



The Compassionate Friends of Rochester, NY

July / August 2010

www.tcfrochester.org



'Till We Meet Again.....

I can no longer look upon your face
But in my heart you'll always have a place
For deep within me your seed still grows
It left my body but not my soul

We shared a heartbeat for a brief time
Your little body protected by mine
You had to leave it but there was joy
You were my special little boy

I watched you grow and learn and play
It seems like it was yesterday
You had a plan and never faltered
Not knowing that your life would alter

You determinedly walked on your own path
And lived the life you longed to have
Yet never really got the chance
To walk the walk and dance the dance

To leave you there on that cold day
It was so hard to walk away
A parent's nightmare had finally come
The day I had to bury my son.

Although I know you're in a better place
It's day-to-day for me with God's grace
But life has a way of catching up time
I'll be with you again baby mine.

Love Mom.

Written by Deborah Streb (Rochester)

Mother of Adam Marano



Say Leslie

The time of concern is over,
No longer are we asked how our family is doing.
A curtain descends. The moment has passed.
A life slips from frequent recall.
There are exceptions - close and compassionate friends.
Sensitive and loving family.
For most, the drama is over. The spotlight is off.
Applause is silent.
But for us the play will never end.
The effects on us are timeless.
Say Leslie to us.

On the stage of our life she has been both lead and supporting actress.
Do not tiptoe around the greatest event of our lives.
Love does not die. Her name is written on our lives.
The sound of her voice replays in our minds.
You feel she is dead. We feel she is of the dead and still she lives.
You say she was our daughter; we say she is.
Say Leslie to us ... and say Leslie again.

It hurts to bury her memory in silence.
What she is in spirit stirs within us always.
She is of our past - but she is of our now.
She is our hope for the future.
You say not to remind us.
How little you understand that we cannot forget. We would not if we could.
We forgive you because you cannot know.
We strive not to judge you because yesterday we were like you.
We wish you could understand that we dwell both in flesh and in the spirit.
The mystery is that you do too, but know it not.

Say Leslie to us.

Shared from the 2010 National Conference

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 130 Portview Circle, Rochester, NY 14617. Please make checks payable to The Compassionate Friends of Rochester, NY. Sincerest Thanks.

You are my sunshine

by Carol Clum, TCF, Medford, OR

As a child, I learned to sing on road trips in the family car. We sang "She'll be Coming 'Round the Mountain", "Row, Row, Row Your Boat" and my favorite:

You are my sunshine, my only sunshine,
You make my happy when skies are gray.
You'll never know, dear, how much I love you.
Please, don't take my sunshine away.

Since my son's death, whenever I hear this song, I mentally change the spelling to 'son-shine.' When he left, skies surely turned gray. Gray skies continue to visit me in random moments of grief to the point that at times, it's impossible to see the sun. And when summer brings sunny days, it breaks my heart that he can't be here with me to light up my life.

Grief enhances our senses so that the absence of light allows us to perceive our need for light. A good example came one dark and dismal day as I sat reading, a part of me dwelling on my missing child. Ever so softly, warmth crept across my outstretched leg. I shot a glance in its direction and discovered a stream of golden sunshine. In my preoccupation, I hadn't noticed the parting clouds outside--the transformation from gloom to gleam. If I had not been sitting quietly, thinking of my child, I would have missed the gift-- missed an opportunity to find joy in that brief moment when 'son-shine' paid an unexpected visit. What a blessed gift it is to remember my child with joy.

There's a scientific reason that a sunny day brings some joy and energy to our lives. Bright light makes a difference to the brain chemistry. Lack of light causes a condition called Seasonal Affective Disorder. SAD doesn't occur only in the dark winter months. If you work the night shift or you spend all day in an office, wear sunglasses outside, spend your days off in a dimly lit home you may not be getting adequate light. All the more reason to grasp at every golden moment that comes our way. The true lifesavers in my grief journey are those small surprising occurrences that often go unnoticed.

