomy exist within one person's mind?

The horror of the news of my son's death, the shock that slammed my mind into numbness, the unremembered conversations, the platitudes that followed the memorial service and the first two months of living in a complete fog of disbelief are very vivid in my mind. The horror is too real to forget. The next six months of melancholy, miserable mourning are forever locked in my mind. The pure physical pain, the piercing jolts when I momentarily thought of something beyond my child's death and was mercilessly slammed back into the finality of death's amputation of my son's smile, laughter and physical presence on this earth are etched for eternity in my soul. My mind simply couldn't accept that Todd was gone from this plane. *Continued on page 3*

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

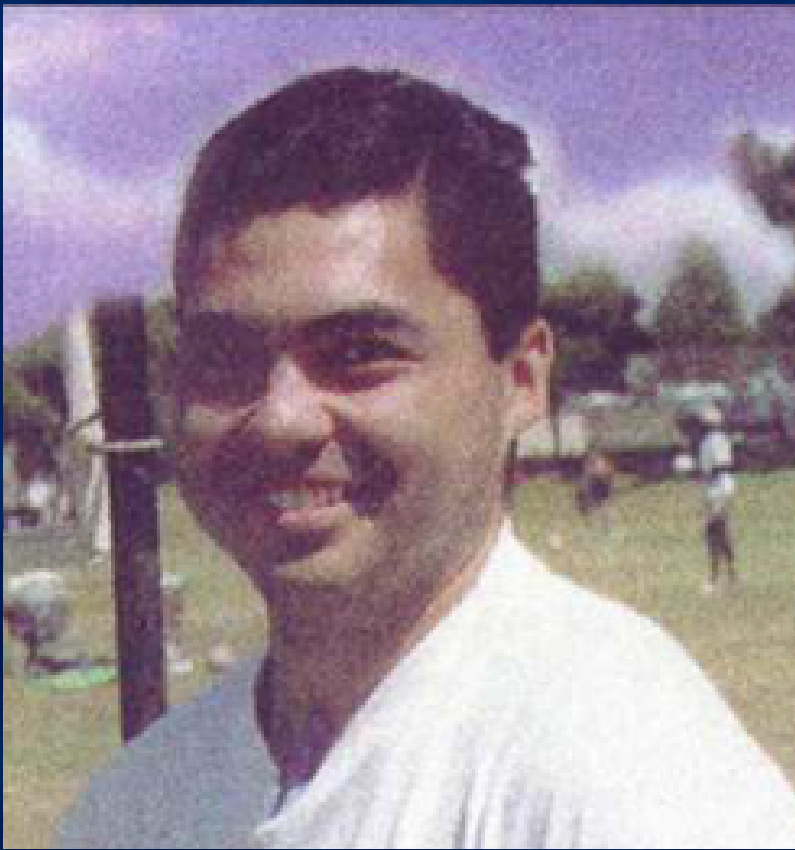
(TCF is nondenominational)

4324 Clairemont Mesa Blvd

San Diego, CA

**The Compassionate Friends
2024 National Conference
Information On Page 5**

JANUARY 4TH



DEL & LISA
HOHMAN
IN LOVING
MEMORY OF
THEIR SON
DARRYL.
HAPPY
BIRTHDAY IN
HEAVEN, BABE.
LOVE YOU AND
MISS YOU
SO MUCH
DAD & MOM

DARRYL HOHMAN

FEBRUARY 12

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



ANDRES SAPUTO

Will The Pain End Continued

The first anniversary of his death was a horrifying day worsened by a very bleak and foreshadowing conversation with my son's widow

Life would be much different for my husband and me from this point forward. There were no bridges to the past. She made that clear. I was inconsolable from the impact of her wicked words But I made it through the first and second years with help from my Compassionate Friends Chapter. I could cry and scream about the injustice of my loss and all that followed, and each parent understood. Eventually I had told my story enough times to enough people that I subconsciously accepted Todd's death and all the changes in my life that followed. At some point in my second year of grief I began reaching out to others. Helping others, seeing their pain, hearing their tearful words, had become cathartic for me. The more I helped, the more I was helped.

Yes, my son is still with me in my heart and in my memories. The movies of his life play in my mind almost daily. I have made new friends. I have walked away from old acquaintances. I have learned to separate the meaningful from the meaningless. And I have learned that I will always feel the pain of my son's death, yet I must always move forward into hope. Each day brings more hope as I accomplish another piece of my lifelong grief work.

So the dichotomy exists within me. In my heart, mind and soul my child will live forever. The memories of the full measure of each day of his life are there to give me peace and solace. Yet, the brutal pain of my son's death is there, too. Unlike any other love in life, a parent's love is unconditional and transcends all. There is a peace in knowing that. The pain doesn't end. It simply reshapes itself into a quiet, soft ache that gives us a gentle, often tearful, reminder that our child will always be with us. And perhaps that is as it should be.

