



The Compassionate Friends
Rochester Chapter
Supporting Family After a Child Dies

September / October 2015 www.tcfrochester.org



ANTICIPATION

Anticipation is defined as the action of anticipating, expectation, prediction.

Before a child is born, the expecting parents have anticipations.

They have joy, and make plans.

The parents are thinking of all the things their child will accomplish.

All the things they will do together.

Will they be a boy or a girl?

Blonde or Brunette?

President or Actor?

The day the child is born, the parents are filled with happiness.

The parent's thoughts continue, anticipating so many things

Ideas and plans growing with their child, changing as they change.

THEN came that awful day

The unthinkable happened.

The shock, the pain

The child dies

Now anticipation is more trepidation, dread, and sorrow.

How do I go on?

How do I handle this loss, the grief?

How do I answer all the questions?

Who is going to answer my questions?

What do I do at holidays, and birthdays?

What do I do, day to day, hour to hour?

This year, next year, and forever.

The thoughts are in our minds forever.

The loss of our child in our hearts forever.



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

In loving memory of son, David

TCF, Rochester NY



Shared by Becky Price

Wake Up Call

I really need to wake up
This dream is killing me
If I'm sleeping or awake
It's all the same to me

My nightmare is recurring
It always starts the same
I'm living life as usual
And it begins again

The sky is blue, the grass is green
Nothing's out of place
But suddenly the clouds spring up
And I begin to race

The darkness comes, the fog sets in
I find it hard to see
My speed is starting to pick up
I'm running aimlessly

What is it that I'm running to
Or is it running from?
My heart is pounding, out of breath
How long can I go on?

It makes no sense, it can't be real
I could never run this long
Surely I should wake up
And be back where I belong

But that's the question isn't it
Go back to what, to where?
I'm scared and feel so all alone
I don't want to go back there

As long as I keep running
I won't have to feel the sting
Of loss, of emptiness, of soundless cries
A new day seems to bring

Oh stop, please stop this dream tonight
And let me rest awhile
It's dawning on me gradually
Why my life seems not worthwhile

He's gone, I lost him, gone for good
The boy I loved so much
It's so unfair, so wrong, so sad
Time grabbed him from my clutch

I'm running, running, running
Always thinking that I've gained
But the clock always resets itself
And I'm back to start again

Either in the world or lost in sleep
Time is my enemy
I chase the memory of my son
It's all the same to me.

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

**A Tribute to my Sister, Lori Lee Smith
I Saw You**

I say you today in the morning dew
As brilliant as a sea of shimmering diamonds.
I shared the most amazing sunrise with you today
A million shades of red so random in their perfection.
I heard you today in the laugh of my children
An enchanting melody a thousand angels strong.
I walked with you today and we talked about everything
... and nothing all at once.
I saw you today in the changing of the leaves
The colors of your life, the close of one season
And ushering in of another.
I sat beside a stream with you today
The peaceful flow, steady and constant.
I saw you today ... and you were perfect
And rest assured ... I shall see you again.

Avery Smith, TCF Ada Area Chapter



Take Your Time

One of the hardest things about grief is the so-called “time table”. You are told you should be feeling one way or the other. You are given a time to mourn by the outside world, and then you must be “over it”. “Get on with your life”. “Count your blessings”.

All of this can make you both angry and afraid. Angry because (a) you don’t WANT to “get over it”, (b) you are “getting on” with your life in the best way you know how, and (c) your “blessings” have nothing whatsoever to do with the pain of your loss! Afraid because you are not having some of the feelings you think you should be having because you are not reacting “normally”. There is a period of extreme shock that can last from a few weeks to several months, you may not feel anything except numbness for awhile. That’s OK!

The best advice is ... take your time. Be gentle with yourself. Do what you need to do, not what you think you should do. Don’t clutter up your life with things that will exhaust you physically and weaken you emotionally. Remember, you are fighting the hardest battle you will ever have to face, so give yourself the best weapons you can.

