



A non-profit self-help organization offering friendship and support to families who have experienced the loss of a child

### Meeting Site

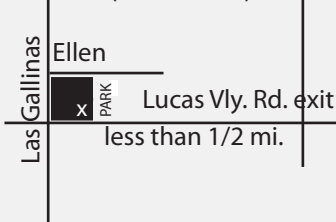
Lucas Valley Community Church Conference Room  
2000 Las Gallinas at Lucas Valley Rd. in San Rafael  
3<sup>rd</sup> Tuesdays of the month at 7:30 P.M. (7pm if first time)

Directions Exit 101 at Lucas Valley Rd. and go west. Turn right onto Las Gallinas and make an immediate right onto Ellen, then a right turn into the parking lot at the signage. The Conference Room is located in the first building next to the parking lot. For more info, call our TCF Hotline 415/457-3123. Please call prior to your first meeting, so that you might meet with the facilitator before the meeting begins.

#### MAP

101  
North

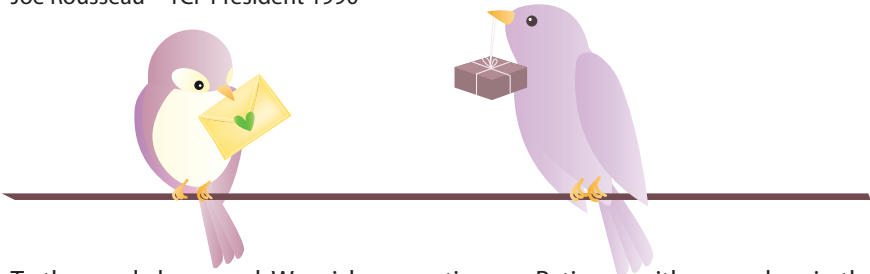
(not to scale)



San Francisco Chapter:  
Community Meeting Room/Taravel Police Station at 2345-24<sup>th</sup> Ave. (near Taravel) in S.F. on the 2<sup>nd</sup> Wednesday of the month at 730 pm. For more information, call Audre at 650/359-7928 or alhallum@comcast.net.

### Wishes For Bereaved Parents for the New Year

Joe Rousseau ~ TCF President 1990



To the newly bereaved: We wish you patience-- Patience with yourselves in the painful weeks, months, even years ahead.

To the bereaved siblings: We wish you and your parents a new understanding of each others' needs and the beginnings of good communication.

To those of you who are single parents: We wish you the inner resources we know you will need to cope, often alone with your loss.

To those experiencing marital difficulties: After the death of your child, we wish you a special willingness and ability to communicate with each other.

To those of you who have suffered the death of more than one child: We wish you the endurance you will need to fight your way back to a meaningful life once again.

To those of you who have experienced the death of an only child or all of your children: We offer you our eternal gratitude for serving as such an inspiration to the rest of us.

To those of you who are plagued with guilt: We wish you the reassurance that you did the very best you could under the circumstances, and that your child knew that.

To those of you who are deeply depressed: We wish you the first steps of the "Valley of the shadow."

To all fathers and those of you unable to cry: We wish you healing tears and the ability to express your grief.

To those of you who are exhausted from grieving: We wish you the strength to face just one more hour, just one more day.

To all others with special needs that we have not mentioned: We wish you the understanding you need and the assurance that you are loved.



### **Adult Siblings Loss Group**

Although this group is not presently active, Elise Noland and Caitlin Fager, past co-facilitators, are still available by phone or email for questions or concerns. Elise eliseln@yahoo.com or Caitlin cfager@gmail.com.

## *The Holidays are Behind Us*

It is the new year. The holidays are behind us. We did with them what we could. Whether they were a time of sorrow, a time of joy, or a combination of both, they are now a part of our memories. In a strange way, as a memory in our hearts and in our minds, our child's place is there among all the other memories of the season. There is hurt along with the memory, but also a thankfulness for the memory.

Now we look out at the winter landscape. The earth is cold, the land sharply defined. Yet underneath the hard crust, the energy and warmth of our earth is guarding and providing life to all that grows. We may personally know the coldness and hardness of a grief so fresh that we feel numb – a grief so hurtful that our body feels physically hard, our throats tight from tears shed or unshed, our chests banded tightly by our mourning heart.

