



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

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

December 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.

Remembrance Ornament Decorating



Getting through the holidays can be especially difficult after the loss of a child. Your mind is filled with memories of holidays passed and realizing that your child will never be in the holidays in the future. We all have our own way of trying to include our missing children in our family traditions as life continues to move forward. What a better way than making an ornament in their memory!

On December 12th, 2019 we will be doing just that! Our December meeting will be held at the same time and place but this month we are doing our Annual Holiday Potluck and will be decorating ornaments. This is a family-friendly event.

Please bring a dish to share - your child's favorite is a common choice! All supplies for the ornaments and potluck are provided. Please bring a picture if you want to place it inside your ornament!



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!

TCF Boise News

- December 8th is the Annual Worldwide Candle Lighting & Remembrance Walk at Parkcenter Pond. Meet at 6:30pm. We will walk light candles and walk around the pond at 7pm. For more information, click [here](#). To see our local event, click [here](#).
- December 12th is our Annual Holiday Potluck and ornament docarating. See the front page for more info or see the event on FB [here](#).
- We have revamped TCF. We are paperless and have redone our website! Take a look [here](#).
- Please follow us on Facebook. Click [here](#).



The Magic of Christmas

The magic of Christmas, it's contagious. You can't help but get caught up in the joy with the barrage of holiday festivities. We are surrounded with commercials for the perfect gift, the anticipated smells from the kitchen, the Santa's in the Mall with the line of children waiting to ask for their most desired gifts. Your heart can't help but beat a little faster. The houses decorated to express the joy of the season, inside and out, demand your attention. The twinkling lights draw your eye. You can't help but feel the magic of Christmas.

I had my own collection of decorations that occupied a special space in the attic, carefully wrapped and packed away from last year. The collection of ornaments that had been objects of careful selection each year was a prized possession. The other decorations such as sleighs, bells, angels, holly, statues had always bejeweled the house to shout out the joy, magic and anticipation of the season.

My own childhood memories of Christmas' past were precious and served as a starting point to create memories for my own children. Soon after the turkey carcass was thrown out from Thanksgiving, up to the attic we would go and drag the boxes down the narrow attic stairs. "Be sure and get the box with the green lid" I would shout up the stairs, "but be careful. That one contains the glass ornament collection."

The boys would be so excited as their Christmas season began. Their house would be transformed into a winter wonderland all in a day. The season would officially begin as soon as the stockings were hung on the fireplace and the Christmas lists would be started. Catalogs were leafed through and advertisements taken seriously. There was no limit to the lists. The sky was the limit on dreams they were encouraged to dream. Something happened after losing my son, Rick. The magic is gone, the thrill forgotten. The decorations are no longer in the attic but were given away the first Christmas after Rick died. How could I possibly gather the strength or will to put on such a show? There is no enjoyment, only memories of a joy that once was. The collection of glass ornaments are still wrapped in their tissue in the box with the green lid.

Michael has been robbed of his innocence surrounding Christmas but more than that he was robbed of his brother and future memories. My heart hurts when my mind captures the full scope of my new life. That's when I shut the door on that room in my mind to be visited when I have more strength. But in the meantime another Christmas will come and go.

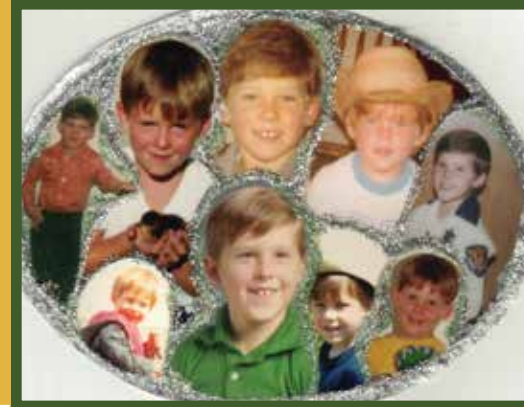
We have found a new way to observe Christmas. We use that day to honor life and the blessings that are bestowed upon us. We now appreciate family so much more and those in it. We celebrate our family, friends and the love of Christ. We have found that Christmas is not about the decorations, the food, or the gifts. To us Christmas is about the three of us rejoicing in our memories and the love we have in our lives now.

Even as I write this poignant story I do want to express my sincere appreciation for the precious memories that we had as a family when Rick was still here, when his gifts had their own place under the tree, his stocking had a place on the fireplace next to Michael's. The tack hole is still there as a reminder; "He was here".

