



Second Sunday of May

Many happy memories
linger in our hearts this day.
As we each remember our child
who has left this earthly plane.
The day is bittersweet for us,
the mothers who have lost so much,
for to remove all pain could well
erase the precious life we touched.
Tears will trace the memories of
other, happier Mother's Days,
as we dwell in a quiet reverie
this Second Sunday of May.

Annette Mennen Baldwin
TCF Katy, TX
In Memory of my son, Todd Mennen

Father's Day

Warm and sunny day in June,
father's day.
Children, small and grown
give gifts to father
say thanks to father
say I love you.
But there are fathers
whose children are not here
to give and say thanks
and say I love you.
Remember the fathers
whose children are gone,
because all too often
they grieve in heartbreak silence.

The Poems of Sascha Wagner

Love's Lasting Touch

Don't weep for me when I'm gone,
 Because I'll always be there.
 My spirit will exist in all the earth,
 In the water, trees, and air.
 You'll hear me say, "I love you",
 In the whisper of a breeze.
 You'll know that I'm beside you,
 With the rustling of the leaves.
 You'll feel my arms caress you,
 In the warmth of each sunrise.
 The moon will be my goodnight kiss,
 The stars my watchful eyes.
 Your life will be my legacy,
 Your memories my epitaph.
 These ties will bind us together,
 Till we meet on heaven's path.
 I'll not ever desert you,
 We'll never be far apart.
 I'll live within you always,
 Nestled deep inside your heart.

**Jacquelyn M. Comeaux
 In Memory of My Angels...
 Michelle, Jerry & Danny
 Copyright 1994
 Reprinted by permission of author**

Catching Butterflies

It often hurt to come upon reminders of my son
 Tho' often since I lost him I would search
 around for one
 Which always brought on sadness and
 the tears that I would shed
 Were caused by names or faces, all
 things that I would dread.
 But then one day I came upon a man
 who'd lost his son
 I found that things I ran from, he
 wouldn't even shun.
 But rather he would treasure and I said
 I wondered why
 He told me that he called them "Catching
 Butterflies."
 This view of his intrigued me; I wanted to hear more
 And learned that he took all of them and
 carefully would store
 All of the reminders that I chose to push away
 He would tuck deep down inside his
 heart each and every day.
 Now a name or likeness when catching
 me off guard
 Does not upset me as it did and I don't
 find it hard
 For now instead I see these times as
 opportunities
 To see my son awakened in these new
 fresh memories.

**Dottie Williams
 TCF Pittsburgh PA**

Welcome New Friends

At nearly every meeting we welcome new members to our group, always with mixed emotions. We are glad you found us, but we are so sorry for the circumstances that bring us together. We understand your pain; we hope our unconditional friendship and understanding will help you through your grief.

Attending a meeting for the first two or three times takes courage, but for many it is the first real step toward healing. It may seem overwhelming, so we encourage you to come to several meetings to give yourself a chance to become comfortable.

If you would like to contribute to our Compassionate Friends Chapter, please forward your Love Gifts And Donations to: The Compassionate Friends of Rochester, 130 Portview Circle, Rochester, NY 14617. Please make checks payable to: The Compassionate Friends of Rochester, New York. Sincere Thanks!

Some things I've learned in the last seven years:

Grief doesn't leave us, it only abates, even if only for a short period of time. That doesn't mean we don't feel "better" as the years go on, it means that grief is still a real and understandable factor (to those in this room). The heart simply cannot go on grieving as we have done in the early stages of the loss of our loved one without giving out. We have an innate sense of survival – even if we don't wish it.

Grief is somewhat like the tide. One of my favorite things to do is to sit on the rocks in Maine and watch the tide come in and go out. I never realized until recently that as the tide comes in, I feel euphoric and anticipate the full tide. Then as the tide starts to recede, I start to feel uneasy – and then when the tide is low, I feel empty. Now I can relate this to my grief. At times, I look forward to certain events and have a euphoric feeling – then as the event passes, emptiness! My daughter is no longer on this earth.

I've learned that laughter has its place. It's a great escape – but then I must come back to reality. Proverbs 14: 13 says it well – "Laughter can conceal a heavy heart; when the laughter ends, the grief remains."

I've learned that there are people who just can't understand what we are going through – it's no particular fault of theirs. They just don't know how to relate to us. On the other hand, there are people who are understanding, compassionate and will shed a tear with us and give us a hug.

I've learned to put limits on myself. Grieving is hard work – it wears you down after a while. I now know it's o.k. to say "no" and to mean it and stick by that decision. It really doesn't matter what other people think.

