



THE COMPASSIONATE FRIENDS

NORTHERN VIRGINIA AND DC CHAPTERS

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

VOLUME 20, NO. 1

FEBRUARY 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.

NEWSLETTER STAFF CHANGES

By Kathy Collins

We owe a major debt of gratitude to Kate Orf and Allen Lawrence, who have decided to step down as our newsletter editor and database manager respectively. Their contributions over the years in working with our TCF families have been invaluable. Kate's work was performed in memory of her beloved brother Chris, while Allen's efforts were dedicated in memory of his beloved son Barry. It has been a privilege to work with them, and our newsletter could not have been accomplished without their many sacrifices and professional efforts.

We are also pleased to welcome Peggi Johnson as our new editor and Brenda Sullivan, who has agreed to become our database manager. Peggi's work will be dedicated in loving memory of her son Jordan. Brenda's work will be performed in tribute to her cherished son Kyle. We welcome them both to our newsletter staff and express our collective gratitude for their willingness to step up and take on their new challenging responsibilities.

Reserve Rooms Now for 2011 TCF National Conference in Minneapolis, MN

Room reservations can now be made for TCF's 34th national conference, this year in Minneapolis, Minnesota, July 15-17. The

conference, which has the theme "Shining Stars -Guiding Hope" is being held at the Sheraton Bloomington Hotel Minneapolis South, only about 10 minutes from the Minneapolis St. Paul International Airport (shuttles will be available to and from the hotel, as well as from the hotel to the Mall of America). Special room rates are \$129 per night for King or Double Bed with third and fourth persons at an additional \$10 each in the same room. Reservations can be made online or by telephone. Go to TDF's national website at www.compassionatefriends.org and click on "TCF 2011 National Conference—Minnesota" under "News and Events" for how to reserve a room and for latest up-to-date information on the conference and the Walk to Remember, held on the final day of the event. Information will also be made available on Facebook at The Compassionate Friends/USA.

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www.tcffairfax.org

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webmaster@tcfleesburg.org

Prince William Website

<http://www.tcfprincewilliam.org>
webmaster@tcfprwm.org

February 2011 Meetings**February 2 (first Wednesdays)**

7:30 PM Fairfax Chapter

7:30 PM Leesburg Chapter

February 10 (second Thursdays)

7:30 PM Arlington Chapter

February 12 (second Saturdays)

2-4 PM TCF Reston

February 16 (third Wednesdays)

7-9 PM Washington DC Chapter

February 17 (third Thursdays)

7:30 PM Prince William Chapter

Arlington Chapter

Contact: Lois Copeland
(301) 530-1115
locopeland@aol.com

Please send
"Love Gifts" to:
Kent Womack
1013 Riverside Dr.
Woodstock, VA 22664

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

Second Thursdays 7:30 PM

Fairfax Chapter

Contact: Carol Marino
Carolmarino1@gmail.com
or Jane Trimble
janetrimble@juno.com

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: February 10, 2011

Place: Trinity Presbyterian Church

Time: 7:30 p.m

Chapter Information

Steering Committee Meeting with potluck: March 10 at 6:00 pm. All members welcome. Please be prompt. We have lots to discuss, including board changes and changes with how we handle our chapter business with the newsletter editor and database manager in the Fairfax Chapter

Resources and Information

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

Conferences

Regional: Frankfurt, KY, March 25-26; Omaha, NE, April 1-2.

TCF National Conference; Minneapolis/St. Paul, July 15-17, 2011. See the TCF Website for information on all conferences. Compassionatefriends.org. Reservations can be made for the national conference at this time.

Thank You

The Arlington Chapter's Annual Candle Lighting Memorial Service held Sunday, December 12, met to celebrate the lives of our children, grandchildren, and siblings with special readings and songs. Reverend John Thomas blessed the service and gave the Benediction. The Honorable Tony Hall, Matt's dad, our guest speaker, spoke lovingly of his son and how he was inspired by his son to work for the betterment of the world.

The Candle Lighting Service could not have taken place without the help of our amazing volunteers. I want to thank Bob and June Hunnicutt and Ira and Marti Kirschbaum, who co-chaired the event. They worked many hours to make this service a memorable time for us. Thanks to all the volunteers who participated in the service with music, readings and organization. A special thanks to Heidi Mootz and Elizabeth Anderson, who volunteered their time and talent. And we can't forget to thank Trinity Presbyterian Church for the use of their sanctuary tonight and the use of the church throughout the year. A very special thanks to our board members who are retiring—Mary Frances Moriarty, Allen Lawrence and Kate Morton Orf.



