



# 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)



## The Difference Between Functioning And Grieving

By: [Brooke Carlock](#)

A few months after Libby died, I sat for an interview with a local newspaper to talk about her death, her impact on the people she knew, and the charity her father and I created in her honor. If you'll allow a mom to gush about her kid for a moment, Libby was no ordinary ten-year-old. Not only was she beautiful, with a smile that radiated her joyful personality, but she was intelligent, talented, and most of all, kind. She was the once-in-a-lifetime student that teachers raved about, who befriended the other children sitting alone at lunch and helped the ones struggling with their assignments. Libby was also a competitive dancer, with a grace and beauty that belied her young years.

*continue page 5*

## 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 / Passcode**

VIRTUAL FACILITATORS

Debbi & Dom Montisano  
(858) 349-5573

**In-Person**

1st THURSDAY of EACH MONTH

7:00-9:00pm

Northminster Presbyterian Church  
4324 Clairemont Mesa Blvd  
San Diego, CA

(TCF IS NONDENOMINATIONAL)





# The Compassionate Friends

Supporting Family After a Child Dies

WELCOME TO OUR 19TH

# ANNUAL *Memorial*

# FAMILY

# Picnic

🌸 **SATURDAY** 🌸

**SEPTEMBER 21 2024**



**11:00 AM - 2:00 PM**



**ADMIRAL BAKER**

🌸 **FIELD** 🌸

**3604 Admiral Baker Rd**

**San Diego, CA**

**92120**

Gather your friends & Family for a day filled with unforgettable moments and friendship Remember to bring your Child(ren), Sibling, Grandchild's favorite go-to side dish to share. The San Diego Compassionate Friends will provide juicy burgers, hot dogs, and thirst-quenching drinks! Let the feasting begin!





**Ethan Estlin Wozniak**  
heralding the splendor of your  
birthdayday October 10th





*Our Beautiful Daughter  
Esther Janus*



*continued from page 1*

She could bend her body in the weirdest positions, like her bones were pliable, and she loved to make people gasp with her contortionist-like moves. Dancing was Libby's true passion. She spent hours upon hours at her dance studio, and then came home and created dances on her own, which I dutifully recorded on my phone.

A few days after Libby died, our community gathered at her elementary school and dance studio to create chalk drawings in her honor. I was too overwhelmed to go as it was happening, but I snuck over after everyone had gone home to take a peek. Among the hundreds of heart-wrenching messages and pictures, I kept noticing these words: Live Like Libby.

### **MEMORIALIZING OUR DAUGHTER**

The phrase rocked me to my core, because it perfectly summed up my daughter's legacy. In the short time Libby lived, she lived with passion, kindness, dedication, humor, positivity, and joy. She loved and cared about people deeper than anyone I have ever known.

Within a month of her passing, my ex-husband David (Libby's father) and I created LiveLikeLibby.org a non-profit organization that provides dance scholarships to students in financial need to help pay for classes, costumes, competitions, and other dance-related costs. It seemed like the perfect way to honor our sweet girl.

OK, now that you know how amazing my daughter was, let's head back to the newspaper interview. The whole thing took a little over an hour, during which I told countless stories about Libby, and sang her praises with a pride only a mother can feel. I laughed as her dad and I joked about silly things she did when she was a toddler and smiled broadly when sharing her many kindnesses to others. The reporter commented several times about how my face lit up when talking about my daughter.

### **THE DIFFERENCE BETWEEN FUNCTIONING AND GRIEVING**

To anyone watching, I would've seemed normal. Happy, even. Clearly handling my grief well.

What they would NOT have seen is that after I thanked the reporter and politely escorted her out the door, it took about thirty seconds for me to completely break down. I didn't even make it back to sitting on the couch. I just heaved and sobbed hysterically, leaning on the back of it so I didn't fall over. During the interview, I had worn my invisible mask—the one that says, "I'm fine. I've got this" in front of the rest of the world. After it, I plunged back into the reality that the amazing girl I had just spent an hour talking about—my daughter—was dead.

Sometimes, that reality still feels almost impossible to bear.

