



# The Compassionate Friends

## Manhattan Chapter

### Supporting Family After a Child Dies

#### Our next meetings...

Dec 14 & 28  
Jan 11 & 25  
Feb 8 & 22  
Mar 8 & 22

#### Manhattan Chapter Newsletter

December 2021

### Olympics of the Soul

These are the last few days of autumn. Soon the last of the leaves will fall, the days will grow mercifully shorter, the temperature will drop and we will retreat to the safe comfort of home. For just a brief period, we can watch the world from the safety of the nest, not enticed out into the games of summer by well meaning friends and family, intent on our participation. We need this time to prepare for the next Olympics of the soul...the Holidays.

So much has been written about getting through the holidays when you are grieving. The intensity of the pain of the recently bereaved, the suggestions of how to manage by the experienced griever, the wistful thoughts of the poets... so much to be said about this particular period of survival. Truth is, the holidays are only a tad more difficult than every other day. Like salt in a wound, the over-the-top joyousness adds an extra dose of emotional pain. But I've come to realize, that many who "celebrate" the holidays are also fellow travelers along this grieving path. They're just further ahead than many of us are. I'm still not up to the festivities. For me it remains a time of introspection. With absolutely no opportunity to mourn our losses at this time of year, I choose to remain as low key as possible and venture back into the ebb and flow of days only after New Year's Eve.

It's not possible for the uninitiated to comprehend the emotional roller coaster we are on now. But I recently came across a column written by an Australian Mom. Though not written with the holidays in mind, it expresses for me the way I spend much of my time during this particular season. I wanted to share it with you. (See next column)

As this holiday season begins, I pray that we all find it in our hearts and minds to be thankful for what we have, and grateful for having had what we've lost.

Marie Levine, 2000

### If Only They Knew...

by Jan McNess, TCF, Victoria, Australia

*If only they knew when I speak of him, I am not being morbid, I am not denying his death. I am proclaiming his life. I am learning to live with his absence. For twenty-six years he was a part of my life, born, nurtured, molded and loved; this cannot be put aside to please those who are uncomfortable with my grief.*

*If only they knew that when I sit quietly, apparently content with my own company, I am not self indulgently unhappy, dwelling on things which cannot be changed; I am with him, I am seeing his face, hearing his voice, remembering his laughter, recalling his excitement and joy in life. Please allow me this time with him as I do not begrudge you your time with your children.*

*If only they knew when I sometimes weep quietly, I do not cry in self-pity for what I have lost. I weep for what he has lost; for the life he loved, for the music which filled his very being and for all he still longed to hear, for the poetry which moved him to tears, for the beauty about him that daily fed his soul, for the exhilaration and excitement of flying the skies, of searching for his God in the vast space of the universe. For all that he loved and lost, I cry.*

*If only they knew the feeling of deep grief, the emptiness and dull pain, the endlessness of death. If only they understood the insanity of the platitudes so freely spoken; that "time heals", that "you'll get over it", that "it was for the best", that "God takes only the best", that "he's in a better place", and realize that these are more an insult than a comfort, that the warm and compassionate touch of another means so much more.*

*If only they knew that we will not find true peace and tranquility until we are prepared to try to stand in the shoes of others. We will not be understood until we learn to understand compassionately and we will not be heard until we learn to listen with our hearts as well as our minds.*

**TELEPHONE FRIENDS:** When you are having the kind of day you feel only another bereaved parent or sibling can understand, we are willing to 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

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THE COMPASSIONATE FRIENDS MEETINGS are always the second and fourth Tuesdays of the month

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

As soon as possible, we hope to return in person to 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.*

## Playing with Three Strings

We have seen Yitzhak Perlman  
Who walks the stage with braces on both legs,  
On two crutches.  
He takes his seat, unhinges the clasps of his legs,  
Tucking one leg back, extending the other,  
Laying down his crutches, placing the violin under his chin.  
On one occasion one of his violin strings broke.  
The audience grew silent but the violinist did not leave the stage.  
He signaled the maestro, and the orchestra began its part.  
The violinist played with power and intensity on only three strings.  
With three strings, he modulated, changed and  
Recomposed the piece in his head  
He retuned the strings to get different sounds,  
Turned them upward and downward.  
The audience screamed with delight,  
Applauded their appreciation.  
Asked later how he had accomplished this feat,  
The violinist answered,  
"It is my task to make music with what remains."

