



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

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

February 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.



Love Never Goes Away

"Why does it hurt so much? Why is this grief so incapacitating? If only the hurt weren't so crushing." Sounds familiar? All of us have known hurts before, but none of our previous "ouchies" can compare with the hurt we feel. Nothing can touch the pain of burying a child.

Yet most of us have discovered that the sun still comes up. We still have to function. We did not die when our child did, even though we wished we could have, so...we are stuck with this pain, this grief and what do we do with it? Surely we can't live like THIS forever!

There are no magic formulas for surviving grief. There are a few recognized patterns for grief, but even those are only guidelines. What we do know is that the emptiness will never go away. It will become tolerable and livable...some day.

TIME...the longest word in our grief. We used to measure TIME by the steps of our child...the first word, first tooth, first date, first car...now we don't have that measure any more. All we have is TIME, and it only seems to make the hurt worse.

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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

- Congenital Heart Defect Awareness week is February 7th-14th. #CHDAware
- February 14th is Valentine's Day. It's hard to celebrate when a part of your heart is forever missing, but join us on our meeting on Thursday, February 13th for an activity about finding a way to help mend your broken heart.
- We have revamped TCF. We are paperless and have redone our website! Take a look [here](#).
- Please follow us on Facebook. Click [here](#).

Valentine's in Heaven

Are there Valentines in Heaven?
 Are there Red Hearts everywhere?
 Do they line the golden streets,
 Or is that very rare?
 I wish that I could send you one,
 Right through Heaven's Gate,
 To say how much we miss you,
 On this special date.
 I'd like to send a Candy Heart,
 That is printed, "I Luv U,"
 And maybe you would whisper back,
 "I know, I Luv U too."

Marilyn Rollins
 TCF Lake-Porter, IN
 For All Our Children



Love Never Goes Away

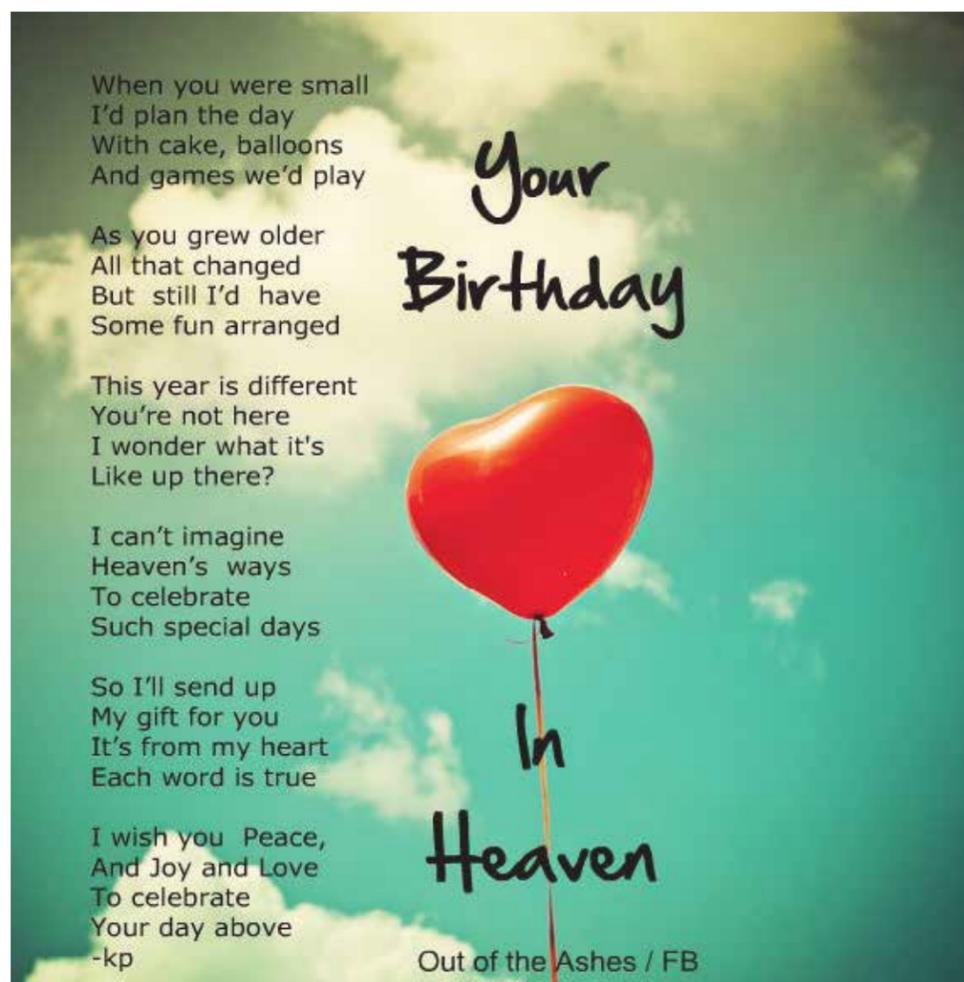
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So what do we do? Give ourselves TIME...to hurt, to grieve, to cry. TIME to choke, to scream. TIME to be "crazy" and TIME to remember. Be nice to yourself! Don't measure your progress through grief against anyone else's. Be your own timekeeper.