Seven years ago, I didn't even know there was such an organization as "The Compassionate Friends." If I had known, I couldn't have related. Now I do, and I commiserate with each of you and also thank all of you who have become my friends. I know we all wish we didn't have a reason to be here. I go through that feeling twice a month when I'm getting ready to come here – but I thank God that we are now all together and that we have this safe place to come to.

**Bonnie Corbett,
mother of Kelly Forrest
April 24, 2012
TCF, Rochester NY Chapter**

UNTIL THEN

You are there and I am here. We once breathed the same air; we were warmed by the same sun; we wished upon the same stars at night; we said goodnight to the same moon. We shared the same space and time in this world for a while – even the same body. I am still here in the same space and time but where are you?

You have left this world to join another. Do you still see the same sun? When I look upon the stars at night, do you see the same ones? When I gaze at the moon in my world, do you still see it? I'd like to think that wherever you are you can. I would like to think that we can both still share some things together. It brings me closer to you, the separation easier. When I am warmed by the sun, I'd like to think that you are in its energy. When I look up at the moon, I'd like to think that you are looking too. That way, neither time nor space can separate us from the love we shared.

Our existence now is on a different plane of consciousness but still connected. Soon I will join your world and we will begin a new journey of shared experience. The bonds of love are strong and will not separate us again. Until then...I will feel you in the warmth of the sun, see your brilliance in the light of the moon and the twinkling of your eyes in the stars. I will see you on the mountain tops and hear you call to me in the wind. I will see your reflection in the ponds and streams and feel your presence with me as I walk in the meadow. I will see your smile in the flowers that bloom and inhale your scent in their fragrance. I will walk this earth and see you in every living thing...until then.

**From the poems and prose of Deborah Streb
TCF, Rochester NY Chapter**

Upcoming Events

Tuesday, June 12, 2012 - Annual Balloon Release . Fellows Road Park, Fairport New York.

6 pm – Social Hour. 7 pm – Balloon Release Ceremony.

The program consists of music, readings, and poems. At the end of the program, we will stand in a circle and one by one speak our child's name – then we will all let our balloons go at the same time. It is quite a beautiful sight!

We are asking our TCF members for a quote, song, and/or reading to be included in the Balloon Release program. Each contribution will include your name and your child's name in the program – for example “The Rose Beyond The Wall by A.L. Frink, submitted by Bonnie Corbett in memory of her daughter, Kelly”. Using contributions from our members makes the ceremony extremely personal and deeply meaningful. Please submit your contribution to Mark Gerstner by June 1, 2012. You can give him a copy at one of our meetings or send the information to him via email: markgerstner@gmail.com.

Upcoming Events (cont.)

July 20 – 22, 2012 – National TCF Conference. Costa Mesa, California.

September 11, 2012 – Alan Pedersen (bereaved father, award winning songwriter, successful recording artist and nationally recognized speaker on grief and loss) will participate in this Tuesday night meeting. More details to follow.

Printed Newsletter Mailing List

Due to increasing mailing costs, we need your help in updating our printed newsletter mailing list. If you wish to continue receiving the printed newsletter in the mail, please contact Joan Carafos by phone (585-425-2778) or e-mail (carafos12@frontiernet.net). If you wish to remain on the printed newsletter mailing list, please consider a donation to TCF. If we do not hear from you by June 30, 2012, we will remove your name from the printed newsletter mailing list. Please remember, you can receive the newsletter by e-mail or you can view/download the newsletter from the TCF website (www.tcfrochester.org). Thank you!

~~~~~  
 Carol Ann Britt loaned a VHS Tape “What Dreams May Come” starring Robin Williams. If you have this VHS Tape, please contact Carol Ann: 585-377-8425. Thank you!  
 ~~~~~

Meeting Location:**Lifetime Care**

3111 Winton Road South

(across from Valley Cadillac)

Meeting Days :

Tuesday the 8th and Tuesday the 22nd (May)

Tuesday the 26th (June)

7:00 P.M. to 7:15 P.M. - social

7:15 P.M. to 9:00 P.M. - meeting

Contacts:

Brenda Schmidt 585-370-6095

Becky Price 585-346-2441

TCF Regional Coordinator:

Jacque Edwards-Mitchell 718-451-0814

TCF National :

877-969-0010 or www.compassionatefriends.org

Send newsletter inputs or web comments to:

Joan Carafos, carafos12@frontiernet.net

Donations & Love Gifts

Joanne Mix, in memory of Paula Mix Spanganberg

Mary Ann & Tom Dobbins, in memory of Colleen Josephine Dobbins

William & Donna Stultz, in memory of Rob Stultz

Learner Centered Initiatives LTD, in memory of Tyler Kopp

Kathy & Dave Parkison, in memory of Evan James Parkison

Frederick & Mary Rupp, in memory of Lisa Ann Rupp & Eric L. Rupp

See Brenda for TCF Bracelets (\$2.00) and Memorial votive candle holders (\$5.00)

Rochester Chapter TCF Mission:

The MISSION of the Rochester Chapter 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.