It is so hard to “Welcome” family members to our meetings for the first time because we are so very sorry for the reason you are here.

November Meeting—Johanna and Keith Meagher, lost their daughter *Sophia*, April, 2010
 Jack Corry, lost his son *Jackie Corry*, June 10, 1995
 Doug and Debbie Richards lost their daughter *Natalie Lauren Richards*, August 3, 2010

December Meeting—Kevin Smith and Sharon Cummins lost their daughter *Elise Cummins-Smith*, October 4, 2010

Even if it was sad or painful to attend our meeting, please come again, it will get easier.



FEBRUARY

Let this cool and gentle
 Month of the heart
 Remind you not only
 Of lost treasures,
 But also of riches
 (past and present)
 Of your life.

~Sascha Wagner~

February...Month with a Heart

Love Gifts.

- *Jessie & David Cowhig, in loving memory of their son, **Patrick Cowhig.**
- *Jane Chu in loving memory of her son, **David Chu.**
- *Kay & Frank Gallagher, in loving memory of their grandson, **Jackson Lee Gallagher**
- *Mary Frances Moriarty, in loving memory of her daughter, **Molly Moriarty.**
- *Sharon & Stuart Schmid, in loving memory of their daughter, **Patty Lynn Schmid**
- *Nancy & Fred Schultz, in loving memory of their son, **Steven McGrath**
- *Dennis & Kathleen Szymanski, in loving memory of their daughter, **Jessica Blair Szymanski.**
- *Renee Youngs, in loving memory of her son, **Michael Zmidzinski.**
- *Iiona & Ted Zsirai, in loving memory of their son, **Mark Zsirai**

*United Methodist Men of Friendship UMC, for World-wide Children's Memorial Day *in memory of all our children who have died.*

Fairfax Chapter

Welcome to our new members

We welcome our new families with open arms:

CAROLYN & DUNCAN MORROW

of Springfield, Va., parents of Andrew Duncan Morrow

ERIN & ERIC MURRAY

of Centreville, Va., parents of Connor Murray

ELLIE CLARK

of Vienna, Va., mother of Linda Clark

EVA KLIVINGTON

of Fairfax, Va., mother of Margit Klivington

KATHY PAYNE

of Fairfax, Va., mother of Peter Byron Keller

CAROL MORAN

of Reston, Va., mother of Alyssia Cage

SARA & BRETT BUEHL

of Alexandria, Va., parents of Kate Buehl

Sincere thanks for the donations

Mark and Lila Nelson in loving memory of their daughter, Katrina

Joanne and Tom Winthrop in loving memory of their daughter, Sarah

Nancy and Marty Mayer in loving memory of their granddaughter, Madelyn Ekhilevsky

John and Jane Trimble in loving memory of their daughter, Leisa Reno

John and Carol Marino in loving memory of their daughter, Leigh Anne

Elena and Jose Santabella in loving memory of their son Leo and their daughter Elena Virginia

Hilary and Louis West in loving memory of their son Colin

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

Candle Lighting Held

TCF Fairfax Chapter held their annual Candle Lighting Service at Historic St. Mary's Church on Dec. 12, 2010 with 115 attending from the Chapter and the community at large. The service consisted of readings by bereaved parents, special music, a candle lighting in memory of all deceased children and the calling of each child's name with candles presented to the families. A Reception followed in the Church Hall. For more, see the next column.

In Memory of Kelly Elizabeth Baker

Kelly Our Angel

By Andi and Bill Baker

Kelly graced us with her presence and our life would never be quite the same.

She was a vision of liveliness and of beauty outward and within. Forever a lasting memory of a wonderful young girl. Making her way through the ups and downs of life. With every twist or turn, choices to be made.

A reflection of love and beauty gone to a new life. Born of flesh. Destined for heavenly and eternal greatness. Our link to the Holy One who intercedes for our needs. A vision of God's lasting presence and love for all mankind. You are soaring with the angels. Singing and dancing in His presence – a heavenly delight.

