

*Fall*  
**2009**

## *Homicide Survivors*

FOR FAMILIES AND FRIENDS OF MURDER VICTIMS  
32 N. Stone Ave., 14th Floor, Tucson, AZ 85701  
Office: (520) 740-5729 Fax: (520) 740-5773  
[www.azhomicidesurvivors.org](http://www.azhomicidesurvivors.org)

### **Survivors Thanksgiving Potluck Get Together**

**Thursday, November 19th, 2009, 6:00 pm to 8:00 pm**



St. Augustine's Cathedral 192 S. Stone Ave. Tucson, AZ 85701

Please join us for a very special Thanksgiving Pot Luck Support meeting. Sometimes it's so hard to be "Thankful" for what we have, for what we had, when so much has been lost. This special meeting might just help a little. If you've never attended a meeting before, this gathering is a good time to start. Bring family, friends & food!

**Please bring your loved ones favorite food to share with others.  
Come share memories, friendship & support.**

Dia de Acción de dar Gracias

Cena "estilo bufete" para sobrevivientes de homicidio

Jueves, 19 de Noviembre, 2009 de 6:00 pm a 8:00 pm

Nuestra cena "estilo bufete" tomara lugar en el sitio: La Catedral de San Agustin 192 S. Stone Ave Favor de acompañarnos a un especial grupo de apoyo. A veces es muy dificil ser agradecido por lo que tenemos, cuando hemos perdido tanto. Esperemos que sienta alivio en esta junta muy especial. Si usted nunca ha participado a nuestro grupo de apoyo anteriormente, este en particular sera un buen empiezo. Traiga el platillo favorito de su ser querido/a para compartir con otros sobrevivientes. Tambien traiga sus recuerdos, su amistad, y su habilidad de apoyar a otros que empiezan su aflicción.

***We do this . . . that their light may always shine!***

**Please join us for the Compassionate Friends**

**World Wide Candle Lighting**

**Sunday, December 13th, 2009 at 7:00 PM**

**CHILDREN'S MEMORIAL PARK  
4851 N. 15TH PL. TUCSON, AZ.**





# Homicide Survivors, Inc.

## Support Meetings

### **English Support Group:**

TPD Patrick Hardesty Center  
1100 S. Alvernon Way

**Thursday, December 17th, 7-9p.m.**

### **Nuevo Sitio de Grupo de Apoyo!**

### **Grupo de Apoyo en Español:**

TPD Patrick Hardesty Centro  
1100 S. Alvernon Way

**Jueves, 17 de Diciembre 7-9p.m.**

### **PLEASE FEEL FREE TO JOIN OUR SUPPORT GROUP**

We are sorry for the circumstances that bring you to our group, but we hope that we can be of some assistance to you as you work through your grief. Our meetings are open to any survivor of a homicide victim: Parent, Brother, Sister, Son, Daughter, Cousin, Aunt, Uncle, Grandparent, or Friend. Our meetings are held monthly and nothing is required of you. There are no dues or fees expected. Attending your first meeting takes courage, but most find it a comforting network of support, friendship, and understanding that only those who have been there can give. The meetings are a time for sharing stories, experiences and emotions. We believe that our support groups facilitate a self-help response to grief. Making positive changes in our loved ones memory creates a loving legacy.

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### **VENGA A LO INVITAMOS HACER PARTE DE NUESTRO GRUPO DE APOYO**

Lo sentimos que las circunstancias lo acercan a nuestro grupo, esperamos que sea una forma de asistencia en el proceso de su aflicción. Nuestro grupo de apoyo esta disponible para sobrevivientes que han perdido a un ser a homicidio sea Ud. un padre, hermano/a, hijo/a, primo/a, Tio/a, Abuelo/a, o Amistad. Nuestras juntas son mensuales y sin costo ninguno. No hay expectativas de Ud. Atendiendo su primer junta se requiere valentia y fuerza, la mayor parte de participantes se encuentran en un ambiente de apoyo, se sienten comprendido, y encuentran amistades con personas que han caminado en sus pasos. La primera junta es de compartir estorias, experiencias, y emociones. Creemos que nuestros grupos inspiran a la persona a auto sanación de su aflicción. Criando cambio positive en memoria de nuestros seres queridos forma un legacia de amor.

