



**The
Compassionate
Friends**
Greater Boise Area Chapter
Supporting Family After a Child Dies

**We need not walk alone.
We are The Compassionate Friends.**

July 2019

To Our Newcomers

If deciding if TCF is of help to you or you are attending your first meeting or receiving your first newsletter, we extend our hearts in understanding and regret for the reason you are joining us. It is so difficult attending your first TCF meeting. Feelings can be overwhelming, but we have all experienced them and know how important it is to take that first step. Please plan to attend two or three meetings before deciding if this is right for you and your family.



TCF Mission Statement

The mission of The Compassionate Friends: When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.



Are you looking for a way to channel your grief? This blogger started journaling when she found out her son was sick and now continues as a bereaved parent.

She now has 52 helpful prompts that she hopes will help grieving parents to find a way to process their own grief.

A Year of Journaling Through Grief:

52 Prompts For Bereaved Parents
By: Danielle Bryan

A few weeks after Sam passed away, I started journaling in a private online diary on Penzu. In the beginning, I mostly wrote about what had happened during the day or how I was feeling that day. After a few weeks, I felt like I needed some prompting to write. I scoured Google and Pinterest for journal prompts for bereaved parents and journal prompts for grief, but I couldn't find what I was looking for all in one place. I sought the help of other moms in online support groups that I am a part of and compiled the following prompts. I know everyone is different and everyone's loss is different—I tried to write the prompts so they would be relevant to everyone. I'm hoping that other bereaved parents will find this list helpful. -Danielle



Continued on Page 2

Memory Table

On the month in which your loved one was born or the month of the anniversary of their death, we would love to hear about them. When you attend the monthly meeting, bring your precious memories and fond stories to share with the group. It's a time to honor your child and keep their memory alive.

Love Gifts

In this monthly newsletter, you are able to send a photo and short memory of your child that will be featured here in our digital newsletter as well as on our Facebook page on the month of their birthday/death anniversary. Please click [here](#) to fill out a Love Gift Donation form. See Love Gifts on page 3.

Donations

Monetary donations are always accepted and welcome. We are a non-profit organization funded solely by donations. Your thoughtful gift helps bereaved parents and family members to be able to attend special meetings such as balloon releases, remembrance walks, and other family friends events provided by TCF Boise.

Fundraisers

TCF is always looking for more ways to raise money. If you know of a local business that would like to help fund TCF or have an event that TCF can hold a booth at, please let us know!

- July is International Bereaved Parents Month.
- The 42nd TCF National Conference is July 19-21 in Philadelphia. Last minute sign-ups are [here](#).
- August 3rd is the 3rd annual River of Roses walk. See more about the event below.
- We have revamped TCF. We are paperless and have redone our website! Take a look [here](#).
- Please follow us on Facebook. Click [here](#).



River Of Roses Remembrance Walk - Aug. 3rd

The 3rd Annual River of Roses is a remembrance event to celebrate the memory of Little Joys – babies who passed during pregnancy or in their first year of life. This event, hosted by the Little Joys Remembrance Foundation, celebrates these special babies, brings awareness to child loss, and also supports the Little Joys Remembrance Foundation's mission of placing a CuddleCot in every Idaho hospital. A CuddleCot is a cooling device that slows the physical changes of an infant after they have passed, allowing the family and loved ones more time to say their goodbyes.

River of Roses provides an opportunity to celebrate each and every Little Joy so bring your family, friends, co-workers, and any associates who are willing to make a difference in the lives of those touched by pregnancy and infant loss.

For registration for the 5K on August 3rd, click [here](#).

A Year of Journaling Through Grief: 52 Prompts For Bereaved Parents

Continued from Page 1

Here are a few sample prompts:

What would you like other people to know or do after someone loses a child?

What have you been thankful for during your grief?

Write a letter to your child.

How do you feel different than you did before you lost your child?

What song has been meaningful or comforting? Why?

If you find these prompts helpful, you can find the whole blog article [here](#). Check out the site for more journaling ideas and topics to help you process through your grief. Remember, there are TCF members here for you. We meet every second Thursday of the month at St. Luke's Meridian, call a Friend Who Listens, or simply email us at thecompassionatefriendsboise@gmail.com.

We are all walking this grief journey together.

Before you tell a grieving parent to be grateful for the children they have, think about which one of yours you could live without.

Unknown



If you would like to have your child's memory honored in our Love Gift area, it's as simple as a donation and an email. Fill out a Love Gift form [here](#). Then, email a picture and short story or memory about your child to be featured in our newsletter and/or on Facebook!



Remembering Our Children

Love Gifts



KEVIN MICHAEL CLEEREMAN (7-4-80 TO 7-25-17)

My husband and I recently received an unexpected but delightful "gift" in the mail. It was a note from Kevin's seventh-grade science teacher which included a copy of a chemistry assignment from 1992. How amazing that his teacher not only remembered Kevin and shared her sentiments with us, but had thought so much of Kevin that she kept this particular assignment for 27 years! In her letter, this thoughtful woman shared that she had been thinking about Kevin and wondered where his life had led him, using adjectives such as "amazing" and "brilliant" and "creative" in describing our son. Upon "Googling" Kevin's name on the internet, she learned of his death on 7-25-17. She expressed deep sorrow in learning of his passing. The "gift" to us, as parents, was the reminder of the impact Kevin's life had on this world and continues to do so, even after he has left his earthly home.

