



The Compassionate Friends

Honolulu Chapter

Supporting Family After a Child Dies

HONOLULU CHAPTER

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Apprentice Helper: Ethan Won
Grandmother/Infant Loss: Pearl Stewart

OUR CHILDREN ARE, AFTER ALL, STILL RIGHT HERE

A letter to a bereaved parent

So, the worst thing that could ever happen to a parent has happened to you, and we will never be the same again, never whole. Nothing can change that. Our children have passed away into a new world. My 12-year-old son died from an incurable brain cancer. Perhaps yours was the same. Maybe it was something else? I guess it doesn't really matter how it happened. The only thing that matters is that it did happen and we will never be the same. The only thing that matters is that they are not physically with us.

You're probably numb. I know I was. And 2 years later, I probably still am. It helped me to stop doing what I was doing. I stopped working. Stopped cleaning. Stopped cooking. Stopped focusing on my daily tasks. I let someone else take those burdens on. I did what made me feel better. I ate ice cream for breakfast. Binged on silly Netflix series. Took my dog on long walks. Or maybe she took me on walks. I slowed down. Partly because I couldn't do anything else. Some told me to keep busy. "Takes your mind off it", they said. I disagreed. I slowed down. You might not remember the next few months, or years. I know I didn't remember. I did what made me happy and I did it slowly. I took time. I cried a lot. Take time.

You probably have so many questions, I know I did. I wondered if I somehow caused it? I didn't. I don't have that power. I wondered if I was a good enough parent? I was. I loved my child with all my heart and so did you. I wondered if I made the correct decisions along the way? I learned I did. In my case, I know there weren't really any correct decisions, only hopeful options. I wondered how I would make it through another hour, day, birthday, holiday, year? I did. It wasn't easy at first and I had to learn and recognize that and accept it but it did get easier. I wondered if the pain would ever go away? It hasn't. I guess it's not supposed to. I think it's a sign of how much I loved my son. I wondered if my friends would ever fully understand? They don't. They can't, unless they too have lost a

Monthly Meeting

Meeting Place: *Parish of St Clement*

Address: *1515 Wilder Avenue*

City: *Honolulu, Hawaii 96822*

Meeting time: *First Saturday of every month 10:00 – 11:30 AM*

Parking: *Entrance to the parking lot is on Makiki Street*

Virtual Zoom Meeting

Meeting time: *Third Tuesday of every month 6:30 – 8:00 pm*

See the Announcements

Upcoming Events

*46th TCF National Conference July 7 – 9
Denver CO. Registration open.
<https://www.compassionatefriends.org/>*

Regional Coordinator

Regional Coordinator: David Kaniaupio

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National Office

The Compassionate Friends

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(877) 969-0010

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child. I learned to be easy on them. I tried to show them the same compassion my son showed me. I wondered if I would ever see my son again? I have in dreams. You may too. You may already have and didn't realize it. I learned to be open to ways of feeling my son.

It was not easy at first, but my son helped me. Your child will help you to. The love we shared with our children is still there. I am learning to nurture that love just as I had before he passed. So, the worst thing that could ever happen to a parent has happened to you. You will never be the same again, never whole. Nothing can change that. But if you slowly learn to accept it you may be able to visit your child in the quiet moments of your mind and remember all that your child was, and is, all the good. Our children are, after all, still right here. We just need to learn where to look.

A letter to bereaved parents from Jerry Hovis
Taken from "Let Me Sow Love"
Loveletterproject.org

ANNOUNCEMENTS

Monthly Meetings Update ~ We have restarted in-person meetings on the first Saturday of the month at The Parish of St Clement. The Saturday meetings are Hybrid, meaning we are also conducting the meetings virtually via Zoom. We will continue to hold the evening meetings on the third Tuesday of the month virtually. You will need to download the Zoom APP (Zoom Client for Meetings). To download the Zoom APP, go to: <https://zoom.us/download> and follow the instructions to download the APP. The monthly meeting reminder will contain the link to join the meetings. Clicking on the link in the reminder email will allow you to join the meetings. If you have any questions, please call or email David Kaniaupio – (808) 222-6556 or email – kaniaupiotcf@gmail.com.

