



### Close By

When the morning dew sparkles  
I'll be near by your side  
When the afternoon sun fades  
My love I won't hide  
When the autumn leaves change  
And fall is in the air  
I'll always be close to you  
I'm around you everywhere  
When the winter snows come  
And covers the earth all white  
I'll be watching you mom  
Everything's going to be all right  
When Christmas time arrives  
And you feel saddened missing me  
I'll not be far away  
For your heart is where I'll be  
I'll be there when you're saddened  
On lonely nights when you feel alone  
I'm never far away mom  
I'm in my Father's home  
I'm ok mom, I really am  
So please don't cry  
I'm never far from you or dad  
I'm the angel at your side  
So when you look around you  
And see beauty everywhere  
Just remember I'm beside you  
In your heart, I'm always there  
The beauty that surrounds me  
Is something you will one day see  
I can't wait until you share  
This wondrous beauty with me  
God promised us eternity  
And that promise was kept  
I've made it to His home  
I have no regrets  
So please don't worry mom  
I'm happy and I'm fine  
One day you will understand  
When you cross that thin line  
Love,  
Your child

**Sharon J. Bryant, TCF National**  
**In Memory of my son, Andy Dunbar**  
**I'm his mom and he's my angel...forever**  
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### Remember

Remember the children, we ask tonight,  
As we continue this wave of light.

Remember the babies, never given a chance,  
To grow, to play, to love or dance.

Remember the toddlers, just starting to live,  
Teddy Bears and blankies and big hugs to give.

Remember the children, who grew strong and true,  
Maybe struck by an illness that devastated you.

Remember the teen-agers and the promise in each,  
Taken suddenly or slowly, beyond our reach.

Don't forget the adult child, fully grown,  
Whether 18 or 80, we still called them our own.

Our children, grandchildren, sisters and brothers  
have died,  
For nieces and nephews and cousins, we've cried.

Some of us say, "I've lost my dreams",  
While others say, "my memories".

So tonight we remember with this candlelight,  
So like our love that shines so bright.

**Marilyn Rollins**  
**Lake-Porter County, IN Chapter**

June 4, 2007

Grief is a series of ever widening circles. It starts with suddenness of the death of someone you love more than life itself. And the circles spread out. You are drawn down with the death, taken under the water, struggling for breath. You slowly rise back to the surface, starting to take in life again. But the circles catch you unawares at times, slamming you with the loss all over again, dragging you back to the very bottom. You never know when you might run into one of the circle's edges, or when they will pass right through you. The circles go out as far as you can possibly imagine...for the rest of your life here. You realize that they will never end. Perhaps their strength diminishes, I'm not sure – but you know they will never, never end.

February 21, 2009

So here I am...sitting here on the floor of this now empty house, memories of our time echoing around me. Bringing you home here as a newborn baby – all the way to sitting on the back steps visiting with you on a soft September day, just before you left this world – and all our times in between. My baby, my little blond boy, my handsome young man, my son. Oh yes, I claim all the possessiveness allowed one proud mom! Our happy times, challenging times, you and me against the world times.

I close my eyes and think of all the tears, all the laughs, all the pride and joy you brought into this world ... I see your beautiful smile and remember how hard you sometimes found life ... and how you worked so diligently to find your path and walked it honestly and faced it mostly without fear. How I admire you for that!

Well ... time to go ... I shake myself a little and get up, stretch my stiff legs ... this floor is chilly. Take one last look around, tears coming now. Take a deep breath, swallow hard and close the door to our home for the final time. And carry you away with me ... tucked forever and always in my heart...

**Becky Price, in loving memory of son Josh  
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.*

**The Other Season**

Look to the season of your memories –  
it fills the weather of your life  
with mildness.

It turns to laughter what your  
mind remembers:  
the sound of words, invented new  
for singing,  
discovery of all-important secrets.

Look to the season of your memories –  
it sets an ordinary past to music.

It changes ordinary tears to treasure.  
It gives your faded pictures  
shape and color:  
the touch of eyes, a walk  
in foggy twilight.

Look to the season of your memories –  
How rich you were, and be how rich again.

Look to the season of your memories:  
mourn and recall the child you love,  
until you lose yourself  
to find yourself.

**Vespers**

Just at sunset  
does your busy day  
suddenly fall silent  
and remember?

