



Marin County, California Chapter  
Alternate Meeting Site in San Francisco

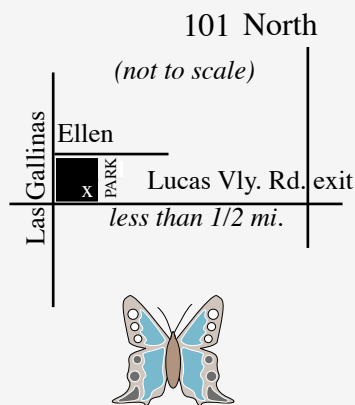
November/December 2007

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

**NEW** Change in Meeting  
Site starting November

**Lucas Vly. Comm'y. Church**  
**2000 Las Gallinas at Lucas**  
**Valley Rd. in San Rafael**  
(see map below)  
**3rd Tuesdays of the month**  
**7:30 P.M., HOWEVER**  
**7pm for a special Nov. event!**

**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 Genesse Gentry at 415/457-3123. Please call prior to your first meeting, so that you might meet with the facilitator before the meeting begins.



**Alternate site in San Francisco: Parents:** 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 7:30 pm. For information, call Audre at 650/359-7928 or [alhallum@comcast.net](mailto:alhallum@comcast.net).

## Worldwide Candle Lighting

Held annually the second Sunday in December, this year December 9, The Compassionate Friends Worldwide Candle Lighting unites family and friends around the globe in lighting candles for one hour to honor and remember children who have died at any age from any cause. As candles are lit at 7 p.m. local time, hundreds of thousands of persons commemorate and honor children in a way that transcends all ethnic, cultural, religious, and political boundaries.

The Worldwide Candle Lighting is a gift from The Compassionate Friends to the bereavement community allowing us all to join together in unity to remember and honor the memories of all children so they may never be forgotten.

Believed to be the largest mass candle lighting on the globe, the Worldwide Candle Lighting creates a virtual 24-hour wave of light as it moves from time zone to time zone. Hundreds of formal candle lighting events are held and thousands of informal candle lightings are conducted in homes as families gather in quiet remembrance of special children to always be remembered.

The Worldwide Candle Lighting started in the United States in 1997 as a small Internet observance but, as it has been embraced by the bereavement community, has swelled in numbers as word has spread throughout the world of the remembrance. A memorial message board is available during the event at TCF's USA website <http://www.compassionatefriends.org/>.



## TCF Marin Candle Lighting

For those of you have not been to our annual Candle Lighting service, you are in for a most memorable evening. We honor our children in prose and music and light a candle in their memory. Although held on the grounds of Unity in Marin, the event is not religious, but rather spiritual, loving and nurturing. Please arrive prior to 7pm. You are welcome to bring fingerfood (snacks, refreshments) for sharing afterwards. Unity in Marin is located at 600 Palm Dr. in the Hamilton area of Novato. Enter the area via Nave Lane (off 101), turning into the southernmost entrance. Follow Main Gate Road, veering left to the central area where Unity in Marin is located. It is well-lit with parking on both sides of the building and across the street.

## Deadline for Photos for Candle Lighting DVD Nov. 30

**Alan Kolsky** creates a wonderful DVD of our children for the Candle Lighting. If you are new to TCF or if you want to put in a *new* photo of your child for this year's Candle Lighting DVD, send the photo to: Digital Video Dimensions, attn: 2007 TCF DVD, 273 Crest Rd., Novato, CA 94945. You may send an electronic photo to [vachequiri@earthlink.net](mailto:vachequiri@earthlink.net). Include a self-addressed stamped envelope for photo return.

**DEADLINE: Nov. 30<sup>th</sup>**

**TCF Marin/San Francisco information phone line: 415/457-3123**



***“Leaving a candle in the window has been an American tradition since the Colonial Era. The candle symbolizes the warmth and security of the family home and its message is loyalty to a family member who is not present.”***

*Article to the right written lovingly by:  
Annette Mennen Baldwin  
In memory of my son,  
Todd Mennen  
TCF, Katy, TX  
June 27, 2006*

## ***A Candle for My Child***

Each night as darkness settles over our home, a little candle begins flickering in the east window of our stair case landing. The tiny light burns until dawn and then silently is quenched with the rising sun. This is my son’s light. About a year after Todd died, the leader of our chapter suggested a candle in the window for the holidays, as I had no inclination to decorate. I placed a candle there, and I have now replaced that candle with yet another candle. This is Todd’s candle.....this is Todd’s light.

