

Hi,

TCF Rochester is conducting a complete database update for the upcoming 2014 and the 2015 newsletter mailings. The form (is on the back of this cover sheet) and is also available at the TCF website and can be filled out and printed from the website:

www.tcfrochester.org).

The update is to assure its accuracy and confirm that you wish to continue to receive the newsletter. If the questionnaire is not received by the end of September 2014, it will be assumed that you want to be dropped from the mailing list.

Please remember, you can receive the newsletter by e-mail or you can view/download the newsletter from the TCF website

www.tcfrochester.org).

Please consider TCF Rochester for a tax free donation to help support the newsletter and the group. Please send your tax free donation to:

The Compassionate Friends

c/o Barb Silverstein

130 Port View Circle

Rochester, New York 14617

Thank you!



Compassionate Friends of Rochester Questionnaire

Bi-Annual Registration Update Form

Information is for our database and to assure that everyone who desires gets a copy of our newsletter.

***INFORMATION IS MAINTAINED CONFIDENTIAL AND WILL NOT
BE SHARED WITH ANYONE WITHOUT YOUR APPROVAL***

Please fill in the attached and return to:

Alice Torres or via email alice3970@gmail.com

112 Northview Terrace

Rochester, NY 14621

Today's Date: _____

Last Name First Name Spouse

Street Address Apartment #

_____, _____
City State Zip Home Phone

Work Phone E-Mail Address

Childs Name – First – Middle – Last (1) Date of Birth Date of Death

Cause of Death: _____

Childs Name – First – Middle – Last (2) Date of Birth Date of Death

Cause of Death: _____

Childs Name – First – Middle – Last (3) Date of Birth Date of Death

Cause of Death: _____

Would you like your child's (children's) name(s) included in *Our Children Remembered* ? Yes No

Would you like your newsletter delivered electronically ? Yes No
(if yes make sure to add your e-mail address above)

If you would like to make a tax deductible contribution to the chapter to assist in defraying mailing and other expenses you may include it with the return of this questionnaire. Please make checks payable to the Compassionate Friends of Rochester or forward to TCF Rochester at: c/o 130 Portview Circle. Rochester, NY 14617.



The Compassionate Friends
Rochester Chapter
Supporting Family After a Child Dies

July / August 2014 www.tcfrochester.org

My "Chris" Birds

It's the twigs below the birdhouse
Lets me know your birthday's near
This back yard once sat empty
Not a bird in sight all year

We placed the houses in our yard
To give the birds a home
But never did we see one
Til the day that you went home

We looked outside on that day
We laid you in the ground
On that dark day in September
The starlings swarmed around

We had never seen so many
Certainly not in our back yard
But there they were aplenty
On that day that was so hard

They came again in the Spring
Round your birthday, the end of March
The starlings flew around again
Bringing twigs, a home to start

So March and in September
Are special months indeed
The starlings come to see us
They recognize our need

Because they came when you left
They were never here before
I've named them after you my son
Your legacy, I'm sure

So, it's these twigs below the birdhouse
That lets me know that you are near
My "Chris birds" come a-calling
Reminding me of you so dear

Robyn Kingery
In Memory of my son, Chris Kingery

On Losing a Child

Face your feelings
Don't let them hide inside.
Confront the pain
Give it a name,
Let it roam your heavy heart.
Each teardrop you shed
becomes a crystal bead
to be added to your chain of sorrow.
Keep the chain.
Wear the beads with pride -
A badge of your courage
in facing the pain.
Face whatever may come.
Accept and be thankful
for the lessons you have learned.
Stay open to your feelings.
Soon the pain will be mixed with other colors.
You will be weaving a new tapestry.
Each strand of emotion adds richness.
Stay in the present moment.
Look to the past to fathom the future.
Keep one foot in the present
and the other in eternity.
I have children in both worlds.
I am attentive to each for their lessons.
We learn from our children.
They are our blessings.
By doing for our children
we are enriched by them.
It does not end when they leave this earth.
We understand not with our minds,
But with our hearts.

