



THE COMPASSIONATE FRIENDS
ROCHESTER CHAPTER
Supporting Family After a Child Dies

January / February 2013 www.tcfrochester.org

THE PATH

There is a path I walk each day
Rain or shine or snow
It helps to clear my whirling thoughts
Of what I do and do not know

The changing of the Seasons
Bring their stories to be told
And if you pay attention
You can see them all unfold

They reveal to me of life and death
The circle never ending
And speak to me in endless ways
With wordless understanding

Spring greets me with the hope of life
Fresh dew upon my feet
And seems to speak unto my heart
Renewed with every beat

There's the spirit of rebirthing
Effervescing in the air
The budding trees and bumble bees
A new season to prepare

Summer holds the sights and smells
Of childhood's pure delights
Of never-ending summer days
And creamy summer nights

The sun's warmth envelopes me
Like a mother's soft embrace
A radiance that fills my soul
Like a kiss upon my face

Fall brings its own delights to mind
A symphony of color
The orchestrated fall of leaves
Guiding one season to another

The crunching leaves beneath my feet
The air so slightly chilled
Foreboding of the last to come
The cycle now fulfilled

Winter steals the scene again
My path hidden by the snow
It's getting hard to find my way through
Of what I do and do not know

The path now cold and difficult
It reflects my barren heart
Wind howling like a mournful soul
Who's lost and torn apart

I'm cold and weary, so alone
Still I walk the path each day
The stillness overwhelms me
This price I have to pay

To wait for Spring, it's almost near
I can feel it in the air
My path will open up again
And free me from despair

I'll wait out this desolation
Till my path is clear again
Ever hopeful for the cycle
To come around again

*Written from the Prose and Poems of
Deborah Streb
TCF, Rochester New York*

"DON'T STEAL MY GRIEF"

Don't try to make me feel better,
By quipping your cute jokes.

Don't try to rob me of my pain,
When I need it as my cloak.

I know you probably think,
You're doing me a favor,
But what you don't understand,
Is that my sadness is my savior.

Don't try to steal my right,
To express my grief in my own way.

You see, I lost my child,
And grief is the price that I must pay.

I need to feel the hurt and pain,
As it beats inside my chest.

Don't try to steal my grief,
When it's the only feeling I have left.

Faye McCord
TCF Jackson, MS
In Memory of my son, Lane McCord

A New Year Wish

I wish you all a blessing
As the New Year approaches us all
May this year bring gentle memories
Of our child that God has called

I wish you all some sunshine
That clouds can cover on some days
I pray your hearts will mend
As mine has along the way

I thank God for our TCF "Family"
And the sharing
For so many are always there
To help so many find their way

I wish I could take each one of you
And show you what I've learned
As time has helped my own heart
Your feelings are my concern

The Holidays are the hardest
As you all very well know
Yet we can find healing
As the New Year unfolds

May you all know I'm thinking
About each and every one of you
I give you all my blessing
And hope the new year is gentle for you

Sharon Bryant,
TCF Atlanta

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.

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

TCF Rochester donations:

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...

When Couples Grieve, by Pat Loder.

“Prior to attending Compassionate Friends meetings, we each thought the other was handling grief wrong. But we learned from others that what we were doing wasn't wrong, it was just different. And different was okay. Wayne needed quiet time. I needed so badly to talk about what had happened. We also needed time together, time to grieve, and time to grow as a couple. We learned as we traveled through our grief journey that the most important lesson could be summed up by the wonderful seven-letter word *respect*. Respect for the differences in our grief, the pain we were each going through, and the love we still had for one another.”

A Grandparent's Grief - Make the Hurt Go Away, by Donald Moyers

“I think some grandparents often try to appear strong for their bereaved children, to the extent they find themselves caught in a place of “holding it in”. Consequently, they're not able to grieve as bereaved grandparents really need to do. I'm not able to hide my grief. I will be forever emotionally extended beyond complete comfort, because I miss my granddaughters so much.

The grandparent's grief is real and needs to be visible in order to let the bereaved child understand that he or she is not alone in this world and forever carrying the full load of grief.”

Permission Granted, by Trevor Van Huizen

“I had to come to terms with the fact that the world still turns after Diego's death. I have found that acceptance is the answer to all my problems. There is no amount of anger that will bring Diego back. That being said, for me, I try to live more in the now and less in the past or the future. I once heard, “Yesterday is history, tomorrow is a mystery, and today is a present”. Daily, I unwrap my present and reflect on the past 24 hours before bed. Instead of anger and resentment, I have turned my focus to helping others. Through the help of others, Diego's memory remains alive and well.”

Finding Joy In Life Again After Your Child Dies, by Kimberly Wencil

“It is better to have loved and lost than to have never loved at all”. Alfred Lord Tennyson's words are a quote for me to live by. The bond we all share with those we love is never broken – not even by death – and that is the best news of all. It's what makes life worth living each and every day for me.”

February

Let this cool and
gentle
month of the heart
remind you
not only of lost
treasure,
but also of riches
(past and present)
in your life.