With love on your birthday -- "Happy Birthday, Beautiful Kelly!" We all miss you! Mom, Dad, Misty, Cairo, Family and Friends

Candle-lighting commentary:

'Thanks for the hard work'

We received many comments after the Candle Lighting Service. Among them:

- "I watched those who have been here longer stoically engaged. It shows me how far I've come and reminds me of just how terribly I miss my baby girl." - Ryan Marie's dad
- "I know it helped so many people. For me it is just a very special way to honor and remember Conor during all this busy holiday stuff, shopping, parties, etc. This is what the real meaning of Christmas is all about." - Conor's mom
- I know all of us will be feeling that huge hole in our hearts, especially this time of year. Moving forward, finding someone who needs a hand, resisting the temptation to withdraw, remembering you're not the only one who is suffering from great loss ..." - Brandon's mom

Please send newsletter submissions to our new newsletter reporter, Katy Frank, at KMFrank@fcp.edu. Thanks to Steve Marshall for his newsletter work in recent years.

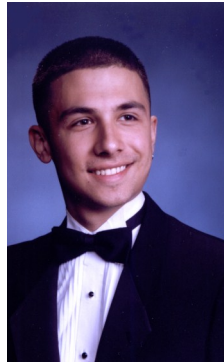
Leesburg Chapter

When we talk to one another, we often talk about what happened, what we are doing, or what we plan to do. Often we say, "What's up?" and we encourage one another to share the details of our daily lives. But often we want to hear something else. We want to hear, "I've been thinking of you today," or "I missed you," or "I wish you were here," or "I really love you." It is not always easy to say these words, but such words can deepen our bonds with one another. Telling someone "I love you" in whatever way is always delivering good news. Nobody will respond by saying, "Well, I knew that already, you don't have to say it again"! Words of love and affirmation are like bread. We need them each day, over and over. They keep us alive inside.

~~Henri Nouwen~~, Permission Granted

Your 30th Birthday

Brian, it is so hard to believe
That on December 30th, you turned 30.
My son, how can it be?
It seems like only yesterday that you were a little baby.
God sent you to us from heaven above,
A sweet baby boy to cherish and love.
I will never forget the day you were born,
Ever since you left my heart has been torn.
The first time I stared at your precious little face,
It is a memory that time will not erase.
I will never forget the first time I held you in my arms,
I thought I could protect you from all harm.
I remember your birthdays through the years,
The bittersweet memories move me to tears.
The last birthday we spent together, you were 20 years old,
The rest of your life story will never be told.
You have been celebrating birthdays in heaven for 9 years,
It must be so wonderful to celebrate with the angels up there.
If I could celebrate your 30th birthday with the angels too,
I would ask God if I could come to heaven to spend the day with you.
I would make your favorite ziti and then lovingly bake,
Your favorite yellow-chocolate icing cake.
I would light 30 birthday candles and watch your handsome face,
And tell you that no one could ever take your place.
I hope that on your birthday you will look down from heaven above,
And see 30 candles lit for you with all our love.
On your 30th birthday I am picturing you in heavenly light,
Dancing around the angels with such delight.
What an incredible sight!
Happy 30th Birthday Brian!
With Love, Your Mom



Beverly Elero, Leesburg, VA TCF
Brian's Mom

Thank You for your Love Gifts!

Beth & Nils Jespersen,
In loving memory of their son, Eirik

Gail & Thomas Rongen,
In loving memory of their daughter Nicole
Megaloudis.

Carmelo and Linda Spirio,
In loving memory of their son, Paul.

Special Thanks

Elizabeth Pickett for making the Christmas
Tree ornaments in honor of her daughter,
Callie.

Deacon Larry Hammel for his special
words of hope and comfort at our
December meeting and candle lighting
ceremony.

~A Valentine's Wish for Everyday Love~

Love freely, love deeply, love purely.
Love yourself the way
you've always wanted to be loved,
and love others the same way.
Love well, love often.
Find it in your heart
to love those who have never shown you love
--they need it most of all.
Give so much love...
That you're certain to get some back.
Love all that the earth has to offer--
Love something--anything--with a passion!
Love something larger than yourself.
Call it God, Call it the Divine, Call it the Creator
Call it Love.
Author Unknown

TCF RESTON GROUP FEBRUARY 2011

Valentine's Day *Taken from an article by Angela Morrow, RN*

We are a nation that loves Valentine's Day. We feel a sense of loss when we take down the last of the December holiday decorations and look forward to something else to celebrate. The heart-shaped cookies and boxes of chocolates boxes are nearly as nostalgic to us as Christmas trees and Santa.

