



The Compassionate Friends

Manhattan Chapter

Supporting Family After a Child Dies

Our next meetings...

Apr	18
May	16
Jun	20
Jul	18

Manhattan Chapter Newsletter

April 2023

RE-IMAGINING THE FUTURE

I heard this term in a TV ad. It was one of those ads that showed a (seemingly) young woman walking away from the camera, then re-positioning the camera to face her and discovering she wasn't so young. The ad was encouraging us to note that our senior years were changing – that we would still be active, engaged and valued participants in life in our senior years. No rocking chairs, no shuffleboard. In this world there will be no grey haired little old ladies. We can all look forward to “leaning in”, “thriving” and “living the good life” and being/thinking young forever.

It just proved to me that we all have had a lifetime of mindset – a vision of our lives and our futures. None of us could ever have imagined just how much we would ultimately have to “re-imagine”. I've been trying to re-imagine my future for decades now. It is getting easier. There is simply so much imprinted on my brain though, about what my future might have looked like, I am constantly challenged by the reality I face each day.

I have arrived at my “golden years”. They are definitely not as bright and shiny as I had imagined they would be. Where I thought I would be surrounded by a growing family, baby-sitting my grandchildren, complaining about all the work in preparing holiday dinners and having to fit school plays, birthday parties and family vacations into my crowded schedule – my reality is that none of this exists in my life. There are no children, no grandchildren, no family at all. No holiday celebrations, no shopping for presents, no Kodak moments. Those who know me are very impressed that I continue to be so busy. I have a few dear

(con't on page 5)

IN-PERSON MEETINGS ARE BACK

Tuesday, April 18th at 7PM

It has been three years since we last met in person.

Many of us have only known Compassionate Friends on-line. We have all been missing the personal connection that is only possible in an in-person environment. Actual human contact makes an enormous difference.

We will only meet in-person this month, but we are working to figure out how and when we can do both in-person and on-line meetings. It's by far worth the extra effort to come in-person, but we recognize not everyone can.

More information and an invitation to our April in-person meeting will go out to all near to the middle of the month.

Progress in Grief: Five Years Out

I still don't understand how this is my life.

I've had five years to adapt to what some would term my “new normal” since Evelyn, our eighteen-year-old daughter, died suddenly in her sleep, though there's nothing normal about it. And while I have definitely made peace and progress with elements of this journey I never asked to go on, the truth is, I still don't know how I got here. I'm not sure that horrible morning in August that ruptured our world will ever make sense, that I'll ever have an answer to what happened or how, that this new reality will ever truly sink in. But I am expected to carry on. Despite the enormous uncertainty, the trail of questions, the agonizing longing. And that's precisely what I'm doing. Carrying on. Putting one foot in front of the other down a path I can't reason with but must accept. Every. Single. Day.

(con't on page 2)

TELEPHONE FRIENDS: When you are having the kind of day you feel only another bereaved parent or sibling can understand, we can listen and share with you. Don't hesitate to call our Manhattan Chapter phone for meeting information **(917) 300 3706**. To speak with someone please call one of the following volunteers; Jacquie Mitchell (eves) (347) 414-1780 jacquienytcf@gmail.com and for siblings, Jordon Ferber (917) 837-7752, beatniknudnik@yahoo.com

TCF MANHATTAN CHAPTER email: tcfmanhattan@gmail.com

TCF MANHATTAN website: www.compassionatefriends.nyc

CO-CHAPTER LEADERS: **Dan Zweig:** danzweigtcf@gmail.com

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“Our Children” editor: **Dan Zweig:** danzweigtcf@gmail.com

Newsletter Editor: **Marie Levine** marielevine2@verizon.net

THE COMPASSIONATE FRIENDS MEETINGS are now monthly - always the third Tuesday of the month

WE MEET USING ZOOM AT 7:00pm—sign on at 6:45pm

This month, April 2023, we will be meeting only in person at the

Fifth Avenue Presbyterian Church

55th Street and Fifth Ave (enter at 7 West 55th St.

The Compassionate Friends is a mutual assistance self-help organization offering friendship and understanding to bereaved parents, grandparents and siblings. We are a group seeking support in our grief or are able to give it. Among us your religion, your race, your politics, your job or social standing are not important. We care about your grief—the tragedy that each of us have shared—and how we can grow through it, not back to the person we were, but to the person we can become.

Progress in Grief: 5 Years Out (con't from page 1)

I don't really have words for how it feels to wake up every day in a world you don't recognize. I know, five years later, where I am. I just don't know where that is. I think that's one of the hardest aspects of child loss. It's so fucking inconceivable that your mind can't fully process it. Reality ceases to be solid. It becomes this amorphous thing, like jello, forever bending out of shape, refusing to adhere to the rules. Other losses, in my experience, just aren't like that. They're hard and they're sad and they're unfortunate. But they fit into the world. They don't break your brain.

Despite the surrealness of this life, I've learned to love aspects of it again. It has taken time, of course, to get there. To not drown in guilt every time I found a shred of pleasure. To allow myself an ounce of joy. To teach myself how to hold gratitude. To believe I deserve beauty. I don't get these right all the time. The guilt still surfaces. The rage. The horror. That's to be expected. But I think what is striking is that despite how decimated Ev's loss left me, how full of pain and betrayal—for I believed the whole world betrayed me in that moment—whatever was left behind has grown. Against all odds, she's grown. And in that growth was space. Enough space to hold love beside the sorrow, and joy beside the grief, and desire beside the devastation.

