

Second Sunday of May

Many happy memories  
Linger in our hearts this day  
As we each remember our child  
Who has left this earthly plane.  
The day is bittersweet for us,  
The mothers who have lost so much,  
For to remove all pain could well  
Erase the precious life we touched.  
Tears will trace the memories of  
Other, happier Mother's Days,  
As we dwell in a quiet reverie  
This Second Sunday of May

Annette Mennen Baldwin  
In Memory of my son, Todd Mennen  
May 2006  
TCF, Katy, TX



**Love Gifts for March**

Mary Yacono in memory of Robert Anthony Yacono  
Dan Wilson in memory of Gregory Paul Crawford

I Am Spring

I am the beginning.  
I am budding promise.  
I spill cleansing tears of life  
from cloudy vessels  
creating muddy puddles  
where single cell creatures abide  
and splashing children play.  
I am new green growth.  
I softly flow from winter's barren hand.  
On gentle breeze I fly – embracing sorrow.  
With compassion, we feather nests  
where winged voices sing winter-spring duets.  
As frozen ice transforms to playful stream  
I whisper truth – life is change.  
I am spring.  
I bless long, dark wintry days.  
I crown mankind's pain  
with starry skies  
in deepest night  
lighting solitary paths from sorrow to joy  
as the wheel of life turns 'round and 'round.

By: Carol Clum

About Darcie Sims



Darcie D. Sims, Ph.D., CHT, CT, GMS is a bereaved parent and child, a grief management specialist, a nationally certified thanatologist, a certified pastoral bereavement specialist and a licensed psychotherapist and hypnotherapist. She is the author of *Why Are the Casseroles Always Tuna?*, *Footsteps Through the Valley*, *Touchstones* and *If I Could Just See Hope*. She co-authored *A Place For Me: A Healing Journey for Grieving Kids*, *Footsteps Through Grief*, *The Other Side of Grief* and *Finding Your Way Through Grief* with her daughter, Alicia Sims Franklin. Darcie co-authored *The Crying Book* with Bob Baugher. She also wrote and produced the videos *Handling the Holidays* and *What Color is Dead: Death From A Child's View* as well as authored numerous chapters in professional books and textbooks. Darcie is featured in the award-winning video series "*Good Grief*" produced by Iowa Public Television and has been featured in several other videos as well.

She is an internationally recognized speaker and was Coping Editor for *Bereavement* magazine for 15 years. She now writes for *Grief Digest*. She served on the national board of directors for **The Compassionate Friends**, the national board of directors for the **Association of Death Education and Counseling** and the board of trustees for the **National Catholic Ministry to the Bereaved**. Darcie received **The Compassionate Friends Professional Award** in 1999. She co-chaired the 1991, 1996 and 2005 **World Gathering on Bereavement**, and keynoted at all 4 **World Gatherings**.

Darcie is president and co-founder of **GRIEF, Inc.** a grief consulting business and the Director of the **American Grief Academy** in Seattle, Washington. She is a Fellow in the **American Psychotherapy Association**, a Certified Diplomate in Clinical Hypnotherapy and is listed in *Who's Who in America*, *The World Who's Who of Women* and *The International Who's Who of Professional and Business Women*.

She can be contacted at [Darcie@Griefinc.com](mailto:Darcie@Griefinc.com) or by calling (253) 929-0649. Visit her website at [www.GriefInc.com](http://www.GriefInc.com).

**Welcome New Friends**

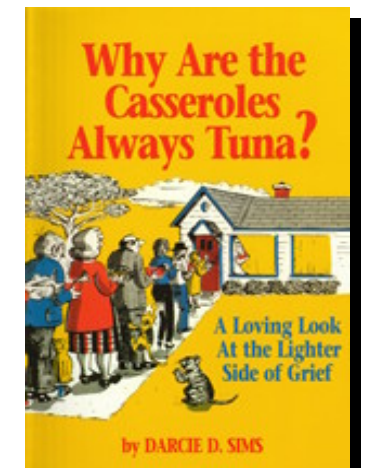
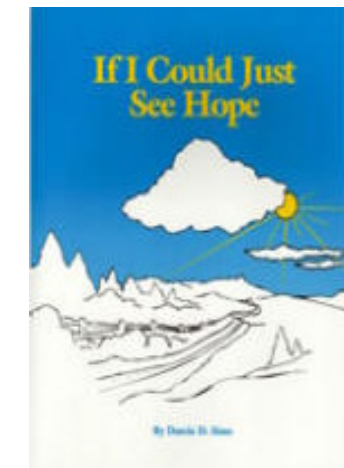
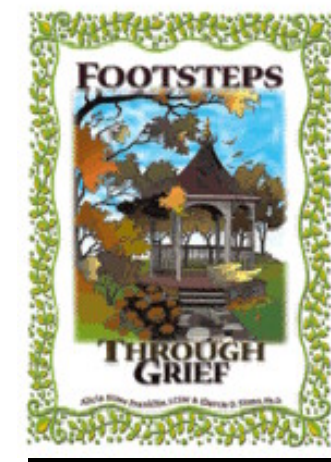
At nearly every meeting we welcome new members to our group, always with mixed emotions. We are glad you found us, but we are so sorry for the circumstances that bring us together. We understand your pain; we hope our unconditional friendship and understanding will help you through your grief.

