



The Compassionate Friends

Manhattan Chapter

Supporting Family After a Child Dies

Our next meetings...
Aug15 (Zoom)
Sep 19
Oct 17
Nov 21

Manhattan Chapter Newsletter

August 2023

OUR AUGUST 15TH MEETING — ON LINE!

We will be on-line only for our August meeting on August 15th. A one month in person pause. We fully plan to be back again in person at the church in September.

Things that happen for a reason....

We've all heard it before. All our lives, the phrase has been in the ether. "Everything happens for a reason." It is a phrase that really rankles me. Those of us traveling this road often complain to each other about the dumb things people say. It used to make me angry. But time has softened my attitude and I've become strangely forgiving. I've concluded that most of these clichés are offered in the spirit of helping...of wanting to offer solace...even though it's pretty dumb to think a cliché can offer anything to anyone who has suffered a loss as catastrophic as ours. One thing I'm sure of ... *not everything happens for a reason.*

Belief systems are another syndrome that used to bother me. Those who lean heavily on their belief in God and the afterlife used to annoy me. Time has also altered that view. It seems wonderful to me now that some people are so invested in their belief systems that it carries them along on the journey. I sometimes wish I could toss off all my pain and rejoice in the sense that my son has "gone home". Home? Isn't that here with me and his father? Isn't that here with his friends and family, living out the life he spent all of his earthly years growing through and learning about... always working toward living into adulthood and old age... finally experiencing everything he ultimately missed? Having gotten through his childhood and adolescence, didn't he deserve an adult life and some reward for his efforts?

(con't on page 2)

OUR SEPTEMBER 19TH MEETING — IN-PERSON

We will be in-person only September 19th. Still working to figure out how and when we can work in on-line meetings. It's by far worth the extra effort to come in-person, but we recognize not everyone can.

The Storm of Grief

I have heard grief described as a 'process', heard the words 'stage of grief'.

Process and stages are such tidy words and grief is anything but tidy or orderly.

It is a mess, much like the storm raging outside my window. A storm that buffets me at its will.

Winds that rage, then subside, only to rage again. Rain that drenches me or drizzles and drizzles until I am wet through.

Sometimes I can hold up an umbrella and take shelter. Other times there is no shelter.

The umbrella is torn inside out and ripped out of my hands, I am let alone and vulnerable to the power of the storm raging around and within.

Sometimes there are moments of sunshine and wonder; why is the sun shining?

How can the sun shine at a time like this? It seems almost like an affront as the storm rages on inside.

Then there are the quiet moments of resting in the shade until the next storm rises.

Some of those who watch me being ravaged by the storm say, "get on with your life. Get out of the rain. Why can't you smile? Why can't you be like you used to be?"

But the storm is not of my doing. I cannot control the weather.

Some accuse me of lingering in the storm,

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

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

WE MEET AT 7:00pm—arrive or sign on at 6:45pm

This month, Aug 15, 2023, we will be meeting only on-line on Zoom.

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.

Things that happen...

(con't from page 1)

I do harbor a belief that in some matter or form, life is a continuum. I never really believed that before, but when Peter died it was impossible to believe that so large a personality could have simply evaporated. There has to be more. I've been searching for the 'more' for 30 years now.

No, in spite of the company I keep, for me this has been and continues to be a mostly solitary journey. Surrounded by the compassionate friends who share many of my views, I continue to wonder about many of these things. For instance, I know that most people who have known me throughout these 30 years think I'm "over it". Surely those I've met during these years have no idea that Peter is even now, such a major part of my life. Had he lived I suspect I wouldn't think of him as much. But his absence has become even bigger than his presence. That could be because he was our only child. But maybe not. It just seems that I must deal every day with the ongoing lives of all my contemporaries... and the fact is I have nothing similar to share with them.

So I am often left wondering when I hear that "everything happens for a reason". I think of all I've learned since Peter died. All the children I've 'met' posthumously. All the different ways they were taken from us. Was there a reason for all the mayhem, the pain, the suffering, the loss...? If there is a god, and he really needed our children, couldn't he have made the leaving less violent in some cases, less painful in others. Was there a reason for all the pain and torment?

Julian Barnes, the author, said recently that he doesn't believe in God...but he misses him. I love that. I miss him too. I miss having something to hang on to that would make this life more comprehensible. I miss finding the why in all this. I'm comforted to know that some of my friends, with their very committed, strong belief systems are themselves comforted by those beliefs. I hang on to them and hope that they know something I don't know.