Sometimes, that other life we lived and loved feels very far away. And the distance is excruciating, but also functional. As the view behind me grows smaller, I find I must keep my eyes on the step ahead, stop craning to stare over my shoulder at what was and cannot be again. Other times, that life is a breath at my back, so fresh and present that I think if I just knew how I could reach through time and touch it, maybe pull it toward me, taste it again. You might expect that nearness would bring comfort, but it usually brings the opposite—more pain, more confusion, more wondering and wishing and what-if-ing.

I've asked myself more than once what I would tell another parent just finding themselves on this brutal journey. What could I offer that might give them something to cling to, to believe in when the days drag long and weary and unbearably hard? What can I possibly say in the wake of their agonizing loss? But I find it easier to determine what I won't say.

(con't in next column)

Progress in Grief: 5 Years Out (continued)

If you're reading this and you're a month, or a year, or a couple of years down this road, stumbling in the dark, missing your child, I won't tell you it gets easier. I won't tell you you'll get stronger. I won't tell you it hurts less, or that a day will come when you don't pine for them and miss their smile, their smell, the sound of their voice. But I will tell you that like anything else in this universe, it changes. It evolves with you. It moves and morphs and rolls through its own trajectory like a comet streaking through the atmosphere. At times, you'll see grace and awe in the comet's sparkling tail. At others, it will burn like all nine levels of hell at once. You will love the comet. And you will hate the comet. But the comet will be with you forever now. Take what you can from that wholly useless metaphor because nothing accurately describes the experience you're living in.

People love a transformation story. And they'll no doubt read this and think I've overcome some terrible obstacle and now my story is complete. But that's not what it's like at all. Evelyn's death has not left me, not even for a moment. It grieves me every step of the way. All of the difficult but natural things I felt that day and every day since are still right here with me. They don't disappear. But my capacity to carry them and still have room for other things has continued to shift and change. I feel all the bad, terrible things about her death still. But I feel so many good, beautiful things now too. In the early days of the After, that just wasn't possible. But the human heart is a strange and wonderful beast, luminous and resilient if given the chance to be. If I deny it nothing, it obliges me in kind.

In other words, by allowing the painful feelings when necessary, I have allowed the pleasant ones right alongside them. Whatever progress I've made hasn't come from repressing my grief, but embracing it.

I often think that is exactly how Ev would want it.

Anna Sweat

<https://www.forloveofevelyn.com/>

CONFERENCE REGISTRATION NOW OPEN

www.compassionatefriends.org



A PRAYER FOR SPRING

Like springtime, let me unfold and grow
fresh and anew from this cocoon of
grief that has been spun around me.

Help me face the harsh reality of
sunshine and renewed life as my bones
still creak from the winter of my grief.

Life has dared to go on around me and,
as I recover from the insult of life
Include healing and growth as possibility
in my future.

Give me strength to break out of the
cocoon of my grief, but may I never
forget it is the place where I grew my
wings, becoming a new person because
of my loss.

~ Janis Heil, Coquitlan, BC

On Losing An Only Child

I would like to put into perspective the subject of losing a child as compared to losing an only child. It is said that comparisons are odious, but sometimes a different perspective can be helpful. The pain of losing a child is excruciating, whether that child has siblings or not. That's incontrovertible. However, it has to be admitted that the particular relationship with the lost child, the involvement, the constancy and the intimacy, are all factors that affect the degree of pain.

For those who have remaining children, there is resentment when they are told that they are fortunate to have other children. Someone said when a person loses a leg, he doesn't say how lucky he is that he has another leg. He is distraught that he has lost a leg, his whole focus is on that lost leg. The observer, however, can see that to lose both legs is more difficult.

We look to our children for a variety of reasons. They provide us with companionship of a unique sort. They lend continuity to our lives – a form of immortality. They create the role of parent for us with the immeasurable possibilities inherent therein. They provide that comfort that comes from knowing someone very close will be concerned with us.

Though the pain suffered by any bereaved parent is just as
(con't in next column)

Secondary Losses

Secondary losses exacerbate the pain
when our children die. Leave us adrift,
struggling to stay sane.

Secondary losses – the world, as a safe place
where they would thrive, we'd watch them grow,
now fearful, desolate.

Secondary losses – a friend (or friends) shut off,
can't look at death this closely –
the fear is tempest tossed.

Secondary losses – the ability to cope
with anything and everything
in a world deprived of hope.

Secondary losses – the good things that we held
have lost all their importance
when misery shrouds our cells.

Secondary losses – our laughter, free from care.
The times we see its reason
delightful, now so rare.

Secondary losses – the ability to deny
that terrible things do happen –
invulnerability a lie.

Secondary losses – the self-confidence we knew,
our world view so shattered,
can any part be true?

Secondary losses – the lovely lives we had.
The sunshine that could fill our days,
when rarely we were sad.

Secondary losses
may, transformed, in time come back.
But our children aren't returning.
Nothing, no one, can change that.

~ Genesse Bordeau Gentry

from *"Stars In The Deepest Night"*

On Losing An Only Child (con't from left column)

great, it must be admitted that those who have other children have the benefit of all of the above, whereas the person who has lost an only child (and especially one who can never bear another) has had, in one fell stroke, all of the above wiped out.

~ Kay Bevington, Editor, *Alive Alone*

Gifts of Love

A Love Gift is a donation given in memory of a child who has died, or sometimes a memorial to a relative or friend. It can be in honor of a happy event that you would like to acknowledge, or simply a gift from someone who wants to help in the work of our chapter.

