



The Compassionate Friends

Manhattan Chapter

Supporting Family After a Child Dies

Our next meetings...

Dec 19
Jan 16
Feb 20
Mar 19

Manhattan Chapter Newsletter

December 2023

OUR DECEMBER 19TH MEETING IN-PERSON

We will be in-person only December 19th. 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.

Worldwide Candle Lighting

Sunday, December 10th, 2023

at the

Parish House of the Church of Ascension

12 W.11th Street, Manhattan, NY

Doors open at 5:45pm - Family guests are welcome

PLEASE RSVP and arrive by 6:15pm



REFRESHMENTS WILL BE SERVED

It has been four long years since we have been able to remember and honor our children and siblings in person together at our Holiday Candle Lighting event. Join us for this moving ceremony and celebration.

SEND IN YOUR PHOTOS FOR OUR SLIDESHOW!

[Click here](#) and see page 6 for more information.

IF YOU CANNOT ATTEND IN PERSON:

Our national office will have a Virtual Candle Lighting on Dec. 10 at 7pm in each time zone. Go to www.compassionatefriends.org for information.

(Less than) Great Expectations

Life after losing a child is an ongoing coming to terms with missed expectations. It never ends. No matter how many years pass, no matter what else happens (good or bad), there is always that thought...what might have been.

Growing up, I had many dreams. They seem so simple now. I wanted to be a teacher. I wanted to find love and marry. I wanted to have lots of children. I dreamed of living in a house with a garden. I hoped I would do something lasting that would benefit mankind. Simple every day dreams. I always expected I would be able to accomplish them.

Calamity and misfortune were never a part of my thought process. It's not supposed to be. Anticipating those possibilities would have been and continue to be paralyzing. Knowing then what we all know now, would we have taken the chances we did and dreamed the dreams that made us all what we have become?

Early on, I began to learn that life might contain a series of missed expectations. Becoming a teacher was the first big disappointment. School just couldn't hold my attention and when I accidentally landed an exciting job in the fashion industry, I rebounded totally and enjoyed an amazing career that took me around the world.

Love and marriage was a realized dream. Having a lot of children was another story. After seven years I was preparing to come to terms with being childless when, happily, we discovered Peter was on the way. Joy quickly erased the growing panic that preceded that anticipated disappointment. Adapting to being childless would have been an almost insurmountable disappointment. I can remember my growing despair at the thought. Even now, it brings on an almost palpable ache in the pit of my stomach. I think about that feeling a lot these days.

(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
Jordon Ferber: beatniknudnik@yahoo.com
"Our Children" editor: **Dan Zweig:** danzweigtcf@gmail.com
Newsletter Editor: **Marie Levine** marielevine2@verizon.net

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

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

This month, Dec. 19, 2023, we will be meeting only in person at the Fifth Avenue Presbyterian Church
55th Street and Fifth Ave (enter at 7 West 55th St.)

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

OF PEACE ON EARTH GOOD WILL TO MEN

*I heard the bells on Christmas Day
Their old familiar carols play,
And wild and sweet the words repeat,
Of peace on earth good will to men.*

*And in despair I bowed my head;
There is no peace on earth," I said,
"for hate is strong and mocks the song
Of peace on earth good will to men."*

*Then pealed the bells more loud and deep;
"God is not dead, nor doth he sleep;
The wrong shall fail, the right prevail
With peace on earth, good will to men."*

*'till ringing, singing on its way,
The world revolved from night to day,
A voice, a chime, a chant sublime,
Of peace on earth, good will to men*

The lyrics of the familiar *I Heard The Bells On Christmas Day*, were written – on Christmas Day by Henry Wadsworth Longfellow, when he received word that his son had been mortally wounded in combat in the Civil War.

When I was a child, the words symbolized the spirit of the season for me. Peace and good will were the order of the day. Gifts were made or bought – then hidden, then given; and we were reminded of how much we loved and needed each other. This was a time of reflection and celebration – of families coming together, setting aside discord and rancor, singing, sharing and rejoicing in the pleasure of being together and the promise of peace and new beginnings.

After the death of our daughter Rhonda, I thought I would never again recapture that feeling. The pain of losing her was made even more intense by the beauty of the season. The sound of bells brought tears to my eyes, and I braced myself against the moment I would hear this lovely song again. The words were just an empty promise now. "This is reality" I thought. "All of my peace and joy are in the past. How can I ever hear the music and the message of peace on earth, when I am tormented by this longing for my child."

When our child died, the difference between major pain and minor grievance was instantly defined. Our lives were irrevocably divided into two parts; before and after. We could not control our child's death; and in our weakest moments, we believed we could not control anything in our lives – that we had no further responsibility for anything that happens to us or anyone else. Yet we know this isn't true. We still have control over our own words and our own behavior, and we work at controlling our thoughts.

