



Arlington, DC, Leesburg, Prince William, and Burke-Springfield-Fairfax Virginia Chapters
Trinity Presbyterian Church, 5533 North 15th Street, Arlington, Virginia 22205
TCF National Headquarters, PO Box 3606 Oak Brook, IL 60522-3696,
www.compassionatefriends.org, 877-969-0010 toll free

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.

A Video Tribute to Kate and Her Friends

~By Nancy Comiskey

My memories of my daughter, Kate, fill each day. I can feel my fingers caught up in her thick, curly hair as I braid it while she sits on the floor between my knees. I can see her playfully bump me off balance as we walk with our arms around each other's waists through the mall. I can hear her call me "doll face" as she relates her most recent misadventures, making us both laugh till we cry.

Those memories never fade for me. But like so many parents who have lost a child, my greatest fear is that my quirky, beautiful daughter will slowly be forgotten as others who knew her move on with their lives. That's why a video slideshow that evolved from an earlier project in Kate's memory brings me so much comfort. The DVD connects the people who loved Kate best and introduces her to those who would otherwise never know her.

Kate was driving to the high school where she taught freshmen English in November 2004 when an intoxicated driver swerved into her lane and hit her car head-on. He lived, but Kate died at the scene. She was 24.

Kate would laugh at the idea of having an "estate", but her teacher's life insurance enabled my husband, Steve, and me to establish a scholarship in her name. But we also wanted to do something else with the insurance, something as distinctive as our daughter. So we gathered together the 10 best friends from her life and gave each of them enough money to take a short trip just about anywhere in the world. All we asked was that they do one thing to leave that place a little better in Kate's name. They are Kate's ambassadors, visiting the places she will never go.

Their response has exceeded any thing we could have imagined or financed. They have tutored

Students in China, protected sea turtles in Costa Rica, and worked with children in a Brazilian favela. They have befriended a family in Mambia, taught English Moldova, and counseled girls in Botswana on the dangers of HIV. So far they have touched five continents and sent pictures from more than a dozen countries.

That's when the idea of creating a *Kate's Friends* video emerged. Viewed separately, the photographs are wonderful. But gathered together with zooms and pans and set to music, they take on a far greater power. When I put the first two pictures together with Iris Dement's "Let the Mystery Be" in the background, I burst into tears. Those tears were the first of many shed over the next six weeks.

I started with pictures Kate's friends had taken in Africa, Central and South America, Asia, and eastern Europe. I added pictures from our cottage in Maine, where they came to help my husband build a New England rock wall in Kate's memory. Next came pictures of the 1,000 origami cranes Kate's brother Daniel folded for her.

But even though Kate was the reason for the trips and the reunions and the memorials, she was missing from the pictures. So I went through old photo albums, scrapbooks, and boxes of pictures from Kate's apartment. I smiled and cried alternately as I pored over photographs and mementos. Eventually I found pictures of Kate with each of her 10 friends, some when they were toddlers, some in high school and college, and some of the last months of her life. I added a few of the funny sketches Kate drew of herself and her friends---marking a birthday, a road trip, or a romantic dilemma. I even found a poster recording hundreds of Ping-Pong games that Kate played with her friend Teddy the year they shared a house after college. "Teddy, you are going ." she had written at the top.

Last, I added a handful of family pictures. Kate with me in the Aran Islands, Kate on the sofa with her feet propped up on her dad's lap, and Kate at the top of the stairs with Daniel just seconds before they rushed down to open Christmas presents.

I had about 200 images now, a slideshow of about 20 minutes. My husband and I chose four additional songscontinued on page three.....

Calendar of TCF Meetings In Your Area

December 2007

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SUN	MON	TUE	WED	THURS	FRI	SAT
						1
2	3	4	5 Leesburg	6	7	8
9 Worldwide Candle Lighting	10	11	12	13 Arlington	14	15
16	17	18	19 DC	20 PW	21	22
23	24	25	26 BSF	28	29	30
31						

Arlington Chapter For info contact Lois Copeland 301-530-1115 or locopeland@aol.com Please send "Love Gifts" to Kent Womack 1013 Riverside Dr. Woodstock, VA 22664	Trinity Presbyterian Church 5533 N. 16 th St Arlington, VA	Meets the Second Thursday This month's meeting will be December 13, at 7:30 PM
Burke/Springfield/ Fairfax Chapter For info contact: CarolMarino Camarino@cox.net or JaneTrimble@ janetrimble@juno.com 703-622- 3639 Please send "Love Gifts" to Kathy Collins 4505 Rachael Manor Dr. Fairfax, VA 22032	THE OLD ST. MARY'S KNIGHTS OF COULMBUS HALL (LOCATED NEXT TO THE ST MARY'S HISTORIC CHURCH AND CEMETERY) At Fairfax Station Road and Route 123, Fairfax, VA **Note—NEW LOCATION	Meets the Fourth Wednesday This month's meeting will be December 26, at 7:30 PM
Leesburg Chapter For info contact Bev or Bernie Elero 540-882-9707 Please send "Love Gifts" to Mrs. Anne Shattuck, 224 Walnut Ridge Lane, Palmyra, VA 22963	St. James Episcopal Church Janney Parlor 14 Cornwall St NW Leesburg, VA	Meets the First Wednesday This month's meeting will be December 5, at 7:30 PM
Prince William Chapter For info contact Ken Adams 703-361-6574 or 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	Meets the Third Thursday This month's meeting will be December 20, at 7:30 PM
Washington, DC Chapter For info 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, DC20059	Meets the Third Wednesday This month's meeting will be December 19, 7-9 PM
TCF National Headquarters P O Box 3606 Oak Brook IL 60522-3696	www.compassionatefriends.org	877-969-0010 (Toll-Free)
Arlington Website	www.tcfarlington.org	Webmaster: Mary M. Bell m.m.bell@verizon.net
Burke/Springfield/Fairfax Web	www.tcfbsf.org	

Continued from Cover page

Songs that would have special meaning for her friends. We ended with Van Morrison's soaring "The Beauty of the Days Gone By", a song Kate and I played endlessly when we drove across Ireland together after she student-taught there.

I burned the slideshow onto a DVD and gave copies to each of Kate's friends. Since then, I've shared it with many others as well.

In the final slide, Kate walks on a rocky beach in Maine in jeans and her typical four-inch wedged heels, a world of sea and sky behind her. The image includes this quote from Kate's journal: "What we really want is the safety of knowing what comes next. But anything could happen at any moment, and we must do our best to make the right choices.....We are torn between feeling too attached to the past and wanting to hold on to it for the future. (But) I want my life to exist in some form long after I'm gone."

The first *Kate's Friends* video is my way of fulfilling that dream for Kate, a tangible reminder for her life and spirit. It is also a tribute to her friends, who I know will always keep Kate in their hearts, even as they take new jobs, marry, and have families of their own.

I hope this is the first of many DVDs in years to come. Several of Kate's friends will take their trips this year or next. One friend will marry in March. My husband, son, and I are traveling with two of Kate's friends to see a third friend in Botswana this summer. There are many moments yet to capture, ripples from Kate's time on earth.

As I am writing this, Kate's first class of freshmen English students are preparing to graduate from high school. As they walk up the steps to accept their diploma, they each will wear a pin with Kate's picture on their graduation gowns. Their photographs will surely be on next year's DVD.