All TCF chapters are totally dependent on funds from our families. We DO NOT receive funds from our National Office. Everything we need to operate our local chapters is paid directly from our local resources and our local family contributions. Thank you to all who can contribute and support this chapter. Please see 'Making a Contribution' below:

Passing the Basket – During normal times, we raise needed funds at each meeting by passing a basket for voluntary contributions. In this time without in person meetings, the Manhattan Chapter is going without the resources we usually get from the basket passed during our meetings. We are so glad to be able to hold the online meetings, and if you are able to, once a month or whenever you can, please help and make a 'Basket' contribution to help our organization.

Making a contribution –

Easiest way – online – use a credit card securely with Paypal – Click this link: [Please donate here](#)

Or you may mail a check to The Compassionate Friends, c/o Sally Petrick, 945 West End Ave Apt 2B, New York, NY 10025. Please make your check payable to The Compassionate Friends – Manhattan Chapter. We need and appreciate your support.

Recommended reading...

- ♦ The Bereaved Parent by Harriet Sarnoff
- ♦ First You Die by Marie Levine
- ♦ Talking to Heaven by James Van Praagh
- ♦ Beyond Tears by nine mothers
- ♦ Love Never Dies by Sandy Goodman

⇒ take advantage of the book list on the TCF website www.compassionatefriends.org

⇒ go to www.centeringcorp.org, for an extensive list of resources for ALL those grieving for every possible reason – for parents, grandparents, siblings, mothers, fathers, teens, children...because of sudden death, accident, long term illness, infant loss, miscarriage, homicide, substance abuse, etc.

Reading other bereaved people's stories helps us. Take advantage of these resources. Discovering how much of what we feel is being experienced by fellow travelers helps us understand the process and restores hope.

...to our new members

Attending your first meeting is the hardest thing to do. But you have nothing to lose and everything to gain. Try not to judge your first meeting as to whether or not TCF will work for you. Often, it is the second, third or fourth meeting where you will find just the right person or the right words said that will help you along in your grief.

...to our long standing members

We need your encouragement and continued support. You are what ties our group together. Sadly, each meeting brings new parents. *THINK BACK...* what would it have been like for you if there had not been any "oldtimers" to welcome you and share your grief and encourage you and tell you that in time, the pain will soften...with time, there is hope.

~ ~ ~

The Compassionate Friends Credo

We need not walk alone.

We are The Compassionate Friends.

We reach out to each other with love, with understanding, and with hope.

Our children have died at all ages and from many different causes,

but our love for our children 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 and creeds.

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 we feel helpless and see no hope.

Some of us have found our faith to be a source of strength; some of us are struggling to find answers.

Some of us are angry, filled with guilt or deep depression; others radiate an inner peace.

It is pain we will share just as we share the love for our children.

We are all seeking and struggling to build a future for ourselves,

but we are committed to building a future together as we reach out to each other

in love, and 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.

~ ~ ~

Online Support from the National Compassionate Friends Website

Live Chats

The Compassionate Friends offers "virtual chapters" through an Online Support Community (live chats). This program was established to encourage connecting and sharing among parents, grandparents, and siblings (over the age of 18) grieving the death of a child. The rooms supply support, encouragement, and friendship. The friendly atmosphere encourages conversation among friends; friends who understand the emotions you're experiencing. There are general bereavement sessions as well as more specific sessions.

Click [HERE](#) for more information and a list and schedule of Live Chats.

Private Facebook Groups

The Compassionate Friends offers a variety of Private Facebook Groups. These pages cover a wide range of topics and are moderated by bereaved parents, siblings, or grandparents. They may be accessed only after a request to join is approved by a moderator.

Click [HERE](#) for more information and a list of Private Facebook Groups.

Siblings

Days In The Valley

An early morning phone call brought news that irreversibly changed my life. My parents called to tell me my younger brother had been killed in a car accident. They wept as I spoke to them. I had never heard my Dad cry before. Numbly, I hung up the phone. I didn't cry. There was no time for tears. Flight plans had to be made, clothes packed. I had to think clearly and act quickly.

The 100-mile trip to the airport seemed especially long and dark as I drove alone that morning. Later, aboard the plane, I looked out the window and tried to comprehend what had happened. Maybe it wasn't him, I thought. Maybe they got him mixed up with someone else. I dreaded the scene that awaited me at home, yet I couldn't get there quickly enough. I longed to comfort Mom and Dad, to be with them.

Arriving in Des Moines, I was met by relatives. At last I could let myself cry. When I reached my parents' home, I was relieved to finally grieve with them, but a terrible pain was burrowing deep within as the reality of what happened began to sink in. Funeral arrangements were made. People gave their condolences. Stacks of cards arrived daily. The pain remained. I sensed God's presence as friends and family gathered. Words meant nothing, but those who came and cried with us were the ones who gave comfort. They didn't quote bible verses. The didn't try to explain why it happened. They just hugged us and cried.

For almost a year, I replayed again and again those events as if they had been stored on videotape. Every sight, every sound, every pain was as vivid as if it had happened the day before. Time had numbed the pain and faded the "tapes" to some degree, but my life will never be the same. There will always be a hole in our family that cannot be filled.

I see life differently now. I've learned things that have made me more mature. Tragic loss demands finding something meaningful in it or retreating into bitterness. When I said goodbye to my brother, I never dreamed it would be the last time I would see him. Words left unsaid echoed in my mind for many months. Now, taking time to say and do the things I used to put off is more important. Treating each opportunity to be with friends or loved ones as if it might be the last time I will see them, gives me the incentive to resolve conflicts and say the things that need to be said. Problems and disagreements are never insurmountable.