Ryan & Rachel Honor their Sibling Camille "Cami" Barletta



“All who have been touched by beauty are touched by sorrow at its passing” Louise Cordana

To include a photo of your sibling, child, or grandchild please refer to page 7

Our Children

Loved Missed &

Remembered

February & March

Birthdays

Cari Tate 2-3rd

Brittany Grell 2-8

Joseph Thomas 2- 25

Frank Palmer 2-5

Andres Saputo 2-12

Justin Knapp 2- 13

Todd Almeida Culter 2-28

Tommy Duba 2-25

Emil Ian de la Barrera 3-1

Alexis Morgan Dale 3--5

Nicholas James Reynolds 3-9

Cynthia Lee Kessler 3-10

Jason Lee Hansen 3-13

Michael Lopez 3-14

Amy Sara Bowden 3-16

Dee Louise Hochstetler 3-21

Joseph Roy Elkins 3-24

Anniversaries

Brittany Grell 2-3

Damian Reid Carver 2-1

Heather A. Avilez 2-12

Bernard G. Snyder 2-15

Jana A. Warda Schott 2-15

Andrew Evan Bourland 2-23

Ramiro Zuñiga-Cedillo 3-2

Nathaniel Poteat 3-3

Kelli R. Smith 3-4

Jameson Connor Segel 3-6

Kathryn R Main 3-8

Cooper Jancic 3-9

Julie Hamilton 3-12

Ronald Paul Jones 3-14

Malini Elizabeth Sathyadev 3-16

Leonard Valadez 3-17

Gregg Garon 3-17

Kristin Elizabeth Hawkinson 3-18

Trevor Shane Kirby 3-20

Joshua Linzy Fogel 3-27

Dylan Libby 3-28

Rick Nolin 3-30



Conference Registration Now Open

We are very pleased to announce The Compassionate Friends (TCF) 47th Annual National Conference in New Orleans! TCF's National Conference is an enriching and supportive event for many newer and long-time bereaved parents, grandparents, and siblings. Attendees come and find renewed hope and support, as well as strategies for coping with grief. Participants create friendships with other bereaved people who truly understand the heartbreaking loss of a child, sibling, or grandchild. Lifelong friendships are often formed and rekindled each year at TCF conferences.

[Register Now](#)



Hands

Little handprints in a frame, Flashback of
 memories days long gone,
 yet still so fresh in my mind as if only yesterday
 Tiny hand of my baby girl, Fingers curled
 around my own, Only a reflex to some,
 But not in mind, For me only the purest of
 loving connections.
 Oustretched toddler hand
 reaching out for mine.
 trusting mother's protective grasp,
 maneuvering the busy streets, we skipped
 together, hand-in-hand
 Slender-fingered teenage beauty, polished
 nails, smooth scented hands. Seeking
 independence, hands pushing me away,
 Sensing somehow her reluctance, Not ready,
 not quite yet...
 Hands of her adult years, I thought would have
 held mine as I navigated through the ageing
 years. Hands to comfort and hold, but never to
 be, I am left only with my memories,
 and tiny handprints, in a frame...

Cathy Seehuetter

In memory of my daughter Nina

TCF ST Paul, MN



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.

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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

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Lisa Hohman 619-701-5641

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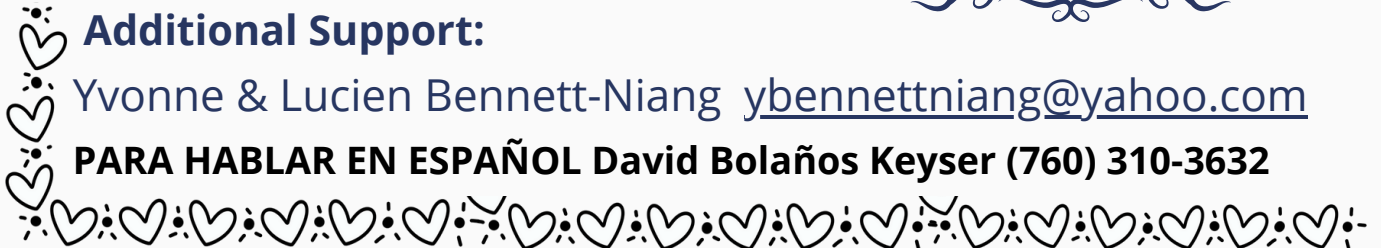
newsletter.sdtcf@gmail.com

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 8.

Additional Support:

Yvonne & Lucien Bennett-Niang ybennettniang@yahoo.com

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



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The National Office of TCF
48660 Pontiac Trail #930808 Wixom, MI
48393
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 as a nonprofit, volunteer organization. Your generous donations and gifts of love, given in memory of your loved one(s) or in support of our services, enable us to continue to provide comfort to grieving parents, siblings and grandparents. If you would like to honor your loved one(s) in our newsletter or on our website, please let us know. When making a donation, please specify that it is for the San Diego chapter.

Contributions can be sent to: TCF, San Diego Chapter, at
3805 Garden Lane, San Diego, CA 92106,
or you can reach us at (619) 583-1555.

Kindly share you loved one's information with us

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

Sharing Memories Of _____ From _____

Child, Sibling, Grandchild's Name (full name optional)

Your Relationship _____

Birth Date _____

Death Date _____

Cause (optional) _____

Application for The Compassionate Friends Newsletter

Send Newsletter: US Post Email _____

New Address **New Subscription** **Remove from list**

Update Address _____

Please provide your name, address, city, state, zip code, and phone number

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 website