TCF National Conference ~ the 46th TCF National Conference will be held in Denver, CO from July 7 – 9. To learn more and to register go to <https://web.cvent.com/event/dd24dcf5-a727-460a-b45d-62d9697da091/websitePage:4a9f1ae7-fd5e-40ea-a47b-8748de11f650>

Donating to TCF ~ Loved ones have asked how they can give to The Compassionate Friends. The Compassionate Friends is an approved non-profit organization. We are listed with both the Aloha United Way (under "The Compassionate Friends" #72860) and Combined Federal Campaign of Hawaii-Pacific (under "Compassionate Friends Inc" #78470). If your employer participates in either of these Giving Campaigns, please consider The Compassionate Friends when completing your pledge – Mahalo!

Voices ~ We would like to include writings from parents in our chapter's quarterly newsletter. If you are a creative writer and would like to share your child through stories, poems or artwork in our newsletter, please submit it to Kristy at walklikewill@gmail.com

RESOURCES

Recommended by the Bereaved Parent Community

Let Grace In offers monthly events and Hope Retreats in Hawaii for bereaved parents. <https://www.letgracein.org/>

The book "The Wild Edge of Sorrow" by Francis Weller



LOVING LISTENERS
DAVID KANIAUPIO (808)222-6556
TERRY KANIAUPIO (808)222-2729

The Honolulu Chapter of The Compassionate Friends operates solely on donations: monetary gifts in any amount are deeply appreciated. Donations can be made to: The Compassionate Friends, c/o Tami Cox Martinez, 45-1013 Waialele Road, Kaneohe, HI 96744. Mahalo!

OUR COMMUNITY

WALKING WITH GRIEF

Do not hurry
as you walk with grief;
it does not help the journey.

Walk slowly, pausing often:
do not hurry
as you walk with grief.

Be not disturbed
by memories that come unbidden.
Swiftly forgive
and let God speak for you
unspoken words
and resolve unfinished conversation.

Be gentle
with the one who walks with grief.
If it is you,
be gentle with yourself.

Swiftly forgive;
walk slowly, pausing often.

Take time, be gentle
as you walk with grief.

*Adapted from a passage in David
Elginbrod By George MacDonald in
'Celtic Daily Prayer: Prayers and
Readings from the Northumbria
Community.' 2002. USA: HarperCollins.*

On Saturday June 24th the Honolulu Chapter of The Compassionate Friends and members of our community gathered at Kapiolani Park to walk in remembrance of our children who left us too soon. During the **Walk To Remember** bereaved parents, siblings, grandparents, aunts, uncles, cousins, and friends shared stories of the beautiful children whose spirits still shine today and whose legacy we carry on in our daily lives. It was a wonderful way to celebrate our children and connect with each other in our grief and in our joy.



Mahalo Nui Loa

To Lorna and her family for organizing, setting up, manning, and breaking down the tent for the Walk To Remember in memory of Lorna's son (and cousin, nephew, and friend) Keene Kainoa Nagaishi.

To Tami Cox-Martinez and Raul Martinez for their generous donation in memory of their daughter Danielle.

