



THE COMPASSIONATE FRIENDS

NORTHERN VIRGINIA AND DC CHAPTERS

ARLINGTON, FAIRFAX, LEESBURG, PRINCE WILLIAM,
RESTON, VIRGINIA AND WASHINGTON, DC

VOLUME 19, NO. 10

DECEMBER 2010/ JANUARY 2011

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

10 Tips for Living with the Holidays this Year

By Tom Zuba

1. Remind yourself that you will survive. You will.
2. Think about what will bring you the most peace this holiday season.
 - a. Keeping all traditions intact?
 - b. Tweaking some traditions a bit and adding new ones?
 - c. Throwing out all the old traditions and starting new ones?
 - d. Flying to the Caribbean and completely skipping the holidays this year? It's okay to do that.
3. Don't expect anyone to mention your child by name. *Believe it or not*, that's your job. People will look to you to determine whether or not it's safe to talk about the person that died. A few subtle ways to do that:
 - a. Serve/bring your child's favorite dish to the holiday get-together – talk about it!
 - b. Bring a favorite picture – pass it around. Work it into the dining table centerpiece.
 - c. Bring a favorite memento – a book, a poem, a toy, a video, an article of clothing - share it after dinner.
 - d. Have your child's favorite music playing in the background – tell the story!
4. Plan a special evening for close family and friends when you REMEMBER. Ask everyone to bring a favorite photo and write down a special memory. Set time aside to sit in a circle and share the photos and memories.
5. Remember that it's okay – it's even healthy – to cry.
6. It's okay to stay in bed...you will get out, when you are ready and able.
7. It's also okay to smile or even laugh, a bit. You're not being disloyal.
8. Buy yourself a gift. Wrap it. Write a note – to you – from your beloved child.
9. Buy someone less fortunate than you a gift.
10. Light a candle.

Used with permission from the author, Tom Zuba, twice bereaved parent, author, speaker, and workshop presenter.
www.tomzuba.com

A new year brings time to reflect on the children we love, those who remain with us and those for whom we grieve ~
Wayne Loder



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www.tcfairfax.org

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<http://www.tcfleesburg.org>
webmaster@tcfleesburg.org

Prince William Website

<http://www.tcfprincewilliam.org>

December 2010 Meetings

Dec. 1 (first Wednesdays)

7:30 PM Fairfax
7:30 PM Leesburg

Dec. 9 (second Thursdays)

7:30 PM Arlington

Dec. 11 (second Saturdays)

2-4 PM TCF Reston

Dec. 15 (third Wednesdays)

7-9 PM Washington DC

Dec. 16 (third Thursdays)

7:30 PM Prince William

January 2011 Meetings

Jan. 5 (first Wednesdays)

7:30 PM Fairfax
7:30 PM Leesburg

Jan. 8 (second Saturdays)

2-4 PM TCF Reston

Jan. 13 (second Thursdays)

7:30 PM Arlington

Jan. 19 (third Wednesdays)

7-9 PM Washington DC

Jan. 20 (third Thursdays)

7:30 PM Prince William

Arlington Chapter

Contact: Lois Copeland
(301) 530-1115
loiscopeland52@gmail.com

Please send
"Love Gifts" to:
Kent Womack
1013 Riverside Dr.

Trinity Presbyterian Church
5533 N.16th St
Arlington, VA

Fairfax Chapter

Contact: Carol Marino
Carolmarino1@gmail.com
or Jane Trimble
janetrimble@juno.com or
Diane Burakow
dkburakow@verizon.net

Please send
"Love Gifts" to:
John Trimble
5209 Wenlock Way
Burke, VA 22015

OLD ST.MARY'S HALL,
next to St. Mary's Historic
Church and Cemetery
Fairfax Station Rd
and Route 123
Fairfax, VA 22030

First Wednesdays 7:30 PM

Chapter Phone:
(703) 622-3639

Leesburg Chapter

Contact: Bev or Bernie Elero
(540) 882-9707

Please send
"Love Gifts" to:
Mrs. Anne Shattuck
224 Walnut Ridge Ln.
Palmyra, VA 22963

St. James Episcopal Church
Janney Parlor
14 Cornwall St NW
Leesburg, VA

First Wednesdays 7:30 PM

Prince William Chapter

Contact: Ken Adams
(703) 361-6574
adamsksbjk@comcast.net

Please send
"Love Gifts" to:
Peggy Beach
10404 Schaeffer Lane
Nokesville, VA 20181

Grace United Methodist Church
Library, 2nd Floor
9750 Wellington Rd
Manassas, VA

Third Thursdays 7:30 PM

TCF Reston**(for no surviving children)**

Contact:
Harriett Evenson (VA)
(703) 525-9311
Sharon Skarzynski (MD)
(410) 757-5049

North County Gov Bld.
Reston Police Station Bld.
12000 Bowman Towne Drive
Reston, VA

Second Saturdays 2-4 PM
(for no surviving children)

Washington, DC Chapter

Contact: Olivia Gunter
(301) 552-2798

Please send
"Love Gifts" to:
Coralease Ruff
3314 Applegrove Ct.
Oak Hill, VA 20171

The Howard University
The Blackburn Center
2397 Sixth Street, NW
Washington, DC 20059

Third Wednesdays 7-9 PM

Arlington Chapter

TCF Meeting: December 9, 2010

Place: Trinity Presbyterian Church

Time: 7:30 p.m.

Topic: Significance of Candle Light in Grieving

Candle Lighting Service December 12

The Arlington Chapter of The Compassionate Friends Candle Lighting Service will be held Sunday, December 12th at 6:30 PM at the Trinity Presbyterian Church in memory of our children, siblings and grandchildren. Fellowship with refreshments will follow. Please arrive at 6:00 PM so the service can start promptly at 6:30 PM. The Service is open to **all bereaved family members**. We encourage you to bring family to join us on this special evening.



Bring a picture of your child for our picture table and a snack to share.

...that their light may always shine.

TCF National on Facebook, get there by becoming a fan, or by clicking link from TCF's home page

www.compassionatefriends.org.

Survivors of Suicide, survivorsofsuicide.com

Parents of Murdered Children, natipomc@aol.com

1-888-818-7662

Haven of Northern Virginia, havenofnova.org

703-944-7000

SHARE (Pregnancy& Infant Loss Support, Inc.)

800-821-6819, nationalshareoffice.com

Washington Regional Transplant Community (WRTC)

703-641-0100,

TCF Chat Room-compassionatefriends.org

Thoughts of Candle Light for the Winter Holidays

Light a quiet candle, Send a quiet kiss,
Say a quiet fare-thee-well to the one you miss.
Light a quiet candle, Shed a quiet tear,
Sing a quiet lullaby and the quiet Christmas Star
will hear.

~Sascha Wagner, Des Moines, Iowa~



Candlelight

In the Jewish faith,
Symbolizes the Human Being.
The Wick is the Body,
The Flame is the Soul that Strives Upward.



“When the times come for lighting festive candles,
Let them remind you not only of what you have lost,
But also of what you had.”

~Sascha Wagner, Des Moines, Iowa~

He took his big candle
And went into another room
I cannot find him but I know he was here
Because of all the happiness he left behind.