Make music with what remains.  
Complete the song left for us to sing,  
Transcend the loss,  
Play it out with heart, soul and might  
With all remaining strength within us.

-- Rabbi Harold M. Schulweis

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## TCF Worldwide Candle Lighting

Sunday, December 12, 2021 - Ceremonies begin at 6pm sharp  
Remember your children & siblings in our Holiday Slide Show.

[Click here for more information about the Manhattan Event  
and about submitting your loved one's photos for the event](#)

## Christmas Eve

By Richard E. Dew, MD from *Rachel's Cry*

### *Silent night, holy night...*

"It's about time," he says quietly.  
Deliberately, wordlessly,  
they gather the materials  
carefully put away last year,  
the matches, the candle, candle jar  
to fend off the harsh winter wind.

### *'tis the season to be jolly...*

Slowly they drive toward the town's edge,  
past homes with bright, blinking bulbs.  
Cars of faraway relatives  
fill their drives. Happy, laughing  
families, children home from school  
pass by the way to midnight mass.

### *It's the most wonderful time of the year...*

At last, town lights left far behind,  
they sit mute, each wrapped in private  
cocoon of memories of Christmas past,  
excited whispers from their room,  
silly giggles, fervent goodnight  
kisses, anticipation of morning.

### *On a cold winters night that was so deep...*

Frozen grass crunching underfoot.  
Hand in hand they walk up the hill  
to the familiar moonlit stone.  
With practiced hands they brush it clean,  
then prepare their votive Noel.

### *The world in solemn stillness lay...*

Lump in throat, arm-in-arm,  
candle lit, they stand and weep,  
but not so bitter as in years past.  
The pain's as deep but not so long,  
as once again they dream of things  
that should have been but never were.

### *The stars in the sky look down where he lay...*

"Let's go" he says. She nods assent.  
They leave, though turn back once to see  
the lonely flame of their lost boy  
gleaming peacefully through the dark.  
He whispers softly, his visit done,  
"Merry Christmas and goodnight, my son."

*Sleep in heavenly peace,  
Sleep in heavenly peace.*

## 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 are able to, 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.

### *....this is what it is like.....*

This is what it feels like to live without your child: "I am a mother. I am a bereaved mother. My child died, and this is my reluctant path.

It is not a path of my choice, but it is a path I must walk mindfully and with intention. It is a journey through the darkest night of my soul and it will take time to wind through the places that scare me.

Every cell in my body aches and longs to be with my beloved child. On days when grief is loud, I may be impatient, distracted, frustrated, and unfocused. I may get angry more easily and I may seem hopeless. I will shed many, many, many tears. I won't smile as often as my old self. Smiling hurts now. Most everything hurts some days, even breathing.

But please, just sit beside me.

Say nothing.

Do not offer a cure.

Or a pill, or a word, or a potion.

Witness my suffering and don't turn away from me.

Please be gentle with me.

And I will try to be gentle with me too.

I will not ever "get over" my child's death so please don't urge me down that path.

Even on days when grief is quiescent, when it isn't standing loudly in the foreground, even on days when I am even able to smile again, the pain is just beneath the surface.

There are days when I still feel paralyzed. My chest feels the sinking weight of my child's absence and, sometimes, I feel as if I will explode from the grief.

Losing my child affects me in so many ways: as a woman, a mother, a human being. It affects every aspect of me: spiritually, physically, mentally, and emotionally. There are days when I barely recognize myself in the mirror anymore.

Grief is as personal to me as my fingerprint. Don't tell me how I should or shouldn't be grieving or that I should or shouldn't "feel better by now." Don't tell me what's right or wrong. I'm doing it my way, in my time. If I am to survive this, I must do what is best for me.

My understanding of life will change and a different meaning of life will slowly evolve. What I knew to be true or absolute or real or fair about the world has been challenged so I'm finding my way, moment-to-moment in this new place. Things that once seemed important to me are barely thoughts any longer. I notice life's suffering more— hungry children, the homeless and the destitute, a mother's harsh voice toward her young child- or an elderly person struggling with the door- abused animals crying out in pain.

