



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

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

January 2020

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.



What You May Not Know

The Compassionate Friends is run fully by bereaved parents, grandparents and siblings of those gone too soon. TCF is a self-help organization offering friendship, understanding, and hope to bereaved families that have experienced the death of a child. Our local Boise Chapter is no different. Our steering committee consists of volunteers willing to help facilitate our monthly meeting, search for and reach out to the newly bereaved to invite them to our group, be available to talk on the phone when someone is in need, and much more.

How You Can Help

- **Bring a Snack:** Every month we try to have a light snack. We could use volunteers to bring a snack or treat to the meeting. We have a sign up sheet at the entrance table.
- **Be a Friend Who Listens:** We are all walking down this grief path together. Some are just starting out while others have been journeying and learning for years along the way. If you feel like you are able and willing to lend an ear to someone in need, please let us know so we can list your name on the website.
- **Meeting Topics:** We are always open to suggestions for topics or volunteer speakers. If you have something you want discussed or know someone willing to volunteer their time to talk to the group, let us know!
- **Donations:** The easiest and best way to donate is by sending in a "Love Gift". Some choose to send in a donation on their child's birth month or death anniversary month so their child can be featured in our newsletter. Find a Love Gift form [here](#).

To contact us, email thecompassionatefriendsboise@gmail.com.

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!

- We need your help! We need volunteers to help keep the Boise chapter open. See how you can help on page 1.
- We are meeting in the Paiute room at St. Luke's Meridian in 2020.
- We have revamped TCF. We are paperless and have redone our website! Take a look [here](#).
- Please follow us on Facebook. Click [here](#).

What is New About The New Year? 2020

By: Dory Rooker

There is a lot of silliness about ringing in the New Year, and I have never been able to enter into the spirit with noisemakers, funny hats and loud hurrahs. Since the death of my son, I especially find myself wondering what this is all about. I think some of the partying and celebrating are motivated by a deep desire for a new start in our lives; a desire to leave behind some of the problems, sorrows, worries and pain of the year just ending. The short, sunless days and long, dark nights make us want something to cheer us. So we give the New Year's Eve party a try.

But it really doesn't work for most of us; we see now that we are just the same and the heaviness in our hearts, as we continue with the struggle to cope with the loss of our child, remains with us. Can we find new ways to live our lives in the New Year?

I'd like to suggest a few things we can try. Let's make an effort to find new friends. A good place to start this is at Compassionate Friends meetings. Here you are with a group of people who care about each other in special ways. We understand the pain and anger, the confusion and the inertia suffered by bereaved parents.

In the New Year, let's also find new ways to be close to the family that we have left. We feel regrets about hugs not given, letters not written, "I love you's" not said often enough. We can do all these things now. We can establish new memories with the family we have right now.

Another way to move into this New Year with a better feeling is to think about what we can do for others, because that is truly a way to help ourselves, too. If we can reach out to other sorrowing families, give a gift of our time, a note of love, a listening ear, or a shoulder to lean on, we'll grow stronger ourselves.

For those parents who are suffering the deep pain of the newly bereaved, none of the things I've mentioned may be possible yet. For you, I hold out the hope that soon your days will be just a bit better, your sorrow a little lighter, your tears healing, your friends strengthening and your memories filled more with the good times and less with the unhappiness of your grief.

Dory Rooker
TCF Upper Valley, VT

Remembering Our Children



Do you want your child featured in our newsletter? Fill out a Love Gift Form [here](#) and we'd love to share a picture and short memory or write-up about your child. #WeRemember

January Birthdays

- Johnny Jacoby 1/22/62
- Diane Cleaveland Parker 1/28/62
- Donna C Dietsch 1/31/67
- Steve Dietsch 1/2/68
- Ronnie Keys 1/16/73
- Val D Santillanes 1/16/73
- Peggy Guillay 1/16/73
- Teresa Lynne (Aitchison) Blackstone 1/17/75
- Stephen Wayne Webb 1/28/78
- April Ann Hill 1/31/80
- Patrick Lewis 1/8/81
- Michael Knepper 1/30/81
- Ryker Hooper 1/2/82
- Thomas Justin Farley 1/18/82
- Terry Glancey 1/20/86
- Gaylen Sexton 1/2/87
- Valerie Williams 1/22/89
- Angila Hammond 1/27/89
- Tim Stoltenberg 1/26/90
- Pam Barkhill 1/7/91
- Daniel Kristensen 1/17/92
- Todd Compton 1/26/92
- Clinton Clyde Hill 1/26/92
- David Nelson 1/2/93

January Anniversaries

- Steve Dietsch 1/6/80
- Stephen Wayne Webb 1/6/99
- Pam Barkhill 1/8/11
- Tommy LeBow 1/10/86
- Clyde Buff, Jr (Buffy) 1/31/14
- Candy Marie Wilde 1/25/08
- Amy Jo Doramus 1/5/00
- Anthony Sean Kojis 1/1/15
- Melody Ann Cravens 1/1/95
- John Clover 1/13/13
- Thomas Buffi 1/5/05
- Joey 1/4/16
- Leonard Kellum 1/16/05
- Mindy McCulley 1/17/08
- Tysen Posey 1/20/07
- Christopher D Hutton 1/6/91
- Christopher Stephens 1/3/13
- Ryker Longhurst 1/23/11
- Travis Gardner 1/11/13

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What the new year
brings to you will
depend a great
deal on what you
bring to the new year.

VERN MCLELLAN



2020 Meeting Dates

- | | |
|------------|-------------|
| Jan 9th | July 9th |
| Feb 13th | August 13th |
| March 12th | Sept 10th |
| April 9th | Oct 8th |
| May 14th | Nov 12th |
| June 11th | Dec 10th |

No one can tell you what to expect or can offer a guide to grief. Because every relationship is so unique, no two people grieve the same way. And you have no idea how you are going to grieve till you are grieving.

-Alyssa Renner-

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](#)

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

**The New Year. Getting
through another year
without you.**

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:

Joanne Cleereman: (208) 344-1010
Linda Merced: (239) 848-2601



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

Chapter Leader: Kristina Cunningham
Email: thecompassionatefriendsboise@gmail.com
Address:

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