



### SHARED THOUGHTS RESOLVING TO CARE FOR OURSELVES

We all approach the New Year very differently. Many cannot wait for the year our child or sibling died to pass, while others feel it separates them further from that person. But, the one thing most newly bereaved agree on, is that they are glad the holidays are over. For some the anticipation was far greater than the holiday itself. When pain and stress control our lives it is very difficult to be optimistic.

We must try to face the New Year with the thought that we will not always be in this much pain. As difficult as it is for us to believe, the pain does soften. One day you will find a tolerable life again. It will not be the same as it was, but in many ways our lives can be richer, for we don't fret over the trivial things we used to. We have learned the real values in life. January is the time of year we struggle to put all our trying events behind us, and begin the year with new expectations. Unfortunately, that does not apply to our grief. We cannot "get on with our life" until we have spent sufficient time resolving our grief. All too often, we choose to repress the most painful emotions. They are too difficult to share with others, and we feel too fragile to deal with them. Once unresolved issues become delayed grief, it can be very damaging, and much harder to resolve.

Perhaps, one of our New Year resolutions should be allowing ourselves freedom to grieve. We need to take time to read, attend meetings, phone a friend, cry, walk, eat healthier, and in general remove our name from the bottom of the list of people to care for, we need to place ourselves at the top of the list, making ourselves number one. We cannot always be a reservoir of strength; this may be the time to let others care for us.

We can't expect this to be a good year if our grief is fresh. But, we should expect good things as well as bad. We have survived the impossible ordeal of the death and funeral. We have learned to take one day at a time, and not to set our expectations too high. If a good day comes, cherish it. Many times we have problems with the most important ingredient of recovery, and that is to learn to laugh and be happy again. We feel guilty for that moment of pleasure, and sometimes even feel it disrespectful. This is not a sign of forgetting, or a lack of love, it is a very healthy sign of hope. I would like to share the last stanza of one of *Sascha Wagner's* poems, "The New Year," with you.

*But let us not forget that this may be the year when love and hope and courage find each other somewhere in the darkness to lift their voice and speak—Let there be light.*

*By Marie Hofmockel ~ TCF, Valley Forge PA*



### Heavenly Snow

I thought you might like to know  
And I have it on good authority,  
That in heaven there is snow.  
God, Himself, ordered it to be.

Snow swept by gentle winds,  
That drifts by the stirring,  
Of gossamer angels' wings,  
That sound like kittens purring.

Snow forever crystal clean,  
Just waiting to be molded  
By little angel hands unseen  
By those whose arms they once enfolded.



Snow angels are a common sight  
And snowmen of every size...  
They're all there beyond the light,  
Where nothing ever dies.

Where our angels play,  
There is no pain or tears.  
Only joy fills their days,  
Only laughter fills their ears.

High above the azure skies  
A glorious wonderland gleams.  
This beautiful Heavenly spot...  
Created to fulfill our angels' dreams.

Jacquelyn M. Comeaux  
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*To receive this newsletter via e-mail please contact Steve Haupt at [shaupt1@rochester.rr.com](mailto:shaupt1@rochester.rr.com)*

***TCF Rochester Donations:***

*If you would like to contribute to our Compassionate Friends Chapter please forward your Love Gifts and Donations to The Compassionate Friends of Rochester at 130 Portview Circle, Rochester, NY 14617. Please make checks payable to The Compassionate Friends of Rochester, NY. Sincerest Thanks.*

December Donations and Love Gifts

*Kathy Milazzo*

*Barb Silverstein in memory of Karen D'Amico*

*Dolores & Raymond Coates*

*Deborah Shaw-Streb in memory of Adam Marano*

*Jan & Ed Levy in memory of Kimberly Fitzsimmons*

*Bill & Amy Jeroy in memory of Own Jeroy*

*Steve & Kathleen Haupt in memory of Christopher Crawford*

*Carol Courtney*

*Ron & Joanne Mix*

*Mary Rupp*

*Jim & Barb VanValkenburgh in memory of Michael VanValkenburgh*

*Mark & Phyllis Simon in memory of Jeffrey Simon*

*Nicholas & Cynthia Oliva in memory of Stephanie Oliva*

*John & Joan Kuitems in memory of Robert Kuitems*

*Kathleen Parkinson*

*Sandra Sue Ericson*

*Elaine Wilson*

*Suzanne Cook in memory of Kevin Cook*

*Debby & Mike Buckenmeyer in memory of Mark Buckenmeyer*

*Peter & Jean Kubarycz*

*Richard & Francine Grizzanto*

*Richard & Beatrice Schantz*

*Pat Wheeler in memory of Wyatt Zuber*

*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.



## Upcoming Planned Events— Mark Your Calendars:

January 26, 2010—break out session: Memorial Events & Activities

February 6, 2010—Ladies Breakfast— 9am at Perkins Penfield (Rt. 250 & 441)—call Colleen at 388-0376 to RSVP

March 13, 2010—Hors D'oeuvres & Desserts— 6pm—hosted by Barb Silverstein—more details to follow

April 27, 2010—Button Night—bring a picture to make a 'picture button' of your child - more details to come

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### TCF Online Resources

A variety of resources are available on the web. Visit [www.tcfrochester.org](http://www.tcfrochester.org) for local TCF information. The national website is [www.compassionatefriends.org](http://www.compassionatefriends.org). This website has a great deal of information and now offers an Online Support Community.