If we are not now experiencing this, our memories recollect so easily those early days. Yet, as we live these days, like the earth from which we receive our sustenance, we too, in our searchings, find places of warmth and change and love and growth deep within. Let our hearts and minds dwell in these places and be armed and renewed by them, and let us have the courage and love to share them with our loved ones, to talk about even that first dim shape of new hope or of new acceptance or of new understanding or of new love. These are the new roots, born of our love for our child, that are forming and stirring within, gathering strength so that our lives, at the right time, can blossom once again and be fruitful in a new and deep way.

Marie Andrews

TCF Southern Maryland Chapter, MD

## *Wintersun*

The Poems of Sascha Wagner

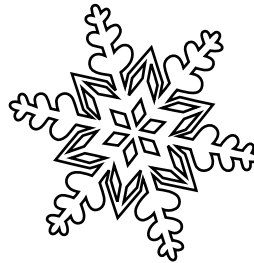
There are those days in winter  
When your world is frozen  
Into a vision of eternal ice,  
When earth and air  
Are strangers to each other,  
When sound and color seem forever gone.

There are those days in winter  
When you feel like dying,  
When life itself surrenders you to anguish,  
To total mourning and to endless grief.

And then it happens: from the bitter sky,  
A timid sun strides to his silent battle  
Against the grey and hostile universe –  
It changes ice to roses, sky to song.

And then it happens that your heart recalls  
Some distant joy, a gladness from the past  
A slender light at first, then larger, braver,  
Until your mind returns to hope and peace.

Let memories be beauty in your life,  
Like song and roses in the wintersun  
Dedicated to Randy Misita,  
Son of Bernie and Tony, brother of Angela





Will return next issue.

To submit a question or concern, please contact: [ckearns@comcast.net](mailto:ckearns@comcast.net)

Carol has a very good website for bereaved parents: [www.carolkearns.com](http://www.carolkearns.com)

## *As We Face a New Year*

Reprinted from TCF Old newsletter February/March 1994 (adapted)

Instead of the old kind of New Year's resolutions we used to make and break, let's make some this year and really try to keep them:

Let's not try to imagine the future—take one day at a time.

Allow yourself to cry, both alone and with your loved ones.

Don't shut out family and friends from your thoughts and feelings. Share these difficult times. You may all become closer for it.

Try to be realistic about your expectations—of yourself, your spouse, other family members and friends. Each one of us is an entity, therefore different. So, how can there be perfect understanding?

When a good day comes, relish it, don't feel guilty and don't be discouraged because it doesn't last—it WILL come again and multiply.

Take care of your health. Even though the mind might not care, a sick body will only compound your troubles.

Drink lots of water, eat properly, rest (even if you don't sleep), and get moderate exercise. Help your body to heal, as well as your mind.

Share your feelings with other Compassionate Friends and let them share with you. As you find you are caring about the pain of others—you are starting to come out of your shell and that's a very healthy sign.

I know these won't be easy, but what has been?  
It's worth a try, don't you think?

Nothing to lose and perhaps much to gain.



### Grief Support After the Death of a Child

The mission of The Compassionate Friends is to assist families toward the positive resolution of grief following the death of a child of any age and to provide information to help others be supportive.

The Compassionate Friends is a national nonprofit, self-help support organization that offers friendship, understanding, and hope to bereaved parents, grandparents & siblings. There is no religious affiliation & there are no membership dues or fees.

The secret of TCF's success is simple: As seasoned grievers reach out to the newly bereaved, energy that has been directed inward begins to flow outward and both are helped to heal. The vision of The Compassionate Friends is that everyone who needs us will find us and everyone who finds us will be helped.

