



The Compassionate Friends

Honolulu Chapter

Supporting Family After a Child Dies

VOLUME 18, ISSUE 2 JULY - SEPTEMBER 2020 (THIRD QUARTER)

Chapter leaders: David and Terry

Kaniaupio

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Treasurer:

Newsletter Editor: David Kaniaupio

Parent Coordinator: Clara Makaipo

Facilitator: Laura Trinkle

Website: www.compassionatefriendshawaii.org

HONOLULU CHAPTER

Beyond Surviving: “Twenty-Five Commandments”

Hundreds of books have been written about loss and grief. Few have addressed the aftermath of suicide for survivors. Here again, there are no answers; only suggestions from those who have lived through and beyond the event. I've compiled their thoughts.

1. Know you can survive. You may not think so, but you can.
2. Struggle with “why” it happened until you no longer need to know “why,” or until you are satisfied with partial answers.
3. Know you may feel overwhelmed by the intensity of your feelings, but all your feelings are normal.
4. Anger, guilt, confusion, forgetfulness are common responses. You are not crazy – you are in mourning.
5. Be aware you may feel appropriate anger at the person, at the world, at God, at yourself.
6. You may feel guilty for what you think you did or did not do.
7. Having suicidal thoughts is common. It does not mean that you will have to act on these thoughts.
8. Remember to take one day at a time.
9. Find a good listener with whom to share. Call someone if you need to talk.
10. Don't be afraid to cry. Tears are healing.
11. Give yourself time to heal.
12. Remember, the choice was not yours. No one is the sole influence in another's life.
13. Expect setbacks. Don't panic if emotions return like a tidal wave. You may only be experiencing a remnant of grief; an unfinished piece.
14. Try to put off major decisions.
15. Give yourself permission to get professional help.
16. Be aware of the pain of your family and friends.
17. Be patient with yourself and with others who may not understand.
18. Set your own limits and learn to say no.
19. Steer clear of people who want to tell you what or how to feel.
20. Know that there are support groups that can be helpful, such as The Compassionate Friends, or Survivors of Suicide groups. If not, ask a professional to help start one.
21. Call on your personal faith to help you through.
22. It is common to experience physical reactions to your grief, i.e., headaches, loss of appetite, inability to sleep, etc.
23. The willingness to laugh with others and at yourself is healing.
24. Wear out your questions, anger, guilt, or other feelings until you can let them go.
25. Know that you will never be the same again, but you can survive and go beyond just surviving.

Iris Bolton, author of My Son, My Son

MONTHLY MEETING (*SEE ANNOUNCEMENTS*)

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*

Meeting Place: *Ohana Baptist Church*

Address: *2879 Pa'a St*

City: *Honolulu, Hawaii 96819*

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

Parking: *Church parking lot up the ramp*

UPCOMING EVENTS

** No Events at this time*

REGIONAL COORDINATOR

Regional Coordinator: *David Kaniaupio*

Phone Number: *(808)222-6556*

Email: *kaniaupiotcf@gmail.com*

NATIONAL OFFICE

The Compassionate Friends

PO Box 3696

Oak Brook, IL 60522-3696

(877) 969-0010

Email:

nationaloffice@compassionatefriends.org

Website: *www.compassionatefriends.org*





ANNOUNCEMENTS

The Honolulu Chapter began an **Online Support Group as an alternative to meeting at St Clement and 'Ohana Baptist Church** beginning in April, due to the COVID-19 regulations. **We have been and will continue to use the Zoom platform until further notice.** To download the Zoom Application (Zoom Client for Meetings), go to: <https://zoom.us/download>. The monthly meeting link will be updated and included in the monthly meeting reminder. Clicking on the link will allow you to join the meeting. If you have any questions, please email or call David Kaniaupio. email – kaniaupiotcf@gmail.com. ph – (808)222-6556.

The Honolulu Chapter has postponed the TCF Regional Conference to January 21, 2021 – January 22, 2021 at the Ala Moana Hotel. It will be Thursday through Friday. We were fortunate to maintain the same location, presenters, workshops and program for the conference. Our website has been updated to reflect the changes. We are very sorry for the inconveniences experienced from this change. The conference presents an opportunity for our Hawaii community to experience a TCF conference in our own backyard. There will be speakers who have presented workshops at TCF National Conferences. The list of speakers is listed on our website. Please take a moment to visit our website and read through the speaker's biographies, backgrounds and workshop topics. Use this [link](#) to go directly to that page. The website will be updated as we progress. For more information please contact David (808)222-6556 or Terry Kaniaupio (808)222-2729. Or email kaniaupiotcf@gmail.com.

