



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

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

August 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.

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!

September Balloon Release

Thursday, September 12th at 7:15 pm

We will start with our family-friendly potluck. Please bring a side to share! Some choose to bring their child's favorite dish or dessert.

Paper plates, napkins, plasticware and drinks will be provided for the meal. Balloons to release will also be provided.

This will be our last balloon release in September. The TCF Steering Committee is working to find another way to honor the memory of our children in an annual event. Due to the rising concern with the release of balloons in our atmosphere, we would like to try something new!

We are open to suggestions. Please send comments and ideas to thecompassionatefriendsboise@gmail.com.

TCF Boise News

- There are two annual events coming up toward the end of the year!
- The September Balloon Release and Family Friendly Potluck at TCF is on September 12th. See the event [here](#).
- December 12th is our Annual Family Friendly Holiday Potluck. Find out more about that [here](#).
- We have revamped TCF. We are paperless and have redone our website! Take a look [here](#).
- Please follow us on Facebook. Click [here](#).

I'll Lend You a Child

I will lend you, for a little time,
A child of mine, he said.
For you to love the while she lives,
And mourn for when she's dead.

It may be six or seven years,
Or twenty-two or three.
But will you, till I call her back,
Take care of her for Me?

She'll bring her charms to gladden you,
And should her stay be brief.
You'll have her lovely memories,
As solace for your grief.

I cannot promise she will stay,
Since all from earth return.
But there are lessons taught down there,
I want this child to learn.

I've looked the wide world over,
In search for teachers true.
And from the throngs that crowd life's lanes
I have selected you.

Now will you give her all your love,
Nor think the labour vain.
Nor hate me when I come
To take her home again?

I fancied that I heard them say,
'Dear Lord, Thy will be done!
For all the joys Thy child shall bring,
The risk of grief we'll run.

We'll shelter her with tenderness,
We'll love her while we may,
And for happiness we've known,
Forever grateful stay.

But should the angels call for her,
Much sooner than we planned.
We'll brave the bitter grief that comes,
And try to understand.

by Edgar Guest

be aware.

We Want
To Spread
The Word

TCF wants to support you by helping to spread awareness. Is there an awareness week or month that you would like to see shared in our newsletter? We are united in the fact that we have lost children, but we all have a unique story. Our stories range from miscarriage and children born sleeping to suicide and accidental overdoses. However you lost your child, we want to support you and your grief journey. Please email thecompassionatefriends@gmail.com and we will be sure to spread the word.



August 31st is International Overdose Awareness Day

International Overdose Awareness Day is a global event held on August 31st each year and aims to raise awareness of overdose and reduce the stigma of a drug-related death. It also acknowledges the grief felt by families and friends remembering those who have died or had a permanent injury as a result of drug overdose.

International Overdose Awareness Day spreads the message that the tragedy of overdose death is preventable.

Show your support by wearing purple on August 31st. To find out more about how you can support this cause, [click here](#).

“In memory of my friend Sean. Sean was one of the nicest people I've known. He cared a lot about his son, family and friends. I was honored to have him as a friend. He died of an accidental overdose after having battled the disease of addiction for many years. R.I.P. Bro

*Sean Hanagan
August 26, 1986–March 30, 2013*

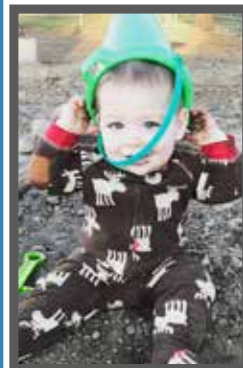
Leave a tribute for your [here](#).



Remembering Our Children

Love Gifts

MASON DANIEL CUNNINGHAM (12/20/15 - 8/1/17)



Mason's headstone reads: "Mason's many faces, infectious smile, and quirky personality were adored by all who knew him. He will be greatly missed but his joyful memories never forgotten." It may seem like an odd thing to talk about his "many faces" or quirky personality on a headstone, but what else are you supposed to say about a child - taken too soon? He wasn't a successful career man, "loving father", or role model grandparent. He was 19 months old. In fact, those are probably all things he could and would have been if he got to live a full life, but we will never know. This marks the 2 year anniversary of his passing. Though he was only here for 19 short months, his life made a huge impact on those that knew him. He was the definition of "joy" and he will never be forgotten. We miss you, Buddy. Love you always. ~ Mommy & Daddy

In Loving Memory of Their Son, Wade & Kristina Cunningham

CAITLIN VINSONHALER (10/25/1994 - 8/2/14)



Not a second goes by that we don't miss you. You have touched so many with your beautiful smile and kind heart. You will never be forgotten.

Love- Dad, Mom, Austin, Sarah, Connor and Belle.

In Loving Memory of her daughter, Janine Vinsonhaler

August Birthdays

Ryker Hooper 8/18/1960
Thomas Justin Farley 8/5/1961
Terry Glancey 8/17/1961
Gaylen Sexton 8/22/1961
Ana Peltier 8/29/1968
Shannon Murphy 8/30/1969
Clyde Buff, Jr (Buffy) 8/23/1970
Ronald Dale Peck 8/22/1972
Rodney 8/31/1972
Amy Jo Doramus 8/23/1973
Jason Danielson 8/12/1974
Becky Yamamoto 8/16/1974
Jared Nuxoll 8/19/1976
Gabe Tippetts 8/6/1977
Brooklyn Dietz 8/20/1978
Nick Maher 8/2/1981
Michael Joseph Spurgeon 8/9/1984
Micaela Bengoechea 8/14/1986
James Darrow 8/5/1987
Michael Young 8/12/1987
Dusty Rose Martin 8/18/1987
Brittanye Raye Hawks 8/12/1988
Ryker Hooper 8/18/1999
Jordan 8/27/1991
Conor M Olsen 8/4/1992
Raychel Rose 8/30/1992
Sean Bingham 8/19/1994
Becca Aldrich 8/25/1996
Scott Campbell 8/20/1997
Briana 8/26/1999
Ashton Lynn Kopke 8/16/2009
Ella Anna VanWeerdhuizen 8/7/2010
Chanelle Myers 8/8/2011
Simon 8/29/2016

August Anniversaries

Michael Joseph Spurgeon 8/9/1984
Clinton Clyde Hill 8/4/1988
Joseph R Vanderpool 8/14/1988
Ronald Dale Peck 8/16/1990
Lance Michael Chapman 8/29/1995
Michial Patrick Wilkinson 8/25/1996
Daniel Kristensen 8/17/1999
Sarah Taylor 8/1/2002
Lisbeth 8/3/2003
Krishawnda "Kat" Pinney 8/12/2003
Todd Hellman 8/21/2004
Ryan Matthew Foster 8/23/2006
Darrel R Jordan Jr 8/28/2006
Austin Christopherson 8/29/2006
Nathaniel Sands 8/16/2007
Shaill Lucile Uehling 8/20/2007
Jeremy Perkins 8/31/2007
Justin Ryan Hildreth 8/8/2008
Jesse L Sexton 8/6/2009
Ella Anna VanWeerdhuizen 8/7/2010
Ryan Holaday 8/29/2010
Sara W Ledbetter 8/4/2011
Linzi Dudding 8/4/2011
Jennifer Curtis 8/17/2011
Pearl Sittner 8/9/2012
Scott Copeland 8/15/2012
Caitlin 8/2/2014
Simon 8/31/2016
Mason Cunningham 8/1/2017

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, Joanne
Cleereman, 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](#)

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

Debby Hunsaker,
501-681-1464

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

**Journaling Through Your
Grief: Using journal prompts
to help navigate through
your grief journey**

The Compassionate Friends Credo

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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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