By Mariann Lindquist
In memory of her son, Joel
Reprinted from TCF No Shore/Boston
Shared by TCF Waterbury, CT

Gone But Never Forgotten

I so often still remember those painful words when we (you and I) were told that you weren't going to make it over the hump this time, your brave gesture of love as you extended your hand out of the bed and asked me in a faint whisper "Mom are you going to be alright?" "Sure" I answered and added "Shontia only Jehovah has the final say!" I looked into those beautiful brave brown eyes of yours and told you to get some rest and I'd see you later. I raced to my car with the tears streaming down my face thinking in my mind that I hope this is a horrible dream from which I am going to awaken.

Now even though it's been 5 years, I still remember everything as though it was yesterday. Your ambition, our struggles together as mother and daughter, and last but not least that beautiful wide, infectious smile of yours. My darling daughter if you were here, I would tell you that there are no words to express how very dear you were and WILL ALWAYS be to me. I know that the pain I feel over the loss of you will never go away until I can hold you in my arms again. My dearest daughter and firstborn, thank you for giving me 30 years of love, understanding, and joy. With each passing day I think of you and I know that all I am today is a direct result of watching your brave fight the last 7 years of your life. I will never ever stop loving, missing, and being so very proud to have been your mother.

Love,
Mom

**Cheryl Thompson, in loving memory of Shontia
TCF, Rochester New York**



Our loss is always with us...in some way or another.

In the devastation of early grief, it shrouds our life and shatters the normalcy of all we knew. I remember that time so well. How could emotional pain be so crippling and devastating? No matter how happy I am now or what I am doing in my life, that memory is within me. It comes to me sometimes frequently, sometimes when I read the words off a page, as I did this week.

As I read them I could so relate. It was my grief she was describing. That terrible fog where my brain wouldn't work and my head was heavy with lead.

"Sadness is a hive at the back of his head....." Lauren Groff

That was it, like a drone of bees in my head....perfect.

It will be there, our loss. Noticing. Influencing. Changing. Guiding. It might not hurt in the way it once did but it will forever stay as a great marker for us and how we view the world.

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

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Memories

The certain special memories
That follow me each day,
Cast your shadow in my life
In a certain way.

Sometimes the blowing wind
Or the lyrics of a song,
Make me stop and think of you
Sometimes all day long.

Memories are good to have
To share and keep in my heart,
Just knowing that you're still inside
Makes sure we'll never part.

**Collette Covington
TCF, Lake Charles LA**

Love Gifts

**Beverly Engel, in loving memory of Harriet Kantrowitz
Carl & Judy Levy, in loving memory of Eric Levy
Janet O'Conner, in loving memory of Daniel Martel
William & Donna Stultz, in loving memory of Rob Stultz**

**Support for the meetings in the month of May were donated by
Penny Ketchek, in loving memory of Alex Ketchek
Joe & Maureen Stuhler, in loving memory of Devin Kusse**

**Support of the meetings in the month of June were donated by
Barb & Jim VanValkenburgh, in loving memory of Michael VanValkenburgh
Pat Bradshaw, in loving memory of Laura Collins
Dave & Cathy Parkison, in loving memory of Evan Parkison**



Effective July 1, 2014 Mary Ann Dobbins will assume the co-leadership position currently held by Brenda Schmidt.

Mary Ann- you bring enormous amounts of caring and love to all our members, and your commitment to the group is very much appreciated. Perfect for co-leadership!

Brenda- many, many thanks for all your hard work over the past 4 years and for all you've done (and do!) for TCF. Our Chapter could not/would not be what it is today without your dedication and caring.

Truly – We do not walk alone.



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.