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.

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



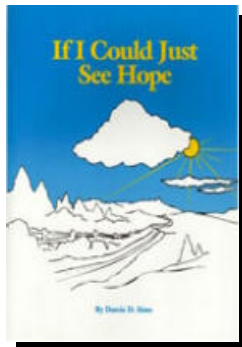
**Upcoming Planned Events— Mark Your Calendars:**

- Darcie Simms—Special Workshop followed by Evening Speaking Engagement - **May 19<sup>th</sup> 2008**
- Workshop :“*To Cry or Not to Cry*” - 9:00AM-12:00 Noon at *Lifetime Care* - 3111 Winton Road South  
Registration for the Workshop and continental breakfast at 8:00AM—call **585-475-8800** to reserve your seat—there will be a \$10.00 advance fee for this workshop— space is limited to the first 80 people so call early !!
  - Speaking Engagement: “*Tissues and Tears: Exploring the Myths and Mysteries of Crying as Part of the Grieving Process*” at 7:00-8:30PM at the *Rochester Academy of Medicine* - 1441 East Avenue—open to the public—call **585-214-1574** to reserve your seat !!

**Book Reviews:**

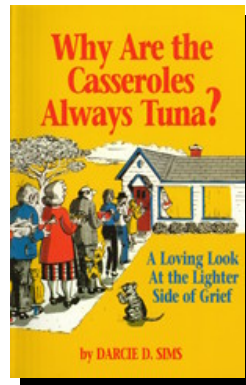
*If I Could Just See Hope*  
By Darcie D. Sims

This collection of stories is filled with compassion, hope, and humor written to help you understand yourself and the factors that influence your grief journey. While learning how to express your grief in your own way, you will also learn how to say goodbye to grief and hello to a new chapter in your life and find a healing space of joy and love.



*Why Are The Casseroles Always Tuna?*  
By Darcie D. Sims

A collection of thoughts about the needs of the grieving. Readers will laugh and cry at the same time as they learn to cope with grief and loss. This collection of stories from Darcie Sims shares her gift of hope with those in the midst of pain as only Darcie can. You will learn to cry when you must and laugh when




**The Compassionate Friends  
of Rochester, NY**

April 2008      www.tcfrochester.org

*“Are you a crier ? Do your eyes begin to water when the Bambi movie first begins ? And by the time Bambi’s mother dies, is there a puddle of tears at your feet ? Or are you the type of person who remains dry-eyed throughout such a movie and wonders why everyone around you is boo-hooing ? Or are you somewhere in between ?”*

The above is how Darcie Sims begins her article that was co-written by herself and Bob Baugher Ph. D., entitled—“*To Cry or Not to Cry: That is the Question*”.

What a wonderful opportunity. The Compassionate Friends of Rochester and Lifetime Care are jointly sponsoring a day with Darcie on May 19, 2008. In the AM there will be a Workshop entitled “*To Cry or Not to Cry*”. In this session she will cover topics such as the myths about crying, crying as a social phenomenon, crying triggers, crying styles, tear etiquette, dealing with tears etc. This session will be primarily for professionals

and semi-professionals and has a \$10.00 fee associated with it to cover expenses.

In the evening Darcie will be presenting “*Tissues and Tears: Exploring the Myths and Mysteries of Crying as Part of the Grieving Process*”. In this session, open to the public, she will address the questions of are you a weeper or a wailer; who cries and why; who doesn't cry and why and who should be crying why. She will also examine the myths of the physical and emotional aspects of crying. Both sessions will have a serious message delivered with a light touch in true Darcie Sims style.

**Call 475-8800 for reservations for the Workshop  
Call 214-1574 for reservations for the evening**

*Don't Forget ... Hold the Date .....*

Call 585-475-8800 to reserve your seat at the May 19<sup>th</sup> Workshop and 585-214-1574 for Speaking Engagement featuring *Darcie Sims* and co-sponsored by TCF Rochester and Lifetime Care.

This is a very special event and Darcie will be delivering a very serious message with a skillful and light touch.

Those who attend will be very glad that they did !!

See page 4 of this newsletter for important additional information.....

**Chapter Information:**

**Meeting Location:**

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

**Meeting Days for April 2008:**

Tuesday the 8<sup>th</sup> and 22<sup>nd</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

Send news letter inputs or web comments to:  
Mark Simon at: mas18@rochester.rr.com

**Miscellaneous:**



Please contact Mark Simon at mas18@rochester.rr.com or 585-586-4721 if you are thinking about attending the National Conference in 2008.

**Please bring your old working cell phones to a meeting to support our recycling fund raiser.**

**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.**