Our Children Remembered
May, 2012
Birthdays and Remembrance Days



Birthdays

<i>Kenneth Vincent Rocco</i>	<i>May 1</i>
<i>James Emmett Quinlan</i>	<i>May 1</i>
<i>Robin Renee Knapp</i>	<i>May 3</i>
<i>Conor LeVan Driscoll</i>	<i>May 5</i>
<i>Debra Colleen Willmes</i>	<i>May 6</i>
<i>Ryan Patrick Todisco</i>	<i>May 10</i>
<i>Zachary J. Mariner</i>	<i>May 10</i>
<i>Peter Zielinski</i>	<i>May 14</i>
<i>Shaun Michael Bohrer</i>	<i>May 14</i>
<i>Jeffrey James Yates</i>	<i>May 14</i>
<i>Floyd Zachary Frey</i>	<i>May 16</i>
<i>Reynold Armand</i>	<i>May 16</i>
<i>William F. Beyerbach II</i>	<i>May 19</i>
<i>Ryan Mathew</i>	<i>May 21</i>
<i>Brad E. Lynn</i>	<i>May 23</i>
<i>Kristy Lynn Marmo</i>	<i>May 23</i>
<i>Slade Gerstner</i>	<i>May 31</i>

Remembrance Days

<i>Lydia Jeanne Allore</i>	<i>May 2</i>
<i>Kendra Marie Nelson</i>	<i>May 8</i>
<i>Tina Rheinwald</i>	<i>May 8</i>
<i>Michael Clark Van Valkenburgh</i>	<i>May 9</i>
<i>Eric D. Wunderlich</i>	<i>May 15</i>
<i>Matthew James Gnage</i>	<i>May 16</i>
<i>Sean Patrick Cristo</i>	<i>May 18</i>
<i>David Alan Willmes</i>	<i>May 19</i>
<i>Peter Zielinski</i>	<i>May 20</i>
<i>Ryan Mathew</i>	<i>May 21</i>





Our Children Remembered
June, 2012
Birthdays and Remembrance Days



Birthdays

<i>Brian T. Furness</i>	<i>June 2</i>
<i>Rachael Marie Toombs-Lassiter</i>	<i>June 3</i>
<i>Matthew Christopher Norton</i>	<i>June 4</i>
<i>Sara Michelle Oberhofer</i>	<i>June 8</i>
<i>Adam V. Marano</i>	<i>June 9</i>
<i>Benjamin T. King</i>	<i>June 9</i>
<i>Patrick D. Cooley</i>	<i>June 12</i>
<i>Mike C. Wormuth</i>	<i>June 17</i>
<i>Michael Clark VanValkenburgh</i>	<i>June 18</i>
<i>Kevin F. Schantz</i>	<i>June 25</i>
<i>Julie Rosenborg</i>	<i>June 27</i>

Remembrance Days

<i>Sara Ann Carrales</i>	<i>June 3</i>
<i>Brendan T. Barry</i>	<i>June 3</i>
<i>Brian Nathaniel Vitale</i>	<i>June 3</i>
<i>Rolf Gerard Hallinan</i>	<i>June 9</i>
<i>Amy Marie Dennis Iwasko</i>	<i>June 10</i>
<i>Adam Michael Miller</i>	<i>June 12</i>
<i>Jaden Michael Fournier</i>	<i>June 15</i>
<i>Zachary Lawrence Yates</i>	<i>June 16</i>
<i>John Eric Yelle</i>	<i>June 17</i>
<i>Lauren Paige Olander</i>	<i>June 19</i>
<i>Brad E. Lynn</i>	<i>June 23</i>
<i>Ann Marie Ericson</i>	<i>June 24</i>
<i>Benjamin King</i>	<i>June 27</i>
<i>Kevin F. Schantz</i>	<i>June 28</i>
<i>Nicholas Jay Kovalski</i>	<i>June 29</i>

