



# The Compassionate Friends

## Manhattan Chapter

### Supporting Family After a Child Dies

#### Our next meetings...

Feb 21  
Mar 21  
Apr 18  
May 16

#### Manhattan Chapter Newsletter

February 2023

### Magical Thinking

*Life changes fast  
Life changes in the instant  
You sit down to dinner and life as you know it ends*

These are the first words we read in Joan Didion's book, *The Year of Magical Thinking*. These are the words picked up and quoted by reviewers and newscasters as if it took only as brilliant a writer as Joan Didion to discover how instantly life can turn. The book is an amazing read and wonderful in the confusion mixed with despair described as only Didion can describe it. We read it and recognize that as good a description as it is, it describes the loss of her partner – not her child. The loss of her past – not her future. That horrific loss was yet to come for her and even today, it is a loss she cannot discuss. Though she does detail the desperate, yearlong struggle to save her daughter from the illness that finally claims her – during her year of magical thinking it's her husband and history she grieves for. I can only imagine that words finally failed her as she grappled with the unthinkable loss of her beloved child. I once watched her being interviewed and when asked about her thoughts on the subsequent loss of her daughter, she hesitated...a long pause before admitting she wasn't prepared to talk about that yet.

Oh, don't we understand?! Are we ever prepared to talk about that. Our lives too changed in the instant – the ordinary instant. We all woke up that morning, innocently going about our lives blissfully ignorant of the possibilities. Who knew that fateful day, as we all scurried around completing plans made and errands that "had" to be run, and obligations that had to be met – who knew that in an instant – our lives would become undone and that no

(con't on page 2)

### After One Year -- What I Want to Know is, How Do I Go On From Here?

Many heads always nod in agreement when the question is asked at a Compassionate Friends meeting. Is that your question, too? It has been over a year since your child has died. In your own way you have met and survived those special days, holidays, his or her birthday and all the events you had anticipated sharing with your child, at least once. Now what? Where do you go from here? Life is going on around you, yet your own life may seem at a standstill. It has had a drastic and traumatic change. A tug-o-war wages within your mind and body. Part of you wants to hang on tight to the life you knew when your family was whole. But after a year of grieving and crying for your child you realize that life as you knew it is no more. The separation death has brought is daily becoming more real.

If you are at this point in your grief, you know how it is. We are weary and tired from the constant effort and energy it takes to keep moving ahead each day. Possibly we find ourselves putting up a false front and saying "okay," "fine", when people ask how we are doing, because we think they feel that's how we should be by now. We remember a year ago, when we looked ahead to this time thinking we would be back to normal, our grief somehow healed and resolved. Now we often seem to be two different people. A person living with the burden of the loss of our child and the emotions, depth of sorrow and pain which only another bereaved parent can understand; and at the same time a person going through the motions of living in the normal world of everyday work, activities, friends and problems, which we often are tempted to let go on without us. A feeling of panic isn't uncommon, yet you must have developed some survivor skills if you have come this far.

(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](mailto:tcfmanhattan@gmail.com)  
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THE COMPASSIONATE FRIENDS MEETINGS are now monthly - always the third Tuesday of the month

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

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.*

## Magical Thinking...

(con't from page 1)

magical thinking could come close to saving us.

It feels like the "other people" syndrome again. Somewhere in the back of our minds there always lurks the terror of some horrible event befalling our children. But we're very adept at shaking off any foreboding. It's really easy because bad things only happen to 'other people'. When it does indeed happen to us we wind up having to spend the rest of our lives trying to figure out how to incorporate the event and the loss into our pitifully rearranged lives. The year of magical thinking becomes a lifetime of magical thinking.

I've been trying to incorporate the loss of my only child, my son Peter, into my life for decades now. As part of that effort, I have seemingly "adopted" my friends grandchildren – because my friends have all very generously contributed their grandchildren to me, really believing their contributions measure up to the love my own grandchildren would have brought to my life – and though these unknowing tots are adorable and blissfully unaware of the responsibility being foisted upon them by their well meaning parents and grandparents – each "adoption" only magnifies my loss. As the years go on, and my insignificance in their lives becomes more and more apparent, it will take a lot of magical thinking to overcome my reality. Simply stated, my current reality is constantly at odds with a lifetime of expectation. And though it seems apparent to those who have always cared about me, that I am doing a great job of living my life – they have no idea of the sleight of hand and mind it takes to make such a difficult destiny look so easy.

These are the darkest days of the year. It is winter and we can wrap ourselves in a cocoon of love and longing for our lost children. Soon spring will force us to acknowledge the rebirth that season always brings. And that's okay. One of these days, one of those butterflies may land on my shoulder and start a whole conversation. I'm up for that. How magical will that be?

## Marie Levine

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## ....From Healing After Loss

By Martha Whitmore Hickman

*"I think these difficult times have helped me to understand better than before how infinitely rich and beautiful life is in every way and that so many things that one goes around worrying about are of no importance whatsoever."*

~ Isak Dineson

It is a costly wisdom, and God knows we would not have asked for it. But it is also true that coming through a great sorrow can make us stronger, teach us what is really important.