~A Chinese Poem~



These candles burning each December,
Symbols of those we remember,
Bring forth tears which freely flow
And mingle with the candles' glow.

But thoughts of each dear girl and boy,
Those who no more may bring us joy,
Now cause our hearts to fill with pain
As we assemble here again.

Though tears still come in times ahead,
To gratitude we must be led
That for a while we held our child
And sometimes cried but often smiled.

May every candle lit tonight
Bring back into the memory's sight
The joys we knew mixed with tears,
From our dear children through the years.

~Robert R. Gloor, Tuscaloosa, TCF~



This is your newsletter. Send in your poems and/or articles that helped your grief journey.



Arlington Chapter

TCF Meeting: January 13, 2011

Place: Trinity Presbyterian Church

Time: 7:30 pm

Information/Resources

TCF National-www.compassionatefriends.org—for information from National, to receive the TCF E-Newsletter, to join TCF Facebook.

Survivors of Suicide-survivorsofsuicide.com

Parents of Murdered Children, natipomc@aol.com, 888-818-7662

Haven of Northern Virginia, havenofnova.org, 703-944-7000

SHARE (Pregnancy & Infant Loss Support, Inc.)

nationalshareoffice.com, 800-821-6819

Washington Regional Transplant Community, (WRTC), contactwrtc@wrtc.org, 703-641-0100

Wishes For Bereaved Parents For The New Year

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's 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 martial 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 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 out of the "valley of the shadow."

To all fathers and those who find it difficult 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 us 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.

~Joe Rousseau, TCF National-



"These days are the
Winter of the soul, but
Spring comes and brings
new life and beauty –
because of the growth of
roots in the dark."

~Iris Bolton,
From *Surviving a Suicide*

The Grocery Cart (and a resolution)

Shopping. Not easy for the newly bereaved. Not easy for the old timer, sometimes. Too many memories in those aisles.

Grocery shopping tells a lot about people. The other day, I looked into the faces of my fellow cart pushers. The more I looked, the more I saw. Stress...worry...pressure. Mostly they seemed hurried, tired...even sad.

I began to wonder how often I take the time to REALLY LOOK at the people in my home. At dinner that evening I quietly studied the face of my husband...and his rough, hard working hands. I look at his shoes and wondered where his feet would take him this coming year...and how much would be sorrow and how much would be joy. And even...would he be here for all of next year? It was then that I made my only resolution for the New Year. It is to look, REALLY LOOK at the faces, hands, and feet of the people in my life who are still alive and with me. And not just look...but listen to the sound of their unique voices... and put that in my memory box.

Fears that bereaved parents suffer from are:

- Will I be able to remember the sound of his/her voice?
- Will I forget what he/she looked like?

I know I wish I had looked and listened more to my son...before he died.

Maybe this is one resolution that is worth keeping... while we still have time.

~Alice Munroe, *BP/USA, St. Louis Newsletter*~



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 each, 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 amongst 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 on a winter landscape. The earth is cold, the land sharply defined. Yet underneath the hard crust, the great energy and warmth of our earth is guarding and providing life to all that grows.



Arlington Chapter

Sibling Corner

Reflections

With the death of my sister came some painful realizations: that life isn't always fair or predictable; that sometimes even my best still isn't good enough; and that from the day of her death, the happy events in my life would always be tinged with sadness.

Despite the pain and loss, death has also left me with some valuable lessons and precious gifts. As a result of my sister's death, I have a greater appreciation of life and a greater compassion for those who hurt. I have learned to be a survivor and to have a successful career and productive life in the face of tremendous grief and loss. I have been gifted with good friends and special people to help me through the rough times. But most of all, I have been given the gift of time - to heal and time to replace those painful memories of death with priceless memories of my sister's life.



January

January is depressing; it's the coldest month of the year, the snowiest month, with a bitter frozen landscape, and in addition we feel the after effects of the holidays. But worse of all we lost David in January.

I remember wondering if we could survive this trauma in our lives and ever be a normal family again.

That first year we remembered all the events of the previous year and realized we were counting down each event. Our countdown started at Thanksgiving – we had a big family celebration, then onto Hanukkah, followed by New Years, my nephew's Bar Mitzvah January 15 and a luncheon for my son and new daughter-in-law on January 23. One week later, to the hour, David suddenly died. The grief felt like it was more than we could bear. But we did survive.

Each year we still countdown those events, but with time the pain is less intense.

~Lois Copeland, TCF, Arlington, VA



As Long As I Can

As long as I can, I will look at the world for both of us.

As long I can, I will laugh with the bird, I will sing with flowers, I will play to the stars, for both of us.

As long as I can, I will remember how many things on this earth was your joy. And I will live as well as you would want me to live, as long as I can.

~by Sascha~

(Sascha's son Nino drowned at age 3; years later, her daughter Eve died by suicide at age 21)



Love Gifts

Elaine Anzevino, in loving memory of her son,
Aaron Anzevino Pitman

Jay and Lois Copeland, in loving memory of their son,
David Michael Copeland

Dave and Mary Hagopian, in loving memory of their daughter,
Nancy Kathleen Hagopian

Mary C. Robinson, in loving memory of her granddaughter,
Taylor A. Ragland

Bittersweet

**Is good in chocolate...
Looks nice as a growing plant
but is hard to take when it's a
family day with one child missing.**

~Joan Schmidt, TCF Central Jersey Chapter



November 2010

Leesburg Chapter

National Survivors of Suicide Day November 20, 2010 URL: <http://www.afsp.org/survivorday>

Thanksgiving

Nine years ago in October our beloved son, Brian died by suicide. It has been a long, very sad and difficult journey. But the years have also been filled with love, peace, courage and hope. Our Christian faith has helped us more than anything to not only survive through the incredible loss of our son but live with hope for the eternal future. God has sent us many precious gifts to help us through the years. He has sent so many incredibly courageous bereaved parents into our lives.

We have received so much from our fellow grief travellers. While the following list is not meant to be exhaustive, the vulnerability and openness of our fellow bereaved parents have been gifts to us. Thank you for your:

Kindness, encouragement, support, understanding, tears of sorrow, stories about your children, openness to share your pain, compassion, your listening skills, empathy, hope for the future, prayers, hugs, smiles and laughter mixed with the incredible sorrow that is always beneath the surface, wisdom for the arduous journey, willingness to volunteer your time and to reach out and relive your own pain, your writings and poetry, the books you have written, the songs you have composed and sung, the conferences, the TCF meetings and newsletters, your example of how to live life each day and honor your children, your ability to know what is really important, your generosity, your thoughtfulness, your ability to see signs from God of your child, your openness to accept and not judge, your faith, your understanding of the value of each life, your depth from within and above all your love.

Thank you dear and most precious bereaved parents. You are beautiful and truly...*Compassionate Friends*. Your children are so proud of you for reaching out with love and compassion to other bereaved parents. We are thankful to God for the bereaved parents we have met. You have helped us on our journey and we are so grateful.

Beverly and Bernie Elero, TCF Leesburg, in loving memory of Brian

You're Here, Now You're Gone

You're here.
Now you're gone.
It went just that fast.
Where'd it begin? Where'd it end?
Like a flash of lightning in the sky.
So bright and full of life.
Now gone and full of emptiness.
How'd it start? Why didn't it stop?
No one knows, but everyone cares.
Your spirit is flowing in the air.
You're not here, but you'll never be gone.
You will always rise with the morning dawn
You hold my heart
It will never be torn apart.