### **How Long Does Grief Last?**

The length of the grief process is different for everyone. There is no predictable schedule for grief. Although it can be quite painful at times, the grief process cannot be rushed. It is important to be patient with yourself as you experience the feelings and your unique reactions to the loss. With time and support, things generally do get better. However, it is normal for significant dates, holidays, or other reminders to trigger feelings related to the loss.

Taking care of yourself, seeking support, and acknowledging your feelings during these times are ways that can help you cope.



## Survivor's Thanksgiving Pot Luck

Please Join us for a very special Thanksgiving Support meeting. Bring your loved ones favorite food to share with others. It doesn't matter what their favorite food is. It could be pizza, tacos, chow mien, salad, cake, hot dogs, fry bread, cookies, fried rice, beans, fried chicken, gyros, spaghetti, knishes, baklava, etc. The idea is just to share in remembrance and celebration of our loved ones. We will provide drinks, plates, silverware, etc. Come share memories, friendship and support.



**Thursday November 19th, 2009  
6:00pm to 8:00pm  
St. Augustine's Cathedral (auditorium)  
192 S. Stone Ave, Tucson, AZ  
Plenty of free parking in church parking  
lot, wheelchair access, dinner in  
auditorium room.**

## **Cena de Acción de dar Gracias para Sobrevivientes de Homicidio Jueves, 19 de Noviembre 2009**

Acompañenos a un a reunion muy especial. Traiga una comida favorite de ser querido/a para compartir . La idea es compartir recuerdos y celebrar nuestros seres queridos. Puede ser pizza, tacos, chow mein, ensalada, pastel, hot dogs, pan frito o galletas, arroz, espageti o baklava, no importa que es, traigalo. Hay Amplio estacionamiento, accesible para silla de rueda. Cena sera en el Auditorio. Catedral Catolica San Augustin 192 Sur Avenida Stone, Tucson , AZ

*"Friendship improves happiness and abates misery, by the doubling of our joy and the dividing of our grief." Marcus Tullius Cicero*

**Bring your loved ones favorite food to share with others. Bring photos, a poem, a story, a song, or anything you'd like to share.**

**Comparta la comida favorite de su seres queridos. Traiga foto, poema, una aneodota, canción o lo que Ud. quiera compartir con otros.**

## Count Your Blessings

Count your blessings instead of your crosses.  
Count your gains instead of your losses.  
Count your joys instead of your woes.  
Count your friends instead of your foes.  
Count your smiles instead of your tears.  
Count your courage instead of your fears.  
Count your full years instead of your lean.  
Count your kind deeds instead of your mean.  
Count your health instead of your wealth.  
Count on God instead of yourself.

Author unknown

## Remember Me

To the living I am gone  
To the sorrowful, I will never return  
To the angry, I was cheated.  
But to the happy, I am at peace  
And to the faithful, I have never left.  
I cannot speak, but I can listen  
I cannot be seen, but I can be heard.  
So, as you stand upon a shore,  
Gazing at a beautiful sea-  
Remember me.  
As you look in awe at a mighty forest  
And its grand majesty  
Remember me.  
Remember me in your heart,  
Your thoughts and your memories  
Of the times we cried,  
The times we fought,  
The times we laughed,  
For if you always think of me,  
I will never be gone from your side.

Author Unknown

Because a loved one is gone...  
Those we love can never be more  
than a thought apart,  
For as long as there is memory,  
they'll live on in the heart

They lived...  
And brought unto the earth  
a bit of beauty, love and faith.  
And now their lives will ever  
be reflected in our hearts.

