



**THE COMPASSIONATE FRIENDS**  
**ROCHESTER CHAPTER**  
Supporting Family After a Child Dies

March / April 2013 [www.tcfrochester.org](http://www.tcfrochester.org)

**Your Compassionate Friend**

I can tell from that look friend, you need to talk,  
So come, take my hand and let's go for a walk.  
See, I'm not like the others, I won't shy away,  
Because I want to hear what you've got to say.

Your child has died and you need to be heard,  
But they don't want to hear a single word.  
They tell you your child's "with God" so be strong.  
They say all the "right" things that somehow sound wrong.

They're just hurting for you and trying to say,  
They'd give anything to help take your pain away.  
But they're struggling with feelings they can't understand  
So forgive them for not offering a helping hand.

I'll walk in your shoes for more than a mile.  
I'll wait while you cry and be glad if you smile.  
I won't criticize you or judge you or scorn,  
I'll just stay and listen 'til your night turns to morn.

Yes, the journey is hard and unbearably long,  
And I know that you think that you're not quite that strong.  
So just take my hand, 'cause I've got time to spare,  
And I know how it hurts friend, for I have been there.

See, I owe a debt you can help me repay  
For not long ago, I was helped the same way.  
As I stumbled and fell, thru a world so unreal,  
So believe when I say that I know how you feel.

I don't look for praise or financial gain  
And I'm sure not the kind who gets joy out of pain.  
I'm just a strong shoulder who'll be here till the end –  
I'll be your Compassionate Friend.

**Steve Channing**  
**In Loving Memory of my daughter, Kimberly Susanne**  
**Channing**  
**TCF Winnipeg**

**Are There No More Tears**

Time heals, they tell me, and it's been six years.  
After that, are we well, are there no more tears?  
It is easier, I have to say, but I can't tell you that I'm okay.  
These precious children, blood of my blood,  
They were here, they lived, they laughed and they loved.  
No amount of time will change that fact  
Nothing I can say will bring them back.  
So don't roll your eyes when you see my tears,  
Even though it's been so many years.  
I'll continue to cry, but I'll be okay,  
When I take their hand, in Heaven some day.

**Marilyn Rollins**  
**In Loving Memory of Randy and Sara**  
**TCF Lake / Porter Counties, IN**

**Get Well Soon Poem**

I know our loss is very great  
But I'm sure many people can  
relate  
I know it's hard to say good-bye  
don't hold back your tears! It's ok  
to cry  
Just hold my hand and we will  
stand up high  
  
We will gather strength from one  
another  
hugging and holding each other  
we will find each other and  
together we will be  
once again, a family

**Alyssa Flora**  
**In Loving Memory of my brother, Bryson**  
**TCF National**

***Sharing from TCF's national magazine, We Need Not Walk Alone...***

“People ask, “Will the pain ever end?” Personally, I doubt it. But we do start learning to adjust to it. We pick up our lives and keep moving forward, because we realize that we are living our children’s lives as well as our own. Our children were extensions of us and therefore live on through us, attached to us by a cord that can never be broken. We cannot hold them in our arms, but we hold them in our hearts.”

“Learning to Bear the Unbearable”, Lois Duncan

“If you are a sibling who has experienced the death of a brother or sister at any age, recognize it, take it out of the closet, and talk about it with pride rather than shame or embarrassment. Also remember that your parents are changed forever and may still be falling apart inside; forgive them their shortcomings, for they are bereaved parents. Bring your sibling back to the dinner table; keep them in your life and in the conversation with your parents and your friends. Dead is not gone, and we do not have to let go; we do not get over loss, we learn to live with it, it is part of us. Knowing that, not only can we survive, we can thrive.”

“Going Back, Going Forward”, Mitch Carmody

“Grief is complex stuff. It can impose a cruel trick on us all. It begins when death barges into our lives and takes our loved one from our physical grasp. It then leaves us in pain, which in turn causes a multiple array of grief reactions. Finally, because our memories are all we have, the recollections easily become blended with our pain and grief.

You can overcome this cruel trick by doing all you can to compile and retain lasting memories of this wonderful, amazing person whose love will never die. By now, you’ve likely heard of the many ways that you can keep your loved one with you still: creating a picture album, writing the person’s live story, planting a tree, giving to others in your loved one’s name, building something, producing a video, making a quilt. As you gradually experience the many levels of diminishing pain while simultaneously strengthening the memories, you will find that, despite this sad loss, you are getting a little better.”

