



The Compassionate Friends
Rochester Chapter
Supporting Family After a Child Dies

September / October 2014 www.tcfrochester.org

Summer's End

September's arrival

Means one more year without you.

Some days it seems, like just yesterday.

Other days it seems, like forever.

Our grief has dulled,

Not as sharp as before.

But it remains.

Our love has never lessened.

It remains strong and plentiful.

We send you our love,

along with our prayers.

Love,
Mom and Dad

George Carafos
TCF Rochester, New York
In loving memory of David George Carafos

(Your Last)

Approach each situation as if it's your last

Leave the impression you would want to be remembered by

It's so unfortunate the way we accumulate regret

Even over the most common everyday events

How many times have we walked away from a situation wishing we had been more assertive, more honest or handled it differently

Why do we avoid being the way we wish to be

What are we afraid of

Why is it so easy to see traits we admire in other people

But so hard to adopt them ourselves

So in the spirit that it will be your last chance

Approach each situation acting like the person you wish you were

And maybe

Over time

Before you may even realize it

You won't be acting anymore

by Jefferson Patrick Vitek
(Hand written on a sheet of paper, late teens/early 20's?)

Shared in loving memory by his parents,
Pat & Sue Vitek
TCF Rochester, New York

Thought for the Day

It is not easy returning to the world of normalcy when your world is so upside down. It is not easy to stop being a mother or father to your child that has died. The thought for the day is a word — **patience** — patience with yourself who suddenly and powerlessly has been thrown into this horrid nightmare; patience with your spouse who always seems to be having an up day when you are having a down day; patience with relatives and friends who wish to help but seem to hurt with hollow advice and logical words; and patience with time, for it takes time to adjust, and time can move so slowly. **PATIENCE!**

**Rose Moen
TCF Carmel-Indianapolis, IN**



Please Don't Tell Me

Don't:

Please don't tell me I'm richer for having had him. I am too busy being the poorer for having lost him. Please don't tell me there is a light at the end of the tunnel. What tunnel is that? My only tunnel vision is consumed with blackness right now.

Please don't tell me I'll understand it all one day. PROMISES. PROMISES. There's nothing like here and now explanations.

Please don't remind me he is in a better place. My maternal instincts have been grossly abused so that he can be there.

Please don't tell me Spring will come and birds will sing again. Right now, I only hear they're out of tune, and they jar my no longer musical ears.

Please don't bother to remind me I'll be reunited with him one day. My life is here and now and his face is conspicuously absent.

Please don't tell me things could be worse. I am saturated with the present bleak winter of my grief, and if there's worse than this, then STOP THE WORLD, I WANT TO GET OFF!

Do:

Remind me that if I can do but one small act of kindness, give one dot of comfort, be of value to just one other on this strife torn earth, then I can give no greater gift to my lost child.

TCF Green Co. Chapter, Paragould AR

COME SIT WITH ME

Come sit with me awhile and let me
hold your hand, I understand your
sorrow and know you need a friend.

I understand the pain that lies within your heart,
I have felt the silent screams that tear you all apart.

I know about the sleepless nights that last so very long,
I understand the emptiness when you hear that special song.

Come share with me your memories and let me be
your friend, you can cry, laugh or say nothing at all,
and I will understand.

Come sit with me my friend, I'll try to help you through.
I understand my friend, for I have been there too.

**Judy Peckinpaugh
TCF Inland Empire, CA**

Love Gifts

Ed Klehr, in loving memory of Patricia Helen Klehr
Stephen Kuitems, in loving memory of Robert Kuitems
Ronald & Joanne Mix, in loving memory of Laura & Paula Mix
Charles & Patricia Oster, in loving memory of Brian Charles Oster
Frederick & Mary Rupp, in loving memory of Eric L. Rupp
Joe & Maureen Stuhler, in loving memory of Devin Kusse & Joel Stuhler
Larry & Mae Wheeler, in loving memory of Wyatt Zuber
Elaine Wilson, in loving memory of Keith Martin Wilson

Support for the meetings in the month of July were donated by
Barb Silverstein, in loving memory of Karen D'Amico
Joe & Maureen Stuhler, in loving memory of Joel Stuhler

Support of the meetings in the month of August were donated by
Pat & Sue Vitek, in loving memory of Jeff Vitek
Alice Torres, in loving memory of Ricardo "Ricky" Bernabeu, Jr.