... by Catherine Ludlow, in memory of her sister,
Cynthia, who died by suicide



First Thanksgiving

The thought of being thankful
fills my heart with dread.
They'll all be feigning gladness,
not a word about her said.

These heavy shrouds of blackness
enveloping my soul,
pervasive. Throat catching,
writhe in me, and coil.

I must, I must acknowledge,
just express her name,
so all sitting at the table,
know I'm thankful that she came.

Though she's gone from us forever
and we mourn to see her face,
not one minute of her living,
would her death ever replace.

So I stop the cheerful gathering,
though my voice quivers. quakes,
make a toast to all her living,
That small tribute's all it takes.

Reprinted from "Stars in the Deepest Night"
Genessee Bourdeau Gentry, With Permission granted

December 2010

Leesburg Chapter

It's Christmas Time Again

It's Christmas time again and you're not here.
 I'm so tired of pretending that I'm full of good cheer.
 I miss you so much and even more at Christmas time.
 My pain is hidden from others, they think I'm just fine.
 I look at the ornaments on the Christmas tree,
 Visions of you are all that I see.
 I see visions of you from Christmas's past,
 As a baby, a child, a teen, and a young adult.
 But the bitter-sweet memories have opened my heart's vault.
 It's Christmas time again and you're not here.
 But sweet Jesus has come so close and so near to wipe away my tears.
 Baby Jesus came to the earth,
 So that you could be given a heavenly re-birth.
 You're spending Christmas in heaven now for all of the years,
 A perfect place of joy and no more tears.
 You're spending Christmas in heaven above,
 A place filled with beauty and amazing love.
 It's Christmas time again and you're not here...
 You are there in heaven above,
 Christmas wrapped in God's mercy and infinite love.



Beverly Elero, Leesburg, VA TCF
 Brian's mom

Chanukah Thoughts

At this season of lights
 We remember the light that you brought into our lives:
 The light of your laughter,
 The light of your wit and intelligence,
 The light of your love.
 May the time not be distant when
 the memory of these lights
 will illuminate our hearts and minds
 and eradicate the darkness therein.



Author Unknown

A Warm Welcome to our new members

Sherri Carmical, Declan's mom

Davender Babu, Jayadev's Dad



Christmas Eve

by Richard Dew, MD, from Rachel's Cry

Silent night, holy night...

"It's about time," he says quietly.
 Deliberately, wordlessly,
 They gather the materials
 Carefully put away last year,
 The matches, candle, candle jar
 To fend off the harsh winter wind.

Tis the season to be jolly...

Slowly they drive toward the town's edge,
 Past homes with bright, blinking bulbs.
 Cars of faraway relatives
 Fill their drives. Happy, laughing
 Families, children home from school,
 Pass by on the way to midnight Mass.

It's the most wonderful time of the year...

At last, town lights left far behind,
 They sit mute, each wrapped in private
 Cocoons of memories of Christmas past,
 Excited whispers from their room,
 Silly giggles, fervent good-night
 Kisses, anticipation of morning.

On a cold winter's night that was so deep...

Through the gate, down the drive, engine killed.
 Frozen grass crunching underfoot
 Hand-in-hand they walk up the hill
 To the familiar moonlit stone.
 With practiced hands they brush it clean,
 Then prepare their votive Noel.

The world in solemn stillness lay...

Lump in throat, arm-in-arm,
 Candle lit, they stand and weep,
 But not so bitter as in years past.
 The pain's as deep but not so long,
 As once again they dream of things
 That should have been but never were.

The stars in the sky look down where he lay...

"Let's go," he says. She nods assent.
 They leave, though turn back once to see
 The lonely flame of their lost child
 Gleaming peacefully through the dark.
 He whispers softly, his visit done,

"Merry Christmas and good-night, my child."

Reprinted with permission of Author



January 2011

Leesburg Chapter

To My Son

I spoke these words at Adam's unveiling on August 29, 2010. An unveiling is a Jewish rite where the gravestone is uncovered, prayers are recited and readings may be done.

Dearest Adam,

I miss your big, yet gentle presence, your warmth, humor, sweetness and humility. I miss your gorgeous eyes and smile, your walk, your smell, your hugs and kisses and the way you said "I love you too, Mom". I miss your resonant voice and your excitement over a great movie, video game, new restaurant and travel experiences. I miss hearing about the fun you had with friends. I miss your coming over and inspecting our refrigerator and pouring crushed red pepper on everything and chiding me for my expired condiments. I miss your coming to us for advice and help with important matters.

I miss witnessing your beautiful relationship with Kim. I miss seeing you bond in an adult way with your sister, Lauren. I miss the respect you had for and the fun you had with your dad. I miss how wonderful you were with your niece, Darby and nephew, Hank and regret that your nephew Bram will only know you from what we tell him. I miss the feeling that everything was perfect when our family was together for holidays, birthdays, barbeques and many everyday events.

Did you know that I admired the way you surmounted obstacles in your life with dignity and without complaint? Did you know I always felt it was a privilege and honor being your mom?

I miss the hope that we had for your future: a home, marriage, career advancement, children, travel and more family time together. All of these things I miss and so much more.

I pray your spirit or energy is at peace in your eternal home. I hope you are able to forgive. I hope you are watching over us and enjoying the view. I know you see that we are heartbroken, but we are doing our best to cope and find beauty in this life. I hope you realize that you are loved, you will never be forgotten, and will always be an integral part of our lives. This world has lost a really good man.

With Utmost Love,

Mom

Linda Katz, Leesburg TCF



Kayleigh

It's late...well after midnight. As with most weekends, I finish work and check out your Facebook Memorial page. I see postings from friends, some who have written to you in the past, others who have never written. The song that one of your friends posted had me in tears. It's by Caitlin and Will and is called Address in the Stars. It was so fitting for the mood I was in at the time. You know I don't like country music, but this song says it all in ways I can't express...at least not out loud.

At the moment, our family is in such turmoil and I don't know how to fix it. I feel everything is falling apart before my eyes. It's gotten to the point I'm afraid to answer the phone or look at my emails.

I hate constantly asking for your help and guidance, but I feel you are the one thing that can save us. I see relationships deteriorating before my eyes, people who have never asked for anything in the past are now searching for solutions. They feel there is no one they can turn to for help. This is where I ask for the love you showed us when you were alive. We knew we could count on you to give us the support we needed, lift us up when our spirits were down. I need you to reach out to your family and friends and smile upon us as you've done so many times in the past. Show us that you are here to guide us through these troubling times.

I hope you hear me talking to you every day. I think it's important for you to know what's going on in everyone's lives. I miss the person who was always there with a smile, the person who talked to me for hours on end. I miss the animals you loved so much and I try to visit them as much as possible. I look at the stars as I walk each night and imagine you are the bright one that twinkles at me as if to say "I'm listening Mom and I miss you too".

I miss you with all my heart. I pray some day you'll visit me...just to tell me you're ok and to stop worrying. Fear not...I will see you again and look forward to spending eternity with you. I have so much left to say that I never got to tell you before you left me.

