



The Compassionate Friends
Rochester Chapter
Supporting Family After a Child Dies

May / June 2015 www.tcfrochester.org



These Six Months Gone

*Can it be only six months since you drove away,
On that bright and sunny summers day,
With your best friend in tow right by your side,
And a smile on your face that seemed ten miles wide,*

*We took for granted that we would see each other again,
At least in this physical world of man,
You were taken from us... a young life drawn closed,
"That's not what should happen" everyone supposed,*

*Yet it has and here we are six months later,
The pain of your loss no less... only greater,
We function each day doing what we must do,
For there's much to be done although our lives seem askew,*

*We attend the school functions and basketball games,
To support your classmates... your friends and to fan those
competitive flames,
You'd be so proud of what Prattsburgh has done thus far,
But I know that you've seen their accomplishments from afar,*

*We go... we support... we roar and we cheer,
And some of those times we even shed a tear,
For you should be out there on that hardwood floor,
Adding your feats to the Vikings lore,*

*And that's what it has been these six months gone by,
Each day a rollercoaster... high to low... low to high,
We fill our days with thoughts and actions to get us through,
But our nights are much harder as our thoughts turn to you,*

*The saying goes "what doesn't kill you makes you stronger",
Not sure if I believe that any longer,
I put on a brave face for the whole world to see,
But that doesn't show what goes on deep within me,*

*No matter how scarred and bruised my heart has become,
Those scars can't cover the hole or take away the numb,
I try to carry myself in an easygoing way... wearing a
trouble-free smile,
So that perhaps I can ease another's pain for awhile,*

*I miss you each day and say good night each night,
And imagine you at our bedside backed by heavenly light,
I take solace in that I will someday be with you my son,
When my time on this earth is all said and done,*

*I am grateful for each day that I have that the good Lord
has blessed,
And for all the memories of you and the love that burns in
my chest,
For I have you with me every day, week and year,
To help me watch over those we hold most dear,*

*Your mom, sisters and brother... the whole family extended,
We might be imperfect at times but when it comes to love
we have never pretended,
We've gotten through these times through a tough family
bond,
And will continue to do so the next six months and beyond!*

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



"Mullmoments"

Show me a place where my son has stood
 A place where sunshine and raindrops can share
 Show me a meadow
 A forest
 A pond
 ...And I'll remember his shadow cast there

Find me a place where my son has stood
 A place where laughter and friends are not rare
 Find me a hawk
 A heron
 A sparrow
 ...And I'll remember his shadow cast there



Show me a place where my son has stood
 A place we both went to feel wind in our hair
 Show me a blue sky
 A white cloud
 A dew drop
 ...And I'll stand in his shadow cast there

By Rick Bradshaw

(written for a friend on the loss of a son)

Shared by Pat Bradshaw, in loving memory of daughter Laura Collins

TCF, Rochester NY

Father's Day

So David, according to all the marketing, children are supposed to buy, buy, BUY for their father. You didn't do that, but I saw the gifts at Letchworth. (Fathers Day 2014)

The rain stopping as we got there, so we didn't have to set up in the rain. Keeping us dry all weekend. Yep ...what a surprise ...Me camping and no rain!

(Laugh it up, you and the others!)

The wild life sightings, were from you, also I am guessing. We have never seen all the wild life we saw this weekend. A raccoon falling out of the dumpster, 3-4 deer, 2 fox, and then the turkey vultures, but also 1 hawk.

Flying solo, making me think of you, a hawk always does.

Sharing their grace, beauty, and of course the beautiful park.

Missed not seeing a rainbow at the falls, although we did find 2 walking sticks, which we'll add to your garden.



Found one at St. Helena's and the other at the Lower falls. Both places we all used to go.

I went fishing at the trout pond, didn't catch a thing, haven't since you passed.

You were always the better fisherman. Had a Labatt's Light for / with you.

We missed your conversation, your laugh, and your company during the walks, camp fires, and the card games.

We continue to visit many of the places the three of us used to visit. Sometimes it is hard and brings tears, other times smiles, with wonderful memories of you.

The time keeps passing...minutes, hours, days, and we keep missing you, and loving you.

Ten years without you here is coming...

What would you be doing?

What would our lives be like?

Would you be a father...? I think so

HAPPY FATHER'S DAY DAVE.

We miss you all the time.

We'll keep you in our hearts forever.