Meanwhile, I move ahead. I continue to share my experience as each year I learn more about it. I stay in the entry to this path to greet those who stagger in so that I can catch them and try to assure them that they will survive. I live as full a life as I can manage and offer myself as an example of how it is possible to recover, reinvent and renew yourself after such a calamity. Time, in its inexorable moving forward, has worked for me. I know that it can work for others and offer that hope. That's my belief system.

~ Marie Levine, TCF Manhattan,
in memory of Peter Levine 1971-1993

The Storm of Grief..

(con't from page 1)

of not trying to get away from it.

But the storm follows me wherever I go. Then there are the precious ones who sit with me in the storm and allow some of it to rage around them too. Somehow, though they cannot change the storm, it doesn't feel quite so cold, there is a little shelter from the wind.

Often we know the storm is brewing, there is some warning as with special days, anniversaries, birthdays (though what can prepare us for those terrible "firsts"?). I can plan a little and so deflect the full power of those particular storms.

But what to do about the freak winds that rise up out of nowhere and take my breath away? Hearing a piece of music, smells, sights, movies, meeting one of my child's friends, married now with children – "where is your life, my love? Where are your children"? The triggers are everywhere, waiting to hurl me into the center of yet another storm. I wonder where is the safe haven now?

Some days there is nothing – no rain, no wind, no sun – nothing. Just an emptiness so deep, I fear I will drown in it. The days, weeks, months, years pass and I notice the sun, and care again that it shines. As I face the elements of my grief, I can now allow the warmth of the sun to rest on my skin and melt my soul a little.

Somehow, despite myself, I learn to live with the storm, maybe even befriend it a little – learn to accept it as part of my life. If my child had not died I would not be in this storm. If I didn't love my child, I would not be in this storm. I cannot change my child's death, I will not change my love.

~ Anna Bardsley, TCF Western Australia,
in memory of Leina Bardsley 1970-1989

Submitted by Jerry Smith, TCF Manhattan

RESOURCES

A Caring Hand

<https://www.acaringhand.org/>

Meets bereaved children and families wherever they are in their grief and fulfills their needs in a caring and knowledgeable environment through comprehensive programming including counseling, support, research, outreach, consultation and crisis response.

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 – We raise needed funds at each meeting by passing a basket for voluntary contributions at our in-person meetings. We are so glad to hold online meetings whenever possible, but there is no 'basket' at our online meetings. If you are able to, whenever you can as an online participant, 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 web-site 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.

***“ We cannot afford to forget any experience,
not even the most painful.”***

~ Dag Hammarskjöld

Why not?

Think about it. Even to ask such a question throws into relief how our lives would be impoverished were we to forget our painful experiences.

There is an old folktale about a group of people, each of whom was given the chance to throw one trouble into a central heap in the middle of the room. Then they were invited to choose one from the pile. They each ended up taking back their own. I suppose this seems so right to us because we know we are, each of us the sum of our experiences, and to negate any of those experiences, even the most painful – maybe especially the most painful – is to deny not only what we have learned from those experiences, but also our very selves.

I will embrace my life, all of it. If there are changes for the better I can make, I will try to make them. Where I cannot, I will accept that too. But even if I could – I will not forget my pain. I will honor it. It is part of who I am.

~ Martha Whitmore Hickman

***“ the most
beautiful people
we have known
are those who have
known defeat,
known suffering,
known struggle,
known loss,
and have found their way
out of the depths.***

***These persons have an appreciation, a sensitivity,
and an understanding of life,
that fills them with compassion, gentleness,
and a deep loving concern.
Beautiful people do not just happen.”***

~ Elizabeth Kubler-Ross

RESOURCES

SIBSPlace <https://www.sibsplace.org/>

Offers a six week support group session for children who have lost a sibling or a parents to a devastating illness

Center for Complicated Grief <https://complicatedgrief.columbia.edu/professionals/complicated-grief-professionals/overview/>

Improves the lives of complicated grief sufferers through fostering continued innovative research and through public outreach that includes raising awareness of complicated grief, reducing stigma and other misconceptions, and training professionals.

COPE Foundation <http://www.copefoundation.org/>
Helps parents and families living with the loss of a child

Pregnancy Loss Support Group <https://www.pregnancyloss.org/>
Focuses on supporting mothers and fathers who have experienced miscarriage, stillbirth, or newborn death.

Camp Good Mourning! www.campgoodmourning.org
Provides free bereavement camp programs for Long Island children, ages 7 – 17, who are coping with the death of a parent and/or sibling.