Experts say the grieving process should end with the acceptance of death. Instead of accepting my brother's death, however, I have only acknowledged it. Death, like an unwanted visitor, doesn't have to be catered to, but it does have to be acknowledged for the healing to begin. I can't say I understand why my brother was killed, but God has given me the strength to go on. Though at times it appeared that there was no way out of the valley, time has brought me renewed strength. Time does not heal all wounds, but it does bandage those it cannot heal.

~ Rick Bunkofske, TCF, North Central Iowa

RE-IMAGINING THE FUTURE (con't from page 1)

friends who "share" their children with me, and I manage to laugh and joke and have a relatively good time most of the time. But all the activity does little to mask the emptiness.

Maybe it's because Spring looms. More holidays to endure. As usual, I will face this seasonal slump by imagining everything I don't have to worry about – an unhappy child, family feuds, illness, personality discord, bullying, facebook, teen-age driving, texting and random school violence. I have none of those fears or concerns. I shall simply continue to long for my son and the perfect future I always imagined we would have. I shall continue to dream and always remember what we had with a smile. I'll never have to re-imagine that.

~ Marie Levine

The Compassionate Friends Sibling Credo

We are the surviving siblings of The Compassionate Friends

We are brought together by the deaths of our brothers and sisters

Open your hearts to us, but have patience with us.

Sometimes we need our families to be there.

Sometimes we must walk alone, taking our memories with us, to become the individuals we want to be.

We cannot be our dead brother or sister; however a special part of them lives on with us.

When our brothers and sisters died, our lives changed.

We are living a life very different from what we envisioned and we feel a responsibility to be strong even when we feel weak.

Yet we can go on because we understand better than many the value of family and the precious gift of life.

Our goal is not to be the forgotten mourners that we are, but to walk together to face tomorrow as the surviving siblings of The Compassionate Friends.

TUESDAYS

TUESDAYS AT 7:00PM

With Jordon Ferber - Sibling Leader

Siblings in the Manhattan Chapter meet every Tuesday of the month and more.

Sign up to get our siblings schedule emails

[Click here for exclusive sibling emails](#)

TCF SIBLING CHATS

Some online chats for adult and teen siblings to share concerns and feelings are available on the TCF National website

[Click here to display the full schedule of chats for both parents and siblings](#)



OUR CHILDREN—LOVED AND REMEMBERED

APRIL BIRTHDAYS



4/1 **ALAIA MOSLEY**, daughter of Patricia Mosley
 4/1 **JOEY MASLIAH**, brother of Amanda Rockoff
 4/1 **SHANA DOWDESWELL**, daughter of Laurie & Roger Dowdeswell
 4/2 **ALI SEEDAT**, daughter of Deborah McKinzie
 4/3 **KYLE DANE**, son of Madelaine Samuel
 4/3 **NATASHA GEMBKA**, daughter of Tim & Alexis Gembka
 4/4 **ALEX BHAK**, son of Karyn Bhak
 4/4 **DANNY MAZRAANI**, brother of Mona Mazranni
 4/4 **JORDAN MITCHELL**, son of Melody Mitchell
 4/4 **LORI HEALY**, daughter of Tom Healy
 4/5 **CHRIS MASARONE**, twin brother of Nic Masarone
 4/5 **MATTHEW BAUMEISTER**, son of Lynn & Mitch Baumeister
 4/7 **AMIR PRIZANT**, brother of Ayelet Prizant
 4/7 **CYRUS WANECKE**, son of Nolan Wanecke & Talya Ramchandani
 4/7 **JASON KLEIN**, son of Jeanette LaBarb
 4/8 **CYRUS**, son of Francine Figueroa
 4/8 **JUSTIN R. NEGRON**, son of Nancy Negron, brother of Samantha
 4/8 **LISA DONOFRIO**, daughter of Christina Korteweg
 4/8 **VICTOR CHEN**, son of Vivien Chen
 4/10 **MELANIE DINOWITZ**, daughter of Elaine Dinowitz
 4/10 **SARAH KATZ**, daughter of Michael & Jill Katz, sister of Dana Katz
 4/10 **SHONEN CHAMBERS**, sister of Tiffani Chambers
 4/11 **AYDIN HOSSAIN**, daughter of Beth & Abir Hossain
 4/12 **ETHAN MAGDER**, son of Andrea & Gary Magder, brother of Abbi Magder
 4/13 **DR. AMY BETH ROSEN**, daughter of Helen Rosen
 4/13 **ISAIAH VILLAFANA**, son of Camille Evans & Elijah Burgos
 4/14 **SUZANNA ZHOU**, sister of Susan Zhou
 4/15 **MATTHEW CARLSON LUTZ**, son of Linda L. Carlson

