



Worldwide Candle Lighting

All of our lost children, young and old,
We gather now and gently hold,
Remembering with our every breath,
That love never ends, not even in death.

A heartbroken group of fathers and mothers,
With a sorrow unimaginable to others,
Struggling to overcome the most devastating blow,
Bonded in grief we never thought to know.

With each candle that we light,
We feel our children's spirits burning bright,
Every beloved child's face we see,
Forever in our memory.

In the candles' golden glow,
Even though our tears still flow,
We cherish every moment we had with you,
Thought the days were far too few.

We love you now, we'll love you forever,
As your parents we will always treasure,
The blessing of our daughters and sons,
Our dearly loved precious ones.

*Written in loving memory of our son, Graham Thomson Stevenson
Copyright C. A. Stevenson*



First Thanksgiving

The thought of being thankful
fills my heart with dread.
They'll all be feigning gladness,
not a word about her said.

These heavy shrouds of blackness
enveloping my soul,
pervasive, throat-catching,
writhe in me, and coil.

I must, I must acknowledge,
just express her name,
so all sitting at the table,
know I'm thankful that she came.

Though she's gone from us forever
and we mourn to see her face,
not one minute of her living,
would her death ever replace.

So I stop the cheerful gathering,
though my voice quivers, quakes,
make a toast to all her living.
That small tribute's all it takes.

Genesse Bourdeau Gentry
from *Stars in the Deepest Night –
After the Death of a Child*



Giving Thanks

I can not hold your hands today,
I can not see your smile.
I can not hear your voices now,
My Children, who are gone.

But I recall your faces still,
The songs, the talks, the sighs.
And story times, and winterwalks,
And sharing secret things.

I know you helped my mind to live
Beyond your time with me.
You gave me clearer eyes to see -
You gave me finer ears to hear -
What living means, what dying means,
My children who are gone.

So here it is Thanksgiving Day,
And you are not with me.
And while I weep a mother's tears,
I thank you for the gift you were,
And all the gifts you gave to me,
My children, who are gone.

From *The Poems of Sascha Wagner*

TCF 2008

To receive this newsletter via e-mail please contact Steve Haupt at shaucht1@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.



*TCF Rochester
Annual Candle Lighting*

“That Their Light May Always Shine”

*Tuesday, December 14th
(a regular meeting night)*

7—9pm

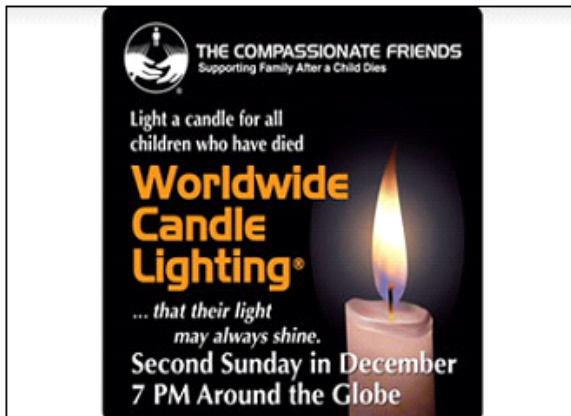
At Lifetime Care on Winton Rd.

Please join us and light a candle in memory of your child.

We invite everyone to come and share in this beautiful memorial and social gathering.

Group members, friends, family, and anyone interested are welcome to participate.

Please bring a dessert or hors d'oeuvre to share for the social gathering.



**Worldwide Candle Lighting
December 12, 2010**

Held annually the second Sunday in December, The Compassionate Friends Worldwide Candle Lighting® unites family and friends around the globe as they light candles for one hour to honor and remember children who have died at any age from any cause. As candles are lit at 7 p.m. local time, creating a virtual wave of light, hundreds of thousands of persons commemorate and honor children in a way that transcends all ethnic, cultural, religious, and political boundaries.

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:

November 7, 2010 — International Pot luck dinner at Lifetime Care— starts at 5:30pm

December 12, 2010—TCF Worldwide Candle Lighting—see below

December 14, 2010 — Annual Candle Lighting at Lifetime Care at 7pm (in place of meeting)

Watch for details about upcoming break out sessions

News

Annual Summer Garage Sale: Special thanks to Kathy Parkison for taking charge and setting up the garage sale— done in two locations this past summer. The sales raised over \$900 for our local TCF chapter. Thank you to all who donated, worked, and shopped at this fundraiser!