Todd’s candle has a Victorian appearance and will burn steady or flicker. When the darkness comes forth, Todd’s candle begins its nightly vigil.....a vigil that will not end until I am dead. Although this is a small gesture, it has deep meaning for me. Sometimes I awaken in the middle of the night and walk into the atrium at the foot of the steps by the light of Todd’s candle. I’ll grab a glass of water and watch the candle flicker. Other times in the early evening, when only a reading lamp is lit in the living room, I will look into the atrium. Todd’s light shines. I feel as if he is with me somehow, in the light of this little candle. I think about him, his life, his joys, his sorrows, his immense capacity to love and to laugh. I feel a deep closeness to my son that cannot be explained to anyone but those who have lost a child. I understand that there is much peace and solace in keeping my child in my heart and life and in establishing my own private rituals of remembrance.

Leaving a candle in the window has been an American tradition since the Colonial Era. The candle symbolizes the warmth and security of the family home and its message is loyalty to a family member who is not present. So, it is fitting that Todd’s candle shines each night... ..reminding all that he is absent from our home, but not our hearts.

Each of us has a ritual of remembrance of our child. Some of us have consciously established this. Others have unconsciously done so. But there is a ritual that brings our child close to us, only to us. Our rituals are a very personal choice. I chose not to share my ritual for 2 1/2 years. Then one day a child who lives across the street asked me about the candle. I told her that it is my son’s candle. She asked if he was in Iraq. “No, I said, he’s in heaven.”

A momentary look of fright passed over her face, and then she smiled. “I thought you had kids. You act like a mom.” Her innocent comment about me “acting like a mom” once again reinforced the fact that we will always be parents. Those of us who have children who have died will always be parents to those children. That role has shaped who we are, and intensified it more with the death of our precious child.

This is one element of losing a child that escapes the general population. If you have not lost a child, you don’t understand, you can’t understand the feelings and emotions that run so deeply in our psyches and our souls. Our Compassionate Friends understand those emotions and our need to speak of our children, to deal with our overwhelming loss. Whether for a season or the rest of our lives, we have been good friends for each other. When I see Todd’s candle, I think of my child, other parents, their children, their loss, my loss, the totality of the sorrow that enters our meeting room every month, and yet, I also think of the joy. There is a peaceful joy, a sense of serenity in knowing you are not alone and isolated in your unique grief. Others are walking with you on the road of life after the death of their children.

So now, when I gaze at Todd’s candle, I remember his life, the security he felt within these walls, the growing up years, the love, loyalty and emotional stability he experienced as a child which enabled him to become a man of courage, self confidence and gentleness in the face of life’s worst and best. I think of the other children and the parents left behind.....the sons and daughters of my Compassionate Friends. These children are missed, they are loved and they, too, are kept forever in a parent’s heart. Their parents share a common bond with me that will follow each of us to our last day.

We have lost our precious, beautiful children. We know what pure and overwhelming grief really is. We walk this road together as Compassionate Friends. And we remember, each of us in our own way. Todd’s candle is one way to tell him that I love him as only a mother can love....unconditionally and forever. And I will always remember. I will always be Todd’s mom. I have found that being a parent is a lifetime journey....even when our children are not with us on life’s road. As parents, we define ourselves as interwoven with the fabric of our children’s lives. We always remember.

**Have a Question for Carol's Corner?**

Email your questions to [clkearns@comcast.net](mailto:clkearns@comcast.net).