Don't push. Eventually you will find the hours and days of grief have turned to minutes and then moments...but don't expect them to go away. We will always hurt. You don't get over grief...it only becomes tolerable and livable. Change your focus a bit. Instead of dwelling on how much you lost, try thinking of how much you had. Try letting good memories come over you as easily as the awful ones do. We didn't lose our child...HE [SHE] DIED. We don't lose the love that flowed between us...it still flows, but differently now.

Does it help to know that if we didn't love so very much, it would not hurt so badly? Grief is the price we pay for love. And as much as it hurts, I'm very glad I loved. Don't let death cast ugly shadows, but rather warm memories of the loving times you shared. Even though death comes, LOVE NEVER GOES AWAY!

Darcie D. Sims



Remembering Our Children



Joshua Empey
 2-13-2012 to 3-19-2017

In loving memory of our sweet little boy. The boy that made us a mom and a dad. The boy that taught us to find joy in all things and to never stop imagining and dreaming.

Happy Birthday to our little Knight, Superhero and Conqueror! We love you to heaven and back, bubba!

Joshua Landon Empey
 February 13, 2012 - March 19, 2017
 In Hoc Signo Vincas

February Birthdays

- Clinton Clyde Hill 2/21/64
- Michael Furniss 2/28/69
- Tony Mintun 2/7/72
- Jennifer Page 2/13/75
- Keri Ann Dawe 2/24/77
- Bridgett Hodges Saurey 2/5/79
- Randall Boyd Salmon 2/1/80
- John Clover 2/15/80
- Joey Knight 2/13/81
- Justin Zenahlik 2/20/82
- Ricky Elderkin 2/15/86
- Mackenzie Larsen 2/20/88
- Demrie Zenahlik 2/21/90
- Kade daRosa 2/5/91
- Kyle Bollig 2/27/91
- Sarah Taylor 2/15/98
- Pearl Sittner 2/20/08
- Quincy 2/6/11
- Joshua Empey 2/13/12
- Travis Gardner 2/22/12
- Scott Copeland 2/26/12

February Anniversaries

- Angila Hammond 2/1/11
- Jeromy Purvis Balls 2/20/00
- Christopher Robert Wiloth 2/8/98
- Brandon Altman 2/2/13
- Zoe Jayne 2/1/13
- Christopher Michael Laughin 2/27/13
- Jarod S Krohn 2/5/03
- David Decroo 2/26/16
- Donald 2/15/17
- Anthonie Gallegos 2/29/08
- Dan Leibman 2/17/16
- Sara Ballard 2/25/05
- Taya Oshanick 2/28/10
- Kade daRosa 2/2/09
- Seth Olson 2/1/12
- Raychel Rose 2/14/09
- Mack Winsauer 2/16/11
- Meadow Nickel 2/6/10
- Drey Jebb 2/28/10
- Quincy 2/6/11
- Danielle Bates 2/28/14

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

**How Do You Mend A
Broken Heart?**

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)

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

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