



## To the Newly Bereaved

When your child has died, suddenly it seems like all meaning has been drained from your life. When you wake in the morning, it's difficult to get out of bed, much less live a "normal" life. All that was right with the world now seems wrong and you're wondering when, or if, you'll ever feel better.

We've been there ourselves and understand some of the pain you are feeling right now. We are truly glad that you have found us but profoundly saddened by the reason of your visit. We know that you are trying to find your way in a bewildering experience for which no one can truly be prepared.

When you're newly bereaved, suddenly you find yourself on an emotional roller-coaster where you have no idea what to expect next. Here are thoughts on some of what you may be experiencing or feeling:

- You're in shock from what has happened and a numbness surrounds you to help shield you from the pain.
- You find yourself in denial. Your child cannot be dead. You expect to see your child walk through the door any moment. You see your child in the faces of others walking down the street.
- You wonder how someone can feel this much pain and survive.
- Thoughts of suicide briefly enter your mind. You tell yourself you want to die—and yet you want to live to take care of your family and honor your child's memory.
- You want to know how the people around you can go about their day as if nothing has happened—don't they understand that your life—everything that meant anything to you—has just ended? Your purpose in life is gone.
- You rail against the injustice of not being allowed the choice to die instead of your child.
- You find yourself filled with anger, whether it be at your partner, a person you believe is responsible for your child's death, God, yourself, and even your child for dying.
- You yearn to have 5 minutes, an hour, a day back with your child so you can tell your child of your love.
- Emotionally you blame yourself for the death of your child even though rationally you know that you were not to blame—you most certainly would have saved your child if you'd been given the chance. *Cont'd on p. 2*



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- Thoughts of “what ifs” enter your mind as you play out scenarios that you believe would have saved your child.
- Your memory has suddenly become clouded. You’re shrouded in forgetfulness. You’ll be driving down the road and not know where you are or remember where you’re going. As you walk around, you may find yourself being involved in “little accidents” because of the haze you’re in.
- You fear that you are going crazy.
- You feel great sadness and depression as you wrestle with the idea that everything important to you has been taken from you. Your future has been ruined and nothing can ever make it right.
- Either you can’t sleep at all or you sleep all the time. You feel physical exhaustion even when you have sleep.
- You no longer care about your health and taking care of yourself—it just doesn’t seem that important anymore.
- You’re feeling anxiety and great discomfort—you’re told they’re panic attacks.
- The tears come when you least expect them.
- Your appetite is either gone or you find yourself overeating.
- If you have surviving children, you find yourself suddenly overprotective, not wanting to allow them out of your sight. Yet you feel like a bad parent because it’s so difficult to focus on their needs when you’re hurting so bad yourself.
- You find yourself reading the same paragraph over and over again trying to understand what someone else has written.
- You find there’s a videotape that constantly plays in an endless loop in your mind, running through what happened.
- You find that your remaining family at home grieves the loss differently and you search for a common ground which seems difficult to find.
- You find your belief system is shaken and you try to sort out what this means to your faith.
- Old friends seem to fade away as you learn they cannot comprehend the extent or length of your grief.
- Things you liked to do which seemed so important before now seem meaningless.

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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.***



## Upcoming Planned Events— Mark Your Calendars:

November 7, 2010 — International Pot luck dinner at Lifetime Care—see below for more details

December 14, 2010— Our Chapter Candle Lighting Ceremony (at the first meeting of the month) - 7pm

December 12, 2010—TCF Worldwide Candle Lighting

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### Now Autumn

What a strange time is autumn.  
More than a season,  
autumn can be like a mood.  
Softness and warmth and abundance  
drift from the sky like a smile.

And you remember the seasons  
before the children died.

They do seem far away sometimes,  
those seasons now.  
But not the children – they are always here  
in this strange time, this autumn, when the softness,  
and the warmth and the abundance  
of unseen children  
drift from the sky like a smile.

*From The Poems of Sascha Wagner, 2008*

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### Chapter Information:

#### Meeting Location:

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

#### Meeting Days for October 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:

Brenda Schmidt — 585-370-6095  
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:

#### International Potluck Dinner

Bring your favorite International dish  
to pass to this potluck dinner at  
5:30pm. Also bring three baby pictures  
of your child for the table.

