

### Upcoming Planned Events— Mark Your Calendars:

November 2, 2008— Pot luck/movie/button night at Lifetime Care—5:PM contact Mark Gerstner—621-9528

December 9, 2008— Annual Memorial Candle Lighting - Lifetime Care at 7:00PM

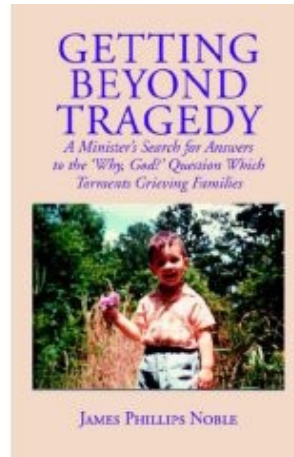
December 14, 2008—Church of the Transfiguration - 50 Bloomfield Road, Pittsford, NY— Special Candle Lighting Ceremony at 7:00 PM—Music, refreshments—all invited to attend—host Mary Jane Milano

### Book Review:

#### Getting Beyond Tragedy

by: James Philip Noble

Unique book tells of confronting tragedy from perspective of family "Phil Noble bravely and generously allows us into the immense tragedy of the loss of his precious son, Scott.



#### September Donations and Love Gifts

*The Law Firm of Grow and Grow for a donation supporting the Alan Pedersen event  
Mark and Phyllis Simon in memory of Jeffrey Simon supporting the Alan Pedersen event*

### Chapter Information:

#### Meeting Location:

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

#### Meeting Days for November 2008:

Tuesday the 11<sup>th</sup> and Tuesday the 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:

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: : [msimon2310@comcast.net](mailto:msimon2310@comcast.net)

### Miscellaneous:



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.*



### Summer Memories

Summertime is a happy time for most people in this country: vacations, holidays, family reunions, relaxed days at the pool, evenings in the backyard talking with family and friends, the smell of a fresh rain, the long days, the cooling nights, fresh mown grass and flowers that bloom profusely. Despite Houston's heat, summer has become a treasured time for me. My son was a child of summer. Born in May, he loved the summer sun on his face and the wind in his hair as he first rode a tricycle, then a bicycle, then drove a car. Those were wonderful times for him. The summer solstice on June 21 was a favorite day for us both. Since the summer solstice is the longest day of the year, Todd particularly loved to watch the sunrise and sunset. I found myself doing that again this year. As I looked at the sun directly overhead at noon (1:00 pm DST), I made the comment that this is the one perfectly balanced day of the year. Later as I watched a beautiful solstice sunset, I remarked to my husband about the light...the gorgeous light. I was seeing Todd in that light. He was laughing, chasing lightening bugs, running and spinning and turning, filled with the joy of summer. He was happy.

I listened to the neighbors' children playing, and I thought about all the wonderful summer days I had spent with my son. I am thankful that I had that time. I am thankful that my child was a son of summer. He found much joy in nature, in the outdoors, in activities that took him out of the ordinary and into the sublime.

That's how it is for bereaved parents. We eventually come to a place where we realize that our joyful memories have overtaken the pain of the loss of our child to death. We wouldn't trade the time we shared with our children for anything or any other experience. We have many relationships in our lives, but the unique nature of the parent-child relationship is so special, so deep, so life changing, that we endure and even embrace the pain because we had, for that time in our lives, a relationship of pure love and pure joy with our child. There is no way to measure the depth, width or volume of a parent's love. It exceeds every other human relationship. Yes, we miss them terribly. We weep silently into our pillows at night. We light candles, take flowers to the cemetery, wear their favorite colors, treasure pictures of our children and keep them forever in our hearts. This is a big part of life for every bereaved parent.

Somehow, on the summer solstice, I felt my child's presence in the light of the day and the beautiful rose color of the solstice sunset. I could hear his voice, see his smile and feel his emotions. Peace slips into our hearts in extraordinary ways. *Annette Mennen Baldwin In memory of my son, Todd Mennen TCF, Katy, TX*



**I wish That You Were Here**

How very many times I've thought  
"I wish that you were here,"  
And felt that it would be so good  
If only you were near.

I have to keep reminding myself  
Of something I already know,  
That in the ebb and flow of life  
It was time for you to go.

I see the baby birds in Spring  
And wish that you could hear them sing.  
Yet, you are with the Lord of Life  
Who created every living thing.

