

**Broken Chain**

We little knew that morning,  
God was going to call your name,  
In life we loved you dearly,  
in death we do the same.  
It broke our hearts to lose you,  
you did not go alone,  
For part of us went with you,  
the day God called you home.  
You left us peaceful memories,  
your love is still our guide,  
And though we cannot see you,  
you are always at our side.  
Our family chain is broken,  
and nothing seems the same,  
But as God calls us one by one,  
the chain will link again

*author unknown*



**This day**

This dreaded day  
Before highly anticipated,  
I wake up cataloging the others  
Wearing your first cake,  
Cookie cakes and steak dinners,  
Dalmatian cakes, skating, pancake breakfasts.  
Carloads of boys going to the park  
The last...family, and best friends, celebrating a milestone.  
"18"  
The world holds promise, the golden age of independence,  
future, and choice. We are so proud.  
A year later, we are in another world, one without you.  
Now, what do we do? We grieve the  
lost hope and possibilities.  
We ask why?  
We make bouquets of festive flowers, and take  
green balloons to where you lay.  
Your precious sister and I sit on the ground  
arranging flowers and talking.  
Your friends join us. You are remembered. You are loved.  
We scream silently, wanting you back, and wondering how,  
and even why we are standing here, why you are gone.  
The world keeps turning, and we keep  
looking back, wishing.  
Daily, we miss you our darling boy.  
Happy Birthday my baby.  
Charisse Smith

**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.*

**A Mothers Thoughts**

I wanted to send some of my thoughts to you that I wrote down after my 2 daughters, Paula and Laura died. I'm not sure if you can use this in the newsletter, but thought I'd send it along anyways.

Paula died 11 years ago Monday, March 10, and it still is so fresh in my mind reliving everything that happened that day. I think so much about death and how still and final it is. I think about this painful lesson of loss I had to learn, tried so hard to understand and am still going through. I try to believe my daughters live again, my Paula and my Laura. They are so very close to me - in my heart forever and always. I am certain they know how very much I miss them, how very much I love them, for parting with them has caused me grief few can know. I know they understand about all the things I wanted to do for them and how much I wanted to be near them all the time to help them through their pain and make them better. I longed more than ever to erase their suffering and keep them safe and happy and away from all harm. I try now to see them fresh and new and whole, free of pain and spared of all distress. I try to feel them both putting their precious arms around me to comfort and console me. I hear them say, "mom, we love you so much and it's alright - everything is alright now. Don't grieve so for us. The loss of our bodies does not mean the loss of our love for you. We now have a new life in which our love is even stronger, thanks to you and dad. Believe this, please, oh believe! For God is love - remember, mom, God is truly love - this you taught us".

And so I go on, and I'm really trying hard to be a better person, to be enriched by their words and this lesson of loss - I am trying to renew my faith. I ask God every day to

help me through this pain and sorrow, to cope and one day to be whole again. And as time has passed, I do feel able to move on to this new dimension of love, because I know my daughters will still be with me forever in my heart and will never leave me. And some day I will see their sweet faces again and hold them in my arms. This is what I try to hang onto each day of my life living without them.

*Joanne Mix—TCF Rochester, NY Chapter*

**Do It Your Way**

It is not possible to lose someone as vital as one's child and not have the pain of deep grief. You will find a great many non-bereaved people who will encourage you to play the old game of, "If you'll pretend you're okay and it's not really so bad, we'll let you come play with us. But if you're going to cry and talk about your dead child, then you can't play."

This is one time in your life you don't have to meet anybody else's standards. There is nothing more unique about you than the way you express your grief -- and you have the right however it is manifested. A great deal of how you go about it is determined by how you have handled previous losses.