But if you've lost your child Valentine's Day can be a lonely and painful day. The pain and loss you feel is magnified every time you walk into the store and see the cards, flowers and candy. How can you possibly make it through this holiday in one piece?

Valentine's Day doesn't have to be a day of sadness and mourning. You can choose to make it a special day on which you remember your loved one and celebrate the love you shared. Death may have robbed you of your loved one, but it can never take away the relationship you had and the love you shared. This year, you can find a way to remember, honor and celebrate that eternal love on Valentine's Day.

The way we honor and celebrate our loved ones is as individual as our relationships were. You can look within yourself to choose the best way you can do this. Below are some ideas to get you started but this ritual will be yours alone.

A Few Ways to Celebrate Your Loved One on Valentine's Day

- Make your loved one's favorite breakfast or dinner and enjoy it in their memory.
- Decorate and light a special candle in their honor.
- Volunteer some time at a local shelter, or food closet. Doing something good for others can help ease our pain.
- Listen to your favorite song and look back through picture albums and scrapbooks of your life together.

If you can't bring yourself to do any of these things, that's OK too. You might find it helpful to talk to others who are experiencing the same loss this time of year. Contact someone from your TCF group.

Submitted by Linda Nielsen "I have carried this poem in my billfold for years as it says what I feel about my time with our beloved Lisa." The author is unknown.

We Walked Together

*We walked together, you and I
A mother and her daughter.*

We had hopes and dreams for tomorrow,

But tomorrow didn't come.

We walked together, you and I.

We talked, we laughed, we loved.

We shared SO many happy times

And for that, I thank the Lord above.

We walked together, you and I,

But only for too short a time.

For all too soon it ended

Leaving pieces of broken hearts behind.

And even though I miss you,

More than words can EVER say,

I thank God that I got to walk with YOU.

Every precious moment of every day. . .

New Year's Wish

I wish you gentle days and quiet nights.
I wish you memories to keep you strong.
I wish you time to smile...and time for song.

And then 'I wish you friends to give you love,
When you are hurt and lost and life is blind...
I wish you friends and love and peace of mind.

By: Sasha Wagner



The Basement Month (written for January, but very appropriate for February)

January can be depressing. It's a month of bitter cold and gloomy days. It's a month of used Christmas bows (surely we should save them for next year...) and things that don't fit (either they didn't fit before the holidays or they don't fit now!). They are months to SURVIVE.

I've decided to spend January in the basement. After all, basements are often dark and gloomy (suits my mood), in need of organization (describes my life perfectly) and could use a good cleaning (similar to shaking the cobwebs out of my brain).

I can sift through boxes of unknown treasures, sorting and tossing. I can count my blessing in the soft, dim darkness of a basement lit with a single light bulb and no one will see the tears that I hid so well during The Holidays. I can come up one blessing short and gasp in the pain (always there, but not often brought out to light any more), and then let it dissipate in the far reaches of the basement.

I think I will organize the basement according to the seasons: Spring, with flowers pots, fertilizer, garden seed, and bicycles; Summer with the lawn mower, garden hoses and rubber rafts; Fall will have the rakes and the Halloween decorations. And Winter...Winter will have the snow shovels, snow boots, sleds, ice skates, skis (and crutches) all sorted neatly, side by side.

The Holiday decorations will be stored halfway between Fall and Winter because of the GREAT DEBATE in our house about WHEN is the proper time to put up the decorations. This debate is topped only by the one about WHEN to take them down. So far the earliest we have discarded The Holidays is Christmas afternoon, and Easter wins as the latest.

I will have to have another category in my basement, however. It will be the Fifth Season...the season of Miscellaneous. That's where I'll stash everything that doesn't fit anywhere else – somewhat like my grief, which seems to pop up at the most inconvenient times, I wish I could compartmentalize it, organize it, so I wouldn't be caught off guard. I wish I could put it away for a time – storing it in the recesses of my basement – knowing where it is when I need it. But grief doesn't work that way (my basement probably won't work that way either!). Grief is there, always. You don't "get over it." You can't hide from it. You can't put it aside until it's convenient. In fact, the more you try to avoid it, the more it catches you. It's a bit like that mysterious gift you once got from some distant relative. The more you try to forget it, the more it stays. Grief is in all the seasons of your life.

