



# The Compassionate Friends

Supporting Family After a Child Dies

email - [leaders@sdtcf.org](mailto:leaders@sdtcf.org) / phone - (619) 583-1555 / [www.sdtcf.org](http://www.sdtcf.org)



## *As A Daughter, You Are This Kind of Beautiful*

WRITTEN BY DONNA FARGO

You have the kind of Qualities and characteristics that make people around you glad that you're in their world. You have the kind of character that reaches out to others to make the world a better and more beautiful place in which to live. Your beauty is not consumed with its own needs and prejudices but finds satisfaction in giving hope and acceptance and approval to others. It is an internal soothing kind of beauty that activates the love and appreciation mechanisms in other people, making it easier for everyone to live together.

You're the kind of beautiful that doesn't change with the weather or a crisis in life. It is a kind of beauty that provides light in the world for others to use to guide themselves out of difficult circumstances. Although its glow may dim at times when presented with a new challenge, yours is the kind of beauty that will survive the hard places in life, allowing you learn from them. It will sustain you. You have that kind of beauty.

*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](mailto: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**



**Spencer Keni Watts 04-19**



**Lisa Marie Stoefer 04-14**



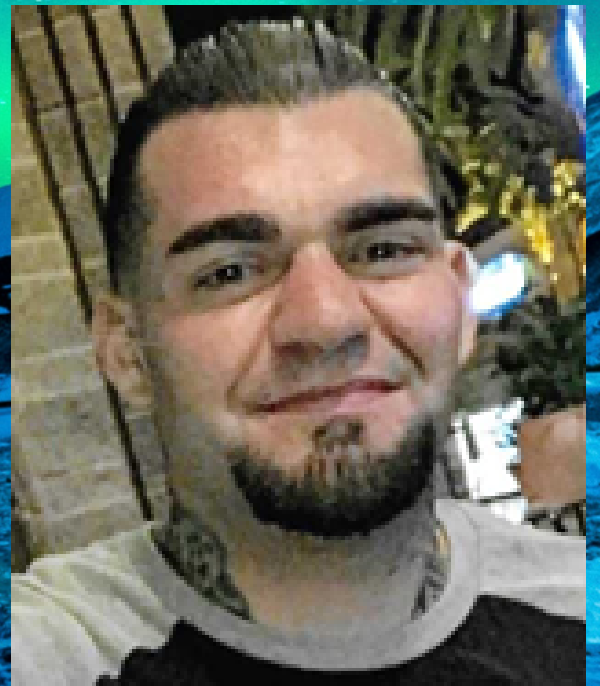
**David Michael Ellis 04-11**



**Kristina Bennett**



**Stephanie Johanna 04-30**



**Christopher L Mariano 04/20**

## ***As A Daughter, You Are This Kind of Beautiful***

*Continued from page 1*

This kind of beautiful comes from the heart and is powered by a love for others, a desire to be good, to do good, to help and not hurt anyone. It's easy for someone to enhance their appearance on the outside, but to be beautiful inside means reaching out to others with kindness and thoughtfulness and generosity. It is wanting the best for everyone, not just yourself. It has to do with compassion. That's the way you are.

That's the kind of beauty you have. Being this kind of beautiful allows you to identify with other people's shortcomings in life. This kind of beautiful knows that you must be able to love, forgive, and accept others, or your beauty will lose its essence and its gift, which is the desire to love.

This kind of beauty is soft and easy to be around. It gives more than it takes. It doesn't judge others harshly. It's not egotistical or proud. It doesn't try to change others. It accepts. It shows itself with open arms, not clenched fists; with smiles, not frowns; with joy and laughter, not negativity and reprimands. Being this kind of beautiful is contagious; it lifts others up to accept themselves and to experience their own gift of beauty. Being this kind of beautiful makes others glad to be alive and to know you. You're this kind of beautiful. Thank you for your wonderful example.