Mahalo, Jeanne! After many years of invaluable service, Jeanne Martin-Hopkins has resigned as Treasurer of The Honolulu Chapter of The Compassionate Friends. On behalf of all the past and present members of our chapter, we would like to thank Jeanne for all her hard work and dedication to keeping our finances in order and growing our fundraising efforts. At this time, we are looking for a qualified individual to fill the position of chapter Treasurer. If you are interested in this volunteer position or know of someone who may be, please contact David at (808)222-6556 or kaniaupiotcf@gmail.com.

Still Standing Magazine

Founded in 2012, Still Standing Magazine has been the world's leading online voice in breaking the silence on child loss – from conception to adulthood, and infertility. We share stories from around the world of writers surviving the aftermath of loss and grief – and include information on [how others can help](#). This is a page for all grieving parents. If you grieve the loss of your child, no matter the circumstances, you are welcome here.

THE FOCUS OF THIS MAGAZINE INCLUDES:

- Giving a voice to grief and trauma that comes with [loss](#) and [infertility](#).
- Connecting people around the world who have had similar life experiences
- Becoming a resource for friends, family, and [medical professionals](#) so they know how to support someone enduring child loss and/or infertility.
- Breaking the silence on stories that our world often wants us to keep silent on.

The Website can be found here: <https://stillstandingmag.com/>



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 D. Kaniaupio, 45-686 Halemuku Way, Kaneohe, HI 96744. Mahalo!

OUR CHILDREN REMEMBERED

FOREVER LOVED, MISSED, REMEMBERED

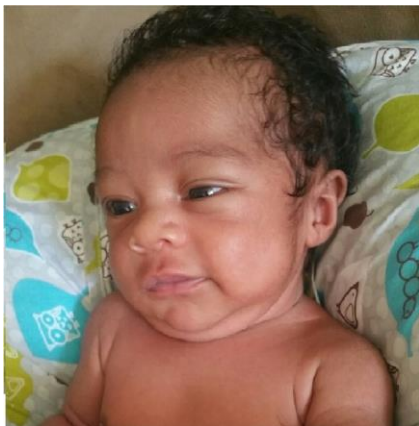
JULY

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



Kaedyn Benjamin Kaimiloa
AhMook Sang Stewart



Anais Atherton



Michael Mannheimer



Robert Jason Morales Jr



Kristofer Nedorolik



Joshua Levine



Jared Makana Isamu Teruya



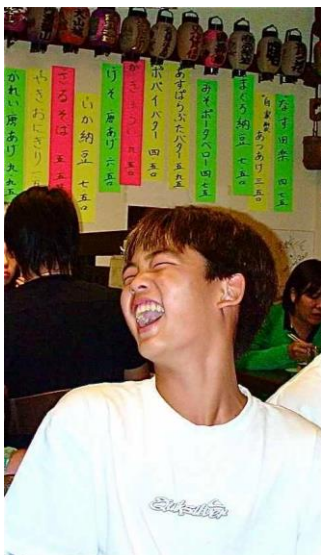
Peter Quintanilla



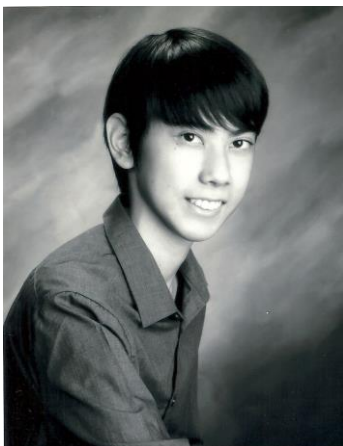
Jason May



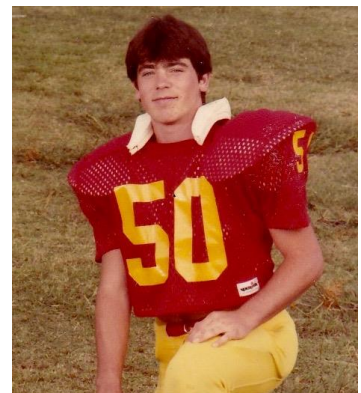
Marika Akesa Melelina Quirit



Elston Pang



Keene Kainoa Nagaishi



Jeffrey Mitchel Massie



Paul Gabriel DeJesus



Charlie Lilinoepahola Kimura



Ruby Miller




Tabatha Schoenfelt



Charles "Keoki" Malott

One day I finally realized
 I didn't have to
let go of my loved ones,
 they are **A PART OF ME.**
 The day is
etched in my heart forever.