But to survive the death of a loved one is no guarantee of greater wisdom. We can also become embittered, reclusive, grasping. That's when we need friends, communities of faith, even professional help. But if we can weather the storm, we will have a better sense of who we are and what we want most in life. And we will learn to savor and cherish cool water, sunshine and wind, the smell of roses and the love and friendship we now have.

I will take time to notice the gifts life gives me, and be thankful.

~ ~ ~

## After One Year...

(con't from page 1)

How do we get out of there and go on without leaving the life of our child behind? Some helpful words might be slowly, carefully, patiently, and prayerfully, accepting ourselves as we are, and truthfully facing our feelings. Our own son was killed 18 months ago by a hit and run driver. If you were to peel back my outer shell right now and expose my thoughts, you would see that loving, exciting seventeen-year-old we shared so many good times with and my wish to have him here on his 19th birthday this month. You would see my desire to know more about heaven and God's plan for eternal life, a deep loneliness, fatigue, and many unanswered questions. It's strange. I have apprehension as I move back into life, yet a real fear of staying emotionally where I am.

Yes, it is hard to go on because no one can do it for us. The great effort it takes to get out of bed on time in the morning, to plan ahead for dinner and to make the best of each new day must come from within each of us. Now is a good time to take inventory of our resources. Do you have your health, home, husband, other children, other family members, friends, a job, faith in God? Do you have talents which you have neglected or something you always wanted to do which could be developed?

Making an appointment for health or dental check-up, deciding to lose those pounds you gained through frustrated eating; planning some special times with your family, initiating contact with old friends and rebuilding relationships, releasing new energy into your job, taking time to seriously study your faith, enrolling in a class to learn something new may be the boost you need. Do you have strengths of understanding love, caring, listening? No doubt you have already reached out to help someone else in their need or grief because you know how that kind of love has helped you.

Last summer, a "Things to do" list evolved out of my own frustration of not being able to budge or take even one step forward. Each day I tried to accomplish at least one small task from this list. As I saw little bits of progress, my attitude and depression began to lift. I kept my list very simple thinking of those things which would encourage me to succeed in areas I was weak, such as house work, planning meals and meeting the needs of my family; yet allowing me time for a quiet half hour by myself, going out to dinner with my husband, taking a walk, a bike ride or playing the piano and being available to care for others in a helpful way, especially other bereaved families. Of course, some days are still hard, but over the months my ability to move ahead has gradually increased. If you are stuck in one spot and the obstacles ahead seem too big, I encourage you to make a list of your own to fit your own lifestyle, talents and strengths. Our life is still worthwhile even as we continue to work through our grief.

~ Phyllis Sewell, TCF, Van Nuys, CA

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## Our 1-Page Writing Workshop — Writing a Tribute to a Loved one You Lost

**On Tuesday, January 24th, Barbara Field** joined us on line from Florida to lead a workshop for fourteen of us grieverers and writers to be. Some of us were new grieverers, some more seasoned - all hoping to find some helpful way to have writing be a vehicle to acknowledge and remember our loved ones.

But many of us weren't skilled writers, had previously found difficulty in writing overall, or had found pain writing about this topic in particular.

Barbara skillfully led us through a process of quickly recalling and writing about our loved ones. As we followed her lead and wrote and remembered thoughts and feelings about our loved ones, new feelings emerged. I know as I wrote I remembered times with my son I hadn't thought about for years. Some fond memories, some exasperating memories, some loving special times—sometimes with some tears but that's always safe in a Compassionate Friends group. In the end I didn't produce a polished product, but in working through the process of quickly writing and recalling memories and feelings, I ended up with a descriptive list of loving memories that I can read when I want and in a new way feel a hug from my son.

~ Dan Zweig

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### My Silent Companion

*I see you in my dreams  
laughing happily, free from sorrow,  
and safe from life's misfortune.  
The joy that lights your eyes fills me with comfort,  
and I know that every step I make,  
you also take.*

*Guiding me down life's path  
through obstacles in my way –  
You are my silent companion.  
When God took you back – it changed our lives  
and our perspective.*

*We now see the vibrant glow  
that lives in every one of His creations,  
and it reminds us of you.  
I hear your laugh in the crashing surf  
and feel warmed by your hugs in the soaking sun.*

*You are everywhere –  
You are my silent companion.  
Though I want to reach out to you  
and hold you tightly in my sorrow*

*I know you can feel my tears on your shoulder  
as you surround me in your soul.  
You sprinkle my life with tokens and treasures,  
reminders and reassurances of how much you love me.*

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

~ Jennifer Forrest, TCF, Orange Coast, CA

**Here's what a couple other workshop folks had to say:**

**Laura:** For me, I find it so difficult to even talk about Desha in the simplest terms and sometimes it makes me feel like that inability is a disservice to her and the relationship we had. The prompts and writing tips we learned in the workshop finally allowed me to cohesively communicate to others about how special she was and how much her family and others loved her. Like you, I also recalled amazing, core memories with her that I hadn't thought about in so long. Thank you so much for putting it together!