I'm so thankful for the pictures in my mind and in the photo albums to remind me of the happiness that once was. I'm grateful for the time I had as a mother of young children during the magic of Christmas. Their exhilaration was priceless. I was witness to the sparkle in their eyes and their shivering of excitement on Christmas morning. I was able to go to them on Christmas morning and say, "Santa came." Christmas morning was the ultimate climax of the entire season and it was always as thrilling as promised. I will have these memories for the rest of my life and for that I'm thankful.

Dana Rogers
TCF Galveston County, TX
In Memory of my son, Rick
Mother to Michael

RYAN KEITH FARLEY 12-11-1973 TO 07-10-1982



WHY HUMMINGBIRDS REMIND ME OF MY SON:

Ryan was a very sweet, precious, ornery little boy who loved the American Flag, horses, dogs, hummingbirds, & harmless practical jokes. Ryan wanted to be a policeman when he grew up.

Two days before he died, there was a hummingbird at our kitchen window drinking its breakfast. I told Ryan that if he waited to move when the hummer's head was down it would stay around and if he held still when the bird had its head up looking around that he, Ryan, would be less likely to scare it away.

This particular morning, the bird drank for a long, long time. Ryan was able to he pour his cereal, go to the frig, get the milk & even put it back; all the while watching to see whether or not the hummer's head was up or down! All of a sudden, Ryan stopped mid-step, turned & looked at me & with a huge grin said: "Hey Mom, I'm playing Red Light, Green Light with the Hummingbird!"

In Loving Memory of her son, Barb Wildman

December Birthdays

Ronnie Keys 12/15/1954	K.C. McCreary 12/7/1983
Peggy Guillay 12/26/1958	Nathaniel Sands 12/6/1989
Teresa Lynne (Aitchison) Blackstone 12/31/1958	Linzi Dudding 12/28/1992
Annette Jeanine Ahrens 12/3/1968	Ian Matthew Poundstone 12/26/1997
Trayson Reyes 12/21/1968	Austin Schoonover 12/8/1998
Jennifer Boals 12/28/1970	Dominic Campbell 12/2/1999
Ryan Farley 12/11/1973	Heather Carpenter 12/13/2003
Darrell Jordan 12/28/1973	Kiona Staton 12/16/2005
Shad Farmer 12/17/1974	Luke Taylor 12/1/2007
Aaron Hugh Plumlee 12/2/1976	Hope Desrosiers 12/6/2007
William (Bill) C Gosvenor, Jr 12/2/1977	Drey Jebb 12/15/2009
Tara Binko 12/17/1979	Harlow Yearman 12/23/2011
Jeremiah Sanderlin 12/24/1980	Danielle Bates 12/12/2012
Jennifer Curtis 12/25/1982	Mason Cunningham 12/20/2015
	Reno Morrow 12/5/2016



December Anniversaries

Kyle A Chadwick 12/18/85	Dusty Elderkin 12/15/07	Sean Bingham 12/16/14
Christopher 12/16/87	Ben Hughes 12/23/08	Steven 12/23/15
Jerri Ellen Brown 12/25/93	Michael Nedbalek 12/20/09	Zachary Ellinger 12/24/15
Ian Matthew Poundstone 12/26/97	Michael Bock 12/21/09	Christopher Lawson 12/30/15
Makalie Jane Herzog 12/28/02	Nick 12/28/09	Owen 12/17/16
Heather Carpenter 12/13/03	Harlow Yearman 12/23/11	Keith Thomas 12/29/16
Mikeal Twoner 12/23/04	Robert Salsman 12/8/12	
Hope Desrosiers 12/11/07	Stephanie Rodriquez 12/15/12	

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

Please Understand

I HAVE GONE THROUGH THE LOSS OF A LOVED ONE AND CHRISTMAS IS NOT EASY FOR ME. WHILE MANY OF YOU ARE SINGING CHRISTMAS CAROLS AND ENJOYING YOUR FAMILIES, I MISS MY LOVED ONE. IN THE MEANTIME, I CHERISH MEMORIES, WHICH ARE PRICELESS.

Angels at My Door/FB

Click the image below to read this blog post!

TAKING CARE OF YOUR MENTAL HEALTH DURING THE HOLIDAY SEASON

NAVIGATINGDARKNESS.COM



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

**Annual Holiday Potluck &
Ornament Decorating**

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



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

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