The Poems of Sascha Wagner

Valentine's Day

Did you know?
When we truly listen
to each other,
we are saying

~ I love you ~

For You, from Sascha Wagner

A new year brings time to reflect
on the children we love,
those who remain with us
and those for whom we grieve ~
Wayne Loder, TCF National

Love Gifts

Geraldine Drasch in loving memory of Thomas Joseph Drasch



Meeting Location:

Lifetime Care

3111 Winton Road South

(across from Valley Cadillac)

Meeting Days :

Tuesday the 8th and Tuesday 22nd (January)

Tuesday the 12th and Tuesday the 26th (February)

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

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

Contacts:

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TCF National :

877-969-0010 or www.compassionatefriends.org

Send newsletter inputs or web comments to:

Joan Carafos, 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

Mom & Dad

*I'm sending this message to you
Because you hold my memory in your heart
And my presence, I know you can feel
Every single minute we're apart*

*I know I left much too soon
But my memory will always be with you
And I'll always be by your side
To cheer you up when you're feeling blue*

*I know sometimes you bear such pain
And I know sometimes you weep
But for me, I have no reason to cry
Because my soul is in heaven to keep*

*Keep your mind open and your senses keen
For everything you do
And everything you touch, hear, or see
Will bring sweet memories of me*

*When you see a butterfly
A dragonfly, a bird, or maybe a bee
So busy and happy
You'll know it's me*

*When you feel a gentle breeze
Caressing your skin
And brushing your hair
You'll feel my presence there*

*Look to the blue sky
When you see a puffy cloud floating by
With those soft and changing shapes
It's me, telling you "Hi"*

*You'll know it's me
When you see the rain
So cool, clear, and clean
Go pitter patter on your window pane*

*You'll think of me
When the morning sun rises
As dawn's light turns into a bright array
You'll remember my very first day*

*You'll think of me
At the end of each day
As the sun sets in the West
And the golden sky fades away*

*You'll remember me
As you prepare to go to bed
When on your knees to pray
You'll know what needs to be said*

*Mom & Dad, I love you
But now I'm in heaven with so much bliss
The happiness here is far beyond your realm
When you get here, you'll learn all of this*

*As I close my message to you
Just remember, right here at heaven's gate
We'll re-unite some day soon
In this beautiful place, far beyond the moon*

*"With All My Love",
Macy*

***PawPaw, Donald Moyers
In memory of Macy & Loral
TCF, Galveston County Texas***



Our Children Remembered
January, 2013
Birthdays and Remembrance Days



Birthdays

<i>Noel Dorothy</i>	<i>January 3</i>
<i>Keith Cyle Kearns</i>	<i>January 4</i>
<i>Michael Sebastian Spoto</i>	<i>January 8</i>
<i>Nora Elizabeth McMahon</i>	<i>January 15</i>
<i>Paula Cristina Perez</i>	<i>January 15</i>
<i>Gregory Ray Stephens</i>	<i>January 16</i>
<i>Amber Marie Hopkins</i>	<i>January 24</i>
<i>Daniel Spoor</i>	<i>January 24</i>
<i>David George Carafos</i>	<i>January 24</i>
<i>Pat Helen Klehr</i>	<i>January 30</i>
<i>Joshua Daniel Price</i>	<i>January 30</i>
<i>Christa Ann Mertz</i>	<i>January 31</i>

Remembrance Days

<i>Shawn Patrick Viola</i>	<i>January 1</i>
<i>Christa Ann Mertz</i>	<i>January 5</i>
<i>William Joseph Purol</i>	<i>January 5</i>
<i>Robert Jordan Christiano</i>	<i>January 5</i>
<i>Michael Sebastian Spoto</i>	<i>January 8</i>
<i>Owen William Jeroy</i>	<i>January 12</i>
<i>Matthew J. Hall</i>	<i>January 14</i>
<i>Adam Vincent Marano</i>	<i>January 18</i>
<i>Laura Catherine Mix</i>	<i>January 25</i>





Our Children Remembered
February, 2013
Birthdays and Remembrance Days



Birthdays

<i>Kayla R. Nenni</i>	<i>February 5</i>
<i>Greg Paul Wilson Crawford</i>	<i>February 10</i>
<i>Jillian Kristine Boda</i>	<i>February 12</i>
<i>Owen William Jeroy</i>	<i>February 13</i>
<i>Scott David Swanson</i>	<i>February 13</i>
<i>Molly Katherine Thomas</i>	<i>February 14</i>
<i>Jaden Michael Fournier</i>	<i>February 16</i>
<i>Amy Marie Dennis Iwasko</i>	<i>February 19</i>
<i>John Eric Yelle</i>	<i>February 19</i>
<i>Johanna Lynne Falk</i>	<i>February 20</i>
<i>Megan Zielinski</i>	<i>February 21</i>
<i>Michael Paul Phillips</i>	<i>February 23</i>
<i>Danielle L. Robinson</i>	<i>February 25</i>
<i>Nicholas Jay Kovaleski</i>	<i>February 27</i>

Remembrance Days

<i>Ricardo Bernabeu, Jr.</i>	<i>February 2</i>
<i>Karen J. D'Amico</i>	<i>February 4</i>
<i>Lauren Marie Vassello</i>	<i>February 4</i>
<i>Robin Renee Knapp</i>	<i>February 5</i>
<i>Scott Puglisi</i>	<i>February 5</i>
<i>Kurt William Simmons</i>	<i>February 6</i>
<i>Jay Alan Starman</i>	<i>February 11</i>
<i>Timothy E. Hale</i>	<i>February 12</i>
<i>Brian Keith Nelson</i>	<i>February 13</i>
<i>Conor LeVan Driscoll</i>	<i>February 16</i>
<i>Caroline Elizabeth Harber</i>	<i>February 17</i>
<i>Grant Matthew Lintala</i>	<i>February 17</i>
<i>Lisa Ann Rupp</i>	<i>February 20</i>
<i>Christi Grace Juliano</i>	<i>February 20</i>
<i>David Joseph Groff</i>	<i>February 22</i>
<i>Kimberly Susan Fitzsimmons</i>	<i>February 23</i>
<i>Danielle L. Robinson</i>	<i>February 26</i>
<i>Keith Cyle Kearns</i>	<i>February 27</i>
<i>Brenda Jean Tastor</i>	<i>February 28</i>