Recuerdame

Para los que tienen vida, ya no estoy aquí  
Para los que tienen tristeza, ya no regresare  
Para los que sienten corraje, fue un crimen.  
Para los que sienten felicidad, estoy en Paz  
A los que tienen Fe, no me he ido.  
No puedo hablar, pero te escucho  
No puedes verme, pero si me escuchas  
Cuando estes a la orilla del mar, observando el mar  
tan bello. Recuerdame  
Cuando observes el bosque con todo su majestad.  
Recuerdame  
Recuerdame en tu Corazon,  
Tus recuerdos y tus memorias  
De los tiempos que lloramos,  
Y los tiempos disgustosos  
Los tiempos que reimos  
Si me recuerdas en estos tiempos, jamas me alejare  
de tu lado.

Autor Desconocido

## **“What I have learned during the first two years of grief”**

The first year I learned how to scream and cry on the outside. The second year I learned to scream and cry on the inside. The meaning I guess is clear and I wonder how many agree with me. During the first year of grief, all I could do was cry and scream. I could not accept this had happened to my son and our family. During the first year, people were concerned and talked about Phillip and what had happened and when would we get justice? But after the first year, it seemed all the concerned people were gone. No one asked anymore about my son nor did they want me to talk about him. It made them uneasy. This is when I learned to cry and scream inside. The only true people who understand are the people that are traveling the same road of grief and to my sadness this road seems to be getting more crowded. I do not know what this 3rd year of grief will bring for us, hopefully we will see some justice for Phillip's murder I believe this will have to happen before we can start healing. I continue to keep my son's name alive in every way I can. I find if I can work on projects that are in memory of Phillip or any project concerning Phillip it helps me keep making it one more day.

## **A Time To Grieve.....A Time To Heal**

Have you ever noticed the many mixed-up emotions involved in grieving?

On the one hand you feel restless. On the other hand. You feel like you don't want to move at all.

You feel desperately alone, and yet you don't want anyone around.

You feel scatterbrained, forgetful, and yet, frantically meticulous.

You feel like crying at nothing and sometimes laughing at anything.

Being in a crowd of people is fine as long as they don't talk to you.

And yet, if they don't talk to you, you feel as if nobody cares.

You want so desperately for someone to mention your loved one, to remember the life that was.

And yet it can make you furious if all they want to talk about is the dead and never mention the living.

Grief settles over you like a hot blanket. You're as cold as the winter snow.

Grief presses on you like a steam roller. You're floating in a bubble above yourself.

Grief boxes you in on four sides and introduces you to a pain no one should have to know.

But then you begin to feel compassion. You relate to others who have had a similar experience.

And eventually, with a light as sharp as a sunburst, you hear yourself saying your loved one's name

With an unfamiliar smile on your face, you remember some of the funny times and feel laughter building in your throat.

One morning you notice the sun is shining, the flowers are bursting with the colors of spring.

Three seasons have passed unnoticed..... and, somehow, you are still here. Even though your loved one is still there.

You feel your heart swell with a love you never even knew could exist. And you find a place in your life for something called, Peace.....?

And then, ever so gently, the memories enfold you in a warmth as soothing as a cool shower on a hot summer day. So you find you want to remember. And tender memories of love lift you to unreachable heights, to the brightest of stars, to the loveliest touch of your mom.

## THANKS.....

*By Darcue D. Sims  
Albuquerque, New Mexico*

It doesn't seem to get any better....but it doesn't get any worse either. For that, I am thankful. There are no more pictures to be taken....but there are memories to be cherished. For that, I am thankful. There is a missing chair at the table....but the circle of family gathers close. For that, I am thankful. The turkey is smaller....but there is still stuffing. For that, I am thankful. The days are shorter....but the nights are softer. For that, I am thankful. The pain is still there....but it lasts only moments. For that, I am thankful. The calendar still turns, the holidays still appear, and they still cost too much, but I am still here.... For that, I am thankful. The room is still empty, the soul still aches.....but the heart remembers. For that, I am thankful. The guests still come, the dishes pile up....but the dishwasher still works. For that, I am thankful. The name is still missing, the words still unspoken.....but the silence is shared. For that, I am thankful. The snow still falls, the sled still waits, and the spirit still wants to..... For that, I am thankful. The stillness remains....but the sadness is smaller. For that, I am thankful. The moment is gone....for the love is forever. For *that*, I am blessed. For *that*, I am grateful. Love was once (and still is) a part of my being.....