MY SILENT COMPANION

I see you in my dreams...

laughing happily, free from sorrow
and safe from life's misfortune.

The joy that lights your eyes fills me with comfort,
and I know that every step I make,
you also take.

Guiding me down life's path,
through obstacles in my way –
you are my silent companion.

When God took you back – it changed our lives,
and our perspective.

We now see the vibrant glow
that lives in every one of His creations,
and that reminds us of you.

I hear your laugh in the crashing surf
and feel warmed by your hugs in the soaking sun.
You are everywhere –
you are my silent companion.

Though I want to reach out to you
And hold you tightly in my sorrow,
I know you can feel my tears on your shoulder
as you surround me in your soul.

You sprinkle my life with tokens and treasures,
Reminders and reassurances of how much you love
me.

I know you'll live inside my heart
and walk with me until I can join you –
forever, as my silent companion.

~ Jennifer Forrest, TCF, Orange Coast, CA

Keep the door to her life open...

How many of us know people who, out of grief, hardly ever mention again the name of a loved one who has died? As though the mere speaking the name will bring the rush of grief back in unendurable strength. And as though to avoid the name is somehow to avoid the grief.

This device doesn't work.

When my daughter died, her great-grandmother, who had also endured the loss of an adolescent child, wrote to us,

“Keep the door to her life open.” I think we would have done it anyway – spoken of her, with decreasing heaviness as the time passed, but it helped to have this dear woman's wisdom right then.

Though the loved one has died, the memory, the sense of the person's presence, has not – not the possibility, after a while, of taking continuing joy not only in the reminiscences from the past, but in the extension of the person's spirit into our ongoing lives.

Into the nebulous, ongoing mystery of life, I welcome, as if through an open door, the continuing spirit of the one I have loved.

~ Edith Fogg Hickman

Siblings

GRIEF'S ROLLER COASTER RIDE

By Dawn Morville Johnson

Do you ever feel you are on a roller coaster ride in your grief over the death of your brother or sister? There are lots of ups and downs. Sometimes the pain is so overwhelming that your heart aches and grief rushes over you. At other times the grief subsides, and you go on living your life.

For siblings the roller coaster ride can last for many years after the death of a brother or sister. That's because at every significant milestone or event in our lives, the grief rises to the surface and we once again confront the death. For our parents, difficult times may be important events that would have occurred in our brother's or sister's life; at a certain age they would have gone to kindergarten, graduated from high school, got a job, got married, had children, and so forth. While mourning the death of their son or daughter, our parents grieve the absence of significant milestones in the life of their child, as well as the absence of the event from the parents' life.

While we as bereaved siblings may also grieve these events that our brother or sister will no longer experience, what is different for us is that these events are actually occurring in our lives. We must live each event without our brother or sister. And this occurs over and over throughout our lives, as we progress through childhood and adulthood, through the happy times and the sad times.

I have seen this occur in my life over the years since my brother Jerry died. As time has passed, my grief has changed. I don't cry as often. I don't visit his grave as often. In that sense, my grief does not weigh as heavily on my heart as it did at first. However, as I have become older and passed through various stages of my life, my grief has resurfaced many times. My brother was 21 when he died. I was 22. Although he was at my college graduation and he saw me get my first "real" job, he wasn't there to give me his opinion when I was trying to decide whether to quit my job and go back to school. He wasn't there when I graduated from law school and passed the bar exam. When I got married a year ago, he wasn't there standing at the front of the church with me. If my husband and I decide to have children, he won't be there as an uncle to celebrate the child's birth. When my parents grow old and decisions have to be made about their health, he won't be there to help me.

As these events have occurred in my life, it is as though I am on a roller coaster ride, approaching a hill. I feel my grief coming on again, with the same intensity of those first weeks and months after he died. I am scared and uncertain as the roller coaster struggles to the top of the hill. The roller coaster reaches the top and then rushes down the hill to the bottom on its way to another hill. When you eventually come down on the other side of each of these hills, it is with a great sense of relief that you made it.

The way I made it through my wedding and other events in my life and have been able to face other "hills" in the roller coaster of my grief is to include him in these events, just as if he were here. For instance, when I have to make a tough decision, I ask myself what advice Jerry would have given me. When I graduated from law school, I took a framed picture of him with me to the graduation. One of my favorite pictures from that day is a photo of me in my graduation gown, standing in front of the stage, holding his picture. When I look at that picture today I realize what an inspiration he was in my decision to pursue a new career. When I got married, I carried my bouquet in his memory and printed a message about that in the ceremony program, along with a thought about him. In addition to the many family pictures taken that day are the ones of me holding Jerry's picture.

