



THE COMPASSIONATE FRIENDS
ROCHESTER CHAPTER
Supporting Family After a Child Dies

May / June 2013 www.tcfrochester.org

Mother's Day

How is the weather now,
on mother's day?
Shining with spring,
promising early roses?

But hides there, in secret,
a moment of grief?
Frost in the sunlight,
Pale heartache of sorrow?

The children are gone.
Are you reminded twice over:
the children are gone?

And will you be ready perhaps
to remember without tears
the sunlight, the laughter, the roses,
you shared with the children
on next mother's day?

Husband

I saw the grief
behind your earnest eyes.
(You would give anything
to have your child again.)

I felt the helplessness
behind your silent anguish.
(You would give anything
to take this hurt away.)

I know you learned
to keep your tears in hiding.
And you were taught
few words to speak for solace,
not yours, not mine.

I saw the grief
behind your earnest eyes.
And I will know
to understand and trust you,
a loving father.

Bittersweet

Bittersweet parents we are,
Loving and giving still.
We render what tears
grief demands –
until, out of grieving darkness,
we come to celebrate
our children's life,
and our own.

Sascha Wagner, The Poems of Sascha Wagner

Holding On and Letting Go

We are on a journey. The journey of grief.

At the start of the journey we let go of our loves ones. Whether we were ready or not, we had to let go.

At the start of the journey we were in shock, going through the motions of calling hours, funerals, and talking with friends and loved ones, as they said their good byes.

Soon after, we start sorting, sorting out what happened, how it happened, and what to do next.

We can start sorting clothes, personal items, and pictures. How do we know what to keep, what to give away – what to let go of. It's hard, and painful, and that's just the physical stuff.

During this time, we are also sorting out memories, memories that we never want to let go of, and other painful ones, we all want to let go of, but it takes time.

The memory of how the shirt looked on him. Where you were and what you were doing the last time he wore it. Hold on to that memory. Try to smile how you smiled when it happened. Not easy right now – when will it get better?

Memories are the precious items we have. They will keep our loved one alive forever.

Remembering and sharing things about them, that's what we have to hold on to. That's what we want to share with others.

In time we can start letting go of the guilt and the pain. The grief subdues a little at a time.

Letting go of these is a good thing, it means our hearts are healing little by little.

Never fully, but the hurting empty hole left there is getting smaller.

Are we getting used to living with the hole? Or are we filling in parts with loving memories of our loves ones. Our lives go on, without them physically, but their spirit is with us. Sitting by us, or on our shoulder watching, guiding, even laughing. (you know when you stumbled they laughed, or when the ketchup fell on to the front of your shirt). We talk to them, think of them, we hold on to them, tight. We use their teachings keeping us going, we hold on. We can't let go, we don't want to forget them, we talk to them, we look for signs, we hold on. Each of us goes forward at our own pace, and with our own style.

Do you wear their clothes, visit their room, with hopes of their scent? That's okay, hold on to it, don't let others say "You should be done" or things like "It's been a year, you should be better now" and think you are crazy.

What do they know? You are the one grieving. We all grieve at our own pace. Hold on to whatever you need to, keep the memories alive, keep them alive. Hold on to your loved ones, in your hearts and mind forever.

What do you let go of? The guilt, the what if's, the negatives, and maybe the people who just don't get it... The list is different for everyone.

BUT NEVER LET GO OF YOUR LOVED ONE'S MEMORY. They will be Forever in our hearts.

**George Carafos, in loving memory of son David
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.

'Till We Meet Again ...

