



Grief

Grief is a series of ever widening circles.

It starts with suddenness of the death of someone you love more than life itself.

And the circles spread out.

You are drawn down with the death, taken under the water, struggling for breath.

You slowly rise back to the surface, starting to take in life again.

But the circles catch you unawares at times, slamming you with the loss all over again, dragging you back to the very bottom.

You never know when you might run into one of the circle's edges, or when they will pass right through you.

The circles go out as far as you can possibly imagine ... for the rest of your life here.

You realize that they will never end.

Perhaps their strength diminishes, I'm not sure - but you know they will never, ever end.



Becky Price
(Josh's mom)
TCF Rochester Chapter



Annual Balloon Release –this took place at our first June meeting. Many thanks to Joan & George Carafos and Mark Gertsner for all of their work on this ceremony. The readings and music were great and the weather was good. It was very moving to watch our balloons drift skyward after we each said our child's name.

Annual Garage Sale - our major fundraiser was a great success with over \$1000.00 raised to benefit our group. Thanks to all who donated items and worked at the sale. A big "Thank You!" to Joan & George for hosting the sale this year and the Saturday post clean-up picnic.

TCF Library



The TCF Library has several new books and tapes that are available to borrow.

Book review sheets will be placed in each book and extras will be available in the library cupboard. If you have read a book that you think may interest others, please take a few minutes to fill out a review sheet. The book review can be done on a book in our TCF Library or any book that you may have read. Your name does not have to be included in the book review when it is shared, if you do not

want it to be (see option on sheet). Book reviews can be placed in the envelope marked "Book Reviews" in the library cupboard. Book reviews can also be emailed to Colleen at colleenkohl@hotmail.com.

Enclosed in this newsletter is a summer Newsletter Survey and a Book Review sheet. Please take a few minutes to share your thoughts with the group. The survey can be: mailed to Colleen Kohl, 31 Park St., Fairport, NY 14450 or dropped off at a group meeting. Survey information can also be emailed to Colleen at the email address above.

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.

Why We Still Go to TCF

"Are you still involved with that group?"

"Aren't you over it yet? Why do you go?"

These are questions I often hear now that it has been more than seven years since Mark died. I suspect you hear them too. There are easy answers. But not everyone understands, unless you have been there. Here are ten I can think of:

1. Because we never want the world to forget our child, so what we do we do in his or her name.
2. Because when we reach out to help someone else, we also help ourselves.
3. Because someone was there for us when we needed it most; now the best way to say "thank you" is to pass it on by being there for others.
4. Because it is the one thing we do that can bring something positive out of tragedy.
5. Because we have found in TCF better friends and closer bonds than we ever thought possible. Here we can cry and hug people even if we don't know their last name or what they do for a living. And it doesn't matter.
6. Because few people are qualified to walk up to a newly bereaved family and say, "I know how you feel." And because we can, we must.
7. Because sometimes we need to talk, too, and to remember and share. We are further along than many around us, but we never forget.
8. Because many of us believe that one day we will meet our child or brother or sister again, and he or she will ask, "So what did you do with your life after I left?" And we will have an answer.
9. Because our presence might help newly bereaved families understand that they will survive and even laugh again.
10. Because we love cold coffee, cookies, and hard metal chairs.

Richard Edler

TCF, South Bay/L.A., California, Chapter

TCF National President



Upcoming Planned Events—Mark Your Calendars:

August 11th meeting—former chapter leaders, Mark & Phyllis Simon, will be attending our meeting.

Breakout Session— at the September 22nd meeting—there will be a breakout group to talk about past attendance at a TCF National convention.

Fall Fundraiser—planning to sell “Enjoy the City” coupon books in Sept. Watch for more information.

Dinner—planning our next dinner out at Davinci's.(Stone Ridge Plaza) on Sept. 26th



June Donations and Love Gifts

Linda & Donald Siracusa in memory of Brian Furness

Barb & James VanValkenburgh in memory of Michael VanValkenburgh

Joan & George Carafos in memory of David

Cynthia Nelson in memory of Kendra Nelson

Chapter Information:

Meeting Location:

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

Meeting Days for July/August 2009:

Tuesday the 14th and Tuesday the 28th (July)
Tuesday the 11th and Tuesday the 25th (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:

Updates:

- The trip to Lily Dale will take place on Saturday, August 1st. Transportation is being arranged among those going on the trip. Contact Becky Price for further information.
- Picture buttons can be made using the button maker at group meetings. Contact Steve Haupt for assistance or questions.
- This fall the group survey will be enclosed in a newsletter. Please watch for this important item.