## CHAPTER ANNOUNCEMENTS

Marin Chapter:  
415/457-3123

No. CA Regional Coordinator:  
Genesse Gentry  
21 Shemran Ct.  
Fairfax, CA 94930  
415/457-2862

Marin TCF website:  
[www.tcfmarin.org](http://www.tcfmarin.org)

Talk with a Friend:  
When you want someone to  
talk with, the following people  
will welcome your call:  
Judith Billings ..... 707/452-1116  
(afternoons)  
Ed Garvey ..... 650/756/8010  
(suicide loss)  
Sallee Kiilerich..... 415/897-6849  
Natalie Meyring.. 415/385-1008  
(sibling loss)

TCF National Office:  
P.O. Box 3696  
Oak Brook, IL 60533-3696  
Phone: 630/990/0010  
Toll Free: 877/969/0010  
Fax: 630/990/0246  
Email: [nationaloffice@  
compassionatefriends.org](mailto:nationaloffice@compassionatefriends.org)

TCF National Website:  
[www.compassionatefriends.org](http://www.compassionatefriends.org)  
offers supportive services and  
chat rooms

Additional Support Sites  
[friendsforsurvival.org](http://friendsforsurvival.org)  
[opentohope.com](http://opentohope.com)  
[groww.org](http://groww.org)  
[Healingafterloss.org](http://Healingafterloss.org)  
[Bereavedparents.com](http://Bereavedparents.com)  
[childloss.com](http://childloss.com)  
[survivorsofsuicide.com](http://survivorsofsuicide.com)  
[inlovingmemoryonline.org](http://inlovingmemoryonline.org)

Neonatal Support:  
Chris Lehr, LCSW, (415) 282-  
7330. [www.HANDsupport.org](http://www.HANDsupport.org).

Hospice by the Bay offers  
individual and group grief  
counseling.  
Marin (415) 927-2273  
SF (415) 626-5900  
Sonoma (707) 935-7504



### Marin TCF Meeting Calendar

Jan. 19th and Feb. 16th

#### Coming to a TCF meeting for the first time???

We recognize all too well that it takes courage to come to the first meeting, whether you are a bereaved parent of one month or 5 years. You are welcome to bring a friend or relative for moral support if you wish. You will find that it is all right to cry or to laugh, to share how you feel or just listen. You are welcome to come late and leave early. We recommend that you attend 2-3 meetings before deciding if TCF is not for you. Each meeting is as varied as the attendees and the topic.

You will meet parents in both early and late stages of the grief process. Meetings are attended on a drop-in basis. Each meeting is different and unpredictable. As the meeting begins and people express their feelings topics will emerge. Longtime members are present at meetings to help new members process their tremendous losses in their lives, and to show that some time down the road of grief, they too will be able to function and grow and learn how to live with these losses. It is best if you contact TCF prior to your first meeting at 415-457-3123 so we can meet with you at 7pm before the meeting begins.

Visit [www.compassionatefriends.org](http://www.compassionatefriends.org) & [www.tcfmarin.org](http://www.tcfmarin.org)  
for information and support services.

#### Walk and Talk Group

All walks begin at 10 am on the 1st Saturday of the month (rain or shine) unless otherwise noted. Bring water, appropriate clothing, and snacks/lunch if so desired; sometimes we "dine-out" and will notify you in advance.

February 6 - Walk along the Bay Shoreline in San Rafael - Park in the Jean and John Starkweather Shoreline Park at the end of Pelican Way (the street past Home Depot) in San Rafael. From the park we will walk along the shoreline going northwest out and back. The walk is a completely flat, and mostly paved, but there is a part that is not, which can be muddy. An option would be to also walk southeast along the bay after we get back to the parking lot. The whole walk is just gorgeous! Water birds are everywhere so bring binoculars and cameras. Dogs are permitted on-leash. Please e-mail Genesse - [gbgentry@aol.com](mailto:gbgentry@aol.com) or call 415.457.2862 if you plan to join us.

March 6 - Crown Road fire road in Kent Woodlands. It is completely flat, an out and back walk so people could walk however much of it they want. An option would be to also hike down to Dawn Falls, which hopefully will be full. Crown Road is dog walking heaven since they can be off leash, but if it has rained, it will probably be muddy. Directions: Take Evergreen all the way up to Crown Road and turn left onto Crown Rd. which dead ends at the fire road gate. Park as close to the gate as you can. Please e-mail Genesse - [gbgentry@aol.com](mailto:gbgentry@aol.com) or call 415.457.2862 if you plan to join us.

