

**I'm Free**

Don't grieve for me now for I'm free  
I'm following the path God laid for me  
I took his hand when I heard him call  
I turned my back and left it all  
I could not stay another day  
To laugh, to love, to work or play  
Tasks left undone must stay that way  
I found that place at the close of the day  
If my parting has left a void  
Then fill it up with remembered joy  
A friendship shared, a laugh, a kiss  
Yes these things too I will miss  
Be not burdened with times of sorrow  
I wish you the sunshine of tomorrow  
My life's been full, I savored much  
Good friends, good times, a loved ones touch  
Perhaps my time seems all to brief  
Don't lengthen it now with undue grief  
Lift up your heart and share with me  
God wanted me now, he set me free.

by: Erin Baker

To receive this newsletter via e-mail please contact Mark Simon at [mas18@rochester.rr.com](mailto:mas18@rochester.rr.com)

TCF Walkers—see website [www.tcfrochester.org](http://www.tcfrochester.org) under Events for schedule and location

**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.

**Annual Balloon Release**



Our 7th annual Balloon Release was held on June 12<sup>th</sup> at Kreag Road Park in the town of Perinton. There were~55 people in attendance. Again this year we had perfect weather as we watched our balloons soar into the sky and out of sight.



Marlene Goad, Steve and Kathleen Haupt

**Garage Sale**

Another success !! We held our annual sale May 31<sup>st</sup> – June 2<sup>nd</sup> and, thanks to a number of our members we added nicely to our treasury. Sincerest thanks to those who donated some real “treasures” to the sale and special thanks to those 18 brave souls that spent hours setting up, pricing and working the sale. As usual, a special Thank You goes out to Dick Shantz who could sell ice cubes to the Eskimos !!

**Scrapbooking Event**

On Tuesday evening, June 5<sup>th</sup>, we had our first scrap booking session. Kathleen Haupt handled the event and, although there were only four in attendance, we all had a great time and learned a lot. We are planning to meet again soon. Let Kathleen know if you are interested in joining us for the next session. Her e-mail is: [kmhaupt4@yahoo.com](mailto:kmhaupt4@yahoo.com)

**A Grieving Father's Day Prayer**

Our Father, who art in Heaven,  
I come to you with a heavy heart today.  
I know you know, but I have lost my child,  
And am feeling like I have lost my way.

People seem to think I am so strong.  
I am not invincible. I am not superman.  
I am just a grieving father, missing my child,  
And could use a friendly helping hand.

I have always been the typical fixer-upper type of a dad.  
I could fix anything, ever since I was ten.  
But I cannot fix the clock of time.  
But please, God, can you help me wind it up again ?

Please bless all the grieving fathers  
Each hour throughout this day  
With strength to keep moving ahead,  
Even one baby step at a time would be ok.

Please bless all grieving fathers  
Each day throughout this week,  
And guide them on their journey of grief  
As the meaning of life they do seek.

Please bless all grieving fathers  
Each week this whole month through  
With memories to last a lifetime  
And understanding friends to turn to.

Please bless all grieving fathers  
Each month throughout this year  
With hugs to comfort in our time of need  
And people to realize our grief doesn't just disappear

Please bless all grieving fathers  
Each year until the end of time  
With faith in you to see us through  
From sunrise to sunset for our whole lifetimes

Please, God, bless all the grieving fathers  
Each day throughout this year  
As seasons change and time unfolds

Day by Day,  
Week by Week,  
Month by Month,  
Year by Year

And especially today, on this Father's Day. Amen.  
*(this poem is a little after Father's Day 2007 as it came up after the June Newsletter went to press. I thought it was worth publishing, even if just a little late—Mark Simon)*



as our balloons soar .....

**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:

Fall Pot Luck Supper—**November 4th**—contact Jan Levy at 585-442-1094

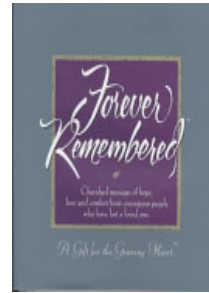
Annual Memorial Candle Lighting—**December 11<sup>th</sup>**—**7:00 PM** (regular meeting)  
*stay tuned for more activities and speakers*

## Book Review:

### Forever Remembered

by Dan Zadra (Compiler), Marcia Woodard

Book Description: Grieving the loss of a loved one can be a lonely and devastating experience. This book coupled with caring friends and loving family is sure to help ease the sorrow and bring enormous comfort. Each page reveals a unique personal and treasured insight on grieving—many of them from a well-known celebrity or beloved public figure. These tender and remarkable messages remind us that regardless of fame or fortune grief inevitably touches each of our lives. But the essential message is one of hope: life does go on it must go on. In fact it is by living out our lives with the memories of our loved ones sheltered safely in our hearts that we honor and cherish them best and get some peace, at last!!



### June Donations and Love Gifts

*Barb and Jim VanValkenburgh in memory of Michael Clark VanValkenburgh*

*Pat Kennedy in memory of Jennifer and Sean Kennedy*

*Linda Viola in memory of Shawn Patrick Viola*

## Chapter Information:

### Meeting Location:

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

### Meeting Days for July / August 2007:

Tuesday the 10<sup>th</sup> and Tuesday the 24<sup>th</sup> - July  
Tuesday the 14<sup>th</sup> and Tuesday 28<sup>th</sup>—August  
7:00 P.M. to 7:15 P.M. - social  
7:15 P.M. to 9:00 P.M. - meeting

### Contacts:

Phyllis Simon - 585-586-4721  
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:  
Mark Simon at: [mas18@rochester.rr.com](mailto:mas18@rochester.rr.com)

## Miscellaneous:



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



## The Key to Peace

by: Kenneth A. Johnson, TCF Rochester

Many things in life can—and should—be changed. Research into diseases, publicizing worthy causes or wrongs which need righting or helping to rebuild a shattered heart are but a few examples.

But sometimes there are situations which life presents which can't be changed. The words which are spoken in anger, a malady for which there is no treatment or cure or the death of a loved one; things which can't be changed but which must be endured.

Often these things can be ameliorated. Hasty words of anger cannot be unsaid, but they can be repented of and mourned. A Down's Syndrome child can be cherished and encouraged to grow to its fullest potential. A loved one can be mourned, fondly remembered and memorialized. But none of this will actually change the unchangeable.

The key, then, to peace with the unchangeable lies in the reaction of the person who must endure it. They must certainly do all that they can to achieve what they can, but after this they are faced with a choice: will they face life bitterly, uselessly fighting what cannot be fought, or will they accept peacefully what must be borne and turn their thoughts towards the positive and towards joy instead.

The Serenity Prayer may seem trite, contrived and formulaic to some, but it actually embodies a profound truth. To improve what can be improved is good. To accept our limits gracefully is also good. To seek divine guidance in both is sublime.

I thank You, Lord, for Your eternal love and for Your daily faithfulness. I thank You for Your daily provision and for Your guidance. And I thank You that You will always make Yourself known to those who seek to really know You.



**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.*