Savoring the fruits of summer, knowing I am blessed,  
I'd like to share with you, the ones you liked the best.  
Yet, you are with the Lord of the Harvest  
Provider of all food and rest.

On Fall days or when I have something sad to share,  
I feel alone and need to know you care.  
Yet, you are with the Lord of All Comfort  
Who hears my every prayer.

As I celebrate in Winter, with friends and family,  
I wish you could hear the laughter and smile along with me.  
Yet, I know you're with the Lord of Love  
Safe at home in Heaven, for all eternity.

Thoughts of wishing you were here  
Are becoming much more rare,  
For as seasons pass I find  
"I'm just wishing I were there."

*author unknown*

*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 130 Portview Circle, Rochester, NY 14617. Please make checks payable to The Compassionate Friends of Rochester, NY. Sincerest Thanks.*



**Candice**

When I look at my feet  
As I walk up the street  
I wish Candice could walk with me.  
When I meet a new face  
Or go to a new place,  
I wish Candice could be there then.  
I remember how she'd cheat  
When we played hide and go seek,  
Or she'd wrinkle up her nose  
And call me stupid.  
How she'd sing her favorite song  
But get some of the words wrong;  
It was too cute to make right  
So we didn't even try.  
So remember the fun we had  
And don't feel too sad  
Because Candice doesn't feel bad  
Right now in heaven.

Written in memory of Candice Lingle by  
Elizabeth Williams, Age 10 (Candice's  
cousin), 1993

**Benchmarks**

Good bye would be too difficult,  
Although I know you are gone.  
Instead, I keep you in my heart  
And your memory lives on.

I have redefined my purpose, son,  
Since you are no longer here.  
With your death I faced a choice  
To die, exist or to live free.

My life has changed forever, child,  
I'm redefined each week,  
You would call these "benchmarks"  
Of goals set and then achieved.

And so I set my benchmarks,  
Achieving many, reshaping some..  
But everything is different now  
Except your mother's love.  
Annette Mennen Baldwin  
In memory of my son, Todd Mennen  
TCF, Katy, TX

