



The Compassionate Friends

Manhattan Chapter

Supporting Family After a Child Dies

Our next meetings...

Aug 20
Sep 17
Oct 15
Nov 19

Manhattan Chapter Newsletter

August 2024

AUG 20TH MEETING—3RD TUESDAY IN-PERSON

In-person only **on the third Tuesday**, August 20th We are 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.

Defining Moments

We have lots of defining moments in our lives. I think the term refers to how we perceive the world around us, more than who we are. Being born is our first defining moment. As a wee tiny critter, our world is all about need. We don't even know yet about "want". We are defined as infants. As we grow, we are defined as "tots", "kids", then "teens". As teens we are greatly defined – our parents and other adults roll their eyes at our predictable behavior as we test the limits – theirs and the world's. We are exasperating, demanding and experimenting. Adolescent behavior has been well documented. Getting through that part of our lives is fraught with emotional pain and physical danger. It is a rite of passage, and we are defined by this stage of our lives... teen-agers. Everyone knows what that means. What most people don't realize is just how dangerous that time really is.

Once we are young adults we often marry and begin again the natural dance of life. Now we are defined as husbands and wives. We begin to learn about caring for someone else in addition to ourselves. Being part of a "team" defines us once again. We're a couple – more than just ourselves. Our decisions must be shared. We are defined once again.

Then we have children. The most defining moment. We are totally changed. Now, another human being, not ourselves becomes most important. We discover a love we could never
(con't on page 2)

7 Things I Have Learned Since the Loss of My Child

Child loss is a loss like no other. One often misunderstood by many. If you love a bereaved parent or know someone who does, remember that even his or her "good" days are harder than you could ever imagine. Compassion and love, not advice, are needed. If you'd like an inside look into why the loss of a child is a grief that lasts a lifetime, here is what I've learned in my seven years of trekking through the unimaginable.

1). Love never dies.

There will never come a day, hour, minute or second I stop loving or thinking about my son. Just as parents of living children unconditionally love their children always and forever, so do bereaved parents. I want to say and hear his name just the same as non-bereaved parents do. I want to speak about my deceased children as normally and naturally as you speak of your living ones.

I love my child just as much as you love yours– the only difference is mine lives in heaven and talking about him is unfortunately quite taboo in our culture. I hope to change that. Our culture isn't so great about hearing about children gone too soon, but that doesn't stop me from saying my son's name and sharing his love and light everywhere I go. Just because it might make you uncomfortable, doesn't make him matter any less. My son's life was cut irreversibly short, but his love lives on forever. And ever.

2). Bereaved parents share an unspeakable bond.

In my seven years navigating the world as a bereaved parent, I am continually struck by the power of the bond between bereaved parents. Strangers become kindreds in mere seconds -
(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
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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 - in person on the third Tuesday of the month

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

This month, Aug. 20, 2024, 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.

Defining Moments

(con't from page 1)

have imagined. It changes us totally. We now recognize what our parents always knew. We see the world through a totally different prism. Everything we do affects this new person. We have the incredible opportunity to imbue this pure innocence with our values, our ethics, our beliefs. It's an amazing life experience – bigger than anything we could have imagined, in spite of what we've been told or witnessed. It's a feeling that has no words. Our parenthood now defines who we are. We now fit into a community of 'parents'. Everyone knows about parenthood. If the kids have a need – a play date, a sports game, a party – these needs take precedence over all other needs. The world revolves around the children. "Do you have children?" is the common thread that connects us all.

Then a child dies. It brings a whole new definition to our lives. This is one life experience that is even bigger than those we lived before. Now we are "bereaved" parents. It will define us more than any other life experience we have lived through. We will grieve this loss, learn about a pain that has never been felt or adequately described, and spend the rest of our lives missing, loving, longing and wondering ... we will look at the world through a prism of sadness and knowing about impossible possibilities. This is a life experience that defines us more than any other. We will be challenged to learn how to absorb and carry this burden so that it is invisible to the 'civilians' among us. Unlike the old crones of days gone by, we will not be wrapped in black, shrouded in the cloak of grief that the unknowing may expect of us. We will learn to keep our lost children in the here and now where they belong. We will talk about them. We will share what they meant to us – how they defined us in life – they can help to define us now.

I am a bereaved parent. In spite of how I live my life, how productive I am, how capable I've become of enjoying the little things – I still see the world through the prism of my loss. Now, though I smile, I am always aware of what my beloved child and I am missing. I will always be sad about that. But I will always know what Peter brought to my life – definition. I know what it is to have a child. I know about the indescribable love that child brings. I will always be his mother. I am mostly defined by that.