Longfellow's words are both a plea and a promise. I put myself in his place; the pursuit of peace became a personal quest when our child died. Yet how can we find personal peace when each day brings fresh rumors and reports of conspiracy, bigotry, violence, hunger and strife? Our lives are filled with dismal reminders of how tragic the consequences can be when we lose sight of our real mission on this earth – to love and live in harmony with one another.

Words can hurt; words can ignite anger; words can destroy lives. But words can heal; and words can inspire and light fires of friendship and hope.

This year, when we hear the plea for peace and good will, perhaps each of us can, in some small way, help someone realize the promise the words embody. Let's do it in memory of our children.

~ Joyce Andrews, Southeast TX 1996

(Less than) Great Expectations (con't from page 1)

The next missed expectation came upon discovering Peter would be an only child. That was a difficult time too. But it wasn't long-lasting. After all, we did have Peter. It wasn't like we were childless. Like now.

We had Peter for 22 years. Coming to terms with the missed expectation of having him for the rest of our lives has become an ongoing, relentless pursuit; chasing after some impossible resolution that is clearly an exercise in futility. Life without Peter is one disappointment for which there is no resolve. This missed expectation requires total reinvention.

For ten years now I have worked hard at grieving and surviving. The first year was so very hard. But the second year was worse. You see, I expected (there's that word again) to feel better after the first year. But I soon discovered that the dreaded first anniversary did nothing, changed nothing and therefore, meant nothing. I was as miserable as ever and Peter was as invisible as ever. To this day, I don't know what I was expecting but, whatever it was, I didn't get it.

For ten years now, I've expected to achieve some resolution to the grievous pain of life without my treasured child. I've never really understood what "resolution" meant but I figured if I found it, I'd know.

As the holidays approach once again, I think perhaps "resolution" is the ability to function again as a seemingly "whole" person even when you're not. To be able to enjoy people and events again even when you're permanently sad inside. Life has become a strange collection of contradictions. Dis-belief is a constant. Can it really be ten years I wonder? I have a friend who also wonders is it possible that it is 21 years!? We marvel that we are still here. Another missed expectation. We both thought we'd be following our kids sooner rather than later.

So here come the holidays again. My expectations are changing. I've learned to expect very little. I expect I will manage to enjoy a little Thanksgiving with friends. December will be filled with music, lights and the laughter of little children. I will smile at all the festivities and quietly wonder once again, what would it be like now, if Peter were here.

~ Marie Levine, 2003

Love and Hope

*On a cold winter day, the sun went out,
Grief walked in to stay.
I turned away from the unwanted guest
And bid him on his way.*

*Grief was merciless, he brought his friends,
Loneliness, fear and despair.
They walked these rooms unceasingly
In the somber cloaks they wear.*

*Every so often now, love pays a call.
She always has hope by her side.
I welcome love as well as hope.
For I thought surely they had died.*

*Love counsels grief in a most gentle way,
Bids him be still for a while.
Then love walks with me through memory's hall,
And for a time – I can smile.*

~ Kerry Marston

'twas the Night Before Christmas...

...for bereaved parents

'twas the night before Christmas and I dreaded the days
That I knew I was facing – the holiday craze.
The stores were all filled with holiday lights,
In hopes of drawing customers by day and by night.

As others were making their holiday plans,
My heart was breaking – I couldn't understand.
I lost my dear child a few years before,
And I knew what my holiday had in store.

When out of nowhere, there arose such a sound,
I sprang to my feet, and looking around,
away to the window I flew like a flash,
tore open the shutters and threw up the sash.

The sight that I saw took my breath away,
and my tears turned to smiles in the light of the day.
When what to my wondering eyes should appear,
but a cluster of butterflies fluttering near.

With beauty and grace they performed a dance,
I knew in a moment this wasn't by chance.
The hope that they gave me was a sign from above.
That my child was still near me and that I was loved.
The message they brought was my holiday gift.
And I cried when I saw them in spite of myself.

As I knelt closer to get a better view
one allowed me to pet it – as if it knew –
that I needed the touch of its fragile wings,
to help me get through the holiday scene.

In the days that followed I carried the thought
of the message the butterflies left in my heart –
that no matter what happens or what days lie ahead,
our children are with us – they are not really dead.

Yes, the message of butterflies still rings in my ears,
A message of hope – a message so dear.
And I imagined they sang as they flew out of sight.
"to all bereaved parents – we love you tonight!"

~Faye McCord, TCF Jackson MS

SOMEONE ASKED ME ...

