



The Compassionate Friends
Rochester Chapter
Supporting Family After a Child Dies

March / April 2017 www.tcfrochester.org



As today marked the 24th year after ♥Andrew's arrival into his public life, during a snowstorm, at about school dismissal time, fulfilling my maternal wish (a little later than I'd planned, but glorious nonetheless), I have been swept over by grief and pain at times, for reasons most would not understand. I find it easier on his birthday to avoid those who have comforted me these past 2 1/2 years as I deal with ♥Andrew's absence. I don't know why, but that's how it is right now. I am able to feel some happiness when spending time with the men in my changed family, who, although having very individual ways of grieving, will always be bound with me on this lifelong, endless path.

I made our traditional brunch, which used to also include my father as well as ♥Andrew. We still have brunch sometimes, but it has changed. Today we had bacon, eggs, bagels and donuts. Weirdly, it tasted very different to me, and reminded me of ♥Andrew with more impact than I had anticipated. If you've ever spent more than a few minutes with Nicholas and Benjamin, you'll understand why it was bearable for me. They help me just by being themselves. I truly appreciate the support of those who contacted me today, whether by texting, messaging on FB, liking a photo, or just thinking about my ♥baby who would have been 24 today.

No matter how long I live, I will always, always feel heartbroken on ♥Andrew's birthday, the day so much love filled my heart, but is replaced now by a gaping hole. Thank you for helping me keep that hole from collapsing

Pati Primerano

In loving memory of son, Andrew Richard Primerano

TCF, Rochester NY



The Shadows of the Night

I sit alone in the shadows of the night
 Looking up at the stars that shine so bright
 I think of you somewhere far up above
 I remember all the laughter, happiness and love
 The full moon shines bright in the sky
 Staring at the full moon, I start to cry
 From the face of the moon above the tree
 I see your face staring back at me
 Then it starts to rain and the sky turns gray
 I remember what happened two years ago in may
 It continued to rain the whole night through
 I think the rain meant you were crying too

Lisa Johnson
TCF, Baltimore MD

Holding Onto Love

*Trees and flowers seem suddenly reborn,
 As another spring arrives fresh and new,
 Surrounded by such beauty,
 My thoughts turn to you.
 As another college graduation looms,
 Great excitement fills the air,
 Glancing at the smiling students,
 I still search for strawberry blonde hair,
 No matter what I do in life
 You are always there,
 I feel your presence constantly,
 As each new experience we share.
 Though physically, you have left us,
 Your love remains here to stay,
 A bond so strong and nourishing,
 It gets us through another day.*

Chuck Collins
TCF, Burke/Springfield/Fairfax
Chapter

Human pain does not let go of its grip at one point in time. Rather, it works its way out of our consciousness over time. There is a season of sadness. A season of anger. A season of tranquility. A season of hope. But seasons do not follow one another in a lock-step manner, at least not for those in crisis. The winters and springs of one's life are all jumbled together in a puzzling array. One day we feel as though the dark clouds have lifted, but the next day they have returned. One moment we can smile but a few hours after, the tears emerge... It is true that as we take two steps forward in our journey, we may take one of more steps backward. But when one affirms that the spring thaw will arrive the winter winds seem to lose some of their punch.

“A gift of Hope” How we Survive Our Tragedies

Robert Venigna, 1985
TCF, North Shore Boston



Isn't it strange that things we once took for granted, have changed so much?

Things like the soft wings of a brilliant colored butterfly, or the radiant colors in the sky at dawn and sunset or perhaps a song we heard in passing or a movie, we once took for granted. But now, these very same things can bring on tears and leave us feeling a deep sense of longing.

Why? Are these not the same as before? What changed? We did. The things we once took for granted are now viewed with much more than human eyes. We now experience these things through the eyes of a broken heart.

I believe grief gives us a very different view on things. A heart bruised and broken by loss has a new tenderness and compassion. Just look inside yourself at how your views have changed. I also believe this is our children speaking to us saying...look at the beauty and know that I am still near.

Sheila Simmons
TCF, Atlanta GA
In Memory of my son Steven Simmons

You don't recover from grief. You manage it.

~ *MartiaLattanzi TCF Fort Smith Arkansas* ~

*Your heart will mend But it will be a different heart Wear a deep and lasting scar
Be a more compassionate heart Know life in a new and different way
And understand the eternity of love*

~ *Nancy Green, TCF Livonia MI* ~

As long as I can I will look at this world for both of us. As long as I can I will laugh with the birds, I will sing with the flowers, I will pray to the stars, for both of us.

Sascha Wagner

Support Compassionate Friends Rochester, Inc. when you shop at: smile.amazon.com
<https://smile.amazon.com/ch/16-1129742>

We are seeking volunteers who may be interested helping our group and to keep TCF going for the newly bereaved and ourselves. Please review the list of roles (attached). If you are interested in contributing your time and talents to TCF, please contact Mary Ann Dobbins at 585-872-0566 or mdobbins@frontiernet.net

We want to share these websites:

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.

