

Love Gifts for March 2007

Anna and William Loeb in Memory of Joey Giardina

Liz Barklund \* in Memory of Molly Crye

\* new library cabinet



TCF Rochester Walkers

The group had its first walk March 3<sup>rd</sup> with six in attendance. We agreed that we would meet every other week on Saturday mornings at 8:00 AM at Starbucks next to William Sonoma at the Main Entrance of Eastview Mall. If you would like to get some exercise with this group of TCF members contact Mark Simon at mas18@rochester.rr.com or call 585-586-4721. Provide your name and telephone number and e-mail address. Next walk is March 17<sup>th</sup>.



The Toll

A mother weeps quietly into the night, she can't go on, it just isn't right.

A father is desperate to right what is wrong, but it can't be done, he's not that strong.

A sister cries softly, she can't understand. She misses his laugh, the torch of his hand.

A brother is lonely and tries to maintain. He can't hold it back—he submits to the pain.

A grandmother silently prays for the soul, her grandson is gone, it's taken its toll.

A grandfather can't adjust to the shock, the boy was a joy, the boy was a rock.

The cousins remember the days filled with fun, it's all in the past and now there is none.

The aunts and the uncles all miss the young man, it seems to them that his life just began.

The friends try to get through the days and the nights, they tell each other "it will all be all right."

The parents of others can't imagine the grief, they stand tongue-tied in their disbelief.

While everyone struggles to make sense of it all, life just goes on it's nobody's call.

A light has gone out, it can't be replaced, a memory remains, it can't be erased.

We think that a life touches just a few souls, but it reaches to places that nobody knows.

In loving memory of Mark Buckenmeyer  
03/26/1983—09/17/2004

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 18 Latium Drive, Pittsford, NY 14534. Please make checks payable to The Compassionate Friends of Rochester, NY. Sincerest Thanks.

I Know You

I know who you are ... I see your face reflected in mine.  
Ravaged by tears, distorted by the pain of a lifetime.  
You are a parent of a child who now lives in your heart  
Joined in spirit, though physically torn apart..  
To live between two worlds is now our task  
To be recognized by others, we all have a mask.  
But in the abyss, in the darkness of the in between  
We often fall to our knees,  
Tearing away the pretense and silently scream.

I know who you are, your voice sounds as familiar as mine.  
It call out vibrating throughout all of eternity,  
Searching, trying to find.  
"Where are you my child ? I hear you in my mind,  
But I cannot find the way.  
Somehow I have gotten lost,  
Where are all my yesterdays?"  
In the void a child's voice has fallen silent.  
Deafening silence, echoing cries.  
We are left to follow each other in the darkness,  
Always asking why.  
Into the unknown, we stumble along.  
The sun will rise and another day begin.  
But the only light I can see is in the outstretched hand  
Of a kindred soul, another grieving friend.

I know who you are .. Your heart is shattered.  
Your soul is broken just like mine.  
And though the pieces may fit back together,  
One tiny fragment at a time.  
We will never again be whole,  
For there is a gap in our lives where our child  
should be.  
The child that lives in our hearts,  
Dances deep in our souls and laughs in  
Our memories.

I know who you are .. I can feel your pain.  
We will never be the same.  
I cry the same tears.  
We have the same fears.  
Alone in a crowd,  
We both cry out loud  
As our dreams came to an end.  
I know you, my grieving friend.  
You are not alone.  
Look in the mirror and you will see  
Standing next to you is a reflection of me.

Lisa Comstock—TCF—Florence KY

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.



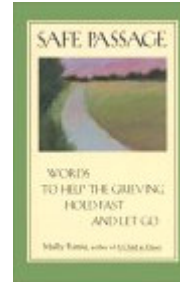
### Upcoming Planned Events—Mark Your Calendars:

Ceremony of Remembrance—**April 15<sup>th</sup> 3:00 PM** at First Unitarian Church—220 S. Winton Road  
Speaker—Mark Hare—Lost for Words—co-sponsor with Lifetime Care at Burgundy Basin Inn—**April 26 at 7:00 PM**  
Pot Luck Supper and Our Children's Favorite Music—**May 20<sup>th</sup> at 5:30 PM** (RSVP Mark Simon—plate to pass)  
Speaker—Mary Dombeck—Dreams of the Bereaved—**May 22<sup>nd</sup>** (regular meeting)  
Annual Balloon Release—Kreag Road Park—**June 12<sup>th</sup>**—assemble at 5:30 PM—launch at ~7:00 PM  
Annual Memorial Candle Lighting—**December 11<sup>th</sup>—7:00 PM** (regular meeting)

### Book Review:

[Safe Passage :](#)  
[Words to Help the Grieving Hold Fast and Let Go](#)  
by Molly Fumia

Words of comfort for those who have suffered a loss move the reader through the raw emotions of grief--denial, anger, confusion, guilt, and loneliness--to acceptance and transformation.



*To receive this newsletter via e-mail please contact Mark Simon at [mas18@rochester.rr.com](mailto:mas18@rochester.rr.com)*

### Chapter Information:

#### Meeting Location:

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

#### Meeting Days for April 2007:

Tuesday the 10<sup>th</sup> and Tuesday the 24<sup>th</sup>  
7:00 P.M. to 7:15 P.M. - social  
7:15 P.M. to 9:00 P.M. - meeting

#### Contacts:

Phyllis Simon - 585-586-4721  
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:  
Mark Simon at:  
e-mail: [mas18@rochester.rr.com](mailto:mas18@rochester.rr.com)

### Miscellaneous:

#### **The Compassionate Friends-Rochester** & [basketsofkindness.com](http://basketsofkindness.com)



are pleased to bring you this wonderful opportunity to help our chapter. We will receive 15% of every gift basket purchased in the name of The Compassionate Friends-Rochester. We do not have many expenses, but this will help us with the few expenses that we do have. If everyone could just send one or two gift baskets it would help us so much. Valentine's Day, Mother's Day, birthdays, thank you gifts for clients, etc. are also wonderful times for sending a basket. Everybody loves a gift basket!



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

#### Rochester ChapterTCF 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.*



### Mourning Is My Mode

Today I realized that I have become a shell of the person I once was. What would my child think of this? I am alone, my only child is gone, yet I know he would not be pleased with the way I have isolated myself, wrapped in invisible crepe, sheltered by a mental wall. This is not the mom he knew. I am someone different now.

What am I to do with this? I feel like a lonely, mourning swan, swimming endlessly from shore to shore. I have no direction, I want no direction, I just keep moving with no purpose. I must get a grip on myself.

I know my motions must take on some meaning. I look to others for help. Yet I realize that if I do not reach out and help myself, I will crash on the rocks with the raging tide.

I decide I will add one new thing, one new event, one new person or one new writing to each day. I will reach out to others. I will force myself to move slowly back into life.

I will spend some time with my family. I will enjoy their children. I will mentor a child. I will start putting my thoughts into a written form. I begin to do these things. I feel better. I attend another meeting of the parents who have lost their children. I feel as if I do belong here. It has been four months since my son died. I am overwhelmed.

Annette Mennen Baldwin

In memory of my son, Todd Mennen

TCF, Katy, TX

*We are thinking of organizing a scrap booking workshop in the spring. If anyone is interested in participating in this activity please contact Kathleen Haupt at [kmhaupt4@yahoo.com](mailto:kmhaupt4@yahoo.com) or at 585-388-8548 or Phyllis Simon at [pas18@rochester.rr.com](mailto:pas18@rochester.rr.com) or 585-586-4721. Scheduling information will be in a future newsletter.*