Be safe Kayleigh....I love you! Kisses for Daisy and Scooter. Mom
Debbie Plamondon, Leesburg TCF



On a Night in December

As days moved on towards winter,
and trees were going 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 still surrounds us;
their love will always flow.
As we leave may we remember,
that this is ever so.

From *Catching the Light – Coming Back to
Life after the Death of a Child*
by Genesse Bourdeau Gentry
Written for TCF Marin's
2003 Candle Lighting Service

WE ALL CAME TOGETHER

By Sharon J. Bryant

We all came together
On this December Eve
To honor our Children
Who all had to leave
We came from all corners
Of this vast earth we know
To light a candle
For our love to show
Some lit at ceremonies
And some lit at home
The world shone with brightness
As all candles glowed
I lit my candle
At ten minutes to seven
To make sure my son
Saw the lights from heaven
What a sight our children saw
As they looked down below
As the world lit up
As each candle glowed.

Andy Dunbar
January 22, 1972 – October 24, 1977

I'm his Mom and he's my special angel ...
forever Reprinted by permission of author

Fairfax Chapter

Welcome to our new members

We welcome our new families with open arms:

CHERYL & TONY CODER
of Woodbridge, Va., parents of Todd Coder

COURTNEY & JOSH CODER
of Vienna, Va., sibling of Todd Coder

Sincere thanks for the Love Gifts

Kathy and Nik Atanasov in memory of their son,
Alexander Atanasov

Maria Christina & Fedor Yelicie in memory of their
son, Andy Yelicie

SAVE THE DATE: July 15-17, 2011, for the 34th
TCF National Conference in Minneapolis/St. Paul.

Mary's Stores

By Catherine Read

I never seem to finish my Christmas shopping. Even when all the names are checked off my list, it feels incomplete. Then without really thinking about it, I find myself wandering the urban outdoorsy American Eagle Outfitters. I'm a little too old and large to look anything but ridiculous in their collection and the sales girl helpfully asks, "Do you need help? Are you looking for a gift?"

I need more help than she can give. "I'm just looking, thanks."

I looked at things I might have bought, smiled when they were on sale and wondered how much Mary's tastes would have changed in three years.

I moved on to Aeropostle where most of the sweatshirts had three-quarter length sleeves this year. Thinking a short sleeve sweatshirt wouldn't be very warm, I assumed it was the current trend but I missed the eye roll Mary would have given me if I'd asked her about it.

My stop in Abercrombie and Fitch didn't last long. It never did. Loud music and worn-out expensive clothes kept me moving.

The only time I'd shopped in those stores was with or for Mary. To round out my Christmas shopping each year since she died in 2007, I browse Mary's stores and imagine her comment and reactions to the things I pick off the rack.

After an hour of shopping with my memories of Mary, my list is complete.

--Submitted by Peter and Catherine Read in honor of Mary Read, January 30 to April 16

In Loving Memory of Leigh Anne Marino May 15 - December 8

A Rare Gift By Carol Marino

A lovely butterfly, a last remnant of summer, landed on our door today. How rare to see one so late in the season, especially for mid October, as I write this. The butterfly, like each precious child, is unique and beautiful. Its life is measured and short also like the child who was lost too soon.

I wondered if the butterfly wanted to come in, knowing its days were numbered and the dark, cold days of winter lie ahead. During this time of dwindling light, we too want to take shelter, if only from our grief. The grief closes in upon us and sends a shiver through our soul as we remember the loss of our child.

Our journey has not been an easy one through this tortured path of living without those we have loved and lost. Grief is never fleeting but always somewhere near, perhaps tucked away only to quell within us at times we least expect. And when we triumph over those heartbreaking moments of losing ourselves, then grief does not define us but instead is simply a part of us, always there but never conquering us. We survive. As the butterfly struggles to emerge from its cocoon into the light, so we too emerge from our deep sadness to remember the light and joy we once beheld, the light of the child we loved so much.

Leigh Anne, you were a rare blend of beauty, intelligence and kindness. We love you more than life itself and we miss you so terribly. Through the bright light of your spirit, you give us the strength and courage to carry on. We also take comfort in the words of Antoine Boveua, "A luminous light remains where a beautiful soul has passed."

Love, Mom & Dad, John & Justin

PRINCE WILLIAM CHAPTER

Stepping Stone

by Traci Stricklan

In memory of Avery Cotton's son

There stood a man in the absence of space
for his son had passed in the strangest way.
He laid his head into his hands
hating this moment and
remembering their plans.
All alone, he wept and mourned
the son he bore, loved and had fought for
would never more come and knock on his door.
Crying out what could have been,
he cursed his God and left his friends.
He drove and drove and tried to find
a little hope and piece of mind.
Then at the edge of earth he stood
nowhere else to run and hide,
nothing more he could do.
He fell down on his knees
and cried out "I'll always remember you."
Then looking up he saw a bird
and realized Spirit had drawn near.
A perfect peace came over him...
...a new journey here.
A warmth grew deep inside of him
and all was finally clear.
Standing up, the man took heed of miracles and
mystery.
How wonderful life could be if everyone could see
That life is just a stepping-stone
And not our destiny.

I Will Love You

Daniel Haughian

TCF – Massillon, OH

As long as I can dream, as long as I can think, as long as I have
a memory...I will love you.
As long as I have eyes to see and ears to hear and lips to
speak...I will love you.
As long as I have a heart to feel, a soul stirring within me, an
imagination to hold you...I will love you.
As long as there is time, as long as there is love, as long as I
have a breath to speak your name...I will love you.
Because I love you more than anything in all the world.

For That, I am Thankful....

By Darcie D. Sims

It doesn't seem to get any better, but it doesn't get any worse either.
For that, I am thankful.
There are no more pictures to be taken, but there are memories to
be cherished.
For that, I am thankful.
There is a missing chair at the table, but the circle of family gathers
close.
For thank I am thankful.
The turkey is smaller, but there is still stuffing.
For that I am thankful.
The days are shorter, but the nights are softer.
For that I am thankful.
The pain is still there, but it lasts only moments.
For that I am thankful.
The calendar still turns, the holidays still appear and they still cost
too much. And I am still here
For that I am thankful.
The room is still empty, the soul still aches, but the heart
remembers.
For that I am thankful.
The guests still come, the dishes pile up, but the dishwasher works.
For that I am thankful.
The name is still missing, the words still unspoken, but the silence
is shared.
For that I am thankful.
The snow still falls, the sled still waits and the spirit still wants to.
For that I am thankful.
The stillness remains, but the sadness is smaller.
For that I am thankful.
The moment is gone, but the love is forever.
For that, I am Blessed. For that, I am grateful...
Love was once (and still is) a part of my being...
For that, I am living.

The Existence Of Love

~Marjorie Pizer

I had thought that your death was a waste and destruction, a pain of
grief hardly to be endured. I am only beginning to learn that your
life was a gift and a growing, and a loving left with me. The
desperation of death, destroyed the existence of love, but the fact of
death cannot destroy what has been given. I am learning to look at
your life again instead of your death and departing.

PRINCE WILLIAM CHAPTER

"AND GOD SAID...."

