



The Compassionate Friends

Manhattan Chapter

Supporting Family After a Child Dies

Our next meetings...

Jul 18

Aug 15 (Zoom)

Sep 19

Oct 17

Manhattan Chapter Newsletter

July 2023

...and for that I am so grateful

Note I wrote this in 2015 so I've done a bit of editing regarding Peter's age and the time he's been gone. That's all that's changed. He's still the best thing that ever happened to me and I remain forever grateful for having had him. Marie*

Strange thing, time markers.. July 14th was/is Peter's birthday. If he had stayed with us he'd be 52. Instead, he's forever an indelible 22. He's been gone now 30 years! We've been without him for as long as we had him. Interesting that he is so present in my life. I feel like I had him longer than I've suffered without him present.

Less than a year after Peter died, a little grey kitten fell into our lives. He was born under a truck...and a lucky star. After a wonderful 21-year run, my Boomer joined Peter, Max Daisy, Sammy, Max Ginger, Middle and Fluffy a day before Peter's birthday in 2015.

Having lost Peter, my child, I was a bit confounded at how sad I felt about this loss. After all, he was just a cat. But I've learned that losing my child was about losing the love – or thinking in the beginning, that all love was lost. The worst had happened. My grief was so all consuming I never imagined I could ever feel bad about any other loss. So it started me reflecting once again on how dark and hopeless everything was 30 years ago and how far I've traveled on this tear stained path. Far enough to grieve the loss of my cat. Except that this grief, I knew, would pass.

"Motherhood is like Alabama – you can't trust the descriptions in the books, you have to go there."

~ Marni Jackson, journalist

So true. And so is grieving the loss of a child. You can't

(con't on page 2)

The Gift of Someone Who Listens

Those of us who have traveled a while along this path called grief, need to stop and remember that mile, the first mile of no relief.

It wasn't the person with answers, who told us the way to deal.

It wasn't the one who talked and talked that helped us start to heal.

Think of the friends who quietly sat and held our hands in theirs, the ones who let us talk and talk, and hugged away our tears.

We need to always remember that, more than the words we speak, it's the gift of someone who listens that most of us desperately seek.

~ Nancy Myerholts, TCF, Toledo, OH

"Some people come into our lives and quickly go. Some people move our souls to dance. They awaken us to new understanding with the passing whisper of their wisdom. Some people make the sky more beautiful to gaze upon. They stay in our lives for a while, leave footprints on our hearts, and we are never, ever, the same"

~ Author Unknown

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, July 18, 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.

...and for that I am so grateful (con't from page 1)

trust the descriptions in the books ... maybe those written by a bereaved parent. Only those of us who have been there know how it feels and since there is no language adequate to describe what this catastrophe feels like, we speak in metaphor to civilians and find the most solace in the company of others who travel with us. No explanations necessary. We just know.

On becoming a parent: "everything we did was a first – first bath, first walk, first drive in the car, it was like we walked into an alternate universe that looked just like the old one, but all the rules were different and we had to relearn how to live."

~Soleil Moon Frye, actor

Wow. Couldn't this quote have been made by a newly bereaved parent instead of a new parent? In our alternate universe we have a slew of firsts; all painful and designed as markers leading to what we naively think will be the end of mourning. The first week, the first month, first birthday, Valentines Day, Spring, Mother's Day, Father's Day, Summer, Fall, Halloween, Thanksgiving, Christmas, New Years ... Anniversary.

That dreaded first anniversary when each day in the final week brings us back to thinking "last year it was his last Monday, Tuesday...Thursday...Saturday...", anticipation of that

(con't in next column)

Camp Good Mourning! www.campgoodmourning.org

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

(con't from left column)

commemorative first anniversary taking our breath away. Once again, all the rules are different, and we have to re-learn how to live.

I am the mother of just one child – and he is no longer present. The memory of him is as vivid as if he was here yesterday. I see his image in my mind's eye and I hear his booming voice and contagious laugh. I am so sorry he had only 22 years with us, but I am even sorrier for me, for all I've lost as a result of his leaving. And yet – my life is richer for having had him and having the memory of who he was. If I had never had a child, I would never have known the intensity of love that Peter brought to my life. That ignorance would not have been bliss, for it would have denied my understanding and empathy for so much of life's connections.