In Loving Memory of Their Son, Jim & Joanne Cleereman

July Birthdays

- Christopher C Wallis 7/17/66
- Robert Salsman 7/4/67
- Karyn Kinzler 7/16/67
- Bryan Kelly Domer 7/15/71
- Jerri Ellen Brown 7/11/73
- Telly Evans 7/25/74
- Christopher Michael Laughin 7/5/75
- Michial Patrick Wilkinson 7/11/78
- Kevin Cleereman 7/4/80
- Shawn Overall 7/28/80
- Nate Mansfield 7/14/81
- Maggie Grunow 7/15/81
- Collin Alexander MacGrego 7/1/82
- Zachary Zigich 7/8/82
- David Padilla 7/15/84
- Michael Nedbalek 7/11/85
- Nicole Dawn Knobbe 7/29/89
- Steven C Marrow 7/15/90
- Breanna Weedman 7/24/97
- Preston Schrick 7/31/02
- Brody 7/16/07 7/8/13
- Elliot Scott Grout 7/21/09
- Hayes Crossley 7/22/09

July Anniversaries

- Erik Skollingsberg 7/22/77
- Aaron Hugh Plumlee 7/29/79
- Ronnie Keys 7/30/79
- Ryan Farley/10/82
- Darren J Dewitt 7/4/88
- Dustin Rood 7/9/89
- Matthew Richard Wyma 7/14/96
- Jessica Ann Aschenbrenner 7/16/96
- Matthew Tyler Addy 7/19/96
- Brooklyn Dietz 7/17/99
- Samantha Maher 7/6/00
- Jeremy Vanderven 7/1/01
- Whit Henry 7/2/03
- Bridgett Hodges Saurey 7/13/03
- Jennifer Page 7/23/03
- Chris Myers 7/24/03
- Brady Volk 7/24/03
- Scott Campbell 7/31/03
- Nick White 7/8/04
- Nicholas Butler 7/15/07
- Jennifer Boals 7/3/10
- Torey LaBarbera 7/31/10
- Glenn Riley 7/1/11
- Hayes Crossley 7/5/11
- Patrick Lewis 7/18/11
- Justin Sweeting 7/29/12
- Brody 7/8/13
- Micaela Bengoechea 7/3/14
- Steven C Marrow 7/3/14
- Jennifer Wood 7/13/14
- Trayson Reyes 7/29/14
- Jed Thomas 7/6/15
- Kevin Cleereman 7/25/17
- Liliana 7/20/18

“ My child died, I don't need advice. All I need is for you to gently close your mouth, open wide your heart and walk with me until I can see color again. ~ Angela Miller ”

Thank you for your gifts in remembrance of your children and in support of The Compassionate Friends.



The Compassionate Friends

Greater Boise Area Chapter
Supporting Family After a Child Dies

TCF Boise Leadership

Chapter Leader: Steffanie Empey

Treasurer: Kris Martindale

Initial Contact: Joanne Cleereman
& Julie Vande Voorde

Library: Brent Martindale

Meeting Facilitators: Brent Martindale,
Julie Vande Voorde, Kyiah Shekanna
Evans, & Steffanie Empey

Steering Committee: Brent & Kris
Martindale, Julie Vande Voorde, Kristina
Cunningham, Rae Ann Norell, &
Steffanie Empey

Newsletter: Kristina Cunningham

Resources

Al-Anon Family Groups
(Addiction/Recovery):
1-888-425-2666

National Suicide
Prevention Hotline:
1-800-273-8255

[Bereaved Parents
of the USA](#)

Debby Hunsaker,
501-681-1464

Post-Partum
Depression:
1-800-944-4773

Suicide Hotline:
1-800-SUICIDE

Depression & Crisis
Hotline: 1-800-784-2433

The National Institute
for Trauma & Loss in
Children (TLC):
1-877-306-5256

Families Anonymous
(Addiction/Recovery):
1-800-736-9805

Monthly Meeting

Location

St. Luke's Meridian
520 S Eagle Rd, Meridian, ID 83642
Downstairs in Shoshone room

Time

7:15 pm, the second Thursday of every
month

Topic

Collage about our children and who
they were

The Compassionate Friends Credo



We need not walk alone. We are The Compassionate Friends. We reach out to each other with love, with understanding, and with hope. The children we mourn have died at all ages and from many different causes, but our love for them unites us. Your pain becomes my pain, just as your hope becomes my hope. We come together from all walks of life, from many different circumstances. We are a unique family because we represent many races, creeds, and relationships. We are young, and we are old. Some of us are far along in our grief, but others still feel a grief so fresh and so intensely painful that they feel helpless and see no hope. Some of us have found our faith to be a source of strength, while some of us are struggling to find answers. Some of us are angry, filled with guilt or in deep depression, while others radiate an inner peace. But whatever pain we bring to this gathering of The Compassionate Friends, it is pain we will share, just as we share with each other our love for the children who have died. We are all seeking and struggling to build a future for ourselves, but we are committed to building a future together. We reach out to each other in love to share the pain as well as the joy, share the anger as well as the peace, share the faith as well as the doubts, and help each other to grieve as well as to grow. We Need Not Walk Alone. We Are The Compassionate Friends.

Contact Us

Friends Who Listen

If you are having a bad day filled with hopelessness or despair, give one of these friends a call:

Steffanie Empey: (208) 891-5082



Follow Us
On Facebook
[facebook.com/
TCFSouthernIdaho](https://www.facebook.com/TCFSouthernIdaho)

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