Nancy Comiskey teaches journalism at Indiana University and writes for a variety of magazines. Her essay "How to Help a Friend Who's Lost a Child", appeared in the August 2006 issue of O, The Oprah Magazine.

Loving lifted from the Summer 2007 issue of " *We Need Not Walk Alone*"

Making a Slideshow DVD

Today's software makes it easy for anyone with middling computer skills to turn pictures, birthday cards, drawings, and other keepsakes into a powerful slideshow with special effects. (Remember how Ken Burns panned slowly across the old Mathew Brady photographs in the documentary *The Civil War*?)

If you're a novice, then enlist the aid of a computer-savvy friend. A no-nonsense guide to the software can help, too. Many of your pictures may already be digital. Those that aren't can easily be scanned, a process that takes less than a minute.

I'm a "Mac" user, so I started with iPhoto, fine for slideshows of up to several dozen images. iPhoto will decide how to zoom in and out of your images. Or you can do it yourself with two or three easy clicks. (You'll be a pro at this sooner than you think!) You can add music from iTunes or any audio file.

If you have more pictures, then iMovie gives you greater flexibility. You can synchronize the music, or audio voice recordings, to fit the images exactly. Then you burn the slideshow onto a DVD and watch it on a computer or TV. (If you're a PC user, try Windows XP Movie Maker 2 instead of iMovie and Adobe's Premier Elements to burn a DVD.)

When you're finished, you'll have a moving record of your child's life for generations of family and friends.

Arlington Chapter

TCF Meeting: Thursday November 9
Place: Trinity Presbyterian Church
Enter 2nd Level
Time: 7:30pm
Topic: The Holidays and/or Current Issues



Trinity Presbyterian Church invites all to help decorate the Church for the holidays. This annual event will be on November 26 at 6p.m., latecomers are welcome!

September 2007

Dear Friends,

I have just received my newsletter for September, it was lovely to get it; it makes me feel very close to my friends. Thanks for the July and August newsletter too, it was good to see Ben's poem in print.

This month's newsletter is particularly poignant, I sat here with tears streaming down my face and imagining the "Walk to Remember" and just thinking about the person who wore Ben's name and wishing it were me. It just doesn't seem real even after a year. I keep thinking that Ben will walk in through the front door and put his big strong arms around me and put me over his shoulder and throw me into the street and leave me there, even in the rain, laughing at me through the window. I used to hate it at the time but would give anything for it to happen now.

Today is a sad day for me; it is the day of Ben's inquest, it is the day when his case is officially closed. I could not face going so my husband went alone. Now he has gone, I feel terrible that I let him go alone to face the awfulness and the pain again. I just could not bear to go through it again.

I have just placed an order for a memorial bench to be placed in the first Army base Ben was sent to after he joined the Army. I have done this to mark his 27th birthday which will be on the 30th November. I am trying to keep his memory alive. The feeling that he will be forgotten is terrifying.

I have settled in to life in the UK, as well as I can. I have visited Ben's grave only on a few occasions as it is 200 miles from where we live at the moment. It is comforting to be able to visit more often than I could when I lived in Falls Church.

I wish you all peace and my continuous prayers are with you all.

Lynn Barron



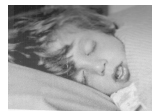
IT'S BETTER NOW

How I wish I had known someone, anyone, I could have turned to back when I approached my first Thanksgiving after my son's death, who could have told me IT WILL BE BETTER! Unfortunately, there was no Compassionate Friends in Atlanta at that time, so I anticipated my first Thanksgiving with fear and trepidation, thinking it would be that painful for as long as I lived.

Those of us who have had several years to make our adjustment can do nothing of greater import than to pass on to you the message that you will learn how to handle the holidays. I don't know of any shortcuts. If I had, I would have used them back there. It takes experiencing a few Thanksgivings and Christmases before you come to know what you need to do to handle those days.

If you're new at surviving, do whatever it is that you need to do to get through these first special times, but do them knowing that it won't always be this painful. Please believe me when I tell you, it really is better now.
~Mary Cleckley, TCF

Atlanta



To my beautiful Son David, I am thankful
~his Mom, Lois Copeland

"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 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.

I am living...and for that, I am thankful.

May your holidays be filled with reasons to be thankful. Having loved and having been loved is perhaps the most wondrous reason for all.

Excerpts from November/December 2002 issue of "Bereavement"

Arlington Chapter

Many of our members lost children, grandchildren or siblings on our nation's roads. We reprint this for you in memory of your children.

The Road Where Kathy Died

Every day I say a prayer,
Everyday I cry.
I drive this road most everyday,
The road where Kathy died.

The winding turns, the rise and fall,
The lovely countryside,
It holds no joy for me most days,
'Cause here's where Kathy died.

I doubt that we'll forget too soon
Her loving, gentle ways.
A little girl has lived and died,
Forever gone away.

I wonder if those others know
As they drive home from work
The sadness and the loneliness,
The grief, the sorrow, and hurt.

That Kathy's family all went through
On this gorgeous countryside,
That day the car crossed the yellow line,
The day that Kathy died.

So, say a prayer for her today,
Her loved ones surely do.
And thank the lord each and every day,
When your child comes home to you.

~Kim Haynes-Paquette, TCF Cincinnati, OH
in memory of Kathleen Marie Paquette



Attending a meeting for the first time in September 2007: Robert and June Hunnicutt whose son, **Christopher Hunnicutt** (32) died January 30, 2007 and Carrie Reichert whose brother **Josh Reichert** (22) died November 21, 2003.

WELCOME

“Welcome” is a difficult word in these circumstances. We are sorry for the reason that brought you here. We hope meeting others who understand your sorrow helped you. We can't take your pain away, but we can offer friendship and support. Please come back again. We need not walk alone.



THE MAGIC WE FIND IN FALL

How often do we marvel at nature's beautiful hand as she plays her creative masterpiece across each of earth's precious regions? The wonder of such hue intensity as we watch each leaf turn from one glorious color to another.

I think that autumn has us all so speechless due to the similarities we find between nature and ourselves as bereaved parents. It was just months before, that Spring saw the buds and blossoms which nature had produced at the start of life's season – as we did with each of our children. The intensity of summer brought not only growth but maturity as well: infant to toddler to school to graduation. Does our child's life not seem to have been so equally short? Then it is as if a silent alarm went off signaling the need to end one life so that preparations may begin for the while process to repeat itself once again. Unfortunately, life goes on whether we want it to or not. It goes on no matter how shattered our hearts may be, it goes on just as unfairly as it did when our child was alive.

But it is Fall when the vibrant leaves fall to the ground that we see the mirrored symbolism in our lives. Our children were a central part of our family tree and they too have slipped from our grasp. Even though more leaves will appear again and again, none are the same as the one which has died before it. Only our compassionate friends seem willing to hold the course that our children may not be forgotten.

It is Fall when I seem to need my Friends the very most.

*Jack Frost – Jason's Dad
TCF, South Central Kentucky*

Love Gifts

We are deeply grateful for the loving remembrance gifts recently received from:

Lynn and Stephen Rhoads, in loving memory of their son **Brent Jason Rhoads**

Anita and Frederick Scott, in loving memory of their son **Craig Michael Scott**



Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying "I will try again tomorrow."

