



The Compassionate Friends
Rochester Chapter
Supporting Family After a Child Dies

July / August www.tcfrochester.org



When The Tempest Comes To Call

*"Sunny days seem to hurt the most" says that Kenny Chesney song,
It did not make much sense to me, the words just seemed all wrong,
For sunny days should mean renewal, a time of constant growth,
But on the first warm sunny day this spring I learned that they
can be both,*

*I jumped into the car that day and the feelings rushed right in,
Like the winds before a storm that is about to begin,
My lungs expanded fully and felt near to burst,
As the feelings came upon me and I was then immersed,*

*In a replay in my mind of that fateful summers day,
When you, my son, were suddenly taken away,
Plucked from this earth by God's divine power,
Like a child in a field picking their most beautiful, favorite flower,*

*My breath caught as I thought of the last time that I saw you,
I told you I understood... that I love you and that I'd see you later
too,
But little did I know that later would be so far down the road,
At the end of my own journey through which the river of time has
flowed,*

*My heart jackhammered away feeling near tore to sunder,
Like the undulating peels of a rainstorm's rolling thunder,
My eyes filled with tears as all memories of you came,
Forever stuck to the walls of my mind... all perfectly picture-
framed,*

*I guess it took only a single minute or maybe it was two,
For that storm to crash into me and then move entirely through,
But it could have been forever for it hit me with such force
And threatened to throw me from my path and wildly off-course,*

*Beginning with the calm... followed by wind, clouds and rain,
Intermixed with thunder, lightning and of course a primal
pain,
And after that chaotic minute or two had finally passed,
The calm returned once more and I could breathe again at last,*

*I wiped my hand across my eyes and put the car in gear to
leave,
My compass temporarily restored from the tangled web fate
weaves,
Prepared to drive down the road and upon my face feel life's
exhilarating breeze,
Until the next time the dark clouds come to roil my hearts'
healing seas,*

*Every day I miss you more Brandon than any day in the past,
Which can make even the sunny days seem a little overcast,
But I am prepared to face them with family and friends... one
and all,
For we help each other through those days When The Tempest
Comes To Call!*

Jim Lass, Sr.
In loving memory of son, Brandon Lass
TCF, Rochester NY



Another Day

Another day, another play
This role assigned to me
I walk, I talk, I live my life
But they don't really see

I'm pretty good at hiding things
My emotions are at bay
No one seems to worry much
About what I do or say

But if they only knew the pain
Of each and every breath
The endless days, the sleepless nights
The constant restlessness

Maybe in my shoes just walk a mile
They would start to understand
The sheer determination
That each new day demands

I make sure to put my game face on
And go about the day
Hoping nothings tips the balance
Of my very fragile state

So if you catch me with a look
That seems so far away
Yesterday calls me back to it
Where sweeter memories lay

Pretend with me, don't let me down
Just play this game with me
It's easier for me to lie
If you don't really see

So for now, please try and understand
My efforts to conceal
I walk, I talk, I live my life
But some wounds will never heal

**From the Poems and Prose of Deborah Streb
In loving memory of son, Adam Marano
TCF, Rochester NY**

DEPRESSED

Depressed, under the weather, just not right, in
the dumps, and many more.

There are so many words and ways to
describe how I feel.
None can fully describe it, though.
Losing you, knocked me "off kilter", and 10
years later, I'm still off.

How can people think the lost empty
feelings go away, and are replaced with happy
and merry ones?

Days come and go, some go alright, some
not so good. Each day goes it's own path.
I can try to direct it, and some days it goes that
way.

BUT Grief is at the master controls.

When Grief steers me in one
direction....that's the way the day goes.
Bad or better, I have to go with the flow.
Oh yeah, I can put on a mask, and not let
everyone know, BUT I know.

**My Heart always knows.
Love you forever David
Dad**

**George Carafos
In loving memory of son, David Carafos
TCF, Rochester NY**



A Sibling's Feelings

The pain of a sibling is so real we sometimes hide it deep inside of ourselves. As we watch our parents hurting we see the pain in their eyes. We are also hurting not only for the loss of our brother or sister but also for our own parents. We need to reach out to each other to let each other know we are hurting inside.

Our lives have all changed forever. I know they lost a son but I lost my younger brother I loved, and as siblings we share a special bond that will never have anymore for he no longer lives... my brother, my friend.

I will always miss you and I will never forget you for you will always live in my heart, and I have wonderful memories no one can take away from me. In my heart you will stay, love you forever ~

Marie Porreca
TCF, Rockland County NY



Angels Among Us

Our Angels are among us
We see them everyday
In all the forms that God created...
They are with us along life's way.

We see them in the sunrise,
That brightens and warms our soul.
We feel them in the summer breeze
That chases away our cold.

They are there among the flowers...
Their sweet scent a memory of love.
They soar with the eagles,
As they fly so high above.

As the snow melts with the sun,
And spring flowers peek through their beds,
They come on the wings of butterflies,
And flutter about our heads.

They are telling us they are with us,
And will be forever more...
Until it's time for us to meet again,
As we pass through heaven's door.

TCF National
Jacquelyn M. Comeaux
Copyright 2001, Reprinted by permission of author

Memories

Time can never erase,
The memory of your face;
Nor the passage of the years,
Stem the volume of my tears.

You are with me for always,
In my heart throughout all days;
Then in my dreams nightly,
Your star shines ever so brightly.

I want your spirit to remain,
Inside of me, despite the pain.
To forget you would be a curse,
Because no memories would be much worse.

You were born a part of me,
Now you live within the heart of me;
Forever precious, forever young,
My beautiful, darling little ones.

