



The Compassionate Friends
Rochester Chapter
Supporting Family After a Child Dies

July / August 2016 www.tcfrochester.org



Shortly after Joan Hessenauer lost her only child to a heroin overdose, she started waking up with lyrics and bits of music in her head. It resulted in a song that is sung from her son's perspective. Now, two years later, she has the song recorded twice - one version sung by a man (for those who have lost a son) and a second version sung by a woman (for those who have lost a daughter). For each song a video was created that includes her son and 34 other young people who have been lost to heroin. This has been a long journey for Joan and she hopes that the song brings comfort to those who are grieving, and that it also helps to raise awareness about the heroin epidemic.

The songs and videos are on the website that Joan created in Jimmy's memory:

<http://jimmyboy.us/song.php>

The videos are also available on YouTube:

https://www.youtube.com/channel/UC3MxLINGPJt5hJAXW_TW_SA

The lyrics are copied below:

Music and Lyrics by Joan Hessenauer (Jimmy's Mom)

I Didn't Mean to Leave You

In a world of such injustice
In a mind consumed by pain
The only comfort I could find
Came from a needle in my vein.

I know I made you worry
I could hear you sob at night
But know this now and hold it close
I am finally all right

I didn't mean to leave you
I didn't mean to die
I wish you knew how close I am
when you break down and cry

I know how much you miss me
But now I'm flying free
High above all the burdens
The ones that buried me.

(cont. on page 2)

My lies they never fooled you
Always ready to forgive
But I couldn't find a single spark
To make me want to live.

It seemed like every bad decision
Was followed by a dozen more
Til my life was just so far adrift
That I couldn't find the shore.

I didn't mean to leave you
I didn't mean to die
I wish you knew how close I am
when you break down and cry

I know how much you miss me
But now I'm flying free
High above all the burdens
The ones that buried me.

You did everything to help me
You were always by my side
If love alone could save me
Then you know I'd be alive

But when consumed by such self-loathing
That I could not see the light
It wore me down, it ate me up
Made it so hard to fight

I didn't mean to leave you
I didn't mean to die
I wish you knew how close I am
when you break down and cry

I know how much you miss me
But now I'm flying free
High above all the burdens
The ones that buried me.

Joan Hessenauer
TCF, Rochester NY
In loving memory of son, Jimmy



July's Child

Fireworks race toward heaven
 Brilliant colors in the sky.
 Their splendor ends in seconds
 On this evening in July.
 "Her birthday is this Saturday,"
 I whisper with a sigh.
 She was born this month,
 She loved this month
 And she chose this month to die.

Like the bright and beautiful fireworks
 Glowing briefly in the dark
 They are gone too soon, and so was she
 Having been, and left her mark.
 A glorious incandescent life,
 A catalyst, a spark...
 Her being gently lit my path
 And softened all things stark.

The July birth, the July death of
 my happy summer child
 Marked a life too brief that ended
 Without rancor, without guile.
 Like the fireworks that leave images
 On unprotected eyes...
 Her lustrous life engraved my heart...
 With love that never dies.

Sally Migliaccio
TCF Babylon, Long Island NY



Hi Dave,

We missed being with you, again, this weekend, as we have now for years. Letchworth was always one of our favorite camping spots.

It isn't the same with just the two of us.

I tried my luck at fishing at the Trout pond...not even a nibble!!

Yes, I did hear you and Papa B laugh when the one fish came over looked at the hook, and worm, and swam away. It may have been laughing as well !!

I guess I better try live bait and one of our old poles. The new one is a flashy red, but not landing any fish. The old ones have memories, memories that are strong, and I am not sure I can use one.

The Trout pond is so beautiful and peaceful. I have faith, and I hope Heaven is 100 times more so.

After the fishing we tried a new trail, and saw a Red Tail Hawk, he flew away as we came close. Then later a second Red Tail by the over look. Each making us know you are watching over us and close.

Neither bird coming close enough for a picture. Like we know you are close, but we can't see, hear or touch you.

We cherish the sightings of the hawks, along with all of our memories of you and our times together.

Our memories keep us going through our loss and grief.

The loss and grief stay with us on and on.

They will be with us forever.

Some days they are deep inside, and other days on the surface, with our tears rolling down our face.

Our love for you is huge and so is the grief.

We will keep you in our hearts forever, and you will be with us where ever we are, where ever we go.

Love, Mom & Dad

George Carafos

TCF, Rochester NY

In loving memory of son, David Carafos

Newly Bereaved ... Burden of Grief

As I struggle with words to find answers
 Reading and writing my pain
 The pages grow blurred before eyes that are tired
 From this crushing emotional drain.
 The relief that comes from the writing
 Parallels what I feel when I read –
 To open myself to the torture of loss
 Seem to soothe this unbearable need.
 There's no pleasure in life at this moment
 It's an effort to get through the day
 And I labor to stay above water ...
 But the shoreline is so far away.
 So I pick up a pen or a book about grief
 And it serves as a raft for a while.
 And I hope, as my tears fall on pages of pain
 That I'll learn once again how to smile.
 As I swim toward the shore of acceptance
 I pray for the peace of belief
 That heaven's your home and you're waiting for me
 Then I'll finally be free of this grief.

Sally Migiacchio
 TCF, Babylon NY
 From Tracey, An Extraordinary Child

August

The summer runs to harvest –
 Do you ask:
 How can a harvest be without my child?
 Friend, some day soon
 the harvest in your life
 will bring you hope and wealth
 from love remembered.