I can no longer look upon your face
But in my heart you'll always have a place
For deep within me your seed still grows
It left my body but not my soul

We shared a heartbeat for a brief time
Your little body protected by mine
You had to leave it but there was joy
You were my special little boy

I watched you grow and learn and play
It seems like it was yesterday
You had a plan and never faltered
Not knowing how your life would alter

You determinedly walked on your own path
And lived the life you longed to have
Yet never really got the chance
To walk the walk and dance the dance

I'd have given my world to take away your pain
And watch your life begin again
But sadly, it was not to be
God chose you and not me

How can a mother understand
What is to be in God's great plan
We fiercely hold to the gift He sent
And need to protect it till the end

To leave you there on that cold day
It was so hard to walk away
A parent's nightmare had finally come
The day I had to bury my son

Although I know you're in a better place
It's day-to-day for me with God's grace
But life has a way of catching up time
I'll be with you again soon baby mine
Love, Mom

There Is A Season: Finding my way back after the death of my son...

**From the poems of Deborah M. Streb, in loving memory of son Adam Marano
TCF, Rochester New York**

Upcoming Events

Tuesday, June 11, 2013 Rochester TCF Annual Balloon Release, Fellows Road Park Fairport, NY **Flyer attached.**

July 5 – 7th, 2013 36th National TCF Conference, Boston MA “Beacon of Love, Rays of Hope” Please contact TCF Rochester co-leader, Brenda Schmidt for more details

Love Gifts

Bonnie Corbett, in loving memory of Kelly Lynne Forrest
Mary Ann & Tom Dobbins, in loving memory of Colleen Josephine Dobbins
Kathleen Lynd, in loving memory of Kevin Patrick Lynd
Barbara Parameter, in loving memory of Andy Parameter

**Meeting Location:**

Lifetime Care

3111 Winton Road South

(across from Valley Cadillac)

Meeting Days :

Tuesday the 14th & Tuesday the 28th (May)

Tuesday the 25th (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:

Jacquie Edwards-Mitchell 718-451-0814

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
May, 2013
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>Andrew Dwight Parmeter</i>	<i>May 4</i>
<i>Conor LeVan Driscoll</i>	<i>May 5</i>
<i>Debra Colleen Willmes</i>	<i>May 6</i>
<i>Austine Robert Coddling</i>	<i>May 9</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>Katherine Magar</i>	<i>May 26</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>Brenton Tyler Jacob</i>	<i>May 11</i>
<i>Eric D. Wunderlich</i>	<i>May 15</i>
<i>Elias Masanka Charles Kabongo</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>
<i>Greg Paul Wilson Crawford</i>	<i>May 25</i>





Our Children Remembered
June, 2013
Birthdays and Remembrance Days



Birthdays

<i>Drake Ross Pettit</i>	<i>June 1</i>
<i>Brian T. Furness</i>	<i>June 2</i>
<i>Rachael Marie Toombs-Lassiter</i>	<i>June 3</i>
<i>Sara Michelle Oberhofer</i>	<i>June 8</i>
<i>Adam Vincent Marano</i>	<i>June 9</i>
<i>Benjamin T. King</i>	<i>June 9</i>
<i>David Joseph Groff</i>	<i>June 9</i>
<i>Patrick D. Cooley</i>	<i>June 12</i>
<i>Loretta Dix</i>	<i>June 16</i>
<i>Mike C. Wormuth</i>	<i>June 17</i>
<i>Michael Clark Van Valkenburgh</i>	<i>June 18</i>
<i>Kevin F. Schantz</i>	<i>June 25</i>
<i>Julie Rosenborg</i>	<i>June 27</i>
<i>Diannel Ferris</i>	<i>June 29</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 T. King</i>	<i>June 27</i>
<i>Kevin F. Schantz</i>	<i>June 28</i>
<i>Nicholas Jay Kovaleski</i>	<i>June 29</i>
<i>Drake Ross Pettit</i>	<i>June 29</i>





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Annual Balloon Release

June 11, 2013

Schedule of Events

6:00 p.m. **S**ocial Hour

6:30 p.m. **B**egin Filling Balloons

7:00 p.m. **B**egin Ceremony

Location:

Fellows Road Park

Shelter #1

Fairport, NY