There are so many things about the world which I now struggle to understand: Why do children die? There are some questions, I've learned, which are simply unanswerable.

So please don't tell me that "God has a plan" for me. This, my friend, is between me and my God. Those platitudes slip far too easily from the mouths of those who tuck their own child into a safe, warm bed at night: Can you begin to imagine your own child, flesh of your flesh, lying lifeless in a casket, when "goodbye" means you'll never see them on this Earth again? Grieving mothers— and fathers— and grandparents— and siblings and partners won't wake up one day with everything 'okay' and life back to normal. I have a new normal now.

(con't in next column)

### *....this is what it is like.....*

(continued from left column)

As time passes, I may discover gifts, and treasures, and insights but anything gained was too high a cost when compared to what was lost.

Perhaps, one day, when I am very, very old, I will say that time has truly helped to heal my broken heart. But always remember that not a second of any minute of any hour of any day passes when I am not aware of the presence of my child's absence, no matter how many years lurk over my shoulder.

So don't forget that I have a child whose absence, like the sky, is spread over everything as C.S. Lewis said.

Don't forget to say, "How are you really feeling...?" Don't forget that even if I do have living children, my heart still aches for the one who is not here— for I am never quite complete without my child.

My child may have died but my love — and my motherhood— never will."

- Dr. Joanne Cacciatore



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## Grief

I had my own notion of grief  
I thought it was a sad time  
that followed the death of someone you love,  
and you had to push through it  
to get to the other side.

But I'm learning there is no other side.  
There is no pushing through,  
but rather  
there is  
absorption,  
adjustment,  
acceptance.

And grief is not just something that you complete  
but rather you endure.  
Grief is not a task to finish,  
and move on,  
but an element of yourself.  
An alteration of your being,  
a new way of seeing,  
a new definition of self.

~Gwen Flowers

## For That, I am Thankful

By Darcie D. Sims and Sherry L. Williams

From the book "Holiday Help ~ A Guide for Hope and Healing"

It doesn't seem to get any better,  
but it doesn't get any worse either.  
For that, I am thankful.

There are no more pictures to be taken,  
but there are memories to be cherished,  
For that I am thankful.

There is a missing chair at the table,  
but the circle of family gathers close.  
For that, I am thankful.

The turkey is smaller,  
but there is still stuffing.  
For that, I am thankful.

The days are shorter,  
but the nights are softer.  
For that, I am thankful.

The pain is still there,  
but it lasts only moments.  
For that, I am thankful.

The calendar still turns,  
the holidays still appear and they still cost too much.  
And I am still here.  
For that, I am thankful.

The room is still empty,  
the soul still aches,  
but the heart remembers.  
For that, I am thankful.

The guests still come,  
the dishes pile up,  
but the dishwasher works.  
For that, I am thankful.

The name is still missing,  
the words still unspoken,  
but the silence is shared.  
For that, I am thankful.

The snow still falls,  
the sled still waits,  
and the spirit still wants to.  
For that, I am thankful.

The stillness remains,  
but the sadness is smaller.  
For that I am thankful.

The moment is gone,  
but the love is forever.  
For that, I am blessed.  
For that, I am grateful...

Love was once (and still is) a part of my being...  
For that I am living.  
I am living... For that, I am thankful.

May your holidays be filled with reasons to be thankful. Having loved  
and having been loved is perhaps the most wondrous reason of all.

## 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](#)

And access our regular Chapter website for the  
parent/sibling meetings and activities.

[www.compassionatefriends.nyc](http://www.compassionatefriends.nyc)

## 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](#)

## 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, continuing to become the individuals we want to  
be.*

*We cannot be our dead brother or sister; however a spe-  
cial 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 envi-  
sioned 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.*

## TCF WORLDWIDE CANDLE LIGHTING

Sunday, December 12, 2021

Ceremonies begin at 6pm sharp—candles lit at 7pm EDT in Manhattan

[Click here for more information about the Manhattan Event and about submitting photos for the event](#)





