



The Compassionate Friends
Rochester Chapter
Supporting Family After a Child Dies

July / August 2017 www.tcfrochester.org



My 3 Gifts For Lexi

I gift to you a bucket, to hold a bucket full of tears,
I've shed for you while grieving
These past long, long three years.

I gift to you a special place, in the corner of my mind.
For you to stay forever,
and pop out from time to time.

And, I gift to you that little piece, of my aching heart,
That you took along with you
When we had to part.

For I have plenty more tears, and my mind has lots of space.
And, my heart is scarring over.
It forms a mask to hide my face.

These little things I gift to you, please accept them with my love.
And I know that you are forever near.
Whether spirit, or angel above.

Jim Wells
TCF, Jefferson City MO
In Memory of my daughter, Lexi

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 Lives On

Every second, of every minute, of every hour, of every day ... I think of you!
Why you left? What I could have done? ... And now, what do I do?

For the first eight months you left me ... my heart knew it was true,
But my mind kept saying "you're not gone" ... the pain made me the fool!

For the second eight months, I told myself ... that you were just away.
I knew that you were coming home ... and I waited for that day.

These last few months I've seen the truth ... you will not be coming home!
For God has called you to his side ... and left me on my own.

If I'd have known you'd be gone this long ... I'd have tried to face my fears.
That only my dreams would hold the door ... where I see you through the years.

We're not meant to bury our babies ... it's life's most tragic flaw.
For it takes a piece of each of us ... and the wounds ... so deep ... so raw.

It's been two years since you chose to leave ... I pray God holds you near.
I hope he knows the man you are ... gentle and sincere!

I'm not sure what to do with my life ... now that you are gone.
Each day is filled with emptiness ... and the pain continues on.

The sleepless nights are much the same ... as the numbness brought by day.
I walk the walk ... talk the talk ... let life bring what it may.

The two years that you've been away ... I've searched my heart and soul.
I've learned that I must carry on ... to keep your memory whole.

So I pray to God he keeps you safe ... until he brings me home.

Moving on is unimaginable ... but it's what I have to do.
I know that God will hold my hand ... and, in time, bring me home to you.

It truly is a walk for one ... one that none else can share.
Just promise me, when my time comes ... you'll be waiting for me there.

I love you Brice, more than words can say ... and this I know is true.
That when my journey comes to end ... I'll be standing there with you!



Betsy P. Rush Kron
TCF Anchorage, AK
In Memory of my son, Brice Bobby Kron

FEELINGS

Her clothing is folded in tidy array
 How it was left is how it will stay.
 Her desolate dresser silently weeps
 In the still of the night, when everyone sleeps.

The closet continues to guard and protect
 Items hanging on hangers, forlorn with neglect
 The bed she adored, where she bounced high with glee
 Cries invisible tears when no one can see.

The bathtub she splashed in will not again see
 Someone who will love it as fiercely as she.
 It sits idle now, no longer a "star"
 And asks (in its way) if I know where you are.

The house that she lived in, the yard where she played
 Are missing the landscape of love that she laid.
 Her numerous playthings, her once favorite toy
 Languish mournfully now without any joy.

This dwelling called "home" has relinquished its heart,
 That gift from the one who was forced to depart.
 Now it withers from grief—is spirit extinct
 and we watch through our tears as the walls seem to shrink.

Our angel was gone in the blink of an eye
 She took the light with her that day in July.
 Yet now there are times when my heart feels her near
 Then I know she's not left me ... her love is still here.

**(For Tracey, Always)
 Sally Migliaccio
 TCF, West Islip NY**

**Open Up**

Each of us
 Is on our own journey,
 Starting out with a sharp shock of pain,
 Descend into a dark cave of grief;
 Swallowed up in sorrow...

Open up
 The possibilities are endless,
 In sorrow and in pain.
 I know that now,
 And I know
 That while the worst can happen
 Somehow we go on.

Open up
 To the limits of blue sky.
 Starting in the dark cave of grief,
 The beast uncoils.
 Let it roar,
 Let it whimper,
 Let it go.

Open up
 To the acknowledgment of pain.
 To the knowing that
 We are not in control.
 We move in and out from darkness
 To possibilities.

Open up
 Like spring flowers pushing
 Up through the snow.
 Knowledge that while sorrow remains,
 And the beast of grief lives on,
 So too does memory.

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

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This year's annual TCF Rochester Chapter balloon release was held on June 6, 2017.