Many thanks to Myra & Phil DeFranco for their recent donations of items for fund raising (Butterfly Scarves & Dragonfly Lights) in loving memory of their son Philip DeFranco.

Love Gifts

***Support for the meeting on February 14th was donated by
Pati Primerano, in loving memory of son Andrew Richard Primerano***

***Support for the meeting on February 28th was donated by
Kathy & Dave Parkison, in loving memory of son Evan James Parkison***



Upcoming Event:***The Compassionate Friends Rochester Chapter Balloon Release***

Tuesday, June 6, 2017 7:00 pm First Unitarian Church of Rochester (our TCF Chapter location) 220 Winton Road South Rochester, New York

Please note change: This is the 1st Tuesday in June

Meeting Location:

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

Meeting Days :

Tuesday the 14th & Tuesday the 28th (March)
Tuesday the 11th & Tuesday the 25th (April)

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 March 2017 Birthdays and Remembrance



Remembrance

Alexander Ryan Fitzpatrick	March	1
Michael David Mueller	March	5
Paula Mix Spanganberg	March	10
Tannya Ruiz	March	10
Carrie Jean Kubarycz	March	11
Michael B. Coons	March	11
Andrew Clay Parkhurst	March	12
Katie L. Piccone	March	15
Nora Ann Sample	March	16
Molly Katherine Thomas	March	18
Kevin P. Heiman	March	19
Shontia Charnelle Slade	March	23
Zackary Monroe McCarthy	March	24
Kevin Patrick Lynd	March	24
Colleen Josephine Dobbins	March	24
Jillian Kristine Boda	March	28
Evan James Parkison	March	28
Amy Briscoe	March	29
Peggy Jane O'Neill	March	31

Birthday

Terri A. Clingerman	March	1
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
Everett Patrick Hong	March	17
Greta Elinor Lindboom	March	21
Jason Dobrowski	March	26
Lauren Paige Olander	March	28
Devin Donald Kusse	March	30
Seth Andrew Krebbeks	March	31



Our Children Remembered April 2017 Birthdays and Remembrance



Birthday

Alvin Metcalf, Jr.	April	1
Laura Beth Specht Monte	April	2
Kevin Patrick Lynd	April	8
Carol Helena Burghdorf	April	8
Eric Lorine Rupp	April	9
Stephanie Anne Oliva	April	9
Nate Riley	April	10
Theresa Ann Kohl	April	11
Justin D. King-DeSalvo	April	15
Cameron Jack Vickers	April	15
Lisa Jean Voltz	April	15
Eric Scott Levy	April	18
Paula Mix Spanganberg	April	20
Michael Ruiz V	April	23
Olivia Grace Guerrero	April	24
Briana C. Talty	April	25
Ethan Emerson Price	April	28
Ryan Nicholas Elliott	April	29
Daniel P. Fellegara	April	30

Remembrance

Shaun Michael Bohrer	April	12
Ella Triumph	April	16
Kelly Lynne Forrest	April	19
Alani R. Young	April	25
Michael F. Cooper	April	27
Daniel P. Martel	April	29
Daniel P. Fellegara	April	29
Alvin Metcalf, Jr.	April	30



We are seeking volunteers who may be interested helping our group and to keep TCF going for the newly bereaved and ourselves.

Please review the list of roles below.

If you are interested in contributing your time and talents to TCF, please contact

Mary Ann Dobbins @ 585-872-0566 mdobbins@frontiernet.net

Or...

Circle the roles you may be interested in and return this form to one of the leaders.

Newsletter Editor: *Creates monthly newsletter. Finds articles and poems, receives submissions from members, updates Our Children Remembered and Our Children's Birthday pages. Sends newsletter for printing and for e-mailing and posting on website.*

Newsletter Mailer: *Receives printed newsletter, labels and envelopes. Sends out newsletters. Brings remainder of newsletters to co-leaders for to use in newcomer packets.*

Newcomer Greeter: *At meetings, greets any new members and explains about TCF and our meetings. Has new member fill out registration form (which is given to one of the co-leaders). Give newcomer packet to new member. Brings new member into the group and introduces them to one of the co-leaders.*

Technology Support: *Set up slideshow of children's pictures at meetings, assist with other technology needs as able.*

Birthday Remembrance Postcard Sender: *Address and send birthday remembrance postcards to parent(s)/grandparent(s)/guardian(s) just prior to child's birthday.*

Remembrance Day Acknowledgement Postcard Sender: *Address and send remembrance day acknowledgement postcards to parent(s)/grandparent(s)/guardian(s) just prior to child's remembrance day.*

Meeting Set-up and Take Down: *Arrive at meetings early to set up tables, stay a bit after end of meeting to return items to cabinet.*