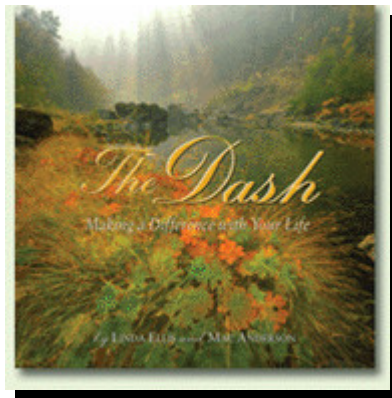


### The Dash

Have any of you ever read the poem The Dash, by Linda Ellis ?? Regardless of whether or not you have I am sure that you will really enjoy The Dash—The Movie..... Checkout the web site : [www.dashpoemmovie.com](http://www.dashpoemmovie.com) and be prepared to be moved.....



#### *Love Gifts for November*

*Pat Kennedy in memory of Jennifer and Sean*

*Harry and Olympia Stathe in memory of David*

### Anonymous

**We walked together, you and I.  
A Mother and her Daughter  
We had hopes and dreams for tomorrow,  
But tomorrow didn't come.  
We walked together, you and I,  
We talked, we laughed, we loved,  
We shared so many happy times.  
And for that I thank the lord above.  
We walked together, you and I,  
But only for a short time.  
For all too soon it ended  
Leaving pieces of broken hearts behind.  
And even though I miss you,  
More than words can say,  
I thank God that I got to walk with you  
Every precious moment of every day.....**

### *For the New Year*

Instead of the old kind of New Year's resolutions we used to make and break, let's make some this year and really try to keep them.

- 1) Let's not try to imagine the future – take one day at a time.
  - 2) Allow yourself time to cry, both alone, and with your loved ones.
  - 3) Don't shut out other family members from your thoughts and feelings. Share these difficult times. You may all become closer for it.
  - 4) Try to be realistic about your expectations – of yourself, your spouse, other family members and friends. Each of us is an entity, therefore different. So how can there be perfect understanding?
  - 5) When a good day comes, relish it – don't feel guilty and don't be discouraged because it doesn't last. It WILL come again and multiply.
  - 6) Take care of your health. Even though the mind might not care, a sick body will only compound your troubles. Drink lots of water and take stress-type multiple vitamins, rest (even if you don't sleep), and get moderate exercise. Help your body heal, as well as your mind.
  - 7) Share your feelings with other Compassionate Friends (or other groups you may choose) and let them share with you. As you find you are caring about the pain of others, you are starting to come out of your shell – a very healthy sign.
- I know these suggestions won't be easy, but it's worth a try, don't you think? Nothing to lose and perhaps much to gain.

Mary Ehmann  
TCF, Valley Forge, PA



### *Grief and Anger*

*By Jackie Wesley*

*The Compassionate Friends, East Central Indiana and Miami-Whitewater Chapters*

At a recent chapter meeting, we discussed anger in our grief. Many experience anger after their child or loved one dies. A description of anger is "A feeling of rage, an emotional agitation to what is viewed as unfair, unjust and sometimes even shameful."

When we are angry we need a target. Sometimes the target may be God. (He understands.) Some may even feel anger at their child or loved one, thinking, "How could he/she leave me like this? Why? Doesn't he/she know I'm hurting and in pain?" Some people are angry at the doctors, some at the funeral directors, some even feel anger toward themselves, thinking they could have done *something* to prevent the death.

We may even be angry at our spouse. He/she may not grieve the same way and we may misunderstand their feelings that are just as deep as our own. Maybe our clergyman is not as compassionate as we believe they should be, or maybe they were not available to us at all. We are angry because we feel abandoned and that life is unfair. We also feel very alone and no longer in control of our emotions. We may also think nothing will ever be the same, and it **won't**. But as time goes on, it does get somewhat easier as you work through your grief.

We all try at times to not let this anger show to others, but suppressing it can only lead to sickness and withdrawal. Masking anger will often hurt the ones around you and may even drive them away from you.