What Will You Find?  
The Poems of Sascha Wagner



In everyone  
there is a secret place,  
where the sorrow  
of a lifetime  
tries to hide  
from the painful touch  
of recognition-  
Good friend,  
if you share  
your secret place,  
what will you find?  
Trust yourself!  
You will recover  
your courage  
in your own time,  
at your own pace.

*Your vote can help TCF win up to \$1 million*

You can help our organization in a big way with little effort! Plan to cast a vote for TCF January 15-22 in the second round of the Chase Community Giving program, and help us to win a \$1 million award. That's right, \$1 million.

The very unique \$5 million Chase Community Giving program has already awarded 100 nonprofits, including The Compassionate Friends, \$25,000 each for receiving the most votes in round one November 15-December 12 from among 500,000 eligible smaller nonprofits. Tens of thousands of nonprofits were nominated by their membership. The votes from our members, family, friends, and Facebook Fans combined to give us enough votes to finish in the top 100 of all charities participating.

In the January second round of voting, the nonprofit receiving the most votes will receive a \$1 million grant while five runners-up will receive \$100,000 each. The Compassionate Friends is aiming squarely for the \$1 million top grant!

Voting in the Chase Community Giving \$5 million program is done entirely on Facebook. Even if you're not already on Facebook, you can easily join, cast your vote, and then, as you wish, either use or deactivate your account. For more information on this tremendous opportunity to help our organization and bereaved families just like yours, please visit our national website at [www.compassionatefriends.org](http://www.compassionatefriends.org) for updated information. You can also write [wayne@compassionatefriends.org](mailto:wayne@compassionatefriends.org).

Thank you to all our chapter members who voted in the first round for our organization!

2009 "Our Children  
Remembered" DVD

"Ordering Information for 2009  
Our Children Remembered  
To order a copy of Alan Kolsky's  
wonderful Candle Lighting  
DVD, send a \$20.00 check for  
each copy made payable to:  
Digital Video Dimensions to:

Digital Video Dimensions  
Attn: 2009 TCF DVD  
273 Crest Road  
Novato, CA 94945

This fee includes postage,  
handling, sales tax, and a \$5.00  
contribution to the Marin  
TCF Chapter for each copy  
purchased. Please be sure to  
include your mailing address  
along with your payment.  
DVDs will be shipped via First  
Class Mail within 5 days of  
receipt of payment.

Questions: Alan Kolsky  
(415) 893-9070

Email:  
[alan@digitalvideodimensions.com](mailto:alan@digitalvideodimensions.com)



**THE  
COMPASSIONATE  
FRIENDS**

Marin County, California Chapter  
P. O. Box 150935  
San Rafael, CA 94915

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Jan/Feb 2010

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Dated Material - Please Deliver Promptly

Directions to the  
Children's Memorial



Take Sir Francis Drake Boulevard to Bon Air Road in Greenbrae. Park on Bon Air Road across from Marin General Hospital. Take the path across the marsh and footbridge towards Corte Madera Creek. Turn right at the multi-use path and walk 1/8 mile or less to a bench. Just before the bench is a dirt path going off to the right. Take the path into the site. Be sure to take a moment to sit on the bench or look up at Mt. Tam and enjoy the solitude, beauty and solace of this site.



*Children's Memorial Update*

From my experience, one of the most difficult aspects of my son's death is not hearing his name mentioned again, or infrequently. To have a piece of mail addressed to him, to hear someone tell a story about him, or to find a picture previously unseen is a precious gift. I believe that our beloved dead wish to be remembered and that we wish to honor them by keeping their names alive in some way. Statues, the naming of buildings, scholarships, magnificent gravestones, endowments, the naming of towns: all these speak to honoring the memory of those who are no longer with us and whom we continue to love as if they were.

Our Compassionate Friends group of Marin is fortunate enough to have a lovely way to remember your child: engraving his /her name on a beautiful boulder, the fifth and last for which we are now gathering names. Currently, we have 36 names and have room for about 35 more names. If you would like to add your beloved child's name to this memorial, e-mail Karen Klingel at [kklingel@sbcglobal.net](mailto:kklingel@sbcglobal.net). A donation in any amount is much appreciated.