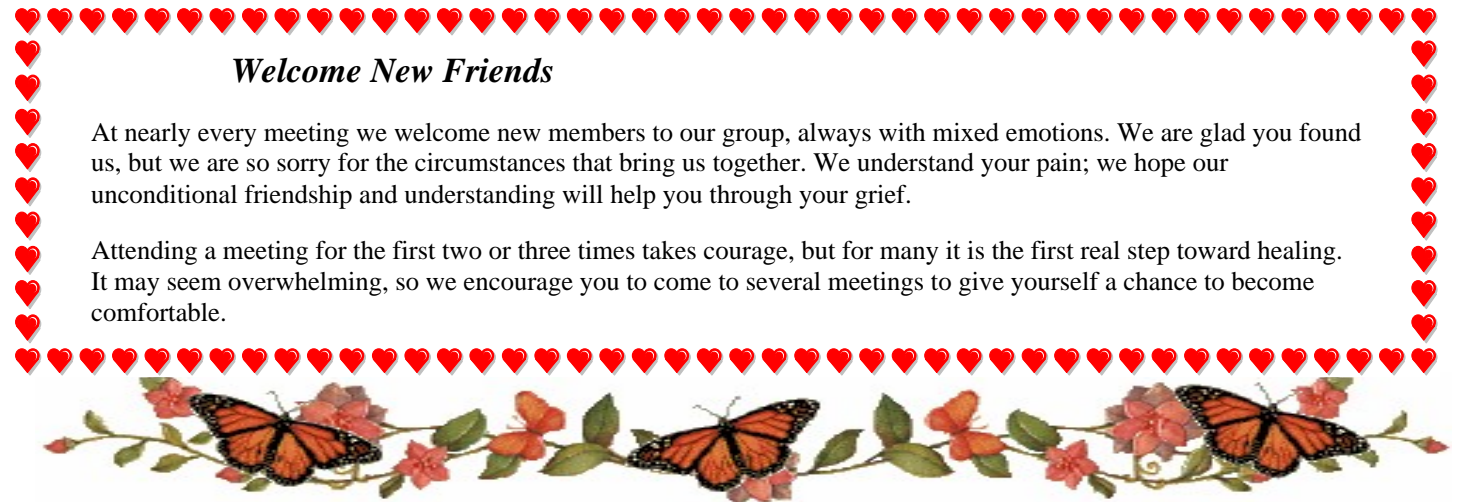
**Paths of Gold**

Little candle, twinkling bright,  
On this ebon winter night,  
Send aloft your loving light,  
Gravity ignore!  
Deliver gleams a'glowing high,  
Thru the clear nocturnal sky,  
O'er moonbeams dancing high,  
To that Open Door!  
Ne'er forgot, beloved ones,  
Precious daughters; siblings; sons,  
Far too soon their races run,  
Let them hear once more!  
Of our prayers and memories,  
'Way beyond Earth's wind-swept trees,  
O'er ten billion galaxies,  
Now, 'tis time to soar!  
All the love our hearts can hold,  
Race along these paths of gold,  
Courtesy of candles, bold,  
Shine forever more!  
Vicki Douglas-Otto  
The Compassionate Friends  
Tucson, Arizona

**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.



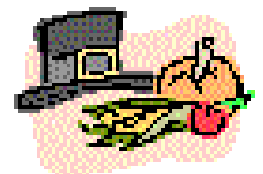
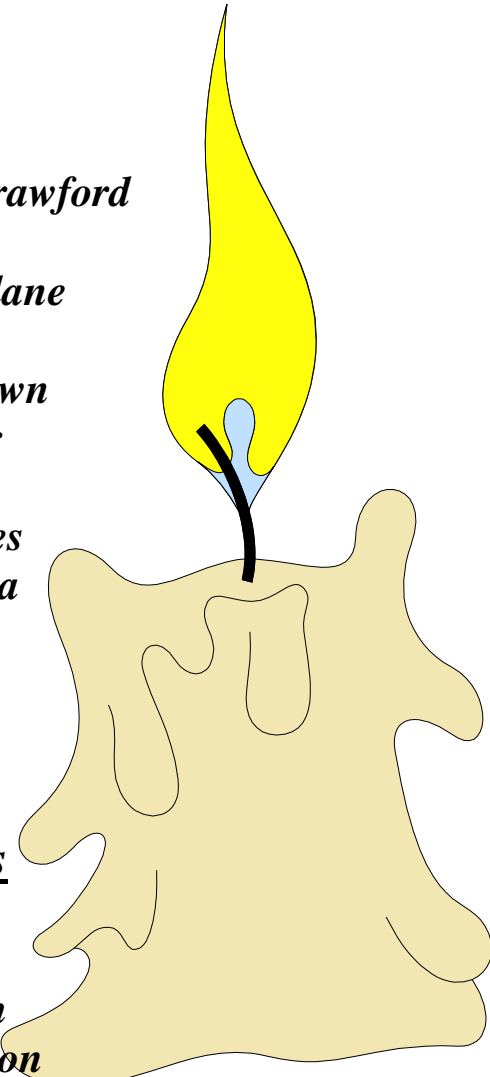
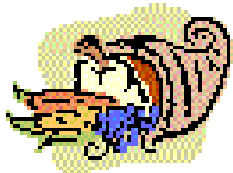


***Our Children Remembered***  
***November, 2008***  
***Birthdays and Remembrance Days***

***Birthdays***

***Julie Beth Kaseman***  
***Lisa Ann Rupp***  
***Christopher Robert Crawford***  
***Sabrina Smithe***  
***Leah Kathryn McFarlane***  
***Bruce Zoltan Curtis***  
***Michael Matthew Brown***  
***Jacqueline Rae Bauer***  
***Alyssa Ann Buckley***  
***David Raymond Coates***  
***Grant Matthew Lintala***

***November 3, 1983***  
***November 5, 1966***  
***November 7, 1982***  
***November 7, 1985***  
***November 8, 1997***  
***November 13, 1984***  
***November 20, 1980***  
***November 22, 1978***  
***November 25, 1989***  
***November 28, 1972***  
***November 28, 1988***



***Remembrance Days***

***Slade Gerstner***  
***Stephanie Anne Oliva***  
***Graham Wilson Smith***  
***Benjamin Alan Johnson***  
***Jason Christopher Schwab***  
***Jeffery James Yates***  
***Robert William "Rob" Stultz***

***November 1, 2005***  
***November 4, 2005***  
***November 13, 2006***  
***November 18, 2001***  
***November 21, 2000***  
***November 22, 1990***  
***November 28, 1998***

