



The Compassionate Friends of Rochester, NY

December 2009

www.tcfrochester.org



Only December

Feelings heavy,
tears and tears.
Will the darkness last?
Or is it –
only December?

Hadn't past months
brought peace and hope?
Where is the strength
of October –
and November?

Lights, carols, ornaments on trees,
cards from friends,
happy times in seasons past.
We remember. We remember.

Will January bring
light at last?
Will we be stronger then,
for making it through
this December?
When people ask
how I'm doing I say,
Well . . . you know . . .
it's December.



Genesse Bourdeau Gentry



Lights of Love

Can you see our candles
Burning in the night?
Lights of love we send you
Rays of purest white
Children we remember
Though missing from our sight
In honor and remembrance
We light candles in the night
All across the big blue marble
Spinning out in space

Can you see the candles burning
From this human place?
Oh, angels gone before us
Who taught us perfect love
This night the world lights candles
That you may see them from above

Tonight the globe is lit by love
Of those who know great sorrow,
But as we remember our yesterdays
Let's light one candle for tomorrow

We will not forget,
And every year in deep December
On Earth we will light candles
As.....we remember

By Jacqueline Brown



Grief, Healing, and Time

By Deb Kosmer

Today someone I loved died. I can't believe it. I don't believe it. I won't believe it. Family comes. Friends come. The phone keeps ringing. The doorbell rings again and again. The ringing seems far away. I hear it, but I seem unable to answer. My legs won't move. My feet won't move. I am glued to the chair. Others answer for me. They seem to know I don't remember how.

Tomorrow comes. I didn't want it to ever come. I wanted to go back to the time before you died. There, I said it. You died. Does that make it true? *There must be some mistake*, I tell myself. *Maybe this is just a bad dream. If only someone would wake me up.* When people ask me what they can do for me, I try to tell them the only thing I want is you. They look sad, they gently share their heads, they hug me, and still you're not here.

Your funeral is over. Everyone says I did so well. I hardly cried. Don't they see I can't cry, not yet. "She is in shock," I hear someone else say. "Give her time, that's all she needs." I wonder, *Can it really be that simple?* If it is, I just want to run through time, however much time it takes to get to the place where I don't hurt so bad, don't miss you so much. But no, I can't do that. Even if I could, I would only be farther from you. My heart cannot bear that.

Days pass. Tomorrow will be one month since you died. I wonder how I can just skip that day. I am afraid of it; of reliving every single detail of your death, knowing that one month ago you were here with me, and my world was okay. Now I have no world. Everyone keeps telling me that I just need to make a new world. But I liked my old one. I never asked to have it taken from me. Even if I wanted to, I don't know how to start over. I don't know where the beginning of that world is, or how to get there. Everything is so hard and makes me so tired. I just want to stay in bed.

Days pass and turn into weeks. I am stuck in a world foreign to me, wondering where you are and how you could have left me.

I force myself to go through the motions of living and caring for others. They don't seem to notice it's just pretend and I am the star of the hardest role of my life. If only they had just an inkling of the place I am in – of my fractured and broken heart.

I never used to read the obituaries. Now I feel compelled to do so. I feel like a kindred spirit to others who must also travel the road I am on. I still feel so alone. Now they will feel alone too. I feel like I should say something to them, but I do not know them; I only know their pain.

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To receive this newsletter via e-mail please contact Steve Haupt at 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.

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Months continue to pass. I am back at work, back in church, getting my hair done. It all still seems strange, different, and doesn't matter like it used to. Friends call. Sometimes I say, "Yes, I will go to dinner." Other times I say, "Thanks for calling, but not today." Many days it is still easier to just be alone where I don't have to hide my tears when they come, where I can talk to you and not feel strange, where I can just be however I am that day, and not try to fit into the place others have carved out for me.

Finally, one day I surprise myself. I am humming a tune. For a little while, I feel lighter. I almost smile. I begin to judge myself. *What's the matter with me? How can I be even a little happy when you're not here?* But then I hear your voice in my head, or is it in my heart- the place where you live, saying you are glad that I am humming, glad I can smile, encouraging me to live again. I don't know whether to laugh or cry, so I do both. But later that day I find myself humming again, and I smile, know that I am going to be okay.

Deb Kosmer has worked as a hospice bereavement counselor for the past eight years. Her 14-year-old son and her 31 year-old sister died in separate car accidents in 1989. Deb's writings are published in a variety of grief magazines and she is currently working on a book.