## *Carol's Corner*

**Q.** Will you tell me more about Grief and Post Traumatic Stress Syndrome?

**A.** In the last newsletter we looked at the diagnosis of PTSD (Post Traumatic Stress Disorder) and the bereaved parent. Briefly, there are four categories of criteria needed to make this diagnosis. (1) The occurrence of a traumatic event. (2) Experiencing a reoccurrence of nightmares, flashbacks or psychological distress. (3) Avoidance of trauma-related stimuli. (4) Manifestations of hypervigilance, irritability, emotional numbness and/or difficulty sleeping. These symptoms persist for at least one month and cause significant disturbance in the patient's social and/or occupational functioning. As we know, we all grieve differently. While some parents have a need to talk about the death, others don't and where some have a need to re-live all the details, others won't. For this reason, treatment can be difficult. If any of the above symptoms do persist, I would highly recommend seeing a therapist. When choosing a therapist, make sure they are not only compassionate, but experienced with grief related issues.

After the death of a child, a family system can become pretty dysfunctional pretty fast. A mother may not be able to stop crying while a father can't talk about it. The surviving children become fearful and begin acting out. The surviving children's needs go on while we as bereaved parents want to disappear under the covers until the nightmare goes away. Some parents turn to alcohol and drugs, prescription or otherwise, to numb the pain and others disappear into their work. With both parents hurting, the normal spousal support systems are nonexistent, creating an exceptionally high divorce rate amongst bereaved parents. These families need help.

There are three arms of treatment available. First is educational. Helping a bereaved parent understand what they are going through and what is to be expected is very important. This normalizes the process of grief and feelings of going crazy. The Compassionate Friends is invaluable to this part of healing. Because these parents are in all stages of healing, sharing our stories with them not only helps with the normalization process but with learning methods of coping that may work for us as well. The second arm of treatment is psychotherapy. When I would see bereaved couples, I would from time to time see them individually as well. The reason for this is that couples often have a need to protect each other and may feel they are inflicting more pain if they share certain feelings, i.e. guilt, anger, suicidal ideations. Ideally, the therapist will focus on the effects of the child's death on the family as well as the individual.

Therapy should be symptom focused with an eye toward individualized coping mechanisms along with breathing and muscle relaxation techniques for insomnia and generalized anxiety. Substance abuse programs may be warranted as an adjunct to therapy. Thirdly, there is sometimes a need for pharmacologic treatment if the symptoms persist. These may include anti-depressants or medications for persistent insomnia accompanied by significant hyperarousal and reexperiencing symptoms. If symptoms persist despite these initial interventions, a consultation with a psychiatrist should be obtained before sedative or hypnotic agents are used. If therapy is desired, please consult with your doctor or you may check out the "referrals" link on my web site at: <http://www.carolkearns.com> or [www.carolkearns.com](http://www.carolkearns.com)

**Chapter Leader/No. CA  
Regional Coordinator:**

Genesse Gentry  
21 Shemran Ct.  
Fairfax, CA 94930  
415/457-3123

**Marin TCF website:**  
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 .. 415/383-4084 (sibling loss)  
Diana deRegnier.. 415/383-1703 (suicide loss/call 9am-8pm)

**TCF National Website**  
www.compassionatefriends.org

**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

**Additional Support Sites**  
Inlovingmemoryonline.org  
Healingafterloss.org  
Bereavedparents.com  
childloss.com  
survivorsofsuicide.com

**Men's Chat Room**  
TCF website on Mondays from 9-10 central time.

**Other Bereaved Parent Resources**  
The Center for Attitudinal Healing in Sausalito  
(415) 331-6161, ext. 106.

Hospice of Napa has a weekly bereavement group for adults, and a monthly bereavement group for survivors of suicide loss. Call Max Boveri at (707) 258-9080 for more information. what about marin???

• • • • • **CHAPTER ANNOUNCEMENTS** • • • • •

**Change in Chapter Meeting Facilitators and Site**

Our chapter wants to sincerely thank **Michelle Miller** for her role as Meeting Facilitator over the past year. We were very fortunate to have had Michelle's skills as her profession is Grief Therapy. She is now needing to focus on her career and her family. Thank you again, Michelle. We welcome **Louise Bruce** as our new facilitator. Louise has been with the Marin Chapter for 3 years, having lost both a daughter and a son within that time.

