



**The
Compassionate
Friends**
Sacramento Valley Chapter
Supporting Family After a Child Dies

Sacramento Valley Chapter Newsletter

Volume 38 Issue 1 & 2

January/February 2022

A self-help organization offering friendship, understanding and hope to bereaved families that have experienced the death of a child.

Sacramento Valley Chapter
P.O. Box 163294

Sacramento, CA 95816

916-282-4699

E-mail: tcfsacvalley@gmail.com

Social Media:

tcfsacvalley.wixsite.com/tcfsv

facebook.com/TCFSacValley

Co-Leaders/Facilitators

Karen Meistas, Kathy Routt,
Pam Zanze, Larry Miller

Newsletter Editor

Karen Meistas

Meeting Schedule

First Thursday of every Month

At 7:00p.m.

Via Zoom

**Email link will be sent the
Monday or Tuesday prior**

Third Friday of every Month

At 7:30 p.m.

St. Mark's United Methodist

2391 St. Marks Way Rm E-26

Sacramento CA 95864

2nd Floor—Elevator available

Park in lot facing Lusk Drive

NATIONAL INFORMATION

Regional Coordinator

Nancy Juracka

nancy_juracka@yahoo.com

www.thecompassionatefriends.org

Upcoming Meetings

Our next **in-person meetings** for March and April are as follows: Friday, March 18th & Friday, April 15th at 7:30 p.m. at St. Mark's Methodist Church. Meetings will continue to be in-person unless we are told by the Church we can not longer have them. We hope to see you then. Address information is to the left of this update. For Unvaccinated or persons with compromised immune, please continue to mask-up.

We are pleased to announce **we are resuming virtual meetings** on the first Thursday of every month at 7 p.m. via Zoom. Thank you to everyone who took the survey. Your valuable feedback was necessary to better help our members. Our next Zoom meetings are scheduled for March 3rd and April 7th at 7 p.m.

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.

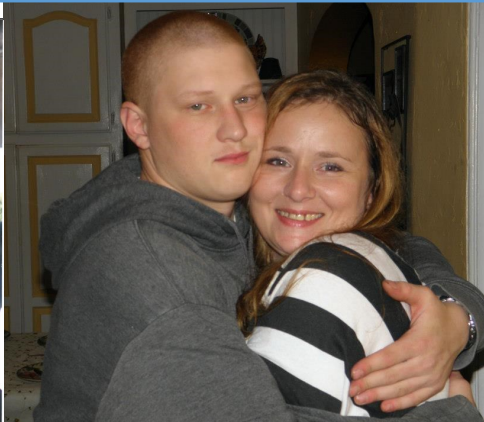
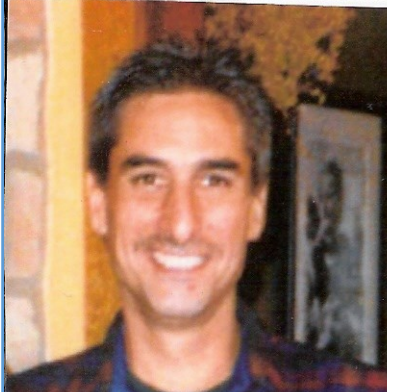
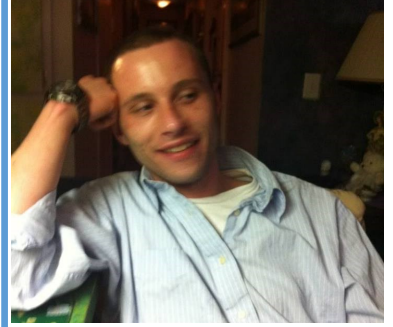
We Need Not Walk Alone. We Are The Compassionate Friends.