OUR CHILDREN REMEMBERED
FOREVER LOVED, MISSED, REMEMBERED

JULY

OUR CHILDREN BORN IN JULY

Kaedyn Benjamin Kaimiloa AhMook Sang Stewart, Jul 2015 - Aug 2015
Ezra Mailani Bethea, Jul 2013 - Jul 2013
Paul Gabriel DeJesus, Jul 1991 - Sep 2015
Kyle Spencer Iaukea Ennis, Jul 1991 - Apr 1994
Betteanne Momilani Aldrich Pang Kaaa, Jul 1964 - Nov 1992
Jeffrey Mitchel Massie, Jul 1967 - Aug 1984
Jason May, Jul 1974 - Jun 1988
Laurie McNeil, Jul 1960 - Jan 1994
Noe Michel Melvin, Jul 1976 - Dec 1996
Ruby Miller, Jul 2007 - May 2013
Keene Kainoa Nagaishi, Jul 1997 - Dec 2015
Wyatt Nguyen, Jul 2016 - Jul 2016
Elston Pang, Jul 1990 - Jun 2014
Tommy Polmal, Jul 2013 - Sep 2013
Peter Quintanilla, Jul 1967 - Aug 2016
Marika Akesa Melelina Quirit, Jul 1992 - Aug 2004
Reid Richards, Jul 1965 - Sep 1998
Tabatha Schoenfelt, Jul 1985 - Jun 2016
Lindsey Shinsato, Jul 1991 - Oct 1993
Jared Makana Isumu Teruya, Jul 2000 - Apr 2013
Jason Matthew Wegger, Jul 1972 - Feb 2006
Kecia M.U. Wong, Jul 1982 - Mar 2002

OUR CHILDREN WHO LEFT US IN JULY

Keisha Agena, Apr 1989 - Jul 2015
Anais Atherton, Jan 1980 - Jul 2016
Ezra Mailani Bethea, Jul 2013 - Jul 2013
Michael Andrew Bignami, Mar 1988 - Jul 2013
Clay Chung, Apr 1976 - Jul 2008
Cameron W. Deal, Mar 1969 - Jul 1996
Inde Elgersma, Feb 2015 - Jul 2016
Melissa Jo Elmore, Jun 1971 - Jul 1992
David Higginbotham, Feb 1992 - Jul 2000
Mina Piilani Hornor, Jan 2009 - Jul 2016
Gregory Bruce Johanos, Sep 1958 - Jul 1960
Danica Darnell Alohikealaniikawana'ao Kimura, Aug 1986 - Jul 1993
Charlie Lilinoepahola Kimura, Apr 2014 - Jul 2016
Joshua Levine, Nov 1988 - Jul 2016
Jing Li, Jun 1967 - Jul 1990
Charles "Keoki" Malott, Dec 1971 - Jul 2011
Michael Mannheimer, Jun 1962 - Jul 2019
Robert Jason Morales Jr, Sep 1986 - Jul 2007
Jolene Morizono, Mar 1980 - Jul 2009
Kristofer Nedorolik, Nov 1997 - Jul 2015
Wyatt Nguyen, Jul 2016 - Jul 2016
Michelle Shusterich, Feb 1977 - Jul 1998
Kaipo Vierra, Oct 1982 - Jul 2009
Laura Weldon Hogue, Apr 1965 - Jul 2009
Brandi Ann Malia Whitt, Dec 1984 - Jul 2004