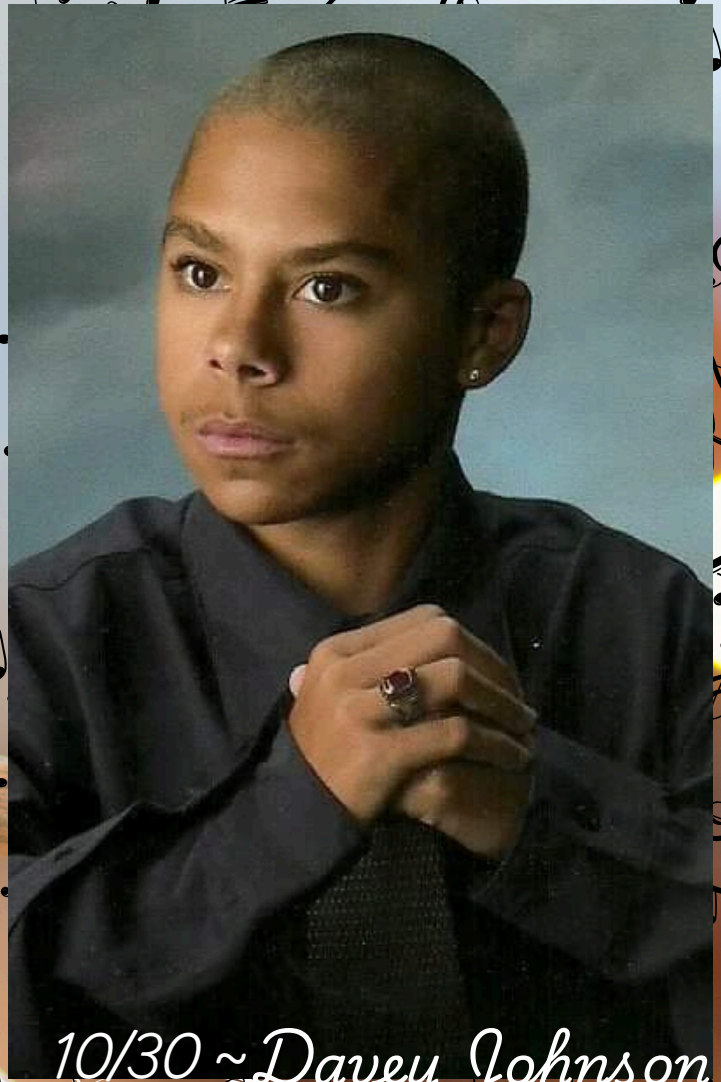
This is the actuality of functioning within grief. Functioning and grieving are not one and the same.

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**Kristina Bennett** 10/07



10/30 ~ *Davey Johnson*



**Marta Leigh Zamora**  10/26



*Our Children, Brothers, Sisters,  
Grandchildren  
Loved Missed & Remembered*

**September Birthdays**

Ronald P. Jones 9/01  
Klay Budz 9/07  
Lindsey Faye Whelchel 9/08  
Megan A. Landis 9/08  
Vincent G. Ruddy 9/10  
George Brers IV 9/13  
Mario De La Rosa 9/15  
Duane Charles Alley 9/16  
Samuel M. Parente 9/20  
Philippe Leyva 9/22  
Aubrey Apodaca 9/24

**October Birthdays**

Michelle Weihe 10/01  
Guy C. Green 10/07  
Kristina M. Bennett 10/07  
Mark Metz 10/07  
Ethan E. Wozniak 10-10  
Joshua M. Jensen 10/10  
Brian Gillis 10/11  
Nathaniel Poteat 10/12  
Renee E. Dawson 10/17  
Pamela Brodrick 10/24  
David Sullivan 10/25  
Marta L. Zamora 10/26  
Michael Dylkiewicz 10/28  
Lenors Valdez 10/31

**September Anniversaries**

Nicole Clark 9/03  
Ryan McDonough 9/03  
Cynthia L. Kessler 9/06  
Mathew S. Spiewak 9/09  
Jason L. Hansen 9/13  
Alexander N. Model 9/15  
Teresa Bowers 9/15  
Ron Laverty 9/16  
Jered Dillard 9/18  
Kristina Bennett 9/19  
Stephen W. Anderson 9/19  
Michelle Weihe 9/24  
Willian S. Virdee 9/27  
Aubrey Apodaca 9/28  
Brittnay Dawn Williams 10/29  
Spencer Clay 9/30

**October Anniversaries**

Lawrence O'Brien 10/03  
Mathew Lewis Scott 10/05  
Kai Wright 10/09  
Duane C Alley 10/10  
Emil Ian de la Barrera 10/18  
Julie E. Richardson 10/21  
Michael Scott Ayers 10/24  
Rory D. Boyer 10/28  
Davey Johnson 10/30



## Grief-How alive

Oh, sweet irony  
that my grief is alive  
while you are not.