## OUR CHILDREN—LOVED AND REMEMBERED

### DECEMBER BIRTHDAYS



12/1	<b>GLEN FRASER</b> , son of James Fraser	12/15	<b>THOMAS ROBERTS</b> , brother of Victoria Roberts-Wierbowski
12/1	<b>ROBERT GOODEN</b> , son of Tonya & Frank Gooden	12/16	<b>MICHELLE GITTENS</b> , daughter of Lenise Ballard-Gittens
12/2	<b>FORREST RYZY-RYSKI</b> , brother of Sophia Rzyz-Ryski	12/16	<b>WILFRED DeIVALLE</b> , son of Carmen DelValle, brother of Judy DelValle
12/2	<b>JANIE GONG</b> , daughter of Alan & Daisy Gong	12/17	<b>JAMES MONTGOMERY</b> , son of Denise Montgomery
12/2	<b>JENNIFER CARGILL</b> , daughter of Virginia Crosby	12/17	<b>RICKY BATASHOFF</b> , brother of Dana Stein
12/3	<b>PAULINE FUCHS</b> , daughter of Carolin Fuchs & Rene Groth	12/17	<b>STEFAN PAKULSKI</b> , brother of Marek Pakulski
12/3	<b>YVONNE BURDEN</b> , sister of Crystal Burden	12/18	<b>DAVID GLASS</b> , son of Jack & Laura Glass
12/4	<b>JESSE ARATOW</b> , son of Susanna Hoffman	12/18	<b>ZIGGY MARTINEZ</b> , son of Sally Tucker
12/4	<b>MEGAN YODER</b> , sister of Kyle Yoder	12/20	<b>DANIEL O'NEILL TOLEDO</b> , son of Kathleen O'Neill
12/4	<b>SETH KAHN</b> , son of Debbie & Harold Kahn	12/20	<b>EUGENE BONACCI</b> , brother of Meredith Bonacci
12/5	<b>GLENN SPELLER JR.</b> , son of Glenn Speller Sr.	12/21	<b>DAVID ALEXANDER</b> , brother of Farah Alexander
12/5	<b>MEGAN SMITH</b> , daughter of Ann Smith	12/21	<b>MELISSA AVRIN</b> , sister of Andrew Avrin
12/6	<b>AARON BENVENISTE</b> , grandson of Susan & Richard Rosenbluth	12/22	<b>MATT BEHAN</b> , brother of Chris Behan
12/6	<b>DESIRA (Desi) PACUK</b> , sister of Nikkie Pacuk	12/23	<b>JON MICHAEL CAMINITI</b> , son of Charles & Linda Caminiti, brother of Jacqueline Caminiti
12/6	<b>YEHUDA MILSTEIN</b> , son of Edith Bayne, brother of Ilana Milstein	12/26	<b>ETHAN WASSERBERGER</b> , son of Simon & Cynthia Wasserberger
12/7	<b>JOHN BARNES</b> , son of Hana Barnes	12/26	<b>OWEN MULLER</b> son of Jane K. Muller
12/7	<b>RYAN THOMAS</b> , son of Jacqueline Thomas	12/27	<b>NORBI MORGENSTEIN</b> , son of Gary Morgenstein
12/8	<b>SAMMY COHEN ECKSTEIN</b> , son of Amy Cohen & Gary Eckstein	12/28	<b>SCOTT LACROIX</b> , brother of Kendra Lacroix
12/10	<b>JONAH HENIG</b> , son of Abby Henig	12/29	<b>ARTURO LAULO</b> , brother of Luz Laulo
12/11	<b>JAMES PATRICK (Jimmy) SINISI</b> , son of AnneMarie Sinisi	12/29	<b>CALEB SANDE</b> , grandson of Renee & Hervey Sande
12/11	<b>MIKE</b> , brother of EllaRose Chary	12/29	<b>VALDING DURAN</b> , son of Milagros Bueno
12/13	<b>CAMDYN JAYEL DUCKWORTH</b> , daughter of Tiffany Clark	12/30	<b>MICHAEL McGOVERN</b> , son of Harri Molese
12/14	<b>AMELIA (Yannie) CORBETT</b> , sister of Sara Corbett	12/31	<b>JOEY HOLLIDAY</b> , son of Billy & Terry Holliday
12/14	<b>DUSTIN TUNICK</b> , son of Jenifer Kelly	12/31	<b>ROBERT WILLIAMS JR.</b> , son of Kimberly Hatwood
12/14	<b>DYLAN BISCH</b> , son of Eileen Eck	12/31	<b>RUSSELL FERBER</b> , son of David Ferber & Dorothy Jordon, brother of Jordon Ferber
12/14	<b>LISA WEINER</b> , sister of Abby Moller	12/31	<b>WILLIE GWATHMEY</b> , brother of Katie Gwathmey
12/14	<b>MATTHEW SADI</b> , son of Sheri & Tzuri Sadi		
12/14	<b>MICHAEL MOUSSA</b> , son of Mariam Moussa		
12/15	<b>BRANDON MYERS</b> , brother of Rachel Myers		
12/15	<b>HAYLEE LABBAN</b> , daughter of Penelope Coward		