Coupon book sale: For the book sale, orders were take and books sold by group members. This sale generated over \$800 in revenue for our TCF chapter. Thank you to those who sold and bought to support our group!

Please welcome Becky Price as the new co-leader of the group.

New library cabinet: A new library cabinet is being donated to the group by Becky Price in memory of her son, Josh. This beautiful cabinet will be delivered to Lifetime Care in the near future and the chapter's library collection of books and CD's will have a special place. Thank you Becky!

Thank you to Kathy Parkison and Dennie Bortree for the books and other items donated to the group!

A list of books and CD's available for borrowing is available on the Chapter's website.



Chapter Information:

Meeting Location:

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

Meeting Days for November 2010:

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:

Brenda Schmidt— 585-370-6095
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 or web comments to:
colleenkohl@hotmail.com

Miscellaneous:

October Donations and Love Gifts

Donna Lis in memory of Randall John 'R. J'. Lis

Lisa Frey in memory of Floyd 'Zach' Frey

Sal & Gabriella Sack in memory of Abrianna Sack

Thank you!

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.

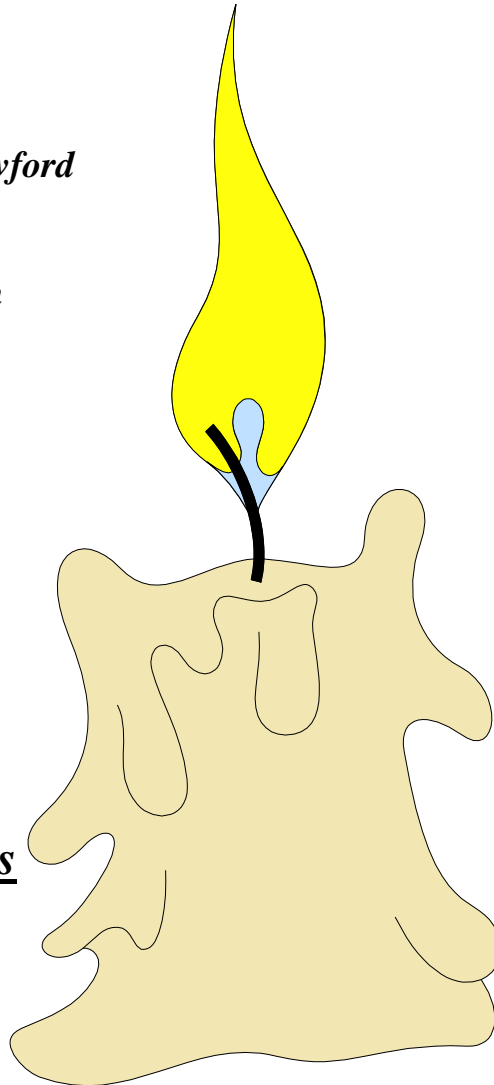


Our Children Remembered
November, 2010
Birthdays and Remembrance Days



Birthdays

Lisa Ann Rupp
Christopher Robert Crawford
Sabrina Joy
Reese DeBlase
Michael Matthew Brown
Michael Benvenuti
David Raymond Coates
Grant Matthew Lintala
Randall John Lis



Remembrance Days

Slade Gerstner
Stephanie Anne Oliva
Graham Wilson Smith
Benjamin Allen
Jeffery James Yates
Aaron R. Vogel
Robert William "Rob" Stultz



Thanksgiving Marks Beginning Of Holiday Madness and Sadness

In our society we have turned the holidays into a never ending round of parties, shopping, cooking, preparations for guests or travel and stress, lots and lots of stress. It begins in October with the not so subtle reminders from our friendly retail stores. Most of us dread this time of year because as members of Compassionate Friends, we have one more item on our list and it invariably is at the top.....my child is gone.....how can I handle the holidays?

This will be my third Thanksgiving without my son. We had 35 wonderful Thanksgiving celebrations together, and now it's just me. My only child is gone, my grandchildren now live solely in their mother's world. I am not a part of that world.

