



You were on my mind . . .

When I woke up this morning... You were on my mind. You were on my mind.

You with that genuine enthusiasm, like a kid with his first bicycle.

You with the curiosity and excitement that dads love to be there for.

There's so much of you still with me. Still with us!

It's not fair that we feel cheated or that we won't share your ways anymore.

But in reality, after all the tears and inner feelings of pain and sadness pass

We will have joy and great happiness because we shared your days. Your laughter. You.

And when I wake up each morning It will be OK that you were on my mind.....
You are on my mind.

That's a special place for you to be, because it will be forever.

Michael Tyler
TCF Lighthouse Chapter
Lewes, Delaware



SEASONS OF THE HEART

Your special days are unchanging
Seasons of the heart I celebrate.
Your birth, forever spring,
Tender memories relate,
New and green, a dream
From which too soon I awake.
The summer of your life was bright
Laughter needed no reason,
Seemingly endless days of sharing.
Sixteen summers. Short in season.
Your death brought winter without warning,
What sense in all this can be found?
Summer dreams replaced with mourning.
Where is hope now?
But the heart knows what
The mind cannot accept
That when all is lost,
It is love that is left.
Love knows no barriers
Time or distance recognize.
Love does not diminish,
But is constant in our lives.
And like a summer breeze
Uplifts and inspires us
With healing memories.

By Peggy Walls ~ TCF, Alexander City AL
For son Eddie (2/18/745—5/30/90)

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.

September Coupon Book Sale

For this fundraiser, group members will be selling *Enjoy the City* coupon books. The coupon books have a wide variety of offers with each book costing \$20.00. Order forms will be handed out at the September 14th meeting and need to be returned at the October 12th meeting. The coupon books will be delivered at the October 26th or November 9th meeting.

The coupons are easy to use and your savings can quickly add up to more than the cost of the book. They also make a great gift! Some of the proceeds will be used to help group members attend the National Convention that will be held in Minnesota in July 2011.

Please consider purchasing a book for your family and selling books to family and friends—Thank you!

SEASONS

The change of seasons is difficult. It reminds me that I must change if I am to live again.

We can become stuck in our grief, full of self-pity and overwhelmed with pain. I do not believe our children would want us to live the rest of our lives in pain and misery. It is so easy to fall into the "black pit" and never have the strength or courage to crawl out – because crawl out we must... on our bellies.

We are different now, with different priorities and goals. We must find a new purpose for going on, and we must accept the changes in our lives – including ourselves, for we are different now.

We cannot go backward, though there are times we yearn to. We must move forward. If we don't, we stay stuck at the point that our world changed. I used to say "ended."

Change is difficult. To accept the loss of our child is the most difficult of all. Our comfort comes from believing that the love we shares will go on for all eternity and that we will be reunited again – and each day brings us closer. We must learn to live again, love again, feel joy and peace again – or our survival will be without value to ourselves or others.

Renée Little — TCF, Fort Collins, Colorado

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 at 5:30pm

December 2010— our Chapter Candle Lighting Ceremony (at the first meeting of the month)

December 12, 2010—TCF Worldwide Candle Lighting

**Come celebrate our children at this very special concert presentation
by Alan Pedersen**

www.EverAshleyMusic.com

Alan Pederson is a bereaved father, award winning songwriter, successful recording artist, and nationally recognized speaker on grief and loss.

Angels Across the USA Tour 2010

September 29th at 7 pm

Northgate Free Methodist Church, 8160 Bank St. Rd., Batavia NY

For more information, please contact Pat Wheeler 219-4570 wwpatsuw@aol.com

To sponsor your Angel online go to www.AngelsAcrossTheUSA.com

Chapter Information:

Meeting Location:

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

Meeting Days for September 2010:

Tuesday the 14th and Tuesday the 28th
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:

July & August Love Gifts



*Mae and Larry Wheeler in memory
of Wyatt Zuber*

See Brenda 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.

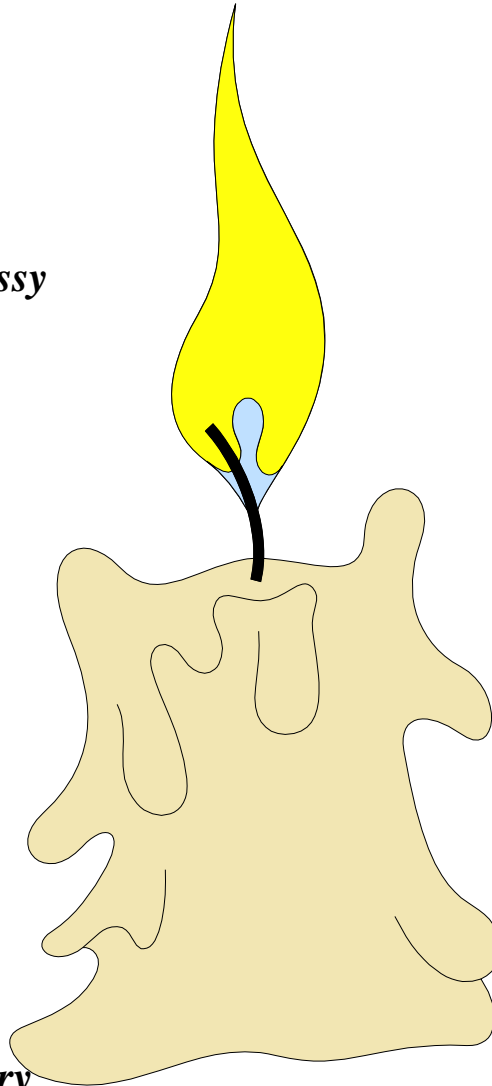


Our Children Remembered
September, 2010
Birthdays and Remembrance Days



Birthdays

Brian N. Vitale
Carrie Jean Kubarycz
Peter R. Loewenguth
Rolf Gerard Hallinan
Matthew Gabe Fogarassy
Steven J. Fantozzi
Paul McManus Jr.



Remembrance Days

David J. Cassell
Abigail L. Buzard
Joey Giardina
David Carafos
Mark F. Buckenmeyer
Joshua Daniel Price
Christopher L. Salisbury
Brian C. Oster
Jeffrey P. Anderson
Kristy Lynn Marmo
Johanna L. Falk
Isaac Courtney Towne