**Nadia:** I am glad I attended the workshop. It was actually a first and very big step for me to talk about my son. What helped was the easy gradual guidance towards reaching into memories that I mostly block because it's raw and painful. Laura's pain felt similar. It was both comforting and jarring to be in company of others who are in a position we never want to be in. I hope to get used to expressing more but it's so hard right now at least. Thanks for organizing and thanks to our teacher.

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### When tomorrow starts without me

*When tomorrow starts without me  
and I'm not there to see;  
if the sun should rise and find your eyes  
all filled with tears for me...*

*I wish so much you wouldn't cry  
the way you've done today,  
while thinking of the many things  
we didn't get to say.*

*When tomorrow starts without me  
please try to understand,  
that an angel came and called my name  
and took me by the hand.*

*It said my place was ready  
in heaven far above,  
and that I have to leave behind  
all those I dearly love.*

*But as I turned to walk away  
a tear fell from my eye,  
for all my life, I'd always thought  
I didn't want to die.*

*I had so much to live for,  
so much yet to do,  
it seemed almost impossible  
that I was leaving you.*

*When I thought of worldly things  
I might miss tomorrow  
I thought of you, and when I did,  
my heart was filled with sorrow.*

*So when tomorrow starts without me  
don't think we're far apart.  
for every time you think of me,  
I'm right here, in your heart.*

~ Erica She Liupaeter

## When Bad Things Happen to Good People

by Cathy Seehuetter, *Nina's forever mom, TCF St. Paul, MN*

With all the submissions to the Sharing Line regarding faith, I remember especially my early grief. When someone told me that it was "God's will", "He needed another beautiful flower for his garden", "It was her time to go," (my blood still boils at that one). I remember numbly nodding my head, too shocked to really think about what was being said to me. As I started to thaw some from my numbness and thought back on those statements, I became so angry at God I couldn't believe it. How dare He take my precious child! How dare He bless me with her and then point His finger at 15 1/2 years as if to say, "Time is up and I am calling in the loan. I am taking her back with me." I loved and cared for her with all my heart and soul and then she was taken away in an instant, as if a hand reached down from heaven and plucked her out of my arms. My anger and hatred toward the drunk driver was replaced with my intense anger at God; after all, according to everyone else, He made the decision to take her away from me.

Then I read When Bad Things Happen to Good People. I know from talking to others that there were many different responses to that book, not all favorable. But for me I found in those pages what I was looking for. I think it helped that the author, Rabbi Harold Kushner was also a bereaved parent. The part that spoke to me was where he wrote that it is not God who sits up in Heaven making the choice whether someone will live or someone will die. What God did do was give man free will to make their own choices and decisions. That, in my instance, the drunk driver responsible for the accident that took my Nina decided to have too many drinks at a bar and then he decided to get into a car and drive and through his negligence caused the death of my daughter. Rabbi Kushner says that God was aggrieved as well to see the pain and hurt that her death caused all of us who loved her, and that He stood alongside us and cried with us, there to comfort us in our sorrow.

I am sure there are many other interpretations that others got when reading that book, but that is the one that I needed. Obviously, we don't all get the same out of something we read and have our own opinions especially on matters of faith. But this was what spoke to me and it has helped me when I have my times of anger and loss of faith. This interpretation fit with the loving God that I was brought up to believe in. This is the one that I needed to put aside my anger at God.

On another note, has anyone felt a stab in the heart when you listened to someone talk about, for example, what happened to me (con't in next column)

## When Bad Things Happen (con't from left column)

the other day, "So-and-so's daughter was playing at the beach and they couldn't find her. Luckily, someone spotted her under the water and rescued her just in time. Obviously, her guardian angel was watching out for her and it wasn't her time." Ouch! When I hear things like that said, I start to say to myself, "Where was Nina's guardian angel?" I don't have an answer for that one yet, but it happens often enough that I hear someone mentions that so-and-so had a close brush with death and when it didn't happen that some superior being or guardian angel was watching over them and spared them, as if they were worthy and my daughter wasn't. Does anyone have these same feelings and if you do, what do you think? Any suggestions would really be appreciated to help when I wrestle with this.

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### The Missing Goes On

Are the grim, leaden skies somewhat lighter?  
Have I learned even black clouds might part?  
Has the pain that once battered me morning and night  
finally lifted a bit, from my heart?

"Not so!" I whisper defensively.  
Grief's claws are STILL raking my soul.  
I've battled this sorrow for many a year  
to wrestle away its control.

I've an uneasy truce with unbearable pain,  
most times it's quiescent within.  
Then there are times when with teeth bared, it strikes,  
and I'm thrust back to raw grief again.

I've waged a fierce war for relief from the pain,  
feeling guilty for wanting some peace.  
Though I know that less hurt doesn't equal less love,  
I'm torn between pain and release.

My daughter was born in the month of July,  
and July was the month that she died.  
She molded my life in the years she was here.  
In death, she continues to guide.

I love her no less than I did in her life.  
And I've learned that the missing goes on...  
So if misery takes time off for a night,  
it will surely return with the dawn.