We will also begin meeting in a **NEW SITE**. (See front page for details). Centrally located and 5 minutes from the present site, it will give us important storage space and the ability to book the room far in advance.

**Marin TCF Meeting Calendar**

**Don't Miss It!**

**Tues., Nov. 20<sup>th</sup> - 7 PM for a SPECIAL EVENT** - We are very fortunate to have Alan Pedersen who has entertained and nurtured members at two national TCF conventions this evening. He has dedicated his music and work in loving memory to his beautiful and precious daughter, Ashley Marie Pedersen, who now soars with the angels. He says she taught him so much in life, and she continues to teach him since her death about what really matters. Alan thanks Ashley for giving him the precious gift of helping him to learn that success isn't measured by how high he climbs but rather by how far down he is willing to reach to help another. You may want to check out [everashleymusic.com](http://everashleymusic.com). The meeting is starting earlier so that we will have time for our usual sharing.

**Tues., Dec. 20<sup>th</sup>** - Milestones bring great sorrows, yet a deeper healing. Holidays put us in touch with our pain or sorrow, but pushing through it brings us to a further place in our grieving process. Eventually, we learn ways to receive comfort for the sadness and the memories become more sweet.

**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. 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 will know you are coming.

**Walking Group Revived**

After a very short hiatus, the Walking Group is being revived under the leadership of **Marcie Leach** with the helpful tutelage of **Louise Hubal**. All walks begin at 10am on the 1st Saturday of the month (rain or shine). Bring water, appropriate clothing, and snacks/lunch if so desired; sometimes we "dine-out". Please RSVP to Marcie so she will be on the lookout for you: [marcieleach@aol.com](mailto:marcieleach@aol.com).

We had a beautiful walk in October from the Children's Memorial to the Ross P.O. and back with some of us lunching at Half-Day Café.

**Nov. 3<sup>rd</sup>:** We will plant at Children's Memorial; bring bulbs and tools. Depending on time and the weather, we will take a walk after planting.

**Dec. 1<sup>st</sup>:** Meet at Children's Memorial and we will walk south into Larkspur.

**Jan. 5<sup>th</sup>:** Meet at Children's Memorial. Destination and length of walk TBA.

If you wish to get on the Walking Group list, contact Marcie. For those of you needing directions to the Memorial, you will find them on the final page.



## Volunteer Opportunities in the Marin Chapter

**Newsletter Editor:** Here's a special niche for someone interesting in organizing and keeping chapter members not only informed, but supported and encouraged. The current newsletter editor will work with you to get started. Please contact the editor (Sandy Williams) at [tcfed@comcast.net](mailto:tcfed@comcast.net) or Genesse at 457-3123 or [gbgentry@aol.com](mailto:gbgentry@aol.com).

**Other Volunteer Opportunities are available.** Contact Genesse at above numbers.

### ***A New Plaque for Children's Memorial***

**Karen Klingel** is chairing the committee for the new plaque project for children and families of Marin or Marin TCF at the Greenbrae Memorial Site. For an application form and information to have your child's name memorialized, you may contact Karen at: [kklingel@sbcglobal.net](mailto:kklingel@sbcglobal.net). (See directions to site on last page.)

### ***In Memoriam Program***

TCF Marin's main source of funding the newsletters, the meetings, the Candle Lighting and other TCF expenses has always been the Love Gifts sent in by TCF members, their friends and families in memory of our children. We think it's possible that people might like to donate money in memory of friends and family members (other than our children). These will be mentioned in the newsletter under the title *In Memoriam*. (This is separate from a Love Gift donation.)

Send *In Memoriam* donation information (with check payable to TCF/Marin) to: TCF/Marin Newsletter Editor, 254 Butterfield Dr., Novato, CA 94945.

**Check out our newly refurbished website at: [tcfmarin.org](http://tcfmarin.org)**

### ***Our Children's Legacy - Keeping Their Memory Alive***

Following the death of **Sue Potter**'s daughter in 2005, she and her husband were successful in setting up a Memorial Aviation Scholarship at the Florida Institute of Technology. On November 8, Sue and her sister will be in Melbourne, Florida, to meet the first recipient of the scholarship.