OUR LOVED ONES' JANUARY BIRTHDAYS

REMEMBERING

PARENT (RELATIVE)

Ronald Lawson	01/19/1954	Pat Lawson
Dean Robles	01/02/1965	Randy & Patricia Robles
Tim Fuller	01/17/1970	Jeanne & Guy Fuller
Skye Austin Newcross	01/17/1979	Fran & Paige Newcross
David Nicol	01/08/1981	Carla Nicol & Ashleigh B.
Kyle Loesch	01/14/1981	Larry Loesch
Danielle Hahn	01/20/1981	Holly Miller
Alicia Rainbolt	01/25/1981	Thomas Rainbolt
Jasha Sanford	01/02/1982	Emily Sanford
Ali Youssefi	01/23/1983	Fetneh & Lyrus Youssefi
Christopher Perez	01/13/1989	David & Kimberly Perez
Mikaela Alejandrez	01/18/1989	Catherine Alejandrez
Anthony Donelson	01/20/1989	Laura White
Masa Fair-Amatani	01/26/1989	Virginia Fair-Amatani
Jordan Gray Anderson	01/08/1990	Pamela R. Anderson
Charlie Wheeler	01/16/1990	Josie Wheeler
Justin Tampas	01/23/1990	John & Trish Tampas
Matthew Dawson	01/24/1991	Lisa Dawson
Corey Ferrel	01/16/1992	Sandra Ferrell
Brandon Steinhoff	01/31/1993	Sunny Holley
Nolan Muston	01/30/1994	Julie & Adam Muston
Erik Steinkamp	01/26/1996	Celeste Crivelli
Kody King	01/04/2000	Tammy Urzua
Noah Biagioni	01/21/2012	Lisa Biagioni & Kristina Crabtree
Ophelia Utreras	01/09/2017	Gabriela Utreras



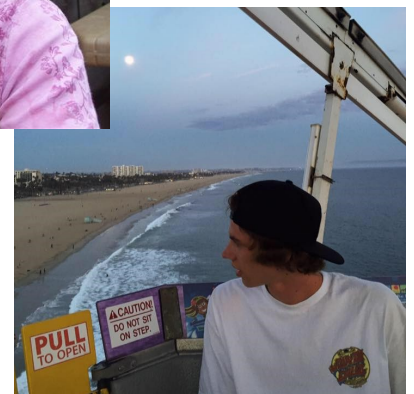
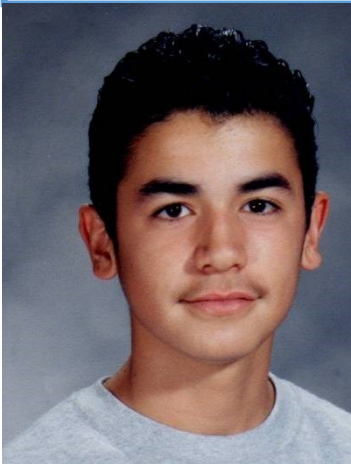
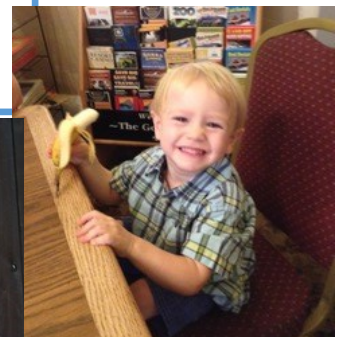
OUR LOVED ONES' JANUARY REMEMBRANCES

REMEMBERING

Anthony Rocha	01/27/1999
James Laskey Ramirez	01/03/2006
Deborah Lisnik	01/05/2006
Nicholas Contreras	01/13/2011
Ashley Simpson	01/17/2012
Danika Cline	01/17/2013
Kristen Owens	01/31/2013
Richard Luther Diaz	01/06/2014
Richie Pearman	01/11/2014
Tami Cessna	01/13/2014
Melissa Clements	01/21/2014
Jeffrey Navarro	01/16/2015
Martin Floegel	01/04/2016
Tim Simonsen	01/01/2017
Ophelia Utreras	01/09/2017
Jennifer Trulin	01/24/2018
Patrick Jay McClung	01/27/2019
Tanner Smith	01/29/2019
Christopher "CJ" Tousey	01/12/2020
Genevieve Stein	01/29/2022