This year, at the 30th anniversary of his passing, I know Peter was and still is the best thing that ever happened to me. Despite the pain and sorrow of his passing, Peter continues to bring value to my life, and for that, I am so grateful.

Marie Levine

A Caring Hand

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

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

THIS WEEK - CONFERENCE REGISTRATION STILL OPEN

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.

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

Passing the Basket – We raise needed funds at each meeting by passing a basket for voluntary contributions at our in-person meetings. We are so glad to hold online meetings whenever possible, but there is no 'basket' at our online meetings. If you are able to, whenever you can as an online participant, please help and make a 'Basket' contribution to help our organization.

Making a contribution –

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

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

Recommended reading...

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

⇒ take advantage of the book list on the TCF web-site www.compassionatefriends.org

⇒ go to www.centeringcorp.org, for an extensive list of resources for ALL those grieving for every possible reason – for parents, grandparents, siblings, mothers, fathers, teens, children...because of sudden death, accident, long term illness, infant loss, miscarriage, homicide, substance abuse, etc.

Reading other bereaved people's stories helps us. Take advantage of these resources. Discovering how much of what we feel is being experienced by fellow travelers helps us understand the process and restores hope.

...to our new members

Attending your first meeting is the hardest thing to do. But you have nothing to lose and everything to gain. Try not to judge your first meeting as to whether or not TCF will work for you. Often, it is the second, third or fourth meeting where you will find just the right person or the right words said that will help you along in your grief.

...to our long standing members

We need your encouragement and continued support. You are what ties our group together. Sadly, each meeting brings new parents. *THINK BACK*... what would it have been like for you if there had not been any "oldtimers" to welcome you and share your grief and encourage you and tell you that in time, the pain will soften...with time, there is hope.

~ ~ ~

The Compassionate Friends Credo

We need not walk alone.

We are The Compassionate Friends.

We reach out to each other with love, with understanding, and with hope.

Our children have died at all ages and from many different causes,

but our love for our children unites us.

Your pain becomes my pain just as your hope becomes my hope.

We come together from all walks of life, from many different circumstances.

We are a unique family because we represent many races and creeds.

We are young and we are old.

Some of us are far along in our grief, but others still feel a grief so fresh,

and so intensely painful that we feel helpless and see no hope.

Some of us have found our faith to be a source of strength; some of us are struggling to find answers.

Some of us are angry, filled with guilt or deep depression; others radiate an inner peace.

It is pain we will share just as we share the love for our children.

We are all seeking and struggling to build a future for ourselves,

but we are committed to building a future together as we reach out to each other

in love, and share the pain as well as the joy,

share the anger as well as the peace,

share the faith as well as the doubts,

and help each other to grieve, as well as to grow.

WE NEED NOT WALK ALONE.

WE ARE THE COMPASSIONATE FRIENDS.

~ ~ ~

Online Support from the National Compassionate Friends Website

Live Chats

The Compassionate Friends offers "virtual chapters" through an Online Support Community (live chats). This program was established to encourage connecting and sharing among parents, grandparents, and siblings (over the age of 18) grieving the death of a child. The rooms supply support, encouragement, and friendship. The friendly atmosphere encourages conversation among friends; friends who understand the emotions you're experiencing. There are general bereavement sessions as well as more specific sessions.

Click [HERE](#) for more information and a list and schedule of Live Chats.

Private Facebook Groups

The Compassionate Friends offers a variety of Private Facebook Groups. These pages cover a wide range of topics and are moderated by bereaved parents, siblings, or grandparents. They may be accessed only after a request to join is approved by a moderator.

Click [HERE](#) for more information and a list of Private Facebook Groups.

ON TIME

Wordless and wordless
Endless and forever grief goes on
It takes the best
And leaves the rest an empty shell
Life is hell

David was dead four months when I wrote that in my journal.
Time was the enemy. As I envisioned the future of my life I saw only a vast expanse of desert – dry, parched and empty.
It's not a year and a half since David's death and I recognize that time has become my friend. Now, when I look to the future, I see hills and valleys – struggles, to be sure, but also moments spent at the summit. What has happened? Time is healing.