~ Marie Levine, 2012

...From *Healing after Loss* by Martha Whitmore Hickman

"To fashion an inner story of our pain carries us into the heart of it, which is where rebirth inevitably occurs."

~ Sue Monk Kidd

How to do this? And Why?

Some people keep a journal – a useful tool in any event – but maybe especially now, when our lives are apt to be in emotional turmoil. To write down whatever is preoccupying us – snatches of memory, accounts of daily grief and confusion – not only helps us identify and sort out what is happening, but puts all of that in a safe, re-ordered place where we can get back to it if we want to. To write it down relieves us of the need to carry it around in our head all the time.

Some write down stories from the life of the loved one. A dear friend spent several months following his wife's death writing down the story of their courtship, more than sixty-five years ago. It was not only a beautiful story – and a prospective treasure for close family members – but, as he said, "it helped me keep in touch with her."

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7 Things I Have Learned...

(con't from page 1)

a look, a glance, a knowing of the heart connects us, even if we've never met before. No matter our circumstances, who we are, or how different we are, there is no greater bond than the connection between parents who understand the agony of enduring the death of a child. It's a pain we suffer for a lifetime, and unfortunately only those who have walked the path of child loss understand the depth and breadth of both the pain and the love we carry.

3). I will grieve for a lifetime.

Period. The end. There is no "moving on," or "getting over it." There is no how, no fix, no solution to my heartache. There is no end to the ways I will grieve and for how long I will grieve. There is no glue for my broken heart, no exilir for my pain, no going back in time. For as long as I breathe, I will grieve and ache and love my son with all my heart and soul. There will never come a time where I won't think about who my son would be, what he would look like, and how he would be woven perfectly into the tapestry of my family. I wish people could understand that grief lasts forever because love lasts forever; that the loss of a child is not one finite event, it is a continuous loss that unfolds minute by minute over the course of a lifetime. Every missed birthday, holiday, milestone – should-be back-to-school school years and graduations; weddings that will never be; grandchildren that should have been but will never be born – an entire generation of people are irrevocably altered forever.

This is why grief lasts forever. The ripple effect lasts forever. The bleeding never stops.

4). It's a club I can never leave, but is filled with the most shining souls I've ever known.

This crappy club called child loss is a club I never wanted to join, and one I can never leave, yet is filled with some of the best people I've ever known. And yet we all wish we could jump ship – that we could have met another way – any other way but this. Alas, these shining souls are the most beautiful, compassionate, grounded, loving, movers, shakers and healers I have ever had the honor of knowing. They are life-changers, game-changers, relentless survivors and thrivers. Warrior moms and dads who redefine the word brave.

Every day, loss parents move mountains in honor of their children gone too soon. They start movements, change laws, spearhead crusades of tireless activism. Why? In the hope that even just one parent could be spared from joining the club. If you've ever wondered who some of the greatest world changers are, hang out with a few bereaved parents and watch how they live, see what they do in a day, a week, a lifetime. Watch how they alchemize their grief into a force to be reckoned with, watch how they turn tragedy into transformation, loss into legacy.

Love is the most powerful force on earth, and the love between a bereaved parent and his/her child is a lifeforce to behold. Get to know a bereaved parent. You'll be thankful you did.

5). The empty chair/room/space never becomes less empty.

Empty chair, empty room, empty space in every family picture. Empty, vacant, forever gone for this lifetime. Empty spaces that should be full, everywhere we go. There is and will always be a missing space in our lives, our families, a forever-hole-in-our-hearts. Time does not make the space less empty. Neither do platitudes, clichés or well-wishes for us to "move on," or "stop dwelling," from well intentioned friends or family. Nothing does. No matter how you look at it, empty is still empty. Missing is still missing. Gone is still gone. The problem is nothing can fill it. Minute after minute, hour after hour, day after day, month after month, year after heart-breaking year the empty space remains.

(con't on page 3)

7 Things I Have Learned

(con't from page 2)

The empty space of our missing child(ren) lasts a lifetime. And so we rightfully miss them forever. Help us by holding the space of that truth for us.