Submitted by Mom & Dad - Diane & Gary Hochstetler SS

From: Blue Mountain Arts Book:

"A Daughter Is Forever"

**To our precious daughter Dee on her 51 st birthday.**

**This beautiful poem describes you in your life here on earth. So many enduring character traits. You loved people and people loved you: You left a loving legacy with a forever treasure of lasting memories.**

**Thank you for all the love you shared. How we miss your sweet spirit and joyous laugh.  
Mom & Dad Diane & Gary Hochstetler**



**Dee Hochstapler DOB 03/21**

**To include a photo, story, or poem of your sibling, child, or grandchild submit to newsletter editor. Refer to page 7**

*Our Children*

*Loved Missed &*

*Remembered*

## **April Birthdays**

**Alexander Joseph Niazi 04/8**

**Ian Kinney 04/09**

**David Michael Ellis 04/11**

**Mathew Beaver 04/13**

**Angela Scarbrough 04/14**

**Lisa Marie Stoefen 04/14**

**Jana A. Warda Scholt 04/15**

**Matthew Raimer 04/15**

**Spencer Keni Watts 04/19**

**Christopher Andrew Fulston**

**04/20**

**Christopher L Mariano 04/20**

**Teresa Bowers 04/22**

**Dominique Ynette Young**

**04/23**

**Mathew Aiden Baxley 04/27**

**Stephanie Johanna Westrich**

**04/30**

## **Anniversaries**

**Spencer Keni Watts 04/22**

**Christopher Andrew Fulston**

**Jasmine Bellofatto 04/03**

**Roosevelt Jerard "RJ" Carter**

**04/03**

**Brian James Gillis 04/04**

**Son of Kathy Lee 04/05**

**Mario De La Rosa 04/04**

**Paul Albert Alferos Jr 04/04**

**Mikael Larson 04/08**

**Michael Dylkiewicz 04/09**

**Darryl Charles Hohman**

**04/09/1997**

**Brian Michael Bennett 04/11**

**Joshua Michael Jensen 04/11**

**Emily Quinlan 04/15**

**Brittany Star Curcio 04/24**

**Jamie Morgan Mychael**

**Bratton- Mc Neeley 04/24**

**Francisco "Frankie" Morales**

**04/27**

**Andrew K. Scott 04/28**

**George Brers IV 04/28**



## 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.

©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 858-349-5509

Lisa Hohman 619-701-5641

### Treasurer

Long Kha

long.kha@gmail.com

### WebMaster

Jason Kha

webmaster@sdtcf.org

### Newsletter Editor

Anita Barletta

newsletter.sdtcf@gmail.com

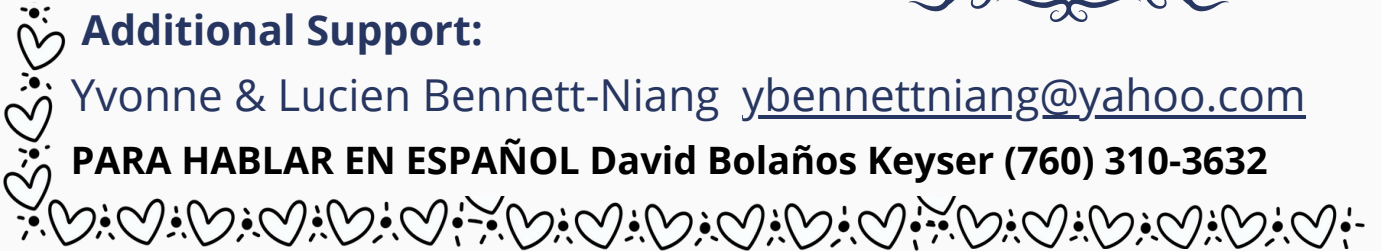
(Submit Photos to this email  
1 month before post date)

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](mailto: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**  
**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](mailto:info@SOSLsd.org)

**Bereaved Parents of the USA**  
[www.bereavedparentsusa.org](http://www.bereavedparentsusa.org)

**Parents of Murdered Children**  
National 888-818-POMC  
Local 619-281-3972

**Alive Alone - for now childless parents** [www.alivealone.org](http://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**