



The Compassionate Friends

Santa Clarita Valley Chapter

Supporting Family After a Child Dies

November-December 2021

Volume 22, No. 6



THE COMPASSIONATE FRIENDS is a self-help, nonprofit organization offering friendship, understanding and hope to families grieving the death of a child of any age, from any cause. When a child dies, at age, the family suffers intense pain and may feel hopeless and isolated. The Compassionate Friends provides personal comfort, hope, support to every family experiencing the death of a son or daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family. The butterfly signifies a new life for our lost children and a different life for ourselves. It is a symbol of hope, rebirth, and re-creation and beauty.

THE COMPASSIONATE FRIENDS, INC.

48660 Pontiac Trail #930808

Wixom, MI 48393

Toll Free (877) 969-0010

Email: nationaloffice@compassionatefriends.org

Website: www.compassionatefriends.org

Facebook: www.facebook.com/TCFUSA

THE COMPASSIONATE FRIENDS OF SANTA CLARITA VALLEY

Mailing Address: 27949 Park Meadow Dr.
Santa Clarita, CA 91387

Email: TCF.SCV@gmail.com

Facebook: [www.facebook.com/](http://www.facebook.com/TheCompassionateFriendsofSantaClaritaCA)

TheCompassionateFriendsofSantaClaritaCA

Website: www.compassionatefriends-scv.org

MEETINGS

We have one meeting a month. They are usually held on the 1st Thursday of each month. The next two meetings are:

November 4, 2021

December 2, 2021

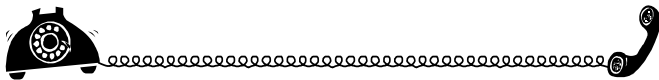
TIME: **7:00 PM**

MEETING **New Life Assembly of God**

PLACE: **27053 Honby Ave.**

Canyon Country, CA 91351

(Please note) This is our new location for meetings and the meetings are held in the Admin building.



FOR INFORMATION OR FOR A LOVING LISTENER, PLEASE CALL:

Diane Briones (Leader) 661-252-4654

Alice Renolds (Co-Leader) 661-252-4374

Kathy Kelly (Treasurer) 661-724-1450

Linda Stout (Facebook Manager)

Ellena Cates (Remembrance Secretary)

Steve Crittenden (Webmaster)

Jeanne Crittenden (Zoom & Button Manager)



This Year

This Year...

The silence of a starry night,
the brightness of the snow,
and the crispness in the air
remind me of you.

Memories of you
allow joy to sneak in.

Though time has not healed,
love has.

And love needs time to show itself
when smothered in fear.

This year...

The glitter of garland,
the tinkling of bells,
and the cheer of glad tidings
remind me of you.

And you...
remind me to love.

*~Sandy Goodman,
Author of "Love Never Dies:
A Mother's Journey from Loss to Love"*

*Gifts our loved ones have given us
can't be measured by the years they lived.
These gifts are measured by the love
we shared with them.*

~Pat Loder

Thanksgiving

You may ask, "What do I have to be thankful for now that my child is dead?" After the death of a child, where is the joy in a day off sitting around a table when someone is missing, and an uttered prayer of Thanksgiving echoes hollow in our hearts?

Maybe we have been concentrating on the loss which has brought the overwhelming sorrow of death, and have forgotten the complete joy of life. When I remember laughing brown eyes, a mischievous grin, a scraped knee that Mommy could fix, a new word learned, even the memory of the realization that I had a baby boy, I have a great deal to be thankful for, I had 1 1/2 years of a dream come true, and I'm truly thankful I had my child.

Sure, the agony of grief, the anguish of losing my precious child to death, the torture of wanting to see that child grow and mature and the pain of never knowing, rips me up!

There is no Thanksgiving in entertaining these thoughts, so this month I am going to concentrate on the living of my child, the life that brought me so much joy. In this I am thankful that Evan was born, thankful that he lived, thankful that even for those short 30 months- I lived them too. Even so, as he lived once, I live now and want a productive life.

I am thankful I have come that far in my grief work to know I want to live and remember the good times without sorrow. And, I am thankful for my husband, who stood by me during the rough times. The husband who is the father of the child of our love. In him I have found my child, in our marriage I have found love, and that love taught us how to love that child. I am also thankful for you, my real friends-Compassionate Friends.