4/15 **NONI BIALE**, daughter of Margaret and Noam Biale
 4/16 **ELLA BANDES**, daughter of Judy Kottick & Ken Bandes
 4/16 **NICHOLAS MONICO**, son of Lisa & Craig Monico
 4/16 **RICHARD WARNOCK**, son of Claire Warnock, brother of Susan Warnock
 4/17 **CINDI DIMARZO**, sister of Jodi DiMarzo
 4/17 **SEAN KIMERLING**, son of Ervine & Noah Kimerling
 4/18 **HARRY GANDEL**, grandson of Karen & Meyer Gross
 4/18 **NICOLAS DE LAVALETTE**, brother of Sebastian Lavalette
 4/19 **SOPHIE ANN MISSHUK**, daughter of Evan Misshuk
 4/19 **WILL TANG**, brother of Sandra Tang
 4/20 **LAURA FELDSTEIN**, daughter of Marilyn & Al Feldstein
 4/20 **MARSHALL FORDE**, son of Asurf Forde, brother of Marcel Forde
 4/20 **NAOMI STOLAR**, sister of Susan Schindler
 4/21 **AIDAN HERNANDEZ**, son of Maura Moloney & Victor Hernandez
 4/21 **BARBARA STRAUSS**, sister of Joanne Shapiro
 4/22 **DANIEL ALBERT**, son of Anita Albert, brother of Jenna Van Dusen
 4/24 **SAM BINNICKER**, brother of Griffin Binnicker
 4/25 **DANIELLE BAKER**, sister of Tiffany Baker
 4/25 **JONATHAN JUSTIN RODRIGUEZ**, son of Gina Rodriguez, grandson of Maggie Valentin
 4/25 **KRISTEN SANCHEZ**, sister of Melissa Rosario
 4/26 **SEAN COLLINS**, brother of Kelly Collins
 4/27 **BENJAMIN HARTFORD**, son of Nora Madonick
 4/27 **BRONWEN PRADT**, daughter of Katherine Pradt
 4/27 **GRETA GREENE**, daughter of Stacy & Jayson Greene
 4/30 **KIARR LACEY MONROE**, son of Xenia Vasquez & Lacey Monroe
 4/30 **LOUIS ARESU**, son of Elizabeth Sperrazza, brother of Maria Sperrazza



Our Children Remembrances — Changes

A longstanding tradition in our Manhattan Chapter of Compassionate Friends newsletter has been the listing of our children's and sibling's birthdays and anniversaries. I know I look *first* at each issue of the newsletter to see my child's listing, my sister's listing, and scan for the birthdays and anniversaries of my TCF friends' loved ones.

It is very important that our listings are correct and meaningful and we try to keep the listings as accurate and up to date as possible, but we are not perfect. Should you desire a change to your loved one's listing or if your listing is missing, please let us know. Email to tcfmanhattan.nyc@gmail.com and tell us what needs to change.

Dan Zweig



OUR CHILDREN—LOVED AND REMEMBERED

APRIL ANNIVERSARIES



4/1 **MARCUS PRESTON**, son of Valerie Preston
 4/1 **RORY STAUNTON**, son of Orlaith & Ciaran Staunton
 4/2 **ALEX BHAK**, son of Karyn Bhak
 4/2 **ANDREW SCHLEIFER**, son of Kittyhawk Schleifer
 4/2 **LYLA SKYE MEDICI**, daughter of Mimi Delle Donne, sister of Meghan Matias
 4/3 **DANA FLAX**, sister of Casey Flax
 4/3 **KRISTOFFER SALAVANTE**, son of Maria & Eliezer Salavante
 4/3 **SAGE JOSEPH**, daughter of Debra Driscoll
 4/4 **CHRISTINE EBERT**, daughter of Judy & John Ebert
 4/4 **JORDAN MITCHELL**, son of Melody Mitchell
 4/6 **MICHAEL WHITLOCK**, son of Peggy Whitlock
 4/6 **TREVOR MATTHEWS**, son of Angela Matthews
 4/8 **ALEXANDER ANDUJAR JR.**, son of Madelaine Colon
 4/8 **CYRUS**, son of Francine Figueroa
 4/9 **ANDREW FREDERICK RUBIN**, son of Barbara & George Rubin
 4/10 **DAN OSHINSKY**, brother of Julie Mintz
 4/11 **DAVID ALEXANDER**, brother of Farah Alexander
 4/13 **AYDIN HOSSAIN**, daughter of Beth & Abir Hossain
 4/14 **BRITTANY MALVEAUX**, sister of Jordan Malveaux
 4/14 **TYREE SHEPPARD**, son of Laura Sheppard
 4/16 **IAN BYSTOCK**, son of Marc Bystock

4/17 **MICHAEL MOUSSA**, son of Mariam Moussa
 4/18 **JEREMY PALLEY**, son of Iris Palley and Stephen Palley
 4/20 **KYLE DANE**, son of Madelaine Samuel
 4/21 **RELONZO W. PERKINS-MACK**, son of Denise Perkins Best
 4/22 **RASHID SOLIS**, son of Frank Solis
 4/23 **ALIYAH RABSATT**, daughter of Patricia Rabsatt
 4/23 **KERRY STONE**, brother of Catherine Kells
 4/23 **KEVIN DEL ROSARIO**, son of Annaliza del Rosario
 4/23 **PABLO RAMIREZ**, son of Carlos Ramirez
 4/23 **RISA FIELD**, sister of Barbara Field
 4/24 **BRANDON MYERS**, brother of Rachel Myers
 4/24 **CHRIS MASARONE**, twin brother of Nic Masarone
 4/24 **EREZ KLEIN**, son of Rachel Gordon
 4/24 **NATALIE JOY HERTEL-VOISINE**, daughter of Barbara Hertel & Don Voisine
 4/25 **CINDI DIMARZO**, sister of Jodi DiMarzo
 4/25 **JORGIE PEREZ**, sister of Janeisy Perez
 4/26 **JAMES HAYS**, brother of Claire Hays
 4/27 **MARGARET BRAUN-GRIEP**, sister of Helen Braun
 4/27 **MATTHEW GORDON**, brother of Elizabeth Stilwell
 4/27 **OLIVIA PETRERA COHEN**, daughter of Nancy Petrera
 4/29 **MAX GLEZOS-CHARTOFF**, son of Julie Chartoff & Irene Glezos
 4/29 **SOPHIA JOLIET AGUIRRE**, daughter of Monica Deliz



Gifts of Love

A Love Gift is a donation given in memory of a child who has died, or sometimes a memorial to a relative or friend. It can be in honor of a happy event that you would like to acknowledge, or simply a gift from someone who wants to help in the work of our chapter.