But grief doesn't have to be a burden all the time. Like the things you have stored in the basement, it can be sifted through, reorganized and dealt with. It doesn't have to be just stashed in the darkest corner of your heart. Part of grief is learning to live without the person who made your life so incredibly wonderful. But the other side of grief is remembering how wonderful life can be and getting busy with not just surviving, but LIVING.

The snowflakes are still just as lovely and mysterious. The spring flowers will bloom again, with their sweet message of life. Summer will bring more warm evenings and fireflies to chase and Fall will turn its leaves one more time. Winter will come again and another January will be celebrated in the basement...not because it is the only place we can find solace and comfort, but because the sifting and sorting and reorganizing are an important part of our process. Your life with your loved one was filled with moments of laughter. Remember those moments, enjoy them again and again. Don't store them in the basement of your heart.

So won't you join me this month as I make good on my one New Year's resolution? I resolve to keep my basement clean, organized and usable. It will NOT become a repository for cast-offs and the no-longer-useful in my life. It will be what it really is: a part of my house, my home, my life.

I will be in the basement this month, not escaping the snow (I LOVE that!), but getting ready to heal.

LET THE JOY YOUR LOVED ONE'S LIFE BROUGHT TO YOU BEGIN TO TAKE THE PLACE OF THE HURT AND PAIN OF DEATH. The memories will always hurt, but there also will always be LOVE, and you cannot discard, bury or lose the love you shared. January, The BASEMENT MONTH. *Hugs and Hope by Darcie Sims*

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 5th of each month.

Washington DC Chapter

Steering Committee DC Chapter

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otgunter@verizon.net

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(Joshua's mom)
202-421-6618
malake@hotmail.com

Secretary:

Vacant

Treasurer:

Coralease C. Ruff
(Kandy's mom)
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703 620-0236 (h)
cruffi@howard.edu

Hostess/Refreshment:

Cecil Robinson (Mary Elizabeth's father)

Members at Large

Reginald Woodard
(Reggie Jr's dad)
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(Darnell Jr.'s Mom)
202-305-9708 (w)
301-808-1007 (h)

In Memory of Darnell Gunter

As time moves on, I still remember you. Each time I see a rainbow or star, I remember you. When I feel a gentle breeze against my cheek, I remember you. When a butterfly flutters by, I always remember you.

Love Mom

To Darnell - Our Butterfly!

Fly safe our Butterfly! We miss you.
Love Family

Connecting Spirit, Mind, Body

Grief recovery is different for all of us. When you lose a child, taking care of oneself isn't remotely possible. Just trying to stay focused on a task takes every ounce of concentration and all of our limited strength. Ever so slowly movement and energy returns. If there are other siblings to care for, not to mention a marriage struggling to survive, life pushes us forward. When this happens, focus shifts to areas of neglect and I don't mean the house, car or refrigerator. Pain centers itself into areas of the body and will make a home there unless effort is made to start reversing this manifestation.

There are many avenues to physical well being. All I could manage well for awhile was a daily walk. What I started to find on these walks was a deeper connection to all my thoughts and a keener awareness of my spiritual being. I needed that time, every day, to recharge just as much as that longed for restful sleep. These walks were beneficial for the family

dog, Hadley, bewildered by the absence of my beautiful daughter and served to keep her full-figure under control as well.

As my yoga teacher tells the class, "everything you do adds to your own health". Be kind to your body. Your spirit is always with you.

Lifted from:

Pamela Hamlyn
TCF, Co-Leader
Lower Cape Code Chapter

CFC Campaign

Thank you to all our members, their family and their friends who made a contribution to the Washington, DC Chapter thru the Combined Federal Campaign. Your contributions are greatly appreciated.

Chapter Information

Our next meeting is scheduled Wednesday February 16, 2011, 7:00-9:00pm.

