



Please See Me Through My Tears

You asked, "How are you doing?"

As I told you, tears came to my eyes...and you looked away and quickly began to talk again. All the attention you had given me drained away.

"How am I doing?"...I can do better when people listen, though I may shed a tear or two.

This pain is indescribable. If you've never known it you cannot fully understand.

Yet I need you.

When you look away, When I'm ignored, I am again alone with it.

Your attention means more than you can ever know.

Really, tears are not a bad sign, you know!

They're nature's way of helping me heal...

They relieve some of the stress of sadness.

I know you fear that asking how I'm doing brings me sadness ...

but you're wrong.

The memory of my loved one's death will always be with me, Only a thought away.

My tears make my pain more visible to you, but you did not give me the pain...it was already there.

When I cry, could it be that you feel helpless, not knowing what to do?

You are not helpless, and you don't need to do a thing but be there.

When I feel your permission to allow my tears to flow, you've helped me.

You need not speak. Your silence as I cry is all I need.

Be patient...do not fear.

Listening with your heart to "how I am doing" relieves the pain, for when the tears can freely

come and go, I feel lighter,

Talking to you releases what I've been wanting to say aloud, clearing space for a touch of joy in my life.

I'll cry for a minute or two ... and then I'll wipe my eyes, and sometime you'll even find I'm laughing later.

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A Fitting Tribute

Came the darkness of new winter
We huddled together in frozen disbelief
Lowering your precious vessel into cold unfeeling earth.
No bird sang nor shone the sun to cast mocking shadows on our despair.
A light went out in the world that day
Leaving us to shiver in the blackness of your absence.
Four seasons of our sadness have passed since that bleak day.
And now we return to put cold stone above your head.
It does not seem a fitting monument for a man of joy.
Too many tears have been shed,
I can weep no more.
Others may not believe
But every day your spirit comforts me.
Your voice still speaks within my heart.
And while I may long for the warmth of your hands on my shoulders
I can feel your workings in God's plan.
I believe with perfect faith that no loss is forever.
Today I come to bury my grief
Tomorrow may we rejoice that you have lived and loved us
Erecting a monument of joy in life's celebration
Singing a eulogy of love for the broken-hearted,
Lighting an eternal flame of hope for those in despair.
In your loving memory let us seek to perfect the world
And in so doing, perfect ourselves.
I believe with perfect faith
That you are forever.
Your body may lie in this sorrowful ground,
But your spirit soars with the eagles
Still rages at injustice
Reaches out in loving kindness
Dances with the ecstasy of life that never ends,
And laughs deep in the belly to cleanse us of our mortal sadness
By Judy Gradford ~ TCF, Rochester NY

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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When I hold back the tears, my throat grows tight, my chest aches, my stomach knots...
because I'm trying to protect you from my tears.
Then we both hurt...me, because my pain is held inside, a shield against our closeness...and you,
because suddenly we're distant.
So please, take my hand and see me through my tears...
then we can be close again.

By Kelly Osmont

Books & Book Reviews

Books, etc

The Compassionate Friends—Rochester Chapter website has a list of books that are available to borrow. There are also DVD's and CD's in the library collection that are available.



Book Review

Hannah's Gift by Maria Housden

It is a remarkable story which is well told and will bring comfort to anyone touched by loss and gives renewed faith in the power of love.

Comment from a TCF group member: "This is a beautiful book with a story about how they dealt with grief."

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:

Upcoming Breakout Sessions — sharing CD's from the TCF National Conference

Planning a Speaker in the Spring — watch for further details

TCF Roles

A list of the different roles has been included with this edition of the newsletter. As you will see, there are many “jobs” that allow our group to keep running - to help ourselves and others.

Some of these roles are a one-time activity, while others are ongoing. You could volunteer for a short time or a longer commitment, if you are able. If you have any questions about a particular role, please contact Brenda or Becky for more detailed information.