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 9th & Tuesday the 23rd (September)

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

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 585-872-0566

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 C/O 6227 Furnace Road Ontario, NY 14519

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

Remembering Cathy...



On Friday October 21st, 2011, Catherine Spoto passed away. On that day, The Compassionate Friends of Rochester lost a very dear friend and mentor. She was the central core that had helped us to grieve and grow. She was always supportive, caring and compassionate.

We believe that Cathy is now sharing her gifts with all our children.

Songs Can Have So Many Meanings

George Carafos, In Loving Memory of David George Carafos

TCF Rochester, New York

How things changed when you died, David.
Music is one of those things. Music I never heard before, that I listen to now.
Song lyrics can have so many meanings. How different now, than before you were gone.
So many artists seem to know how I feel.



Mariah Carey was your favorite, and when
I listen to some of her songs, they play with my heart strings, and my emotions.
One Sweet Day, is a song where Mariah sings of how we'll meet again, see you again.
I have faith and believe that we WILL meet again.
I look forward to the time when I see you again, David.
Her lyrics talk about all of the things she would have said, if she knew....
That is so true, your death came suddenly.

Did I say I love you enough?
Did I say how proud I was, and am of the man you were?

I hope you know.

Alan Pederson's lyrics are of a father that lost his daughter, a parent, like so many others.
A parent that had to say good bye too early.
They make me think of you, miss you, and know it is okay to talk to you the way I do.
Alan writes from the heart,... a broken heart like mine.
Like so many others' hearts, broken, not whole, without their child.

More and more songs bring tears and emotions to the surface.
Old ones you listened to, and new ones that other parents have shared.
Shared because it helps to share our thoughts, memories, and feelings with each other.
Share our tears and hugs helping each other.

Plumb's song IN My Arms hits so close to home. She sings of baby blue eyes, curly hair, and a contagious smile...sound familiar, just look at your reflection.

I tear up each and every time it plays.

Somewhere Over The Rainbow is another song, that I have come to like, and it helps to think of meeting up with you again.

My favorite version is Izzy Kamakawiwoole's. He plays a ukulele and sings it so nice.
In searching for more of his music, I discovered he died young, also.

Is that why I am drawn to his music?
Is my loss of a son bringing me to his music, a son that also is in Heaven.
His music awakens feelings, and memories.

David there are so many songs, so many things that bring fond memories to mind, as well as they express my fears, my emotions, and my love for you.

Colleen McMahon sings a song called Beautiful Boy.

Singing of her tears, after a loss.

Yep I like that one too, because it can express how it was, almost 10 years ago.

I miss you David, and I will love you forever, and know we will meet again

One Sweet day, Over the Rainbow, when I climb The Stairway to Heaven.

(yep even Led Zepplin)

Until then David, know that I will love you forever, Dad





Our Children Remembered

September 2014

Birthdays and Remembrance Days

Birthdays

<i>Amanda Kate Fagan</i>	<i>September 2</i>
<i>Brian Nathaniel Vitale</i>	<i>September 4</i>
<i>Brian Keith Nelson</i>	<i>September 7</i>
<i>Carrie Jean Kubarycz</i>	<i>September 8</i>
<i>Michael B. Coons</i>	<i>September 12</i>
<i>Peter R. Loewenguth</i>	<i>September 13</i>
<i>Rolf Gerard Hallinan</i>	<i>September 13</i>
<i>Steven John Fantozzi</i>	<i>September 14</i>
<i>Matthew Gabe Fogarassy</i>	<i>September 14</i>
<i>Douglas M. Slocum</i>	<i>September 18</i>
<i>Lauren Marie Vassello</i>	<i>September 22</i>
<i>Lydia Jeanne Allore</i>	<i>September 25</i>
<i>Paul McManus Jr.</i>	<i>September 26</i>