Posted on the wall at the
Oklahoma City bombing site
by K. C. and Myke Kuzmic
Stockton, CA

I said, "God, I hurt."
And God said, I know."
I said, "God, I cry a lot."
And God said, "That is why I gave you tears."
I said, "God, I am so depressed."
And God said, "That is why I gave you Sunshine."
I said, "God, life is so hard."
And God said, "That is why I gave you loved ones."
I said, "God, my loved one died."
And God said, "So did mine."
I said, "God, it is such a loss."
And God said, I saw mine nailed to a cross."
I said, "God, but your loved one lives."
And God said, "So does yours."
I said, "God, where are they now?"
And God said, "Mine is on My right and yours is in the Light."
I said, "God, it hurts."
And God said, I know."

You Ask Me How I'm Doing

By *Ralph Haroldson, Andy's Dad*

My son went first, he lives with God
And here I must remain.
Now it's up to me to learn to live
With all this grief and pain.
You ask me how I'm doing.
I don't know what to say...
Sometimes I'm doing pretty good –
It's different every day.
Sometimes I smile, sometimes I cry, Sometimes I feel okay.
Sometimes I think I'm going nuts.
It's difficult to say.
Sometimes I hear him call my name
Or see him wave goodbye.
Sometimes I feel him here with me
And then I start to cry.
His gentle hugs are memories now.
His smiles are gone for good.
I'd love to hold his hand again.
Oh, if I only could.
It's lonely here without him.
But the world keeps right on turning
And this pain I'm feeling in my heart...
That just keeps right on burning.
So ask me how I'm doing
And I won't know what to say.
I haven't really, truly know

Since Andy went away.

"Who You'd Be Today"

Written by Bill Luther/Amiee Mayo

Sung by Kenny Chesney

Sunny days seem to hurt the most
I wear the pain like a heavy coat
I feel you everywhere I go
I see your smile, I see your face
I hear you laughing in the rain
I still can't believe you're gone
It's not fair – you died so young
Like a story that had just begun
But death tore the pages all away
God knows how I miss you
All the pain that I've been through
Just knowing no one could take your place...
Sometimes I wonder
Who you'd be today
Would you see the world
Would you chase your dreams
Settle down with a family
I wonder what would you name your babies
Some days the sky's so blue
I feel like I can talk to you
I know it might sound crazy
Sunny days seem to hurt the most
I wear the pain like a heavy coat
The only thing that gives me hope
It I know, I'll see you again someday.

The Promise

Betty Stevens-TCF, Baltimore, MD

Cold winds blow across the frozen pond.
Snow lies deep upon the fields.
But the change has begun.
Daylight hours increase slowly.
With each passing day later sunsets are more apparent...winter
is ending.
For bereaved parents, the change is awfully slow. The progress
is not always apparent, but the promise is the same.
Winter will end.
Spring will return.



TCF Reston

December 2010 - January 2011

The Annual Candlelighting Program will be held on Saturday, December 11, 2010, at 12:30 PM at the Oakton United Methodist Church, 2951 Chain Bridge Road, Oakton, VA. Please bring a framed photo of your child to display at the service. In addition, bring a favorite family snapshot to have on display at the restaurant. Immediately following the Candlelighting lunch/dinner will be available at the Marco Polo Restaurant, 245 Maple Ave., West, Vienna, VA – just down the road from the church. To secure a restaurant reservation you MUST talk with Nancy Vollmer by December 6th. 703-860-8587 (home), 703-216-8560 (cell). Watch your email as more information will be following i.e. menu selections and directions.

Memories of Christmases Past *By: Julia's parents Mary & Jeffrey Petrino*

The Christmas of 1984: It was Julia's first and our best. Her face was one big continuous smile. Love showed all around!

The Christmas of 1992: It was the first in our new home. Julia really enjoyed helping with the Tree, especially placing the Angel at the top. She sat in front of it and smiled. Love showed all around!

The Christmas of 1995: Julia was in her Christmas sweater smiling on the front porch. Love showed all around!

The Christmas of 1997: Julia was diagnosed with cancer in June. But scans in December found none. We visited Julia's grandparents and then went to Florida. We took a boat trip. Julia saw a dolphin for the first time and had a big smile! Love showed all around!

The Christmas of 1998: The cancer had returned in April and began to spread. We went to the hospital many times. On Dec. 24, we were at a birthday celebration. Julia's laughter and smiles helped us all. Later at the hospital, Julia shared a room with another young girl. Both our families celebrated Christmas. Love showed all around!

The Christmas of 1999: Although Julia had departed in June, our thoughts included her smiles, her courage, and Everlasting Love! That Love continues!

Tis the Season *By: Sascha, For You From Sascha*

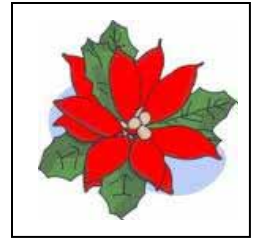
*It is trying to be
a warm and a loving time,
with kindness and light,
And a feel of hopeful renewal.*

*Find what blessing you can,
help your heart to remember
that the children who died
are about us, everywhere,
trying to make this, even for you,
a warm and a loving time*

*As you remember past
holiday seasons spent
with your child may
you find peace, comfort
and even a smile in the
memories you hold in
your heart.*

Some People By: *Flavia Weedn*

Some people come into our lives and quickly go.
 Some people move our souls to dance.
 They awaken us to new understanding
 with the passing whisper of their wisdom
 Some people make the sky more beautiful to gaze upon.
 They stay in our lives for awhile,
 leave footprints on our hearts and
 we are never, ever the same.



In loving memory of Sean Singh Aranipour, 1990 - 2009, beloved son, grandson, nephew, cousin and friend. In his life he touched and had a profound impact on the lives of many people. Sean was a handsome, kind-hearted, strong, fun-loving, witty and wise young man. Now he is and will forever be a beautiful and free soul; a champion angel. We who are left here to live on this earth without his physical presence miss him so very much. We keep his spirit alive through our thoughts and memories; we keep him with us in our hearts forever.

By: *Candis Singh Roussel, Sean's Mother*



“Happy New Year,” my friends wish me. And I mimic them back, “Happy New Year to you too.” But what I’m really thinking is... “Are you CRAZY???” How could I possibly have a happy year when I have lost my child? No, they’re not crazy; many of my friends just don’t know what it’s like to lose a child. And what I really wish for them is that they never know what the years are like for me now.

For us, tragedy has come into our lives, and the years are never the same as before. It’s possible that our priorities change, our relationships change, and our daily lives change. Each of us faces the changes in our lives and finds ways to cope. There is no right or wrong way to cope with our grief, just our own individual way to make it through the years, often with the help of others.

Without our child, our lives morph into a new dimension...and a new direction. My life now includes many moments of spiritual reflections, perhaps yours does too... When memories of our child consume us, when we long for just one more day with our child, when we get “pennies from heaven.” When we catch a glimpse of a shadow across the room, when we feel the brush of a kiss on our cheek....

Each year, I have managed to find moments of peace that comfort my soul....moments of joy that brighten my day...and moments of love that will last forever.

As you face this new year, I wish you moments of peace, joy and love....forever.

Carol Tomaszewski, Anbne Arundel County Chapter BPUSA.