Does the rising night  
make you ready  
for seeing that face again,  
feeling that touch?

Let the sunset  
do its magic.  
invite the rising night  
to cast its dream.

Have we not said  
A thousand times and more  
That we are richest  
When the heart remembers?

**Legacy**

Memories are a legacy  
of hope and courage,  
left to help us go on  
when the giver is gone.

**Journey**

The journey from grief to hope  
does not happen swiftly.  
But it happens.  
If you will let your heart  
ride along.

***Upcoming Events: Tuesday, Dec. 10, 2013 – Annual Candlelighting Ceremony  
7:00 pm at Lifetime Care (our usual TCF meeting time & place)***

***Beginning with the Jan./Feb. Newsletter, Alice Torres will be our new IT Person & she will be emailing the newsletters to you.***

***Thanks to Steve Haupt for his many years of IT work for TCF!***

### **Love Gifts**

Richard & Deborah Oberhofer, in loving memory of Sara  
Mark & Phyllis Simon, in loving memory of Jeffrey Michael Simon



#### **Meeting Location:**

**Lifetime Care  
3111 Winton Road South  
(across from Valley Cadillac)**

#### **Meeting Days :**

**Tuesday the 12th & Tuesday the 26<sup>th</sup> (Nov.)  
Tuesday the 10<sup>th</sup> (Dec.) (Candlelighting  
Ceremony, our usual meeting time & place)**

**Tuesday the 17th (Dec.)**

**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](http://www.compassionatefriends.org)**

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

**Joan Carafos, [jcarafos@photikon.com](mailto: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  
Alice Torres at [alice3970@gmail.com](mailto:alice3970@gmail.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

## **Healing Grief Rituals to remember our loved ones**

The value of creating “Grief Rituals” is to help us remember our loved ones in loving, healing ways and with a sense of peace.

- ❖ Buy a Christmas ornament each year to remember your loved one.
- ❖ Buy a special candle and light it at times that are special to your loved one’s memory.
- ❖ Christmas stockings – hang one up for a loved one and have everyone write a note to put inside.
- ❖ Create a scrapbook of memories / photos ... a memory book.
- ❖ Create a scholarship in your loved one’s name.
- ❖ Donate gifts, quilts, etc. in a loved one’s name.
- ❖ Find a tree in the woods, tie a yellow ribbon around it. Go frequently to remember (this is especially helpful when ashes have been scattered and there is no grave site).
- ❖ Have a birthday party for your loved one on his/her birthday.
- ❖ Have a family “memory” evening where you share pictures, reminisce about special times, create a scrapbook of memories, etc.
- ❖ Help feed the hungry/homeless at Thanksgiving, holidays, etc.
- ❖ If you go on a trip , do something special to remember your loved one (ie throw a rose in the ocean or light a candle).
- ❖ On birthdays, remembrance days, holidays, or other significant days, buy your loved one a gift and donate it to a hospital, nursing home, etc.
- ❖ Plant a strong, healthy tree or rosebush in a loved one’s name.
- ❖ Write messages on balloons and let them go up.

**From: To Touch a Grieving Heart, Paracome Inc. and Healing Resources, 1995  
Shared by Life Time Care**

## **To Our Family and Friends**

The "Holiday Season" is a time of family – festive gatherings, worshiping together, sharing love and gifts, and cherished memories. For the bereaved, these aspects of the season are precisely what makes us dread its arrival.

The absence of our child when the "whole family" gathers seems to accentuate our incomplete family. We are sorely reminded of "how it used to be" and don't want to accept what is now. We need patience and understanding of our family and friends to help us through the holidays as best we can.

We may want to change the way we spend Thanksgiving, Christmas, or Hanukkah. If the family traditionally gathers at one house, perhaps the gathering place could be changed, especially if the gathering home is that of the bereaved. If we do prepare the meal, be aware that we may not have the energy we have had in the past and will need a lot of help.

Perhaps we'll try to avoid the holiday altogether by going away for a few days.

Whatever our thoughts are for coping with the day, please take our feelings into consideration when you make your plans.

For some of us shopping for gifts is a painful experience. The stores' festive decorations and music belie our mood, as we feel forced into participating in the "season." We think longingly about that special gift we won't be buying this year. Again, our depression saps us of the energy to do the things we have done in the past, and we need your understanding for the things that remain undone.