For that, I am living. I am LIVING.....and for *that*, I am thankful.

May your holidays be filled with reasons to be thankful.

Having loved and having been loved is perhaps the most wondrous reason of all.

I don't know why.  
I'll never know why.  
I don't have to know why.  
I don't like it.  
I don't have to like it..

What I do have to do is make a choice about my living.  
What I do want to do is accept it and go on living.  
The choice is mine.

I can go on living, valuing every moment in a way I never did  
before, or I can be destroyed by it and, in turn, destroy others.  
I thought I was immortal. That my family and my children were also.  
That tragedy happened only to others. But I know now that life is tenuous and valuable.  
So I am choosing to go on living, making the most of the time I have,  
valuing my family and friends in a way never possible before.

## A MEMORY HUG

**Your loss has left a hole in your heart. That hole never goes away...  
you learn to live with it. With acceptance of the loss and changes in your life, the pain lessens.  
Eventually memories fill up the space, but it never goes away. Then, when you least expect it,  
a memory spills out of the hole in your heart and washes you clean again with tears.  
Think of it as a "MEMORY HUG"**



# The Wishbone

Our first Thanksgiving, November 1981. It had been only three months since Richards funeral, and six months since he disappeared. I still really couldn't believe he was gone. I struggled with depression, anxiety and overwhelming guilt. If only I had been a better Mother...

I decided to make Thanksgiving dinner. I wanted everything to be as "normal" as possible. I wanted to give my other children the holiday they deserved. Richard loved holidays.

I went shopping. I cried as I turned down each aisle. People stared at me crying in the store. I didn't care. I was on a mission. I got up early in the morning. I worked all day long, preparing a full holiday dinner. I cooked. I cried. The kids played with their friends. I set the holiday table, one less place setting, an empty chair. I cried. I called everyone in for dinner. They were hungry but reluctant. I began to pray, thankful for what we still had. But my prayer soon turned to tears, then sobs. Missing him was just too much. Everyone began to cry. One by one they left the table, the food untouched.

When I returned to put the food away for later, I found that the family dog had enjoyed a wonderful meal...ours! Paw prints in the mashed potatoes, drips of gravy everywhere. The Turkey carved by our four legged love. I cried again. At least the dog left the wishbone. My boys always took turns making a wish and breaking the wishbone. I asked them who wanted to make the wish this year. None of them wanted to. We decided to save it for Richard.

Christmas was just around the corner, another holiday dread. This time I remembered what I learned from Thanksgiving. I realized that I couldn't make things "normal". I had to create a new "normal". Old traditions were too painful. I had to make new traditions. I had to face the reality of Richard not being with us. I found the wishbone I had been saving. I painted it with red nail polish and sprinkled it with glitter. When we decorated our Christmas tree, I hung Richard's Wishbone near the top. This began our new tradition. Every Thanksgiving we save the Turkey wishbone for Richard. Each year we decorate our Christmas tree with these wishbones.

One year, that pesky family dog chewed up all the wishbones on the bottom half of the Christmas tree. I was devastated. I asked my friends to help me replace them. Many people saved their Thanksgiving wishbones for me. This began yet another tradition.

It has been 28 years now. I have been blessed in so many ways. Even though I met most of my new friends because of the tragedies of our loved one's murders, I feel blessed to have been able to experience the unique bond with fellow survivors. And I feel comforted to know that Richard and I will have friends in heaven to play the wishbone game.

