

As we Begin the New Year it May be Useful for us to Remember Our Credo...

We need not walk alone. We are The Compassionate Friends.
 We reach out to each other with love, with understanding and with hope.
 Our children have died at all ages and from many different causes,
 but our love for our children unites us.
 Your pain becomes my pain just as your hope becomes my hope.
 We come together from all walks of life, from many different circumstances.
 We are a unique family because we represent many races and creeds.
 We are young, and we are old.
 Some of us are far along in our grief, but others still feel a grief so fresh
 and so intensely painful that we feel helpless and see no hope.
 Some of us have found our faith to be a source of strength;
 some of us are struggling to find answers.
 Some of us are angry, filled with guilt or in deep depression;
 others radiate an inner peace.
 But whatever pain we bring to this gathering of The Compassionate Friends,
 it is pain we will share just as we share with each other our love for our children.
 We are all seeking and struggling to build a future for ourselves,
 but we are committed to building that future together
 as we reach out to each other in love and
 share the pain as well as the joy, share the anger as well as the peace,
 share the faith as well as the doubts and help each other to grieve as well as to grow.
 We need not walk alone. We Are The Compassionate Friends

Love Gifts for November

Ann Patterson and Diane DeSimon in Memory of Matthew Gabe Fogarassy

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.

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 18 Latium Drive, Pittsford, NY 14534. Please make checks payable to The Compassionate Friends of Rochester, NY. Sincerest Thanks.

Ceremony of Remembrance 2007– A Loving Tribute to Jeffrey

Good afternoon, I am Phyllis Simon, Chapter Leader of the Rochester area Compassionate Friends and Jeffrey’s mom. Jeff was an active, inquisitive and very bright child who grew into a very gifted and intelligent young man. He was not only a highly skilled computer geek but was also a Kodak Scholar and a Suma Cum Laude graduate of the State University of New York at Buffalo with a degree in Computer Science. With numerous job opportunities in many areas of the country, he eventually managed to re-locate from the DC area back to Rochester and to a software development job at Kodak. Engaged to be married, with prospects for a wonderful future together, his life and that of his fiancée, Meg, were cut short due to a tragic automobile accident in London, Ontario on August 16, 1996, just two days after he celebrated his 24th birthday. The years that followed were excruciatingly painful for me, his dad and his surviving brother and sister yet with the help of family, friends and The Compassionate Friends I have survived and learned to deal with this tragic loss. It has taken me a very long time to *adjust* to Jeff’s death and although I will never *accept* it, I have learned that the many positives in my life give me the incentive to move on. Over the years I have tried to focus on his life, our fun times together and the major effects that he has had on my own life.

In the poem “Some People” by Flavia Weedn, there is a section that goes like this:

“Throughout our lives we are sent
 precious souls...
 meant to share our journey
 however brief or lasting their stay
 they remind us why we are here
 to learn...to teach...to nurture...to love.
 and we are never, ever the same.”

I interpret this as saying that we must always remember that our loved ones lived and that they will always remain a part of us and that we will always carry their spirit with us. As a result, as Flavia has indicated in the poem, *we are all changed forever.*

Jeffrey is my first born son and *he has left a handprint on my heart and an imprint of his whole being on my soul* where it shall remain for as long as I live. Our relationship was always close as he changed me from a young wife to a mother who now had the responsibility of another’s life.

With each day and year that passed our lives became more and more connected and a beautiful, loving relationship continued to grow. He taught me so much about myself and I watched him grow into a loving and caring adult and as a result I continued to grow as a wife and mother but just as importantly as a friend too.

Although I no longer have Jeff’s physical presence, I do have and will always have wonderful memories and the *handprint he left on my heart*. I also know that the relationship we had has made me a better person and a mom that he would truly be proud of.

To quote Flavia once again:

“Some people come into our lives
 and leave footprints on our hearts
 and we are never ever the same!”