6). **No matter how long it's been, holidays never become easier without my son.**

Never, ever. Have you ever wondered why every holiday season is like torture for a bereaved parent? Even if it's been 5, 10, or 25 years later? It's because they really, truly are. Imagine if you had to live every holiday without one or more of your precious children. Imagine how that might feel for you. It would be easier to lose an arm, a leg or two— anything— than to live without your flesh and blood, without the beat of your heart. Almost anything would be easier than living without one or more of your precious children. That is why holidays are always and forever hard for bereaved parents. Don't wonder why or even try to understand. Know you don't have to understand in order to be a supportive presence. Consider supporting and loving some bereaved parents this holiday season. It will be the best gift you could ever give them.

7). **Because I know deep sorrow, I also know unspeakable joy.**

Though I will grieve the death of my son forever and then some, it does not mean my life is lacking happiness and joy. Quite the contrary, in fact, though it took a while to get there. It is not either/or, it's both/and. My life is more rich now. I live from a deeper place. I love deeper still. Because I grieve, I also know a joy like no other. The joy I experience now is far deeper and more intense than the joy I experienced before my loss. Such is the alchemy of grief.

Because I've clawed my way from the depth of unimaginable pain, suffering and sorrow, again and again— when the joy comes, however and whenever it does— it is a joy that reverberates through every pore of my skin and every bone in my body. I feel all of it, deeply: the love, the grief, the joy, the pain. I embrace and thank every morsel of it. My life now is more rich and vibrant and full, not despite my loss, but because of it. In grief there are gifts, sometimes many. These gifts don't in any way make it all "worth" it, but I am grateful beyond words for each and every gift that comes my way. I bow my head to each one and say thank you, thank you, thank you. Because there is nothing— and I mean absolutely nothing— I take for granted. Living life in this way gives me greater joy than I've ever known possible.

I have my son to thank for that. Being his mom is the best gift I've ever been given.

Even death can't take that away.

~ Angela Miller

Angela Miller is an internationally known writer and speaker on grief and loss. She is the #1 bestselling author of [You Are the Mother of All Mothers](#); founder of the award-winning online community [ABedForMyHeart.com](#)?, and the A Bed For My Heart grief center.

ACCEPTANCE

One of the hardest things to do is to accept your own timeline on your personal grief journey.

Be kind to yourself as you make your journey.

Be patient as you find your way.

"Who knows"

Can someone please tell me
Why I buy the wrong size clothes?
Why there aren't phones in heaven?
Why the natural order is a hoax?
Where the escape hatch is?
What I should do next?

~ Mary Ann Ludwig, TCF Manhatttan

"Labor Pains of the Heart"

Crushing
These waves of pain
Break me apart
Rip her away
Unafraid in her sleep
Forever

Gusts of wind carry sand
To the seat of her chair
The brim of her straw hat
The cover of her book
Her sunbaked beach towel
Forever

That bird over there
Flying along the shore
Dipped its wing
Veered out of sight
To parts unknown
Forever.

~ Mary Ann Ludwig, TCF Manhatttan

"What frightens us about grief is its familiarity.

Whatever unspeakable pain I am feeling, those around me will also feel someday.

What must be remembered is that the consolation I am granted as my grief is shared will be given away to those others, as the seasons of mercy and love carry us together through human experience."

~ Molly Fumia, "Safe Passage"

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
Expecting the Best....
Reflections on Attending a TCF Conference
By Jordon Ferber

It's a funny thing about expectations. They are almost designed to be challenged.
When my brother Russell died, many of the people I had expectations to be there for me let me down. It was ultimately strangers and situations I had NO expectations of that stepped up and became my source of hope and connection.
I just recently attended my 17th TCF National Conference. It's always one of the highlights of my year, and the fact that it comes on the heels of the anniversary of Russell's death every year is supremely helpful in being able to process my feelings and express my yearning for what can never be in a place where people really understand.
The irony is that I went to my first TCF conference fully convinced that it wasn't for me. It wasn't going to be helpful. What could possibly be helpful?
I was essentially bribed, like many fellow TCF siblings that I have met in the years since. My parents started going to TCF 3 weeks after Russell died. They kept mentioning to me that there was a siblings group. Eventually, I went so they would shut up about it. I figured, I'd go, it wouldn't be helpful, and we'd never have to talk about it again. Now I run my local chapter, and they barely come.
The local meetings WERE helpful. Having a place to ask the unanswerables, a place to vent about my isolation and my problems relating to the world, was perhaps the ONLY thing that was helpful. And yet I was still resistant to go to a conference. A grief conference? What a bummer of a weekend that sounded like. My parents assured me I could treat it like a vacation. It was in Boston, where I had a number of friends, the hotel had a pool I could hang out at.
I have to say that first conference almost turned me off from coming back. I was not really open to sitting in these different sessions. I met a couple people, but I mostly kept to myself. The next two conferences were in cities where I didn't know anyone, and had no desire to visit.
So my next actual conference was in Nashville. I had become more comfortable in the TCF space, having started facilitating my local sibs group when my mom became Chapter Leader. (facilitator training took place AT my parents apt, where I was living at the time, so I really couldn't get out of it.)
Nashville was the conference where I was hooked. The full immersive experience was intoxicating in a really good way. It was the first place where I realized that it didn't matter which version of myself I presented, whichever version of myself showed up was welcome. It was the first place where I was able to socialize again, and talk about my brother with people who wanted to hear about him! I got to hear stories about OTHER peoples siblings too!
The workshops at the conference are always great, and while there are always plenty of options, I still find the most impactful part of the weekend to be all the in-between times. It's really the place where I relearned how to BE again. To exist.
It's still funny to me how much I look forward to this conference every year. I certainly never thought this would be a regular thing in my life. In the early days of my grief, it scared me to think that I'd still be sitting in these sad circles 20 years later. And yet, I can't imagine my life without (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

