



A Day

A laugh a day keeps the heart pumping.

A tear a day keeps the mind clear.

A smile a day gives joy to others.

A hug a day gives the hopeless hope.

A thought a day brings loved ones near.

A memory a day brings you closer to me.

Laughs, tears, smiles hugs stitched with
thoughts and memories ~

They're all in my days without you.

Pam Burden
TCF, Augusta GA

A Promise

The colors of life change as we go through grief.
We begin black and white.

Then gray settles over us, seeping into our pores,
surrounding us.

Smothering us for a long period of time; then
slowly the colors change.
We may not even be aware of their changing 'til
one day we see a rainbow.

And know it was meant for us.

Faye Harden
TCF, Tuscaloosa AL

Its' Okay to Grieve

It's Okay to Grieve.

The death of a child is a reluctant and drastic amputation, without anesthesia. The pain cannot be described, and no scale can measure the loss. We despise the truth that the death cannot be reversed and, somehow, our dear one returned.

It's Okay to Cry.

Tears release the flood of sorrow, of missing and of love. Tears relieve the brute force of hurting, enabling us to level off and continue our cruise along the stream of life.

It's Okay to Heal.

We do not need to prove we love our child. As the months pass, we are slowly able to move around with less outward grieving each day. We need not feel guilty, for this is not an indication that we love less. It does mean that, although we don't like it, we are learning to accept death.

It's Okay to Laugh.

Laughter is not a sign of less grief. Laughter is not a sign of less love. It's a sign that many of our thoughts and memories are happy ones. It's a sign that we know our dear one would have us laugh.

Patricia Lufty Nevitt TCF, Austin TX

You didn't say Good-Bye

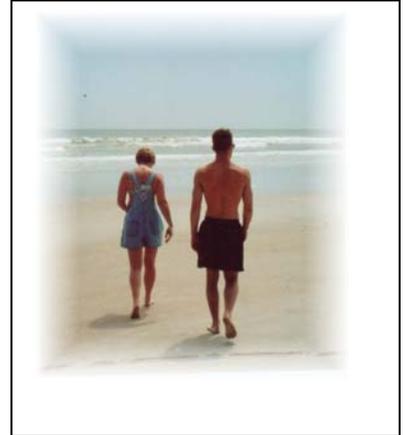
I said good-bye, seven years ago today
 But somehow it still seems like it was only yesterday
 When I awoke this morning, I could hold my head up high
 Something I haven't done since the day I said good-bye
 The pain is getting lighter now
 They say that time will heal all things
 Just be patient & remember all the love your memory brings.

I remember how you hugged me; how your future looked so bright
 How one day you were by my side and gone the very next night
 My life on earth will never be the same again
 You taught me how to love and feel in ways I can't begin
 I miss your smile, your funny jokes and the way you said my name
 If only I could awake today and keep it all the same.

You used to say when we would part – “Mom, I’ll see you soon”
 If you miss me much – just look up – “we can see the same moon”
 You said good-bye was not a word that you liked to say
 We understood that special bond, it became our way.

It will be because of you that I can say again someday
 I will love you now and always, because I was shown the way
 But there will be a difference then
 I won't have to bow my head, I will hold it high and steady
 And remember you instead.

When I awoke this morning, I could hold my head up high
 Until we meet again one day – you never said good-bye.



**By Carla Smith, in loving memory of son Paul McManus, Jr. (July 2006)
 TCF, Rochester New York**



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.

Seeding a New Life

Do you get impatient with your grief? Wish it would go away? Wish you could have it over and done with? It's so painful – enough already!!

If only we could. As much as we wish it, it will have it's way with us. It will tumble and spin us and spit us out. Then it will decide to gobble us whole again.

There can be no getting away from it. There comes a time when realization dawns. That inner knowing that we must experience and feel our grief for all that it is. That we must go through it and let it sit with us until its ferocity is ready to leave us for a bit. And we even learn and grow in acceptance. The acceptance that it is a frequent visitor. It regurgitates through us and through our life.

To seed this new life for ourselves is finally to surrender to our grief and to our loss.

To know its fury and its nuances.

To begin to face forwards.

And to begin to face life again.

It is not an easy life nor the life we ever envisioned. Oh how very different it is, this life of contrasts. This life that begins to bring us its nuggets of truth for us to digest as best we can.

This life that we have now snakes its way through the harsh winters and the blazing summer suns.

We will unfurl and will grow into it. We will begin to seed and plant our new and very different life. Each in our own way and in our own time. And one thing we will always know, that the seeds of love will be forever planted in the gardens of our heart.

By Maureen Hunter, www.esdeer.com

Shared by Becky Price, in loving memory of son Josh TCF, Rochester New York

My Time To Leave

I'm sorry it was my time to leave
But please don't cry or grieve
You see, God gave me his hand to go home.
Now I don't have to roam alone.

It's more beautiful here than I've ever seen,
Even in my most vivid dream.
I will miss seeing you everyday
But remember, I am only a breath away.

I was welcomed with such loving arms,
so far away from all of lifes' harms
So it is here I will stay,
Until we see each other again one day.

The joy we will have on that day
Is really not too far away
So think of me every once and a while.
But only with a happy heart, and a smile.

Because in your heart I will forever be
Every time you think of me.

Nittie Hickman TCF, San Diego CA

Upcoming Events

July 5 – 7th, 2013 36th National TCF Conference, Boston MA “Beacon of Love, Rays of Hope”

Love Gifts

Steve Colangelo, in loving memory of son Dano

**Meeting Location:**

Lifetime Care

3111 Winton Road South

(across from Valley Cadillac)

Meeting Days :

Tuesday the 9th & Tuesday the 23rd (July)

Tuesday the 13th & Tuesday the 27th (Aug.)