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.

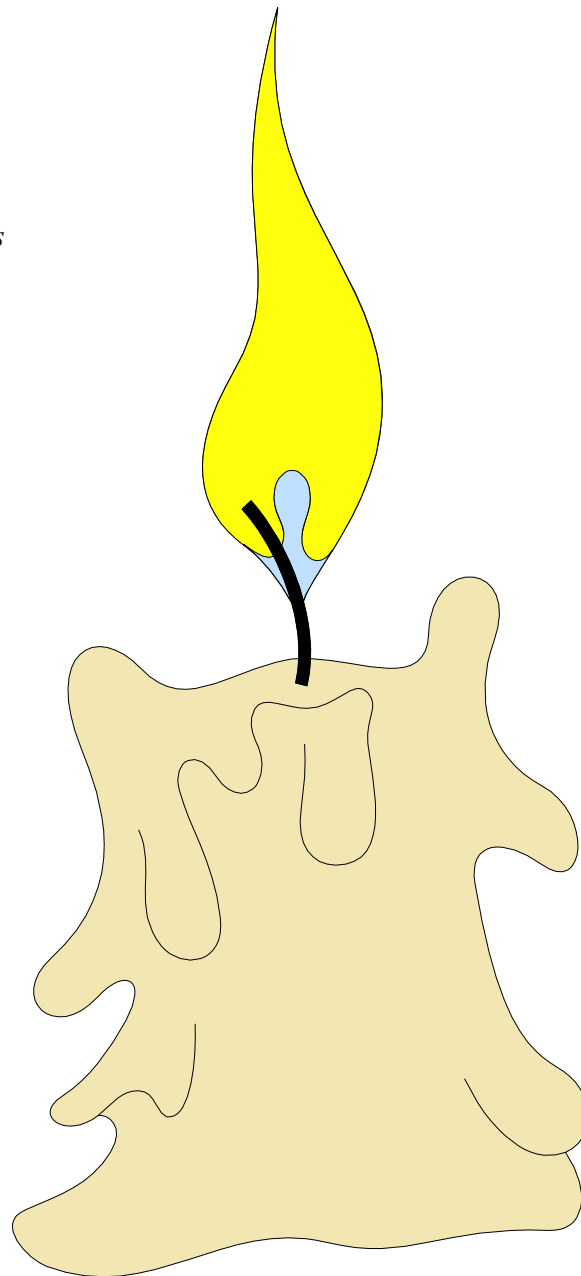
Our Children Remembered
July, 2009
Birthdays and Remembrance Days



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
Karen J. D'Amico
Isaac Courtney Towne
Steven L. Britt
Laura Catherine Mix
Joshua John Pickering
Andrea Marie Lovette
Richard Vito
Sean Howard Dell
Emma Nolan
Nicholas William Kyle
Adam Richard Furstoss

July 1, 1975
July 4, 1983
July 4, 1980
July 4, 1993
July 6, 1980
July 8, 2006
July 10, 1984
July 10, 1976
July 12, 2000
July 13, 1968
July 14, 1966
July 16, 1985
July 16, 1962
July 18, 1979
July 20, 2003
July 24, 1984
July 24, 1961
July 26, 1984
July 25, 1993
July 27, 1998
July 30, 1982



Remembrance Days

William Peter Cook
John A Curry, Jr.
Owen Avery Krieger
David Raymond Coates
Keith Martin Wilson
Robert Joseph Kuitems
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

July 6, 2008
July 6, 2008
July 7, 2004
July 7, 2000
July 11, 1996
July 13, 1978
July 15, 2001
July 15, 2007
July 17, 2007
July 19, 2003
July 20, 2005
July 21, 2006
July 27, 2001
July 28, 1987