~Sally Migliaccio, TCF Babylon, NY

*In memory of Tracey*

## Gifts of Love

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

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

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

### Making a contribution –

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

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



## Recommended reading...

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

⇒ take advantage of the book list on the TCF website [www.compassionatefriends.org](http://www.compassionatefriends.org)

⇒ go to [www.centeringcorp.org](http://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.

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### ...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.

~ ~ ~

## It's 2023...Where Are You?

The New Year came in around the world, quietly in some places, loudly in others, but received by each person differently. For some it's a time of beginning again, new promises, new hopes and goals. For others it's a time to renew – just as Nature renews during winter – by laying the foundation for spring growth in their physical, mental or spiritual lives

But, for some of us who grieve the loss of a child, grandchild or sibling, the New Year is another reminder of what we no longer have, of the joys we no longer experience, of the one we so desperately miss. We seem to be reminded at every turn of the hole in our lives and hearts. Who would have thought that a January white sale could cause a mother pain? Or the ads at year-end advising parents to get the needed dorm room fixtures at sale prices could make a father cry?

If we make it through January, we are besieged again when February hits. Here comes Valentine's Day. The day for love, the day for remembering loved ones in a special way. And we can only think of the loss we feel.

If these feelings seem familiar to you, you're grieving. If you seem to "plan ahead" for the big days, like Christmas and Easter (and actually get through them pretty well), but get "blind-sided" by ordinary days, you're grieving. If you find that you can cope with your loss for days, weeks, months on end, and suddenly you can't make it through a day without crying, you're grieving. And you're okay. Grieving has no calendar, no timetable, no set-in-concrete rules of time. And there are no standards of "correct" and "incorrect" behavior – either for those of us who grieve or for those who try to comfort us. The important thing is that we do grieve, that we do acknowledge our pain, and that we do allow ourselves to grieve as we need to, as long as we need to, and in the way that brings us the most help.

So, it's 2023. Where are you? Learning to live again, we hope; learning to love again, we hope; learning to hurt and survive, we'll bet.

With our loving wishes to all of you for peace and understanding in 2023.

Tom & Sondra Wright, TCF Atlanta

~reprinted from TCF Atlanta Newsletter Jan-Feb 2000

## 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

### A Brother's Death

*Barbara Lazear Ascher's brother Bobby died of AIDS at the age of 31. Following is an excerpt of a beautifully written and sensitive article describing the author's struggle with grief, originally printed in The New York Times.*

When we first learned of Bobby's illness, it seemed incomprehensible that this could be happening to our baby brother. My sister and I began a journey into paralysis. There were days when it seemed we had to concentrate on putting one foot in front of the other if we were to walk at all. If we traveled more than a couple of blocks, we were exhausted for the rest of the day.

We were hungry. We weren't hungry. We made chocolate chip cookies and chocolate brownies and didn't eat them. We opened and closed the refrigerator door, looking for something that might cushion the pain, fill the chasm that was opening from within.

Now I realize this was the beginning of grief which starts in the stomach, yawning like the gaping mouth in Munch's painting "The Scream." But what did we know of grief? We were young; our beloveds had not yet died. I began to understand that grieving is like walking. The urge is there, but you need a guiding hand, you need someone to teach you how.

I went to speak to a wise and trusted minister at my church who warned that there were bad times ahead. The death of a sibling he said, grievous in itself, is also a startling reminder of our own mortality. I suppose it's not dissimilar to the time in youth when we first learned of our origins and began to understand, if they made me, then they can make another. After that we became the nervous sentinels of our territory. When a sibling dies, the absolute certainty of death replaces the cherished illusion that maybe we'll be exceptions. When a sibling dies, death tugs at our own shirttails. There is no unclasping its persistent grip. "You too," it says. "Yes, even you." When you are new to grief, you learn that there is no second-guessing it. It will have its way with you. Don't be fooled by the statistics you read: widows have one bad year; orphans three. Grief doesn't read schedules.

One morning, three weeks after Bobby died, I arose feeling happy and energetic. Well now, I thought, I guess we've taken care of that. Wrong. The next morning, I was awakened by a wail I thought was coming from the storm outside until I realized it was coming from me. Grief will fool you with its disguises. Some days you insist that you are fine, you're just angry at a friend who said the wrong thing. One day I wept into the lettuce and peaches at our local supermarket when an acquaintance approached to scold me for my stand on an old battle. Of course, we both assumed that she was responsible for my tears.

You learn that you can cry and stop and laugh and even follow a taxi driver's commands to "have a nice day," and then cry again. You learn that there is no such thing as crying forever. Three months ago, I was certain that I would never be happy again. I was wrong. Grief is like the wind. When it is blowing hard, you adjust your sails and run before it. If it blows too hard, you stay in the harbor, close the hatches, and don't take calls. When it is gentle, you go sailing, have a picnic, take a swim. You go wherever it takes you. There are no bulwarks to withstand it. Should you erect one, it will eventually tire of the game and blow the walls in.