This year, I again ask if you would save your Turkey Wishbone for me. Please help me decorate my Christmas tree with wishbones and help my family carry on our new tradition.

My wish for you is that you, too, will find new traditions that bring you comfort and joy in remembrance of your loved ones.

With great love,

Gail Leland



LAS SIGUIENTES SUGERENCIAS SE OFRECEN CON LA ESPERANZA DE QUE LES SEAN UTILES AL PLANEAR LOS DIAS FESTIVOS EN FAMILIA.

- 1.- Dese cuenta de que Ud. tiene diferentes limitaciones—emocionalmente y fisicamente.
- 2.- Evalúe de nuevo sus prioridades - ¿Qué es realmente importante y significativo? Decida cuáles cosas puede Ud. manejar adecuadamente y permita que otros conozcan sus necesidades y deseos.
- 3.- Haga sus compras de Navidad temprano. Compre en sus días buenos. ( todos tenemos días mejores que otros.
- 4.- Invite a alguien acompañarlo en sus compras. Escuchar música navideña por todos lados cuando Ud. no se siente alegre no es grato.
- 5.- Si decide decorar en los días navidenos, decore un poco diferente. Todos tenemos alguna decoración que desencadena recuerdos de Nuestro Ser Querido. Si usar esa decoración este año es demasiado doloroso, use algo diferente. Llegará el tiempo en que esas decoraciones serán bellos recuerdos que le traigan consuelo. Mientras tanto guardelas.
- 6.- Considere dejar que otra persona haga la comida este año, si esto no es posible, salga a cenar o compre su cena para llevar.
- 7.- Si tiene una reunión de familia para cenar o abrir regalos en el Día de la Navidad considere hacerlo en Noche Buena o viceversa.

Nosotros mismos podemos darnos el regalo de aceptación, al darnos cuenta de que nuestro dolor es un proceso de sanación. Podemos extender el regalo de empatía a nuestros familiares recordando que ellos también sufren. Tratemos de encontrar Paz y Amor.



1. Emotions need relief and should not be stuffed inside just so others will not be uncomfortable. Give yourself permission to cry, be sad, laugh, or have fun.
2. Do not overextend yourself by trying to host a party, or even attend a party or gathering, just because you have done so in the past. Others will understand this is not a good time for you.
3. Find new holiday traditions that can incorporate the child who died.
4. If you must shop for others, find a time when the stores are not extremely busy like early morning, order through the Internet, or ask others to shop for you.
5. It is therapeutic to discuss and share memories of the child who died.
6. Write down what areas you fear most about the holiday and discuss these with your family so you can be prepared.
7. Remember that holidays are very important for surviving children. They need the sense of normalcy the holiday season provides and should be included in holiday planning.
8. Consider a short, private memorial service or candle lighting in memory of your child.
9. Eat well, exercise, get plenty of sleep, and be careful of consuming alcohol, which is a depressant.
10. Remember that the fearful anticipation of an approaching holiday is usually worse than the day itself.

**Please join The Compassionate Friends & Homicide Survivors  
World Wide Candle Lighting**

**Sunday December 13<sup>th</sup>, 2009 at 7:00 PM**

**CHILDREN'S MEMORIAL PARK 4851 N. 15<sup>TH</sup> PL. TUCSON, AZ**

**In conjunction with the 2009 Worldwide Candle Lighting In Memory of All Children, The Tucson Chapter of TCF will be hosting a memorial program at The Children's Memorial Park on Sunday, Dec. 13, 2009. Children's Memorial Park is located approximately 3 blocks west of Oracle and 2 blocks south of River Road. Turn south on 15th Avenue from River Road. Everyone is invited to attend this beautiful candle lighting ceremony. Even if your loved one was an "adult", regardless of your relationship, everyone was once somebody's child. The program will begin promptly at 7:00 PM. Candles will be provided, however you may bring a "special" candle. There is limited parking at the park, so please plan on arriving early.**