That I must feel something  
so visceral, so alive, so deep,  
when your earthly being  
is gone.

Your memory is alive  
in me  
and others you left behind.

I hear your laughter  
sometimes  
as clearly as if you were  
standing here before me.

Then, I hear the silence  
of your departure  
and the sound  
of my heart  
still beating.

- Krista Rose

Krista finds solace after the passing of her brother Cory through *Loss, Losing, & Loosening: Exploring Grief & Healing Through Poem-Making*



Grief - How alive  
inspired by

**Cory Scott - Krista's brother**

.....  
**To include a photo of your sibling, child,  
grandchild see page 12 / QR on page 13**



*Compassion*  
FILLS THE AIR



**TCF 47<sup>TH</sup> NATIONAL CONFERENCE 2024**  
✦ New Orleans, LA ✦

This year's conference was truly heartwarming, creating an environment where sharing, crying, and connecting with others who understand becomes effortless. It's a space where we can share the joys and challenges of our child(ren), sibling, or grandchild's passing, and find caring listeners who understand and offer their support.

**TCF 47th Conference Highlights**

Keynote speaker Kelly Cervantes, author of, "Normal Broken: The Grief Companion for When It's Time to Heal But You're not Sure You Want To", spoke candidly about parenting and grieving for her medically complex child, Adelaide, while balancing her career and fame of her husband's career

**Welcome Message From Siblings to Siblings**

Remember, be kind to yourself, and know you are among other bereaved siblings who understand how you feel. Before you know it, you will have found "your people"  
We're glad you found us . . .

**"47th": A Selection of Workshops**

- What about Me? Understanding Surviving Siblings
- Working With Emotions: Where Grief & the Workplace Meet
- Am I Still A Sibling?
- A Pannel of Men For Men Only
- Struggling to Maintain My Faith
- Surviving Suicide & Finding Acceptance, Peace, and Hope
- With Love: Miscarriage & Stillbirth Memories
- Guilt:Coping with "If -Only's and "I Should Haves"
- A Grandparent's Darkest Journey
- Sudden Death of a Child

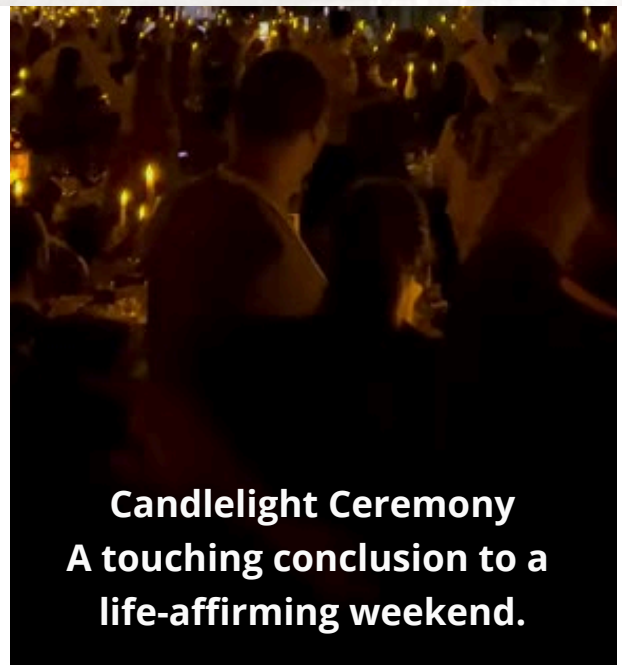
**Rest & Reflection**

- Healing Haven
- Silant Auction
- Butterfly Boutique
- Crafty Corner
- Chapel Service
- Group Reflection
- Sharing Sessions
- Walk To Remember

