



The Compassionate Friends of Rochester, NY

June 2009

www.tcfrochester.org



When Fathers Weep at Graves

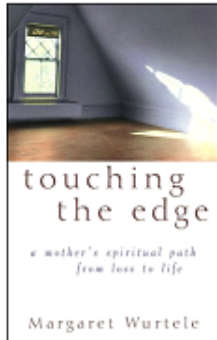
I see them weep
the fathers at the stones
taking off the brave armor
forced to wear in the work place
clearing away the debris
with gentle fingers
inhaling the sorrow
diminished by anguish
their hearts desiring
what they cannot have--
to walk hand in hand
with children no longer held--
to all the fathers who leave a part
of their hearts at the stones
may breezes underneath trees of time
ease their pain
as they receive healing tears
...the gift the children give.

Alice J. Wisler

For David, in memory of our son Daniel (August 25, 1992--February 2, 1997)



Book Review



Touching the Edge:
A Mother's Spiritual Path from Loss to Life
by Margaret Wurtele (Author)

From grief to growth after a son's death

In August 1995, Margaret Wurtele got the worst news any parent can receive: Philip, her twenty-two-year-old son, had just died in a climbing accident on Mount Rainier. At the time, Wurtele was absorbed in an intense midlife spiritual awakening. Suddenly she felt betrayed by the God she had only just embraced. In this beautifully written memoir, Wurtele takes us along on her spiritual journey in the aftermath of Philip's death. With a novelist's eye for detail, she conveys the dark nights of the soul and the crises of faith she experienced—as well as the love of family, friends, and community and the prayer that helped her move back from the edge of grief to find a rekindled and more meaningful spiritual life. For every woman—and for anyone faced with a personal tragedy or crisis of spirit—this heartfelt, exquisite, and wise book offers hope and comfort.

Margaret Wurtele (Minneapolis, MN) is the cofounder and co-owner of Ruminator Books Press, a small independent publisher in Minnesota. The author of a previous spiritual memoir, *Taking Root*, she is a former board chair of Minnesota's Episcopal House of Prayer and she and her husband own a vineyard in the Napa Valley.

Lily Dale Trip

One of the activities that is being planned for our group is a possible trip to Lily Dale this summer.

Lily Dale is a center for spiritual development located about one hour south of Buffalo, NY, near the village of Cassadaga. The Lily Dale summer season runs from June 26th-Sept. 6th.

Information from the website includes the following: "It offers a summer program of lectures, workshops and other activities featuring best-selling authors, leaders in academic and scientific research into psychic phenomena, as well as the world's most powerful mediums, teachers and healers. Lily Dale is widely known as a place where knowledge and enlightenment converge in ways that deepen faith and heighten awareness. The energy of the universal life force can be felt, experienced and developed here in this serene 19th century lakeside community surrounded by towering, old-growth forest".

More information about Lily Dale is available on their website at <http://www.lilydaleassembly.com>.

Becky Price (rprice01@rochester.rr.com) and Kathleen Haupt (kmhaupt4@yahoo.com) are the contacts for trip information and planning.

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.

Mother's Day...Father's Day... Graduations...Proms

Spring comes – and with it comes the uneasy awareness of difficult days ahead. For those who are still going through all the “firsts” without your child, we share with you some special ways other parents have coped and managed.

Mother's Day...Father's Day...graduations...vacations... these are special family times which often catch us unaware and bring unexpected tears and painful memories of young lives cut short. It does get better! And you can make these special days better with some planning and with encourage-ment from those who have already been there.

Whatever the “special day” that lies ahead for your family, try to focus on doing something meaningful and tangible in remembrance of your child. Share as a family thoughts and suggestions about planting a tree or starting a rose garden, donating a book to the library or school, putting flowers on the altar, lighting a special candle or taking that long talked-of vacation. Tears and moments of sadness are okay, for they are expressions of love.

Remember:

- Take one day at a time.
- Keep things simple by playing down the holidays and special days, while they are so painful.
- Change your routine from past years.
- Make plans to be “busy” during at least part of the day (go out to lunch or to a movie, or visit friends)

• Give your older children some “space.” They not only feel your extreme sadness at these times; they also have their own feelings to deal with.

The anticipation is often worse than the day itself!



From Fox Valley TCF Chapter, Aurora, Illinois



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



Upcoming Planned Events— Mark Your Calendars:

Annual Yard Sale—June 5th & 6th at George & Joan Carafos' home—NEED items to sell (see below)

Annual Balloon Release—June 9th— see details below.



at

Annual Balloon Release

The Annual Balloon Release will be held in place of the June 9th meeting. This event is held at Kreag Road Park in Perinton. The social/bring your own dinner starts at 6pm at the picnic shelter. The program will begin at 7pm. The park is easy to find and is just a short distance from the 490 East exit for Bushnell's Basin. *Hope to see many of you there!*

Annual Garage Sale

The garage sale will be held on June 5th, Fri. from 9am-5pm & June 6th, Sat. from 9am-4pm. This garage sale is the major fundraiser for our group. Please consider donating items that will be sold at the sale. Set up for the sale will take place on Thurs. June 4th from 4pm-8pm/ Donated items can be dropped off during this time OR you can contact Joan & George (phone # is 425-2778) to arrange a different drop off time. After the sale on Sat., leftover items will be packed up to donate. This will be followed by a picnic. Contact Joan & George for more information.

Thank you for your support!

Chapter Information:

Meeting Location:

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

Meeting Days for June 2009:

Tuesday the 9th and Tuesday the 23rd
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 to:

Colleen Kohl at: coleenkohl@hotmail.com

Miscellaneous:



May Donations and Love Gifts

*Ron & Nolee Felock in memory of
Matthew Gnange*

Daniel Wilson

Kiwanis of Geneseo

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.

