



## Catching Butterflies

*by Dottie Williams ~ TCF, Pittsburgh PA*

It often hurt to come upon reminders of my son  
Tho' often since I lost him I would search around for one  
Which always brought on sadness and the tears that I would shed  
Were caused by names or faces, all things that I would dread.

But then one day I came upon a man who'd lost his son  
I found that things I ran from, he wouldn't even shun.  
But rather he would treasure and I said I wondered why  
He told me that he called them "Catching Butterflies."  
This view of his intrigued me; I wanted to hear more  
And learned that he took all of them and carefully would store  
All of the reminders that I chose to push away  
He would tuck deep down inside his heart each and every day.

Now a name or likeness when catching me off guard  
Does not upset me as it did and I don't find it hard  
For now instead I see these times as opportunities  
To see my son awakened in these new fresh memories.



**In This Place**

Brave hearts, you are here. You have traveled  
a dreadful distance. You have come,  
seeking solace, understanding, hope,  
threads to patch what death's so cruelly undone.  
In this place you can relax and breathe . . .  
the coats of others' expectations taken off.

Walk into these few hours as into an oasis  
where draughts of love and memories can be quaffed.  
In this place all names can be spoken;  
in this place each one's story may be told.

We will not be discouraged by your sorrow;  
in this place ALL feelings, we enfold.  
Here laughter does not mean we are forgetting;  
we do not count how many tears are shed.  
Both fuel us, fellow travelers, give us courage,  
for the long and winding road we see ahead.

And those we love are pleased we are together,  
smile down on us, and bless this day,  
glad for every tiny step we are taking  
as they send their light to guide us on our way.  
Traveling with us as we journey onward,  
sending strength for what the miles may bring,  
they are a part of everything we do that matters -  
in every dance we dance, and every song we sing.

Genesse Bourdeau Gentry

written 30 July 2004 for those attending their first meeting of The Compassionate Friends

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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.***

### **Self Help**

For many of us, the monthly meeting of our Compassionate Friends Group is the only real healing time we give to ourselves. Helping ourselves on a daily basis is critical to our journey in the grieving process.

Many of us find solace in books. Others find it in movies, music, time with friends, meditation or intense spiritual conviction. Each day we should take some time to center ourselves, to find a place of peace.

If you haven't already done so, start with a quiet time of reflection and search your soul for the key to your own solace. There will still be bad, even terrible, days. The effort to help ourselves begins with knowing ourselves and finding the unique activity that soothes our broken hearts for just a little while.

Annette Mennen Baldwin

TCF, Katy, TX

In Memory of my son, Todd M. Mennen

July 24, 2005

### **March Donations and Love Gifts**



*Dave & Delores Swanson in memory of Scott David Swanson*

*Kathleen Parkinson in memory of Jill Boda & Evan James Parkison*

### ***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.

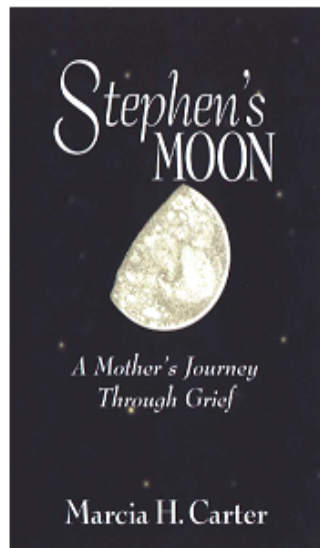
Attending a meeting for the first two or three times takes courage, but for many it is the first real step toward healing. It may seem overwhelming, so we encourage you to come to several meetings to give yourself a chance to become



## Upcoming Planned Events— Mark Your Calendars:

*Annual Yard Sale—June 4, 5 & 6 at George & Joan Carafos' home—fundraiser (see article)*

*Annual Balloon Release—June 9th—save the date.*



### [Stephen's Moon: A Mother's Journey Through Grief](#)

by Marcia H. Carter

**Book Description** On April 13th, 1997, a tragic accident claimed the life of an eighteen year old boy. He lives on in his mothers heart. From the depths of depression and despair to the inspiring last chapter, A Year and a Half Later, this is a journey you won't want to miss. The road through devastation, anger and soul searching leads to a place of peace, where the author acknowledges that her smile is a gift from God and vows to let that smile be a testimony to others who have suffered loss.

**About the Author** Marcia Carter, a native Georgian from the Atlanta area, is an accomplished and gifted writer. Marcia's gifted writing style captures the readers attention from the beginning and doesn't let go until the very end.

## *Chapter Information:*

### *Meeting Location:*

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

### *Meeting Days for April 2009:*

Tuesday the 14<sup>th</sup> and Tuesday the 28<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  
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Jacquie Edwards-Mitchell 718-451-0814  
TCF National 877-969-0010  
or [www.compassionatefriends.org](http://www.compassionatefriends.org)

Send news letter inputs to:

Colleen Kohl at: [coleenkohl@hotmail.com](mailto:coleenkohl@hotmail.com)

## *Miscellaneous:*

### **Update on Annual Garage Sale**

Joan & George Carafos will be hosting the garage sale at their home on June 4, 5, & 6. They will be ready to accept the drop off of donations beginning in mid-May. This garage sale is the major fundraiser for our group. As you do your "spring cleaning", please see if you have any items that you can set aside for this sale. Sign-up sheets to help set up, work, and pack up after the sale will be circulated at upcoming meetings. *Thank you for your support!*

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



***Our Children Remembered***  
***April, 2009***  
***Birthdays and Remembrance Days***



***Birthdays***

*Matthew James Gnage*  
*Michael L. Santiago*  
*Andrew Garrett Bennett*  
*Kevin Patrick Lynd*  
*Eric Lorine Rupp*  
*Stephanie Anne Oliva*  
*Theresa Ann Kohl*  
*Paula Mix Spanganberg*  
*Erik T. Ray*  
*Benjamin Allen*  
*Clayton Thomas Wright*  
*Ann Marie Ericson*  
*Kevin Frederick Cook*  
*Scott Martin Johnson*

***Remembrance Days***

*Michael T. Mahon*  
*Lydia Carol Bench*  
*Stephen Oliver Krenzer*  
*Gregory Ray Stephens*  
*Kurt E. Marks*  
*Jeff Milano Johnson*  
*Shaun Michael Bohrer*  
*Noah Jacob Passero*  
*Kevin Frederick Cook*  
*Michael L. Santiago*  
*Scott Allen Sturge*  
*Kelly Lynne Forrest*

