



For the New Year

Where there is pain,
 Let there be softening.

Where there is bitterness,
 Let there be acceptance.

Where there is silence,
 Let there be communication.

Where there is loneliness,
 Let there be friendships.

Where there is despair,
 Let there be hope.

Ruth Eiseman
TCF, Louisville KY

To Start a New Year

If I can concentrate on the
 moral and spiritual side of
 the holidays

I can make it through

If I can absorb the love and
 warmth that was the
 beginning

I can give love back

If I can share the grief and
 love that is in me
 through these holidays
 I can start a new year.

Tom Spray
TCF, Ventura CA

(This is a Sibling Story)

It's a Family Affair

When a child dies, grief is a family affair. It hits mom, dad, and siblings with equal despair. Mom cries and cannot get out of bed. Dad holds in emotions and leaves much unsaid. Sister and Brother simply cannot understand why death came and dealt this kind of hand. No one acts as they should and nothing is the same. The family wants to draw together but seems to only share pain. Someone must be responsible when a child dies. Each family member thinks in some way it's them, and cries.

But no one is responsible for things we cannot control. So reach out to each other and keep the family whole.

Don't let the differences in how each grieve change the love in your family or its belief. Be strong when you can and weak when you must, and love each other with kindness and trust. So treat the family with love and you will survive. For we who have been there and made it through together can say that holding on to each other makes love last forever.



Jackie Roxen
TCF, Broward FL

Winter Memories

The days are getting colder,
and the first snow's not too far off.

It used to be so pretty
gently falling from aloft.

But the snow won't be as pretty,
as it gathers on the ground,
'cause there'll be a snowman missing,
my son is not around.

The playing children's laughter,
used to be a special song,
but this year will be different,
without my son to sing along.

The song has lost its music,
and it'll be just another day,
as I gaze down from my window
and watch the children play.

But the snow will again be pretty,
in a far off distant time,
and we'll build snowmen together
and we'll never look behind.

For now, I'll remain with memories,
and the melting snow will fade,
but he builds snowmen to his heart's content,
because he now lives where snow is made.

Jeremiah Sundown
TCF, Nashville TN



Marcia Alig
TCF, Mercer Area Chapter NJ

WHERE DO I GO?

Now that you're gone, where do I go

to see your fair smile
to hear your tingling giggle
to smell your dank hair after a swim
to listen to your questions
to touch your gentle cheek
to feel your bear hug?

Where do I go

to share all my years of wisdom
to find someone who'll tell me truth
to answer the phone that won't ring
to tell you I'm sorry
to know that I am loved and
to pour out my love and my tears?

I shall go

to the pictures that hold you forever
to the books we shared
to the music you taught me to love
to the woods we explored as one
to the memories that never fail
to the innermost reaches of my heart
to where we are always together.

The Magic Light of Day

Often, when I think of you it's in the morning light. Or other times, I find that it is in the soft twilight. Somehow in those early hours or in the dusk of day – I feel our connection soundly, from your place so far away.

There's something very special about soft and dim sunlight that lets me know you're by my side and everything's alright. Not many would believe it's true, for heaven is far away. But all I know is – there you are, with me every day. You walk with me and comfort me, and somehow let me know. You'll guide the way along my life and meet me when I go.

Kathie Winkler
TCF, Middleburg Heights OH

Valentine's In Heaven

Are there Valentines in Heaven?
 Are there Red Hearts everywhere?
 Do they line the golden streets,
 Or is that very rare?
 I wish that I could send you one,
 Right through Heaven's Gate,
 To say how much we miss you,
 On this special date.
 I'd like to send a Candy Heart,
 That is printed, "I Luv U,"
 And maybe you would whisper back,
 "I know, I Luv U too".

Marilyn Rollins
TCF, Lake-Porter IN
For All Our Children

The Dream

In my dream
 your small hands
 cradled my cheeks.
 You looked into my eyes
 and your sweet voice
 whispered the words I needed to hear.
 "Mommy loves me"
 you said.
 Mommy loves you
 More than words can ever convey.

Maria Kubitz
TCF, Contra Costa County CA
In Memory of Margareta Sol Kubitz

A Love Song

The mention of my child's name may bring tears to my eyes.
 But it never fails to bring music to my ears.
 If you are really my friend, Please, don't keep me from hearing the
 Beautiful music of his name.
 It soothes my broken heart and fills my soul with love.

Nancy Williams
TCF, New Jersey

**Love Gifts**

Support for the meetings in the month of November were donated by
Janet O'Connor, in loving memory of son Daniel Martel
Pat Loomis, in loving memory of son Matt Loomis

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.



I Can See You

I can see you when a friend visits your grave,
 I can see you when I hear your favorite music,
 I can see you when your dog howls as you taught him,
 I can see you when the stars shine brightly.
 I see you in my mind's image when the summer rain cools the desert brush,
 When spring buds emerge with new growth,
 When winter chills the air,
 When I see young lovers look into each other's eyes and make promises, have goals and dreams.
 In my intense pain, I hear you whisper, "I'm OK".

I cannot see you when others are uncomfortable with me,
 When I can't even mention the anniversary of your death,
 When someone unwittingly said I have two children and
 I wanted to scream that I have three, now and always.
 Please be kind and allow me to see him in my own way,
 because he exists in my world and I see him when you let me.

Cindy Nevins
TCF, Tuscon Chapter AZ

NEW Meeting Location:

Jewish Community Center

1200 Edgewood Avenue Rochester, NY

Meeting Days :

Tuesday the 13th & Tuesday the 27th (January)

Tuesday the 10th & Tuesday the 24th (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, 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

Our Children Remembered
January
Birthdays and Remembrance Days



Birth

Alex R. Ketchek	January	8
Daniel P. Nartel	January	21
David George Carafos	January	24
Laura Collins	January	25
Patricia Helen Klehr	January	30
Joshua Daniel Price	January	30

Remembrance

Shawn Patrick Viola	January	1
Thomas William Costello	January	11
Adam V. Marano	January	18
Laura Catherine Mix	January	25



Our Children Remembered
February
Birthdays and Remembrance Days



Birth

Greg Paul Crawford	February	10
Jillian Kristine Boda	February	12
Andrew Richard Primerano	February	12
Scott David Swanson	February	13
Molly Katherine Thomas	February	14
Jaden Michael Fournier	February	16
Amy Marie Iwasko	February	19
Nicholas Jay Kovaleski	February	27
Katie L. Piccone	February	27

Remembrance

Karen Jill. D'Amico	February	4
Ricardo Bernabeu, Jr.	February	6
Curt AJ Hall	February	10
Timothy E. Hale	February	12
Brian Keith Nelson	February	13
Conor LeVan Driscoll	February	16
Grant Matthew Lintala	February	17
Caroline Elizabeth Harber	February	17
Mark P. Metzger	February	18
Lisa Ann Rupp	February	20
Kimberly Susan Fitzsimmons	February	23