I still do understand when people say "give it time." That implies a passive process – that time, in and of itself will heal. I don't believe that is the case. We must take time, use the time to grieve – painfully and fully – time will heal.

Take time...

- **To hurt.** The pain is great and the temptation to run away is great. But there is no avoiding, no escaping, hard feelings. If you cover them over, they only resurface later in a potentially more destructive way.

- **To cry.** It may feel like once started, you can never stop. But you have every reason to cry, and when you have cried enough, you will stop.

- **To "fall apart."** If you had a broken leg you would not expect yourself to function at full capacity right away. Your wound is much greater – you have a broken heart. Confusion, inability to concentrate, lethargy, imagined glimpses of your dead child, all are a normal part of the grieving process and do not mean you are going crazy.

- **To be "selfish."** Mourning is an egocentric time, a time for turning inward and introspection.

- **To identify and seek out resources.** Sensitive listeners – friends, clergy, Compassionate Friends, a counselor, can help. Talk to them.

Having done all that – having lingered in the valley of the shadow, it is time to begin the long climb out.

Take time...

- **To engage again in activities that were once pleasurable.** They may hold no joy the first few times. Someday they will and that will be all right.

- **To laugh.** without guilt. Savor the good moments in the day, brief though they may be. Through your child you can rediscover the beauty of a sunset.

Be patient. Wanting to live again – learning to live again – takes time. The path out the other side of the valley is steep and we all stumble often. But with time...time spent doing the hard work of grieving...you can find the path to a world made richer by your love.

~ **Brina Romanoff, PhD, TCF, Albany, NY**

THE LONG ROAD BACK

Lost in a pit of deep despair
darkness and grief and pain,
searching to find someone who'd care
who'd give me hope again.
I saw a sign like shining gold,
found where the rainbow ends,
pointing towards a rocky road,
it said "Compassionate Friends".
Thinking it would not hurt to try,
for what could hurt me more?
I sadly made my weary way,
and gently tried the door.
A flood of warmth came out to me,
soft voices seemed to say,
"come in my friend and share your grief,
We'll help you on your way.
We too have walked the same sad path,
and sought a helping hand,
and we have found so many friends
who care and understand."
My long road back began that day,
and though it often bends,
my love and thanks go out to all
my dear Compassionate Friends.

~ **Betty Kenna, TCF United Kingdom**

THE BEAUTY PLACES

By Edgar A. Guest

Here she walked and romped about,
And here beneath this apple tree
Where all the grass is trampled out
The swing she loved so used to be.

This path is but a path to you,
because my child you never knew.
'twas here she used to stoop to smell
the first bright daffodil of spring;

'Twas here she often tripped and fell
And here she heard the robins sing.
You'd call this but a common place,
but you have never seen her face.

And it was here we used to meet
How beautiful a space is this,
to which she gayly raced to meet
her daddy with his evening kiss!
You see here nothing grand or fine,
but oh, what memories are mine!

The people pass from day to day
and never turn their heads to see
the many charms along the way
that mean so very much to me.
For all things here are speaking of
the babe that once was mine to love..

Siblings

Seventeen years ago.....

"Hey Joyce, where 'ya been?" my classmate casually asks. He doesn't realize that simple question is the most difficult for me to answer. "My brother died." At twenty-five years old, Raymond overdosed on drugs. I look away.

Can you tell how I feel by the look on my face? Can I tell you with words? Would you listen? I'm nineteen years old – I get to live, how come he didn't? Look at all he is missing – do I have a right to enjoy all this – concerts, dancing, a walk in the park - life! Do I have a right to smile when he isn't here? Was there something I could have done to help him? I'm angry! I suppose I shouldn't be, after all he was so sad and so sick. How can I be mad at someone who died? The rest of my family speaks of him as if he was a saint, yet I am filled with rage. How could you destroy our family! How could you be so selfish! I hate you!

I feel ashamed to say these words, but I can't bear walking around like I am choking. The tears come out sharply, and yes, it hurts, but the clenched fist in my heart is beginning to open. I pray that I will not be bitter. I will try to go on because I love life, and I know God wants me to live.