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~ Angie Cartwright

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 Alohikeletalaniikawana'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
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
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



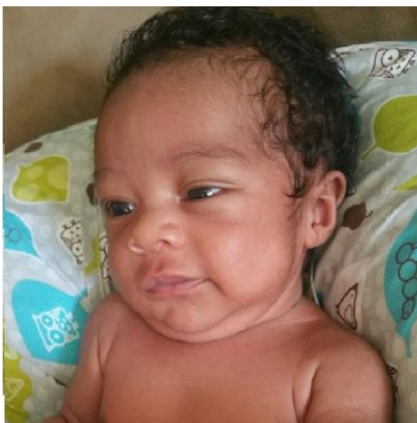
Richard Mannheimer



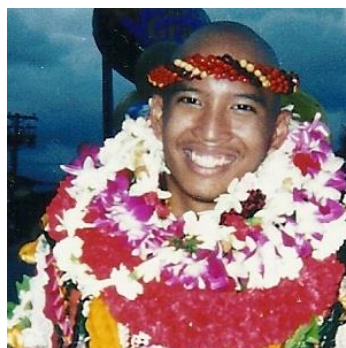
Ikaika Kale Kelepine Lopes



John Charles Bomke III



Kaedyn Benjamin Kaimiloa
AhMook Sang Stewart



Darryl Kahoeikaika Kaniaupio



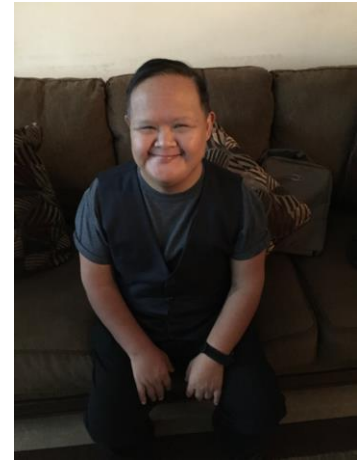
Marika Akesa Melelina Quirit



Matthew Trinkle



Josiah Ramos



Peter Quintanilla



Leah Marie Goldberg



Nainoa Kealiihokuhelelani Hoe



Michael Hallenbeck



Ian Tyler Coronas



Helen Sayako Kaneshiro



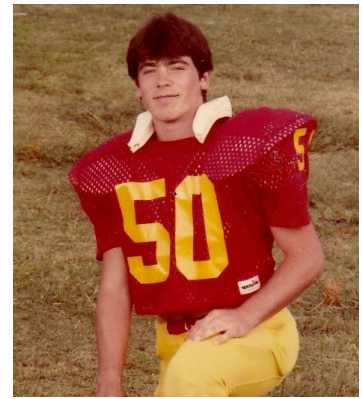
Alaina Marie Jenkins



Rhianon Bliss Poitras



Evan Jonah Won



Jeffrey Mitchel Massie

Closure isn't possible because if you closed yourself to your pain,
you would also close yourself to love.

Your goal now is *healing and integration.*

Loss is part of you now just as love is ever part of you.

And know that love is a powerful and expansive feeling.

Let love expand within you,

even as it is also tied to loss. Both are real.

~ Ashley Davis Bush



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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 Rona Bennett, Sep 1989 - May 2014
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 Kiyon, 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

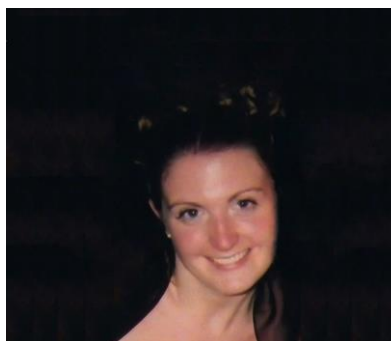
Royce Henry Baginski, Mar 1995 - Sep 2016
Ichigo Ann Brunner, Sep 1982 - Sep 2007
Robert S. M. Chun, Oct 1960 - Sep 2005
Paul Gabriel DeJesus, Jul 1991 - Sep 2015
McKenna Fuglie, Dec 1991 - Sep 2014
Lindsey Aiko Fujimoto, Aug 1984 - Sep 2015
Daniel Jezek, Jun 1977 - Sep 2010
James Lantrip III, Aug 1962 - 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



Bert Kenalio Malott



Jaime Avelina Leonen



Rhianon Bliss Poitras



Alissa Rona Bennett



Rudy Chung Murakami



Princess Zuna Ilacad Yadao



Paul Gabriel DeJesus



Arya Mariko Alexandratos Hixson



Mark Patrick Goldberg



Daniel Jezek



Andrew Madrid



Amanda Raeanne Beaty



Dwayne George Mattos



McKenna Fuglie



Robert Jason Morales Jr



Brian Gene Ellis



Sara Cosson

I know for certain that we never lose the people we love, even to death.
 They continue to participate in every *act, thought and decision* we make.
 Their love leaves an *indelible imprint* in our memories.
 We find comfort in knowing that our lives
 have been *enriched by having shared their love.*

~ Leo F. Buscaglia



**The
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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. ©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.

The TCF Mission Statement

The Mission of The Compassionate Friends is to assist families toward the positive resolution of grief following the death of a child of any age and to provide information to help others be supportive.

Please Consider Helping

I have found through my own experiences that helping others through their grief journey has strengthened my own journey. The memories of my son 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.