Robert Frost

Arlington Chapter

TCF Meeting: Thursday December 13

**Place: Trinity Presbyterian Church
Enter 2nd Level**

Time: 7:30pm

Topic: Celebrating the Holidays

Bring a picture to share and one for the picture board

*Please note that as of January our newsletter will be sent out electronically to those members who indicated so. If your E-Mail address has changed or you wish to receive a hard copy please inform Mary Bell at m.m.bell@verizon.net or 703-536-2672 and/or Allen Lawrence at TCFDBA@hotmail.com or 703-866-5570. Members will receive their newsletters via the mail who indicate so. Please call Mary or Allen if you are unsure.



Norman Rockwell Never Painted Me

At this time of year it always seems
That I see families of others' dreams.
Everywhere I look and every ad I see,
Shows the joyful reunions of a family.

With the table laden, good times abound;
While families, reunited, gather round.
But Rockwell never painted an empty chair
And a family mourning the one who's not there.

A season that once was celebrated
Now makes us feel more isolated.

I need TCF so that I can see
That there are others just like me-
Whose feelings about holidays

Are mixed, at best-

Whose strengths of will are put to the test.
We're loving those that we still hold near-
But thoughts of one out of reach bring a tear.

Even now, amidst the love and gladness
This time of year brings a certain sadness.

I no longer have the "average" family-
So that is why Rockwell never painted me.

~Kathy Hahn

TCF, Lower Bucks County, PA



For those who think that Christmas and Chanukah are just nice days to give and get presents, bereaved parents have another message...

Mixed with the joy is the knowledge of sadness.

With the hope of birth comes the threat of death.

We should not try to cover up our sadness in front of people, for we have a lesson to teach them.

But the holidays have a lesson for us, too.

Yes, there is death. Yes, there is great bitterness in life.

There is darkness. But there is hope.

There is birth. There is light.

In a society which works so hard to deny death, perhaps only bereaved parents and a few others can truly understand the depths of these holidays.

*Dennis Klass, professional advisor
St. Louis, MO*



When You Lose A Grandchild

When you lose a grandchild, the grandparent is twice bereaved. Once for the grandchild in whom you can no longer take delight, be proud of and love, whose future you will never be able to watch unfold, the second, is for our grown children, the parents, who cannot imagine a future at all without their child, but who are attempting to go on in excruciating pain and whom you are powerless to console.

One loss leaves a constant and gnawing void in your life. The other brings a constant challenge to your heart—which aches for all of them.

*Lorell Thompson, Phoenix, AZ
Grandmom to David Samson (1982-1998)*

Polly Berry, son **Greg Berry**, (10/30/1988-4/19/07). Welcome is a difficult word in these circumstances. We can't take your pain away, but we can offer friendship and support.



Arlington Chapter

My Brief Rainbow

By Peggy Kociscin

Rainbows appear only dreary, rainy days.
They beautify the world for a few brief moments.
These moments, however, can be spectacular.

YOU were my brief rainbow.

You entered my life

And stayed but a short while.

Nonetheless, the memories of those moments
When you blessed us with laughter and delight,

Joy and smiles,

Charm and beauty,

Gaiety and happiness,

Mischief and silliness,

Sunlight and moonbeams,

Giggles and love (ad infinitum)...

Made the deluge,

The tears of pain and anger,

Helplessness and fear,

Insanity and agony.

Sadness and heartbreaks,

Emptiness and loneliness

Bearable

**Rainbows, however brief,
Make the world a brighter, lovelier place.
How grateful I am that I had you.
My brief rainbow.**



How Many Stockings Shall I Hang?

What a torment! Funny how you worry about what
your friends will think. For days I worried. And
finally, I hung three upon the fireplace wall, and laid
one gently on the mantel.



But that was last year! And this year I shall
hang all four above the fireplace. For this year the
confusion of mind has found new answers-with
conviction! For it does not really matter whether my
oldest daughter lives in Tucson, or my youngest son
is dead-these are my children-our family-and as long
as we hang the Christmas stockings, we shall hang
them all...with love.

Shirley Melin, BP, Hinsdale, IL

Love Gift



Mayhew and Georgette Siess
in loving memory of their son
Frederick Siess



Hanukkah Thoughts

At this season of lights,
We remember the light
You brought into our lives:

The light of your laughter
The light of your wit and intelligence
The light of your love.

My the time not be distant
When the memory of these lights
Will illuminate our our hearts and minds
And eradicate the darkness therein.

~Stephanie Hesse, TCF Rockland Co. NY



Sibling Thoughts

I'm Missing You

I'm missing you – all day, every day.
On a bright summer morning, or
When the moon is full.

In the golden days of fall,
As the storm clouds build and it's snowing
When the willows begin to turn green –
You are always with me,
In my mind and my heart..
My brother, my good friend,
I'm missing you.

~Kris Cunnngnam, TCF Moro, IL



For the New Year...

May the New Year bring healing. May the New
Year bring peace. The warmth of cheerful memories,
and from pain, sweet release. The light of your child's
smile, may it guide you on your way, with strength and
consolation throughout the year, each day. Wherever
you may travel on this lonely road of grief, may you
find the way grows easier, may the times of sorrow be
brief. Your child's life continues in the life you choose
to live.

In your hands and heart, your child's love, to yourself
and others, give.

~In loving memory of my son, Tim Jones
Ruth Gregory, TCF, Phoenix, AZ



Burke/Springfield/Fairfax Chapter

We welcome with open arms and lots of hugs,
our new members:

🦋 Marti & Ira Kirschbaum 🦋

🦋 Liz, Gerry & Chris Gardner 🦋

🦋 Mary Durgala 🦋

*In Loving Memory of Leslie Ann Connors
April 30, 1979 ~ November 24, 2000*

My Dearest Leslie—

Seven years now since we saw your smile, felt your arms, heard your voice. The horrible, soul wrenching, life destroying grief has finally given way to quiet memories of your love and beauty and humor. Oh yes, we still question "Why?" knowing that we will never know the answer in this lifetime. Many a sleepless night I often ask myself - - - - -
- "If I could be where You are"

Where are you this moment, only in my dreams,
You're missing, but you're always a heartbeat from me.

I'm lost now without you, I don't know where you are.

I keep watching, I keep hoping, but time keeps us apart.

Is there a way I can find you, is there a sign I should know,

Is there a road I could follow to bring you back home?

Winter lies before me, now you're so far away,
In the darkness of my dreaming, the light of you will stay.

If I could be close beside you—if I could be where you are

If I could reach out and touch you and bring you back home.

Is there a way I can find you, is there a sign I should know,

Is there a road I can follow, to bring you back home to me?

Enya

*Sleep my beautiful Leslie, in the arms of the Angels!
—We miss you LesaAnn, Forever and Always—*

*From Our Hearts to Yours,
Mom, Dad, Jay!!!, Michele and Morgan*

We gratefully acknowledge the
following donations:

WILLIAM AND ANDREA BAKER
Gifted the Beautiful Roses for the Mass of Healing
In Loving Memory of Kelly Elizabeth Baker

♥♥♥♥♥

JOHN AND CAROL MARINO
Gifted the Book of Life for the Mass of Healing
*In Loving Memory of Leigh Ann Marino
and all deceased children*

♥♥♥♥♥

DONATIONS TO THE BSF CHAPTER

Please note that The Burke/Springfield/Fairfax (BSF) Chapter is a participant in the Combined Federal Campaign (CFC). The CFC is the annual fundraising drive conducted by Federal employees in their workplace each fall. The CFC code for the BSF Chapter has changed this year. The new number is 70395.