PARENT/RELATIVE

Pamela Amo
Jim & Barbara Ramirez
Judy Chapman
David & Kirsti Contreras
Maryanne Simpson
Rita Cline
Rhoda Owens
Richard & Luella Diaz
Terry & Sue Pearman
Wendy & Bob Cessna
Bryan & Cary Joynes
Peggy Breyer & Blaine Snyder
Keely Floegel & Ron Floegel
Debbie Vickers
Gabriella Utreras
Peggy Harbart
Terri McClung
Kelly & Spencer Smith
Kelley & Chris Tousey
Douglas Stein



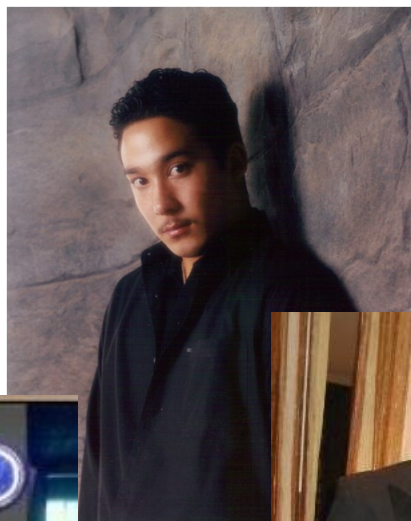
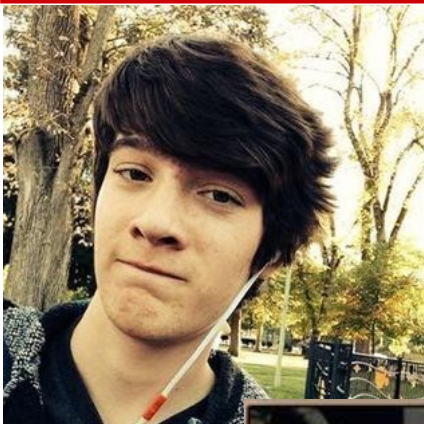
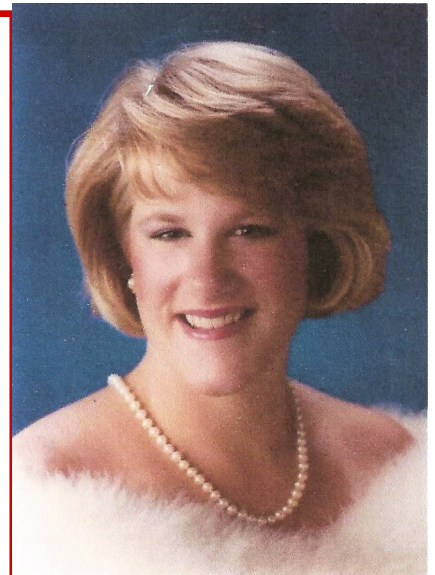
OUR LOVED ONES' FEBRUARY BIRTHDAYS

REMEMBERING

Andy Paisley	02/27/1962
Tami Cessna	02/09/1966
Katrina Christie Brown	02/15/1968
Brett Wolfe	02/03/1970
Debra Schwartz	02/01/1974
Gordon Austin	02/24/1974
Justin Taud Downs	02/13/1979
Marcie Aguilar	02/21/1979
Matt Cantrell	02/22/1981
Brian Concepcion	02/16/1983
Vickie Teves	02/10/1987
Juan Carlos Los Sanchez	02/10/1988
Michael Baratta	02/27/1988
Kendall Walker	02/13/1989
Seth Miles Munoz	02/15/1989
Brandon Burnett	02/01/1991
Jimmy Cooper	02/16/1991
Michael A. Matteoli	02/09/1992
Andrew Sisterson	02/14/1997
Andrew Sisterson	02/14/1997
Emily Biazzi	02/21/2007
Somaya Michelle Pickens	02/23/2014
Peter Olivas	02/- -/2019
Gracelyn Carmmack	02/05/2019