Sue's daughter Kelly attended Florida Institute of Technology (FIT) where she earned her B.S. in Aeronautical Science/Aviation Management. She worked as a flight supervisor at FIT assuring outgoing students safe departures. She also worked as a sales associate and did employee orientation and credit sales coaching. Kelly tutored in subjects as diverse as fiscal management and aviation physiology. She earned her FAA certification as a Flight Instructor in September 2005 just before she became ill with what she thought was the flu. On October 4 Kelly was admitted to the hospital where she was diagnosed with acute lymphoblastic lymphoma leukemia. She passed away November 27, 2005 at the age of 24.

Kelly was a talented artist as well. She left behind a wealth of paintings, short stories and poetry. Giclees of her paintings are being sold with the proceeds benefitting the Memorial Aviation Scholarship. Kelly's paintings have been on display in Marin County. You can see them in November and December at the So. Novato Public Library. To view her delightful creations on the web, go to: [www.kellypotter.org](http://www.kellypotter.org).

### **Adult Siblings Loss Group No Longer Meeting**

Elise Noland and Caitlin Fager, past co-facilitators, are still available by phone or email for questions or concerns. Elise: [eliseln@yahoo.com](mailto:eliseln@yahoo.com) or Caitlin [cfager@gmail.com](mailto:cfager@gmail.com).

### **In Loving Memory...**

If you are interested in creating a loving website for your child, go to [memory-of.com/Public/](http://memory-of.com/Public/).

*“Or was it just a coincidence or the blind siding that sometimes occurs without warning to those who have grieved for a long time?”*



### *The Eighth Year of Chanukah*

The first year of Chanukah was extremely difficult. Linda died on February 1st so by the time Chanukah arrived, the shock and numbness had disappeared. We could no longer pretend that she was on a business trip or visiting friends. We knew that she wasn't coming back.

Chanukah had been an important part of our family life. In addition to the lighting of the candles, we had created our own traditions and rituals. Chanukah is mostly a children's holiday but my family continued these observances even when my daughters became adults. The tears streamed down my face as I lit the ritual candles that first year. We decided to discontinue the parties, singing, special foods, and all of our other observances. They were too painful.

We've become snowbirds and spend Chanukah in Florida. I still light the candles - usually by myself - but otherwise keep the holiday very low key and skip the rest of the festivities. Since I don't have young children or grandchildren to think about, this doesn't create any problems. There's always a pang, but it has softened over the years. As a veteran bereaved parent, I am resigned to the fact that I will never celebrate with my entire family again.

Therefore, I didn't expect the eighth year of Chanukah to be unusual. I thought I had come to terms with the holiday. So why was the eighth year so difficult? Was it the fact that the eighth anniversary was approaching? Was it the symbolism of eight nights of candles and eight years?

Or was it just a coincidence or the blind siding that sometimes occurs without warning to those who have grieved for a long time? I probably will never know the answer and have decided that, as with many other things, it's just the way grief is. I'm just glad that, after eight years, the grief and pain usually are softer than they were in the early years.

*Stephanie Hesse TCF Rockland County, NY  
North Palm Beach, FL*

### **AS WE NEAR THE SPECIAL SEASON...**

As we near the special season that stirs up feelings of heritage, patriotism, thanksgiving, and our relationship with God, we are instantly reminded that it doesn't seem to fit together for us; our personal sense of well-being is suffering. Our hearts and spirits are undergoing the trauma of painfully fresh wounds in some cases, while others are coping with the scar tissue of older grief that refuses to heal or restore comfort to their lives. This season reminds me we are living with extra stress that must be resolved. I offer a few thoughts to each of you, along with my love, in hope that feelings of peace and purpose will return to bring you comfort.

First, be careful in agreeing to take on the traditional extra work that goes with holidays. You are coping with grief that will take much of your usable energy.

Second, be especially kind and patient with yourself. The need for physiological rest is vital at this time; regular sleep and rest hours will help.

Third, be aware that holidays and alcohol have become traditional companions; extra caution may be necessary to prevent the depressant effects of alcohol from further aggravating your grief anxiety.