BSF CHAPTER UPCOMING MEETING TOPICS

- NOVEMBER**—Getting Through the Holidays
- DECEMBER**—Faith and How It Helped You
- JANUARY**—Siblings, How They Grieve and How to Help (Our Sibling Coordinator, Marcelle Potter, Will Speak)
- FEBRUARY**—Spouse Issues: Husbands and Wives in Grief
- MARCH**—Spiritual Connections, Signs from Our Children
- APRIL**—Babies & Children, Loss of a Little One
- MAY**—Death of an Adult Child
- JUNE**—Death Notification, How Can It Be Done Better

Members will have a choice of attending the regular bereavement group or the special topic of the month group during each monthly meeting.

Topics are subject to change!

Burke/Springfield/Fairfax Chapter

We welcome with open arms and lots of hugs,
our new members:

 Ali Tryon 

 Peter & Kathy Read 

 Carolyn Duff 

 Linda & Ron Campbell 

 Patricio & Clementina Castro 

 Julie Barry & Bruce Boykin 

**In Memory of Our Beloved Son and Brother
Christopher Ross Hyman
December 13, 1972 ~ November 5, 2001**

Christopher,

For the lessons you taught us
The gifts that you gave us
The heart that you gave us
And all the love that we shared
Wider than the ocean, bigger than the sky
Fly well, my darling boy, until we meet again.

All our love forever,
Mom, Dad, Jeffrey and Adam

The BSF chapter is grateful for the generosity of our
members and friends for their love gifts. Our sincere
appreciation to:

MARYANNE HYMAN

*In Memory of Christopher Ross Hyman
December 13, 1972 ~ November 5, 2001*

**In Loving Memory of
Leigh Anne Marino
May 15, 1981 ~ December 8, 2001**

Leigh Anne was a gentle spirit who
came into our lives as the last born child.
However, she was first in teaching us the most.
This is what she believed and how she lived her life:

- Tell someone you love them.
- Share a smile.
- Kiss a pet.
- Do an act of kindness.
- Listen.
- Never judge anyone.
- See beauty in all things.
- Learn something new every day.
- Know that everything changes.
- Adjust.
- Be positive.
- Have fun.
- Live life to the fullest.

Leigh Anne made the most of her time here.
Thanks sweet angel for helping us on our
earthly path to attain what you already knew.

Submitted by Carol & John Marino

Important Notice: *The largest expense for our BSF group is the printing and mailing of the monthly newsletter. The list of members has not been purged in many years. Because the newsletter is mailed via non-profit bulk mailing, we do not receive newsletters that have been undeliverable. If you want to continue receiving the newsletter, please copy or cut out this form, fill it out and return it to Carol, Jane at the next meeting, or mail it to: Jane Trimble, 5209 Wenlock Way, Burke, Virginia 22015.*

**I/WE WANT TO CONTINUE
RECEIVING THE NEWSLETTER.**

NAME(S): _____

CURRENT/CORRECT ADDRESS:

PRINCE WILLIAM CHAPTER

Adjusted

"It's been several years since your son died" they say. "Surely you must have adjusted by now?"

Yes, I am adjustedAdjusted to feeling pain and sadness and grief and guilt and loss.

Adjusted to hurting and unexpected tears. Adjusted to seeing people made uncomfortable upon hearing me say "my son died."

Adjusted to losing my best friend because I'm not always "up". Adjusted to people acting as if grief is contagious and TCF meetings are "morbid."

Adjusted? Oh, yes, to many things. Knowing I won't hear his voice, but listening for it still. Knowing I won't see him drive his Toronado, but staring at every one I see. Adjusted to feeling empty on his birthday and wishing for just one more time with him.

Adjusted - as life goes on...to realizing I cannot expect everyone I meet to wear a bandage - just because I am still bleeding ...

By Shirley Blakely Curle

The death of a parent severs you from your past; the death of a spouse from your present; the death of a child from your future. The death of a sibling severs you from all three.

A sibling is part of your past and present, and you expect parents to die because they're older. A spouse doesn't enter your life until adulthood. Your children, though borne by you, are part of your adult life.

A sibling is a part of your whole life - a sibling is a gift.

Grieving is such a rollercoaster ride. One day we think the worst is over, that we're really beginning to pick up our lives again. The next day - or the next hour - it's as though it was all fresh, and we have made no progress at all.

We need to remember that recovery from grief is not a smooth uphill path. There will be many setbacks, many side paths onto which we are led, before we can continue our journey out of the valley of sadness. Better not waste our energy castigating

ourselves that we're not "doing better."

We're doing as well as we can, and these "tempests" and setbacks are all part of the process. So let us expect them, accept them when they come, then take a deep breath and move on.

Martha Whitmore Hickman

Excerpted from Healing After Loss ©1994

Grief Is Not...

Author Unknown

Grief is not a mountain to be climbed, with the strong reaching the summit long before the week.

Grief is not an athletic event, with stop watches timing our progress.

Grief is a walk through loss and pain with no competition and no time trials.



...that their
light may
always shine.

Light a candle for all children who have died.

Sunday, December 9, 2007
7 PM Around the Globe

THE COMPASSIONATE FRIENDS WORLDWIDE CANDLE LIGHTING ®

PRINCE WILLIAM CHAPTER

What kinds of reactions come from grief?

Ken Adams Father of Kimberly

After a major loss in our lives, such as the death of a child, we experience many reactions. These reactions come in different forms including emotional, physical, cognitive, and spiritual. They come at different times and to different degrees making our lives more complicated and difficult. We will not experience all of them, but just knowing what these reactions are may make it easier to deal with them when they do come our way.

When we first think of reactions after a loss, we think of the emotional ones. The one emotional reaction most of us experience is sadness. This sadness, if extreme, may lead to depression and even thoughts of suicide. Another common feeling is anger. This anger may be directed at the person or thing causing our loss, our friends and family, ourselves, and even our loved one for leaving us. We could also experience guilt for things done and things left undone. But other emotions may come into our lives. These could include fear, shock, hysteria, self-pity, moodiness, loneliness, and feeling like we are going crazy. A loss of emotions or ambivalence may hit us at times. It is important to note that these are all normal reactions and that we will probably not go through all of them.

The physical reactions could include sicknesses such as colds, loss or gain in appetite, restless sleep, tiredness, dizziness, shortness of breath, headaches, and heartburn. During grief, our bodies are using a lot of energy just to deal with our emotional reactions. Physical symptoms could hit us when our bodies are tired making sickness a real concern. It is very important to get enough sleep, eat a balanced diet even when we do not feel hungry, and to get some exercise.

The reactions that sometimes surprise us are the cognitive ones. Many people complain of memory lapses, times when they forget what they are saying or what they were doing. We lose items such as keys even when we just had them. We feel confused and it is sometimes difficult to make even simple decisions. We also feel unmotivated to do our jobs at work and at home.

Then there are the spiritual reactions such as anger at God, not wanting to go to church, and the questioning of our faith.