### 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](mailto:tcfmanhattan.nyc@gmail.com) and tell us what needs to change.

Dan Zweig



## OUR CHILDREN—LOVED AND REMEMBERED

### DECEMBER ANNIVERSARIES



12/2	<b>JONATHAN MOORE</b> , son of Ron & Ronnie Moore	12/18	<b>ARON LINDELL</b> , son of Julie Lindell
12/2	<b>SAVANNAH WIGGINS</b> , daughter of Dolores Wiggins	12/18	<b>CHRISTOPHER DOMBROWSKI</b> , brother of William & Brianne Dombrowski
12/2	<b>SUZANNE ZHOU</b> , sister of Susan Zhou	12/18	<b>DESTINI DOYLE</b> , daughter of Annette & Kendall Doyle
12/3	<b>HENRY SZOR</b> , son of Eva Grin	12/19	<b>JOSHUA ROBERT ESFORMES</b> , son of Susan Esformes, brother of Jacob
12/3	<b>VYLETTE MOON</b> , daughter of Jackie Hakiki	12/19	<b>JUSTIN ALMON</b> brother of Kristina Adam
12/4	<b>ROBERT PATRICK JENKINS</b> , son of Barbara Jenkins, brother of Cheryl	12/19	<b>ROBERT RODRIGUEZ</b> , son of Caroline Linares
12/6	<b>ALEX HARRY SINGER</b> , son of Susan & Lewis Singer	12/20	<b>TATE RAMSDEN</b> , brother of Ashley Ramsden
12/6	<b>DYLAN JOSEPH MAIDA</b> , son of Lisa Burns & Sal Maida	12/20	<b>TROY O. MEYERS</b> son of Claudette Hannibal
12/8	<b>DYLAN RANDALL</b> , son of Yenja & Robert Randall	12/21	<b>BAYLIN CODDINGTON</b> , son of Debra F. Coddington
12/8	<b>JADEN MAXWELL THOMAS</b> , son of Louise Thomas, brother of Tanya	12/21	<b>JUDAH BRYNDAL</b> , son of Dusty & David Bryndal
12/9	<b>AREIS GORDON</b> , son of Joselyn Gordon	12/22	<b>GREGORY ROTH</b> , brother of Stephanie Roth
12/9	<b>SHONEN CHAMBERS</b> , brother of Tiffani Chambers	12/22	<b>TODD C. FIORE</b> , son of Yvonne Fiore
12/10	<b>CHRISTOPHER ROTH</b> , brother of Stephanie Roth	12/23	<b>AMANDA RUSSELL</b> , sister of Katie Turner
12/10	<b>JOHN HULWIYA</b> , brother of Vanessa Hulwiya	12/23	<b>QUENTIN MUNDY</b> , son of Terri Mundy
12/10	<b>ZUNILDE (ZUNNY) MARTE</b> , daughter of Victor Marte	12/24	<b>ADAM AZZOLI</b> , son of Amanda Azzoli
12/11	<b>HARRY GANDEL</b> , grandson of Karen & Meyer Gross	12/24	<b>DANIEL O'NEILL TOLEDO</b> , son of Kathleen O'Neill
12/11	<b>JONAH HENIG</b> , son of Abby Henig	12/24	<b>MONTE JONATHAN GOLLUB</b> son of Ellie Gollub
12/12	<b>CALLIE LONG</b> , daughter of Jackie Long	12/24	<b>RICHARD CONLEY</b> , son of Phyllis Conley
12/12	<b>CIANNA L. ALEXANDER</b> , daughter of Rebecca Harper-Alexander	12/25	<b>CHARLIE SINISI</b> , son of Ann Marie Sinisi, brother of Kelly and Dawn and the late Jimmy Sinisi
12/12	<b>DANNY VOLEN</b> , brother of Raizy Volen	12/25	<b>DAVID LANG BAREK</b> , son of Peggy Lang
12/12	<b>PAULA VOLEN</b> , daughter of Raizy Volen	12/25	<b>LILY, SARAH &amp; GRACE BADGER</b> , daughters of Madonna Badger and Matt Badger
12/12	<b>SHANA DOWDESWELL</b> , daughter of Laurie & Roger Dowdeswell	12/25	<b>ROBERT SULKOWSKI</b> , brother of Sarah Sulkowski
12/13	<b>ALAN MYL</b> son of Joanne Myl	12/27	<b>SAIGIA BRON</b> , daughter of Florence Layayette
12/13	<b>AMBER ASHTON</b> , daughter of Tom & Eleanor Ashton	12/27	<b>SANDRA CHU</b> , Best friend of Emanuel Veras
12/13	<b>GEORGE DAVID MARAS</b> , son of Marilyn Maras	12/27	<b>THOMAS ROBERTS</b> , brother of Victoria Roberts-Wierbowski
12/14	<b>DANNY MAZRAANI</b> , brother of Mona Mazraani	12/28	<b>ANDY PERSAUD</b> , son of Dennis Peraud, brother of Andrea Persaud
12/14	<b>JIMMY ARMSTRONG</b> , brother of Siobhan Armstrong	12/29	<b>PAULINE FUCHS</b> , daughter of Carolin Fuchs & Rene Groth
12/15	<b>JEFFREY VANCHIRO</b> , son of Sylvester (Sly) Vanchiro	12/30	<b>KELLY ERIN GRAVES</b> daughter of Gail Graves
12/15	<b>JOSE SANFORD</b> , son of Yolanda Rosado Ortiz & Gloria Perez	12/31	<b>LIAM ARDEN</b> , son of Esther and Patrick Arden
12/16	<b>DARIA NORTON</b> , daughter of Charlotte Savino & Lee Norton		
12/18	<b>ALEX BIBLER</b> , son of Lindsay Bibler		