(con't in next column)

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](#)

GRIEF'S ROLLER COASTER

(continued)

Although Jerry isn't here anymore and all I have of him are memories of years past, including him in my life today creates new memories. It has become so important to include him in these events that not doing something special would seem odd. I look forward to the challenge of thinking of unique ways to include him in my life.

Our brothers and sisters existed. Recognizing their lives at milestones in our own lives can help us in our roller coaster ride of grief. It can help keep the memories of our brothers and sisters alive, even if they aren't.



OUR CHILDREN—LOVED AND REMEMBERED

AUGUST BIRTHDAYS



8/1 **TUSHAR ATRE**, son of Shaku Atre
 8/2 **ANDREW FREDERICK RUBIN**, son of Barbara & George Rubin
 8/2 **MICHAEL KLINOFSKY**, brother of Melanie Klinofsky
 8/3 **JAKE MAJER**, grandson of Linda Reed
 8/4 **LOUIS KORENMAN**, son of Sanders Korenman
 8/5 **JESSICA REVELEY**, sister of Britt Bonney
 8/6 **BRADLEY CHAIN**, son of Herbert Chain
 8/7 **CHRISTINE SCHLENDORF**, daughter of Karen Schlendorf
 8/7 **LAURIE NICHOLS**, daughter of Marie Jones
 8/7 **SAMUEL TITUS**, son of Sara Jenkins
 8/8 **RAIDEN SHIMOYAMA**, son of Jenna Agins & Toku Shimoyama
 8/9 **BRIAN GOLDBERG**, son of Gloria & Arthur Goldberg
 8/9 **GER ANDLINGER**, daughter of Jeanne Andlinger
 8/9 **HANNAH POTIS**, sister of Taylor Potis
 8/9 **ZUNILDE (ZUNNY) MARTE**, daughter of Victor Marte
 8/10 **BRITTANY MALVEAUX**, sister of Jordan Malveaux
 8/11 **HAMEEN JASPER**, daughter of Yolanda Jasper
 8/12 **AVA NASCIMENTO**, granddaughter of Eugenia Nascimento, niece of Laura Jones
 8/15 **BENJAMIN TEPPERBERG**, son of Susann Tepperberg
 8/16 **CAROLINE MONTGOMERY**, daughter of Catherine Montgomery
 8/16 **ERIC LINETT**, beloved nephew of Roberta Schine
 8/16 **HUNTER MARSHAD**, grandson of Erica & Neal Marshad
 8/16 **MEL'LISA ANDRE**, daughter of Darchelle Hinson-Andre
 8/17 **SHANNA JOSEPH**, daughter of Lynn Platt, sister of Rebecca Wasserman
 8/18 **DYLAN JOSEPH MAIDA**, son of Lisa Burns & Sal Maida
 8/18 **MISCHA DRUCKER ZIMMERMAN**, son of Henia Drucker
 8/18 **VISHAL TUNGARE**, brother of Ajay Tungare
 8/19 **GRAYSON LOLLER**, son of Tania Rivera

8/19 **JAMES GIBBON**, son of James (Jimie) Gibbon
 8/20 **JULIO BARRERA**, son of Martha Riveira
 8/20 **LAUREN MARIE NELSON**, sister of Mickey (Michelle) Nelson
 8/21 **FRANK UNTENER**, son of Barbara Chase
 8/21 **GAGE TURZANI**, Nephew of Liz Sherman
 8/21 **SANGEETA LAL**, brother of Seema Lal
 8/22 **MICHAEL RAVEN**, son of Selma & Rob Raven
 8/23 **GAIL ROACH**, daughter of Joyce Roche
 8/23 **LEO AYALA**, son of Gila Ayala
 8/23 **MONTE JONATHAN GOLUB**, son of Ellie Gollub
 8/25 **BENJAMIN SOBILOFF**, son of David & Marjorie Sobilloff
 8/25 **COLETTE WAINWRIGHT**, sister of Katherine Sall
 8/25 **JAMES ROACH**, brother of Omar Roach
 8/26 **AMY KIMM**, daughter of Arleen Becker
 8/26 **JOHNNY & HOLLY RAHN**, twin children of Kathrin Laser & David Rahn
 8/27 **MARGARET BRAUN-GRIEP**, sister of Helen Braun
 8/28 **BLAKE GOODMAN**, brother of Claudia Goodman
 8/28 **JACK CASSELS**, son of Ellen Cassels-Conde & John Cassels, brother of Collin Cassels
 8/28 **JAMIE MARCUS**, daughter of Bruce Marcus
 8/28 **LOGAN GENTRY**, son of Christine Spiro
 8/29 **ALEXIS ECHAVARRIA**, son of Christina Echavarria
 8/29 **GIAN PAOLA SANTINI**, son of Joan Santini, brother of Giuliana Reitzfeld
 8/29 **JOSHUA ROBERT ESFORMES**, son of Susan Esformes, brother of Jacob
 8/29 **SAM BERGER**, son of Marla & David Berger
 8/30 **LAEL MASE**, daughter of Marla Mase
 8/31 **KIMANI FOSTER**, daughter of Katrina Thomas
 8/31 **ROSITA CUNNINGHAM**, sister of Sedel Mapp