These reactions seem like they are insurmountable. But you can overcome them with knowledge of what is possible, help from friends and family, and with the memories of our loved ones.

Handling the Holidays

Author Unknown

Here are several suggestions for getting the most out of the upcoming holidays. We suggest that you try one or two of them. Even though there may be some emotional pain connected with doing activities like these, we believe there will also be a special kind of healing in them.

1. Give a **SPECIAL GIFT** in memory of your child. Join the gift-giving of the holidays by giving a gift of some kind, e.g. a flowering plant to a church or nursing home.
2. Give a **GIFT OF MONEY**, if you can afford it to either a cause that was important to your child or to a special organization of your choice.
3. **ENGAGE IN AN ACTIVITY** that you and your child especially enjoyed. You might choose to do this alone, or with other family members. (Fishing, taking a trip to a favorite place, renting a special movie, etc.)
4. During the holidays begin some kind of **NEW TRADITION OR RITUAL** that is meaningfully to you. An example of this might be the lighting of a special candle during the holiday season.
5. **HAVE SOME PHOTO ALBUMS OUT**, including pictures of holidays past. Talk with others about the past and about what you are feeling now. This will bring healing and help you to become free to move into the future.

Handle the holidays and remember your child in whatever way is appropriate for you and your family. In memory of all of our special children at this special time of year, I wish peace and love for you this holiday and the coming New Year.

Love Gifts

Special Thank You to Marie C. Carmichael (Jimmy's Mom) for her "Love Gift" in memory of her son James Christopher (Jimmy) Carmichael



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DC Chapter**

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Olivia Gunter
(Darnell's mom)
301 552-2798 (h)

Co-Leader:

Barbara Johnson
(DeVaughn's mom)
202 526-4855 (h)
brbphilli1@aol.com

**Secretary:
Vacant**

Treasurer:

Coralease C. Ruff
(Kandy's mom)
202 806-5576 (w)
703 620-0236 (h)
cruff@howard.edu

**Hostess/
Refreshment:**

Olivia Gunter
(Darnell's mom)
301 552-2798 (h)

Members at Large

Reginald Woodard
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(Darnell Jr.'s Mom)
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301-808-1007 (h)



**HAPPY 40TH BIRTHDAY
Tribute to Darrin J. Stubbs
December 13, 2007 - June 19, 2003**

My beloved son, today you are "the Big 40". I never imagined we'd be celebrating this milestone physically apart. For your gift I'm going to share with you some of the wonderful memories your friends and family shared with me. I was aware of a number of the family remembrances but had no idea how many other people you touched with your generous spirit in such a short period of time. There was the lady who told me how you comforted her family (visiting them on a regular basis) when her son died from a motorcycle accident. Then, there was your co-worker who said although you were young enough to be his son you were the reason he stopping drinking. He said you constantly talked with him and made him realize he was ruining his life and putting his job in jeopardy. Four years later, he still cries when he talks about you. There was another co-worker who said you visited him regularly in the hospital after he suffered a heart attack. I can't leave out the incarcerated friends and family members who told me that you were the one person they could count on to visit and keep in touch with them, in fact they sent tributes to be read at your funeral. At your funeral we asked people to jot down their favorite memories of you, so that your sons will know their father for the caring, compassionate, loving, and wonderful man that you are. As I'm remembering these stories it strikes me that your thoughtfulness in caring for others shows that you learned very early in life what is truly important and lived your life accordingly. In the beginning of this story I said your life was short but if we measure it in terms of deeds and not days you had a wonderfully long presence here on earth. You and your beloved cousin Jay always spent your birthdays together and when Jay left you on September 2, 1984 your birthdays were never the same. Now you and Jay are together and we are left missing you both but we have two very special Heavenly Patrons. You both will forever live on in our hearts and every year we will celebrate your birthdays reflecting on the gift that God gave this world when He blessed us with the two of you. **HAPPY BIRTHDAY!!**

Forever Loved, Forever Missed,
Your Mom
Veronica C. Stubbs
TCF DC Chapter

Please remember to submit your poems, stories, or a special note to your loved one to be placed in the February 2007 Newsletter by the 3rd of January, 2007. Please let us hear from you. Thank you for your cooperation. Michelle Lake, 571-227-3016, malake@hotmail.com

**In Thanksgiving for, and
in Loving Memory of,
Mary Elizabeth Robinson
(10/25/1979 ~ 12/26/2003)**

Happy 28th Birthday, Mary Elizabeth! We feel the persistent presence of your absence and the indescribable joy and privilege of sharing your life for 24 years. You have given so much to so many: artist, composer, counselor, dancer, debater, junior gene research scientist, leader, linguist, mystic, poet, political activist, singer, thespian, trumpeter, tutor/mentor, writer, and organ and tissue donor. Your eyes are pools of hope, your velvet touch creates peace, and your smile lights up the universe. We rejoice in our memories, and know that the journey never ends. You bring so much joy!

Your Loving Family -- Cecil, Townsend, and Christopher Robinson

A Pair of Shoes"



I am wearing a pair of shoes.
They are ugly shoes.
Uncomfortable shoes.
I hate my shoes.
Each day I wear them, and each day I wish I had another pair.
Some days my shoes hurt so bad that I do not think I can take another step.
Yet, I continue to wear them.
I get funny looks wearing these shoes.
They are looks of sympathy.
I can tell in others eyes that they are glad they are my shoes and not theirs.
They never talk about my shoes.
To learn how awful my shoes are might make them uncomfortable.
To truly understand these shoes you must walk in them.
But, once you put them on, you can never take them off.
I now realize that I am not the only one who wears these shoes.
There are many pairs in this world.
Some women are like me and ache daily as they try and walk in them.
Some have learned how to walk in them so they don't hurt quite as much.
Some have worn the shoes so long that days will go by before they think about how much they hurt.
No woman deserves to wear these shoes.
Yet, because of these shoes I am a stronger woman.
These shoes have given me the strength to face anything.
They have made me who I am.
I will forever walk in the shoes of a woman who has lost a child.

Author unknown

Leesburg Chapter



The Compassionate Friends Worldwide Candle Lighting is held annually on the second Sunday in December. At 7 p.m. in every time zone, people will light candles in honor of all children who have died. As candles burn down in one time zone, they are lighted in the next, creating a virtual wave of light that will encircle the earth as a 24-hour memorial.

May their light always shine! Sunday, December 9, 2007



The Leesburg Chapter will have a Candle Lighting at our regular meeting on December 5th. We wish all of our Leesburg TCF members a peaceful holiday season.



Thank you for your Love Gift

Pat Miller in loving memory of her grandson,
Adam Heitz

Susan and Roy Cleveland in memory of their son,
Christopher Cleveland

Becky Reeder in memory of her son,
Jeremy Joseph Reeder

Kay Rurley-Lavallee and Roger Lavallee in memory of
their granddaughter, Paige Johnson



Light One Candle

Light one candle, take my hand.
Move closer to each other, all who want to smile again.
In this blessed time of year, with your sorrow and
tears.
Come together to remember and to light one candle.
The light is for strength to face the pain welled up
inside.
The light reminds us of shattered dreams,
not to be denied.
The light is for courage to beckon others to our side,
For every tear we've cried. . . We light one candle.
We all know the reason that we value the flame.
It's a commitment to each other, to remember
every name.
And a promise made that in our hearts
forever they'll remain.
Out of love we came to light one candle.