~Edie Kaplan
TCF, Ft. Lauderdale, FL

At the Holidays, We Hope...

For those of you for whom this is your first holiday with the empty chair at the Thanksgiving table, we know that it is a particularly difficult day for you, and all of us who have been through that first major holiday understand your sadness and will keep you close in our hearts during this holiday season.

For those of you who have been through the first one and are in what I feel still the early years of this grief journey, we know how exhausting it is to try to put on a mask in order to make others feel comfortable. Here is hoping that you will be able to feel however you may feel today, and that your family and friends will be understanding and compassionate and allow you to have those emotions, what ever they may be.

For those of us farther down the road of our grief journey, we know that no matter the years that have passed since our child, grandchild, sibling or other precious one has been gone, though the years may soften our grief, we still ache for their presence and miss them with all our being.

And, above all, I truly hope that family and friends will speak their names, thereby giving you the gift of allowing you to remember - with them - the one you miss so much. Though gone from this earth, they are loved and present in our life every day and will forever be.

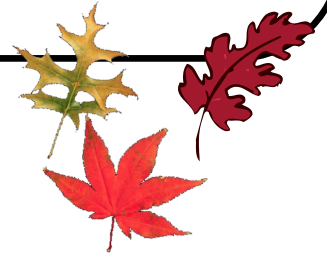
~Cathy Seehuetter
TCF St. Paul, MN



*May the beauty of fall
surround you,
be a source of comfort
and healing.*

*May these affirmations remind
you of the joy that your loved one
brought into your life,
a gift that is yours forever.*

~The Compassionate Friends, Inc,
Copyright 2000



Today I Am Thankful

Today I am thankful for tears
Though an ocean I have cried
They speak of our connection
Reminding me that love has not died

Today I am thankful for the memories
They brighten the road of grief
They remind me of love shared
And provide a small relief

Today I am thankful for love
Felt strongly in my soul
Love continues living forever
Keeping us together and whole

Today I am thankful for friends
Those who didn't walk away
They saw my broken heart
And chose to sit and stay

Today I am thankful for time
For the moments that were too few
Through the tears that are shed
Today I am thankful for you

~Tanya Lord
www.TheGriefToolBox.com
Lovingly lifted from TCF We Need Not Walk Alone
Autumn/Winter 2014



Handling the Holidays

The holiday season can be a time when the PAST and the PRESENT collide. We try to recapture what we once had or blot out bad memories. We try to ignore the empty chair. It is a time of short days and longer nights, of icy winds, cold hands and empty hearts.

While most of the world seems to be addressing holiday greeting cards and planning holiday menus, the bereaved are struggling with other concerns: How long does grief last? Will the holidays always be THIS AWFUL? How many stockings do we hang? What do we do with the empty place at the table? What is there to be thankful for THIS year? There must be light SOMEWHERE! No matter how shattered your life, how fragmented your dreams, there must be hope somewhere! Our loved ones have DIED. We did not lose them or the love we share. Practice thinking and then saying, "My loved one died," not, "I lost my loved one." Our loved ones are still and always will be a part of us. WE cannot lose their love. Sometimes, especially in the early months and even years of grief, all we can remember is the pain and horribleness of our loved one's death. Pain seems to overshadow everything.

At first, all I could remember were the awful things. I kept track of all the things I didn't have any more and made mental lists of the things I would never know or experience. Joy had been buried one afternoon in late fall and there was to be no light for us...ever again. But, as I LIVED through those memories, I discovered that the pain of this darkness could change its intensity and its depth. Slowly, gently, as I allowed them to, those painful memories faded and were replaced, in time, with memories of HIS smile, his LIFE DAYS not his DEATH DAYS. I began to remember that my loved one LIVED.... not just that he DIED! His LIGHT HAD GIVEN BIRTH TO OUR HAPPINESS AND ONCE I ACKNOWLEDGED THE DARKNESS, THE LIGHT COULD BEGIN TO PEEK THROUGH!