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

AUGUST ANNIVERSARIES



8/1 **JOHN RICHARDSON**, son of Vivian Richardson
8/1 **LUIS LARA**, son of Harry & Maria Ruff
8/1 **MANUEL RODRIGUEZ**, son of Irene Rodriguez
8/1 **TIMOTHY KOK**, brother of Tse Wei Kok
8/2 **ETHAN MAGDER**, son of Andrea & Gary Magder, brother of Abbi Magder
8/2 **KANNE IKONOMOU**, sister of Natasha Ikononou
8/2 **KARINA VETRANO**, sister of Tara Vetrano
8/2 **WILLIAM JOHN**, brother of Joseph John & MaryLee Bertrand
8/3 **DESHA BEAMER**, sister of Laura Beamer
8/3 **JONATHAN DIAZ**, son of Jeanette Diaz
8/3 **MICHAEL DURNIN**, son of Karen & Mike Durnin
8/3 **SHANNA JOSEPH**, daughter of Lynn Platt, sister of Rebecca Wasserman
8/4 **ALEXIS ECHAVARRIA**, son of Christina Echavarria
8/4 **CHADWICK ALEXANDER ANDERSON**, son of Stacie Hawkins
8/5 **BENJAMIN SOBILOFF**, son of David & Marjorie Sobiloff
8/5 **CASEY ACKERMAN**, son of Melissa and Hal Ackerman
8/5 **CYRUS WANECKE**, son of Nolan Wanecke & Talya Ramchandani
8/5 **HOLLY OESTREICH**, daughter of Joyce Oestreich
8/6 **BENJAMIN TEPPERBERG**, son of Susann Tepperberg
8/6 **BURKE TAYLOR**, brother of Emily Yoshikawa
8/6 **MICAH DAWKINS-WILLIAMS**, son of Rhodina Williams
8/7 **BELLA BRODSKY**, sister of Jennifer Brodsky
8/7 **MICHAEL MOSS**, son of Michaela & Bob Moss
8/7 **PETER ADAM LEVINE**, beloved son of Marie Levine & the late Philip Levine
8/8 **ALISON GERTZ**, daughter of Carol & the late Jerry Gertz
8/9 **NICHOA WALKER**, daughter of Mazrene Holmes
8/10 **GAGE TURZANI**, Nephew of Liz Sherman
8/11 **CHRISTOPHER PALMER**, son of Darlene and Douglas Palmer
8/11 **RUTH DOUGHTY**, sister of Louise Doughty
8/12 **ALEXANDRA POLLIO**, daughter of Kathleen Curcio
8/12 **MIA SACASA**, daughter of Malik Sacasa
8/15 **BEN BREEN**, son of Carol Breen
8/16 **ALAN SOLITAR**, son of Susie & Bruce Solitar
8/16 **CHARLIE-ROSE MCCALL**, daughter of Yvette Perry
8/16 **RAIDEN SHIMOYAMA**, son of Jenna Agins & Toku Shimoyama
8/18 **ERIK BANKS**, son of Laurene Buckley
8/18 **FORREST RYZY-RYSKI**, brother of Sophia Rzyz-Ryski