Expecting the Best... (con't from left column)
it these days. TCF has become a lifeline for me in ways I never imagined, and never expected. It's hard for other people to understand why I keep going back. It's almost BECAUSE no one else really understands. The reason is pretty simple. I am the most myself at the TCF conference, because I am the most Russell's Brother there.
Jordon Ferber is a professional comedian and serves as co-leader and sibling coordinator f the Manhattan Chapter of TCF.. He is the host of the Where's the Grief podcast, @wheresthegrief and founder of The Russell Ferber Foundation.



OUR CHILDREN—LOVED AND REMEMBERED

AUGUST BIRTHDAYS



8/1	TUSHAR ATRE , son of Shaku Atre	8/20	JULIO BARRERA , son of Martha Riveira
8/2	ANDREW FREDERICK RUBIN , son of Barbara & George Rubin	8/20	LAUREN MARIE NELSON , sister of Mickey (Michelle) Nelson
8/2	MICHAEL KLINOFSKY , brother of Melanie Klinofsky	8/21	FRANK UNTENER , son of Barbara Chase
8/3	JAKE MAJER , grandson of Linda Reed	8/21	GAGE TURZANI , Nephew of Liz Sherman
8/4	LOUIS KORENMAN , son of Sanders Korenman	8/21	SANGEETA LAL , brother of Seema Lal
8/5	JESSICA REVELEY , sister of Britt Bonney	8/22	MICHAEL RAVEN , son of Selma & Rob Raven
8/6	BRADLEY CHAIN , son of Herbert Chain	8/23	GAIL ROACH , daughter of Joyce Roche
8/7	CHRISTINE SCHLENDORF , daughter of Karen Schlendorf	8/23	LEO AYALA , son of Gila Ayala
8/7	LAURIE NICHOLS , daughter of Marie Jones	8/23	MONTE JONATHAN GOLUB , son of Ellie Gollub
8/7	SAMUEL TITUS , son of Sara Jenkins	8/25	BENJAMIN SOBILOFF , son of David & Marjorie Sobiloff
8/8	MALCOLM LIVESEY , son of Gigi Livesey	8/25	COLETTE WAINWRIGHT , sister of Katherine Sall
8/8	RAIDEN SHIMOYAMA , son of Jenna Agins & Toki Shimoyama	8/25	JAMES ROACH , brother of Omar Roach
8/9	BRIAN GOLDBERG , son of Gloria & Arthur Goldberg	8/26	AMY KIMM , daughter of Arleen Becker
8/9	GER ANDLINGER , daughter of Jeanne Andlinger	8/26	JOHNNY & HOLLY RAHN , twin children of Kathrin Laser & David Rahn
8/9	HANNAH POTIS , sister of Taylor Potis	8/27	CARLOS APONTE , son of Mildred Aponte
8/9	LUKA BALAC , son of Olgica Balac	8/27	MARGARET BRAUN-GRIEP , sister of Helen Braun
8/9	ZUNILDE (ZUNNY) MARTE , daughter of Victor Marte	8/28	BLAKE GOODMAN , brother of Claudia Goodman
8/10	BRITTANY MALVEAUX , sister of Jordan Malveaux	8/28	JACK CASSELS , son of Ellen Cassels-Conde & John Cassels, brother of Collin Cassels
8/11	HAMEEN JASPER , daughter of Yolanda Jasper	8/28	JAMIE MARCUS , daughter of Bruce Marcus
8/12	AVA NASCIMENTO , granddaughter of Eugenia Nascimento, niece of Laura Jones	8/28	LOGAN GENTRY , son of Christine Spiro
8/12	MICHELLE SALOWE , daughter of Mary Ann Ludwig	8/29	ALEXIS ECHAVARRIA , son of Christina Echavarria
8/15	BENJAMIN TEPPERBERG , son of Susann Tepperberg	8/29	GIAN PAOLA SANTINI , son of Joan Santini, brother of Giuliana Reitzfeld
8/16	CAROLINE MONTGOMERY , daughter of Catherine Montgomery	8/29	JOSHUA ROBERT ESFORMES , son of Susan Esformes, brother of Jacob
8/16	ERIC LINETT , beloved nephew of Roberta Schine	8/29	SAM BERGER , son of Marla & David Berger
8/16	HUNTER MARSHAD , grandson of Erica & Neal Marshad	8/30	ISAAC RAUCH , son of Marc Rauch & Lisa Anderson
8/16	MEL'LISA ANDRE , daughter of Darchelle Hinson-Andre	8/30	LAEL MASE , daughter of Marla Mase
8/17	SHANNA JOSEPH , daughter of Lynn Platt, sister of Rebecca Wasserman	8/30	PETER MESSINA , son of Katherine Messina
8/18	DYLAN JOSEPH MAIDA , son of Lisa Burns & Sal Maida	8/31	KIMANI FOSTER , daughter of Katrina Thomas
8/18	MISCHA DRUCKER ZIMMERMAN , son of Henia Drucker	8/31	ROSITA CUNNINGHAM , sister of Sedel Mapp
8/18	VISHAL TUNGARE , brother of Ajay Tungare	8/31	ZACK KASNETZ , brother of Alex Kasnetz
8/19	GRAYSON LOLLER , son of Tania Rivera		
8/19	JAMES GIBBON , son of James (Jimie) Gibbon		



