



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

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

November 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!

## Annual Worldwide Candle Lighting Memorial Service



*When?*

December 8th, 2019. Gather at 6:30 pm. Walk starts at 7:00 pm.

*Where?*

Parkcenter Pond  
385 E Parkcenter Blvd, Boise, ID 83706

*Who?*

This is our local Boise Chapter of The Compassionate Friends' event. It is family friendly. Anyone is welcome to come remember their children gone too soon.

Compassionate Friends Worldwide Candle Lighting on the 2nd Sunday in December unites family and friends around the globe in lighting candles for one hour to honor the memories of the sons, daughters, brothers, sisters, and grandchildren who left too soon. As candles are lit on December 8th, 2019 at 7:00 pm local time, hundreds of thousands of persons commemorate and honor the memory of all children gone too soon.

Continued on Page 2

## TCF Boise News

- November is Lung Cancer and Stomach Cancer Awareness Months
- December 8th is our Annual Worldwide Candle Lighting Memorial Service. For more information about this worldwide event, see [here](#). View the Facebook event [here](#).
- December 12th is our Annual Holiday Potluck. This is a family-friendly potluck. See the event for more info [here](#). Bring a small picture of your child that you can fit in an ornament to decorate!
- We have revamped TCF. We are paperless and have redone our website! Take a look [here](#).
- Please follow us on Facebook. Click [here](#).

## Annual Worldwide Candle Lighting Memorial Service



### Continued from Page 1

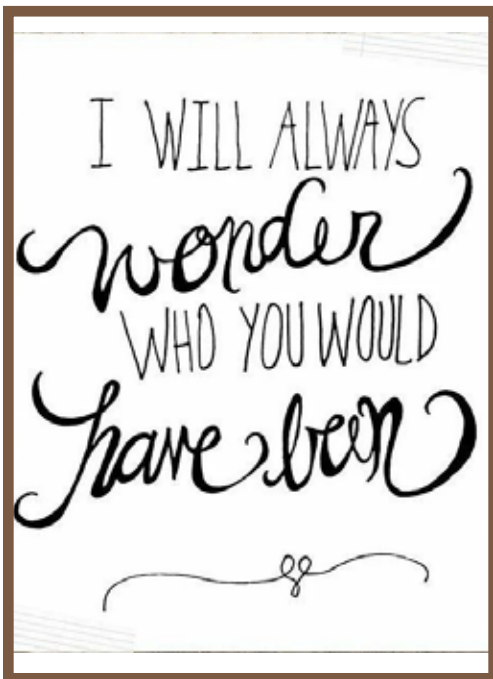
Now believed to be the largest mass candle lighting on the globe, the annual Worldwide Candle Lighting, a gift to the bereavement community from The Compassionate Friends, creates a virtual 24-hour wave of light as it moves from time zone to time zone. TCF's WCL started in the United States in 1997 as a small internet observance, but has since swelled in numbers as word has spread throughout the world of the remembrance. Hundreds of formal candle lighting events are held and thousands of informal candle lightings are conducted in homes as families gather in quiet remembrance of children who have died, but will never be forgotten.

Every year you are invited to post a message in the Remembrance Book which will be available, during the event, at TCF's national website. The Remembrance Book will be open to post a message Sunday, December 1st, through Monday, December 9th. Photos can be posted on our Worldwide Candle Lighting Facebook page.

If you would like to view the virtual 24-hour wave of light on the TCF's national website, click [here](#) on December 8th.

Source: the TCF National Website

There are no rules for surviving holiday grief.  
Do what *you* need to do to SURVIVE.  
Honor your loved one how you need to, and do what feels best for your fragile, aching heart.  
You are missing a huge *piece of you*, so do whatever you need to do to find a **sliver of peace**.  
-Angela M.

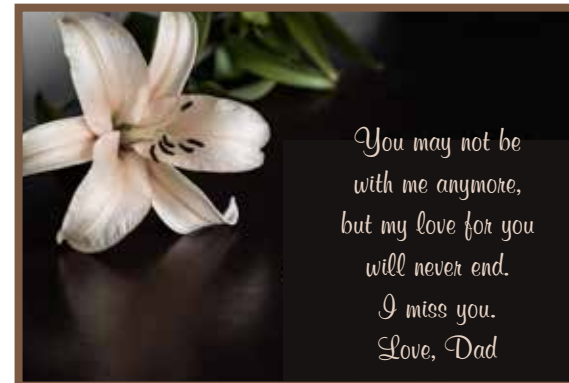


For the rest of my life I will search for moments full of you.

- Anonymous

## Remembering Our Children

CANDY MARIE WILDE 10/3/72-1/25/08



Remembering his daughter, John R Leigh

CHRISTOPHER C WALLIS 7/17/66-11/2/79

"It was 40 years ago that Chris was killed. He was a loving and caring 13 year old and full of fun. I give out an award every year to "The Most Inspirational Athlete" (voted for by the coaches at Meridian Middle School). Chris wasn't the star of the team, but had team spirit and always tried his best."

Remembering her son, Carol Wallis

### November Birthdays

Daniel Kristensen 11/20/62  
Zachary Ellinger 11/20/70  
Jeremy Vanderven 11/19/72  
Kevin LaVerne Domer 11/16/73  
Jim Clark 11/20/75  
Samantha Maher 11/27/77  
Buck Rietkerk 11/11/78  
Jessica Ann Aschenbrenner 11/13/78  
Brett 11/3/80  
Stephana Kristine Griffith 11/7/83  
Eric Frederick 11/19/85  
Molly James 11/13/86  
Jordan Taylor 11/27/87  
Christopher D Hutton 11/4/90  
Amanda Young 11/12/90  
Travis Jakovac 11/14/91  
Mack Winsauer 11/29/94  
Tyler Brattin 11/13/96  
Meadow Nickel 11/6/09  
Brian Lamm 11/24/10  
Owen 11/26/16

### November Anniversaries

Peggy Guillay 11/9/02  
Christopher C Wallis 11/2/79  
Kristyn Kinzler 11/30/90  
David Leonard 11/25/11  
David Warren Hess Sallaz 11/20/86  
Jon Gannon 11/13/08  
Kevin Ross Wilson 11/22/03  
Ken Juel 11/24/16  
Keri Ann Dawe 11/19/03  
Hallie K Mordherst 11/13/16  
Melissa Barton 11/14/10  
Maggie Grunow 11/16/16  
Nick Maher 11/3/93  
Steven Michael Fritcher 11/9/11  
Joshua James Kimball 11/21/10  
Dusty Rose Martin 11/11/09  
Danielle Vacca 11/26/10  
Kadden Wright 11/3/06  
Kara Babineau 11/14/94  
Austin Schoonover 11/4/13  
Benjamin David Staricco 11/12/02  
Talon Owens 11/23/17  
Camille Freese 11/7/14  
Luke Taylor 11/3/09

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, Joanne Cleereman, 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

**Preparing for the Holidays.  
How to manage your grief.**

## 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)

Chapter Leader: Steffanie Empey (208) 891-5082  
Email: [thecompassionatefriendsboise@gmail.com](mailto:thecompassionatefriendsboise@gmail.com)  
Address:

Boise Chapter of The Compassionate Friends  
PO Box 8565  
Boise, ID 83707