8/18 **MARINA ELIZABETH CLOOS**, daughter of Alice Cloos
8/18 **NONI BIALE**, daughter of Margaret and Noam Biale
8/19 **ARTURO LAULO**, brother of Luz Laulo
8/19 **DONALD BROWN**, son of Desiree Brown
8/19 **KHALID ALBABA**, son of Kerri Albaba
8/20 **BRYANT GIBBS**, brother of Cynthia Gibbs-Pratt
8/20 **DETRA MICHELLE MORRISON**, daughter of Denise Morrison
8/20 **JEFF CARPENTER**, son of Donna Carpenter
8/20 **RICKY BATASHOFF**, brother of Dana Stein
8/20 **SHANE ALVAREZ**, son of Melanie Alvarez
8/20 **STEPHANIE GUBIN**, daughter of Rita Mittman
8/21 **DYLAN BISCH**, son of Eileen Eck
8/21 **JEFFREY CARTER**, son of Linda Carter
8/21 **ROSE MAYR**, sister of Anna Mayr
8/22 **ANNETTE JOSEPH**, daughter of Era Joseph, sister of Jeanette
8/22 **FABIAN ABNEY**, nephew of Chiffon Abney
8/22 **JANIE GONG**, daughter of Alan & Daisy Gong
8/23 **JOANNA ZWEIG**, Ben's aunt, sister of Daniel Zweig
8/24 **DESIRA (DESI) PACUK**, sister of Nikkie Pacuk
8/24 **DIANE HASS**, daughter of Lillian Hass
8/24 **MARIA CUNARD**, sister of Angela George
8/25 **MEGAN YODER**, sister of Kyle Yoder
8/25 **SANGEETA LAL**, brother of Seema Lal
8/26 **JOHNNY & HOLLY RAHN**, twin children of Kathrin Laser & David Rahn
8/26 **LAURA FELDSTEIN**, daughter of Marilyn & Al Feldstein
8/27 **DAVID GLASS**, son of Jack & Laura Glass
8/28 **BRITTANY MCGRATH**, sister of Chelsea McGrath
8/28 **NICK CARIS**, son of Konstantina Caris
8/29 **JACOB MORGAN**, brother of Kelsey Morgan
8/29 **JOSEPH BABY**, brother of Marilyn Baby, son of Yohannan Baby
8/29 **JOSHUA UNDERWOOD**, brother of Sarah Underwood
8/29 **LINDA MARQUEZ**, daughter of Hilda Mendoza
8/29 **TRYGVE WASBOTTEN**, son of Marilyn Wasbotten
8/30 **CASEY LOW**, brother of Dara Low
8/31 **BENJAMIN ZWEIG**, son of Sally Petrick & Daniel Zweig
8/31 **CHRISTINE FORNATO**, sister of Theresa Fornato
8/31 **GALIAH GARBER**, sister of Anath Garber
8/31 **NOAH STERN**, son of Barbara Samuels & Nicholas Stern
8/31 **TYLEAH MCFADDEN**, daughter of Lisa Jenkins, sister of Nadirah McFadden





OUR CHILDREN—LOVED AND REMEMBERED

SEPTEMBER BIRTHDAYS



9/1 **DWAYNE NELSON**, son of Amelia Brewer-Nelson
 9/1 **MARK H. IHDE**, son of Linda & Don Ihde
 9/1 **ROSE LIANG**, sister of Holly & Chue Liang
 9/2 **CHRISTOPHER RISTO**, son of Grace Piegaro
 9/2 **GEORGE MICHAEL KOTSIS**, son of Doris Kotsis
 9/3 **BETTY DIBIASO**, daughter of Susan Carty
 9/4 **JОВI RAMOS**, son of Desiree Ramos
 9/6 **HENRY SZOR**, son of Eva Grin
 9/6 **MAX GLEZOS-CHARTOFF**, son of Julie Chartoff & Irene Glezos
 9/7 **ALEXANDER KYLE NUNEZ**, son of Melba & Luis Nunez
 9/7 **LAUREN HAROPULOS**, daughter of Mike & Barbara Haropulos
 9/7 **TOMMASO CERASE**, son of Barbara Riccardi & Alessandro Cerase
 9/8 **AHMAD SHARRIEFF-AL-BEY**, son of Rashied Sharrieff-Al-Bey
 9/8 **CALLUM ROCHE**, son of Sean Roche
 9/8 **CYRUS SINK**, son of Susan Huggins
 9/8 **MELISSA ANN WALSH**, sister of Stephanie Walsh
 9/8 **THERESA MARTIN HOUGH**, daughter of Sara Martin
 9/10 **MATTHEW NOVAK**, son of Clare Hogan
 9/12 **AVA LOUISE HOUSE**, daughter of Molly House
 9/12 **HARRIS KAPLANSKY**, son of Denise Gelfand
 9/12 **LIANNA GONZALEZ**, daughter of Dahiana De La Cruz
 9/12 **SAIGIA BRON**, daughter of Florence Layayette
 9/12 **SOPHIA JOLIET AGUIRRE**, daughter of Monica Deliz
 9/12 **SYDNEY MARTINEZ**, daughter of Fabiola Bello & Alex Martinez
 9/13 **CANDICE CHEN**, daughter of Belle Tung
 9/13 **TROY HALL**, son of Victor Hall
 9/14 **CASEY STRAKA**, son of Dana Straka
 9/14 **GALIAH GARBER**, sister of Anath Garber
 9/15 **MICHAEL MCFARLAND**, son of Tamara McFarland
 9/15 **NNENE EZEONYIM**, daughter of Uche Ezeonyim
 9/16 **PAUL THOMPSON**, son of Elaine Thompson
 9/17 **DETRA MICHELLE MORRISON**, daughter of Denise Morrison