~In memory of David, by his father, James Nelson
Minneapolis, MN TCF Atlanta Nov./Dec. 1997

Hello TCF Leesburg members,

Since compiling the last newsletter in September, I have been unable to keep up with my normal volunteer work with Leesburg TCF. My father became ill in October and died three weeks later. I spent time in PA helping care for him and had to forgo my other obligations. I apologize to the new members because it was not our intention to forget you. Also, I did not share your information with our database coordinator and therefore you may not see your child's name on the Children Remembered Page of our newsletter for several months.

All that being said, I am once again dealing with grief. Not that the grief from my son will ever go away, however, the rawness is back. My Dad has been my biggest supporter since our son died in 2003. He would email me or call me almost daily just to check in. He wanted so desperately to take my pain away, like all grandparents, he had a "double hurt". I remember many days fighting back the tears so that maybe, just for a day, he could worry a little less about me.

During my Dad's final days, I kept telling him how much I loved him. It was such a contrast to the sudden death of our son which left no time for good-byes. I'm thankful to have spent the final days with my father, and yet it seemed to resurface many unresolved issues I have with my son. So, once again, I keep going forward, one day at a time. My mind keeps repeating what my Dad told me in one of our last conversations, "Life is for the living, Theresa, remember that".

As the holidays approach, please know that we all share a loss of someone so dear to us. We pray for hope and healing. Don't expect it to happen in a week, a month or even a year. Grieve at your own pace and may peace be with you.

~Theresa Heitz

Leesburg Chapter

The Gap

The gap between those who have lost children and those who have not is profoundly difficult to bridge. No one, whose children are well and intact, can be expected to understand what parents who have lost children have absorbed and what they bear.

Our children come to us through every blade of grass, every crack in the sidewalk, every bowl of breakfast cereal. We seek contact with their atoms, their hairbrush, their toothbrush, their clothing. We reach for what was integrally woven into the fabric of our lives, now torn and shredded. A black hole has been blown through our souls and, indeed, it often does not allow the light to escape. It is a difficult place. For us to enter there is to be cut deeply, and torn anew, each time we go there, by the jagged edges of our loss. Yet we return again and again, for that is where our children now reside.

This will be so for years to come and it will change us profoundly. At some point in the distant future, the edges of that hole will have tempered and softened but the empty space will remain - a life sentence. Our friends will change through this. There is no avoiding it. We grieve for our children, in part, through talking about them and our feelings for having lost them.

Some go there with us, others cannot and through their denial add, however unwittingly, to an already heavy burden. Assuming that we may be feeling "better" six months later is simply "to not get it". The excruciating and isolating reality that bereaved parents feel is hermetically sealed from the nature of any other human experience.

Thus it is a trap - those whose compassion and insight we most need are those for whom we abhor the experience that would allow them that sensitivity and capacity. And yet, somehow there are those, each in their own fashion, who have found a way to reach us and stay, to our comfort. They have understood, again, each in their own way, that our children remain our children through our memory of them. Their memory is sustained through speaking about them and our feelings about their death. Deny this and you deny their life. Deny their life and you no longer have a place in ours.

We recognize that we have moved to an emotional place where it is often very difficult to reach us. Our attempts to be normal are painful and the day to day carries a silent, screaming anguish that accompanies us, sometimes from moment to moment. Were we to give it its own voice we fear we would become truly unreachable, and so we remain "strong" for a host of reasons even as the strength saps our energy and drains our will. Were we to act out our true feelings we would be impossible to be with. We resent having to act normal, yet we dare not do otherwise. People who understand this dynamic are our gold standard.

Working our way through this over the years will change us as does every experience - and extreme experience changes one extremely. We know we will have recovered when, as we have read, it is no longer so painful to be normal. We do not know who we will be at that point or who will still be with us.

We have read that the gap is so difficult that, often, bereaved parents must attempt to reach out to friends and relatives or risk losing them. This is our attempt. For those untarnished by such events, who wish to know in some way what they, thankfully, do not know, read this. It may provide a window that is helpful for both sides of the gap.

By Michael Crenlinsten

Lifted from Piedmont Chapter TCF April 07



We extend a warm welcome to our new members and extend our sincere sympathy. We hope to be an ongoing source of support.

Anthony and Anna Fasolo, grandparents of
A.J. Malacrida (12/27/87 - 8/27/07)

Julie and Burton Simonds, mother and step-dad of
Jennifer Coyne (2/16/82 - 7/24/07)

Our November Children Remembered

Kathleen Johnson

Sep 10, 1962 **Nov 10, 2004**
Jean Driscoll
Arlington

Katrina Nelson

Nov 17, 1989 Dec 07, 2004
Lila and Mark Nelson
Burke\Springfield\Fairfax

Sarah Crwaford

Aug 06, 1971 **Nov 19, 2004**
Irene and John Powers
Burke\Springfield\Fairfax

Andrew Rutowski

Apr 29, 1987 **Nov 11, 2004**
Pam and Mark Rutkowski
Burke\Springfield\Fairfax

Kimberely Heather Adams

Feb 21, 1988 **Nov 05, 2000**
Kenneth and Susan Adams
Prince William

Ryan H. Adcock

Nov 19, 1981 **Nov 12, 1988**
Terrel and Edie Adcock
Burke\Springfield\Fairfax

Briana Aguilar

Dec 23, 1998 **Nov 07, 2002**
Linette Givens
Burke\Springfield\Fairfax

Michael Akridge

Feb 10, 1979 **Nov 30, 2003**
Debbie Akridge
Burke\Springfield\Fairfax

Patricia June Allen (PJ)

Nov 18, 1982 Jan 18, 2001
Henry Allen
Arlington

Richelle Chante Brisbon

Nov 07, 1975 Aug 19, 2003
Vivian Dewberry
DC

Sasha Burakow

Nov 03, 1984 Dec 17, 2003
Diane and Nick Burakow
Burke\Springfield\Fairfax

Alex Burke

Nov 13, 1974 Oct 16, 1995
Sharon Burke
Arlington

Elizabeth Rose Coggins

Nov 30, 1978 Sep 21, 1996
Ernie and Diane Coggins
Arlington

Leslie Ann Conners

Apr 30, 1979 **Nov 24, 2000**
Jay and Audrey Conners
Burke\Springfield\Fairfax

Ryan Patrick Crozier

Dec 24, 1995 **Nov 14, 1999**
Ralph and Lori Crozier
Arlington

Jason Dodge

Jan 07, 1974 **Nov 11, 1995**
Thomas and Debbie Dodge
Burke\Springfield\Fairfax

Justin Dodge

Aug 12, 1975 **Nov 11, 1995**
Thomas and Debbie Dodge
Burke\Springfield\Fairfax

John Leland Duke

May 22, 1969 **Nov 15, 1995**
Patsy A. Duke
Burke\Springfield\Fairfax

Buffy Durand

Nov 08, 1971 Sep 10, 2003
Dottie Lambert
Prince William

Stuart Austin Evans

Nov 03, 1967 Jul 11, 1986
Thomas and Ruth Evans
Arlington

Sarah Louise Farrel

Sep 27, 1998 **Nov 23, 1998**
Betty Farrel
Arlington

Lesley Garekick

Aug 08, 1965 **Nov 01, 2003**
Stephanie Dziekan
Prince William

Allie Grimsley

Nov 04, 1988 Aug 17, 2005
John Grimsley
Burke\Springfield\Fairfax

Darnell Gregory Gunter

Nov 18, 1984 Feb 25, 2000
Olivia Gunter
DC

Jon Hansen Jr.

