

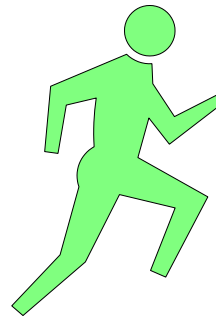
Love Gifts for January 2007

John Elmore and Cynthia Chaplin in memory of Stacey Ann Chaplin  
Robert and Cynthia Chaplin in memory of Stacey Ann Chaplin  
Deborah and Francis Buckenmeyer in memory of Mark Buckenmeyer



TCF Rochester Walkers

This new group is meeting on Saturday mornings at 8:00 AM at Starbucks next to William Sonoma at the Main Entrance of Eastview Mall. If you would like to get some exercise with this group of TCF members contact Mark Simon at mas18@rochester.rr.com or call 585-586-4721. Provide your name and telephone number and e-mail address. First walk is March 3<sup>rd</sup>.



See you there !!

The Therapeutic Tear: Healing Release for Parents

Consider the nature of our loss. Our children have died. The worst nightmare that life can thrust upon humans has become our reality and burden. Our emotions will forever be entwined with the death of our child. Our hearts will never mend. Life will never return to what it once was. Often there is no joy. We have been thrown into a dark purgatory without our child. The sadness is overwhelming, the hopelessness is oppressive. This is our condition, our reality.

Tears are a gift to the parents of those who no longer live. Consider the beautiful nature of the tear. It can well up suddenly or slowly, depending on the circumstance. We can choke back our tears, holding them inside. We may let our tears go, filling our eyes and running down our faces. Occasionally, we dab the corner of our eye before the tear gets an opportunity to be joined by other tears in an unpredictable and visible flood of emotion. But the nature of the tear remains intact. Whether we cry on the inside or cry on the outside is predetermined by society, our genetics and a host of other factors. But we do cry these beautiful tears for our deceased children. These tears somehow remind us of the connection to our children, their departure and our deep, deep loss.

These are beautiful tears of love. These tears express the power of our love for our children who have been stolen by death. Each tear and each bereaved parent is different. What is the reason for uncontrollable, unexpected weeping? Why do some people shed few tears and others cry copiously? Is one form of crying superior to another? What triggers "tears from nowhere?" Each of us is different. Each of us handles our loss in a unique way. But all of us are crying. For some of us tears remain inside, never to be seen. They build through the years, drowning us with pain. Some of us weep profusely and frequently. Many of us cry without any visible provocation. Some tears are silent, some are accompanied by sobbing.

These tears of ours are as natural as the sunshine on a warm spring day. These are healing tears, though they are

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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.

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shed in great sorrow. Together, as Compassionate Friends, we will share the nature of our tears. We will remember the first tears shed in shocked sobbing, wailing screams. We will remember later tears as we progressed on the road of life without our child, tears shed on holidays, anniversaries, birthdays and special occasions. Tears shed for no apparent reason. Over time we will consider our tears ...their meaning, their value and their beauty. Our tears are a portal that opens for us to feel our loss, feel our love for our child and feel our own humanity.

Annette Mennen Baldwin—TCF, Katy, TX—In Memory of Todd Mennen

We are thinking of organizing a scrap booking workshop in the spring. If anyone is interested in participating in this activity please contact Kathleen Haupt at kmhaupt4@yahoo.com or at 585-388-8548 or Phyllis Simon at pas18@rochester.rr.com or 585-586-4721. Scheduling information will be in a future newsletter.

You're Here, Now You're Gone

You're here.  
Now you're gone.  
It went just that fast.  
Where'd it begin? Where'd it end?  
Like a flash of lightning in the sky.  
So bright and full of life.  
Now gone and full of emptiness.  
How'd it start? Why didn't it stop?  
No one knows, but everyone cares.  
Your spirit is flowing in the air.  
You're not here, but you'll never be gone.  
You will always rise with the morning dawn  
You hold my heart  
It will never be torn apart.

by Catherine Ludlow, in memory of her sister, Cynthia, who died by suicide on June 24, 1993.

As Long As I Can

As long as I can, I will look at the world for both of us.  
As long as I can, I will laugh with the bird, I will sing  
with flowers, I will play to the stars, for both of us.  
As long as I can, I will remember how many things on  
this earth were your joy. And I will live as well as you  
would want me to live, as long as I can.

.. by Sascha. (Sascha's son Nino drowned at age 3; years later, her daughter Eve died by suicide at age 21.)



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.