The Compassionate Friends national organization has a Facebook page. It can be found by going to TCF's national website (listed above) and clicking on the Facebook link on the left side or go to Facebook and do a search for "The Compassionate Friends/USA". This Facebook page is an additional means of providing communication and support.

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### Bi-Annual Survey

TCF Rochester is currently conducting a complete database update for the upcoming 2010 and the 2011 newsletter mailings. A form for you to complete and return is included with this newsletter. The update is to assure its accuracy and confirm that you wish to continue to receive the newsletter. The form is also available at the TCF website: ([www.tcfrochester.org](http://www.tcfrochester.org)). *If the questionnaire is not received by the end of February 2010, it will be assumed that you want to be dropped from the mailing list.*

*Please consider TCF Rochester for a tax free donation to help support the newsletter and the group.*

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### Chapter Information:

#### Meeting Location:

Lifetime Care Care  
3111 Winton Road South  
(across from Valley Cadillac)

#### Meeting Days for January 2010:

Tuesday the 12<sup>th</sup> and Tuesday the 26<sup>th</sup>  
7:00 P.M. to 7:15 P.M. - social  
7:15 P.M. to 9:00 P.M. - meeting

#### Contacts:

Linda Haines— 315-879-7739  
Cathy Spoto - 585-254-6983  
TCF Regional Coordinator:  
Jacquie Edwards-Mitchell 718-451-0814  
TCF National 877-969-0010  
or [www.compassionatefriends.org](http://www.compassionatefriends.org)

Send news letter inputs or web comments to:  
[colleenkohl@hotmail.com](mailto:colleenkohl@hotmail.com)

### Miscellaneous:

#### TCF ROLES

Enclosed in this newsletter is a sheet listing the various roles that allow our group to have the variety of programs and support for group members. Please take some time to review this list and reflect on whether you would be able to assist in a role this year. Contact Linda Haines for more information about roles or to take on a project this year. Welcome to our new co-leader, Brenda Schmidt, whom we thank for agreeing to help out in this vital role.

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See Linda for TCF Bracelets (\$2.00) and Memorial  
votive candle holders (\$5.00)

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#### Rochester Chapter TCF Mission:

*The MISSION of the Rochester Chapter of The Compassionate Friends is to assist families toward the positive resolution of grief following the death of a child of any age and to provide information to help others be supportive.*

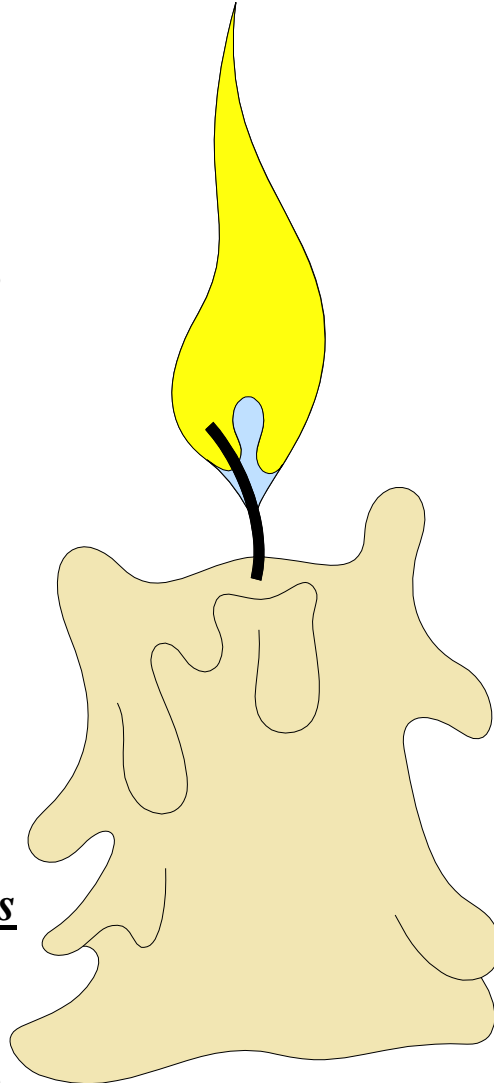
# *Our Children Remembered* *January, 2010*

## *Birthdays and Remembrance Days*



### *Birthdays*

*Teddy S. Piendel*  
*Jeffrey Bracker*  
*Noah Jacob Passero*  
*Larry Jay Lyons*  
*Jim Rague*  
*Michael Sebastian Spoto*  
*Jillian Flagg*  
*Gregory Ray Stephens*  
*Damon A. Seeber*  
*Chiya Elice Rubin*  
*David George Carafos*  
*Laura Anne Collins*  
*Pat Helen Klehr*  
*Joshua Daniel Price*



### *Remembrance Days*

*Bruce Zoltan Curtis*  
*Shawn Patrick Viola*  
*Emma Nolan*  
*Michael Sebastian Spoto*  
*Owen William Jeroy*  
*Matthew J. Hall*  
*Adam V. Marano*  
*Julie Beth Kaseman*  
*Katelyn Jade Brewer*  
*Christopher Thomas Miceli*  
*Laura Catherine Mix*