9/17 **KARIM HALAWI**, brother of Lama Halawi
 9/18 **DAVID PICARD**, son of Darlene Picard
 9/18 **IAN MALSON**, brother of Caitlin Malson
 9/19 **ILIA KRASOTINA**, sister of Sofiya Krasotina
 9/19 **TYLEAH MCFADDEN**, daughter of Lisa Jenkins, sister of Nadirah McFadden
 9/21 **CHRISTOPHER LUKE ELMER**, son of Anne Elmer & Jeff Elmer
 9/21 **GINGER SIMMS**, daughter of Larry Simms & Alison Ho
 9/21 **TATIANA HICKMAN**, sister of Autumn Hickman
 9/21 **WONDER HAMILTON**, daughter of Gary & Jennifer Hamilton
 9/22 **ALEXANDRA DISANTIS**, daughter of Margo & Frank DeSantis
 9/22 **JAMES HAYS**, brother of Claire Hays
 9/23 **CASEY CRUZ**, daughter of Ibelka Cruz
 9/23 **GREGORY ROTH**, brother of Stephanie Roth
 9/25 **CHRISTOPHER DOMBROWSKI**, brother of William & Brianne Dombrowski
 9/26 **MITCHELL WALKER**, son of Fountain Walker
 9/27 **ARON LINDELL**, son of Julie Lindell
 9/27 **JAY SCHNEIDER**, son of Bonnie Bowes
 9/27 **WILLIAM JOHN**, brother of Joseph John
 9/28 **ALEX BIBLER**, son of Lindsay Bibler
 9/28 **KRISTEN DUBERRY**, daughter of Michael Duberry
 9/28 **PAMELA ARGUELLO**, daughter of Doris Carraquillo, sister of Vinny Urena and Brandon Arguello
 9/28 **RYAN CHRISTIAN BALLON**, brother of Dylan Ballon
 9/29 **ANDREW SCHLEIFER**, son of Kittyhawk Schleifer
 9/29 **BOBBY BEATTIE**, brother of Rose Beattie
 9/29 **DANIEL SNYDER**, brother of Lisa Snyder
 9/29 **LILY BADGER**, daughter of Madonna and Matt Badger
 9/29 **MARY ANN VALVERDE**, sister of Victoria Soto
 9/29 **SOPHIA MELILLO**, daughter of Kristen Leigh
 9/30 **BELLA BRODSKY**, sister of Jennifer Brodsky
 9/30 **CHRISTOPHER WAGNER**, son of Linda & Edward Wagner



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.