Kristofer Nedorolik



Joshua Levine



Jared Makana Isumu Teruya



Ruby Miller



Charlie Lilinoepahola Kimura



Anais Atherton



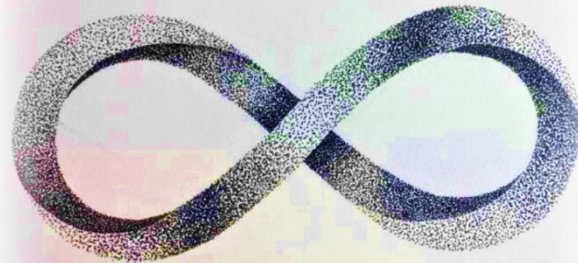
Paul Gabriel DeJesus



Robert Jason Morales Jr



Michael Mannheimer



Unable are the loved to die, for love is
immortality ~ Emily Dickinson

OUR CHILDREN REMEMBERED
FOREVER LOVED, MISSED, REMEMBERED
AUGUST

OUR CHILDREN BORN IN AUGUST

Waika Wiia Carvalho, Aug 1986 - Nov 2009
Ian Tyler Coronas, Aug 1993 - Oct 2016
Anthony James Makaio Edrada, Aug 1993 - Mar 2007
Lindsey Aiko Fujimoto, Aug 1984 - Sep 2015
Nainoa Kealiihokuhelelani Hoe, Aug 1977 - Jan 2005
Alaina Marie Jenkins, Aug 1967 - Nov 1992
Helen Sayako Kaneshiro, Aug 2000 - Oct 2000
Darryl Kahoeikaika Kaniaupio, Aug 1981 - Nov 1999
Danica Darnell Alohikealaniikawana'ao Kimura, Aug 1986 - Jul 1993
Yoshiro E. K. Lamansky, Aug 1976 - Apr 1996
James Lantrip III, Aug 1962 - Sep 1990
Cora Myers, Aug 1988 - Aug 1988
Josiah Ramos, Aug 1997 - Oct 2016
Emma Grace Smith, Aug 2003 - Jun 2016
Matthew Trinkle, Aug 1992 - Jun 2012
Kevin Wolfley, Aug 1964 - Mar 2008
Evan Jonah Won, Aug 2002 - Jun 2017

OUR CHILDREN WHO LEFT US IN AUGUST

Dave Adams, Nov 1982 - Aug 1998
Kaedyn Benjamin Kaimiloa AhMook Sang Stewart, Jul 2015 - Aug 2015
John Charles Bromke III, Nov 1982 - Aug 2006
Keokalani Snyder Elizares, Feb 1976 - Aug 1998
Nikolas Taro Emerson, Feb 1992 - Aug 2001
Brandon Keola Fong, Apr 1975 - Aug 1995
Leah Marie Goldberg, Apr 1996 - Aug 2014
Michael Hallenbeck, Apr 1994 - Aug 2015
David Joshua, Jun 1983 - Aug 2006
Ikaika Kale Kelepine Lopes, Oct 1987 - Aug 2013
Richard Mannheimer, Jun 1961 - Aug 2010
Jeffrey Mitchel Massie, Jul 1967 - Aug 1984
Michael McNeil, Oct 1956 - Aug 1981
Cora Myers, Aug 1988 - Aug 1988
Rhianon Bliss Poitras, Sep 1979 - Aug 2006
Peter Quintanilla, Jul 1967 - Aug 2016
Marika Akesa Melelina Quirit, Jul 1992 - Aug 2004
Allan Gordon Sanford, Apr 1960 - Aug 1990
Kaikupa'aokalani Seto, Feb 1985 - Aug 2004



