



The Compassionate Friends

Supporting Family After a Child Dies

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



Heightened Awareness

By Jean E. Taddonio
In honor of her son

**look for signs
hear the prayer that is there
in the chimes**

**the sprouting seeds
the color of sunflower yellow
the hovering hummingbird**

**a smile someone gives you
when you didn't smile first
the kindness of strangers**

**and when you tell
your sad story, to those
who have the heart to hear**

**pray for the others
who also grieve
and wait for answers**

**that may never come
this side of heaven
help us Lord believe**

**there in another side
where tears disappear
leaving only joy**

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

*Our Children Loved Missed &
Remembered*

JANUARY BIRTHDAYS

KATIE R. DIX 1-02
DARRYL CHARLES HOHMAN 1-04
MADISON RENEE WHITE 1-05
STEPHEN WILLIAM ANDERSON 1-06
AZJA K. OSTRYE 1-08
JULIE ELIZABETH RICHARDSON 1-08
PHILIP GLYNN MURPHY 1-15
DANIEL R. KEYSER 1-16
JUSTIN SCOTT 1-23
RORY DAVID BOYER 1-26
RILEY GAIL HORGAN 1-27
LARRY STAUFFER 1-31

JANUARY ANNIVERSARIES

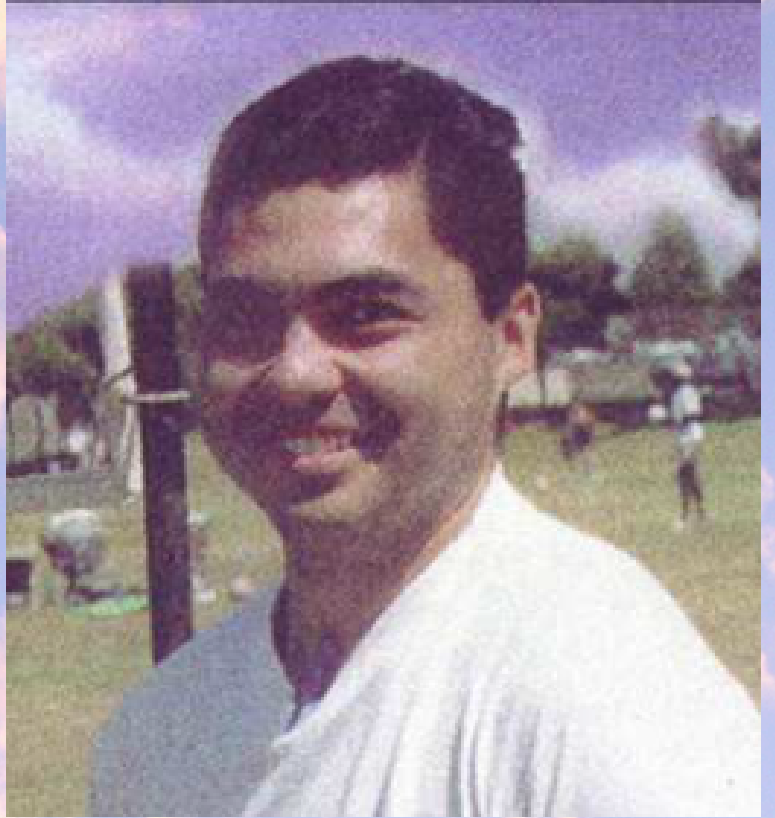
DEE LOUISE HOCHSTETLER 1-01
MATTHEW RAIMER 01-01
LISA MARIE STOEFFEN 1-03
MADISON RENEE WHITE 01-06
MATTHEW C. COLBERT, 1-09
RENEE ELEONOR DAWSON 1/12
CARI TATE 1-13
MATTHEW BEAVER 1-14
CHAD EUGENE CLAUSEN 1-17
TIMOTHY DOUGLAS MOREAU 1-23
BRIAN MARC ALLEN 1-24
JASON WILSHE 1-25
SARA ELIZABETH CHANDLER 1-25
JAMIE CHRISTOPHER YATES 1-26
AYMEE SOFIA GARCIA 1-27

FEBRUARY BIRTHDAYS

CARI TATE 2-03
FRANK PALMER 2-05
MITCHELL SZEGI 2-06
BRITTANY GRELL 2-08
JOSHUA LINZY FOGEL 2-08
ANDRES SAPUTO 2-12
JUSTIN KNAPP 2-13
SPENCER CLAY 2-19
JOSEPH THOMAS 2-25
TOMMY DUBA 2-25
TODD ALMEIDA CULTER 2-28

FEBRUARY ANNIVERSARIES

BRITTANY GRELL 2-03
PHILIP GLYNN MURPHY 2-07
MILTON (DANNY) SMITH 2-10
DAMIAN REID CARVER 2-12
HEATHER A. AVILEZ 2-14
BERNARD G. SNYDER 2-15
JANA A. WARDA SCHOTT 2-15
ANGELA SCARBROUGH 2-22
ANDREW EVAN BOURLAND 2-23
ROSA GRIFFITH 2-23



**Darryl Charles Hohman 1-04
Birthday**



**Andres Saputo 2-12
Birthday**



**Dee Louise Hochstetler 1-01
Anniversary**

48TH NATIONAL CONFERENCE IN BELLEVUE/SEATTLE, WA

JULY 11, 2025 @ 8:00 AM
TO
JULY 13, 2025 @12:00 PM

OUR CONFERENCE IS A PLACE FOR BEREAVED FAMILIES TO FIND COMMUNITY AND HOPE, WHILE LEARNING AND SHARING WITH OTHERS.

LIFELONG FRIENDSHIPS ARE OFTEN MADE AT THE CONFERENCE THROUGH MEETING OTHERS WHO TRULY UNDERSTAND THE PAINFUL LOSS OF A CHILD, SIBLING, OR GRANDCHILD.

THIS EAGERLY ANTICIPATED EVENT WILL TAKE PLACE IN BELLEVUE/SEATTLE, WASHINGTON, DURING THE WEEKEND OF JULY 11-13, 2025.



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".

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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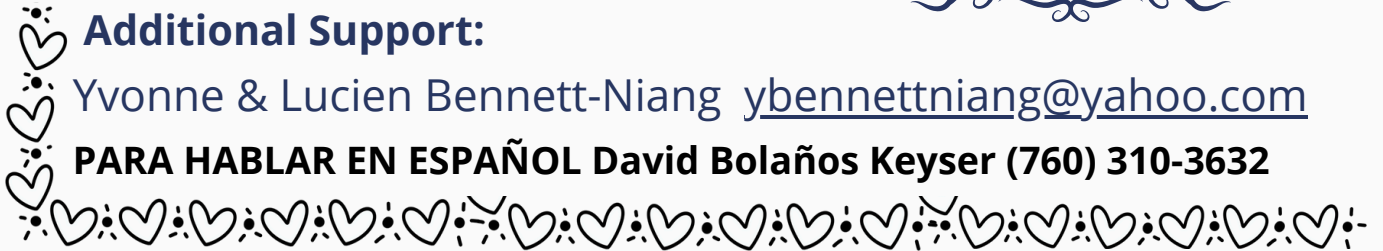
newsletter.sdtcf@gmail.com

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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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

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