



The Compassionate Friends

Supporting Family After a Child Dies

El Paso Chapter

VOLUME 2, ISSUE MARCH – APRIL – MAY 2018

A SELF-HELP ORGANIZATION OFFERING FRIENDSHIP, UNDERSTANDING, AND HOPE TO BEREAVED FAMILIES THAT HAVE EXPERIENCED THE DEATH OF A CHILD.

To Our New Members

Coming to the first meeting is the hardest, but you have nothing to lose and everything to gain! Try not to judge your first meeting as to whether or not The Compassionate Friends will work for you. At the next meeting you may find just the right person or just the right words said that will help you in your grief work.

To Our Members Who Are Further Down the “Grief Journey”

We need your encouragement and your support. Each meeting we have new parents. Think back what it would have been like for you at your first meeting if there had not been any TCF “veterans” to welcome you, share your grief, encourage you and tell you, “your pain will not always be this bad, it really does get better.

Friendship, Understanding, and Hope.
Supporting Family After a Child Dies



YOU NEED NOT WALK ALONE, WE ARE THE COMPASSIONATE FRIENDS

ANNOUNCEMENTS:

Our Annual Charity Golf Tournament will be held Saturday June 16, 2018 at the Underwood Golf Complex.

MONTHLY MEETING

NEW LOCATION:

First Baptist Church

805 Montana 79902

Last Thursday's of the Month

7:00 P.M. to 9:00 p.m.

Next Meetings: August 31, September 28, and October 26.

EL PASO, TEXAS CHAPTER

Chapter Chairpersons:

Nick Fernandez &

Erika Parada-Fernandez

915 740-5496

www.elpasotcf.org

If anyone would like to receive this newsletter by email (and you don't already), please send email to:

www.tcfept@gmail.com

REGIONAL COORDINATORS

Regional Coordinator: Terri & Robert Gallardo

Phone Number 915-204-0658

Email tcfgallardo@yahoo.com

NATIONAL OFFICE

The Compassionate Friends

PO Box 3696

Oak Brook, IL 60522-3696

(877) 969-0010

www.compassionatefriends.org

A BIG THANK YOU to all of our committee members for making all these events possible.

Newsletter Editors: Lisa Barajas & Jaime Amparan

Treasurer: Lou Cain

Steering Committee Members: Patsy Wright, Alma Villegas, Maria Villalpando, Martina Rodriguez, Rosie Raulston

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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I Am Spring

*I am the beginning.
I am budding promise.
I spill cleansing tears of life
from cloudy vessels
creating muddy puddles
where single cell creatures abide
and splashing children play.*

*I am new green growth.
I softly flow from winter's barren hand.
On gentle breeze I fly – embracing sorrow.
With compassion, we feather nests
where winged voices sing winter-spring duets.
As frozen ice transforms to playful stream
I whisper truth – life is change.*

*I am spring.
I bless long, dark wintry days.
I crown mankind's pain
with starry skies
in deepest night
lighting solitary paths from sorrow to joy
as the wheel of life turns 'round and 'round.*

*(written after attending a workshop presented by John Fox,
author of 'Finding What You Didn't
Lose' and 'Poetic Medicine'.)*

A Mother's Love

*A mother's love for her child may begin with the very
dream of becoming a mother...
A mother's love for her child may begin
with the thought of maybe expecting the news...
A mother's love for her child may begin
with the verification of her expectations...
A mother's love for her child may begin
with the affirmation that the child lives within her...
A mother's love for her child may begin
with her first sight of the new life that
she has delivered into the world...
A mother's love for her child may begin...
But it may never end...
Not even death can steal away a mother's love for
her child
A mother's love for her child knows no end!*

*Diana M. Rohrbaugh
TCF Anne Arundel County, MD*

I Remember Another Spring

*Each year when the azaleas bloom,
I remember another spring.
That one was a pall.
The rain would not stop.
It poured into the open grave of my son.
It poured deep into my heart.
I was sure it would never, ever stop.
It did, though I sometimes wished it hadn't.
I was stuck between forgetting and remembering.
Remembering won. Now I see his face in the azaleas.
They bloomed that Spring while he died -
I no longer hold it against them.*

- Fay Harden



TCF-EL PASO 3RD ANNUAL GOLF TOURNAMENT

The Compassionate friends of El Paso will host their 3rd annual Charity Golf Tournament for individuals and families in the Greater El Paso Area. The event is open to beginners and experts, young and old, male and female, families and friends, individuals and teams. This tournament will be a fundraiser for the El Paso Chapter of The Compassionate friends.

The tournament will be a 4-person scramble. Registration and continental breakfast will start at 7:30am. Shotgun start at 8:30am. Lunch will start at 12:30 and finish by 2:30. Prizes will be announced as soon as the last team finishes. For those of you who would just like to join us for lunch we will be providing meal tickets for \$20. Luby's Cafeteria will be providing food for our Luncheon.