“The Cruel Trick of Grief”, Bob Baugher, PhD

***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!*

*Sharing from TCF's national magazine, We Need Not Walk Alone (cont.)...*

“My wish for all our TCF members is that each of you will wrap yourselves in the love that was, is, and will always be your child, hold that love close. Don't let the first thing you think about each day be how your child died. Let it be how your child lived.”

“How Your Child Lived”, Pat Loder

**A Time for Renewal**

Spring has wrapped us in the glory of floral bounty  
with flowers, blooming bushes and trees and wild blue-bonnets hinting at a renewal.

In the gentle rains, we have received a sweet cleansing of the spirit.

It is spring that gives us hope for the future.

As the season changes, we sense the cloak of our grief lifting in tiny increments.

Yes, it is lifting.

For those of us who are newly bereaved parents, grandparents, or siblings,  
discovering a bit of lightness in our grief mantle is so very welcome.

And that is how our grief will be for the rest of our lives.

No epiphanies, no giant steps, just a slight lifting each day,  
a microscopic rebirth of ourselves and a step further into our lives after the death of our child.

There are setbacks, of course.

The pain is agony in the early years...brain pain, soul searing pain, physical pain, anxiety and  
much more seem to rule our days.

But each day is a tiny step forward into hope.

To enhance our grief journey, we must do grief work.

Just as the gardener tends to the soil, fertilizes, gently stimulates tender roots  
and removes weeds from the flower bed, we must tend to our grief on a daily basis.

Throwing out the negative...the guilt, the anger, the anxiety  
and adding positive by seeking our solace in our journals, reading, movie choices, spirituality,  
friendships kept and friendships left behind.

In the garden of our psyche, our grief must be tended as if everyday is the first day of spring.  
And so it is that with springtime comes a reminder of renewal and the grief work we must do to  
obtain that renewal of spring.

Day by day we change; month by month we make note of that change.

One day we are able to see the blossoming of our renewal as we move forward  
in life with our precious children in our hearts.

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

**Upcoming Events**

**Tuesday, June 11, 2013** Rochester TCF Annual Balloon Release, Fellows Road Park  
Fairport, NY More details to follow.

**July 5 – 7<sup>th</sup>, 2013** 36<sup>th</sup> National TCF Conference, Boston MA “Beacon of Love, Rays of  
Hope” More details to follow.

**Love Gifts**

*Ed & Linda Bohrer, in loving memory of Shaun Bohrer*  
*Robert Benvenuti, in loving memory of Mike Benvenuti*  
*Kathy & Dave Parkison, in loving memory of Evan Parkison*  
*Nicolas & Cynthia Oliva, in loving memory of Stephanie Oliva*  
*Jan & Ed Levy, in loving memory of daughter Kim*

**Meeting Location:**

**Lifetime Care**

**3111 Winton Road South**

**(across from Valley Cadillac)**

**Meeting Days :**

**Tuesday the 12th and Tuesday the 26th (March)**

**Tuesday the 9th and Tuesday the 23rd (April)**

**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:**

**Jacquie Edwards-Mitchell 718-451-0814**

**TCF National :**

**877-969-0010 or [www.compassionatefriends.org](http://www.compassionatefriends.org)**

**Send newsletter inputs or web comments to:**

**Joan Carafos, [carafos12@frontiernet.net](mailto:carafos12@frontiernet.net)**

*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

# Grief Support Group

*For young adults  
grieving a  
significant loss*

**Begins March 12, 2013**

Meets 2<sup>nd</sup> and 4<sup>th</sup>  
Tuesday of each month  
from 5:30 – 7:00 p.m.

*Location:*

The Center for Compassion  
and Healing at Lifetime Care

3111 Winton Road South  
Rochester, NY 14623

THE CENTER FOR



COMPASSION  
AND HEALING



*"Grieving with someone else acts like a  
mirror, showing us who and where we are."*

-Molly Fumia



This group is free and open to the public; attendees  
need not have had a family member on service  
with Lifetime Care.

Please contact Maureen McFee at  
(585) 214.1304 before attending so that we may  
properly welcome you.