Nov 09, 1964 Dec 27, 2000
Jean Ballard
Arlington

Dennis Hartman

Nov 16, 1954 Dec 11, 1998
Betty Hawkshaw
Arlington

Charlie Hays

Nov 27, 1982 Jul 14, 2004
Grace Rosamond
Arlington

Christopher Ross "Chris" Hyman

Dec 13, 1972 **Nov 05, 2001**
Ron Hyman
Maryanne Hyman
Burke\Springfield\Fairfax

Angela Fay (Wojtowicz) Jewell

Sep 18, 1973 **Nov 22, 1998**
Ed and Fay Wojtowicz
John Wojtowicz
Arlington

Rachel Kaplan

Jun 07, 1992 **Nov 06, 2004**
Glenn and Robin Kaplan
Prince William

Nicholas Ivor Kemnitzer

Nov 01, 1980 **Nov 09, 2001**
David and Susan Kemnitzer
Arlington

Cindy Kerr

Aug 12, 1983 **Nov 08, 2003**
Monica Clark
Burke\Springfield\Fairfax

Our November Children Remembered

Colin Michael Koos
Nov 04, 2002 Apr 23, 2003
Philip and Tricia Koos
Prince William

Buffy Lambert
Nov 08, 1971 Sep 10, 2003
Dottie Lambert
Burke\Springfield\Fairfax

Barry Mitchell Lawrence
Nov 18, 1982 May 22, 2001
Allen and Louise Lawrence
Robert and Shelly Lawrence
Arlington

Ronda Lawrence Noyer
Nov 02, 1943 Dec 23, 1978
Allen and Louise Lawrence
Arlington

Joshua Ryan Lutz Leven
Oct 16, 1983 Nov 14, 2003
Yvonne and Brett Leven
Leesburg

Vesna Ann "Becky" Mastilovic
Mar 18, 1971 Nov 06, 1998
Jelena Mastilovic
Arlington

Christopher L. McGaha
Nov 17, 1967 Jan 02, 1999
Richard and Selma Brown
Prince William

Alejandro "Alex" Melara
Nov 09, 2003 Mar 12, 2004
Melissa and Luis Melara
Burke\Springfield\Fairfax

Bryan Sean Miller
May 04, 1981 Nov 12, 2000
Shana Miller
Roger and Mindy LaBruno
Arlington

Mary Margaret "Molly" Moriarty
Nov 06, 1964 Feb 24, 1985
Mary Frances Moriarty
Arlington

Timothy Alan Morrison
Oct 05, 1967 Nov 14, 2000
Louise Agnew
DC

John Joseph Mullins
Nov 23, 1964 Oct 06, 2002
Margaret A. Mullins
Prince William

Erin Aurora Navarrette
Nov 11, 1999 May 13, 2003
Luis and Julie Navarrette
Burke\Springfield\Fairfax

Collin Bedford Parker
Jan 08, 2004 Nov 07, 2004
Allie Parker
Leesburg

LaShaun Maria Parker
Nov 09, 1969 Jul 30, 1998
Lori and Barbara Parker
DC

Scott Peters
Apr 28, 1978 Nov 25, 1997
Bill and Jennifer Peters
Prince William

Aaron Anzevino Pitman
Jan 18, 1984 Nov 27, 1997
Elaine Anzevino
Arlington

Don R. Poehler Jr.
Nov 17, 1948 Apr 30, 1996
Richard and Evelyn West
Prince William

Andrea Dawn Reece
Sep 14, 1979 Nov 24, 2000
Stephen and Diane Reece
Arlington

William Michael "Billy" Rizzo
May 25, 1962 Nov 17, 1985
Victoria Rizzo
Arlington

Suzanne Elizabeth "Suzi" Robertson
Apr 20, 1972 Nov 10, 1993
Patricia Robertson
Arlington

Nels Oley Roning
Nov 22, 1973 Mar 24, 1998
Vern and Jane Roning
Anne Roning
Arlington

Brian Frederick Scott
Nov 15, 1963 Jan 06, 1989
Frederick and Anita Scott
Arlington

Craig Matthew Shultz
Dec 04, 1980 Nov 09, 2005
Barbara Shultz
Leesburg

Nanette Simon
Sep 01, 1965 Nov 07, 2003
Stephanie Nottingham
DC

Bryan John Singer
Nov 20, 1974 Dec 16, 1997
Carol Singer
Arlington

Joseph L. Sloan Jr.
Nov 03, 1983 Nov 04, 2002
Joseph and Gloria Sloan
DC

Callie Theerman
Nov 26, 1995 Jan 02, 1996
Elizabeth Pickett
Leesburg

Michael Titunik
Nov 05, 1985 Nov 30, 2001
Steve and Margie Titunik
Burke\Springfield\Fairfax

Robert Timothy Tyler
Mar 07, 1953 Nov 29, 1994
Robert and Pat Tyler
Arlington

Christopher Kevon Wiseman-Tate
Nov 11, 2000 Jan 10, 2001
Alphonzo and Kia Tate
DC

Our December Children Remembered

Brad Hampton

Jul 04, 1973 **Dec 03, 2004**
Beth Hampton
Arlington

Katrina Nelson

Nov 17, 1989 **Dec 07, 2004**
Lila and Mark Nelson
Burke\Springfield\Fairfax

Mathew Brindle

May 23, 1978 **Dec 05, 1996**
Eugene and Connie Brindle
Arlington

Sasha Burakow

Nov 03, 1984 **Dec 17, 2003**
Diane and Nick Burakow
Burke\Springfield\Fairfax

Christopher Buro

Jul 05, 1985 **Dec 25, 2005**
Kathleen Brandel
Arlington

Kevin Whitfield Card

Dec 29, 1967 Sep 28, 1994
Elva Card
Arlington

Keirston Ann-Micelle Caywood

Oct 26, 1996 **Dec 03, 1999**
Morgan and Madeline Caywood
Leesburg

Ava Cespedes

Oct 16, 2000 **Dec 30, 2006**
Katherine Cespedes
Arlington

Charles Edwin Chapman

Dec 31, 1954 Jan 03, 2002
Saranel Osborne
Arlington

Nicolas Andrew Chase

Dec 12, 1996
Lionel and Vicki Chase
Leesburg

Anna Clare Cornish

Jun 30, 1997 **Dec 30, 1998**
Scott and Loretta Cornish
Arlington

Veronica Covarrubias

Aug 31, 1990 **Dec 24, 2003**
Jose and Roxana Covarrubias
Arlington

Ryan Patrick Crozier

Dec 24, 1995 Nov 14, 1999
Ralph and Lori Crozier
Arlington

Daniel Brian Earl

Oct 06, 1983 **Dec 09, 2003**
Kara and Mark Earl
Leesburg

Brian Patrick Elero

Dec 30, 1980 Oct 29, 2001
Bernie Bernard and Beverly Elero
Leesburg

Kevin Joseph Fondahn

Dec 10, 1984 Jan 07, 2003
Janet Fondahn
Prince William

Rob French

Dec 15, 1977 Apr 13, 2002
Douglas and Susan French
Arlington

Matthew Rand Robert Gaber

Jul 02, 1976 **Dec 21, 2002**
Cathy Gaber
Prince William

Scott Richard Hallahan

Jun 07, 1962 **Dec 20, 1995**
Stanley and Helen Jakubowski
Burke\Springfield\Fairfax

Jon Hansen Jr.