But I am learning to cope with this reality. I am learning that I can hold on to the traditions that don't cause me sadness and let go of those that do. As bereaved parents we fall into a unique category. As humans we accept that the loss of parents, spouses, aunts, uncles, siblings, friends and acquaintances is inevitable. But never, never, were we taught or conditioned to the idea that our children would or could precede us in death. The very notion of this shook us to our core.

Now we have lost our child to death. Nobody prepared us for this mind numbing loss. The rules have been broken. We have no coping skills. Our friends usually can't help. Our families try, but until one endures a loss of this magnitude, the ability to fully comprehend the neverending rounds of sadness is simply not there.

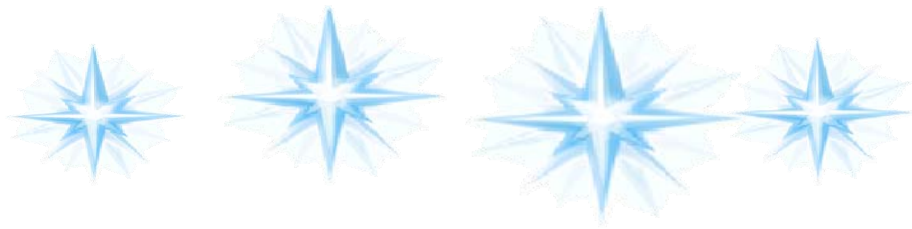
We do have a support system.....we can choose to participate or simply be there, in the moment, at our Compassionate Friends meetings. Here we find our most meaningful and helpful connection with other parents.....parents who are walking the road we now walk. These bereaved parents are here to help us on this unfamiliar road. They cannot answer every question because the answers don't exist to most questions. When will this pain end? When will life go back to "normal"? There are different types of pain and new kinds of normal. We gather each month to help each other, to lean on each other, to find hope in each other's ability to function. From this meeting of kindred souls we do derive some solace, some peace and some hope.

I have watched the newly bereaved, raw in their sadness when they first attend a meeting. As the months move forward, I begin to see a change in these parents. Each changes in a different way, for each experiences their loss and their grief process in a different way. Some changes aren't apparent for months, even a year or two. Learning that we are not alone in the grievous burden of our loss is comforting. Learning that others have developed ways to cope with the holidays, the birthdays, the death anniversaries and other special occasions gives us the hope that we, too, will one day feel comfortable in our new "normal."

I have chosen to accept this group of gentle, kind and compassionate friends as an integral part of my life. The first holidays were horrible. I learned that I had to do what I felt was right. I learned to let go of the expectations of others and live in the moment. Even if I plan to do something and change my mind, I feel no guilt. I learned that those who truly love me understand. I have found that I am truly becoming myself....my new self. It is a slow process. There are setbacks.

Holidays are extremely difficult for every parent who has lost a child.....it matters not how long ago our child died. The pain is fresh, new and raw at this time of year. This is the season for leaning on our compassionate friends, for asking questions, expressing fears, anxieties, doubts, depression and anger and for finding the comfort, hope and understanding that each of us so desperately seeks.

*Annette Mennen Baldwin
In memory of my son, Todd Mennen
TCF, Katy, TX
November, 2005*



Families & friends who have experienced the death of a child,
sibling, grandchild

Please join our
Ceremony of Remembrance*
for our children (of any age)
who have died before us

Church of the Transfiguration
50 West Bloomfield Road, Pittsford
Sunday, December 12, 2010
6:30 p.m.

- **RSVP by December 10th** with full name of child honoring and number of people who will be attending to childrenneverforgotten@gmail.com or phone numbers below.
- Ceremony with music, harpist, children's names read, candlelighting, poetry.
- *Bring photos (framed pictures able to stand work best, no larger than 8 x 10) by 6:15 p.m. on Dec. 12th.*
- Light refreshments following the event.
- **Please submit by December 5th picture** of your child to be included in a slideshow.
- If you are not able to RSVP in time, please come anyway
- Limited transportation assistance may be available
- For information call: Mary Jane Milano, 585- 248-9977; Elaine Deacon, 585-889-2574

**Held in conjunction with The Compassionate Friends Worldwide Candle Lighting©*

**Open to individuals of any faith. This ceremony is non-denominational.*