We cannot know another's grief, as deeply personal as love and pain. I cannot measure my own against the sorrow of my brother's friends who must wonder every day which among them will be next...I shy away from the magnitude of my brother's own grief when upon being

(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.*

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### 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](#)

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### A Brother's Death... (con't from left column)

diagnosed, he heard the final click of a door as it closed on possibility.

A friend of mine said of her son when he died at 30, "He was just beginning to look out at the world and make maps." So was my brother. And then there was no place to go.

~ Barbara Lazear Ascher, NYC



## OUR CHILDREN—LOVED AND REMEMBERED

### FEBRUARY BIRTHDAYS



2/1	<b>JAMES RUSSO</b> , brother of Adrienne Russo	2/17	<b>JONATHAN DIAZ</b> , son of Jeanette Diaz
2/1	<b>RICHARD VALDEZ</b> , son of Lisa Valdez	2/17	<b>JUSTIN CRAIG LEDERMAN</b> , son of Ruth Lederman
2/2	<b>ANDREW BALTINI</b> , brother of Kevin Baltini	2/17	<b>QUENTIN MUNDY</b> , son of Terri Mundy
2/2	<b>BRUCE WALES</b> , son of Fran Wales	2/18	<b>DANNY CRONIN</b> , son of Mary Cronin
2/2	<b>ISAAC JACOB MEYERS</b> , son of Nahma Sandrow Meyers , brother of Hannah Meyers	2/18	<b>EMRE EDEPLI</b> , son of Levant & Kirsten Edepli
2/2	<b>KAYDEN POLIUS</b> , son of Letitia & Greg Polius	2/20	<b>BLAKELY RUSSELL KAY</b> , daughter of Barbara Russell
2/3	<b>ANTONIA DALEY</b> , granddaughter of Linda Daley	2/20	<b>JOHN RICHARDSON</b> , son of Vivian Richardson
2/4	<b>CHARLIE-ROSE MCCALL</b> , daughter of Yvette Perry	2/20	<b>LISA COOPER</b> , daughter of Alphonso Appleton
2/5	<b>BRYCE SHELTON</b> , son of Bianca Villalona	2/20	<b>MIKEY HARTNETT</b> , son of Jessica & James Kerwin
2/6	<b>JOSEPH BABY</b> , brother of Marilyn Baby, son of Yohannan Baby	2/20	<b>SHANEIREE DAMES</b> , daughter of Vivian Richardson
2/6	<b>MASON SIMMS</b> , son of Shavon Simms	2/20	<b>ZACHARY JAMES MILLIKEN</b> , son of Vigi Cadunz
2/7	<b>BRADLEY KEITH BONGAR</b> , son of Beth Bongar	2/21	<b>ASHLEY HOPE GOODMAN</b> , daughter of Karen Goodman
2/8	<b>TRYGVE WASBOTTEN</b> , son of Marilyn Wasbotten	2/22	<b>ALEXANDER GOLDIN-KRAUS</b> , son of Jill Goldin
2/10	<b>JEREMY RODRIGUEZ</b> , son of Wanda Marrero	2/22	<b>DANIEL BRENNAN</b> , brother of Aileen Brennan
2/10	<b>KAREN CASBAY</b> , sister of Laura Reissman	2/24	<b>ANAYA TAHA</b> , granddaughter of Soheir Kache
2/10	<b>MARINA ELIZABETH CLOOS</b> , daughter of Alice Cloos	2/24	<b>GEORGE MICHAEL PEREZ</b> , son of Priscilla Perez
2/10	<b>PABLO RAMIREZ</b> , son of Carlos Ramirez	2/25	<b>MICHAEL FABI</b> , son of Donna Leder
2/10	<b>STUART MILLER</b> , son of Nancy Morgan	2/26	<b>IAN ADLER</b> , son of Judy Adler
2/11	<b>STACEY LEONDIS</b> , sister of Diana Liondis	2/26	<b>IMOGEN ROCHE</b> , daughter of Theseus Roche
2/12	<b>IAN BOSIN</b> , son of Judy Neustadter	2/26	<b>MATTHEW GOODSTEIN</b> , son of Ann Goodstein
2/13	<b>BURKE TAYLOR</b> , brother of Emily Yoshikawa	2/27	<b>ADAM AZZOLI</b> , son of Amanda Azzoli
2/13	<b>GARY LEUNG</b> , brother of Tony Leung	2/27	<b>ALISON GERTZ</b> , daughter of Carol & the late Jerry Gertz
2/13	<b>ROMEL ARIAS</b> , son of Luisa Cabrera	2/27	<b>PARIS CAVIC</b> , sister of Mel Cavic
2/15	<b>DESTINI DOYLE</b> , daughter of Annette & Kendall Doyle	2/27	<b>QUINDORA PERSUAD</b> , daughter of Maria Cabassa
2/16	<b>RAJESHVARI PATEL</b> , sister of Sandip Patel	2/28	<b>ANTHONY &amp; NICHOLAS AURELIA</b> , twin sons of Patrick Aurelia
2/17	<b>IRIS</b> , daughter of Alyson Ben-David	2/28	<b>BARA COLODNE</b> , daughter of Mia and Eric Colodne
		2/28	<b>MARCUS PRESTON</b> , son of Valerie Preston