So, in this season of little light... BE PATIENT WITH YOURSELF. Know that hardly anyone is as happy as you think they might be. We all have our hurts to bear. Do what you can this season and let it be enough.

<http://www.griefinc.com/griefinc/default.htm>
Lovingly Lifted from TCF, South Suburban Chapter
www.tcfchicago.org

Chanukah Is Here



Chanukah is here.
I see the candles glow, red, pink and blue.
But you're not here to see their pretty shadows.
I shop for gifts, and this year, again,
once more I won't be in a quandary of what to buy.
I give you my love, my precious son, for that is eternal.
And once again, it will have to do.

*~Ginette Kravel
TCF, Central Jersey*



A Christmas Wish

I'll miss you at Christmas
When laughter's everywhere,
When church bells chime
In merry rhyme
And warmth is in the air.

I'll think of you at Christmas
Of when you were with me,
Of simple joys and silly toys
And days that used to be.

I'll miss you at Christmas
When children's faces glow,
And gaze in childish wonderment
At Santa and presents in a row.

I wish a Christmas miracle
Could bring you back this way,
And we could be together
For one more Christmas day.

~Lily deLauder

Peace at Christmas



The greatest gift between you and the one you are now missing can never be worn out, weathered, exchanged or returned. For you gave each other something that can never be taken from you—a treasure of memories—and now they hurt to think of them. Fond, beautiful memories made in love. What if they had never been made at all?

How much worse to have lived without them. No, you take those memories, reminisce over them, let them hurt. They'll probably always hurt; but it does get less. They will become more valuable with time, as will the fondness you hold for those holiday memories you have made. Give yourself a gift this holiday season—Peace—as much as you possibly can. Then share it with those you love. No one can ever take away the good times you have experienced.

...Remember the needs of others and be aware that your greatest happiness may come in doing something for someone else, for, isn't that the true meaning of Christmas?

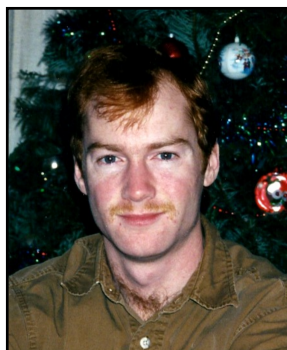
~TCF Albuquerque, NM

A Love Gift

Was Received From:

*Bobbie & Dan Spencer
In Loving Memory of their Son:*

Eric Spencer
12/29 - 11/2



Benchmarks

Good bye would be too difficult,
Although I know you are gone,
Instead, I keep you in my heart
And your memory lives on.

I have redefined my purpose son,
Since you are no longer here,
With your death I faced a choice
To die, exist or to live free.

My life has changed forever, child.
I'm redefined each week,
You would call these "benchmarks"
Of goals set and then achieved.

And so I set my benchmarks,
Achieving many, reshaping some...
But everything is different now,
Except your mother's love.

*~Annette Mennen Baldwin
In Memory of my son Todd Mennen
TCF Katy, TX*

Love Gifts



A Love Gift is a wonderful way to remember your child, grandchild, or sibling's birthday or angel dates or just to say I love you. What better way than to have their photo included in our newsletter along with a special memory, thought or message, article or poem from you.

If anyone would like to make a donation in memory of their child, grandchild, or sibling you may give it to Alice or Diane at our meeting or mail it to Alice at 27949 Park Meadow Dr., Canyon Country, 91387. You can also email the info to TCF.SCV@gmail.com Love gifts should be received by the 10th of the month to be placed in the up-coming newsletter. **But remember our newsletter is bi-monthly.** What a special way to share and remember your loved one!

Our chapter exists solely on voluntary, tax deductible donations. We thank you in advance for any donations you may be able to give or send. Your donations help to pay the expenses of our newsletter, purchase books & brochures, coffee & refreshments, new member's packets, our rental space and other miscellaneous supplies. They also fund our annual Balloon Release and Candle Lighting programs. We sincerely appreciate your support!

Prescription for Healing:

*Share a memory with an
understanding friend.*

~Sascha Wagner

Small Signs

Since grief can make us lose many of our own deep feelings, we often disregard what small signs of love we are given by those who are in our life.