Taken from The Compassionate Friends *We Need Not Walk Alone* Publication – Winter /Spring 2009

HELP NEEDED

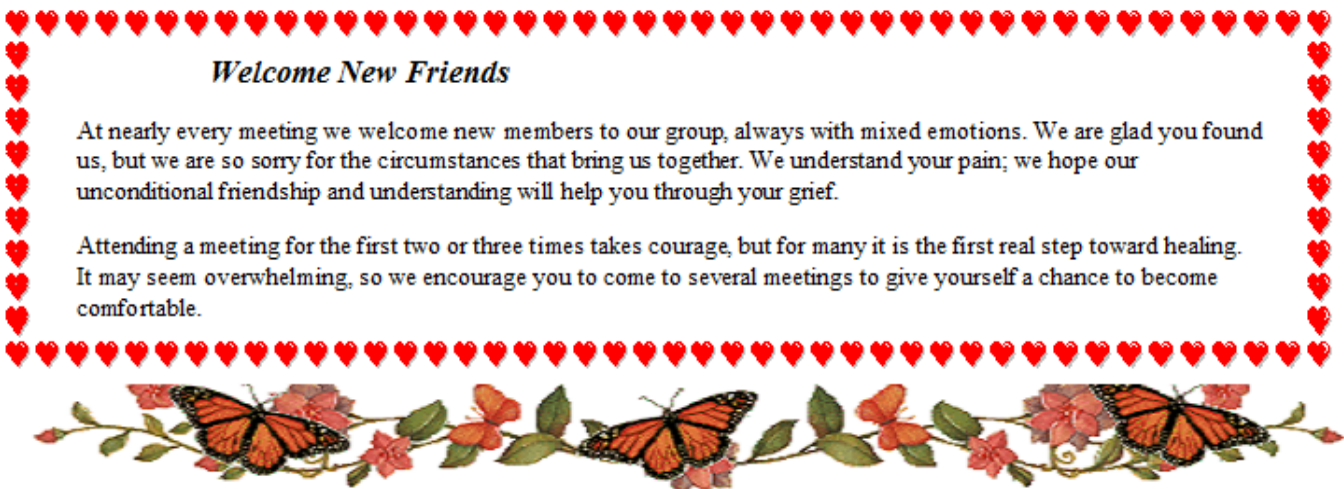
Several opportunities are available to help with our local TCF group. The most urgent need is for a co-leader. For this role, you would work with the current leader, Linda, for this next year. Then Linda would step down and you would be the leader for the following year. During that year, a new co-leader would be sought and the cycle would continue. For questions about responsibilities contact Linda Haines.

PLEASE take time to seriously consider helping in this vital role. Thank you!

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.

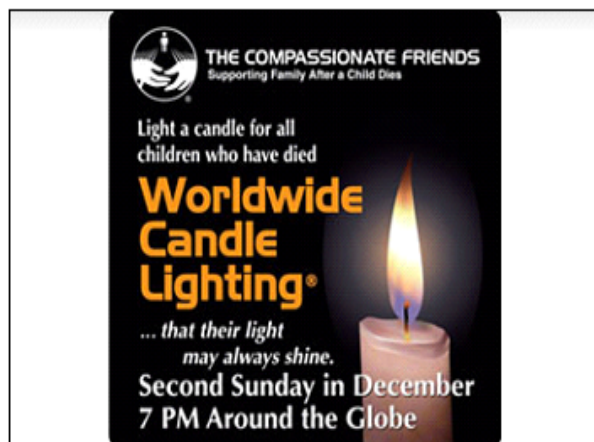
Attending a meeting for the first two or three times takes courage, but for many it is the first real step toward healing. It may seem overwhelming, so we encourage you to come to several meetings to give yourself a chance to become comfortable.



Upcoming Planned Events— Mark Your Calendars:

December 8, 2009 — Annual Candle Lighting at Lifetime Care

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



Worldwide Candle Lighting December 13, 2009

Candles are lit at 7 p.m. local time for one hour to honor and remember children who have died at any age from any cause.

Chapter Information:

Meeting Location:

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

Meeting Days for December 2009:

Tuesday the 8th and Tuesday the 22nd
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

Send news letter inputs or web comments to:
colleenkohl@hotmail.com

TCF Rochester

Annual Candle Lighting

“That Their Light May Always Shine”

Tuesday, December 8th

(a regular meeting night)

7—9pm

At Lifetime Care on Winton Rd.

Light a candle in memory of your child.

We invite everyone to

Come and share in this beautiful memorial

Please join in a *Ceremony of Remembrance*
for our children (of any age) who have died before us

Church of the Transfiguration

50 West Bloomfield Road, Pittsford

Sunday, December 13, 2009 at 6:30 p.m.

October Donations and Love Gifts

Donna & William Stultz in memory of Rob Stultz

*Robert Benvenuti in memory of Mike Beneventi on his
birthday—November 22nd*

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

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
December, 2009
Birthdays and Remembrance Days



Birthdays

Earle F. Kyle IV
Tara Z. Lennox
Douglas Outerson
Lydia Carol Bench
Jacob Paul Hampson
Michael David Mueller
Robert Edward Hersh
Abigail Leigh Buzard
David Henry Outerson
Curtis Aaron Seibert
Shawn P. Viola

Remembrance Days

Debora Willmes
Scott Martin Johnson
Ryan P. Todisco
Steven L. Britt
Mallory Rose Wurzburg
David Henry Outerson
Matthew Gabe Fogarassy
Stacey A. Chaplin
Leah Kathryn McFarlane
Robyn Best
Andrew Urquhart
Jennifer Lyn Quackenbush
Jason S. Grizzanto