Rest, get in touch with your feelings, and talk. Say your child’s name to anyone who will listen ... take time ... your time.

**Sandra Young
TCF, Knoxville TN**

Adjusted

“It’s been several years since your son died”,
They say, “Surely, you must have
adjusted by now”.



Yes, I am adjusted ~
Adjusted to feeling pain
And sadness and grief and guilt and loss.
Adjusted to hurting and unexpected tears.
Adjusted to seeing people made
uncomfortable upon
hearing me say “My son died”.
Adjusted to losing my best friend because
I’m not always “up”.
Adjusted to people acting as if grief is contagious.
And TCF meetings are “morbid”.
Adjusted? Oh, yes, to many things.
Knowing I won’t hear his voice, but listening for it still.
Knowing I won’t see him drive his Toronado.
But staring at every one I see.
Adjusted to feeling empty on his birthday
And wishing for just one more time with him.
Adjusted: As life goes on ~
To realizing I cannot expect everyone I meet
To wear a bandage ~ just because I am still bleeding ...

**Shirley Blakely Curle
TCF, Central AR**

Newly Bereaved ... Time will ease the hurt

The sadness of the present days is locked and set in time, and moving to the future is a slow and painful climb.

But all the feelings that are now so vivid and so real can't hold their fresh intensity as time begins to heal.

No wound so deep will ever go away, yet every hurt becomes a little less from day to day.

Nothing can erase the painful imprints on your mind, but there are softer memories that time, will let you find.

Though your heart won't let the sadness simply slide away, the echoes will diminish even though the memories stay.

Bruce Wilmer
TCF, NJ Newsletter



When You Lose An Only Child

The loss of any only child is neither greater nor less than the loss of one of many children. However, the loss of any only child is experienced differently.. It is different because you lose your parenthood, which is such a large part of the life of any parent.

With the death of an only child, you lose the one person who could use all of the love you had to give every hour of every day. One of the secrets of parenthood is that from birth, children teach us that we have a greater capacity of unselfish love than we thought possible. When your only child dies, you may feel that you are drowning in the parental love your heart continues to generate for the child you have lost.

With the death of any only child, you lose so much of your own future that was tied to your child's future. The first day of school, sports, learning to drive, a first crush, a first date, a first heartbreak, high school, college, career, marriage, children, grandchildren, great grandchildren. Your only child lost all of this from his or her future. And so did you.

With the death of an only child, you suffer many tiny losses that cause pain only another grieving parent can comprehend. You have lost the joy of checking the cereal aisle to see if Cocoa Puffs are on sale. You have lost the reason to keep up with the top ten hits on the pop music charts. You have lost the joy of caring what prize is in a box of Cracker Jack. You have lost the joy of getting up early on a Saturday morning for kids soccer, basketball, or bowling. You have lost the reason to hope for a December snow. You have lost the person who thought you made the best cocoa on a cool December evening. For me, I lost a gentle, kind, generous child who loved, watched for, and shared beautiful sunsets.

The loss of a child is a devastating loss. You child has lost his or her life. And you have lost an important piece of your own life. The Compassionate Friends chapter near you is there to help you acknowledge and grieve these losses by sharing your pain with others who have known their own pain.

Bill Snapp
TCF Atlanta (Tucker)
In Memory of my son, Bill Snapp

My Personal Thoughts...

Grief is like the ebb and flow of the ocean. Sometimes the waves are rough and gut wrenching and at other times the waves are more gentle but always there. Today the currents begin to churn again with another special day approaching. How do we all do it ... as best as we can. It's such an individual yet universal process that can not be described. Somehow we all keep going, one day at a time.



Pat Bradshaw
In loving memory of daughter, Laura Collins
TCF, Rochester NY

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. Those of you who knew Cathy know that she was the heart and soul of our organization. Many of us have known her for a very long time and some of us barely had a chance to get to know her. In every instance, everyone recognized the special gifts that she brought to our group.