When grief makes us lonely, it is difficult to appreciate the small affections, attentions, or connections which come to us.

But those small signs of loving attention do deserve notice. If we let them touch us, they will give us warmth and strength and hope.

~Sasha Wagner

"Forever In Our Hearts"

Our Children/Grandchildren/Siblings



Loved and Missed on Their Birthdays

November

December

Name	Date	Member	Name	Date	Member
Justin Knopf	11/28	Jim & Susan Kirk	Joshua Sparage	12/24	Bonnie & Gary Sparage
Michael Kelly	11/17	Kathy Kelly	Eric Spencer	12/29	Bobbie Mathers
Justin Hakola	11/9	Cheryl Landreth	Sarah Carter	12/27	Shelly Carter
Aurora Boehlert-Rubinfeld	11/16	Aaron & April Boehlert Rubinfeld	Michael Leone	12/6	Mariacristina Leone
Loren Mai	11/20	Juan & Miriam Mai	Erica Findley	12/15	Kevin & Pam Findley
Alfonso Flores	11/27	Elsa Rosales (Aunt)	Natalie Zhamkochyan	12/12	Harry & Marine Zhamkochyan
			Nico Trogan	12/24	Amy Trogan



Lovingly Remembered on Their Angel Dates

November

December

Name	Date	Member	Name	Date	Member
Darren Bullock	11/19	Carol Lock	William Lemke, Jr.	12/18	Marilyn Lemke
Eric Spencer	11/2	Bobbie Mathers	Whitney Moore	12/12	Beth Moore
Justin Knopf	11/21	Jim & Susan Kirk	Jeremy Silverstein	12/16	Mel & Jeniffer
Jamie Knopf	11/21	Jim & Susan Kirk	Jacob Kaplan	12/24	Michael & Robyn
Melissa Mueller Matters	11/3	Kirk & Dianne Mueller	Kevin Rickhoff	12/09	Nancy Rickhoff
Colleen Brown	11/3	Keith & Lin Brown	Julian Burns	12/13	Robert Burns
Alfonso Flores	11/13	Elsa Rosales (Aunt)	Joshua Mathews	12/2	Priscilla DiBlasio



Is It Easing?



I heard your name today and my heart did not skip a beat, nor was my mind flooded with the emotion of losing you. I heard your name today and it did not bring back the terrible hurt feelings of when you first left me.

I heard your name today with a calmness that surprised me. Many another child carries your name, and it had been torture hearing it and seeing the smiling faces on those little girls.

But today I knew-I found out-what others in my footsteps found out and tired to tell me. The hurt will ease; but the memories, the love, the good times will never go away.

~Phoebe C. Redman
TFC Bradenton, FL



*Candlelight Remembrance Program
 December 12, 2021 6:30pm
 Photo Presentation & Luminaries
 New Life Assembly of God
 27053 Honby Ave.
 Canyon Country, CA 91351
 (Outside, in Grass Area of Church)*

*Sponsored by The Compassionate Friends
 Of Santa Clarita*

We will once again have a video presentation of our children's, sibling's, and grandchildren's photos at our program. Photos must be received by **November 24** to be included in the video. A digital photo is preferred and should be emailed to our chapter at TCF.SCV@gmail.com. If you only have a hard copy of your photo, it can be mailed to Alice Renolds at 27949 Park Meadow Dr., Canyon Country, CA 91387. Please include your name, loved one's name, address, and phone number so your photo can be returned to you.

Also available for purchase are luminaries in memory of your child/sibling/grandchild as a small fundraiser for \$10.00. If you are unable to make our November meeting to come and decorate one, please fill out and mail in the order form below. We will take care of the rest for you and put it out on the walkway the night of the program! These luminaries are yours to take home at the end of the program. As this is a fundraiser, we would appreciate that you **not bring your own** luminary or **ones from past** years to our program.

# _____ of Luminaries with battery operated candle (\$10.00 each)	Total \$
Name(s) to appear on Luminary (PLEASE PRINT CLEARLY)	

Please mail order form and check (made out to **The Compassionate Friends**) to:
 Alice Renolds
 27949 Park Meadow Dr.
 Canyon Country, CA 91387

Orders must be received by December 1, 2021