We are asking everyone to please take a moment to look over the list to see if there is something that you could volunteer to do. Thank you so much for considering helping the group!



Volunteer Services

Chapter Information:

Meeting Location:

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

Meeting Days for February 2011:

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:

Brenda Schmidt— 585-370-6095
Becky Price—585-346-2441
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

January Donations and Love Gifts

Joan and George Carafos in memory of David Carafos

Joanne Mix in memory of Laura Mix

Delores Carr in memory of William Joseph Puro



See Brenda 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.

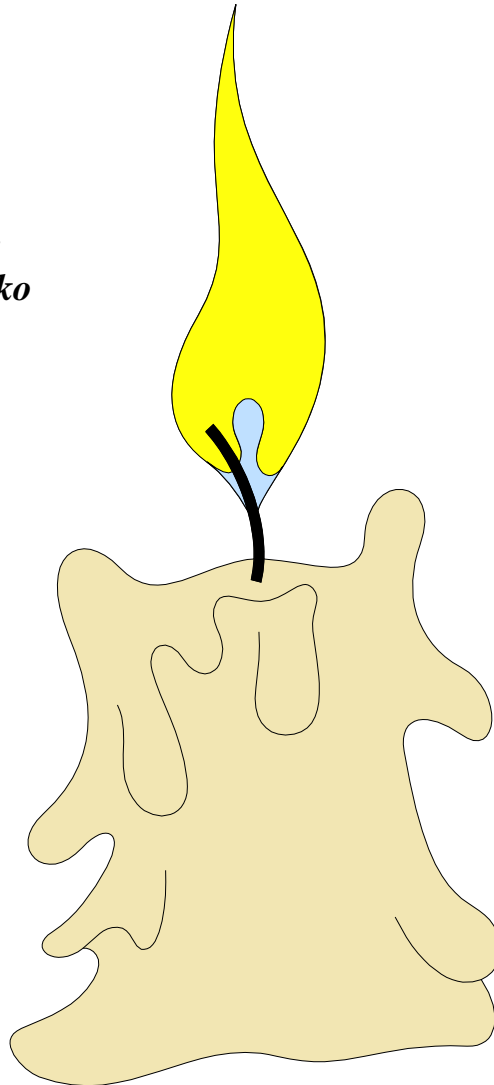


Our Children Remembered
February, 2011
Birthdays and Remembrance Days



Birthdays

Jillian Kristine Boda
Owen William Jeroy
Scott David Swanson
Jaden Michael Fournier
Amy Marie Dennis Iwasko
John Eric Yelle
Johanna Lynne Falk



Remembrance Days

Karen J. D'Amico
Robin Renee Knapp
Kurt William Simons
Jay Alan Starman
Timothy E. Hale
Caroline Elizabeth Harber
Grant Matthew Lintala
Lisa Ann Rupp
Christi Grace Juliano
Kimberly Susan Fitzsimmons
Keith Cycle Kearns



TCF Rochester - Roles 2011

Please review the roles listed below. Volunteers are needed to fill some of these roles for this year.

For more information about a particular role, contact Brenda Schmidt or Becky Price. It is an option to share a role with another person. Please consider helping out this year. Thank you!