PARENT (RELATIVE)

Jennifer Paisley - Sister
Wendy & Bob Cessna
Karen & Bill Brown
Jim Wolfe
Elizabeth Shamis
Frank Austin
Don & Cindy Downs
Rachael Aguilar
Bobbette Cantrell
Tinah Concepcion
Tammy Urzua
Diana Sanchez
Vicki Baratta - Sister
Leslie Molera
Janell & Bob Warren
Maggie Kolb
Sandy Woo
Jon & Margaret Matteoli
Tom & Laura Sisterson
Connor & Jeffrey—Brothers
Lisa Biazzi
Andre Pickens & Maribel
Margaret Olivas
Jody Wadley

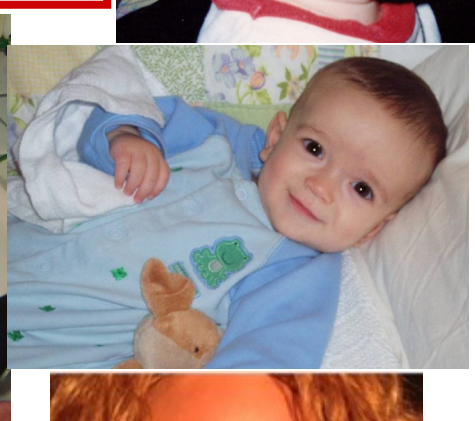


OUR LOVED ONES' FEBRUARY REMEMBRANCES

REMEMBERING

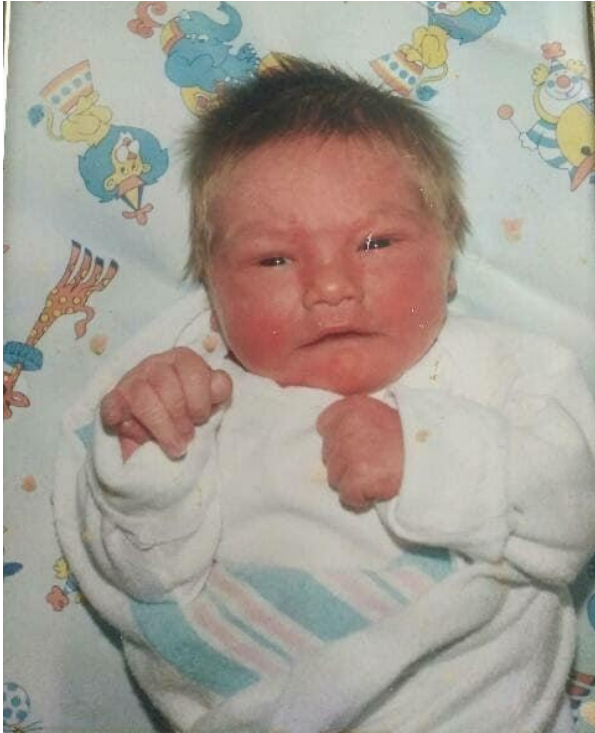
PARENT/RELATIVE

Aubrey Meistas	02/19/2001	Joe and Karen Meistas
Kelly Dyan Hendershot	02/20/2001	Connie Lann
Maximillian A. Sanchez	02/17/2002	Cecilia Gabrielli
Jeff Martin	02/- -/2003	Suzanne Fox
Ernie Adams	02/25/2003	Alice and Lloyd Adams
Arianna Foggio	02/15/2006	Jacqueline Turner
Mary Murray	02/16/2007	Janet Murray
Ian Schneggenburger	02/10/2009	Annabel Foster-Davis
Natalie Rosas	02/21/2010	Carol and Bob Rosas
Natalie Rosas	02/21/2010	Darin Rosas – brother
Corey Ferrell	02/23/2010	Sandra Ferrel
Justin Tampas	02/23/2010	John and Trish Tampas
Levi Moyle	02/06/2011	Hillary Moyle
David Andrew Wallin	02/15/2015	Diana Wallin
David Andrew Wallin	02/15/2015	Susan Jerome
Zakary McCray	02/18/2015	Kim McCray
Sahar Moslehj	02/23/2015	Hormoz Moslehj
Eddie Loyd	02/01/2016	Renea Fortune
Destiny Brandenburg	02/05/2017	Tracy Brandenburg
Jossim Aldelamy	02/01/2019	Leslie McCurry
Gracelyn Cammack	02/05/2019	Jody Wadley
Tim Wilcox	02/20/2019	Yvonne & Cliff Wilcox
Rachael Berriman Schwartz	02/19/2021	Janet Berriman