**TCF 48th National Conference will be held in the state of Washington**

Date and Location TBD

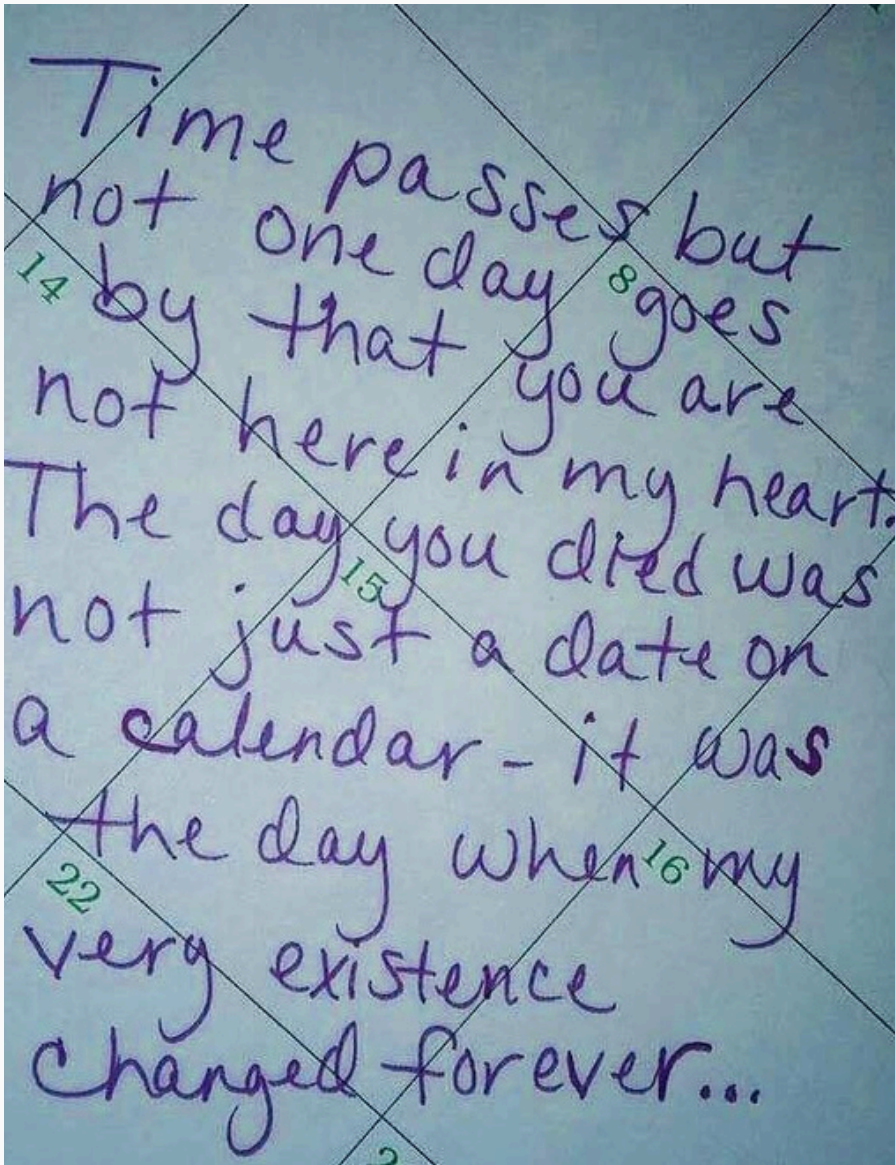
TCF National Office: ph (887) 969-0010  
[www.compassionatefriends.org](http://www.compassionatefriends.org)



**Candlelight Ceremony**  
**A touching conclusion to a life-affirming weekend.**



## Miscarriage, Stillbirth, Infant Loss



### 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  
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**

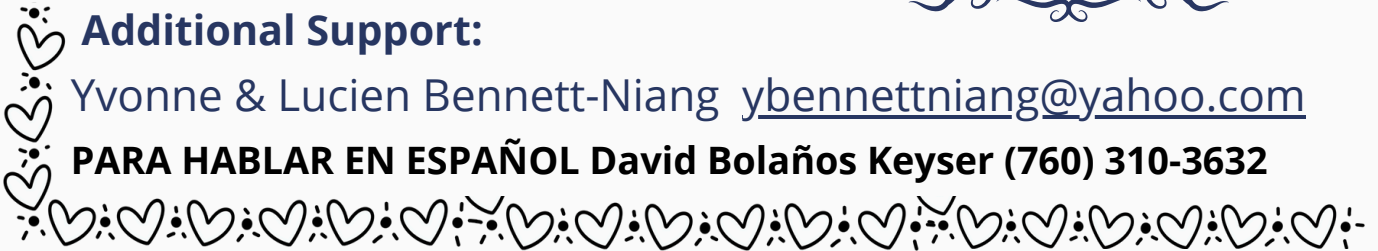
Anita Barletta  
newsletter.sdtcf@gmail.com

**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 12 and/or QR Code on page 13**

**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.

### We welcome you to share your 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**