*Please come and enjoy some social  
time with your TCF friends!*



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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*  
*October, 2010*

*Birthdays and Remembrance Days*

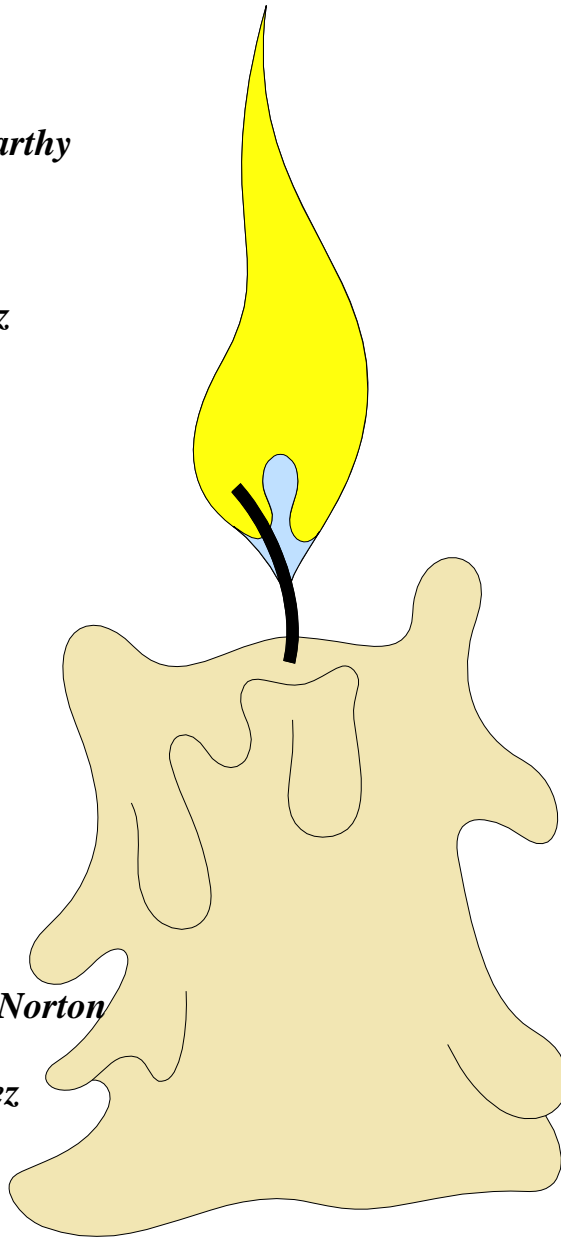


*Birthdays*

*Jeffrey Paul Anderson*  
*Zackary Monroe McCarthy*  
*Keith Martin Wilson*  
*Jason S. Grizzanto*  
*Jay Alan Starman*  
*Duane Alphonso Lopez*  
*Matthew J. Hall*  
*Aaron R. Vogel*  
*William Peter Cook*  
*John M. Driscoll*  
*Kelly Lynne Forrest*  
*Sean Cristo*  
*Kurt William Simons*

*Remembrance Days*

*Patrick D. Cooley*  
*Peter R. Loewenguth*  
*Debra Willmes*  
*Matthew Christopher Norton*  
*Sabrina L. Jay*  
*Duane Alphonso Lopez*

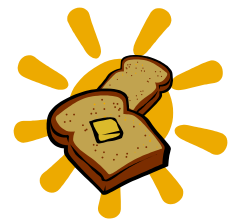
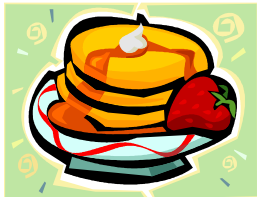


# TCF Ladies Brunch



October 23, 2010  
Saturday  
at 11am

At the Perkins in Penfield  
Corner of Rte. 250 & 441



Come and join us for a social gathering –  
Have breakfast, lunch or just a cup of coffee!

(It is easy to get to this location from 490.)

Please RSVP to Colleen Kohl at 388-0376 or via email at  
[colleenkohl@hotmail.com](mailto:colleenkohl@hotmail.com)

*Hope to see you there!*