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## OUR CHILDREN—LOVED AND REMEMBERED

### FEBRUARY ANNIVERSARIES



2/1 **ISABEL XIE**, baby daughter of Denise Chow & Wayne Xie  
2/1 **JUSTIN HOLLAND**, son of Carole & Marvin Holland  
2/1 **MISCHA DRUCKER ZIMMERMAN**, son of Henia Drucker  
2/1 **RALPH JOSEPH GONZALEZ**, son of Blanca Gonzalez  
2/12 **NARI GAJADHAR**, son of Beena Bermingham, nephew of Asha Singh  
2/3 **GABRIEL ROCCOFORTE**, son of Judith Weiss  
2/3 **JORDAN JOHN**, brother of Christian John  
2/4 **ELLA BANDES**, daughter of Judy Kottick & Ken Bandes  
2/5 **STEFAN PAKULSKI**, brother of Marek Pakulski  
2/6 **BOBBY BEATTIE**, brother of Rose Beattie  
2/8 **JESS ILIAS**, son of Chris Clavelli  
2/10 **JONATHAN BUCAOTO**, son of Ruth Sowell  
2/10 **JONATHAN TARA**, son of John & Mary Tara  
2/10 **SANDRA PLOUFFE**, daughter of Margie & Bram Jelin  
2/12 **KEITH DANIEL**, son of Linda Daniel Finer  
2/12 **LINCOLN WHEELER-POWELL**, son of John Powell & Britta Wheeler  
2/12 **PAMELYNN SAMUEL**, daughter of Madelaine Samuel  
2/12 **RAJESHVARI PATEL**, sister of Sandip Patel  
2/13 **BRENDAN BITTNER**, brother of Jessica Bittner Markus  
2/14 **DANIEL BRENNAN**, brother of Aileen Brennan  
2/14 **KRISTEN SANCHEZ**, sister of Melissa Rosario  
2/14 **NAOMI STOLAR**, sister of Susan Schindler  
2/14 **RHETT THOMPSON**, son of Gayla Thompson

2/15 **RONAN CHRISTOPHER LOUIS**, son of Rick Louis  
2/17 **LAURIE NICHOLS**, daughter of Marie Jones  
2/17 **RICHARD VALDEZ**, son of Lisa Valdez  
2/18 **BRIAN GEWIRTZ**, son of Kathleen & Steven Gewirtz  
2/18 **MICHELE SIEGEL**, daughter of Lillian Hass  
2/19 **BRANDON WEDEL**, brother of Brittini Wedel  
2/19 **CASEY STRAKA**, son of Dana Straka  
2/19 **CORLYN HAYNES**, daughter of Yvonne Haynes  
2/19 **IAN ADLER**, son of Judy Adler  
2/19 **JAVAN STEWART**, son of Omarr & Ursula Stewart  
2/19 **KELLI ANNE AULETTA**, daughter of Dick & Mary Auletta, sister of Kimberlee  
2/19 **LORI HEALY**, daughter of Tom Healy  
2/20 **GERSON JAIR SALMON**, son of Ivette Salmon  
2/21 **ALEXANDER ROBERTS**, son of Nancy Roberts  
2/21 **TEVIN A. HAMPTON**, son of Patricia Lilly  
2/22 **SERYNA RODRIGUEZ**, daughter of Marilyn Castro  
2/23 **AODHAN CUMISHEY**, daughter of Donal Cumishey  
2/24 **LEO CONAGHAN**, nephew of Ellen Barry  
2/25 **MARY ANN VALVERDE**, sister of Victoria Soto  
2/26 **GLENN SPELLER JR.**, son of Glenn Speller Sr.  
2/26 **JOSEPH MARINO**, brother of Joanne Marino  
2/27 **FLORENCE FRAZER**, sister of Harri Molese  
2/27 **PAUL THOMPSON**, son of Elaine Thompson  
2/28 **MICHAEL MCGOVERN**, son of Harri Molese



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## OUR CHILDREN—LOVED AND REMEMBERED