Our Children Remembered

August, 2009

Birthdays and Remembrance Days



Birthdays

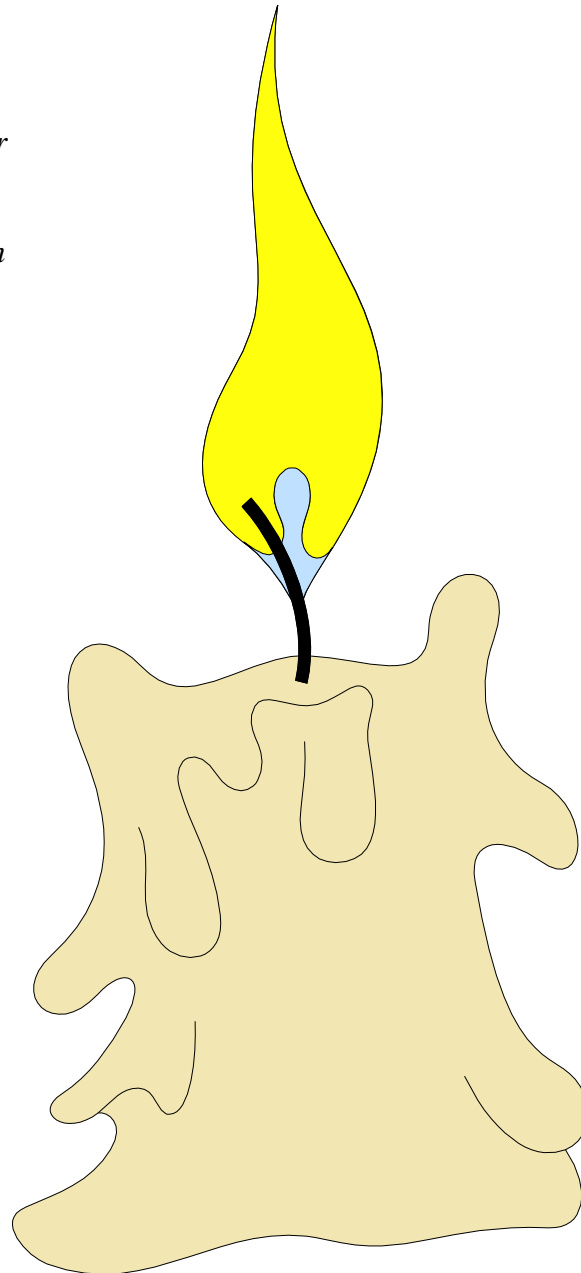
*Richard William Reisig
Caroline Elizabeth Harber
Jeffrey Michael Simon
Catherine F. Anderson
Jennifer Lyn Quackenbush
Terry M. Fedigan
Jennifer Kennedy
Michael T. Mahon Jr.*

*August 1, 1985
August 4, 1995
August 14, 1972
August 16, 1960
August 18, 1988
August 19, 1988
August 26, 1971
August 31, 1950*

Remembrance Days

*Michael Simons Burbank
Reynold Armand
Pat Helen Klehr
Theresa Ann Kohl
Clayton Thomas Wright
Eric Lorine Rupp
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
Wyatt William Zuber
Brian T. Furness
Stone Ethan Steger*

*August 1, 2003
August 7, 2007
August 8, 1992
August 8, 2004
August 10, 2005
August 11, 1976
August 16, 2008
August 15, 1995
August 15, 1992
August 16, 1996
August 17, 2005
August 18, 2005
August 20, 2002
August 21, 2008
August 22, 2000
August 29, 2001
August 31, 2004
August 31, 2008*



The Compassionate Friends of Rochester, NY
2009 Summer Newsletter Survey



Each group member is being asked to participate in a brief survey about the newsletter.
Please indicate the types of information you would like to see in the newsletter by checking below:

- | | | |
|------------------------------|--|----------------------------|
| _____ article/article review | _____ personal writings
(group members) | _____ websites of interest |
| _____ area events | _____ seasonal topics | _____ book reviews |
| _____ healthy lifestyle | _____ coping skills | _____ review of meetings |

Other ideas: _____

Ideas and information can be brought to a group meeting, email colleenkohl@hotmail.com or mailed to Colleen Kohl at 31 Park St., Fairport, NY 14450.

All group members are welcome to share information for the newsletter. Thank you!

PLEASE RETURN THIS SURVEY BY August 27th

The Compassionate Friends of Rochester, NY
Book / Movie / Music Review

Title: _____

Author: _____

Topic: _____

Review/Comments: _____

Your name & contact #: _____

Check one: For questions only OR may use name when sharing review

Thank you!