## OUR CHILDREN—LOVED AND REMEMBERED

### JANUARY BIRTHDAYS



1/2	<b>LAURA LEVIS</b> , daughter of Georgia & William Levis	1/16	<b>AMOL VADEHRA</b> , brother of Mallika Vadehra
1/2	<b>LUCY GRAVES</b> , daughter of Edward Graves	1/17	<b>KIARA KHARPERTIUM</b> , sister of Devin Kharpertium
1/3	<b>BRIAN MARC LIPTON</b> , son of Nancy & Charles Lipton	1/17	<b>PAMELA SUE CHAIKEN</b> , daughter of Sandy & Lionel Chaiken, sister of Stephanie
1/5	<b>BENJAMIN TELUSHKIN</b> , son of Joseph & Dvorah Telushkin	1/17	<b>PHILIP SULZER</b> , son of Barbara & Burton Sulzer, brother of Lisa
1/5	<b>MICHAEL MOSS</b> , son of Michaela & Bob Moss	1/19	<b>VINCENT MONACO</b> , brother of Charles Monaco
1/5	<b>NOELLE QUARANTA</b> , sister of Meredith Bonacci	1/21	<b>CHARLIE CAMPDERRICH</b> , son of Jody Campderrich
1/5	<b>RUTH DOUGHTY</b> , sister of Louise Doughty	1/21	<b>LISA WEBB</b> , sister of Janine Clancy
1/7	<b>CAMERON NICHOLLS</b> , son of Stephanie Moore Nicholls	1/21	<b>YVONNE LAURICE AJAKIE</b> , daughter of Evelyn Rabi
1/7	<b>JAQUELINE AHERN</b> , niece of Nan Ahern	1/22	<b>KEITH DANIEL</b> , son of Linda Daniel Finer
1/7	<b>OSCAR JOAQUIN</b> , son of Dru Levasseur	1/23	<b>ADRIAN V. ROSAS</b> , son of Alejandra & Adriano Rosas
1/8	<b>CHRISTINE EBERT</b> , daughter of Judy & John Ebert	1/24	<b>ALEX KNEPPER</b> , son of Lisa & Emanuel Psychojos
1/8	<b>ELLIOT CALVIN COPP</b> , son of Ariel Marie Pierce & Aaron Copp	1/24	<b>ERIC ROSENBERG</b> , son of Sharon Rosenberg
1/8	<b>JENNIFER BLANCHE BYRD</b> , daughter of Claudia Byrd	1/24	<b>LATASHA ALCANTARA</b> , daughter of Anita Guy-Martin
1/8	<b>JOCELYN REED</b> , daughter of Cynthia Powell	1/24	<b>MICHAEL AARONSON</b> , son of Dorothy Aaronson, brother of Robert Aaronson
1/10	<b>MICHAEL STEIN</b> , son of Eric Stein	1/25	<b>KELLY ERIN GRAVES</b> , daughter of Gail Graves
1/11	<b>BRYAN KELLY</b> , son of Sean Kelly	1/26	<b>DAVID 'JESSE' REISSMAN</b> , brother of Phil Reissman
1/11	<b>JESS ILIAS</b> , son of Chris Clavelli	1/26	<b>FRANCISCO JAVIER</b> , son of Doris Cales
1/12	<b>JOHN MARZANO</b> , son of Claire Martino	1/26	<b>SONU ADAMS</b> , daughter of Una Chaudhuri & Michael Adams, sister of Nathaniel Adams
1/12	<b>JONATHAN MOORE</b> , son of Ron & Ronnie Moore	1/27	<b>JEFF CARPENTER</b> , son of Donna Carpenter
1/13	<b>CHRISTOPHER JAMES ROUCH</b> , son of Kathy Rouch	1/27	<b>ROBBIE LAWRENCE</b> , son of Keisha Lawrence
