



The Compassionate Friends
Rochester Chapter
Supporting Family After a Child Dies

March / April 2015 www.tcfrochester.org



Fix It?

Parents are taught to fix things.
Parents fix toys, bikes, cuts, and bruises.
Some times with success, some times not.
So many things parents are able to fix.
So many things I would like to fix.
Fix you, so you didn't pass away.
Fix other children, so they could live long long lives.
Fix the holes in parent's hearts and lives after their
child passes away.
But this type of grief is not fixable.
Parents will stay broken ... broken forever.
Their lives, like mine, filled with grief, and loss.
Emptiness where happiness once was.
Missing loves ones, forever.
So many all broken.
Too many.
All wishing they could have fixed their loved one.
All wishing not to have this pain.
All missing and loving their child forever.
Their child forever in their heart,
Like my son ... Forever in my heart.
I miss you, and will always love you, David.

Dad

George Carafos
TCF, Rochester NY

Seasons Of The Heart

Your special days are unchanging
Seasons of the heart I celebrate.
Your birth, forever spring,
Tender memories relate,
New and green, a dream
From which too soon I awake.

The summer of your life was bright
Laughter needed no reason,
Seemingly endless days of sharing.
Sixteen summers. Short in season.

Your death brought winter without warning,
What sense in all this can be found?
Summer dreams replaced with mourning.
Where is hope now?

But the heart knows what
The mind cannot accept
That when all is lost,
It is love that is left.
Love knows no barriers
Time or distance recognize.
Love does not diminish,
But is constant in our lives.
And like a summer breeze
Uplifts and inspires us
With healing memories.

Peggy Walls
TCF, Alexander City AL
In Memory of my son, Eddie



I Never Believed...

I never believed I would see another season change with gladness. I never believed I would see the world again without the haze of tears. I never expected to actually laugh again. I never felt my smile would return and feel natural on my face. I never hoped for another day when I would not want to die. I never envisioned a world that could again be bright and full of promise. I believed that all that had passed from me the day he died and went away, never to return. But I was wrong, and I know that in the fullness of your grieving, you too will come to understand that life goes on ... that it can still have meaning ... that even joy can touch your life once more.

**Don Hackett
TCF, Hingham MA**



For the Newly Bereaved

We welcome you, we are sorry for the cause that brings you to us and we know how devastated you are. We have all been there. Nothing is required of you and there are no dues or fees. You need not speak a word or you can share. Attending your first meeting does take courage, but our members who attend find a comforting network of support, friendship and understanding that only friends who have “been there” can give. Based on our experiences, we suggest you attend three or four meetings before evaluating the benefit of the group to you. Just come, be as comfortable as you can and let us walk with you.

Meetings are a place to talk about your child, a place to remember the joys of their life and the pain and struggle of living without them. It is a place to meet other parents who have in fact survived what may seem impossible to you right now.

Meetings are not “the answer”. Grief is not a problem to be solved and meetings are not “pity parties”, although there are tears and sadness, but there is also hope.

Meetings do not bring about closure. You close on a house, not the death of a child.

May you find your own peaceful resolution to fit your individual needs for coping with special dates which are painful after losing your child. We are here to help.

**Janet G. Reyes
TCF, Alamo Area Chapter TX**

At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.

~Albert Schweitzer~

Reflections

With the death of my sister came some painful realizations: that life isn't always fair or predictable; that sometimes even my best still isn't good enough; and that from the day of her death, the happy events in my life would always be tinged with sadness.

Despite the pain and loss, death has also left me with some valuable lessons and precious gifts. As a result of my sister's death, I have a greater appreciation of life and a greater compassion for those who hurt. I have learned to be a survivor and to have a successful career and productive life in the face of tremendous grief and loss. I have been gifted with good friends and special people to help me through the rough times. But most of all, I have been given the gift of time ~ time to heal and time to replace those painful memories of death with priceless memories of my sister's life.

Cathy Schanberger
from **This Healing Journey ~ An Anthology for Bereaved Siblings**
The Compassionate Friends

What I Need

A lot of time!
A little space.
A kind of quiet
Resting place,
At times like these
a special spot
where I can grieve.



Beth Pinion
TCF, Andalusia AL

Love Gifts

Carol Ann Britt, in loving memory of son Steven Britt
Pat & Sue Vitek, in loving memory of son Jeff Vitek

Support for the meetings in the month of January were donated by
Becky Price, in loving memory of son Joshua Price



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.

Upcoming Events: Annual Balloon Release, June 9, 2015 at our JCC location. Details to follow.

I Remember



Dear One,

I greet you every morning
As I arise and look at your picture,
... and remember.
I see you every day
As I look at the field we walked,
... and remember
I hold you every year
In my heart on your birthday
...and remember.

I grieve for you always
As the years come and go,
... and remember.
I hope to be with you again
As I pass into eternity,
... and rejoice.

Jean Fisk
TCF, Contra Costa County CA
In Memory of my son, Barry

NEW Meeting Location:

Jewish Community Center
1200 Edgewood Avenue Rochester, NY

Meeting Days :

Tuesday the 10th & Tuesday the 24th (March)

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

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



Our Children Remembered
March 2015
Birthdays and Remembrance Days



Birthdays

Paul L. Valint III	March	3
Chris E. Saunders Jr.	March	3
Evan James Parkison	March	5
Kimberly Susan Fitzsimmons	March	7
Shontia Charnelle Slade	March	8
Aaron Michael Plunkett	March	11
Robert Joseph Kuitems	March	16
Greta Elinor Lindboom	March	21
Jason Dobrowski	March	26
Lauren Paige Olander	March	28
Devin Donald Kusse	March	30

Remembrance Days

Michael David Mueller	March	5
Paula Mix Spanganberg	March	10
Michael B. Coons	March	11
Carrie Jean Kubarycz	March	11
Andrew Clay Parkhurst	March	12
Katie L. Piccone	March	15
Molly Katherine Thomas	March	18
Shontia Charnelle Slade	March	23
Kevin Patrick Lynd	March	24
Colleen Josephine Dobbins	March	24
Zackary Monroe McCarthy	March	24
Jillian Kristine Boda	March	28
Evan James Parkison	March	28





Our Children Remembered
April 2015
Birthdays and Remembrance Days



Birthdays

Alvin Metcalf, Jr.	April	1
Laura Beth Specht Monte	April	2
Kevin Patrick Lynd	April	8
Eric Lorine Rupp	April	9
Stephanie Anne Oliva	April	9
Nate Riley	April	10
Theresa Ann Kohl	April	11
Cameron Jack Vickers	April	15
Lisa Jean Voltz	April	15
Eric Scott Levy	April	18
Paula Mix Spanganberg	April	20
Daniel P. Fellegara	April	30

Remembrance Days

Shaun Michael Bohrer	April	12
Kelly Lynne Forrest	April	19
Daniel P. Fellegara	April	29
Daniel P. Martel	April	29
Alvin Metcalf, Jr.	April	30

