



How Life and Death changes us

We think we are always going to be here. We rarely face the fact that we are all mortal; But, when one outlives their child, the world, our relationships, our dreams, our feelings, our goals & our life changes forever. We need do nothing to change things from then. It happens all by itself....day after day.

The way you get up every morning...and start a new day.... not with the enthusiasm and plans that used to be. The way you breathe...not taking one breath for granted.The way you see others...for those that do not know of your loss, sharing their stories of their children; their birthday parties, their scribbled drawings on the refrigerator, their first date, their new shoes, their dinner at Thanksgiving~ all remind you of what you will never know again....It is hard to smile, and they don't know why you don't. There's no way to explain it.

What changes ~is the way you listen to every song you hear, was it one you once listened to together in church or while driving somewhere, a song you danced to?... The music can magically take you back to a special moment in time... you feel it so deep in your gut that it is almost as if it was written just for you to remember them by.

When you look at all the photos, the huge events that made up their life, the milestones that you captured in a split second of filming, that will now be precious memories frozen in time. When you can laugh at something, you catch yourself feeling guilty because they will never smile or laugh again. It is just not fair.

You change so much every single day. Watching the world change from summer to fall to spring and then winter, just tells you that time stands still for no one, for no reason. The little things that used to annoy us, no longer makes sense... For we will forever be in charge of our choices, our attitude, our memories, even in the face of devastating loss. As we watch the seasons change for the rest of our time here; for every leaf that falls, *cont'd on page 2*



Cont'd from page 1

For every snowflake that touches our cheek, for every ray of sun that brings warmth to our soul and for every new robin that builds a new home in the springtime... it will be a moment that we wish we could share with them.

The last photo was taken, the last hug was given, the last kiss was exchanged, the last moment you shared with them...you will hold onto...as if you were holding onto a cliff side with every ounce of strength you can keep~ fighting not to let go.

Paul so loved the changing seasons.....of time, of new growth, new wisdom and new insight.

As the seasons continue to change for however long..

I will miss him for all of them.

With the sun's love, in the Spring, the seed will become a rose

Every living thing on earth cannot grow, flourish or become all that it can be without love, nurturing, touch and connection to something else. If you had only one day left of your life, what would you do, what would you say, who would you see last, why would you go there, what would allow you to close your eyes and tell yourself: I lived a loving, giving, grateful, amazing life?

I am at peace with my life.

I wish this for all people, in memory of my son, Paul Jr.

Carla Smith, Rochester, NY

Song: The Rose



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

Fall Fundraiser: The sale of the *Enjoy the City* coupon books is underway. Each book costs \$20.00 — with a portion of each sale benefiting our Compassionate Friends group. The books have a wide variety of coupons which are easy to use. The books make great gifts!!

Please consider purchasing a book—and selling books to family and friends — to make this fundraiser a success! Thank you for your support!!



Our Credo...

We need not walk alone. We are The Compassionate Friends. We reach out to each other with love, with understanding, and with hope. The children we mourn have died at all ages and from many different causes, but our love for them unites us. Your pain becomes my pain, just as your hope becomes my hope.

We come together from all walks of life, from many different circumstances. We are a unique family because we represent many races, creeds, and relationships. We are young, and we are old.

Some of us are far along in our grief, but others still feel a grief so fresh and so intensely painful that they feel helpless and see no hope. Some of us have found our faith to be a source of strength, while some of us are struggling to find answers. Some of us are angry, filled with guilt or in deep depression, while others radiate an inner peace.

But whatever pain we bring to this gathering of The Compassionate Friends, it is pain we will share, just as we share with each other our love for the children who have died. We are all seeking and struggling to build a future for ourselves, but we are committed to building a future together.

We reach out to each other in love to share the pain as well as the joy, share the anger as well as the peace, share the faith as well as the doubts, and help each other to grieve as well as to grow.

We need not walk alone. We are The Compassionate Friends.

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.