And whether they have left a handprint or a footprint on our hearts – they have had a lasting effect on us and we will always remember them..... by: Phyllis Simon—Chapter Leader—TCF Rochester Chapter



Upcoming Planned Events— Mark Your Calendars:

Darcie Simms—Special Workshop followed by evening Speaking Engagement - **May 19th 2008**
Workshop: 9:00AM-12:00 Noon at Lifetime Care — Speaking Engagement: 7:00-8:30PM at Academy of Medicine
— more information to follow —
Annual Garage Sale—**June 5—June 7, 2008**—information to follow—**HOLD YOUR VALUABLES FOR US !!!**
Balloon Release—**June 10th 2008**—more information to follow

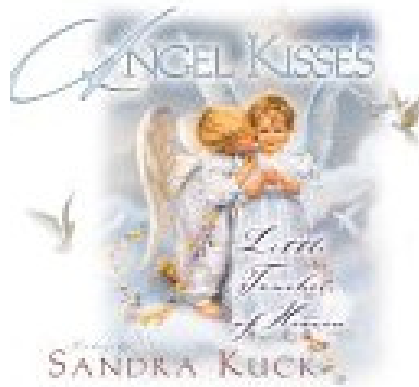
Book Review

Angel Kisses

by: Sandra Kuck

The Beauty of Sandra Kuck, April 18, 2000 Reviewer:
Patricia Mueller from Missouri, USA

I think this is truly wonderful, but I love everything Sandra Kuck does, she has so much beauty to share with the world and I have met her several times and she is as beautiful in person as the beauty she creates. I think I found her work at the time in my life I needed to stop and smell the roses and I continue to enjoy everything she is connected to.



Chapter Information:

Meeting Location:

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

Meeting Days for January 2008:

Tuesday the 8th and 22nd
7:00 P.M. to 7:15 P.M. - social
7:15 P.M. to 9:00 P.M. - meeting

Contacts:

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TCF National 877-969-0010
or www.compassionatefriends.org

Send news letter inputs or web comments to:
Mark Simon at: mas18@rochester.rr.com

Miscellaneous:



Please contact Mark Simon at
mas18@rochester.rr.com or 585-586-4721 if you are
thinking about attending the National Conference in
2008.

***Please bring your old working cell phones to a
meeting to support our recycling fund raiser.***

Rochester ChapterTCF 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.



Resolutions

by: Pat Akery

The Compassionate Friends, Medford, Oregon

Every time the holiday season comes to a close, I feel as if I can hear a collective sigh of relief. This year was no different except that the sigh seemed louder and longer than in past years. Some years are like that for us. This one was certainly like that for me. No matter how difficult I thought the holidays would be to get through I was wrong. In some ways they were more difficult and in other ways, surprisingly, they were less difficult. The reality is that you and I, no matter how we anticipated the holidays, did get through them. We did survive the holidays and though it may be difficult for you to believe this now, there is no reason that this new year shouldn't be better.

Which brings me to a favorite topic for this time of year: New Year's resolutions. Resolutions that I think are most helpful are those that concern our well-being. Above all, resolve to take better care of yourself. Try to eat right and exercise. Find ways to nurture yourself – both your body and your mind. Remember all things in moderation.

Seek advice from others when you need it and above all, ask for help when you need it. You won't always get the help when you ask for it, but remember, if you don't ask for it, you surely won't get it.

Another thing you can do to have a happier new year is to become more involved in The Compassionate Friends. If you've not come to any meetings, or if it's been a while, give it a try. Commit to attending at least three meetings. If you were to attend only one, you would not necessarily get a very good idea of what meetings are like. Join us and make your needs known to us.

This newsletter is another way you can become more involved. Let us know what works for you and what doesn't. Consider becoming a contributor. Tell us how we might be able to better serve your needs. Have a happier New Year!

You Are So Strong

*Empty words
That don't touch the reality
That my life has become.
Walking through fog
Incredible pain*

*Searching for the beloved face
I crave to see
The voice that I strain to hear over the noises
Of people who have no idea
Of what the world has lost*