Seventeen years later, I enter Compassionate Friends where I can tell my story without shame – uncensored. I have come to realize I was powerless over my brother's addiction. I will always feel the sadness of this loss, but I have the right to a full and joyous life even though my brother did not survive. And so, I am grateful to experience the meaning of the word – compassion.

~ **Joyce Raimondo**, TCF Manhattan

OUR JULY 18TH MEETING — IN-PERSON

We will be in-person only July 18th. Still working to figure out how and when we can work in an on-line meeting. It's by far worth the extra effort to come in-person, but we recognize not everyone can.

OUR AUGUST 15TH MEETING — ON LINE!

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

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](#)

RESOURCES

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

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

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

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

COPE Foundation <http://www.copefoundation.org/>

Helps parents and families living with the loss of a child

Pregnancy Loss Support Group <https://www.pregnancyloss.org/>

Focuses on supporting mothers and fathers who have experienced miscarriage, stillbirth, or newborn death.



OUR CHILDREN—LOVED AND REMEMBERED

JULY BIRTHDAYS



7/1 **JONAH BING**, son of Dana Lodge
 7/1 **NOAH MITCHELL**, son of Melody Mitchell
 7/3 **CORLYN HAYNES**, daughter of Yvonne Haynes
 7/3 **MICHAEL CYRUS**, son of Linda Reed
 7/5 **PIERRE MCALOON**, son of Peggy McAloon
 7/6 **NARI GAJADHAR**, son of Beena Bermingham, nephew of Asha Singh
 7/6 **RASHID SOLIS**, son of Frank Solis
 7/7 **TODD C. FIORE**, son of Yvonne Fiore
 7/8 **CHRISTOPHER MURPHY**, brother of Nina Murphy
 7/8 **MICHAEL SINCLAIR**, son of Susan Sinclair
 7/8 **TIONNIE MURRAY**, daughter of Marie Caballero
 7/9 **DYLAN LAKER**, son of Claudette Kraus & Robert Laker
 7/10 **DANILO RODRIGUEZ**, sister of Enrique Rodriguez
 7/11 **MILES STEPHENSON**, son of Syntyche Stephenson
 7/12 **ELIOT BARTLETT**, brother of Emanuekl Bartlett
 7/12 **ELIZABETH O'HARE**, sister of Christopher O'Hare
 7/12 **KANNE IKONOMOU**, sister of Natasha Ikononou
 7/12 **KARINA VETRANO**, sister of Tara Vetrano
 7/12 **SARAH AKHTAR**, sister of Alafia Akhtar and Rahil Darbur
 7/12 **THOMAS PARISI**, son of Pamela Parisi
 7/13 **LAVONE SKY SANTANA**, son of Istrha Santana
 7/13 **MICHAEL WHITLOCK**, son of Peggy Whitlock
 7/14 **CAMERON CHIANG**, daughter of Joanna & Chris Chiang
 7/14 **MIA SACASA**, daughter of Malik Sacasa
 7/14 **PETER ADAM LEVINE**, beloved son of Marie Levine & the late Philip Levine
 7/14 **STEFAN THEGEBY**, son of Dale Thegeby
 7/15 **BRIAN MEEHAN**, brother of Kevin Meehan
 7/15 **JEM MAIR**, daughter of Ilana Mair
 7/15 **MICHELE SIEGEL**, daughter of Lillian Hass
 7/16 **AMIAS**, son of Samantha Diaz, nephew of Jasmine Burney
 7/16 **LUIS A. GARCIA**, son of Tania Germes