Reston, VA Compassionate Friends is a group of parents who are now childless. We meet at the No. County Government Center, Reston Police Station Bldg., 12000 Bowman Towne Drive, Reston from 2:00 – 4:00 PM on the 2nd Saturday of each month. Virginia residents call Harriett Evenson at 703-525-9311; Maryland residents call Sharon Skarzynski at 410-757-5049 or benskal@verizon.net Contact Kathy Grapski @ specialkmg@aol.com or 301-253-5509 if you would like to put a poem or article on this page. Deadline is the 2nd of each month.

Washington DC Chapter

Steering Committee DC Chapter

Chapter Leader

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(Darnell's mom)
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otgunter@verizon.net

Co-Leader:

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(Joshua's mom)
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Secretary:

Vacant

Treasurer:

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Hostess/

Refreshment:

Cecil Robinson (Mary
Elizabeth's father)

Members at Large

Reginald Woodard
(Reggie Jr's dad)
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Webmaster:

Tanya Smith
(Darnell Jr.'s Mom)
202-305-9708 (w)
301-808-1007 (h)



Faded Tears

Smiles faded
The pain still fresh
Losing Ayana
Tear streaked faces
As the procession marched on
Paying their final respects
Bells chiming
Songs awaiting
As the choir sang Amazing Grace
Closed eyes
Tears streaming
As time moved on
She spoke to her daughter
Leaned over the casket
And whispered, "thank you."
Laying a hand on Ayana's soft
cheek
She leaned over and whispered
again, "Baby girl I love you."
As she spoke
Family gathered and crowded
around
Whispering... "Thank You."
Seats are filled, standing room only
As the pastor stood at the pulpit
She stood frozen and leaned over
for that final kiss
"Ayana may your spirit live on and
through me."
Whimpers getting louder as the
Pastor closed out the benediction
Tears streaming
As the smile began to return
The pain that was so fresh in the
beginning began to fade away
Ayana is at peace now
No more pain
No more suffering
No more tests or hospitalizations
Her spirit runs free through the
grassy meadows that the Lord has
grown just for her
A garden of violets awaits her
As she is now looking over her
family
One breath, two breaths...
Tears are unstoppable

As you lift your arms up to the heavens
and thank God for her
Family and friends join you
For what is now a celebration of her
life
Spirit feeling lighter
As the tears washed away the pain
You go home and look at old pictures of
her with your other daughters at your
side
I see a smile return to your face
A smile that faded away years ago is
returning
Realizing Ayana's death should not be
mourned but should be celebrated
May her soul and spirit live on
The pain will go away as you
remember those sweet memories
It was God's will why she lived on
when they wrote her off at the age one
24 years later her mother and sisters
can smile because she beat the odds
Thank you Ayana
We will not weep always because we
know you are with always ... you're not
gone.

***"Dedicated to Ayana Doretha
Washington-Wills. You beat the odds
baby girl and we miss you so."
April 30 – September 22
Written By: Serena Wills (Sister of
Ayana)***

Love Gifts

Thank you to Kimberly Battle, a sibling
chapter member, for her love gift in memory
of her brother, Phillip Patrick Battle.

Dates to Remember: TCF Washington, DC
Chapter 's Annual Candle Lighting Ceremony is
scheduled Sunday December 12, 2010, 4:00 -
6:00pm, Howard University's Blackburn Center
(The Forum), Washington, DC. All are invited.
Please invite family and friends.

Please remember to submit your poems, stories, or a
special note to your loved one to be placed in the
February/March 2011 Newsletter by January 2nd.
Please let us hear from you. Thank you for your
cooperation. Michelle Lake, 202-583-3292,
malake@hotmail.com

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In Memory of Quretta Gater

January 30

Happy Birthday Quretta!
Quretta, you are always with us during our waking hours and our dreams. We have the promise that we will see you again and the faith to know it will be. While we wait, we are comforted by our many memories and endless dreams. Love is truly forever.

Your Family

**Sister Keisha, Sister Laura,
Brother William, Brother
Casey, Brother Allen,
Daughter Lakeita, Son
Lorenzo and Husband John.**

Rella

**What moves with me is a
silence, a quiet sadness, a
longing for more days more
talks. I might not understand
why you left this earth so soon
or before I was ready to say
good bye. I am still bowling
and listening to your music.
What goes with me
everywhere is what you said,
"Mommy have peace".**

Love Mom

Chapter Information

Our next meeting is scheduled Wednesday January 19, 2011 at 7:00-9:00pm.

New members

We welcome our new members. We are sorry for the reason you are here but we are glad you found us.

Carolyn Miller and Son

Combined Federal Campaign (CFC)

CFC Campaign is extended til January 15th.

Did you know that you can make contributions to our chapter via the Combined Federal Campaign (CFC)? If you participate in the CFC, please consider directing your contribution to our chapter and ask your family and friends.

Our CFC # 40569.

Please remember to submit your poems, stories, or a special note to your loved one to be placed in the February 2011 Newsletter by January 2nd. Please let us hear from you. Thank you for your cooperation. Michelle Lake, 202-583-3292, malake@hotmail.com



Our December Children Remembered

Katrina Nelson

Nov 17 **Dec 07**

Lila and Mark Nelson
Fairfax

Sasha Burakow

Nov 03 **Dec 17**

Diane and Nick Burakow
Fairfax

Kelly Czerwinski

Jun 08 **Dec 17**

Stan Czerwinski
Fairfax

Brad Hampton

Jul 04 **Dec 03**

Beth Hampton
Arlington

Mary Elizabeth Caldwell

Apr 13 **Dec 03**

Jeanne and Bob Caldwell
Leesburg

Daniel Brian Earl

Oct 06 **Dec 09**

Kara and Mark Earl
Leesburg

Helen Grace Allison

Dec 03 Jan 05

Kira and Andy Allison
Fairfax

Kevin Whitfield Card

Dec 29 Sep 28

Elva Card
Arlington

Madelyn Ekhilevsky

Apr 17 **Dec 08**

Nancy and Marty Mayer
Fairfax

Sean Singh Aranipour

May 12 **Dec 10**

Candis and Jeff Roussel
Reston

Maximus Aurelius Castor

Dec 19 Dec 19

Alexis and Douglas Castor
Fairfax

Brian Patrick Elero

Dec 30 Oct 29

Beverly and Bernie Elero
Leesburg

David Millner Barnes

Jan 25 **Dec 29**

Judy and Scott Barnes
Arlington

Keirston Ann-Michelle

Caywood

Oct 26 **Dec 03**
Morgan and Madeline
Caywood
Leesburg

Kevin Joseph Fondahn

Dec 10 Jan 07

Janet Fondahn
Prince William

Jennifer Binkley

Mar 20 **Dec 06**

Maria and James Binkley
Arlington

Morgan Cooke

Jan 12 **Dec 03**

Fred and Kay Cooke
Fairfax

Tony Franco

Feb 20 **Dec 25**

Sara and John Franco
Fairfax

Andrew Even Bourland

Dec 11 Feb 23

Colleen Bourland
Fairfax

Humberto "Beto" Cruz

Oct 01 **Dec 19**

Jane and Ronaldo Cruz
Fairfax

Douglas and Susan French
Arlington

Mathew Brindle

May 23 **Dec 05**

Eugene and Connie Brindle
Arlington

Evan Mathew Cuomo

Dec 23 May 31

Amanda & Justin Cuomo
Fairfax

**Matthew Rand Robert
Gaber**

Jul 02 **Dec 21**

Cathy Gaber
Prince William

Christopher Buro

Jul 05 **Dec 25**

Kathy and Ronald Brandel
Fairfax

Mike Armand Gress

Jun 20 **Dec 04**

Josie and Chuck Gress
Reston

Our December Children Remembered

Todd Habblitz

Dec 19 Aug 02

Donna and Skip Habblitz
Reston

Jon Hansen Jr.