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

Prince William Chapter

Things I've learned:

Written by Susan Adams in memory of her daughter Kimberly Adams

1. I am here because Kimberly lived. Her life is much bigger than her death.
2. A person's depth of grief is proportional to the depth of love.
3. It is ok to be mad at God, he can handle it.
4. It is okay to cry.
5. A sad day is not a bad day.
6. It is ok to laugh. That doesn't mean you are "over it".
7. It is ok to tell your friends the same story, the same sadness over and over and over.
8. A good hard cry is exhausting, and healing.
9. A good hard laugh is a way to re-connect with the goodness that is a constant in life.
10. Those who die do not stop living in us.
11. In spite of myself, I can live again after the death of my child. And that is not a desertion of my child but a celebration of her love of living.
12. Helping others helps me.
13. My faith has changed. That is a good thing, a growing thing.
14. My life changed the day Kimberly was born, not just the day she died.
15. Even though I wish it, I cannot turn back time. So I must stand in today.
16. Listening to others grief is healing.
17. Courage isn't being without fear, but moving forward in the face of fear.
18. The sadness can hit me at anytime, embrace it. Remember, our sadness is a right thing.
19. It is hard to forgive myself for the wrongs I did with Kimberly. But she forgives me.
20. Love never ends.
21. I can share with Kimberly my "now" experiences by holding on tightly to our love.
22. Be gentle to yourself, you can only do your best at any given time. And that does not require perfection.
23. I do not have to understand all that I know. I know that there is more to life than what I see and hear now. I don't understand the spiritual life, but it is still real.
24. Grief doesn't heal, it doesn't go away...it changes.
25. I am learning new ways to move on, to live life, and I am taking you with me.
26. I would never have believed I could live 10 years without Kimberly. I have survived because I have not walked this journey alone. Thank you to all who walk with me.