1/13	<b>JOSE SANFORD</b> , son of Yolanda Rosado Ortiz & Gloria Perez	1/27	<b>WILL EARLE</b> , son of Nancy Earle
1/13	<b>MICHAEL RATH</b> , son of Kathy Rath	1/29	<b>EREZ KLEIN</b> , son of Rachel Gordon
1/14	<b>ANTHONY SANCHEZ</b> , son of Deborah Sanchez	1/30	<b>JIMMY ARMSTRONG</b> , brother of Siobhan Armstrong
1/14	<b>BRIAN CULLIMORE</b> , son of Teresa Cullimore	1/31	<b>AHREN JUDE KARRAN SINGH</b> , son of Rondha-Ann Lam
1/14	<b>CHARLENE ALVAREZ</b> , daughter of Charlie Alvarez	1/31	<b>ELLIS ZIMMERMAN</b> , son of Anna Ellis & Benjamin Zimmerman
1/14	<b>DAVID GIBBS</b> , son of Ann Gibbs		
1/15	<b>MARIA CUNARD</b> , sister of Angela George		



## 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](mailto:tcfmanhattan.nyc@gmail.com) and tell us what needs to change.

Dan Zweig



OUR CHILDREN—LOVED AND REMEMBERED  
JANUARY ANNIVERSARIES



1/1 **MATTHEW SADI**, son of Sheri & Tzuri Sadi  
1/3 **AMIAS**, son of Samantha Diaz, nephew of Jasmine Burney  
1/3 **BARBARA STRAUSS**, sister of Joanne Shapiro  
1/3 **PHILIP GOODFRIEND**, son of Debbie Goodfriend  
1/3 **STUART MILLER**, son of Nancy Morgan  
1/3 **WILLIAM FISHER**, son of Sally A. Fisher  
1/4 **JASON KLEIN**, son of Jeanette LaBarb  
1/4 **LOUIS DEDAJ**, brother of Victor Dedaj  
1/4 **MARK H. IHDE**, son of Linda & Don Ihde  
1/4 **ROBBIE LAWRENCE**, son of Keisha Lawrence  
1/5 **NOELLE QUARANTA**, sister of Meredith Bonacci  
1/7 **JAKE GOLDBERG**, son of Gene Goldberg, brother of Ben Goldberg  
1/8 **AVA NASCIMENTO**, granddaughter of Eugenia Nascimento, niece of Laura Jones  
1/8 **JASON R. CHIN**, son of China Chin  
1/9 **CAROLINE MONTGOMERY**, daughter of Catherine Montgomery  
1/10 **ELLIOT CALVIN COPP**, son of Ariel Marie Pierce & Aaron Copp  
1/10 **INSANN LAWLOR**, son of Serena Bhaduri  
1/11 **ANYA GABRIELA KUPPERSMITH**, daughter of Judith Kuppersmith  
1/11 **SAM BERGER**, son of Marla & David Berger  
1/12 **CHARLOTTE MILLER**, daughter of Caitlin Felton & Barney Miller, sister of Clara  
1/13 **WONDER HAMILTON**, daughter of Gary & Jennifer Hamilton  
1/14 **CASEY CRUZ**, daughter of Ibelka Cruz  
1/14 **CHRISTOPHER MURPHY**, brother of Nina Murphy  
1/16 **SANDY SMITH**, sister of Cindy Smith  
1/18 **DAYLE HENRY GRUBER**, son of Hank Henry  
1/18 **LISA WEBB**, sister of Janine Clancy  
1/19 **JENNA AGULE**, sister of Devon Agule