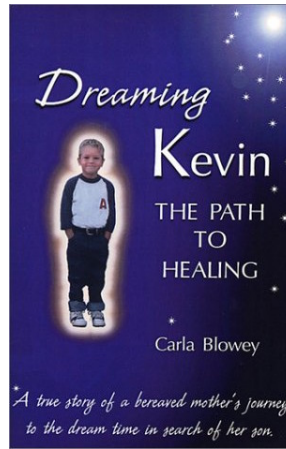


**Upcoming Planned Events—Mark Your Calendars:**

- Breakout Session—*Step Parents Only*—March 20<sup>th</sup> (dependent on facilitator availability—date may change)
- Pot Luck Supper and Our Children’s Favorite Music—April 15th (RSVP Mark Simon—plate to pass)
- Speaker—Mark Hare—Lost for Words—co-sponsor with Lifetime Care at Burgundy Basin Inn—April 26 (time TBD)
- Speaker—Mary Dombeck—Dreams of the Bereaved—May 22nd
- Annual Balloon Release—Kreag Road Park—June 12th—assemble at 5:30 PM—launch at ~7:00 PM
- Annual Memorial Candle Lighting—December 11th—7:00 PM

**Book Review:**

[Dreaming Kevin - The Path to Healing](#)  
by Carla Blowey



Dreaming Kevin: The Path To Healing is an inspiring story of the healing power of dreams and after-death communication in reconciling the death of a child. Join author Carla Blowey in her quest to interpret an ominous dream that predicted the death of her five-year-old son, Kevin, just hours before he died in a bicycle accident. It is this nightmare that heralds the many numerous dreams and synchronistic events that offer her forgiveness, healing, spiritual growth and new life. Weaving excerpts from her personal dream journal throughout this intimate narrative, Carla shares her darkest moments as a bereaved mother and her extraordinary encounters with Kevin as he reveals the mystery of his transition to the afterlife. Dreaming Kevin is an excellent resource that will affirm bereaved parents in their grief journey and validate their dreams and spiritual encounters with their children.

**Chapter Information:**

**Meeting Location:**

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

**Meeting Days for March 2007:**

Tuesday the 13<sup>th</sup> and Tuesday the 27<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  
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:**

**The Compassionate Friends-Rochester  
& [basketsofkindness.com](http://basketsofkindness.com)**



are pleased to bring you this wonderful opportunity to help our chapter. We will receive 15% of every gift basket purchased in the name of **The Compassionate Friends-Rochester**. We do not have many expenses, but this will help us with the few expenses that we do have. If everyone could just send one or two gift baskets it would help us so much. Valentine’s Day, Mother’s Day, birthdays, thank you gifts for clients, etc. are also wonderful times for sending a basket. Everybody loves a gift basket!



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

**Rochester ChapterTCF 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.**



**Wounded Heart**

"Your broken heart requires at least as much care as a broken bone. With proper care you can be confident that you will heal. The same powerful forces that mend a broken bone will heal your emotional pain, but a wounded heart needs time and proper care to heal."

Harold Bloomfield, MD

If someone fell and broke a leg, people would rush to their aid. They wouldn’t stop to even think about it. Yet, when it’s our hearts that are broken, few rush to our aid and even fewer understand. At first, we receive the cards and phone calls wishing us well and telling us "if there’s anything I can do"...but they soon taper off to a trickle. Then we begin to hear that we must ‘get on with our life,’ ‘we can’t let it get us down,’ and we’re told just how soon we should be ‘back to normal’... we’re given a deadline of sorts. When we don’t follow the acceptable standards for healing, we are thought to ‘need help’...the professional kind... and we’re told that we are ‘in denial’. These same people, who seem to have all of the answers, not only have never experienced the loss of a child but also tend to not want to get too involved...too close to our pain. They would rather stand off to the side until we’re back to our old selves...whatever that is! They’re uncomfortable when we speak of why our hearts are broken and they don’t mention it for fear of reminding us of how our hearts broke in the first place... as if we could ever forget. When they ask us, "How are you"...it’s more a greeting than a question. They don’t want to hear how we ache inside, how lonely and empty we feel, how desolate we feel.

Why...because they can’t fix it. They can’t make us whole again. And unlike a broken bone that’s healed, we will never be as good as new. We will forever be missing a part of what made us the person that we once were. When our child died, so did a part of our heart and where that piece was, now there is nothing...only a gaping hole that nothing and no one can ever fill. Unlike a broken bone, we will not mend in a few weeks...in fact, we will never fully mend. We learn to live without that piece of our hearts...to live with our loss, to survive...one day at a time!

Jacquelyn M. Comeaux—In Loving Memory of My Angels... - Michelle, Jerry & Danny

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