When memories arrive on beams of joyous sunlight, I'm learning to take notice, to savor, then stock pile the simple pleasures that somehow appear in spite of heavy days. Sometimes light comes from deep within our hearts. Sometimes friends arrive with small rays of hope, guiding us through the darkest hours.

Summer brings moonlit evenings, the flash of lightening across an endless sky, fireflies in a Mason jar, the beam of a flashlight piercing the darkness, yellow butterflies at the break of day; all reminders that our children were bright and full of life.

We are on a dark journey. At the same time, we are on a righteous search for light, grasping at hope wherever we find it. When gray days return and winter seems endless, remember--it's not. As grief changes, we learn to survive the darkness, believing that light lies ahead. May sunshine bless you with small, precious moments of hope and joy in the coming summer days.



Upcoming Planned Events— Mark Your Calendars:

August 13 & 14—Annual Yard Sale at 73 Pleasant Way, Penfield —please donate items and come to shop

Lily Dale trip—August 7th—information available from Becky Price

Coupon book sale—will start in mid-September—watch for more details

The Open to Hope Show

Dr's. Gloria and Heidi Horsley now have a new radio show called *The Open to Hope Show* which replaces their popular show, *Healing the Grieving Heart*. Featuring experts who discuss the many aspects of grief, with a main focus on the death of a child and its effects on the family, the new show can be heard Thursdays at noon ET (9 a.m. PST) by going to www.opentohope.com. All archives of shows can be heard at www.opentohope.com and www.thegriefblog.com. Archived shows of *Healing the Grieving Heart* will continue to be archived on www.voiceamerica.com.

Hosts of *The Open to Hope Show* are: Dr. Gloria Horsley, bereaved parent with 23 years in family therapy; and Dr. Heidi Horsley, bereaved sibling and an adjunct professor teaching graduate courses at Columbia University's School of Social Work, including Intervention for Grief, Loss, and Bereavement.

Shows cover such topics as: A Child Dies--What to Expect and How Long Does it Take?; Grief in the Workplace; Where Does Sadness End and Depression Begin After the Death of a Child?; Faith, Brokenness, and Healing After the Death of a Child. These hour-long shows, broadcast live at 9 a.m. Pacific (noon Eastern Time) on Thursdays, feature experts in the bereavement field and your phone calls and questions are welcome during the live broadcasts.

Chapter Information:

Meeting Location:

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

Meeting Days for July/August 2010:

Tuesday the 13th and Tuesday the 27th (July)
Tuesday the 10th and Tuesday the 24th (Aug)

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:
Colleen Kohl @ colleenkohl@hotmail.com

Miscellaneous:



The annual Balloon Release was held on a beautiful evening in June. Many of us attended and sent our "balloon messages" floating skyward to our children.

Thanks for Joan and George Carafos for all of their work to make this event a success.

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

Rochester Chapter TCF Mission:

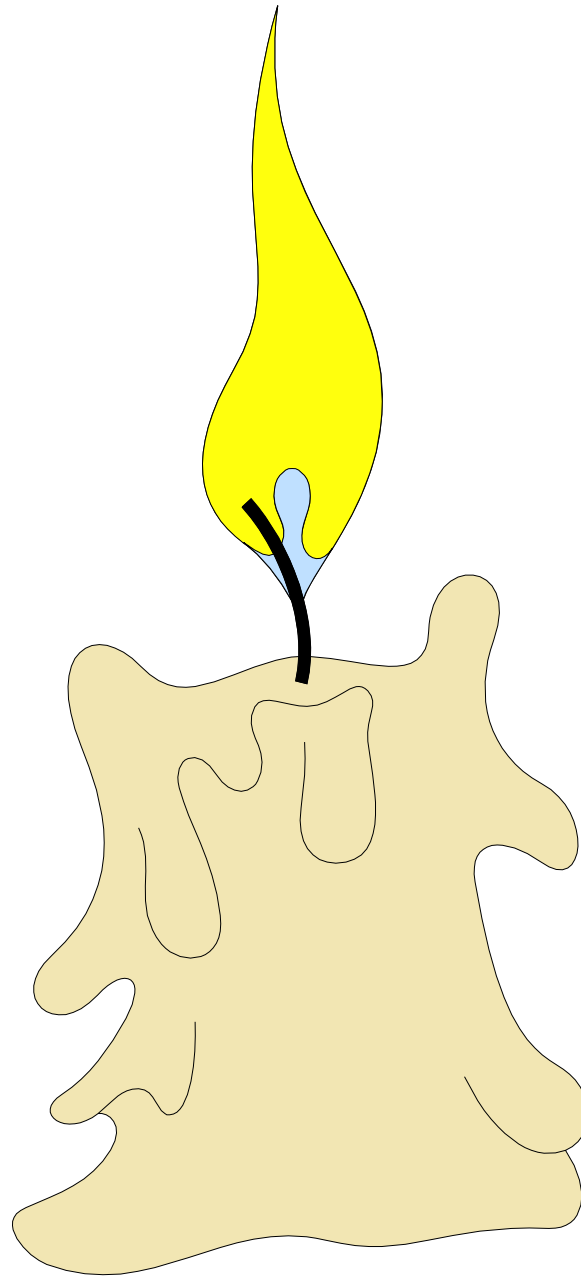
The MISSION of the Rochester Chapter of The Compassionate Friends is to assist families toward the positive resolution of grief following the death of a child of any age and to provide information to help others be supportive.

Our Children Remembered
July, 2010
Birthdays and Remembrance Days



Birthdays

Timothy Hale
Bradley L. Consler
Wyatt William Zuber
Zachary Lawrence Yates
John A. Curry, Jr.
William G. Goodridge
Sara Ann Carrales
Kendra Marie Nelson
Graham Wilson Smith
Scott Allen Sturge
Joseph Steven Monroe
Karen J. D'Amico
Stone Ethan Steger
Eric D. Wunderlich
Isaac Courtney Towne
Steven L. Britt
Laura Catherine Mix
Jessica Lyndsey Frey
Joshua John Pickering
Shaun Peter Reily
Andrea Marie Lovette
Richard Vito
Sean Howard Dell
Emma Nolan
Nicholas William Kyle
Adam Richard Furstoss



Remembrance Days

Curtis Aaron Seibert
William Peter Cook
John A Curry, Jr.
Owen Avery Krieger
David Raymond Coates
Keith Martin Wilson
Steven John Fantozzi
Robert Joseph Kuitems
Joseph Steven Monroe
Adam Richard Furstoss
William F. Beyerbach II
Claire E. Colyer
Christopher Robert Crawford
Brandon James McLane
Paul McManus Jr.
Michael Matthew Brown
Scott David Swanson





Our Children Remembered
August, 2010
Birthdays and Remembrance Days



Birthdays

Richard William Reisig
Caroline Elizabeth Harber
Jeffrey Michael Simon
Oliver Fox Maira-Walsh
Catherine F. Anderson
Jennifer Lyn Quackenbush
Terry M. Fedigan
Jennifer Kennedy
Tristan Folley Hanna
Michael T. Mahon Jr.

Remembrance Days

Michael Simons Burbank
Reynold Armand
Pat Helen Klehr
Theresa Ann Kohl
Clayton Thomas Wright
Eric Lorine Rupp
Reese DeBlase
Meaghan C. Latone
Andrew Garrett Bennett
Robert Anthony Yacono
Jeffrey Michael Simon
Molly Crye
Damon Seeber
Sara Michelle Oberhofer
Jacqueline Rae Bauer
Richard William Reisig
Anna Kiner
John M. Driscoll
Wyatt William Zuber
Brian T. Furness
Stone Ethan Steger