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Making a contribution –

Easiest way – online – use a credit card securely with Paypal – Click this link: [Please donate here](#)

Or you may mail a check to The Compassionate Friends, c/o Sally Petrick, 945 West End Ave Apt 2B, New York, NY 10025. Please make your check payable to The Compassionate Friends – Manhattan Chapter. We need and appreciate your support.



OUR CHILDREN—LOVED AND REMEMBERED

MAY BIRTHDAYS



5/1	GEORGE D. MARAS , son of Marilyn Maras	5/17	PATRICE WALKER , daughter of Mazrene Holmes
5/1	MICHAEL ANTHONY EAGLE , son of Leslie Katina Eagle	5/17	ROWENNA WIGHT WHITE , daughter of Nancy Wight
5/2	CASEY LOW , brother of Dara Low	5/18	ABIGAIL BURG , daughter of Jean & David Burg
5/2	GAVIN PESKIN , son of Leah Peskin	5/18	ALESSIA MORRONE , daughter of Amy Morrone
5/3	ISABELA ESPINOZA-THOMPSON , daughter of Nayomi Espinoza & Hopeton Thompson	5/18	EDDIE WALSH , twin brother of Tricia Walsh
5/3	JOSEPH MARINO , brother of Joanne Marino	5/18	WILLIAM GRIFFO , son of Yvona & William Griffo, brother of Mike Griffo
5/4	CHRISTOPHER MEYER , brother of Kimberly Meyer	5/19	BENJAMIN RACCALE , son of Sara Raccale
5/5	ANDRE AMES , son of Jacqueline Jackson	5/19	CHRISTOPHER EISELE , son of Kathleen & John Montoya
5/5	IAN DINER , son of Martin & Nicki Diner, brother of Paige Diner	5/19	DAVID YOOD , son of Nora & Barry Yood
5/5	ROBERT SULKOWSKI , brother of Sarah Sulkowski	5/20	DAN OSHINSKY , brother of Julie Mintz
5/5	RUBY MANE , daughter of Mohasin Mane	5/20	DANNY VOLEN , brother of Raizy Volen
5/5	SAGE JOSEPH , daughter of Debra Driscoll	5/21	ALEX WITONSKY , brother of Ava Witonsky
5/6	ANDREW MARTIN , son of Marina Re	5/21	SERYNA RODRIGUEZ , daughter of Marilyn Castro
5/6	BAYLIN CODDINGTON , son of Debra F. Coddington	5/22	BRIAN GEWIRTZ , son of Kathleen & Steven Gewirtz
5/6	DAVID KRANZ , son of Denise Kranz and Charles Katz	5/22	ISABELLA CARROLL , daughter of Doreen Carroll
5/6	JASON ELLIS , son of Michael Ellis	5/22	LINDA GIOVE , daughter of Arlene Schechter
5/8	JORDAN JOHN , brother of Christian John	5/22	NOAH REISMAN , brother of Rachel Reisman
5/8	MARSHALL NEIDIG , son of Quinn and Joe Neidig	5/24	ALEX HARRY SINGER , son of Susan & Lewis Singer
5/9	BRENDEN CARSON , son of Debra Carson	5/24	CHARLIE DENIHAN , son of Barbara and Ben Denihan, brother of Krissy and Kate
5/9	SACHA REID KANTOR , son of Kathy Landau & Michael Kantor	5/24	JULIETTE DICKSTEIN , daughter of Gail Luria
5/11	JOHN HULWIYA , brother of Vanessa Hulwiya	5/25	BRANDON SCHWARTZ , son of Joann & Mark Schwartz
5/11	SEAN MCCLURE , son of Patricia McClure	5/26	AMANDA RUSSELL , sister of Katie Turner
5/11	TATE RAMSDEN , brother of Ashley Ramsden	5/26	JOSEPH ALINI , son of Maria Rodriguez
5/12	CHRISTINE FORNATO , sister of Theresa Fornato	5/27	ROBERT ZIETEK , brother of Barbara Zietek
5/12	LEO CONAGHAN , nephew of Ellen Barry	5/27	ZAIDA SANTIAGO , daughter of Selena Santiago & Lewis Harbour
5/12	MATTHEW YUDELMAN , grandson of Anne Schuman & Ian Yudelman	5/29	LOUIS PEREZ , son of Mercedes Tapia
5/13	BRENDA CHAPMAN , daughter of Della Scrugs	5/29	WILLIAM MAEROV , son of Lance Maerov
5/13	EVAN MAXWELL , brother of Jean Maxwell	5/30	JON ROMULO , son of Tocy Friend
5/13	NOAH BOWER , son of Pat Bower Cooley	5/30	KRISTINA ESPOSITO , daughter of Cecilia Esposito
5/13	NOAH STERN , son of Barbara Samuels & Nicholas Stern	5/30	OLIVIA PETRERA COHEN , daughter of Nancy Petrera
5/13	RORY STAUNTON , son of Orlaith & Ciaran Staunton	5/30	RICHIE BENANTI , son of Monica Benanti
5/16	ALIYAH RABSATT , daughter of Patricia Rabsatt	5/30	TROY O. MYERS , son of Claudette Hannibal
5/16	JUSTIN ALMON , brother of Kristina Adam	5/31	HARVEY STERMER , brother of Carol Lee Stermer-Aulicino
5/16	KHALID ALBABA , son of Kerri Albaba	5/31	KOFI A. MENSAB JR. , son of Rosinah Mensah & the late Samuel A. Mensah, brother of Dr. Kofi A. Mensah, Ph.D
5/17	LYDIA WOOD , daughter of Matt Wood		