Joseph James Strickland (Joey) 10/22/88-03/16/17**Forever 28**

He was first ,my son ,the youngest of six he is very special: that loved everyone and didn't understand conflict or hatred , he would not deny helping anyone that needed it. So funny his ability to make me laugh it didn't matter how down I was feeling or angry about something he always saw something positive especially in people . He is also a brother the baby, and he loves all his siblings very much , and he is the father of four which he was proud of and loves more than anything ! Joey left something positive in this world and taught me how to give everyone a chance .I know you didn't belong in a negative world you were to special for this world but ...



I miss you so much Joey ! All My Love Forever and Always Mama ~ Charmain Riggs

Please See Me Through My Tears

Kelly Osmont

You asked, "How are you doing?"

As I told you, tears came to my eyes...and you looked away and quickly began to talk again, All the attention you had given me drained away.

"How am I doing?"...I can do better when people listen, though I may shed a tear or two.

This pain is indescribable. If you've never known it you cannot fully understand.

Yet I need you.

When you look away,

When I'm ignored,

I am again alone with it.

Your attention means more than you can ever know.

Really, tears are not a bad sign, you know!

They're nature's way of helping me heal...

They relieve some of the stress of sadness.

I know you fear that asking how I'm doing brings me sadness ...
but you're wrong.

The memory of my loved one's death will always be with me,

Only a thought away.

My tears make my pain more visible to you, but you did not
give me the pain...it was already there.

When I cry, could it be that you feel helpless, not knowing what to do?

You are not helpless, and you don't need to do a thing but be there.

When I feel your permission to allow my tears to flow, you've helped me.

You need not speak. Your silence as I cry is all I need.

Be patient...do not fear.

Listening with your heart to "how I am doing" relieves the pain,

for when the tears can freely come and go, I feel lighter,

Talking to you releases what I've been wanting to say aloud, clearing space
for a touch of joy in my life.

I'll cry for a minute or two...and then I'll wipe my eyes,

and sometime you'll even find I'm laughing later.

When I hold back the tears, my throat grows tight,

my chest aches, my stomach knots...

because I'm trying to protect you from my tears.

Then we both hurt...me, because my pain is held inside,

a shield against our closeness...and you, because suddenly we're distant.

So please, take my hand and see me through my tears...

then we can be close again.



Looking for ways to donate?

At TCF Sacramento Valley, we rely on our members support and contributions to manage the needs of our chapter such as the cost of our meeting rooms, printing, and phone costs to name a few. We are 501(c)(3) organization. Your donations are tax deductible. Please consult with your tax accountant for rules.

DONATE VIA VENMO

Would you like a more convenient way to donate? Do you use Venmo? Log in to your existing account or create an account at <https://venmo.com/signup> Find us @TCFSV

DONATE VIA PAYPAL

You can now donate using your PayPal account. Log in to your existing account or create an account at <https://www.paypal.com/us/signin> You can donate by finding us on PayPal at TCFSacValley@gmail.com or paypal.me/TCFSacValley

DONATE WHEN YOU BUY ONLINE AT AMAZON

Are you an Amazon shopper? Consider choosing The Sacramento Valley Chapter of The Compassionate Friends to receive donations when you purchase items that are eligible. The AmazonSmile Foundation will donate 0.5% of the purchase price from your eligible AmazonSmile purchases to our chapter. Please use smile.amazon.com all year to support us.

