

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.  
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.

*Kelly Osmont*

To receive this newsletter via e-mail please contact Steve Haupt at [shaupt1@rochester.rr.com](mailto: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.**

Annual Balloon Release

We are holding another Memorial Balloon Release on June 10<sup>th</sup> and have again reserved the shelter at Kreg Road Park in the Town of Perinton (see map below). As it is summer time, and the days are longer, we are hoping that folks will come a bit earlier and even bring a picnic lunch / dinner with them. There are bar-b-que grills at the park and we will bring charcoal and lighter for anyone who needs it. Please feel free to bring other family members or friends to participate.

**BECAUSE OUR GROUP HAS BECOME SO LARGE WE MUST REQUEST AN RSVP TO 585-388-8548 BY JUNE 9<sup>th</sup> WITH THE NUMBER OF GUESTS THAT YOU ARE BRINGING SO WE ARE SURE TO HAVE ENOUGH MATERIALS FOR ALL WHO ATTEND.**



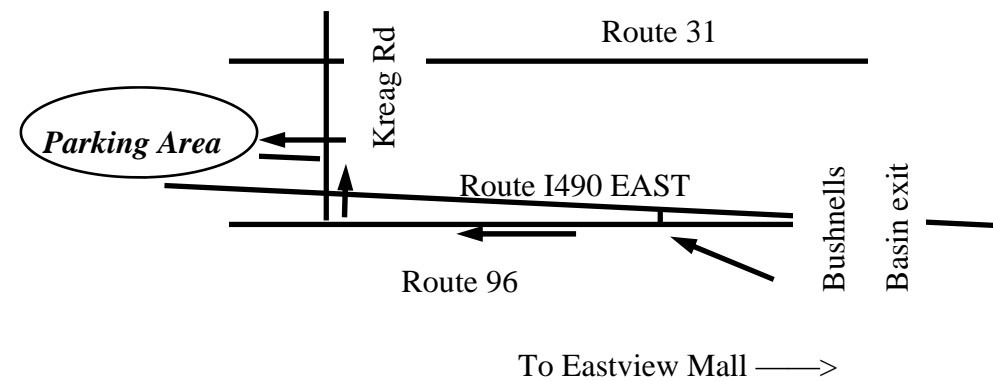
**Location:** Kreg Road Park in the Town of Perinton

**Time:**

- Begin to Assemble 5:30 PM for our Picnic Dinner (bring your own) 6:00 PM**
- Prepare balloons (will be provided): ~7:00 PM**
- Welcome comments, readings, poetry and music ~7:30 PM**
- Balloon Release ~7:45 PM**

**Bring lawn chairs or blankets and a jacket or sweater just in case it gets cool.**

**If you are planning to attend please BE SURE TO RSVP to Steve or Kathleen Haupt (number of attendees) at 585-388-8548 by June 2<sup>nd</sup> so that we know how many balloons and other materials to bring.**



**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:**

Annual Garage Sale—**June 6-7**—contact Mark Simon at 586-4721 for drop off times

Annual Balloon Release—Kreag Road Park—**June 10<sup>th</sup>**—assemble at 5:30 PM—launch at ~7:00 PM  
*stay tuned for more activities and speakers*

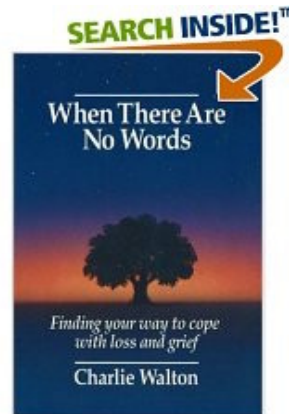
**Book Review:**

Book by Charlie Walton

[When There Are No Words](#)

This book describes that terrible moment when you desperately want to say something to console a friend or loved one and no words seem appropriate. This book is a conversation between a sensitive, articulate victim of sudden, tragic loss, and any person struggling to endure the numbing first hours and weeks of a life catastrophe.

The book is helpful in families, friends, counselors, and supporters of the persons retrieving their life and purpose. When There Are No Words helps you find the path through grief and understand that loss is part of life.



**May Donations and Love Gifts**

*Carol Ann Britt in memory of Steven L. Britt*

**Chapter Information:**

**Meeting Location:**

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

**Meeting Days for June 2008:**

Tuesday the 10<sup>th</sup> and Tuesday the 24<sup>th</sup>  
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  
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](http://www.compassionatefriends.org)

**Send news letter inputs or web comments to:**

Mark Simon at:  
e-mail: [mas18@rochester.rr.com](mailto:mas18@rochester.rr.com)

**Miscellaneous:**



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

See Phyllis 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.*



*See page 4 for information on our Balloon Release—June 10, 2008 at Kreag Road Park*

*The balloon release replaces the normally scheduled meeting,*

*Remember our annual garage sale will be held at 18 Latium Drive—Pittsford, NY. On:*

- Friday June 6<sup>th</sup> from 9:00 AM to 4:00 PM
- Saturday June 7<sup>th</sup> from 9:00 AM to 4:00 PM

*Come out and help support the group ..... you may find a real treasure .....*

**Tears and Flight**

Why when I cry do people run and hide?

Is any emotion other than a false happiness not to be shared?

I cry for my daughter when I speak of her because of both the happiness I felt when she was here and the grief I feel because she is gone.

If I pretend to be happy people will talk to me and ask me about her and when I start to cry they take flight.

Is the world such an emotional desert that people are not allowed to show other emotions?

Everyone is flying here and there never stopping to say they love someone or they miss someone.

No one hold hands and holds each other anymore.

They pat your back or hug themselves.

Are we so engrossed in our own personal space that we cannot break thru to someone else to share their pain and their happiness too?

I often wonder if my daughter had not died would I still be behind the shell of anonymity that the rest of the world hides behind....

When you lose someone you lose your shell and the world seems harsher and at that time unrealistic but in all reality it's just you are outside yourself, your safe zone because you have been forced to admit you are not infallible, and that the world doesn't start and stop with you. That there are people in it that you depend upon even if you didn't know it and that changes you; you become lost and bereft of what you never even knew you had...

. You become a survivor; the one left behind, the lost, the scarred, and the heartbroken and that makes you so very different than the false happiness shelled in people around you.

*SLH...in memory of Sarabeth Cheyenne*