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

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

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TCF National :

877-969-0010 or www.compassionatefriends.org

Send newsletter inputs or web comments to:

Joan Carafos, jcarafos@photikon.com

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!

To receive this newsletter via e-mail please contact Steve Haupt at shaupt1@rochester.rr.com

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

Rochester Chapter TCF Mission:

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. Adopted 2-25-12



Our Children Remembered
July, 2013
Birthdays and Remembrance Days



Birthdays

<i>Timothy E. Hale</i>	<i>July 1</i>
<i>Juliana Jean LaMonica</i>	<i>July 1</i>
<i>Wyatt William Zuber</i>	<i>July 4</i>
<i>Zachary Lawrence Yates</i>	<i>July 4</i>
<i>Michael A. Collins</i>	<i>July 7</i>
<i>Sara Ann Carrales</i>	<i>July 10</i>
<i>Kendra Marie Nelson</i>	<i>July 10</i>
<i>Graham Wilson Smith</i>	<i>July 12</i>
<i>Atansio Michael Aguglia</i>	<i>July 12</i>
<i>Joseph Steven Monroe</i>	<i>July 13</i>
<i>Karen Jill D'Amico</i>	<i>July 14</i>
<i>Eric D. Wunderlich</i>	<i>July 15</i>
<i>Isaac Courtney Towne</i>	<i>July 16</i>
<i>Steven Laurence Britt</i>	<i>July 16</i>
<i>Laura Catherine Mix</i>	<i>July 18</i>
<i>Peter Genga</i>	<i>July 18</i>
<i>Jessica Lyndsey Frey</i>	<i>July 20</i>
<i>Adam Richard Furstoss</i>	<i>July 30</i>
<i>Adam Michael Miller</i>	<i>July 31</i>

Remembrance Days

<i>Curtis Aaron Seibert</i>	<i>July 1</i>
<i>Juliana Jean LaMonica</i>	<i>July 5</i>
<i>William Peter Cook</i>	<i>July 6</i>
<i>David Raymond Coates</i>	<i>July 7</i>
<i>Keith Martin Wilson</i>	<i>July 11</i>
<i>Steven John Fantozzi</i>	<i>July 11</i>
<i>Atansio Michael Aguglia</i>	<i>July 12</i>
<i>Michael Paul Phillips</i>	<i>July 12</i>
<i>Joseph Steven Monroe</i>	<i>July 13</i>
<i>Robert Joseph Kuitems</i>	<i>July 13</i>
<i>Adam Richard Furstoss</i>	<i>July 15</i>
<i>William F. Beyerbach II</i>	<i>July 15</i>
<i>Ryan James Frank</i>	<i>July 17</i>
<i>Christopher Robert Crawford</i>	<i>July 19</i>
<i>Paul McManus Jr.</i>	<i>July 21</i>
<i>Julie Rosenborg</i>	<i>July 24</i>
<i>Cheryl Lee Segal</i>	<i>July 25</i>
<i>Michael Matthew Brown</i>	<i>July 27</i>
<i>Scott David Swanson</i>	<i>July 28</i>
<i>Mike C. Wormuth</i>	<i>July 30</i>





Our Children Remembered
August, 2013
Birthdays and Remembrance Days



Birthdays

<i>Caroline Elizabeth Harber</i>	<i>August 4</i>
<i>James Stedman McDonald</i>	<i>August 6</i>
<i>Hunter Paul Duffy</i>	<i>August 12</i>
<i>Thomas Joseph Drasch</i>	<i>August 12</i>
<i>Daniel G. Slater</i>	<i>August 14</i>
<i>Jeffrey Michael Simon</i>	<i>August 14</i>
<i>Brandon Loyd Campbell</i>	<i>August 15</i>
<i>Oliver Fox Maira-Walsh</i>	<i>August 15</i>
<i>Jennifer Lyn Quackenbush</i>	<i>August 18</i>
<i>Ricardo Bernabeu, Jr.</i>	<i>August 26</i>
<i>Tristan Folley Hanna</i>	<i>August 28</i>

Remembrance Days

<i>Michael Hrycyna</i>	<i>August 7</i>
<i>Reynold Armand</i>	<i>August 8</i>
<i>Pat Helen Klehr</i>	<i>August 8</i>
<i>Theresa Ann Kohl</i>	<i>August 8</i>
<i>Samuel James Pierson</i>	<i>August 8</i>
<i>Eric Lorine Rupp</i>	<i>August 11</i>
<i>Reese DeBlase</i>	<i>August 11</i>
<i>Matt Loomis</i>	<i>August 15</i>
<i>Robert Anthony Yacono</i>	<i>August 15</i>
<i>Jeffrey Michael Simon</i>	<i>August 16</i>
<i>Jonathan Lawrence Mayl</i>	<i>August 17</i>
<i>Sara Michelle Oberhofer</i>	<i>August 20</i>
<i>Devin Donald Kusse</i>	<i>August 22</i>
<i>Anna M. Kiner</i>	<i>August 24</i>
<i>John M. Driscoll</i>	<i>August 27</i>
<i>Wyatt William Zuber</i>	<i>August 29</i>
<i>Zachary Michael Chasman</i>	<i>August 30</i>
<i>Steven M. Blahyj</i>	<i>August 30</i>
<i>Brian T. Furness</i>	<i>August 31</i>