1/19 **ROBERT GOODEN**, son of Tonya & Frank Gooden  
1/20 **ELIZABETH HANAU**, daughter of Marsha Hanau  
1/22 **CHANDI PYTOWSKI**, daughter of Rosanne Cosentino & Bronek Pytowski  
1/22 **MAGGIE GOWELL**, daughter of John & Rosanna Gowell and sister of Jesse  
1/22 **MICHAEL RATH**, son of Kathy Rath  
1/23 **FRANCISCO JAVIER**, son of Doris Cales  
1/23 **HUNTER MARSHAD**, grandson of Erica & Neal Marshad  
1/23 **JAMES MONTGOMERY**, son of Denise Montgomery  
1/23 **VICTOR CHEN**, son of Vivien Chen  
1/24 **JAMILA IRONS-JOHNSON**, daughter of Jeannine Irons  
1/25 **ADAM RAPOPORT**, brother of Lindsay Rapoport  
1/25 **ANTHONY SANCHEZ**, son of Deborah Sanchez  
1/25 **MEGAN SMITH**, daughter of Ann Smith  
1/25 **RICHARD WARNOCK**, son of Claire Warnock, brother of Susan Warnock  
1/26 **JULIO BARRERA**, son of Martha Riveira  
1/27 **JASMINA ANEMA**, daughter of Theodora Anema  
1/28 **ALEXANDER GOLDIN-KRAUS**, son of Jill Goldin  
1/28 **ALEXANDRA DISANTIS**, daughter of Margo & Frank DeSantis  
1/29 **DANIEL SNYDER**, brother of Lisa Snyder  
1/29 **JOSIAH BAAWUAH**, son of Porsha & Terry Baawuah  
1/29 **VINCENT MONACO**, brother of Charles Monaco  
1/30 **CHRISTOPHER KWIK**, brother of Sharon Kwik  
1/30 **RICK HOWELL**, brother of Annie Howell  
1/31 **EUGENE BONACCI**, brother of Meredith Bonacci  
1/31 **MATTHEW GOODSTEIN**, son of Ann Goodstein  
1/31 **ZACH HOWELS**, brother of Matt Howels





THE COMPASSIONATE FRIENDS CHAT SCHEDULE. <a href="#">Click here to display exact times and to see entire schedule</a>				<b>The Compassionate Friends National Office</b> 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	<b>WE NEED NOT WALK ALONE</b> <b>TCF National Magazine</b> 1 yr. subscription \$20
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	<b>MARK YOUR CALENDARS!</b> Our next Chapter meetings are Tuesdays: <b>DEC 14   JAN 11   FEB 8   MAR 8</b> <b>DEC 28   JAN 25   FEB 22   MAR 22</b>
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	<b>Newsletter article submissions are welcome.</b> Please email to <a href="mailto:marielevine2@verizon.net">marielevine2@verizon.net</a>
SAT			General Bereavement Parents/Grandparents/Siblings	
SUN		Suicide Loss	General Bereavement Issues Parents/Grandparents/Siblings	<b>MAKE A DONATION</b> <a href="#">Click here to Donate to the Manhattan Chapter</a>

### 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](#)