7/16 **MICHAEL KAMEO**, son of Mordi and Keren Kameo
 7/17 **JACK PAHLE**, brother of Rebecca Pahle
 7/17 **MICHAEL DURNIN**, son of Karen & Mike Durnin
 7/17 **TEPLY RACHMEL**, daughter of Allison Tepley & Nir Rachmel
 7/17 **TYREE SHEPPARD**, son of Laura Sheppard
 7/18 **CALLIE LONG**, daughter of Jackie Long
 7/18 **JEFFREY VANCHIRO**, son of Sylvester (Sly) Vanchiro
 7/18 **RHETT THOMPSON**, son of Gayla Thompson
 7/19 **JOSH GROSSE**, son of Susan Grosse
 7/20 **ANDREW MARTIN ARNOLD**, brother of Barbara Arnold
 7/20 **OSCAR REED PUGH**, son of Jon Pugh & Rachelle Guiragossian
 7/20 **ROBERT GRAUP**, son of Leona Graup
 7/22 **MAHLIK WILLIAMS**, son of Ramona Williams, brother of Mekael Williams
 7/22 **NATALIE JOY HERTEL-VOISINE**, daughter of Barbara Hertel & Don Voisine
 7/23 **ANYA GABRIELA KUPPERSMITH**, daughter of Judith Koppersmith
 7/23 **GINO FONGKIN**, brother of Desiree Brown
 7/23 **PETER SCHLENDORF**, son of Karen Schlendorf
 7/23 **SHAUN BECKWITH CHASEN**, son of Dr. Barbara Chasen
 7/24 **LUIS LARA**, son of Harry & Maria Ruff
 7/25 **BRENDAN BITTNER**, brother of Jessica Bittner Markus
 7/25 **KHALIL KNOWLEDGE SMITH**, son of Malazha Wright
 7/28 **ANTONIO LAW**, son of Jacqueline Law
 7/28 **JASMIN REQUENA**, daughter of Eleanor Requena, sister of Jaqueline
 7/29 **CLARIS GLOVER**, daughter of Crystal Glover
 7/29 **CRYSTAL LAUZAU**, daughter of Gwyneth Hotaling
 7/29 **RICK HOWELL**, brother of Annie Howell
 7/30 **BRITTANY MCGRATH**, sister of Chelsea McGrath
 7/30 **JUSTIN HOLLAND**, son of Carole & Marvin Holland
 7/31 **PAIX MICHAEL BARILLON**, son of Christine & Benjamin Barillon