Someone asked me about you today
It's been so long since anyone has done that
It felt so good to talk about you
to share my memories of you
to simply say your name out loud
She asked me if I minded talking about
what happened to you
or would it be too painful to speak of it
I told her I think of it every day
and speaking about it helps me to release
the tormented thoughts whirling around in my head
She said she never realized the pain
would last this long
She apologized for not asking sooner
I told her, "Thanks for asking"
I don't know if it was curiosity
or concern that made her ask
But told her, "Please do it again sometime – soon"

~ written by **Barbara Taylor Hudson**

Had You Been Old

Had you been old I might be reconciled
to see you gathered to the silent wild,
were your days darkened, weary, shattered, told,
had life with disillusion been defiled,
and grief poured on your head its molten gold –
had you been old--

But you were young; your faith a fire unshaken,
your hair bright tossed with wind,
your breath swift taken
with dear delights of earth, with arms outflung
to joy; just then, just then to be forsaken
of breath? To leave the melody unsung,
when you were young.

~ **Elizabeth Frost**

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 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

When Siblings are Grieving

1. Don't overprotect us. We're trying to fit back into our lives, and overprotecting us makes it harder.
2. Many feel that being stoic is being strong. Don't hide your grief from us. Show us you grieve too, so we will come to you when we are hurting.
3. Information is important. We want to know what has happened or is happening, but we are afraid to ask for fear of hurting you more than you already hurt. Please give us opportunities to ask questions, and please answer ...truthfully.
4. We often feel we are being ignored when we are left with other people, especially when these people won't talk to us about what is going on. (Parents and family members can help us when they help others to be open).
5. Grief is an individual experience; it is full of ups and downs. Sometimes we're happy when you are sad, and sometimes we are sad when you are happy. Help us to accept that that is all right.
6. Advice and easy answers to difficult philosophical questions don't help. Don't tell us something just to be saying something. It's alright to tell us you don't have all the answers.
7. Don't tell us that we won't understand when we ask questions. We understand more than you think we do.

~suggestions from the sibling group,
TCF Acadiana, LA

They Lived

Yes, cry dear souls
For the ones you have lost
Remember the times you shared
The fun times
The quiet times
The sad times
The thoughtful times
Yes, cry dear hearts
For the lives cut short
Remember what they gave –
The laughter
The tears
The hopes
The fears

Yes, cry for the loss of a loved one.

But celebrate, for they have lived!

~ sibling, **Cheryl Larson**, TCF Pikes Peak

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](#)

SEE PAGE 6

WORLDWIDE CANDLE LIGHTING

Sunday, Dec. 10, 2023

at the

Parish House of the Church of Ascension
12 W.11th Street, Manhattan, NY



[Click here for more information.](#)

Worldwide Candle Lighting

Sunday, December 10th, 2023

Worldwide Candle Lighting Event In Manhattan

at the

Parish House of the Church of Ascension

12 W.11th Street, Manhattan, NY

Doors open at 5:45pm - Please arrive by 6:15pm - Family guests are welcome - PLEASE RSVP

[Click here](#) or the Events Tab on our website www.compassionatefriends.nyc for more information.

The Compassionate Friends - Worldwide Candle Lighting



We remember... that their light will always shine.

**** Remember - if in person...be sure to bring a framed photo of your loved one to be displayed in the ballroom during the evening.***

Important - take note!

There will be an ongoing slideshow of all our children...

To include your loved one in this beautiful memorial, please email your photos by DECEMBER 7TH to:

photosmtcf@gmail.com

We suggest you send two photos - a young, "sunrise" photo and a "sunset" more recent photo.

Be sure to indicate your child's **full name exactly as you wish it to appear!**

(If you had photos in last year's slideshow, just request to use the same photos for 2023)

IF YOU CANNOT ATTEND IN PERSON: National will have Virtual Candle Lighting. Go to www.compassionatefriends.org.