George Carafos

In loving memory of son, David Carafos

TCF, Rochester NY



Mystery

I bought toys for my baby after she died

And I opened the cedar chest and put them inside

And nobody ever knew but me

The meaning of the mystery

Of brand new toys hidden here and there

And not one baby anywhere.

*Andy Cipriano
TCF, Tallahassee FL*

Love Gifts

*Mary Ann Dobbins, in loving memory of granddaughter Colleen Josephine Dobbins
Scott & Linda Haines, in loving memory of son Zachary Monroe McCarthy
Cynthia Nelson, in loving memory of daughter Kendra Marie Nelson
Paul & Linda Valint, in loving memory of son Paul Valint*

*Support for the meetings in the month of March were donated by
Penny Ketchek, in loving memory of son Alex Ketchek*

*Support for the meetings in the month of April were donated by
Carl & Judy Levy, in loving memory of son Eric Levy
Bonnie Corbett, in loving memory of daughter Kelly Lynne Forrest*



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.

Mother's Day letter to my son

There's so much to tell you-

Since you've been gone...I want you to know how different life is.

Though I cherish every memory with all my heart, I wish you were still here.

I look at your picture every morning when I wake up and every night before I sleep.

I touch your face through the frame-and see your sweet smile- I smile back.

I gently set the picture back on the table and turn to start my day. A day of tasks and things to do.

Most people I see in the day- do not know of the huge hole in my heart, they are not aware that I see everything very different from them. It's okay that they don't.

I am not bitter or angry- I am bereaved- and missing a big part of me.

The family has grown- you are an uncle. The kids would love you so much.

You would have impacted who they will become. Your unconditional love for us, your thoughtful ways and humor- were such a big piece of our lives.

Two children were born that were given your name as their middle name.

You probably would have been a husband and father by now- something you so dreamed of. You would have been where you wanted to be in your career, that you studied and worked so hard for, so you could make a difference in our world.

Your time on earth was so very short, however, I feel there was nothing left unsaid for Us. For that- I am grateful.

The holidays come and go- they are so difficult. Your absence so deeply felt.

Your birthday is still celebrated.

The day you passed away- so deeply painful and sad.

On this Mother's Day- I want you to know- how much I miss and love you-

You always made this day so special for me with your beautiful cards and flowers.

I will try not to cry- but most likely, I will. Being your mom brought me so much joy.

I will forever miss that.

I will close for now, my son- when I see you again, I will tell you more.

Hugs & kisses, MoM



(In loving memory of my son, Paul McManus Jr.)

Carla Smith TCF, Rochester NY

Paul always gave me cards- with mom written as 2 capital M's and a small "o" in the middle. His signature was always followed by 3 dots... (Our secret code for "I love you")

Mother's Day message from my son.

MOM...

I've missed you so much! It's so good to see you! Thanks for everything you've always done for me. I'm forever grateful. I know you've heard this 1000 times, but thanks for your support. I am what I am today because of you!

I love you...

Paul

Still A Mother

Mother's Day is coming soon
 More flowers on the grave
 Some for my mother long since gone
 Some for the son I couldn't save

One I understand so well
 It's no big mystery
 It's always been the truth of life
 That they will pass before me

It's the other way around
 That has me baffled still
 It's not the way it's supposed to go
 It's such a bitter pill

We're given these most precious pearls
 Although we'd gladly pay
 To love and cherish till we're gone
 To protect through all our days

How did I fail, what was the point
 How could I let him slip
 I tried so very very hard
 Played according to the script

Life changed the rules, it fooled me good
 I thought I had it straight
 You nurture, love and build them up
 They're wonders you create

Then it's your turn to look with pride
 At all your effort's worth
 Not the time to say goodbye
 To bury deep beneath the earth

I feel so cheated, so denied
 Of what is my rightful due
 It wasn't one child that I bore
 It always has been two

Do I deny him on that day
 Although we are apart
 And pretend he wasn't here at all
 Or left his footprint on my heart

No! I will shout it to the world
 Shout with all my might
 He was here! He left his mark
 But grew tired of the fight

He's at peace, I tell myself
 I had to let him go
 I had to trust in God alone
 To finally take him home

I grieve him still but must move on
 Despite my pain and strife
 It's sometimes good, it's sometimes bad
 That is the way of life

There is the one that is still here
 I must remember that today
 She was the first, she'll be the last
 Throughout my life I pray

I'm still a mother, tried and true
 I proudly have the stats
 I know it wasn't all in vein
 My daughter's testament to that

She is my joy, my proudest deed
 No one can take away
 She gives me worth and title true
 To claim this Mother's Day