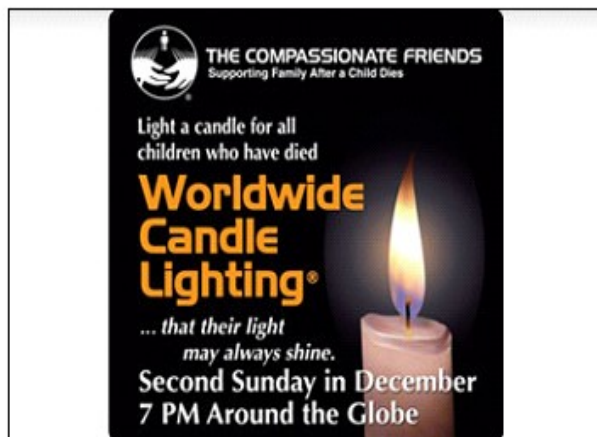


Upcoming Planned Events— Mark Your Calendars:

September 26, 2009 - Dinner out at Davinci's (Stone Ridge Plaza). RSVP by Sept. 19th to Colleen at 388-0376 or colleenkohl@hotmail.com

November 2009 — Pot luck dinner at Lifetime Care—date TBA

December 2009 — Annual Candle Lighting at Lifetime Care



Worldwide Candle Lighting December 13, 2009!!

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.

Chapter Information:

Meeting Location:

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

Meeting Days for October 2009:

Tuesday the 13th and Tuesday the 27th
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

Send news letter inputs or web comments to:
colleenkohl@hotmail.com

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.

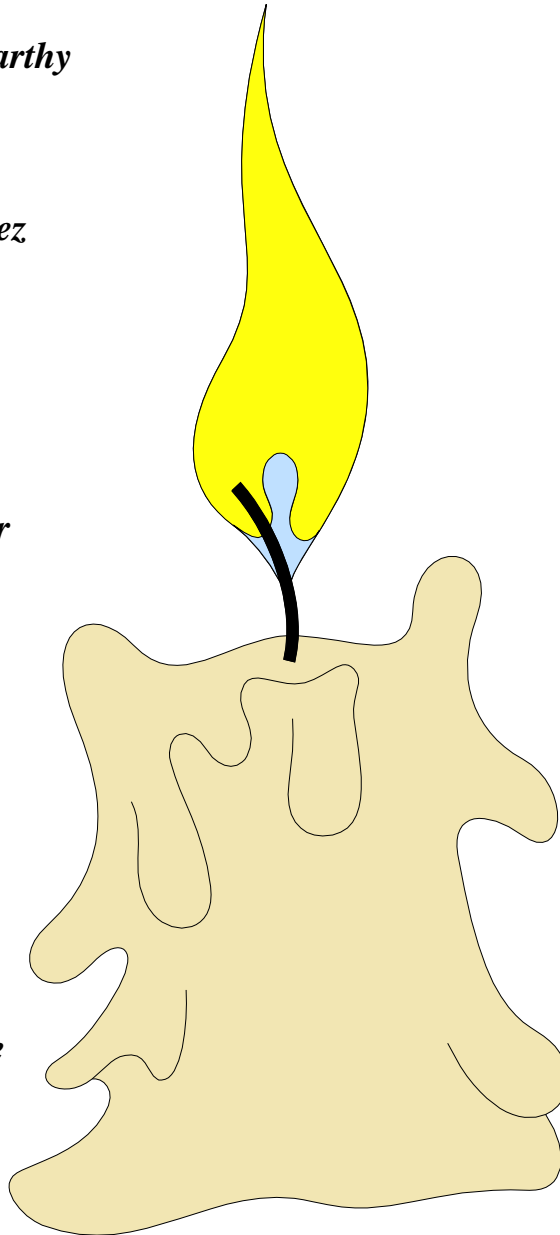
Our Children Remembered
October, 2009

Birthdays and Remembrance Days



Birthdays

Zackary Monroe McCarthy
Keith Martin Wilson
Jason S. Grizzanto
Jay Alan Starman
Duayne Alphonso Lopez
Matthew J. Hall
Aaron R. Vogel
William Peter Cook
Christian Carlisi
John Paul Crescuillo
Darla Lynn Schwark
Stephen Oliver Krenzer
Kelly Lynne Forrest
Sean Cristo



Remembrance Days

Patrick D. Cooley
Danny Hunn
Erin Marie Masling
Peter R. Loewenguth
Earle F. Kyle IV
Nicholas William Kyle
Richard Vito
Jillian Flagg
Randall John Misita
Sabrina L. Jay
Lindsay Ann Kyle
Duane Alphonso Lopez
Jim E. Rague