Role Title	Role Duties	Person in Role
Co-Leader	Announcements, handle phone calls from new people, put together first visit folders, house all TCF paperwork, lead meetings, agenda & lead steering committee meetings & write minutes, handle mail from National TCF, vote in National TCF elections once a year, fill out National TCF year end report.	Brenda Schmidt
Co-Leader	As above	Becky Price
Treasurer	Handle all money/banking transactions, report to steering committee approx. 4 times/year complete National TCF year end report	Barb Silverstein
Newsletter Editor	Complete monthly newsletter, find and use articles & poems, receive submissions, create E-newsletter, update Children Remembered page, send newsletter for printing, send E-newsletter for distribution & posting on web	Colleen Kohl
Newsletter Printing Coordinator	Receives completed newsletter, coordinates printing, gives copies of printed newsletters and inserts to Newsletter Mailer	Ed Bohrer
Library	Add new books into the system (sequential number; add to list in cabinet & on website); make card for book to be filled out when book is borrowed; mention the library & new contributions at meetings and to new people	Becky Price
Website	Update site: post newsletter, current meeting dates, current events page, library items (pdf), add pictures of children as requested, share pictures to update slideshow at meetings. Also provide free hosting through our business.	Becky Price
Database Manager	Maintain and update database of group members and children(s) information. Share information for newsletter, mailings, etc	Steve Haupt
Garage Sale Coordinators	Host sale at your home for 2 days in June, receive items to sell for 2 weeks prior to sale, schedule others to help for set-up & sale, make & distribute posters & fliers to advertise sale, pack up items left after sale	
Balloon Release Coordinator	Book park location for 2 nd Tues. in June, create program with readings & music, send written program to be printed, determine need for grill items (charcoal, etc), obtain helium tank, balloons, string, markers, & music player with microphone. (more details are available)	
December Candle Lighting Coordinator	Create program with music & readings, send written program to be printed, obtain candles & memory item to hang on tree as needed, coordinate other group members to do readings at ceremony.	
Steering Committee Members	Attend committee meetings, brainstorm ideas for group, work to coordinate activities for group, assist in a role listed here, help to continue service to others in group, etc.	Brenda, Becky, Steve & Kathleen Haupt, Barb, Laura, Cathy Spoto, Colleen, Pat
Phone caller	Make follow-up calls to new people after their first meeting	Laura Wilson
Newsletter Mailer	Receive newsletters, labels, & envelopes, fold them and stuff envelopes, label envelopes, then return stuffed envelopes to the front desk of Lifetime Care (they will seal, stamp, & mail) Bring rest of newsletters to leader at the next meeting.	Joan & George Carafos

Technology Support	Set up slide show of pictures at group meetings, assist with other technology needs as able.	Steve Haupt
Potluck Coordinator	Organize potluck sign-up sheet, order & pick-up main dish if needed, set-up tables, dishes, silverware, cups, & clean-up after – organize assistance with set-up & clean-up. Can determine theme of dinner (e.g. music child liked, happy story, favorite holiday, etc.)	<i>(spring or fall)</i>
Greeter	Arrive early, greet and sign –in group members, open door. Assist Cathy in bringing in new people as needed.	
Birthday Table set-up	Set-up birthday table before meeting (tablecloth, book, butterflies, candle, birthday list) & put away after meeting	
Coffee maker	Make coffee & set-up before meetings & clean up after (get out cups, sugar, creamer, etc.)	Bonnie Corbett
Button Maker	Use pictures provided by group members to make a “picture button” using button maker.	Steve Haupt

WRITING: A WAY THROUGH GRIEF

**A Bereavement Group that Features
Journaling and Discussion**

For: People who wish to explore, express, manage and transcend challenging grief reactions following the death of loved ones.

Meets: 1st and 3rd Tuesdays of each month from 7:00 to 8:30 p.m. –
February 15th through April 19th

At: Lifetime Care's *Center for Compassion and Healing*
3111 Winton Road, So. (South of Brighton-Henrietta TownLine Rd;
across from Cadillac dealer and Pizza Hut)

Fee: \$5 donation to hospice requested at each session

Features: Techniques such as loss histories, tributes, journaling and other writing exercises plus sharing and support

Please register in advance so that an initial interview with Cathy Spoto, the facilitator, can be scheduled before the series begins.

**Call: *The Center for Compassion and Healing*
(475-8800)**

Note: No advanced writing skills are required – just a desire to integrate loss experiences into a “new normal” and a belief that healing lies within places of pain. This approach offers a chance to explore grief in greater depth than is usually possible in traditional support groups. It builds confidence that the path of grief can lead to a good outcome. Past participants have testified that the series has been immensely therapeutic!