



Wintersun

There are those days in winter
when your world is frozen
into a vision of eternal ice,
when earth and air
are strangers to each other,
when sound and color seem forever gone.

There are those days in winter
when you feel like dying,
when life itself surrenders you to anguish,
to total mourning and to endless grief.
And then it happens: from the bitter sky,
a timid sun strides to his silent battle
against the gray and hostile universe it
changes ice to roses, sky to song.
And then it happens that your heart recalls
some distant joy, a gladness from the past.
A slender light at first, then larger, braver,
until your mind returns to hope and peace.
Let memories be beauty in your life,
like song and roses in the wintersun.



*Dedicated to Randy Misita,
son of Bernie and Tony, brother of Angela.*

"So generous a heart
So kind and forgiving"

By Sascha Wagner



A Hole in Our Hearts

There is a hole in our hearts
There is a hole in our lives.
A hole that opened, when you died.
We go on with our lives,
But always with an emptiness, a feeling
that something is missing.
Something is wrong.
Others don't understand.
Have they lost a child?
They give advice, which is bad.
Not helping many times worsening
You see the hole will always be here,
You made us whole, your life and ours entwined,
parts making a whole.
We talk: to you, we talk about you,
But it's not the same, it's not what we need, or want.
There is a hole in our hearts
There is a-hole in our lives _
We have memories, picture albums, and mementos.
All of these will never heal our hearts.
Our hearts skip a beat, the beat that was there,
when you were here.
That beat is gone, gone with you,
Gone to heaven.
Leaving us with a hole, an empty feeling,
A cloud that lies over us,
that darkens even the sunniest days.
The hole is the love we lost, the love that can't be replaced.
The hole in our heart that you filled
There is a hole in our hearts
There is a hole in our lives
*By George Carafos
Rochester Chapter*

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.

Valentine Message

I send this message to my child
Who no longer walks this plane,
A message filled with love
Yet also filled with pain.
My heart continues to skip a beat
When I ponder your early death
As I think of times we'll never share
I must stop to catch my breath.

Valentine's Day is for those who love
And for those who receive love, too
For a parent the perfect love in life
Is the love I've given you.
I'm thinking of you this day, my child,
With a sadness that is unspoken
As I mark another Valentine's Day
With a heart that is forever broken.

Annette Mennen Baldwin
In memory of my son, Todd Mennen
TCF, Katy, TX



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:

February 6, 2010—Ladies Breakfast— 9am at Perkins Penfield (Rt. 250 & 441) — call Colleen at 388-0376 to RSVP

March 13, 2010—Hors D'oeuvres & Desserts— 6pm—hosted by Barb Silverstein—more details to follow

April 27, 2010—Button Night—bring a picture to make a 'picture button' of your child - more details to come

Where to Buy Grief Books

Looking for a particular grief book? Look no further than Centering Corporation, the official recommended grief resource center of The Compassionate Friends. With the largest selection of grief related resources in the United States, Centering Corporation will probably have just about anything you're looking for-or they'll be able to tell you where to find it.

Call Centering Corporation for a catalog at 402-553-1200 or visit their website at www.centering.org. When ordering, be sure to mention you are with The Compassionate Friends and all shipping charges will be waived.

May 2007

*Death leaves a heartache
no one can heal,*

*Love leaves a memory
no one can steal. ~*

Found on a headstone in Ireland



June 2007

*I am here.
Let's heal together. ~*

A friend

Chapter Information:

Meeting Location:

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

Meeting Days for February 2010:

Tuesday the 9th and Tuesday the 23rd
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

Miscellaneous:

January Donations and Love Gifts

Becky Price in memory of Josh Price



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.

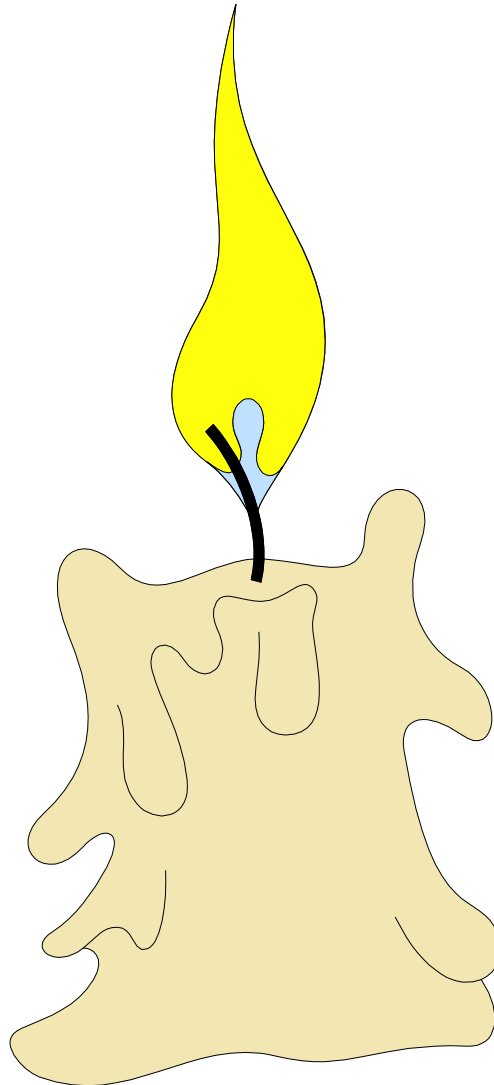


Our Children Remembered
February, 2010
Birthdays and Remembrance Days



Birthdays

Sean Kennedy
Stacey Ann Chaplin
Gregory Paul Crawford
Jillian Kristine Boda
Owen William Jeroy
Jason Christopher Schwab
Scott David Swanson
Jaden Michael Fournier
Amy Marie Dennis Iwasko
John Eric Yelle
Johanna Lynne Falk
Katelyn Jade Brewer
Christopher Thomas Miceli
Ellen Barbara Aquino
Thomas Jeffrey Cond



Remembrance Days

Norbert W. Lipinski Jr.
Sean Kennedy
Karen J. D'Amico
Kurt William Simons
Jay Alan Starman
Thomas Jeffrey Cond
Timothy E. Hale
Caroline Elizabeth Harber
Grant Matthew Lintala
Shannon Marie Sayers
Lisa Ann Rupp
Joshua John Pickering
Kimberly Susan Fitzsimmons