You may even risk losing your closest support system. Dealing with your anger and admitting it and also seeking help from others who have experienced this feeling is always the healthy thing to do. Personally, talking has been the best help for me. Attending a Compassionate Friends meeting and talking to others who have "been there" has helped many.

### *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](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.**



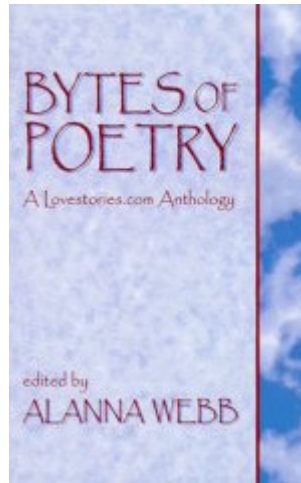
**Upcoming Planned Events— Mark Your Calendars:**

Darcie Simms—Special Workshop followed by evening Speaking Engagement - **May 19<sup>th</sup> 2008**  
Workshop: 9:00AM-12:00 Noon at Lifetime Care — Speaking Engagement: 7:00-8:30PM at Academy of Medicine  
— more information to follow in April—  
Annual Garage Sale—**June 5—June 7, 2008**—information to follow—**HOLD YOUR VALUABLES FOR US !!!**  
Balloon Release—**June 10<sup>th</sup> 2008**—more information to follow

**Book Review**

Bytes of Poetry: A Lovestories.com Anthology  
by Alanna Webb

Bytes of Poetry December 7, 1999 Reviewer: Charles Albano from New Jersey, USA I found the selection of poems in Bytes of Poetry to be as delectable and intriguing as the contents of a good candy sampler. The poems address experiences we have all had in the course of living, experiences of an emotional nature, particularly those involved in relating to loved ones. Topics such as loving, longing, mating, finding meaning together, and parting are tastefully explored. The poems manage, again and again, to strike home with insight and directness. They touch the heart as they should because they are sincere and heartfelt. Everything is within the range of empathy and rings true. I am pleased to see poetry "come home" again. The book is worth reading several times.



**Chapter Information:**

**Meeting Location:**

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

**Meeting Days for March 2008:**

Tuesday the **11<sup>th</sup>** and **25<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: [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.

***Please bring your old working cell phones to a  
meeting to support our recycling fund raiser.***

**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.***



**Journaling to Heal**

Each time I look back over my grief journey, I remember the important role that journaling played in my first and second years of grief. Handwritten entries, some sentences, sometimes just a few words describing my emotions, helped me to define where I was in my daily life. As I review the tear-stained pages, I am reminded of the deep, deep pain and the catharsis of the journal. Whether I was angry, in pain, deeply depressed or just too exhausted to think, I wrote a few words, maybe even a few lines each day. I saw it as my connection to my son.

As time progressed, my journaling became writing and eventually I returned to the computer and began forming coherent thoughts and sentences, with subjects and messages to my child, myself and to others. But the process started with the healing power of the journal. I learned to be very honest with myself in my journal because I never shared it with anyone. I didn't put on a mask or rationalize in my journal, as no one else would be reading it. I was completely candid, and I soon recognized my weaknesses, regrets, strengths and successes. Pure honesty and great insight were achieved in my journal's conversation with myself.

Grief therapists recommend journaling to bereaved parents quite frequently. Some people are able to find an outlet for their daily roller coaster of emotions through journaling. Some seek answers and others seek questions. Many parents feel they are connecting with their child through their journal. There are as many reasons to journal as there are types of journals. While journaling may not be for everyone, I encourage everyone to at least attempt it for a week. Give it your best effort. If, as some have found, it offers you nothing and is a chore, not a treasured time, then stop and seek other forms of outlet. But if, as many have found, it offers you a place for your thoughts, your messages, your self-revelation and self-evaluation as well as a refuge from the world, then by all means, continue to journal.



Annette Mennen Baldwin - In memory of my son, Todd Mennen - TCF, Katy, TX