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

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 Ikonomou
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 & Toki 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
8/27 **MICHELLE SALOWE**, daughter of Mary Ann Ludwig
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 **JORDAN ELIAS VELAZQUEZ**, son of Kathleen Velazquez
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
9/9 **AVIVA LIPSKY-KARASZ**, daughter of Julia Zangwill & Daniel Lipsky-Karas
9/10 **MATTHEW NOVAK**, son of Clare Hogan
9/11 **CARRA POLEN**, daughter of Nella Hahn
9/11 **OLIVER LIEGEY**, son of Viva & Robert Draper
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
9/16 **WILLIAM EDWARDS**, brother of Michael Bernieri
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—LOVED AND REMEMBERED
SEPTEMBER ANNIVERSARIES



9/2 **IMOGEN ROCHE**, daughter of Theseus Roche
9/2 **ROWENNA WIGHT WHITE**, daughter of Nancy Wight
9/2 **YULIA KRASHENNAYA**, sister of Deb Faynshteyn
9/3 **BRENDEN CARSON**, son of Debra Carson
9/3 **CALEB SANDE**, grandson of Renee & Hervey Sande
9/3 **SEAN KIMERLING**, son of Ervine & Noah Kimerling
9/4 **ADEDAYO ADEWALE**, son of Modesta Baltazar
9/4 **MARLA SUE COLLAZO**, daughter of Lita & Joe Robinson
9/4 **ZANE MANDEL-MICHALAK**, son of Janet Robinson
9/5 **NOAH BOWER**, son of Pat Bower Cooley
9/6 **SHAUN BECKWITH CHASEN**, son of Dr. Barbara Chasen
9/6 **TIM MAGEE**, son of Mary & Tim Magee
9/7 **PATRIC KARN**, brother of Lisa Kaye
9/7 **SEYQUAN CHAMBLISS**, son of Derricka Chambliss
9/7 **YEHUDA MILSTEIN**, son of Edith Bayne, brother of Ilana Milstein
9/8 **BRIAN CULLIMORE**, son of Teresa Cullimore
9/8 **PETER MESSINA**, son of Katherine Messina
9/9 **BRIAN MEEHAN**, brother of Kevin Meehan
9/9 **JORDAN WEINSTEIN**, daughter of Wendy J. Schriber
9/10 **KRISTINA ESPOSITO**, daughter of Cecilia Esposito
9/10 **SARAH KATZ**, daughter of Michael & Jill Katz, sister of Dana Katz
9/11 **AARON HOROWITZ**, son of Allan & Liz Horwitz
9/11 **CHRISTIAN FUERSICH**, son of Janet Fuersich
9/11 **JOHN COOPER JR.**, brother of Keith P. Cooper
9/12 **ADAM WEINER**, son of Susan Weiner
9/12 **ANDREW BALTINI**, brother of Kevin Baltini
9/12 **BLAKE GOODMAN**, brother of Claudia Goodman
9/12 **JENNA HERNAN**, daughter of Maria Hernan
9/13 **JAMES RUSSO**, brother of Adrienne Russo
9/13 **JASMIN REQUENA**, daughter of Eleanor Requena, sister of Jaqueline
9/14 **EMRE EDEPLI**, son of Levant & Kirsten Edepli
9/14 **JOHN MARZANO**, son of Claire Martino
9/14 **TATIANA HICKMAN**, sister of Autumn Hickman
9/15 **CHRIS SANTIAGO**, son of Eve Ortega
9/15 **CHRISTOPHER MALLIN**, son of Robert Mallin
9/15 **GEORGE MICHAEL PEREZ**, son of Priscilla Perez
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
9/16 **PAUL WALKER**, son of Ellen Walker
9/17 **EVAN FRIEDLANDER**, son of Kathy Friedlander
9/17 **PAMELA ARGUELLO**, daughter of Doris Carraquillo, sister of Vinny Urena and Brandon Arguello