Nikolas Taro Emerson



Ian Tyler Coronas



Evan Jonah Won



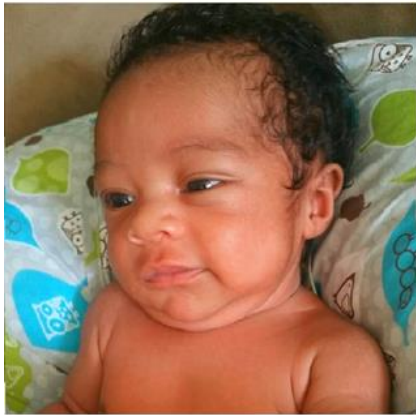
Richard Mannheimer



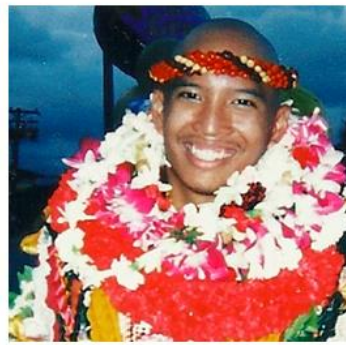
Ikaika Kale Kelepine Lopes



John Charles Bomke III



Kaedyn Benjamin Kaimiloa
AhMook Sang Stewart



Darryl Kahoeikaika Kaniaupio



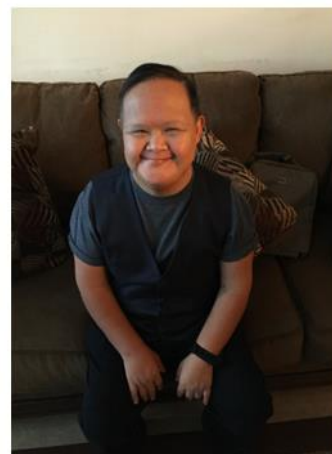
Marika Akesa Melelina Quirit



Matthew Trinkle



Josiah Ramos



Peter Quintanilla



Alaina Marie Jenkins



Leah Marie Goldberg



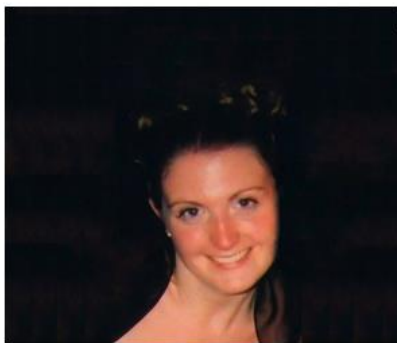
Nainoa Kealiihokuhelelani Hoe



Michael Hallenbeck



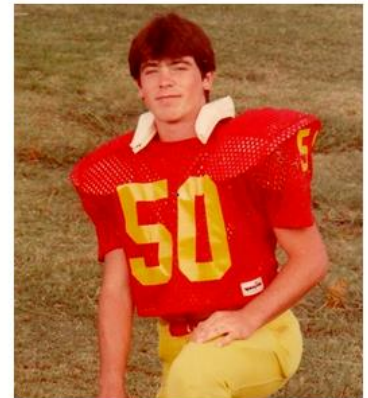
Helen Sayako Kaneshiro



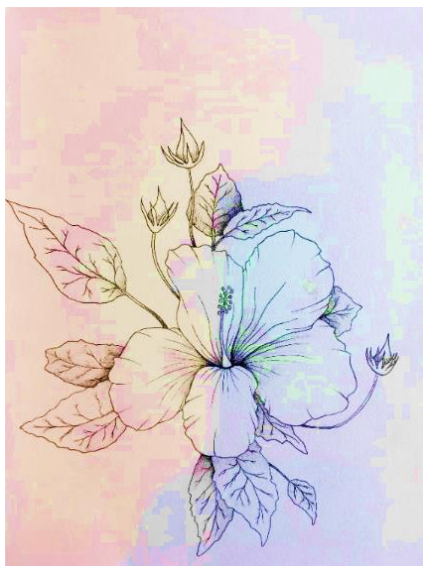
Rhianon Bliss Poitras



Emma Grace Smith



Jeffrey Mitchel Massie



As long as I can I will look at this world
for both of us. As long as I can I will laugh
with the birds, I will sing with the
flowers, I will pray to the stars, for both
of us. ~ Sascha Wagner