Gifts of Love

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

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



OUR CHILDREN—LOVED AND REMEMBERED

DECEMBER BIRTHDAYS



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



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

DECEMBER ANNIVERSARIES



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





OUR CHILDREN—LOVED AND REMEMBERED

JANUARY BIRTHDAYS



1/2 **LAURA LEVIS**, daughter of Georgia & William Levis
 1/2 **LUCY GRAVES**, daughter of Edward Graves
 1/3 **BRIAN MARC LIPTON**, son of Nancy & Charles Lipton
 1/5 **BENJAMIN TELUSHKIN**, son of Joseph & Dvorah Telushkin
 1/5 **MICHAEL MOSS**, son of Michaela & Bob Moss
 1/5 **NOELLE QUARANTA**, sister of Meredith Bonacci
 1/5 **RUTH DOUGHTY**, sister of Louise Doughty
 1/7 **CAMERON NICHOLLS**, son of Stephanie Moore Nicholls
 1/7 **JAQUELINE AHERN**, niece of Nan Ahern
 1/7 **OSCAR JOAQUIN**, son of Dru Levasseur
 1/8 **CHRISTINE EBERT**, daughter of Judy & John Ebert
 1/8 **ELLIOT CALVIN COPP**, son of Ariel Marie Pierce & Aaron Copp
 1/8 **JENNIFER BLANCHE BYRD**, daughter of Claudia Byrd
 1/8 **JOCELYN REED**, daughter of Cynthia Powell
 1/10 **MICHAEL STEIN**, son of Eric Stein
 1/11 **BRYAN KELLY**, son of Sean Kelly
 1/11 **JESS ILIAS**, son of Chris Clavelli
 1/12 **JOHN MARZANO**, son of Claire Martino
 1/12 **JONATHAN MOORE**, son of Ron & Ronnie Moore
 1/13 **CHRISTOPHER JAMES ROUCH**, son of Kathy Rouch
 1/13 **JOSE SANFORD**, son of Yolanda Rosado Ortiz & Gloria Perez
 1/13 **MICHAEL RATH**, son of Kathy Rath
 1/14 **ANTHONY SANCHEZ**, son of Deborah Sanchez
 1/14 **BRIAN CULLIMORE**, son of Teresa Cullimore
 1/14 **CHARLENE ALVAREZ**, daughter of Charlie Alvarez
 1/14 **DAVID GIBBS**, son of Ann Gibbs
 1/15 **ARA DYMOND**, son of George & Linda Torosian Dymond
 1/15 **MARIA CUNARD**, sister of Angela George
 1/16 **AMOL VADEHRA**, brother of Mallika Vadehra
 1/17 **KIARA KHARPERTIUM**, sister of Devin Kharpertium

1/17 **PAMELA SUE CHAIKEN**, daughter of Sandy & Lionel Chaiken, sister of Stephanie
 1/17 **PHILIP SULZER**, son of Barbara & Burton Sulzer, brother of Lisa
 1/18 **STEPHANIE GUBIN**, daughter of Rita Mittman
 1/19 **VINCENT MONACO**, brother of Charles Monaco
 1/20 **JONATHAN TARA**, son of John & Mary Tara
 1/21 **CHARLIE CAMPDERRICH**, son of Jody Campderrich
 1/21 **LISA WEBB**, sister of Janine Clancy
 1/21 **YVONNE LAURICE AJAKIE**, daughter of Evelyn Rabi
 1/22 **KEITH DANIEL**, son of Linda Daniel Finer
 1/23 **ADRIAN V. ROSAS**, son of Alejandra & Adriano Rosas
 1/24 **ALEX KNEPPER**, son of Lisa & Emanuel Psychojos
 1/24 **ERIC ROSENBERG**, son of Sharon Rosenberg
 1/24 **LATASHA ALCANTARA**, daughter of Anita Guy-Martin
 1/24 **MICHAEL AARONSON**, son of Dorothy Aaronson, brother of Robert Aaronson
 1/25 **ARIELLE ANEY**, daughter of Jenelle & Christopher Aney
 1/25 **KELLY ERIN GRAVES**, daughter of Gail Graves
 1/26 **DAVID 'JESSE' REISSMAN**, brother of Phil Reissman
 1/26 **FRANCISCO JAVIER**, son of Doris Cales
 1/26 **SONU ADAMS**, daughter of Una Chaudhuri & Michael Adams, sister of Nathaniel Adams
 1/27 **JEFF CARPENTER**, son of Donna Carpenter
 1/27 **JOHN THOMAS (TOMMY) VIGORITA**, son of Patricia & Vincent Vigorita
 1/27 **ROBBIE LAWRENCE**, son of Keisha Lawrence
 1/27 **WILL EARLE**, son of Nancy Earle
 1/29 **EREZ KLEIN**, son of Rachel Gordon
 1/30 **JIMMY ARMSTRONG**, brother of Siobhan Armstrong
 1/31 **AHREN JUDE KARRAN SINGH**, son of Rondha-Ann Lam
 1/31 **ELLIS ZIMMERMAN**, son of Anna Ellis & Benjamin Zimmerman



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

JANUARY ANNIVERSARIES



1/1 **MATTHEW SADI**, son of Sheri & Tzuri Sadi
 1/1 **SCOTT DEMEL**, son of Caren and Marc Demel
 1/2 **BRADLEY CHAIN**, son of Herbert Chain
 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
 1/6 **ARA DYMOND**, son of George & Linda Torosian Dymond
 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 Koppersmith
 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 **ALEX WITONSKY**, brother of Ava Witonsky
 1/23 **FRANCISCO JAVIER**, son of Doris Cales
 1/23 **GIAN PAOLA SANTINI**, son of Joan Santini, brother of Giuliana Reitzfeld
 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



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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: DEC 19 JAN 16 FEB 20 MAR 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](#)