Nov 09, 1964 **Dec 27, 2000**
Jean Ballard
Arlington

Amanda Harpin

Dec 13, 1990 Jul 03, 2002
Paul and Martha Harpin
Burke\Springfield\Fairfax

Dennis Hartman

Nov 16, 1954 **Dec 11, 1998**
Betty Hawkshaw
Arlington

Dec 31, 1964 Aug 06, 1991

Margie Anderson
Burke\Springfield\Fairfax

Christopher Ross "Chris" Hyman

Dec 13, 1972 Nov 05, 2001
Maryanne Hyman
Burke\Springfield\Fairfax

Christopher Ross "Chris" Hyman

Dec 13, 1972 Nov 05, 2001
Ron Hyman
Burke\Springfield\Fairfax

Bill Ingram

Mar 13, 1964 **Dec 05, 1984**
Kitty Ingram
Arlington

Andrew G. Joe

Sep 04, 1967 **Dec 19, 1994**
Barbara Joe
DC

Page Mackenzie Johnson

Jul 20, 1987 **Dec 03, 2005**
Trish and David Stoskus
Leesburg

Joseph William Jordan

Dec 10, 1986 **Dec 16, 2000**
Joe and Anginetta Jordan
Arlington

Charles Culver "Chip" Kelly

Dec 29, 1953 Jun 17, 2002
Mary Laurie Kelly
Arlington

Jessica Fabian Krammes

Dec 16, 1977 Sep 14, 1994
Richard and Mary Ann Krammes
Burke\Springfield\Fairfax

Ronda Lawrence Noyer

Nov 02, 1943 **Dec 23, 1978**
Allen and Louise Lawrence
Robert and Shelly Lawrence
Arlington

Our December Children Remembered

Johnny W. Lender Jr.
Oct 20, 1986 **Dec 20, 2004**
John Lender
Sally Welch
Leesburg

Holly Long
Dec 14, 1987 Aug 18, 2004
John and Sherry Long
Burke\Springfield\Fairfax

Alex Lopez
Jan 27, 1964 **Dec 10, 1995**
Barbara Joe
DC

Kevin Joseph Mackey
Dec 23, 1983 Sep 08, 1998
Linea Mackey
John Mackey
Arlington

Kevan Carl Marfori-Ulsaker
Dec 11, 1979 Jul 12, 1998
Eva Ulsaker
Arlington

Leigh Anne Marino
May 15, 1981 **Dec 08, 2001**
Carol and John Marino
Burke\Springfield\Fairfax

George Michie
Dec 29, 1959 May 02, 2004
Nancy Michie
Burke\Springfield\Fairfax

Andrew Nisenfeld
Aug 25, 1972 **Dec 10, 1993**
Frank and Sue Nisenfeld
Leesburg

Charles Osborne
Dec 31, 1954 Jan 03, 2002
Saranel Osborne
Burke\Springfield\Fairfax

Jamie Padilla
Nov 20, 1967 **Dec 31, 2005**
Megan Padilla
Arlington

Jamie Padilla
Nov 20, 1967 **Dec 31, 2005**
Melissa Mullings
Arlington

Isabel Padilla
Nov 10, 1966 **Dec 05, 1995**
Oscar Padilla
Arlington

Ricardo Penalozza
Dec 27, 1948 **Dec 12, 1992**
Helen Penalozza
Arlington

Amber Marie Platas
Dec 26, 1992 Apr 22, 2002
Tricia Platas
Burke\Springfield\Fairfax

Jeremy Joseph Reeder
Dec 05, 1992
Rebecca Reeder
Leesburg

Joshua Seth Reeves
Dec 22, 1980 **Dec 22, 1988**
Sandra Reeves
Prince William

Jordan Edward Riley
Feb 03, 1983 **Dec 02, 2001**
Deborah Riley
DC

Leo Santaballa
Dec 17, 1981 Oct 21, 1994
Jose and Elena Santaballa
Burke\Springfield\Fairfax

Ricky Saturen
Dec 21, 1957 Oct 24, 2000
Pat and Gary Saturen
Burke\Springfield\Fairfax

Patricia Lynn "Patti" Schmid
Jul 22, 1967 **Dec 17, 1995**
Stuart and Sharon Schmid
Arlington

Craig Matthew Shultz
Dec 04, 1980 Nov 09, 2005
Barbara Shultz
Leesburg

Paul Frederick Siess

Jun 09, 1959 **Dec 23, 1985**
Mayhew and Georgette Siess
Arlington

Bryan John Singer
Nov 20, 1974 **Dec 16, 1997**
Jody Allen
Carol Singer
Arlington

Sean Coleman Sullivan
Aug 17, 1958 **Dec 03, 1958**
Paul and Flora Sullivan
Arlington

Allison Grace Sweeney
Dec 26, 2001 Jan 30, 2003
Dawn and Tim Sweeney
Arlington

Mark Andrew Tabak
Dec 03, 1987 Apr 16, 2003
Sam and Kathy Tabak
Burke\Springfield\Fairfax

Benjamin Keith Valois
Jul 15, 1973 **Dec 05, 2001**
Judith Valois
Arlington

Walter Williams
Dec 27, 1969 Jan 14, 1991
Lenora Bracey
DC

Mark E. Wingerson
Dec 03, 1969 Aug 20, 1997
Mary Wingerson
Arlington

Sarah Winthrop
Oct 27, 1991 **Dec 19, 2005**
Joanne and Tom Winthrop
Burke\Springfield\Fairfax

Mark Emery Zsirai
May 18, 1979 **Dec 16, 2000**
Theodore and Ilona Zsirai
Arlington



The Compassionate Friends

Trinity Presbyterian Church
Arlington, DC, Leesburg, Prince William
and Burke-Springfield-Fairfax Chapters
5533 N. 16th Street
Arlington, VA 22205

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TCF Worldwide Candle Lighting

As the eleventh anniversary of the Worldwide Candle Lighting approaches on December 9, 2007, The Compassionate Friends invites all families, bereavement organizations, hospices, churches, funeral homes and hospitals to participate in this very special day when candle lightings are expected to be held in memory of children in countries all around the globe. The Worldwide Candle Lighting is a TCF initiative that has grown from a small Internet observance to what today may be the largest mass candle lighting in the world. This observance is a way of remembering all children who have died through the simple act of lighting a candle at 7 pm local time for one hour, creating a virtual wave of light around the world.

Observed on the second Sunday in December each year, the Worldwide Candle Lighting continues to grow. Last year there were nearly 350 memorial services in the United States that were listed on the TCF national website and services in 12 countries abroad.

If you are unable to attend a formal service you are encouraged to light a candle in your home with family and friends

You are invited to sign the Memory Book on the national website www.compassionatefriends.org and write a note about your child.

DECEMBER 2007