OUR CHILDREN REMEMBERED
FOREVER LOVED, MISSED, REMEMBERED
SEPTEMBER

OUR CHILDREN BORN IN SEPTEMBER

Elizabeth Cook Allen, Sep 1967 - Feb 2013
Amanda Raeanne Beaty, Sep 1994 - Mar 2016
Alissa Rone' Bennett, Sep 1989 - May 2012
Ichigo Ann Brunner, Sep 1982 - Sep 2007
Augusto Camara, Sep 1978 - Mar 2006
Sara Cosson, Sep 1968 - Nov 2012
Jeremy Patrick Dias, Sep 1971 - Oct 1987
Brian Gene Ellis, Sep 1985 - Oct 2014
Jesse Garcia, Sep 1981 - Oct 2005
Mark Patrick Goldberg, Sep 1984 - Dec 2013
Arya Marika Alexandratos Hixson, Sep 2017 - Oct 2017
Emilia Hung, Sep 1988 - Mar 2013
Gregory Bruce Johanos, Sep 1958 - Jul 1960
Jeffery Michael Kiyan, Sep 1987 - May 2010
Bert Kenalio Malott, Sep 1961 - May 2014
Dwayne George Mattos, Sep 1970 - May 2013
Robert Jason Morales Jr, Sep 1986 - Jul 2007
Kalen Nakasato, Sep 1975 - Feb 2003
Frank Panelli, Sep 1958 - Sep 1976
Rhianon Bliss Poitras, Sep 1979 - Aug 2006
Sonny Dee Vesper Santiago, Sep 1962 - Jun 1990
Christopher Scott Staackmann, Sep 1960 - Oct 2010
Charles "Chuck" Tanaka, Sep 1973 - Sep 1989
Grant Uyeshiro, Sep 1976 - May 2006
Jaime Wong, Sep 1965 - Nov 1998

OUR CHILDREN WHO LEFT US IN SEPTEMBER

Royce Henry Baginski, Mar 1995 - Sep 2016
Ichigo Ann Brunner, Sep 1982 - Sep 2007
Robert S. M. Chun, Oct 1960 - Sep 2005
Paul Gabriel DeJesus, Jul 1991 - Sep 2015
McKenna Fuglie, Dec 1991 - Sep 2014
Lindsey Aiko Fujimoto, Aug 1984 - Sep 2015
Daniel Jezek, Jun 1977 - Sep 2010
James Lantrip III, Aug 1962 - Sep 1990
Jaime Avelina Leonen, May 1986 - Sep 2015
Andrew Madrid, Apr 2000 - Sep 2014
Rudy Chung Murakami, Oct 1981 - Sep 2012
Frank Panelli, Sep 1958 - Sep 1976
Tommy Polmal, Jul 2013 - Sep 2013
Reid Richards, Jul 1965 - Sep 1998
Scott Rush, Dec 1963 - Sep 1980
Kapena Lou Kalanikaioka'ie'ie Smith, Mar 1980 - Sep 2003
Peter Soileau, Mar 1959 - Sep 1993
Charles "Chuck" Tanaka, Sep 1973 - Sep 1989
Princess Zuna Ilacad Yadao, Nov 2014 - Sep 2016



Amanda Raeanne Beaty



Brian Gene Ellis



Robert Jason Morales Jr



Bert Kenalio Malott



Jaime Avelina Leonen



Alissa Rone' Bennett



Rhianon Bliss Poitras



Rudy Chung Murakami



Princess Zuna Ilacad Yadao



Paul Gabriel DeJesus



McKenna Fuglie



Dwayne George Mattos



Mark Patrick Goldberg



Daniel Jezek



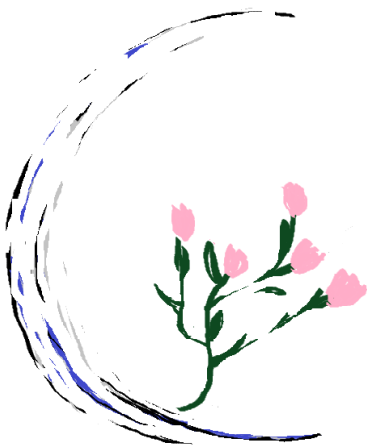
Arya Mariko Alexandratos Hixson



Andrew Madrid



Sara Cosson



What we carry defines who we are and the effort we make is our legacy.

~ Mitch Albom, Finding Chika: A Little Girl, an Earthquake, and the Making of a Family

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. ©2016

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.

Please Consider Helping

Many have found through experience that helping others through their grief journey can strengthen your own journey. The memories of our children are positively reinforced as other bereaved parents share their stories and memories. We Need Not Walk Alone. That simple phrase resonates throughout my journey. There are other aspects to The Compassionate Friends that need help. If you have a talent – web design, writing, creativity, organizing, and greeting and would like to help others – please let us know.