There are several Compassionate Friends Chapters so please be sure to find Sacramento Valley. <https://smile.amazon.com/ch/94-2688376>

**Do you have some spare time to give back to our Chapter?
Contact us at TCFSacValley@gmail.com with your thoughts.**

Thank you to our current volunteers for all you do.

Our chapter wouldn't be without you.



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 daughter, a brother or a sister, or a grand-child, and helps others better assist the grieving family.

TCF Sac Valley makes every reasonable effort to ensure the accuracy and validity of the information provided in our Newsletter, Articles, Meetings and Social Media presence. Please contact us by phone at 916-282-4699 or by email at tcsacvalley@gmail.com for any corrections, redactions, errors, omissions and concerns. We will publish a correction in the next month's newsletter. We welcome your feedback and comments.

The **NEWSLETTER** of The Compassionate Friends, Sacramento Valley Chapter is published every other month. (Jan-Feb, Mar-Apr, etc.) We welcome your remembrances to your child, articles, photos, poetry. Etc.

All submissions must be received by the 20th of the prior month to be included in the next issue.

E-mail: tcfsacvalley@gmail.com or **Mail to:**

The Compassionate Friends Sacramento Valley
P.O. Box 163294 Sacramento, CA 95816

Our chapter survives solely on donations.

ADDITIONAL SUPPORT

Bereavement Outreach Meetings (916) 557-5882
www.griefhelpsacramento.com

Bereaved Parents-Sacramento-South Placer County Chapter: Contact Chris Harder (916) 768-3891
www.bereavedparentsusa.org

Suicide Loss- Friends for Survival Contact Marilyn Koenig at (916) 392- 0664 www.friendsforsurvival.org

NAMI National Alliance on Mental Illness
(916) 397-7831 ~ www.namisacramento.org

Homicide Loss—Sacramento County District Attorney's Office ~ (916) 874-5701

Infant Loss—Sharing Parents
Listening Line (916) 424-5150
www.sharingparents.org

Alive Alone www.AliveAlone.org
alivalon@bright.net

SIDS Alliance of Northern California
1-877-938-7437 ~ www.sidsnc.org

Healing All Together (HAT) for children and teens experiencing a loss 916-817-2338
<https://www.snowlinehospice.org/>

TAPS—Tragedy Assistance Program for Survivors.
Compassionate care for those grieving the loss of a military loved one.
800-959-8277 <https://www.taps.org/>

Have a support group that you'd like to share? Please emails us so we can add it.

LOVE GIFTS

A love gift is a donation to TCF in memory of a child who has died or in honor of a special person or event. With your support, we are able to provide this newsletter, books, brochures and special events for bereaved families. A love gift can be for any amount.

DECEMBER/JANUARY/FEBRUARY LOVE GIFTS

In Loving Memory of **KAYLY MAE**
Love Mom, JM Smith (Facebook Fundraiser)

In Loving Memory of **RICKY BYRD**
Love Mom, Kimberly Byrd (Facebook Fundraiser)

In Loving Memory of **TYLER ROUTT** Always in our thoughts and hearts. Every Minute. Every Day.
Love Mom & Dad, Kathy & David Routt

In Loving Memory of **ROYAL SAGE TAPIA**
Love Mom, Celia Glacken

In Loving Memory of **CAMERON MARCH**
With Love from Lisa Ezell

In Loving Memory of **ISAIAH ALI** We Love You!
Mom & Dad, Tarryn & Damian Oakes

In Loving Memory of **JOSHUA MOORE** *Sending our love to you now and forever.*
Dad & Mom ~ Kenny and Summer Moore.

In Loving Memory of **JOSHUA MOORE**
"See you later alligator." Love you forever, Grandmother Rita Moore

Thank You!

If you have questions, please feel free to call our message line at **916-282-4699** and one of our volunteers will return your call.