Summer

Sunlight dancing in the branches
 of the birchtree at my door.
 Meadow stretching smug and lazy,
 darker, greener than before.
 Wind as warm as hugging children,
 clouds so round and very close –
 and on one small grave there trembles
 lovingly an early rose.

Summerwind

The one who owns this summer is not here,
 not here to know the tender summerwind,
 not here to share the glowing and the song.
 The one who owns this summer did not live,
 not live to touch the richness of this day,
 this day in summer when you are alone.
 Weep to the summerwind, weep and love again
 the one you remember.

The Poems of Sascha Wagner

Love Gifts

*Support for the meeting on May 10, 2016 was donated by
 Sharon Young, in loving memory of daughter Alani Young*

*Support for the meeting on May 24, 2016 was donated by
 Phil & Myra DeFranco, in loving memory of son Philip DeFranco*

*Support for the meeting on June 28, 2016 was donated by
 Steve Colangelo, in loving memory of son Daniel Colangelo*



Thank you to Christine & Jason Price and Colleen & Ed Dobrowski for the beautiful Balloon Release Program on June 14, 2016. And once again, our children, grandchildren, and siblings provided the awesome weather!

Thank you to Phil & Myra DeFranco for the donation of 2 beautiful birdhouses handcrafted by Phil, which were raffled off that evening. The Murphy Family won the Angel Birdhouse & the Stuhler Family won the Gnome Birdhouse.

BiAnnual Registration - Form & Cover Letter Attached.

We want to share these websites:

Face 2 Face Friendship Group, Rochester NY. face2facerochester.com Providing support & hope to families coping with miscarriage, stillbirth, & infant loss.

Bereaved Parents. Bereavedparentsusa.org A national non-profit self-help group that offers support, understanding, compassion, and hope to bereaved parents, grandparents, & siblings. Shared by Pat Loomis.

Alive Alone. Alivealone.org. Support for now childless parents. Shared by National TCF.

“Healing the Grieving Heart” Web Radio Show. Compassionatefriends.org (left side of the home page, link to “Healing the Grieving Heart”). Live shows are at 11:00 am on Thursdays. The archived shows are available 24 hours per day.

We want to share these quotes:

“Wounds do not heal without time and attention.
Yet, too many of us feel that we don’t have the right
to take the time to heal from emotional and physical wounds.”

~ From Judy Tatelbaum’s “Courage to Grieve”

TCF, Atlanta GA Chapter

“An important way to cope with grief is having an outlet, be it interpersonal, be it artistic, that will allow you to not have to contain your grief, but will give you an opportunity to express ,
to externalize it to some degree.”

~ R. Benyamin Cirlin, Grief counselor

TCF, Atlanta GA Chapter

Upcoming Event:

39th National Conference “Hope Rises On The Wings Of Love” ~ July 8-10, 2016 Scottsdale, Arizona For more information, please visit www.compassionatefriends.org or www.tcfrochester.org

Meeting Location:
First Unitarian Church, 220 Winton Road South
Rochester, New York

Meeting Days :
Tuesday the 12th & Tuesday the 26th (July)
Tuesday the 9th & Tuesday the 23rd (August)

7:00 P.M. to 7:15 P.M. - social
7:15 P.M. to 9:00 P.M. – meeting

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877-969-0010 or
www.compassionatefriends.org

Send newsletter inputs or web comments to:
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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 3446 Rush Mendon Road Honeoye Falls, NY 14472
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

***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.

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 2016
Birthdays and Remembrance Days

Birthday



Timothy E. Hale	July	1
Juliana Jean LaMonica	July	1
Graham Jackson Knight	July	2
Wyatt William Zuber	July	4
Zachary Lawrence Yates	July	4
Christopher D. Covert	July	10
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
Aaron Y. Wallace	July	24
Joel C. Stuhler	July	28

Remembrance Day

Juliana Jean LaMonica	July	5
Christopher D. Covert	July	6
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 2016
Birthdays and Remembrance Days



Birthday

Jefferson Patrick Vitek	August	2
Caroline Elizabeth Harber	August	4
Mathew A. Stewart	August	4
Justin A. McLaren	August	5
Thomas Joseph Drasch	August	12
Jeffrey Michael Simon	August	14
Carrie Nicole Merrick	August	17
Ricardo Bernabeu, Jr.	August	26
Tristan Foley Hanna	August	28
Matthew Brian Rezsnyak	August	30

Remembrance Day

Jefferson Patrick Vitek	August	3
Ryan Nicholas Elliott	August	6
Eric Scott Levy	August	7
Reynold Armand	August	7
Theresa Ann Kohl	August	8
Patricia Helen Klehr	August	8
Matthew A. Farash	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



Hi,

TCF Rochester is conducting a complete database update for the upcoming 2016 newsletter mailings. The update is to assure its accuracy and confirm that you wish to continue to receive the newsletter.

If the questionnaire is not received by the end of August 31, 2016, it will be assumed that you want to be dropped from the mailing list. Please remember, you can receive the newsletter by e-mail or you can view/download the newsletter from the TCF website (www.tcfrochester.org).

When you send in your form, please consider TCF Rochester for a tax-free donation to help support the newsletter and the group. The form is also available at the TCF website and can be filled out and printed from the website: (www.tcfrochester.org).

Thank you!