Nov 09 **Dec 27**

Jean Ballard
Arlington

Amanda Harpin

Dec 13 Jul 03

Paul and Martha Harpin
Fairfax

Andrew G. Joe

Sep 04 **Dec 19**

Barbara Joe
DC

Paige Mackenzie Johnson

Jul 20 **Dec 03**

Trish and David Stoskus
Kay and Roger Lavallee
Matt Johnson
Leesburg

Joseph William Jordan

Dec 10 **Dec 16**

Joe and Anginetta Jordan
Arlington

Peter Byron Keller

Jun 05 **Dec 13**

Katherine Dees-Payne
Arlington

Charles Culver "Chip"

Kelly

Dec 29 Jun 17

Mary Laurie Kelly
Arlington

Timmy Kling

Dec 06 **Dec 29**

Stacie Kling
Leesburg

Jessica Fabian Krammes

Dec 16 Sep 14

Mary Ann and Richard
Krammes
Fairfax

Keith Thomas Kunkle

Jan 19 **Dec 11**

Barbara and Carl Kunkle
Fairfax

Ronda Lawrence Noyer

Nov 02 **Dec 23**

Allen and Louise Lawrence
Arlington

Robert E. Lee

Dec 01 Jun 25

Bob Lee
Fairfax

Johnny W. Lender Jr.

Oct 20 **Dec 20**

John Lender
Leesburg

Alex Lopez

Jan 27 **Dec 10**

Barbara Joe
DC

Kevin Joseph Mackey

Dec 23 Sep 08

Linea Mackey
John Mackey
Arlington

Alexander Joseph

Malacrida

Dec 27 Aug 27

Anthony and Anna Fasolo
Leesburg

Leigh Anne Marino

May 15 **Dec 08**

Carol and John Marino
Fairfax

Beryl L Martin

Mar 10 **Dec 07**

Bertha M. Martin
Reston

Darren McKeever

Dec 07 Nov 19

Cecelia and Mac McKeever
Reston

Germaine M. Miller

Jan 28 **Dec 16**

Ann Duncan
Arlington

Chris Edward Morawetz

Dec 13 May 02

Caolyn and Art Foley
Reston

Michael Muenster

Dec 24 Jan 01

Carol and Bill French
Chris Muenster
Fairfax

Andrew Nisenfeld

Aug 25 **Dec 10**

Frank and Sue Nisenfeld
Leesburg

Jamie Padilla

Nov 20 **Dec 31**

Melissa Mullings
Arlington

Tom B. Phillips IV

Dec 24 Apr 24

Rhea and Dale Killinger
Arlington

Our December Children Remembered

Matthew Pillor

Dec 24 Apr 09

Monica and Mike Pillor
Leesburg

Joshua Seth Reeves

Dec 22 Dec 22

Sandra Reeves
Prince William

Jeremy Joseph Reeder

Dec 05 Aug 12

Rebecca Reeder
Leesburg

Joanna Alise Reed

Dec 31 Oct 12

Kent and Karen Womack
Arlington

Jordan Edward Riley

Feb 03 **Dec 02**

Deborah Riley
DC

Richard Salvatore Roberto

Dec 30 Sep 25

Bonnie and Rich Roberto
Leesburg

Mary Elizabeth Robinson

Oct 25 **Dec 26**

Cecil and R. Townsend
Robinson
DC

Leo Santaballa

Dec 17 Oct 21

Jose and Elena Santaballa
Fairfax

Patricia Lynn "Patti"

Schmid

Jul 22 **Dec 17**

Stuart and Sharon Schmid
Arlington

Craig Matthew Shultz

Dec 04 Nov 09

Barbara Shultz
Leesburg

Paul Frederick Siess

Jun 09 **Dec 23**

Mayhew and Georgette Siess
Arlington

Bryan John Singer

Nov 20 **Dec 16**

Jody Allen
Arlington

Jason Edward Skarzynski

Dec 19 Dec 14

Sharon and Ed Skarzynski
Reston

Trevor Stokol

Dec 23 Jul 22

C. Jodi Stokol
Arlington

Sean Coleman Sullivan

Aug 17 **Dec 03**

Paul and Flora Sullivan
Arlington

Allison Grace Sweeney

Dec 26 Jan 30

Dawn and Tim Sweeney
Arlington

Brooke Thomas

Dec 06 Dec 06

Michelle and Jay Thomas
Leesburg

James Robert Vollmer

Dec 27 May 04

Nancy and Jim Vollmer
Reston

Brandon C. Wallace

Dec 16 Mar 04

Corriecce Gwynn
DC

Brandon C. Wallace

Dec 16 Mar 04

Janice Wallace
DC

Justin Ward

Mar 05 **Dec 19**

Lisa and Gary Valentine
Arlington

Walter Williams

Dec 27 Jan 14

Lenora Bracey
DC

Sarah Winthrop

Oct 27 **Dec 19**

Joanne and Tom Winthrop
Fairfax

Our January Children Remembered

- Child**
Jan 17
Martin and Florence
Gogolski
Arlington
- Derek Michael Tierney**
Jan 20 Oct 11
Larry and Janet Tierney
Prince William
- Helen Grace Allison**
Dec 03 **Jan 05**
Kira and Andy Allison
Fairfax
- Patricia June Allen (PJ)**
Nov 18 **Jan 18**
Henry Allen
Arlington
- Kenneth Barnes Jr.**
Jan 19 Sep 24
Kenneth Barnes
DC
- David Millner Barnes**
Jan 25 Dec 29
Judy and Scott Barnes
Arlington
- Alyssa LeighAnn Beach**
May 27 **Jan 11**
Peggy Beach
Prince William
- Matthew William Bowes**
Jan 02 Sep 09
Julia LaJoie
Leesburg
- Shelton Antoine**
Burton Jr.
Jan 03 Mar 01
Faith Adams
DC
- LCPL Nicolas Cain**
Jan 31 May 08
Beth and Michael Belle
Fairfax
- Julia Campbell**
Jan 25 Apr 08
Linda and Ron Campbell
Fairfax
- Danica Canfield**
Oct 10 **Jan 14**
Sandy and Jeff Canfield
Fairfax
- Pamela Sue Chaiken**
Jan 17 Sep 29
Sandy and Lionel Chaiken
Arlington
- Morgan Cooke**
Jan 12 Dec 03
Fred and Kay Cooke
Fairfax
- David Michael Copeland**
Mar 27 **Jan 30**
Dr. Jay and Lois Copeland
Edward Copeland
Amy Copeland
Jonathan Copeland
Arlington
- Sherri Marie Corbin**
Mar 20 **Jan 22**
Kathleen McCartney
Reston
- Linda Nicole Cutlip**
Aug 19 **Jan 26**
Stefanie Keuser
Arlington
- Hal Davis Jr.**
Jan 03 Oct 19
Anne and Hal Davis
Reston
- James Francis Drake**
Jan 21 Aug 13
Rodney F. Drake
Arlington
- Anthony Dragotto**
Jun 29 **Jan 14**
Frank Dragotto
Arlington
- James Philip Drake**
Jan 21 Aug 13
Suzanne Orsillo
Arlington
- Kevin Eckerman**
Jun 18 **Jan 12**
Don and Peggy Eckerman
Fairfax
- David Walker Epp**
May 23 **Jan 20**
Janet and George Epp
Fairfax
- Alan Michael Evenson**
Jan 07 Oct 02
Harriett and Jack Evenson
Reston
- Austin Zachary Feldman**
Jan 27 **Jan 28**
Alison and Kevin Feldman
Fairfax
- Kevin Joseph Fondahn**
Dec 10 **Jan 07**
Janet Fondahn
Prince William
- Kathryn Rose Freeman**
Feb 02 **Jan 23**
Peter and Joy Freeman
Prince William
- Michelle Gardner-Quinn**
Jan 28 Oct 07
Diane Gardner-Quinn
Arlington