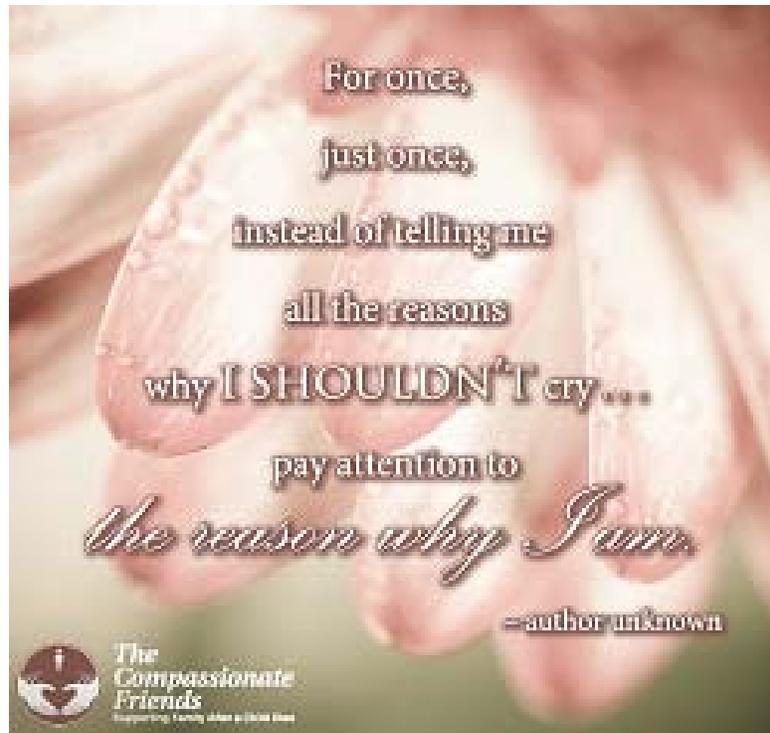
Love Gifts

***Support for the meetings in the month of August were donated by
Pat Loomis, in loving memory of son Matt Loomis
Pat & Sue Vitek, in loving memory of son Jefferson Vitek***



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.



Shared by Becky Price

NEW Meeting Location:

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

Meeting Days :

**Tuesday the 8th & Tuesday the 22nd (September)
Tuesday the 13th & Tuesday the 27th (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

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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
September 2015
Birthdays and Remembrance Days



Birth

Brian Keith Nelson	September	7
Carrie Jean Kubarycz	September	8
Michael B. Coons	September	12
Brandon Alexander Lass	September	12
Matthew Gabe Fogarassy	September	14
Douglas M. Slocum	September	18
Paul McManus Jr.	September	26
Brandon M. Sauer	September	28
Jennifer Lynn McNeil	September	29

Remembrance

Katie Lyn Fields	September	4
David George Carafos	September	7
Mary Jo Palka	September	10
Justin Adam Rifenberg	September	14
Joshua Daniel Price	September	18
Daniel Francis Colangelo	September	18
Brian Charles Oster	September	21
Clarence L. Ross, II	September	22



Our Children Remembered
October 2015
Birthdays and Remembrance Days



Birth

Colleen Josephine Dobbins	October	5
Zackary Monroe McCarthy	October	5
Keith Martin Wilson	October	7
Patrick Blandford	October	8
Ashley Logan Pokracki	October	14
Daniel Francis Colangelo	October	19
Billy Cook	October	19
Kelly Lynne Forrest	October	29

Remembrance

Patrick D. Cooley	October	2
Thomas Joseph Drasch	October	3
Chris E. Saunders Jr.	October	4
Matthew Brian Rezsnyak	October	10
Ashley Logan Pokracki	October	18
Sam Lowery	October	24
Jason Dobrowski	October	24
Matthew James Straton	October	29