Fourth, it's okay to change past practices that are especially painful reminders of what can be no more; do something different if you have to.

Finally, allow yourself private time as you need to, but also remember it's important to allow others to try to bring you comfort and give you extra help during the holidays. Loved ones need feedback that says: "I'm trying to recover, and I appreciate your help." Peace be with you.

*Ann Frost • TCF, Middle Georgia Chapter*

## The Gift of Time

When Laurie died by suicide in 1980, I was told, “take your TIME”... “It takes TIME”... “TIME heals”...

I didn't want to wait for TIME...I wanted this agony to be over and gone - in a hurry, ASAP...sound familiar?

Now I look at TIME differently. It has been a gift in many ways. As Iris Bolton said in her book, *My Son, My Son*, she was told there would be a gift in her son's suicide! What? A gift? How could that be?

But TIME does reveal a gift we never thought possible.

My TIME since Laurie died has been used in different ways I never would have known otherwise.

The TCF friends I've met have been a gift to my being - it takes TIME- (of course we would have preferred meeting under different circumstances)

The gift of TIME has also been returned to me through reaching out and being there for other bereaved parents...who in turn have given me the gift of their TIME...a gift I didn't ask for but TIME has helped me recognize.

May you find many new gifts this holiday season... “it takes TIME”, but it is worth it.

*Carole Katz, Cape Cod TCF*

### *Frost*

**On a cold winter's day**

**Frost etches a beautiful artistry**

**On every thing it touches every blade of grass**

**It glitters and sparkles and for moments**

**Before the sun comes out and the master piece evaporates**

**before our eyes we stand memorized cherishing the wondrous sight**

**Like frost our children were only here for a brief moment**

**But while they were here**

**Whether it was moments in the womb**

**Days, months or many years**

**They etched their beautiful artistry of love**

**On our hearts and lives and all of those**

**They touched.**

**Unlike frost what they etched is forever**

**It is something that we can cherish and hold onto always**

**We stand here tonight lighting a candle to remember children**

**we will never forget**

**Their light their spirits their artistry lives on**

**And like the flame of the candle gives warmth on a cold**

**winter's night**

**And light in the darkness**

**The love our children gave us still remains**

**It keeps us warm when the cold winds of grief blow**

**It lights our way through the darkness and loneliness**

**That we feel**

**And it gives us hope**

***Julie Short***

***In Loving Memory of Kyra***

***2007 Southeastern TCF***

***Candle Lighting Ceremony***



**Adult Siblings:** Not meeting as a group at this time. Former Co-facilitators Elise Noland (415) 823-3778 or [eliseIn@yahoo.com](mailto:eliseIn@yahoo.com) and Caitlin Fager (415) 823-2869 or [cfager@gmail.com](mailto:cfager@gmail.com) are available for your questions and concerns.

## *On a Night in December*

*As days moved on towards winter,  
and trees becoming bare,  
we were faced with shopping malls  
where carols filled the air.  
And thoughts all turned to loved ones,  
those present, and those not.  
For us, whose lives were drained of light,  
it was solace that we sought.  
And so began a journey  
of candles round the earth  
bringing light to darkness  
and honoring the worth  
of children held so dear to us  
but never to grow old,  
whose lives filled our life tapestries,  
with threads of finest gold.  
Now we gather on this night*

*and watch the candles burn  
see their pictures, say their names  
one by one, in turn.  
And our children, brothers, sisters,  
for whom we gather here,  
let us know, in the candles glow,  
that they are always near.  
Their light will e'er surround us;  
their love will always flow.  
When we leave, may we remember  
that this is ever so.*

*Genesee Bourdeau Gentry  
Author of Stars in the Deepest Night –  
After the Death of a Child  
Written for TCF Marin's  
2003 Candle Lighting Service*

## **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.



**THE  
COMPASSIONATE  
FRIENDS**

**Marin County, California Chapter**  
Newsletter Editor: Sandy Williams  
254 Butterfield Dr.  
Novato, CA 94945

Non-Profit Org.  
US Postage PAID  
Larkspur, CA  
Permit No.41

**Change in Meeting Site  
starting in November**

**November/December 2007**

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