Perhaps the single most helpful thing you can do for us is to include our child in the holidays. We want to hear his/her name, to have you recall fond memories of their lives, to know that you, too, are feeling their absence and remembering them with love.

Getting through the holidays is a rough task for bereaved parents, grandparents, & siblings. We need to handle them in a way that we feel is best for ourselves and our families. We ask for your love and support during this especially difficult time.

**Marge Henning**  
**TCF West Orange, NJ**



*Our Children Remembered*  
*November, 2013*  
*Birthdays and Remembrance Days*



*Birthdays*

<i>Cheryl Lee Segal</i>	<i>November 3</i>
<i>Zachary Michael Chasman</i>	<i>November 3</i>
<i>Lisa Ann Rupp</i>	<i>November 5</i>
<i>Christopher Robert Crawford</i>	<i>November 7</i>
<i>Sabrina L. Joy</i>	<i>November 7</i>
<i>Elias Masanka Charles Kabongo</i>	<i>November 15</i>
<i>Reese DeBlase</i>	<i>November 17</i>
<i>Patric Michael McGowan</i>	<i>November 17</i>
<i>Michael Matthew Brown</i>	<i>November 20</i>
<i>Michael Benvenuti</i>	<i>November 22</i>
<i>David Raymond Coates</i>	<i>November 28</i>
<i>Grant Matthew Lintala</i>	<i>November 28</i>
<i>Randall John Lis</i>	<i>November 30</i>
<i>Steven M. Blahyj</i>	<i>November 30</i>

*Remembrance Days*

<i>Slade Gerstner</i>	<i>November 1</i>
<i>Stephanie Anne Oliva</i>	<i>November 4</i>
<i>Alex R. Ketchek</i>	<i>November 8</i>
<i>Graham Wilson Smith</i>	<i>November 12</i>
<i>Loretta Dix</i>	<i>November 15</i>
<i>Patric Michael McGowan</i>	<i>November 17</i>
<i>Benjaman Allen</i>	<i>November 18</i>
<i>Jeffrey James Yates</i>	<i>November 22</i>
<i>Bailey Ann Marie Desalvo</i>	<i>November 22</i>
<i>Aaron R. Vogel</i>	<i>November 26</i>
<i>Robert "Rob" Stultz</i>	<i>November 28</i>
<i>Donald Thomas Page</i>	<i>November 30</i>





***Our Children Remembered***  
***December, 2013***  
***Birthdays and Remembrance Days***



***Birthdays***

*Brenton Tyler Jacob*  
*Brian Charles Oster*  
*Matt Loomis*  
*Erich Lee Anderson*  
*Seth AsA Younes*  
*Douglas Edward Outterson*  
*Brenda Jean Tastor*  
*Edward Vincent Doyle III*  
*Christi Grace Juliano*  
*Michael David Mueller*  
*Christopher Czerw*  
*Clarence L. Ross, II*  
*Tina Rheinwald*  
*Kevin B. Pratt*  
*Abbagail Leigh Buzard*  
*David Henry Outterson*  
*Bailey Ann Marie Desalvo*  
*Curtis Aaron Seibert*  
*Shawn Patrick Viola*  
*Michael Schaub*  
*Samuel James Pierson*  
*Donald Thomas Page*

*December 5*  
*December 7*  
*December 7*  
*December 12*  
*December 13*  
*December 14*  
*December 14*  
*December 15*  
*December 17*  
*December 19*  
*December 22*  
*December 22*  
*December 23*  
*December 23*  
*December 27*  
*December 27*  
*December 27*  
*December 29*  
*December 29*  
*December 29*  
*December 30*  
*December 31*

***Remembrance Days***

*Ryan Patrick Todisco*  
*Steven Laurence Britt*  
*Nate Riley*  
*Tristan Folley Hanna*  
*Andrew Urquhart*  
*David Henry Outterson*  
*Nora Elizabeth McMahon*  
*Matthew Gabe Fogarassy*  
*Jessica Lyndsey Frey*  
*Jennifer Lyn Quackenbush*  
*Jason S. Grizzanto*

*December 6*  
*December 7*  
*December 7*  
*December 10*  
*December 13*  
*December 13*  
*December 18*  
*December 22*  
*December 25*  
*December 30*  
*December 30*