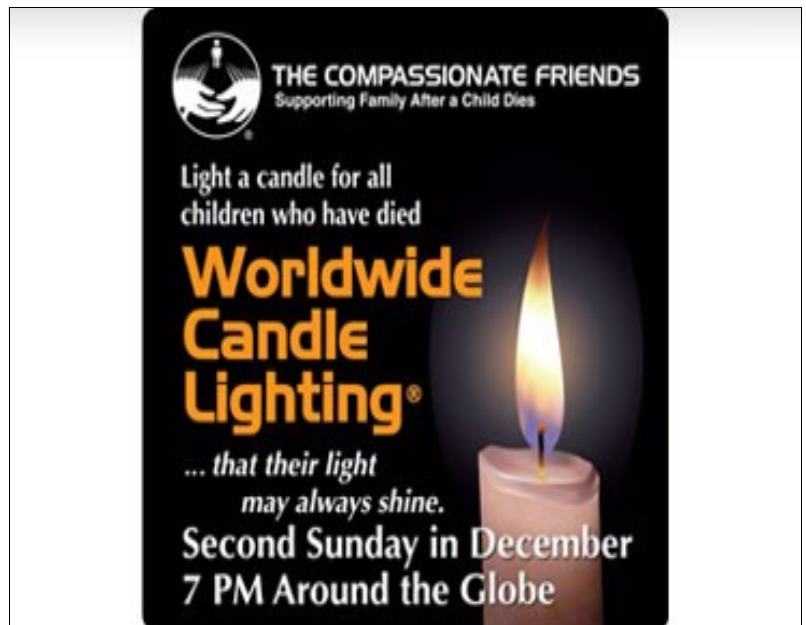
**En union con el evento Mundial de Vigilio de Velas en Recordatorio de Ninos, el Cabildo de TCE tendra un programa honorario en el Parque Memorial de Ninos. El Domingo,13 de Diciembre**

**2009, el parque esta localizado aproximadamente 3 cuabras oeste de la calle Oracle y 2 cuabras sur de la Calle River. Se encuentra en la Avenida Quince a lado de la Calle River . Todo el publico es invitado a atender esta ceremonia bella. Aun si su ser era "Adulto" todos son ninos en un punto de su vida. El programa empieza a las 7:00 pm de la noche, velas seran proveidos, estacionamiento es gratuito pero limitado. Favor de llegar temprano**

**Light a Candle**

*by Paul Alexander*

And I will light a candle for you.  
To shatter all the darkness  
and bless the times we knew.  
Like a beacon in the night  
The flame will burn bright  
and guide us on our way.  
Oh, today I light a candle for you.  
The seasons come and go,  
and I'm weary from the change.  
I keep on moving on,  
you know it's not the same.  
And when I'm walking all alone  
Do you hear me call your name?  
Do you hear me sing  
the songs we used to sing?  
You filled my life with wonder,  
touched me with surprise,  
Always saw that something special  
deep within your eyes.  
Through the good times and the bad,  
We carried on with pride.  
I hold onto the love and life we knew.  
And I will light a candle for you.  
To shatter all the darkness  
and bless the times we knew.  
Like a beacon in the night  
The flame will burn bright  
and guide us on our way.  
Oh, today I light a candle for you.



**Homicide Survivors  
32 N. Stone Suite 1408  
Tucson, AZ 85701**

**HELP HOMICIDE SURVIVORS GO GREEN!**

Let us know if you would prefer to read the newsletter online  
MOVING...? NEW PHONE #? NEW EMAIL? PLEASE LET US KNOW  
YOUR CHANGE OF ADDRESS OR PHONE #

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PHONE ( \_\_\_\_\_ ) \_\_\_\_\_  
E-MAIL \_\_\_\_\_  
Loved One/Agency \_\_\_\_\_

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DO YOU WISH TO REMAIN ON OUR MAILING LIST? YES \_\_\_\_\_ NO \_\_\_\_\_