From the Poems and Prose of Deborah Streb

Deborah Passero Streb
In loving memory of son, Adam Marano
TCF, Rochester NY



Upcoming Events:

Healing Improv with Bart Sumner May 26, 2015 JCC Regular meeting location, night , & time
Flyer Attached Please note: A regular TCF breakout session will be available for those that do not wish to attend the Bart Sumner event

Annual Balloon Release June 9, 2015 FELLOWS ROAD PARK 6:00 Social Hour 7:00 Ceremony
Flyer Attached

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

F2FRochester@gmail.com

<http://www.face2facerochester.com>

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

**NEW Meeting Location:**

Jewish Community Center
1200 Edgewood Avenue Rochester, NY

Meeting Days :

Tuesday the 12th & Tuesday the 26th* (May)

Tuesday the 23rd (June)

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:

Jacquie 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
May
Birthdays and Remembrance Days



Birth

Mark P. Metzger	May 4
Conor LeVan Driscoll	May 5
Jeffrey Louis Russ	May 9
Jeffery James Yates	May 14
Shaun Michael Bohrer	May 14
William Tiberius Katawazi	May 15
Reynold Armand	May 16
William F. Beyerbach II	May 19
Slade Gerstner	May 31

Remembrance

Laura Beth Specht Monte	May 1
James Michael Hissey	May 3
Max Colorado Hernandez	May 7
Kendra Marie Nelson	May 8
Michael Clark Van Valkenburgh	May 9
Patrick Blandford	May 12
David John Fountain, Jr.	May 21
Christopher Bedford	May 20
Andrew Richard Primerano	May 24
Greg Paul Crawford	May 25
Joshua Lee Prescott	May 26



Our Children Remembered
June
Birthdays and Remembrance Days



Birth

James Michael Hissey	June 5
Philip John DeFranco II	June 7
Ryan James Frank	June 9
Adam V. Marano	June 9
Patrick D. Cooley	June 12
Curt AJ Hall	June 14
Michael Cucchiara	June 16
Michael Clark Van Valkenburgh	June 18
Christopher Brian Budwey	June 19
David John Fountain, Jr.	June 21
Kevin F. Schantz	June 25
Thomas William Costello	June 26
Giuseppe L. Arcuri	June 27

Remembrance

Lisa Jean Voltz	June 3
Paul L. Valint III	June 8
Amy Marie Iwasko	June 10
Jaden Michael Fournier	June 15
Zachary Lawrence Yates	June 16
Lauren Paige Olander	June 19
Laura Collins	June 21
William Tiberius Katawazi	June 23
Giuseppe L. Arcuri	June 25
Kevin F. Schantz	June 28
Nicholas Jay Kovaleski	June 29





Please Join

The Compassionate Friends of Rochester

On

Tuesday, May 26 at the JCC @ our regular 7pm meeting time

Where

We are honored to have

Bart Sumner

A grieving father

&

Founder of Healing Improv

Bart has been a professional actor, screenwriter, and improv performer/teacher/guru for over 25 years. He has appeared on stage, in comedy clubs, on television and in movies, as well as written for the stage, TV and film. In 2009 he lost his 10-year-old son David to a traumatic brain injury suffered while playing sports. In 2012, he started the nonprofit charity HEALING IMPROV. Bart discovered that his experiences with improv had been one of the main factors in surviving the loss of his son. He realized that many of the improv exercises he taught to students learning improv could be used to help those stuck in their grief, struggling with moving forward after the death of a loved one. The group improv games Bart uses in the Healing Improv Grief Workshops loosen emotional blockages with humor and playfulness. By bringing together participants who have a grief journey in common, the interactive games open new lines of communication, relieve stress, and most importantly give "permission" to laugh again and move forward. Bart has written a book about his grief journey and the hope found within Healing Improv – HEALING IMPROV: A JOURNEY THROUGH GRIEF TO LAUGHTER.



The Compassionate Friends

Rochester Chapter

Supporting Family After a Child Dies

Annual Balloon Release

June 9, 2015

Schedule of Events

6:00 p.m. **S**ocial Hour

6:30 p.m. **B**egin Filling Balloons

7:00 p.m. **B**egin Ceremony

If you would like to submit a writing, poetry or music please email Christine & Brian at crezsnyak@gmail.com or Christine & Jason at graycl1@gmail.com no later than May 22nd.

Location:

Fellows Road Park Shelter #1
499 Fellows Road
Fairport, NY