9/17 **TIM CARPENTER**, son of Donna Carpenter
9/17 **TOMMASO CERASE**, son of Barbara Riccardi & Alessandro Cerase
9/18 **GLEN FRASER**, son of James Fraser
9/18 **LUCY GRAVES**, daughter of Edward Graves
9/19 **ALIX LECLAIR**, daughter of Julie Neches, sister of Dom LeClair
9/19 **AVA LOUISE HOUSE**, daughter of Molly House
9/19 **ERIC ROSENBERG**, son of Sharon Rosenberg
9/19 **KASRIEL BENJAMIN**, son of Sarah & Tony Benjamin
9/19 **WILLIE GWATHMEY**, brother of Katie Gwathmey
9/20 **ISABELLA CARROLL**, daughter of Doreen Carroll
9/21 **AIDAN HERNANDEZ**, son of Maura Moloney and Victor Hernandez
9/21 **BENJAMIN GOURDJI**, son of Anna Gourdji
9/21 **CLAIRE MONTAIGNE**, daughter of Fen Montaigne
9/21 **LYNDON HOWARD**, son of Lila Howard
9/23 **DUSTIN TUNICK**, son of Jenifer Kelly
9/23 **SHEMAYNE PARKS**, daughter of Beverly Fortson, sister of Hannah Fortson
9/24 **NOAH REISMAN**, brother of Rachel Reisman
9/24 **ORION DUMITRIU**, son of Winnie Yang
9/24 **ROBERT BANNON**, brother of Marybeth Bannon
9/24 **SOPHIE ANN MISSHUK**, daughter of Evan Misshuk
9/25 **CELINA PACHECO**, daughter of Evelyn Gonzalez
9/25 **ELIOT BARTLETT**, brother of Emanuekl (Man) Bartlett
9/25 **ISAIAH WINCH**, son of Jesse Winch, brother of Louisa-Carpenter Winch
9/25 **JOHN THOMAS (TOMMY) VIGORITA**, son of Patricia & Vincent Vigorita
9/25 **SEAN COYLE**, brother of Krista Coyle
9/25 **WILLIAM GRIFFO**, son of Yvona & William Griffo, brother of Mike Griffo
9/26 **STEFAN THEGEBY**, son of Dale Thegeby
9/27 **WILLIAM MONEN**, son of Nancy Monen
9/28 **ASHLEY HOPE GOODMAN**, daughter of Karen Goodman
9/28 **AURELIE FRANCHITTI**, daughter of Marianna Vertsman, sister of Valerie Franchitti
9/28 **JAMIE MARCUS**, daughter of Bruce Marcus
9/29 **KARIM HALAWI**, brother of Lama Halawi
9/29 **LAUREN MARIE NELSON**, sister of Mickey (Michelle) Nelson
9/29 **PAMELA SUE CHAIKEN**, daughter of Sandy & Lionel Chaiken, sister of Stephanie
9/30 **ANTHONY HELZER**, son of Donna Romer
9/30 **JO ANNA BURRO**, daughter of Jeanette Burro

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 20 SEP 17 OCT 15 NOV 19
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](#)