TCF National

Jacquelyn M. Comeaux

**In memory of my angels ~ Michelle, Jerry, and Danny
Copyright 1999, Reprinted by permission of author**

Silent Stories

Somehow they press against the window pane of
your mind.

Tales of wanting
Tales of longing
Tales of grief.

A drumbeat,
Heartbeat,
Call out loss.

But

We remember.

But

We still love.

We will not be silent
We will speak their names,

Always,

We will love them,
Forever.

**Melissa Anne Schroeter
TCF, Rockland County NY**

**Forgive Me**

There's a hole where my heart used to be.

When I smile at you and say I'm okay,
Forgive me

I know you want to help me but I turn you away,
Forgive me

I show no interest, nor do I seem to care,
Forgive me

For there's an emptiness now where my heart used to be.

**Alannah McGregor, TCF Victoria AU
In Memory of my daughter and son, Angela and Stuart**

Love Gifts

Carl & Judy Levy, in loving honor of Eric's 20th Birthday

Kathleen Lynd, in loving memory of son Kevin Patrick

Kathleen Lynd, in loving memory of her friend's grandson Seth Tilton-Fogg

Joanne & Ronald Mix, in loving memory of daughter Paula Mix Spanganberg, on what would have been her 42nd birthday ~ April 20, 2015

Alice Torres, in loving memory of son Ricky Bernabeu, Jr.

Support for the meeting in the month of May were donated by

Tom Specht, in loving memory of daughter Laura Specht Monte

Support for the meeting in the month of June were donated by

Philip & Myra DeFranco, in loving memory of son Philip John DeFranco



To all who donated to our TCF Chapter in memory of Sheldon Silverstein
(Barbara Silverstein's husband) ...

Your donations were used for a special program for our chapter. On May 26, 2015,
Bart Sumner brought his "Healing Improv" program to share with our group.

Thank you all for helping to make this possible ...

the program was extremely worthwhile for everyone who attended,

Becky

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.

July 14, 2015 Our 1st meeting at our new location ~ First Unitarian Church, 220 Winton Road South, Rochester, New York

We want to share this support group information:

Face 2 Face Friendship Group -Rochester, NY

Providing support & hope to families coping with miscarriage, stillbirth, & infant loss

Leaders: Stephanie Brown, Melissa Ippolito, Jenn Rose Stremich

For more information:

585-454-9299

F2FRochestrer@gmail.com

<http://www.face2facerochester.com>

[facebook.com/Face2FaceRochesterNY](https://www.facebook.com/Face2FaceRochesterNY)



NEW Meeting Location:

**First Unitarian Church, 220 Winton Road South
Rochester, New York**

Meeting Days :

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

Tuesday the 11th & Tuesday the 25th (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 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**

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
Birthdays and Remembrance Days



Birth

| | | |
|------------------------|------|----|
| Timothy E. Hale | July | 1 |
| Juliana Jean LaMonica | July | 1 |
| Wyatt William Zuber | July | 4 |
| Zachary Lawrence Yates | July | 4 |
| Kendra Marie Nelson | July | 10 |
| Graham Wilson Smith | July | 12 |
| Joseph Steven Monroe | July | 13 |
| Karen Jill. D'Amico | July | 14 |
| Steven L. Britt | July | 16 |
| Laura Catherine Mix | July | 18 |
| Mary Jo Palka | July | 22 |
| Joel C. Stuhler | July | 28 |

Remembrance

| | | |
|-----------------------------|------|----|
| Juliana Jean LaMonica | July | 5 |
| William Peter Cook | July | 6 |
| Cameron Jack Vickers | July | 8 |
| Keith Martin Wilson | July | 11 |
| Joseph Steven Monroe | July | 13 |
| Robert Joseph Kuitems | July | 13 |
| William F. Beyerbach II | July | 15 |
| Michael Cucchiara | July | 17 |
| Ryan James Frank | July | 17 |
| Christopher Robert Crawford | July | 19 |
| Aaron Michael Plunkett | July | 20 |
| Paul McManus Jr. | July | 21 |
| Michael Matthew Brown | July | 27 |
| Scott David Swanson | July | 28 |



Our Children Remembered
August 2015
Birthdays and Remembrance Days



Birth

| | | |
|---------------------------|--------|----|
| Jefferson Patrick Vitek | August | 2 |
| Caroline Elizabeth Harber | August | 4 |
| Mathew A. Stewart | August | 4 |
| Thomas Joseph Drasch | August | 12 |
| Jeffrey Michael Simon | August | 14 |
| Ricardo Bernabeu, Jr. | August | 26 |
| Tristan Foley Hanna | August | 28 |
| Matthew Brian Rezsnyak | August | 30 |

Remembrance

| | | |
|-------------------------|--------|----|
| Jefferson Patrick Vitek | August | 3 |
| Eric Scott Levy | August | 7 |
| Reynold Armand | August | 7 |
| Theresa Ann Kohl | August | 8 |
| Patricia Helen Klehr | August | 8 |
| Mathew A. Stewart | August | 9 |
| Eric Lorine Rupp | August | 11 |
| Matthew R. Loomis | August | 15 |
| Justin D. King-DeSalvo | August | 16 |
| Jeffrey Michael Simon | August | 16 |
| Brandon Alexander Lass | August | 17 |
| Philip John DeFranco II | August | 22 |
| Devin Donald Kusse | August | 22 |
| Joel Ayite Ajavon | August | 26 |
| Wyatt William Zuber | August | 29 |
| Jeffrey Louis Russ | August | 31 |