The tournament is a fundraiser for TCF-EPT. The money we make here allows us to host the annual Walk to Remember, Candlelight Ceremony, Monthly "Hope" Meetings, and our bi-annual Grief Conference.

The Compassionate Friends of El Paso would like to cordially invite you to their


ANGEL WINGS ON THE GREENS

3rd Annual Charity Golf Tournament

Saturday, June 16, 2018
Underwood Golf Complex
 3200 Coe Ave, El Paso, TX 79904
 8:30 am Shotgun Start / 4-Person Scramble

Registration:
 \$80/person
 \$300/4-Player team
 Price includes fees, cart, lunch and prizes
 Hole Sponsorships and
 Child Memory Markers available

For more information, please visit us at
www.elpasotcf.org
 or call Nicholas Fernandez at (915) 999-1468.

 **The Compassionate Friends**
Supporting Family After a Child Dies

Individual and Team Registration Form

Four-Person Scramble

Event Timing: June 16, 2018 8:30 a.m. Shotgun / 4-Person Scramble

Event Address: Underwood Golf Complex, 3191 Coe Ave. El Paso, TX 79904

Contact us at (915) 999-1468 or tcfept@gmail.com

Team Registration: \$300 / Individuals \$80



*OUR CHILDREN LOVED AND
REMEMBERED*

CHILD:

3/2 Jeremy Adam Talamantes
3/4 Michael Macias
3/4 Marianne
3/6 Jennifer
3/6 Maria Luisa Moritz
3/7 Erik
3/7 Shane
3/7 Maggie
3/12 Emiliano Hernandez
3/8 Dylan Knight
3/10 Adrian Camacho
3/18 Todd
3/20 Albert
3/20 Jacob Rubio
3/22 Tammy
3/23 Laura
3/23 Sarah
3/26 Blayne Caballero
3/29 Sofia Portillo
3/31 Aileen Burkett
4/8 David M. Vera

REMEMBERED BY:

Ida Talamantes
Victor & Cecilia Abruna
Susanne Stone
Cruz Carber
Iryna Moritz
Melind & Art Saucedo
Brian Sherron
Allis Ader
Eva Hernandez
Angela Moore
Gloria Camacho
Lou Cain
Irene Rodriguez
Monica Rubio
Nancy & Stormy Cagann
David Beard
David Beard
Marc Caballero Helen Huckabay
Amanda Portillo
Socorro Herrera
Irma Vera

4/13	Fernando	Maria Guadalupe Saler
4/16	Daniel Fidencio	Elsa Vela
4/18	Ivan	Elizabeth S. Garcia
4/21	Milka Miller	Milka & Natta Miller
4/23	Albert Arzate	Rosa Lechuga
4/26	Paul Moncila	Adriana & Ricardo Monilla
4/29	Mark	Bethany Shrewsbury
4/29	Samantha	Juan & Sandra Aguilar
4/30	Mark Adrian Arredondo	Bethany Olivas
5/11	Colton	Richard Coy
5/11	Markus Miller	Milka & Natta Miller
5/11	Jeffrey Smith	Linda Smith
5/13	Nathaniel Monaghan	Irma Vera
5/13	Luis Santiago	Marisela Alaniz
5/20	Zaylynn & Rose Arras	Kimberly Ramos
5/21	Oscar F. Hernandez	Jose & Alicia Hernandez
5/22	Alex Nunez	
5/24	Alena Maureen Garcia	Maureen & JP
5/26	Mathew Mendoza	George & Terry Mendoza
5/26	Robbi	Kim Archuleta
5/28	Adrian Lira	Luz H. Lira
5/28	Mike	Kathyn Holly



The Compassionate Friends Online Resources

(Updated March 2017)

The Compassionate Friends National website: <https://www.compassionatefriends.org/>

TCF Worldwide Candle Lighting (second Sunday of each December)

<https://www.compassionatefriends.org/event/annualworldwidecandlelighting/>

Open to Hope Webinars (in partnership with TCF) <http://www.opentohope.com/webinars/>

TCF National Conferences <https://www.compassionatefriends.org/event/40thtcfnationalconference/>

Online Support

The Compassionate Friends offers "virtual chapters" through an Online Support Community (live chats).

This program was established to encourage connecting and sharing among parents, grandparents, and siblings (over the age of 18) grieving the

death of a child. The rooms supply support, encouragement, and friendship. The friendly atmosphere encourages conversation among friends; friends who understand the emotions you're experiencing. There are general bereavement sessions as well as more specific sessions.

<https://www.compassionatefriends.org/findsupport/>

[onlinecommunities/](https://www.compassionatefriends.org/onlinecommunities/)

[onlinesupport/](https://www.compassionatefriends.org/onlinesupport/)

Private Facebook Groups

The Compassionate Friends offers a variety of closed Facebook Groups. These pages are moderated by bereaved parents, siblings, or grandparents, and may not be accessed unless a request to join is approved by a moderator. A private message will be sent prior to approval, please be sure to check your mailbox marked "Other" if you do not receive one in your main mailbox. These pages were established to

encourage connection and sharing among parents, grandparents, and siblings

grieving the death of a child, grandchild or sibling.