OUR CHILDREN—LOVED AND REMEMBERED MAY ANNIVERSARIES



5/2 **BRADLEY KEITH BONGAR**, son of Beth Bongar
 5/2 **CRYSTAL LAUZAU**, daughter of Gwyneth Hotaling
 5/2 **JONATHAN JUSTIN RODRIGUEZ**, son of Gina Rodriguez,
 grandson of Maggie Valentin
 5/2 **MARLON LABOVITCH**, son of Hannah Labovitch
 5/2 **WILLIAM EDWARD SHUBERT**, son of Irma E. Shubert
 5/3 **ISABELA ESPINOZA-THOMPSON**, daughter of Nayomi Espinoza
 & Hopeton Thompson
 5/3 **JOEY MASLIAH**, brother of Amanda Rockoff
 5/5 **ANDY FISHER**, son of Barbara Fisher
 5/5 **JENNIFER BLANCHE BYRD**, daughter of Claudia Byrd
 5/5 **JOE MCCLENAHAN**, brother of Michael McClenahan
 5/6 **CHRISTINE SCHLENDORF**, daughter of Karen Schlendorf
 5/6 **MELISSA AVRIN**, sister of Andrew Avrin
 5/6 **WILL TANG**, brother of Sandra Tang
 5/7 **GER ANDLINGER**, daughter of Jeanne Andlinger
 5/7 **PHILIP SULZER**, son of Barbara & Burton Sulzer, brother
 of Lisa Sulzer
 5/9 **BENJAMIN LEWIS KAPLAN**, son of Barbara Lewis Kaplan
 5/9 **BRUCE WALES**, son of Fran Wales
 5/10 **LOGAN GENTRY**, son of Christine Spiro
 5/10 **MICHELLE GITTENS**, daughter of Lanise M. Ballard-Gittens
 5/11 **MATTHEW BAUMEISTER**, son of Lynn & Mitch Baumeister
 5/12 **ELIZABETH O'HARE**, sister of Christopher O'Hare
 5/12 **GIRBUN LAO**, brother of Ithreum Brown
 5/12 **MICHAEL FABI**, son of Donna Leder
 5/12 **SOPHIA MELILLO**, daughter of Kristen Leigh
 5/13 **OWEN MULLER**, son of Jane K. Muller
 5/14 **CANDICE CHEN**, daughter of Belle Tung
 5/14 **NORBI MORGENSTEIN**, daughter of Gary Morgenstein
 5/15 **ROSE LIANG**, sister of Holly & Chue Liang
 5/15 **RYAN THOMAS**, son of Jacqueline Thomas
 5/16 **BENJAMIN HARTFORD**, son of Nora Madonick



5/18 **GRETA GREENE**, daughter of Stacy & Jayson Greene
 5/18 **LAVONE SKY SANTANA**, son of Istrha Santana
 5/18 **MAHLIK WILLIAMS**, son of Ramona Williams, brother of
 Mekael Williams
 5/18 **MICHAEL RAVEN**, son of Selma & Rob Raven
 5/19 **ALESSIA MORRONE**, daughter of Amy Morrone
 5/19 **DEREK GOMEZ**, son of Marta Freyre & Robert McManus,
 brother of Xiomara Gomez
 5/19 **MARY GIBBS**, sister of Cynthia Gibbs-Pratt
 5/20 **JACK FREYTES**, son of Olga Lopez & Elvin Freytes
 5/20 **JEREMY RODRIGUEZ**, son of Wanda Marrero
 5/21 **ADAM JACOBS**, son of Rick Jacobs
 5/21 **IAN DINER**, son of Martin & Nicki Diner, brother of Paige Diner
 5/22 **STEVE DAVOREN**, brother of Doug Davoren
 5/22 **TAYLOR HOLLOWAY**, brother of Brittany Holloway-Brown
 5/23 **ADRIAN V. ROSAS**, son of Alejandra & Adriano Rosas
 5/24 **AMELIA (YANNIE) CORBETT**, sister of Sara Corbett
 5/25 **JACK ROBERTS**, son of Joanne Wright
 5/25 **JOVI RAMOS**, son of Desiree Ramos
 5/25 **MICHAEL VINCENT ROSEN PIPITONE**, son of Alison Rosen
 & David Hantman
 5/26 **LISA DONOFRIO**, daughter of Christina Korteweg
 5/27 **CRAIG MARTINEZ**, son of Louis Hampton Martinez
 5/27 **EMMA GRACE KNOWLTON**, daughter of Samantha Knowlton
 5/27 **ISAIAH VILLAFANA**, son of Camille Evans & Elijah Burgos
 5/27 **JOEY HOLLIDAY**, son of Billy & Terry Holliday
 5/27 **SARAH AKHTAR**, sister of Alafia Akhtar and Rahil Darbur
 5/27 **TERRANCE RICHARDSON**, son of Theresa Richardson,
 brother of Francina Branch Elysee
 5/28 **HUMZA MALIK**, brother of Amani Malik
 5/29 **MAMADON JOHNSON**, sister of Djassi Johnson
 5/30 **CAMDYN JAYEL DUCKWORTH**, daughter of Tiffany Clark
 5/31 **ANTONIO LAW**, son of Jacqueline Law



Our Children Remembrances — Changes

A longstanding tradition in our Manhattan Chapter of Compassionate Friends newsletter has been the listing of our children's and sibling's birthdays and anniversaries. I know I look *first* at each issue of the newsletter to see my child's listing, my sister's listing, and scan for the birthdays and anniversaries of my TCF friends' loved ones.