So if someone tries to influence you to play the old game by rewarding you with attention because "you're doing so well," tell them you're not doing well. Tell them your child has died and you're hurting. Let them know it doesn't help you for them to pretend everything is okay. Do whatever it is you need to do to survive this trauma and don't worry about whether it pleases or displeases other people ...**DO IT YOUR WAY!**

*~Mary Cleckly, TCF Atlanta, GA*

**Love Gifts for April 2008**

*Sue and Bob Cook in memory of Kevin Cook  
Joanne Mix in memory of Paula Mix Spanganberg and Laura Catherine Mix  
Kathleen Lynd in memory of Kevin Patrick Lynd*

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

- Darcie Simms—Special Workshop followed by Evening Speaking Engagement - **May 19<sup>th</sup> 2008**
- Workshop :“*To Cry or Not to Cry*” - 9:00AM-12:00 Noon at *Lifetime Care* - 3111 Winton Road South  
Registration for the Workshop and continental breakfast at 8:00AM—call **585-475-8800** to reserve your seat—there will be a \$10.00 fee for this workshop— space is limited to the first 80 people so call early !!
  - Speaking Engagement: “*Tissues and Tears: Exploring the Myths and Mysteries of Crying as Part of the Grieving Process*” at 7:00-8:30PM at the *Rochester Academy of Medicine* - 1441 East Avenue—open to the public—call **585-214-1574** to reserve your seat !!

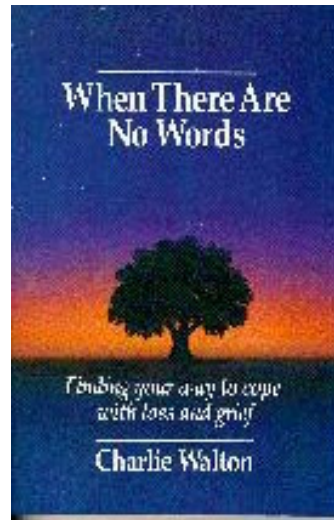
**Book Reviews:**

[When There Are No Words](#)

By: Charlie

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.



**The Compassionate Friends of Rochester, NY**  
May 2008 [www.tcfrochester.org](http://www.tcfrochester.org)

*“Are you a crier ? Do your eyes begin to water when the Bambi movie first begins ? And by the time Bambi’s mother dies, is there a puddle of tears at your feet ? Or are you the type of person who remains dry-eyed throughout such a movie and wonders why everyone around you is boo-hooing ? Or are you somewhere in between ?”*

The above is how Darcie Sims begins her article that was co-written by herself and Bob Baugher Ph. D., entitled—“*To Cry or Not to Cry: That is the Question*”.

What a wonderful opportunity. The Compassionate Friends of Rochester and Lifetime Care are jointly sponsoring a day with Darcie on May 19, 2008. In the AM there will be a Workshop entitled “*To Cry or Not to Cry*”. In this session she will cover topics such as the myths about crying, crying as a social phenomenon, crying triggers, crying styles, tear etiquette, dealing with tears etc. This session will be primarily for professionals

and semi-professionals and has a \$10.00 fee associated with it to cover expenses.

In the evening Darcie will be presenting “*Tissues and Tears: Exploring the Myths and Mysteries of Crying as Part of the Grieving Process*”. In this session, open to the public, she will address the questions of are you a weeper or a wailer; who cries and why; who doesn't cry and why and who should be crying why. She will also examine the myths of the physical and emotional aspects of crying. Both sessions will have a serious message delivered with a light touch in true Darcie Sims style.

**Call 475-8800 for reservations for the Workshop  
Call 214-1574 for reservations for the evening**

*Don't Forget ... Hold the Date .....*

Call 585-475-8800 to reserve your seat at the May 19<sup>th</sup> Workshop and 585-214-1574 for Speaking Engagement featuring *Darcie Sims* and co-sponsored by TCF Rochester and Lifetime Care.

This is a very special event and Darcie will be delivering a very serious message with a skillful and light touch.

Those who attend will be very glad that they did !!

See page 4 of this newsletter for important additional information.....

**Chapter Information:**

**Meeting Location:**

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

**Meeting Days for May2008:**

Tuesday the 12<sup>th</sup> and 26<sup>nd</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  
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Jacquie Edwards-Mitchell 718-451-0814  
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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.**