Our February Children Remembered

Kimberely Heather Adams
Feb 21 Nov 05

 Kenneth and Susan Adams
 Prince William

Kelly Elizabeth Baker
Feb 25 Aug 08

 Andrea and William Baker
 Fairfax

Jacob Barbour

 Sep 21 **Feb 14**

 Nancy and Bob Barbour
 Fairfax

Susan Elizabeth Bell

 Mar 10 **Feb 25**

 John and Mary Bell
 Arlington

Kevin Boskey

 Jun 04 **Feb 06**

 Kristie Michajlyszyn
 Leesburg

Andrew Even Bourland

 Dec 11 **Feb 23**

 Colleen Bourland
 Fairfax

Jackie Bruhn

 Sep 11 **Feb 27**

 Barbara Bruhn
 Fairfax

Ashley Burlison
Feb 03

 Rudy and Terrye Richter
 Arlington

Abigail Burroughs
Feb 17 Jun 09

 Frank Burroughs
 Reston

Joshua Butler

 Jul 16 **Feb 21**

 David Butler
 Fairfax

Eunice Calcaterra

 May 10 **Feb 02**

 Lynette and Dennis Calcaterra
 Fairfax

Geraldine "Gigi" Olivia Clark
Feb 11 Jun 26

 Jackie Arias Clark
 Leesburg

Patrick Cowhig
Feb 08 Apr 30

 David and Jesse Cowhig
 Fairfax

Jennifer Coyne
Feb 16 Jul 24

 Julie and Burton Simonds
 Leesburg

Joel Culpepper

 May 15 **Feb 22**

 Iris and Hurare Culpepper
 Fairfax

"EJ" Hubert Eugene Dill
Feb 26 Apr 06

 Veronica Dill
 Reston

Theanros "Teddy" Ayalneh Ejigu

 May 24 **Feb 03**

 Ayalneh and Webshaw Ejigu
 Arlington

Stephanie Jean Fiorino
Feb 22 Aug 09

 Sue Ellen Wells
 Arlington

Will Foreman

 Jul 27 **Feb 24**

 Louise and Mark Foreman
 Fairfax

Tony Franco
Feb 20 Dec 25

 Sara and John Franco
 Fairfax

Mallory Anne Fraser
Feb 02 Oct 25

 Carla and Mike Fraser
 Leesburg

Kathryn Rose Freeman
Feb 02 Jan 23

 Peter and Joy Freeman
 Prince William

Katherine Marie "Katie" Galloway

 Mar 11 **Feb 28**

 Rich and Lori Galloway
 Leesburg

Jackson Lee Gallagher
Feb 21 Aug 06

 Kay and Frank Gallagher
 Arlington

Darnell Gregory Gunter

 Nov 18 **Feb 25**

 Olivia Gunter
 DC

Kristin Marie Harkness

 Mar 19 **Feb 22**

 Linda and Tom Harkness
 Prince William

Alexander Britton "Sandy" Hume

 Sep 02 **Feb 23**

 Clare Stoner Hume
 Arlington

Eric Johnson

Feb 27 Sep 16

 Janet Celly
 Fairfax

Jordan McLeod Johnson
Feb 27 Apr 23

 Peggi and Jeff Johnson
 Fairfax

John Henry Johnson III

 Sep 24 **Feb 10**

 Neire & John Johnson
 Fairfax

Our February Children Remembered

Adam Steven Katz
Feb 26 Sep 10

 Linda and Howard Katz
 Leesburg

Conor Keegan
Feb 11 Feb 11

 Mary and Paul Keegan
 Fairfax

Alex Leonard
Feb 06 Jul 29

 Liz Kestler
 Fairfax

Victoria Kimmel
Feb 25 Jan 31

 Helen Kimmel
 Fairfax

Zachery Lea
Feb 05 Jan 07

 Doug and Julie Lea
 Leesburg

Dominic Anthony Mason
Feb 28 Sep 22

 Debby and Jim Pugliese
 Prince William

David Alvin Maxfield

 Sep 01 **Feb 26**

 Al and Joyce Maxfield
 Prince William

Kevin Patrick McGuinn
Feb 08 Aug 26

 Julia Ward
 Prince William

Steven A. McGrath
Feb 28 Apr 17

 Frederick and Nancy Schultz
 Arlington

Christine Marie McNabb

 Jan 13 **Feb 23**

 Barbara and Gary Secen
 Prince William

Nicole Marie Megaloudis

 Oct 12 **Feb 09**

 Gail and Thomas Rongen
 Leesburg

Christopher Deane "Chris" Morton

 Jun 02 **Feb 15**

 Katherine Morton Orf
 Arlington

Mary Margaret "Molly" Moriarty

 Nov 06 **Feb 24**

 Mary Frances Moriarty
 Arlington

Mary Margaret "Molly" Moriarty

 Nov 06 **Feb 24**

 Tim Moriarty
 Arlington

Christian Norman
Feb 05 June 03

 Jodi Norman
 Fairfax

Andrew O'Brien

 Jul 19 **Feb 08**

 Missy O'Brien
 Prince William

Vanessa Pean
Feb 23 Oct 30

 Gail and Leslie Pean
 Fairfax

Kayleigh Plamondon
Feb 02 Jun 10

 Debbie Plamondon
 Leesburg

Cody DuWayne Pollard
Feb 29 Jul 09

 Vernon and Andrea Pollard
 Prince William

Adam Powalski
Feb 04 Apr 12

 Rosemarie Powalski
 Leesburg

Jordan Edward Riley
Feb 03 Dec 02

 Deborah Riley
 DC

Elizabeth Rowland
Feb 16 Sep 28

 Deborah Rowland
 Fairfax

John Silva

 Apr 30 **Feb 27**

 Mary Reddy
 Fairfax

Greg Snellings
Feb 01 Jul 21

 Kristen Snellings
 Fairfax

Jessica Stein

 Jun 02 **Feb 02**

 Gary and Doris Stein
 Arlington

Alexander David Szymkowicz
Feb 13 Jan 13

 Jim and Patty Szymkowicz
 Prince William

Ashley Renee Thompson
Feb 18 Jun 10

 Sam and Robin Thompson
 Fairfax

Leisa Reno

 Jun 29 **Feb 03**

 John and Jane Trimble
 Fairfax

Dulce Maria Wahdan
Feb 08 Sep 18

 Jerri Lee and Hasan Wahdan
 Leesburg

Michael Alexander Zmidzinski
Feb 17 May 26

 Andy Zmidzinski
 Arlington

Michael Zmidzinski
Feb 17 May 26

 Renee Youngs
 Arlington



Compassionate Friends
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Arlington, VA 22205

Trinity Presbyterian Church

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A Valentine Message

*I send this message to my child
Who no longer walks this plane.
A message filled with love
Yet also filled with pain.*

*My heart continues to skip a beat
When I ponder your early death
As I think of times we'll never share
I must stop to catch my breath.*

*Valentine's Day is for those who love
And for those who receive love, too.
For a parent the perfect love in life
Is the love I've given you.*

*I'm thinking of you this day, my child,
With a sadness that is unspoken
As I mark another Valentine's Day
With a heart that is forever broken.*

Annette Mennen Baldwin
In memory of my son, Todd Mennen
TCF, Katy, TX

FEBRUARY 2011