Remembrance Days

<i>David James Cassell</i>	<i>September 1</i>
<i>Abbagail Leigh Buzard</i>	<i>September 4</i>
<i>Joey Giardina</i>	<i>September 5</i>
<i>Noel Dorothy</i>	<i>September 5</i>
<i>Debra Colleen Willmes</i>	<i>September 6</i>
<i>Jill Elizabeth Sittner</i>	<i>September 6</i>
<i>David George Carafos</i>	<i>September 7</i>
<i>Mary Jo Palka</i>	<i>September 10</i>
<i>Justin Adam Rifenberg</i>	<i>September 14</i>
<i>Rachael Marie Toombs-Lassiter</i>	<i>September 15</i>
<i>Mark F. Buckenmeyer</i>	<i>September 17</i>
<i>Joshua Daniel Price</i>	<i>September 18</i>
<i>Christopher Lynn Salisbury</i>	<i>September 18</i>
<i>Daniel Francis Colangelo</i>	<i>September 18</i>
<i>Brian Charles Oster</i>	<i>September 21</i>
<i>Jeffrey Paul Anderson</i>	<i>September 22</i>
<i>Clarence L. Ross, II</i>	<i>September 22</i>
<i>Kristy Lynn Marmo</i>	<i>September 24</i>
<i>Paula Christina Perez</i>	<i>September 24</i>
<i>Isaac Courtney Towne</i>	<i>September 26</i>





Our Children Remembered
October 2014
Birthdays and Remembrance Days

Birthdays

<i>Jeffrey Paul Anderson</i>	<i>October 2</i>
<i>Jill Elizabeth Sittner</i>	<i>October 4</i>
<i>Zackary Monroe McCarthy</i>	<i>October 5</i>
<i>Colleen Josephine Dobbins</i>	<i>October 5</i>
<i>Keith Martin Wilson</i>	<i>October 7</i>
<i>Gretchen Macintyre Snedeker</i>	<i>October 7</i>
<i>Jason S. Grizzanto</i>	<i>October 8</i>
<i>Keith R. Lewis</i>	<i>October 14</i>
<i>Jay Alan Starman</i>	<i>October 14</i>
<i>Duane Alfonso Lopez</i>	<i>October 15</i>
<i>Aaron R. Vogel</i>	<i>October 16</i>
<i>William Peter Cook</i>	<i>October 19</i>
<i>Daniel Francis Colangelo</i>	<i>October 19</i>
<i>John M. Driscoll</i>	<i>October 24</i>
<i>Seth Daniel Bachman</i>	<i>October 26</i>
<i>Kelly Lynne Forrest</i>	<i>October 29</i>
<i>Kurt William Simmons</i>	<i>October 30</i>

Remembrance Days

<i>Patrick D. Cooley</i>	<i>October 2</i>
<i>Thomas Joseph Drasch</i>	<i>October 3</i>
<i>Chris E. Saunders Jr.</i>	<i>October 4</i>
<i>Peter R. Loewenguth</i>	<i>October 5</i>
<i>Zachary J. Mariner</i>	<i>October 8</i>
<i>Daniel G. Slater</i>	<i>October 9</i>
<i>Brandon Loyd Campbell</i>	<i>October 13</i>
<i>Sabrina L. Joy</i>	<i>October 16</i>
<i>Duane Alfonso Lopez</i>	<i>October 20</i>
<i>Matthew James Straton</i>	<i>October 29</i>
<i>Seth Daniel Bachman</i>	<i>October 30</i>
<i>Michael Richard Freitas</i>	<i>October 31</i>