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

JULY ANNIVERSARIES



7/1	ALAI A MOSELEY , daughter of Patricia Mosley	7/20	NNENE EZEONYIM , daughter of Uche Ezeonyim
7/1	NOAH MITCHELL , son of Melody Mitchell	7/20	YVONNE LAURICE AJAKIE , daughter of Evelyn Rabi
7/1	SEAMUS WOOD , son of Will Wood & Deb Funkhouser	7/21	MIKEY HARTNETT , son of Jessica & James Kerwin
7/2	KEVIN MITCHELL , son of Jacquie & John Mitchell, brother of Kristopher & the late Kareem Mitchell	7/21	OSCAR REED PUGH , son of Jon Pugh & Rachelle Guiragossian
7/2	MELISSA ANN WALSH , sister of Stephanie Walsh	7/21	RED LAYNE , daughter of Greg & Trillich Layne
7/2	NATHANIEL LOUIS RAND , son of Jacob Rand	7/21	SEAN COLLINS , brother of Kelly Collins
7/3	DMITRI PAJITNOVA , son of Nina Pajitnova	7/21	SONU ADAMS , daughter of Una Chaudhuri & Michael Adams, sister of Nathaniel Adams
7/4	JONAH BING , son of Dana Lodge	7/21	STACEY LEONDIS , sister of Diana Leondis
7/4	LISA , daughter of Masha Leyn, sister of Max Leyn	7/21	THOMAS PARISI , son of Pamela Parisi
7/4	TREVOR LOUGHLIN , son of Suzy & Joe Loughlin, brother of Juliette Loughlin	7/22	ANDREW MARTIN , son of Marina Re
7/4	TYLER MADOFF , son of Michael & Marianne Madoff	7/22	JUSTIN R. NEGRON , son of Nancy Negron, brother of Samantha
7/5	ALAN ROSENTHAL , son of Lynne Rosenthal	7/22	MILES STEPHENSON , son of Syntyche Stephenson
7/5	YIANNIS STATHOPOULOS , son of Kathleen Negri Stathopoulos	7/22	SAM BINNICKER , brother of Griffin Binnicker
7/6	BENJAMIN IMBROGNO , son of Naomi Imbrogno	7/22	WILL GARRIGAN , brother of Erin Garrigan
7/6	EVAN MAXWELL , brother of Jean Maxwell	7/24	MAYA , sister of Matt Klegon
7/6	RUSSELL FERBER , son of David Ferber & Dorothy Jordon, brother of Jordon Ferber	7/24	THERESA MARTIN HOUGH , daughter of Sara Martin
7/7	ELINOR FRIEDBERG BLUME , daughter of Leslie Kandell	7/25	ABIGAIL BURG , daughter of Jean & David Burg
7/8	JACK PAHLE , brother of Rebecca Pahle	7/25	ARJUN VEER SHARMA , son of Vikas & Priyanka Sharma
7/8	LATASHA ALCANTARA , daughter of Anita Guy-Martin	7/25	ISABEL L. DODWELL , daughter of Amy & William Dodwell
7/8	MICHAEL KLINOFFSKY , brother of Melanie Klinofsky	7/26	ANTHONY & NICHOLAS AURELIA , twin sons of Patrick Aurelia
7/8	SEAN MCCLURE , son of Patricia McClure	7/26	DANIELLE HYMOWITZ , daughter of Karen Hymowitz
7/9	LAURA NAMIE , sister of Matthew Namie	7/26	LAEL MASE , daughter of Marla Mase
7/11	ELYSE CARVER , daughter of Violette Carver	7/26	MARSHALL NEIDIG , son of Quinn and Joe Neidig
7/13	GAIL ROACH , daughter of Joyce Roche	7/27	ALEXIS NICOLE NEGRON , daughter of German (Herman) Negron
7/13	JULIAN SERAFIN , son of Agata Lisok-Serafin	7/27	ANAYA TAHA , granddaughter of Soheir Kache
7/13	KIARA KHARPERTIUM , sister of Devin Kharpertium	7/27	DANA YONATAN , sister of Nirit Yonatan
7/14	DAVID ZABLIDOWSKY , son of Doris & Martin Zablidowsky	7/27	MARK COOKE , son of Maureen Cooke, brother of Jamie
7/14	DWAYNE NELSON , son of Amelia Brewer-Nelson	7/27	MICHAEL SINCLAIR , son of Susan Sinclair
7/15	NATHANIEL HILL JR. , son of Lynette & Nathaniel Hill, sister of Lenise	7/28	EMILY MACKEY , sister of Lauren Minchen
7/15	ZACHARY JAMES MILLIKEN , son of Vigi Cadunz	7/28	OSCAR JOAQUIN , son of Dru Levasseur
7/16	ARTHUR DUDIN , son of Stan & Irina Dudin	7/28	VALDING DURAN , son of Milagros Bueno
7/16	IRIS , daughter of Alyson Ben-David	7/30	DAVID YOOD , son of Nora & Barry Yood
7/16	SHAY DORRITIE , son of Richard Dorritie	7/30	ORIJAH GRAY , daughter of Chelsea Conklin
7/20	IAN MALSON , brother of Caitlin Malson	7/31	JASON SCHECHTER , son of Leo Schechter
7/20	JOHN BARNES (KOKO) , son of Hana Barnes	7/31	PAIX MICHAEL BARILLON , son of Christine & Benjamin Barillon
		7/31	RENEE THOMPSON , daughter of Gregory & Joy Thompson





OUR CHILDREN—LOVED AND REMEMBERED

AUGUST BIRTHDAYS



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



Our Children Remembrances — Changes

A longstanding tradition in our Manhattan Chapter of Compassionate Friends newsletter has been the listing of our children's and sibling's birthdays and anniversaries. I know I look *first* at each issue of the newsletter to see my child's listing, my sister's listing, and scan for the birthdays and anniversaries of my TCF friends' loved ones.

It is very important that our listings are correct and meaningful and we try to keep the listings as accurate and up to date as possible, but we are not perfect. Should you desire a change to your loved one's listing or if your listing is missing, please let us know. Email to tcfmanhattan.nyc@gmail.com and tell us what needs to change.

Dan Zweig



OUR CHILDREN—LOVED AND REMEMBERED

AUGUST ANNIVERSARIES



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

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



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: JUL 18 AUG 15 SEP 19 OCT 17
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](#)