It is very important that our listings are correct and meaningful and we try to keep the listings as accurate and up to date as possible, but we are not perfect. Should you desire a change to your loved one's listing or if your listing is missing, please let us know. Email to tcfmanhattan.nyc@gmail.com and tell us what needs to change.

THE COMPASSIONATE FRIENDS CHAT SCHEDULE. Click here to display exact times and to see entire schedule				The Compassionate Friends National Office 48660 Pontiac Trail #930808, Wixom, MI 48393 Toll Free (877) 969-0010 www.compassionatefriends.org email:nationaloffice@compassionatefriends.org
ET	MORNING	EARLIER EVENING	LATER EVENING	
MON	Parents/Grandparents/Siblings	First time CHAT orientation	General Bereavement Parents/Grandparents/Siblings	WE NEED NOT WALK ALONE TCF Online National Magazine Click here for Information
TUE		Loss to Substance Related Causes First time CHAT orientation	Bereaved less than 2 yrs Bereaved more than 2 yrs	
WED	Parents/Grandparents/Siblings	First time CHAT orientation	General Bereavement Parents/Grandparents/Siblings	MARK YOUR CALENDARS! Our next Chapter meetings are the 3rd Tuesday of each month: APR 18 MAY 16 JUN 20 JUL 18
THU		No Surviving Children First time CHAT orientation	General Bereavement Parents/Grandparents/Siblings	
FRI	General Bereavement Parents/Grandparents/Siblings	Pregnancy/Infant Loss	General Bereavement Parents/Grandparents/Siblings	Newsletter article submissions are welcome. Please email to marielevine2@verizon.net
SAT			General Bereavement Parents/Grandparents/Siblings	
SUN		Suicide Loss	General Bereavement Issues Parents/Grandparents/Siblings	MAKE A DONATION Click here to Donate to the Manhattan Chapter

OUR COMPASSIONATE FRIENDLY NEIGHBORS

Babylon	1st Friday	(516) 795-8644	Rockville Centre	2nd Friday	(516) 766-4682
Bronx	2nd Tuesday	(914) 714-4885	Rockland County	3rd Tuesday	(845) 398-9762
Brookhaven	2nd Friday	(631) 738-0809	SmithPoint/Mastic	2nd Thursday	(631) 281-9004
Brooklyn	3rd Wednesday	(917) 952-9751	Staten Island	2nd & 4th Thurs.	(718) 983-0377
Flushing	3rd Friday	(718) 746-5010	Syosset (Plainview)	3rd Friday	(718) 767-0904
Manhasset	3rd Tuesday	(516) 466-2480	Twin Forks/Hamptons	3rd Friday	(646) 894-0317
Marine Park, Bklyn	3rd Friday	(718) 605-1545	White Plains	1st Thursday	(914) 381-3389
Medford	2nd Friday	(631) 738-0809			

PRIVATE FACEBOOK GROUPS

Click below for National Website's Listing of groups.

24/7 PRIVATE FACEBOOK GROUPS

[TCF – Loss of a Child](#)
[TCF – Loss of a Stepchild](#)
[TCF – Loss of an Only Child/All Your Children](#)
[TCF – Multiple Losses](#)
[TCF – Daughterless Mothers](#)
[TCF – Men in Grief](#)
[TCF – Bereaved LGBTQ Parents with Loss of a Child](#)
[TCF – Bereaved Parents with Grandchild Visitation Issues](#)
[TCF – Loss to Miscarriage or Stillbirth](#)
[TCF – Infant and Toddler Loss](#)
[TCF – Loss of a Child 4 -12 Years Old](#)
[TCF – Loss of a Child 13-19 Years Old](#)
[TCF – Loss of an Adult Child](#)
[TCF – Loss of a Child with Special Needs](#)

[TCF – Loss of a Grandchild](#)
[TCF – Grandparents Raising their Grandchildren](#)
[TCF – Miscarriage, Stillbirth, Loss of an Infant Grandchild](#)
[TCF – Loss to Long-term Illness](#)
[TCF – Loss to Cancer](#)
[TCF – Loss After Withdrawing Life Support](#)
[TCF – Loss to Mental Illness](#)
[TCF – Sudden Death](#)
[TCF – Loss to Suicide](#)
[TCF – Loss to Homicide](#)
[TCF – Loss to Substance Related Causes](#)
[TCF – Loss to a Drunk/Impaired Driver](#)
[TCF – Grieving with Faith and Hope](#)
[TCF – Reading Your Way Through Grief](#)

The Compassionate Friends
c/o Sally Petrick - Treasurer
945 West End Ave Apt 2B
New York, NY 10025

Making a Donation—Now Online

Many of us are grateful for what Compassionate Friends has done for them and want to lend their support, even those who do not currently attend our meetings. You can still mail a check to the address to the left or donate online.

[Click here to Donate to the Manhattan Chapter](#)