<https://www.compassionatefriends.org/findsupport/>

[onlinecommunities/privatefacebookgroups/TCF Loss of a Child](https://www.compassionatefriends.org/onlinecommunities/privatefacebookgroups/TCFLossOfAChild) [https://](https://www.facebook.com/groups/407123299460580/)

www.facebook.com/groups/407123299460580/

Moderators: Janet Ferjo, Karen Gieselman, Donna Goodrich, and Goody Tendall

TCF – Loss of a Stepchild [https://](https://www.facebook.com/groups/1615569958699734/)

www.facebook.com/groups/1615569958699734/

Moderators: Babe Muro

TCF – Loss of a Grandchild [https://](https://www.facebook.com/groups/421759177998317/)

www.facebook.com/groups/421759177998317/

Moderators: Debbie Fluhr, Jennifer “Sue” Hale, Helen Hill,

The Compassionate Friends Sounds of the Siblings (for bereaved siblings) [https://](https://www.facebook.com/groups/21358475781/)

www.facebook.com/groups/21358475781/

Moderators: Tracy Milne and Keith Singer

TCF Men in Grief [https://](https://www.facebook.com/groups/21358475781/)

www.facebook.com/groups/1614661475452607/

Moderators: Gary Odle and Mark Rambis

TCF Loss to Substance Related Causes [https://](https://www.facebook.com/groups/1515193738693712/)

www.facebook.com/groups/1515193738693712/

Moderators: Barbara Allen, Mary Lemley and Karen Zaorski

TCF Sibling Loss to Substance Related Causes [https://](https://www.facebook.com/groups/1516508415263760/)

www.facebook.com/groups/1516508415263760/

Moderators: Andrea Keller, Kristy Flower and Barbara Allen

TCF Loss to Suicide [https://](https://www.facebook.com/groups/100315106988458/)

www.facebook.com/groups/100315106988458/

Moderators: Donna Adams, Donna McGrew Anderson, Leanna Leyes, Mary Ann Ward, and Barbara Reboratti

TCF Loss to Homicide [https://](https://www.facebook.com/groups/924779440868148/)

www.facebook.com/groups/924779440868148/

Moderators: Dawn Wassel and Rebecca Perkins

TCF Loss to a Drunk/Impaired Driver [https://](https://www.facebook.com/groups/858226880883307/)

www.facebook.com/groups/858226880883307/

Moderators: Michelle Arrowood and Robin Landry

TCF Loss to Cancer [https://](https://www.facebook.com/groups/903539646362818/)

www.facebook.com/groups/903539646362818/

Moderators: Rita Studzinski

TCF Loss of a Child with Special Needs [https://](https://www.facebook.com/groups/1150750608285413/)

www.facebook.com/groups/1150750608285413/

Moderators: Carla Gust Nordlinder and Donna Reagan

TCF Loss to Long-term Illness [https://](https://www.facebook.com/groups/833665880062696/)

www.facebook.com/groups/833665880062696/

Moderator: Debbie Gossen

TCF Infant and Toddler Loss [https://](https://www.facebook.com/groups/1511758585777339/)

www.facebook.com/groups/1511758585777339/

Moderators: Tiffany Barraso, Julia West and Deanna Wheeler

TCF Loss of an Only Child/All Your Children [https://](https://www.facebook.com/groups/976514755722145/)

www.facebook.com/groups/976514755722145/

Moderators: Anne Arbalaez, Becky Barch, Joannie Kemling, and Tonja Knobel

TCF – Loss to Miscarriage or Stillbirth [https://](https://www.facebook.com/groups/1416535188654265/)

www.facebook.com/groups/1416535188654265/

Moderators: Libby Hall and Kelly Kittel

TCF – Loss to Mental Illness [https://](https://www.facebook.com/groups/1481781792114726/)

www.facebook.com/groups/1481781792114726/

Moderators: Sherry Cox and Annette Swestyn

TCF – Crafty Corner [https://](https://www.facebook.com/groups/663193450477232/)

www.facebook.com/groups/663193450477232/

Moderators: Gail Lafferty and Kathy Rambo

The Compassionate Friends Chapter Leadership (for anyone currently serving on a Chapter steering committee)

Moderator: Debbie Rambis [https://](https://www.facebook.com/groups/1422251371371148/)

www.facebook.com/groups/1422251371371148/

TCF – Sudden Death: <https://www.facebook.com/groups/103330700152910/> Moderators: Dana Young, Carol Ladouceur and Bettie Jeanne Rivard Darby

TCF – Grandparents Raising their Grandchildren (for grandparents who are raising the children of their child who died)

Moderators: Diana Marie

National Suicide Prevention Lifeline (24/7 hotline): <https://suicidepreventionlifeline.org/#>

National Suicide Prevention Lifeline Online Chat (24/7 hotline):

<http://chat.suicidepreventionlifeline.org/GetHelp/LifelineChat.aspx>