### MARCH BIRTHDAYS



3/1	<b>JO ANNA BURRO</b> , daughter of Jeanette Burro	3/17	<b>ELYSE CARVER</b> , daughter of Violette Carver
3/1	<b>RISA FIELD</b> , sister of Barbara Field	3/17	<b>GERSON JAIR SALMON</b> , son of Ivette Salmon
3/1	<b>ROSARIO TORANZO</b> , sister of Carmen Toranzo	3/17	<b>WILLIAM FISHER</b> , son of Sally A. Fisher
3/1	<b>SCOTT DEMEL</b> , son of Caren and Marc Demel	3/18	<b>ANDY FISHER</b> , son of Barbara Fisher
3/3	<b>AREIS GORDON</b> , son of Joselyn Gordon	3/18	<b>ANDY PERSAUD</b> , son of Dennis Persaud, brother of Andrea Persaud
3/3	<b>DAVID MILLER</b> , brother of Jeanie Miller	3/18	<b>DESHA BEAMER</b> , sister of Laura Beamer
3/3	<b>DIANE HASS</b> , daughter of Lillian Hass	3/19	<b>CHARLOTTE MILLER</b> , daughter of Caitlin Felton & Barney Miller, sister of Clara
3/3	<b>JENNA AGULE</b> , sister of Devon Agule	3/20	<b>ISABEL L. DODWELL</b> , daughter of Amy & William Dodwell
3/4	<b>CHRISTOPHER ROMINE</b> , brother of Jennifer Romine	3/20	<b>PHILIP GOODFRIEND</b> , son of Debbie Goodfriend
3/4	<b>JASMINA ANEMA</b> , daughter of Theodora Anema	3/21	<b>JOSHUA UNDERWOOD</b> , brother of Sarah Underwood
3/5	<b>PAMELYNN SAMUEL</b> , daughter of Madelaine Samuel	3/22	<b>DARIA NORTON</b> , daughter of Charlotte Savino & Lee Norton
3/5	<b>STEFANO AGOSTINELLI</b> , son of Pascale Agostinelli	3/23	<b>ALEXANDER ROBERTS</b> , son of Nancy Roberts
3/6	<b>LEAH NICO</b> , daughter of Linda Sacks, sister of Mara Bragg	3/23	<b>GLENN GILLIARD</b> , son of Rose Chaney
3/6	<b>PARKER KOLTCHAK</b> , son of Deb Capone	3/23	<b>MANUEL RODRIGUEZ</b> , son of Irene Rodriguez
3/6	<b>SITA OLIVE SINGH DUTTON</b> , daughter of Nirvani Bissessar and Edward Dutton	3/24	<b>BRYANT GIBBS</b> , brother of Cynthia Gibbs-Pratt
3/7	<b>CHRISTIAN FUERSICH</b> , son of Janet Fuersich	3/24	<b>RONAN CHRISTOPHER LOUIS</b> , son of Rick Louis
3/7	<b>RORY DAZE CHONG</b> , son of Pam Chong	3/25	<b>JADEN MAXWELL THOMAS</b> , son of Louise Thomas, brother of Tanya
3/7	<b>SHIMMER HALL</b> , daughter of Janine James	3/25	<b>RICHARD CONLEY</b> , son of Phyllis Conley
3/8	<b>DANIELLE ALEXANDRA GORDON</b> , daughter of Fran Gordon	3/26	<b>BEN BREEN</b> , son of Carol Breen
3/8	<b>MAGGIE GOWELL</b> , daughter of John & Rosanna Gowell and sister of Jesse	3/26	<b>JEREMY PALLEY</b> , son of Iris Palley and Stephen Palley
3/9	<b>ANJELINA PATRICE WILLS</b> , granddaughter of Patricia Tyler-Owens	3/26	<b>NOAH COMPTON-MEYER</b> , nephew of Allison Meyer
3/10	<b>CYBELE ELIZABETH FISHER-KOPPEL</b> , daughter of Phyllis & Jack Fisher, sister of Remy Fisher-Bauman	3/27	<b>CHADWICK ALEXANDER ANDERSON</b> , son of Stacie Hawkins
3/10	<b>ELINOR FRIEDBERG BLUME</b> , daughter of Leslie Kandell	3/27	<b>STEVEN HOUTERMAN</b> , son of Awilda Rodriguez Houterman
3/10	<b>JULIAN SERAFIN</b> , son of Agata Lisok-Serafin	3/28	<b>DAVID LANG BAREK</b> , son of Peggy Lang
3/11	<b>GRACE CORDERO</b> , daughter of Margarita Zambrano	3/29	<b>BRANDON WEDEL</b> , brother of Brittini Wedel
3/11	<b>LYNDON HOWARD</b> , son of Lila Howard	3/29	<b>MICHAEL VINCENT ROSEN PIPITONE</b> , son of Alison Rosen & David Hantman
3/11	<b>SEAMUS WOOD</b> , son of Will Wood & Deb Funkhouser	3/29	<b>ROBERT VRABLIK</b> , brother of Lauren Vrablik
3/12	<b>BENJAMIN RONALD OJEDA-FEINSTEIN</b> , son of Talo Ojeda & Reva Feinstein	3/30	<b>ALEX REY</b> , son of Alex and Myrna Rey, brother of Amanda Rey
3/13	<b>ALEXANDER ANDUJAR JR.</b> , son of Madelaine Colon	3/30	<b>AURELIE FRANCHITTI</b> , daughter of Marianna Vertsman, sister of Valerie Franchitti
3/13	<b>ROBERT CABALES</b> , son of Susan Cabaes	3/30	<b>SANDY SMITH</b> , sister of Cindy Smith
3/14	<b>BENJAMIN LEWIS KAPLAN</b> , son of Barbara Lewis Kaplan	3/30	<b>ZANE MANDEL-MICHALAK</b> , son of Janet Robinson
3/14	<b>WILLIAM JOHN BERTRAND</b> , son of MaryLee Bertrand	3/31	<b>ADAM RAPOPORT</b> , brother of Lindsay Rapoport
3/15	<b>ROBERT PATRICK JENKINS</b> , son of Barbara Jenkins, brother of Cheryl		