*Together we will illuminate the path...*



## *Our Children Remembered* *March, 2013*



### *Birthdays and Remembrance Days*

#### *Birthdays*

<i>David Alan Willmes</i>	<i>March 3</i>
<i>William Joseph Purol</i>	<i>March 4</i>
<i>Evan James Parkison</i>	<i>March 5</i>
<i>Kimberly Susan Fitzsimmon</i>	<i>March 7</i>
<i>Brendan T. Barry</i>	<i>March 8</i>
<i>Shontia Charnelle Slade</i>	<i>March 8</i>
<i>Anna M. Kiner</i>	<i>March 11</i>
<i>Robert Anthony Yacono</i>	<i>March 12</i>
<i>Robert Joseph Kuitems</i>	<i>March 16</i>
<i>Joey Giardina</i>	<i>March 22</i>
<i>Mark F. Buckenmeyer</i>	<i>March 26</i>
<i>Mindy Grace Buckingham Lines</i>	<i>March 27</i>
<i>Lauren Paige Olander</i>	<i>March 28</i>
<i>Robert "Rob" William Stultz</i>	<i>March 30</i>
<i>Devin Donald Kusse</i>	<i>March 30</i>

#### *Remembrance Days*

<i>Douglas Edward Outtersson</i>	<i>March 1</i>
<i>Christopher Czerw</i>	<i>March 3</i>
<i>Megan Zielinski</i>	<i>March 3</i>
<i>Michael David Mueller</i>	<i>March 5</i>
<i>Paula Mix Spanganberg</i>	<i>March 10</i>
<i>Carrie Jean Kubarycz</i>	<i>March 11</i>
<i>Peter Genga</i>	<i>March 11</i>
<i>Molly Katherine Thomas</i>	<i>March 18</i>
<i>Oliver Fox Maira-Walsh</i>	<i>March 19</i>
<i>Diannel Ferris</i>	<i>March 19</i>
<i>Shontia Charnelle Slade</i>	<i>March 23</i>
<i>Kevin Patrick Lynd</i>	<i>March 24</i>
<i>Zackary Monroe McCarthy</i>	<i>March 24</i>
<i>Colleen Josephine Dobbins</i>	<i>March 24</i>
<i>Amber Marie Hopkins</i>	<i>March 27</i>
<i>Mindy Grace Buckingham Lines</i>	<i>March 27</i>
<i>Jillian Kristine Boda</i>	<i>March 28</i>
<i>Evan James Parkison</i>	<i>March 28</i>





## *Our Children Remembered*

### *April, 2013*



### *Birthdays and Remembrance Days*

#### *Birthdays*

<i>Matthew James Gnage</i>	<i>April 1</i>
<i>Christopher Lynn Salisbury</i>	<i>April 4</i>
<i>Andrew Urquhart</i>	<i>April 4</i>
<i>Ava Marjorie Sorensen</i>	<i>April 7</i>
<i>Kevin Patrick Lynd</i>	<i>April 8</i>
<i>Eric Lorine Rupp</i>	<i>April 9</i>
<i>Stephanie Anne Oliva</i>	<i>April 9</i>
<i>Nate Riley</i>	<i>April 10</i>
<i>Theresa Ann Kohl</i>	<i>April 11</i>
<i>David James Cassell</i>	<i>April 12</i>
<i>Scott Puglisi</i>	<i>April 15</i>
<i>Robert Jordan Christiano</i>	<i>April 18</i>
<i>Paula Mix Spanganberg</i>	<i>April 20</i>
<i>Daniel P. Fellegara</i>	<i>April 20</i>
<i>Katie A. Brice</i>	<i>April 23</i>
<i>Benjamin Allen</i>	<i>April 25</i>
<i>Michael Hrycyna</i>	<i>April 26</i>
<i>Ann Marie Ericson</i>	<i>April 29</i>
<i>Jonathan Lawrence Mayl</i>	<i>April 30</i>

#### *Remembrance Days*

<i>Keith R. Lewis</i>	<i>April 4</i>
<i>Gregory Ray Stephens</i>	<i>April 5</i>
<i>Ava Marjorie Sorensen</i>	<i>April 7</i>
<i>Michael Schaub</i>	<i>April 8</i>
<i>Kayla R. Nenni</i>	<i>April 10</i>
<i>Shaun Michael Bohrer</i>	<i>April 12</i>
<i>Floyd Zachary Frey</i>	<i>April 15</i>
<i>Randall John Lis</i>	<i>April 15</i>
<i>James Stedman McDonald</i>	<i>April 15</i>
<i>Amanda Kate Fagan</i>	<i>April 17</i>
<i>Katie A. Brice</i>	<i>April 19</i>
<i>Kelly Lynne Forrest</i>	<i>April 19</i>
<i>Kenneth Vincent Rocco</i>	<i>April 20</i>
<i>Erich Lee Anderson</i>	<i>April 23</i>
<i>Daniel P. Fellegara</i>	<i>April 29</i>
<i>Michael A. Collins</i>	<i>April 30</i>