NEW Meeting Location:

Jewish Community Center

1200 Edgewood Avenue Rochester, NY

Meeting Days :

Tuesday the 8th & Tuesday the 22nd (July)

Tuesday the 12th & Tuesday the 26th (August)

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

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

Contacts:

Becky Price 585-346-2441

Mary Ann Dobbins

TCF Regional Coordinator:

Jacque 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
Alice Torres at alice3970@gmail.com**

See Brenda for TCF Bracelets (\$2.00) and Memorial votive candle holders (\$3.00)

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, 2014
Birthdays and Remembrance Days



Birthdays

<i>Timothy E. Hale</i>	<i>July 1</i>
<i>Juliana Jean LaMonica</i>	<i>July 1</i>
<i>Kimberly Holtz</i>	<i>July 4</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>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>Steven Laurence Britt</i>	<i>July 16</i>
<i>Isaac Courtney Towne</i>	<i>July 16</i>
<i>Peter Genga</i>	<i>July 18</i>
<i>Laura Catherine Mix</i>	<i>July 18</i>
<i>Jessica Lyndsey Frey</i>	<i>July 20</i>
<i>Mary Jo Palka</i>	<i>July 22</i>
<i>Joel Stuhler</i>	<i>July 28</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>Cameron Jack Vickers</i>	<i>July 8</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>Robert Joseph Kuitems</i>	<i>July 13</i>
<i>Joseph Steven Monroe</i>	<i>July 13</i>
<i>William F. Beyerbach II</i>	<i>July 15</i>
<i>Adam Richard Furstoss</i>	<i>July 15</i>
<i>Ryan James Frank</i>	<i>July 17</i>
<i>Michael Cucchiara</i>	<i>July 17</i>
<i>Evan G. Lawson</i>	<i>July 17</i>
<i>Christopher Robert Crawford</i>	<i>July 19</i>
<i>Aaron Michael Plunkett</i>	<i>July 20</i>
<i>Paul McManus, Jr.</i>	<i>July 21</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, 2014
Birthdays and Remembrance Days



Birthdays

<i>Jefferson Vitek</i>	<i>August 2</i>
<i>Ryan Brooks</i>	<i>August 2</i>
<i>Evan G. Lawson</i>	<i>August 4</i>
<i>Caroline Elizabeth Harber</i>	<i>August 4</i>
<i>Bryson Alexander Sparrin</i>	<i>August 7</i>
<i>Thomas Joseph Drasch</i>	<i>August 12</i>
<i>Jeffrey Michael Simon</i>	<i>August 14</i>
<i>Daniel G. Slater</i>	<i>August 14</i>
<i>Christopher Todd Allen</i>	<i>August 15</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>Jefferson Vitek</i>	<i>August 3</i>
<i>Reynold Armand</i>	<i>August 7</i>
<i>Eric Scott Levy</i>	<i>August 7</i>
<i>Theresa Ann Kohl</i>	<i>August 8</i>
<i>Pat Helen Klehr</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>Robert Anthony Yacono</i>	<i>August 15</i>
<i>Matt Loomis</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>Michael Hrycyna</i>	<i>August 22</i>
<i>Devin Donald Kusse</i>	<i>August 22</i>
<i>Brigid Alice Herlihy</i>	<i>August 22</i>
<i>Anna M. Kiner</i>	<i>August 24</i>
<i>Joel Ayite Ajavon</i>	<i>August 26</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>
<i>Jeffrey Louis Russ</i>	<i>August 31</i>



The Gate to Tomorrow

There is a gate that each of us has unknowingly passed through. This gate opens only one way.....once we have passed through this gate we cannot return to the other side. Each of us stepped through the gate at a different time and in a different way. This gate opens to the world of parents whose children have died; it is their gate to every tomorrow.

There is no other place that compares with life in this world beyond the gate; there is no sorrow like the sorrow inside the gate. The numbing pain and perpetual agony we experience when first stepping through this gate are so overwhelming that we often don't immediately realize that there will be no return. But we will never return to life before the gate.