Our January Children Remembered

Elizabeth Gibson

Jul 04 **Jan 31**

Joanne Gibson
Arlington

Bryan Kelly

Jan 11 Jun 10

Sean Kelly
Fairfax

Cassie Marshall

Jan 10 Jan 31

Steve Marshall
Fairfax

Brian Gronenthal

Jan 14 Jun 23

Christine Gronenthal
Arlington

Victoria Kimmel

Feb 25 **Jan 31**

Helen Kimmel
Fairfax

Annie McCann

Jan 05 Nov 02

Mary Jane Malinchak McCann
Fairfax

Melanie Grubmeyer

Jan 31 Aug 14

K Joy and Peter Grubmeyer
Fairfax

Caroline Leslie Kinskie

Jun 16 **Jan 07**

Christie and Steve Kinskie
Prince William

Sherri Marie Corbin

Mar 20 **Jan 22**

Kathleen McCartney
Fairfax

Teresa Gail Gustafson

Oct 16 **Jan 29**

John and Melinda Scott
Leesburg

Keith Thomas Kunkle

Jan 19 Dec 11

Barbara and Carl Kunkle
Fairfax

Peter McGee Hoffman

Jan 24 Mar 28

Peggy and Gary Hoffman
Leesburg

Tyler Lee Harris

May 28 **Jan 21**

Renee Harris
Arlington

Zachery Lea

Feb 05 **Jan 07**

Doug and Julie Lea
Leesburg

Christopher L. McGaha

Nov 17 **Jan 02**

Richard and Selma Brown
Prince William

Matthew Joseph Hofman

Sep 19 **Jan 21**

Mary Jane Hofman
Prince William

Jonathan Noah Levy

Jan 04 Jan 14

Margarete and Arthur Levy
Reston

Christine Marie McNabb

Jan 13 Feb 23

Barbara and Gary Secen
Prince William

Monica Yvonne Holeman

Jan 07 Sep 20

Sharon Holeman
DC

Stephen Lokke

Jan 20 May 10

Rita Lokke
Arlington

Germaine M. Miller

Jan 28 Dec 16

Ann Duncan
Arlington

Mark Howard

Jan 09 Aug 02

Marlys and David Howard
Leesburg

Alex Lopez

Jan 27 Dec 10

Barbara Joe
DC

Michael Muenster

Dec 24 **Jan 01**

Chris Muenster
Carol and Bill French
Fairfax

Christopher Hunnicutt

Aug 04 **Jan 30**

Robert and June Hunnicutt
Arlington

Lauren Marshall

Mar 22 **Jan 30**

Mike Marshall
Donna and Ralph Goodrich
Lucille Bartley
Leesburg

Ashley Myers

Jun 12 **Jan 28**

Wynnie Myers
Leesburg

Matthew A. Jeffers

Mar 13 **Jan 05**

Diane Jeffers
Fairfax

Our January Children Remembered

- Mary Diane Nagy**
Jan 01 Nov 26
Diane and Dave Nagy
Fairfax
- Carolyn Nelson**
Jan 09 Sep 18
Alicia P. Nelson
DC
- Matthew Charles Oliver**
Jan 18 May 23
Susan Oliver
Prince William
- Cordrey Clint Pardue**
Jan 13 Aug 28
Lou Ann Devers
Arlington
- Collin Bedford Parker**
Jan 08 Nov 07
Allie Parker
Leesburg
- Benjamin Robert "Ben" Parker**
Sep 23 Jan 25
Maurice and Constance
Parker
Arlington
- Aaron Anzevino Pitman**
Jan 18 Nov 27
Elaine Anzevino
Arlington
- Jay Logan Popiden**
Jan 21 Jan 29
Mary Lynne and Joseph
Popiden
Arlington
- Domminick Quinn**
Jan 19
John and Linda Hogan
Prince William
- Joseph M. Quigley**
Mar 12 Jan 20
Lynn Quigley
Fairfax
- Taylor Ragland**
Jan 13 Mar 16
Toni and Leroy Ragland
Mary Robinson
Arlington
- Mary Karen Read**
Jan 03 Apr 16
Peter and Cathy Read
Fairfax
- Jessy Lauer Richardson**
Jan 15 Oct 19
Windy Beck
Fairfax
- Candice Monique Ruff**
May 30 Jan 31
Willie and Coralease Ruff
DC
- Brian Frederick Scott**
Nov 15 Jan 06
Frederick and Anita Scott
Arlington
- Chris Smith**
Jan 03 May 30
Lauren Smith
Fairfax
- Hayden Whitney Smith**
Jan 15 May 04
Julia and Peter Smith
Fairfax
- Allison Grace Sweeney**
Dec 26 Jan 30
Dawn and Tim Sweeney
Arlington
- Alexander David Szymkowicz**
Feb 13 Jan 13
Jim and Patty Szymkowicz
Prince William
- Collin Taamai**
Oct 14 Jan 31
Emily Swanson
Fairfax
- Callie Theerman**
Nov 26 Jan 02
Elizabeth Pickett
Leesburg
- Corrin Travis**
Jun 26 Jan 01
Lynne Travis
Leesburg
- Ryan Matthew Trant**
Oct 01 Jan 22
Tim and Peggy Trant
Prince William
- Anwar Romare Trask**
Sep 01 Jan 29
Alvin and Sonia Trask
DC
- Zachary James VanWingerden**
Jan 18 Jan 18
Donald and Josie
VanWingerden
Prince William
- Colton West**
Jan 25 Mar 04
Melissa and Ryan West
Fairfax
- Walter Williams**
Dec 27 Jan 14
Lenora Bracey
DC
- Andres A. Yelicie**
Jan 15 Nov 19
Maria Christina and Fedor
Yelicie
Fairfax
- Becky Sue Zalewski**
Jan 25 Jan 29
Sue and Mark Zalewski
Leesburg



Compassionate Friends
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Arlington, VA 22205

Trinity Presbyterian Church

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*For some moments in life
there are no words.*

~David Selter, Willy Wonka and the Chocolate Factory

DECEMBER 2010/JANUARY 2011