## OUR CHILDREN—LOVED AND REMEMBERED

### MARCH ANNIVERSARIES



3/2 **DANIEL ALBERT**, son of Anita Albert, brother of Jenna Van Dusen  
 3/2 **NATASHA GEMBKA**, daughter of Tim & Alexis Gembka  
 3/2 **TY PICKETT**, son of Jan Pickett  
 3/3 **LOUIS ARESU**, son of Elizabeth Sperrazza, brother of Maria Sperrazza  
 3/4 **EDDIE WALSH**, twin brother of Tricia Walsh  
 3/4 **SAESHA KAYTAL**, daughter of Supriya & Sid Kaytal  
 3/4 **WILL EARLE**, son of Nancy Earle  
 3/5 **MICHAEL MCFARLAND**, son of Tamara McFarland  
 3/6 **ALEXANDER MAXWELL**, son of Deanna & Kent Grant  
 3/6 **DANIELLE BAKER**, sister of Tiffany Baker  
 3/6 **RICHIE BENANTI**, son of Monica Benanti  
 3/7 **PETER SCHLENDORF**, son of Karen Schlendorf  
 3/9 **DAVID 'JESSE' REISSMAN**, brother of Phil Reissman  
 3/9 **DONNA MALIZIS**, daughter of Agata Malizis  
 3/9 **ROBERT VRABLIK**, brother of Lauren Vrablik  
 3/9 **ROSARIO TORANZO**, sister of Carmen Toranzo  
 3/10 **BRIAN MARC LIPTON**, son of Nancy & Charles Lipton  
 3/11 **GRACE CORDERO**, daughter of Margarita Zambrano  
 3/11 **MILO KESSLER**, son of Alana Fishberg & Daryl Kessler  
 3/12 **AMOL VADEHRA**, brother of Mallika Vadehra  
 3/12 **BURTON SANDLES**, son of Ina Sandles  
 3/13 **JUDAH GUBBAY**, son of Marge Gubbay  
 3/13 **NOAH COMPTON-MEYER**, nephew of Allison Meyer  
 3/14 **AMY KIMM**, daughter of Arleen Becker  
 3/14 **MICHAEL ANTHONY EAGLE**, son of Leslie Katina Eagle  
 3/15 **DANIELLE ALEXANDRA GORDON**, daughter of Fran Gordon  
 3/16 **CHARLIE DENIHAN**, son of Barbara and Ben Denihan, brother of Krissy and Kate

3/16 **MICHAEL KAMEO**, son of Mordi and Keren Kameo  
 3/16 **NICHOLAS MONICO**, son of Lisa & Craig Monico  
 3/17 **ISAAC JACOB MEYERS**, son of Nahma Sandrow Meyers, brother of Hannah Meyers  
 3/18 **CATHERINE CORENU**, daughter of Carrie Tuhy  
 3/18 **CHARLENE ALVAREZ**, daughter of Charlie Alvarez  
 3/18 **DAVID MILLER**, brother of Jeanie Miller  
 3/19 **DAVID KRANZ**, son of Denise Kranz and Charles Katz  
 3/19 **SITA OLIVE SINGH DUTTON**, daughter of Nirvani Bissessar and Edward Dutton  
 3/20 **MICHAEL STEIN**, son of Eric Stein  
 3/20 **RASHID WASHINGTON**, son of Chakaina Anderson  
 3/21 **JELANI CARTER**, son of Darlene Hoffman  
 3/21 **LOUIS KORENMAN**, son of Sanders Korenman  
 3/21 **MELANIE DINOWITZ**, daughter of Elaine Dinowitz  
 3/21 **MICHAEL CYRUS**, son of Linda Reed  
 3/24 **CALLUM ROCHE**, son of Sean Roche  
 3/24 **SUZANNE PAGE**, daughter of Timmie Ross  
 3/25 **MATTHEW CARLSON LUTZ**, son of Linda L. Carlson  
 3/26 **AIMEE GANDOUR**, sister of Molly Gandour  
 3/26 **CLARIS GLOVER**, daughter of Crystal Glover  
 3/27 **ASHLEE D. BLAKE GUTIERREZ**, daughter of Marlene & Francisco Gutierrez  
 3/28 **ROBERT GRAUP**, son of Leona Graup  
 3/28 **TEPLY RACHMEL**, daughter of Allllison Tepley & Nir Rachmel  
 3/28 **ZAIDA SANTIAGO**, daughter of Selena Santiago & Lewis Harbour  
 3/29 **GARY LEUNG**, brother of Tony Leung  
 3/29 **NICOLAS DE LAVALETTE**, brother of Sebastian Lavalette  
 3/31 **HARRIS KAPLANSKY**, son of Denise Gelfand



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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 Online National Magazine</b> <a href="#">Click here for Information</a>
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 the 3rd Tuesday of each month: <b>FEB 21    MAR 21    APR 18    MAY 16</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](#)