The new world inside the gate is populated with friends who are strangers and strangers who are friends.

Our perspective on life has changed forever. Few of our friends from life before the gate will linger with us now; these people are now the strangers. Our pain is all encompassing; they have lives to live, things to do, plans to make, happiness to capture. We are no longer part of their picture. Rare is the friend who stands by us inside the gate....stands by us until one of us dies and leaves the world inside the gate.

The strangers who are now friends live inside the gate with us. Some have just come through the gate; others have been here a long, long time. But these strangers who are now friends share our experience; they understand our need to talk about our children, each life and each death. They applaud our tiny advances toward acceptance and serenity and peace. Although we can never go back to life before the gate, we now have our compassionate friends.....once strangers but now kindred souls who share our lives and our world.

Life will not be the same again, yet life can be good again. Inside the gate we will each find ourselves with the help of our compassionate friends. They listen carefully to stories about our child. They know our child's name better than they know our name. And that's how we want it to be....remember our children. Remember with us.

Annette Mennen Baldwin
In memory of my son, Todd Mennen
TCF, Katy, TX



Healing the Grieving Heart Web Radio Show Is A Special Tool For Parents

Gentle, calming voices stream through your computer speakers as you listen to the archived and live web radio shows that comprise the “Healing the Grieving Heart” series. Live shows are at 11:00 am on Thursdays. The archives are available 24 hours per day on the Compassionate Friends web site.

Dr. Gloria Horsley, a professional advisor to The Compassionate Friends national organization, is the host of this web radio show. Dr. Horsley, who lost her son in a vehicle accident, brings the professional insight and the unique experience of losing a child, to her broadcasts. Guests on her show are usually bereaved parents who have written books, or are professionals or active long time members of The Compassionate Friends. Each guest offers a unique perspective and helps to facilitate a distinctive flow of information and ideas.

The main message of this series is hope. While listening to the gentle voices of Dr. Horsley and the numerous guests and callers, I began to realize that losing a child changes us profoundly and forever, yet we will not stay in this darkest of places for the rest of our lives. We can and do move forward, not away, from the death of our child. We keep the memory and spirit of our child forever as a treasure within ourselves. We realize that life will never be the same, for our child is gone from our side. But we also realize that we will grow, become someone different, because of our loss and are destined to one day find a “new normal” with which we are at peace.

Archived shows can be found on the TCF web site: compassionatefriends.org. Once at the website, cursor down the left side of the page. You will find “Healing the Grieving Heart” link here. The link contains information about the show, the host and a list of shows that are archived so that you can listen to them over and over at your leisure.

Of all the tools that I have found, this one is surely one of the best. While I read a great deal, listen to various web radio broadcasts throughout the day while working, write from time to time about my emotions and the loss of my child and attend monthly TCF meetings, this medium brings a new dimension to my coping options. The “Healing the Grieving Heart” broadcasts present a stream of soft voiced parents who have rediscovered themselves following the death of a child. When I want or need to hear words of hope, I listen. Before this show debuted, if I was in a particularly bad place or seeking hope, there was little I could do at that very moment.....nothing could ease my emptiness or give me solace. This show offers what I need at the time that I need it. The professionals offer gentle suggestions for coping, moving forward, making a bad day a little better and so much more. I have listened to five of the archived shows and plan to listen to each one.

Archived shows from June 2005 through last week are available on The Compassionate Friends Web Site. (If you are a parent who has no web access, our chapter has purchased the series and you may check out shows and listen to them on a CD player.) This is an outreach of soothing voices, wise suggestions and experienced empathy that each of us should experience as we continue life without our precious children.

We know life will never be the same. But now we do have hope that one day life will become a little bit sweeter, a little bit brighter and little bit happier for ourselves and our compassionate friends.

**Annette Mennen Baldwin
In memory of my son, Todd Mennen
TCF, Katy, TX**