Many thanks to Pat Wheeler & Jan Boyle for preparing such a wonderful evening for all of us. Their program was filled with beautiful poems & songs and lots of special touches from the room set up to the "hope" charms.

Thank you to Jason & Christine Price for formatting the program & then printing it via Paychex.

Thank you to Phil & Myra DeFranco for donating the beautiful birdhouse & balloons. We were so happy when Larry & Mae Wheeler won the raffle for the birdhouse!

And thank you to all who helped during the evening ... from submission of a poem or song to helping with the balloons to clean up.

It was a very special evening to share in loving memory of our children, grandchildren, & siblings !!!

What is the TCF Rochester Chapter Steering Committee?

It is a group who work to keep our Chapter ongoing for each other and for newly bereaved parents, grandparents & siblings.

We welcome anyone interested ...
please see Mary Ann Dobbins, Joe Stuhler, or Pat Wheeler.

Support Compassionate Friends Rochester, Inc. when you shop at: smile.amazon.com

<https://smile.amazon.com/ch/16-1129742>

Pat Wheeler has some butterfly themed sweatshirts, t-shirts, and totes from the PA regional TCF Conference. \$15, \$10, \$10 respectively.

If you are interested, please see Pat.

We want to share this support group information:

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

Healing after Loss to Addiction A bereavement support group focused on living and healing after loss related to drug use or overdose. Please call Lifetime Care for more information ... 585-475-8800.

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.

Love Gifts

*Support for the meeting on May 23rd was donated by
Phil & Myra DeFranco, in loving memory of son Philip J. DeFranco II*

*Steven Colangelo, in loving memory of son Daniel Colangelo
“This Love Donation is for the special people, US, the parents & grandparents
left to carry on without our beloved children”.*



Upcoming Event:

40th TCF National Conference July 28th – July 30th Orlando Florida
“Rays of Sunshine, Oceans of Hope”

Meeting Location:

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

Meeting Days :

Tuesday the 11th & Tuesday the 25th (July)
 Tuesday the 8th & Tuesday the 22nd (August)

7:00 P.M. to 7:15 P.M. - social

7:15 P.M. to 9:00 P.M. – meeting

Contacts:

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 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 2017 Birthdays and Remembrance



Remembrance

Seth Andrew Krebbeks	July 2
Juliana Jean LaMonica	July 5
Christopher D. Covert	July 6
William Peter Cook	July 6
Cameron Jack Vickers	July 8
Olivia Grace Guerrero	July 10
Keith Martin Wilson	July 11
Joseph Steven Monroe	July 13
Robert Joseph Kuitems	July 13
William F. Beyerbach II	July 15
Duane A. Wilson	July 16
Michael Cucchiara	July 17
Ryan James Frank	July 17
Christopher Robert Crawford	July 19
Aaron Michael Plunkett	July 20
Timothy J. Rumsey	July 21
Paul McManus Jr.	July 21
Michael Matthew Brown	July 27
Scott David Swanson	July 28
Matthew A. Motiwala	July 31

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
Christopher W. Graser	July 12
Joseph Steven Monroe	July 13
Karen Jill. D'Amico	July 14
Sean Eric Goeke Jaggard	July 15
Steven L. Britt	July 16
Laura Catherine Mix	July 18
Mary Jo Palka	July 22
Aaron Y. Wallace	July 24
Kelley Ann Gaffield	July 25
Amy Briscoe	July 25
Arthur Briscoe	July 26
Joel C. Stuhler	July 28



Our Children Remembered August 2017 Birthdays and Remembrance



Remembrance

Michael Simons Burbank	August	1
Jefferson Patrick Vitek	August	3
Ryan Nicholas Elliott	August	6
Sonya M. Seetharam	August	6
Eric Scott Levy	August	7
Reynold Armand	August	7
Theresa Ann Kohl	August	8
Patricia Helen Klehr	August	8
Kelley Ann Gaffield	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
Arthur Briscoe	August	27
Wyatt William Zuber	August	29
Alex Robert VanFleet	August	30
Jeffrey Louis Russ	August	31

Birthday

Jefferson Patrick Vitek	August	2
Mathew A. Stewart	August	4
Caroline Elizabeth Harber	August	4
Justin A. McLaren	August	5
Nora Ann Sample	August	7
Thomas Joseph Drasch	August	12
Jeffrey Michael Simon	August	14
Carrie Nicole Merrick	August	17
Sonya M. Seetharam	August	18
Ricardo Bernabeu, Jr.	August	26
Tristan Foley Hanna	August	28
Matthew Brian Rezsnyak	August	30