OUR CHILDREN—LOVED AND REMEMBERED

SEPTEMBER ANNIVERSARIES



9/2	IMOGEN ROCHE , daughter of Theseus Roche	9/16	PAUL WALKER , son of Ellen Walker
9/2	ROWENNA WIGHT WHITE , daughter of Nancy Wight	9/17	EVAN FRIEDLANDER , son of Kathy Friedlander
9/2	YULIA KRASHENNAYA , sister of Deb Faynshteyn	9/17	PAMELA ARGUELLO , daughter of Doris Carraquillo, sister of Vinny Urena and Brandon Arguello
9/3	BRENDEN CARSON , son of Debra Carson	9/17	TIM CARPENTER , son of Donna Carpenter
9/3	CALEB SANDE , grandson of Renee & Hervey Sande	9/17	TOMMASO CERASE , son of Barbara Riccardi & Alessandro Cerase
9/3	SEAN KIMERLING , son of Ervine & Noah Kimerling	9/18	GLEN FRASER , son of James Fraser
9/4	ADEDAYO ADEWALE , son of Modesta Baltazar	9/18	LUCY GRAVES , daughter of Edward Graves
9/4	MARLA SUE COLLAZO , daughter of Lita & Joe Robinson	9/19	AVA LOUISE HOUSE , daughter of Molly House
9/4	ZANE MANDEL-MICHALAK , son of Janet Robinson	9/19	ERIC ROSENBERG , son of Sharon Rosenberg
9/5	NOAH BOWER , son of Pat Bower Cooley	9/19	KASRIEL BENJAMIN , son of Sarah & Tony Benjamin
9/6	SHAUN BECKWITH CHASEN , son of Dr. Barbara Chasen	9/19	WILLIE GWATHMEY , brother of Katie Gwathmey
9/6	TIM MAGEE , son of Mary & Tim Magee	9/20	ISABELLA CARROLL , daughter of Doreen Carroll
9/7	PATRIC KARN , brother of Lisa Kaye	9/21	AIDAN HERNANDEZ , son of Maura Moloney and Victor Hernandez
9/7	YEHUDA MILSTEIN , son of Edith Bayne, brother of Ilana Milstein	9/21	BENJAMIN GOURDJI , son of Anna Gourdji
9/8	BRIAN CULLIMORE , son of Teresa Cullimore	9/21	LYNDON HOWARD , son of Lila Howard
9/9	BRIAN MEEHAN , brother of Kevin Meehan	9/23	DUSTIN TUNICK , son of Jenifer Kelly
9/9	JORDAN WEINSTEIN , daughter of Wendy J. Schriber	9/24	NOAH REISMAN , brother of Rachel Reisman
9/10	KRISTINA ESPOSITO , daughter of Cecilia Esposito	9/24	ORION DUMITRIU , son of Winnie Yang
9/10	SARAH KATZ , daughter of Michael & Jill Katz, sister of Dana Katz	9/24	SOPHIE ANN MISSHUK , daughter of Evan Misshuk
9/11	AARON HOROWITZ , son of Allan & Liz Horwitz	9/25	CELINA PACHECO , daughter of Evelyn Gonzalez
9/11	CHRISTIAN FUERSICH , son of Janet Fuersich	9/25	ELIOT BARTLETT , brother of Emanuekl (Man) Bartlett
9/11	JOHN COOPER JR. , brother of Keith P. Cooper	9/25	ISAIAH WINCH , son of Jesse Winch, brother of Louisa-Carpenter Winch
9/12	ADAM WEINER , son of Susan Weiner	9/25	JOHN THOMAS (TOMMY) VIGORTIA , son of Patricia Vigorita
9/12	ANDREW BALTINI , brother of Kevin Baltini	9/25	SEAN COYLE , brother of Krista Coyle
9/12	BLAKE GOODMAN , brother of Claudia Goodman	9/25	WILLIAM GRIFFO , son of Yvona & William Griffo, brother of Mike Griffo
9/12	JENNA HERNAN , daughter of Maria Hernan	9/26	STEFAN THEGEBY , son of Dale Thegeby
9/13	JAMES RUSSO , brother of Adrienne Russo	9/28	ASHLEY HOPE GOODMAN , daughter of Karen Goodman
9/13	JASMIN REQUENA , daughter of Eleanor Requena, sister of Jaqueline	9/28	AURELIE FRANCHITTI , daughter of Marianna Vertsman, sister of Valerie Franchitti
9/14	EMRE EDEPLI , son of Levant & Kirsten Edepli	9/28	JAMIE MARCUS , daughter of Bruce Marcus
9/14	JOHN MARZANO , son of Claire Martino	9/29	KARIM HALAWI , brother of Lama Halawi
9/14	TATIANA HICKMAN , sister of Autumn Hickman	9/29	LAUREN MARIE NELSON , sister of Mickey (Michelle) Nelson
9/15	CHRIS SANTIAGO , son of Eve Ortega	9/29	PAMELA SUE CHAIKEN , daughter of Sandy & Lionel Chaiken, sister of Stephanie
9/15	CHRISTOPHER MALLIN , son of Robert Mallin	9/30	ANTHONY HELZER , son of Donna Romer
9/15	GEORGE MICHAEL PEREZ , son of Priscilla Perez	9/30	JO ANNA BURRO , daughter of Jeanette Burro
9/15	MARSHALL FORDE , son of Asurf Forde, brother of Marcel Forde		
9/15	YVONNE BURDEN , sister of Crystal Burden		
9/16	JON MICHAEL CAMINITI , son of David Caminiti, Linda Caminiti and brother of Jacqueline		
9/16	KIARR LACEY MONROE , son of Xenia Vasquez & Lacey Monroe		



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: AUG 15 SEP 19 OCT 17 NOV 21
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](#)