



The Compassionate Friends

Manhattan Chapter

Supporting Family After a Child Dies

Our next meetings...
Nat. Conf. Jul 12-14
Jul 22 (4th Tuesday)
Aug 19
Sep 16

Manhattan Chapter Newsletter

July 2025

JULY 22ND MEETING—4TH TUESDAY IN-PERSON

In-person only on the **FOURTH Tuesday**, July 22nd 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.

THE BOYS AND GIRLS OF SUMMER

The boys and girls of summer

Are no longer in our sight,

Those sun kissed happy faces

now fill our dreams at night.

Long years ago they played and swam,
their laughter echoed along the lake,
fishing, camping and firelight talks,
youthful dreams of the life they'd make.

Those boys and girls of summer
now swim on a distant shore,
the memory of their faces
brings summer's joys to the fore.

Boys and girls of another time,
now crowd the sands at the lake,
laughing, splashing, in sun and spray,
unaware of hearts that watch and ache.

Arleen Simmonds - TCF Kamloops

MARKING TIME

It seems we spend our whole lives "marking time". When we are born our parents mark the first twelve months until we reach the remarkable age of one year. They don't get excited again until they mark five years and then ten. For the rest of our lives we mark every five years and really celebrate every ten – our lives are measured one decade at a time. We refer to each of these birthdays as "milestones".

So it is natural then that we think of time as distance. The distance from birth to one year is certainly amazing. As are the changes that we experience as we grow and travel further away from our beginnings.

Marking time becomes even more pronounced after we have our own children. Only then do we recognize our own parents' delight in our milestones. As parents we begin to mark time by the changes in our children. Time is no longer a measure of you, it's a measure of them. After we lose a child, our lives become divided into two clearly defined parts – before and after. Marking time after such a loss becomes a method of measuring distance as well – but not as we've always understood it. Measuring time after losing a child becomes acute. More like "timestones" than "milestones".

During our first year as bereaved parents, while deeply in shock and disbelief, we mark all the firsts; the first week, the first month – the first birthday without them, the first Valentine's day, first Easter/Passover, first Spring, first Summer, first Halloween, first Thanksgiving, first Christmas/Chanukah – first New Year – crossing over into a year our child will never know – and then – approaching the first anniversary - their last Monday, Tuesday, Wednesday....

(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

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THE COMPASSIONATE FRIENDS MEETINGS are now monthly - in person on the third Tuesday of the month (4th Tuesday this month)

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

This month, July 22, 2025, 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.

SUMMER THOUGHTS

Summer is a time when things naturally slow down, a time when many are waiting for the orderly routine of their lives to begin again. For those of us in grief whose lives are already in limbo, it can seem endless if we let it. Seeing children, babies and teenagers is not easy for us, and we see them everywhere from shopping centers to beaches. Everyone is out living, loving, enjoying care-free activities with their children, and we want to scream, "It's not fair!" I was sitting on my patio one evening at dusk recently listening to the shouts of children playing, and I was crying as I remembered the sounds that my child used to make. I became very depressed as I thought what a long summer this was going to be.

In my reverie, I was reminded of a recent comment that I had heard at a TCF meeting: "My child was such a loving, giving person. He would not want me to waste my life being bitter." "I also remember a good friend telling me to "count my blessings" and naming all the things I had to be grateful for. I was furious at that time. Nothing I had to be grateful for could compensate for the fact that my child had died. Now, sitting in the twilight of this early summer evening, I began to see things differently. I determined that this summer would not be an eternity: I would not let it be. I decided first of all to stay busy.

I am also going to try to enjoy the simple things that used to give me so much pleasure, like flowers, and working in my garden. I then decided to try to be truly grateful for the blessings that I have, like my husband, my friends, my job etc. It has been almost 5 years for me, and I know that last year this would not have worked. Of course I still have times of sadness; I know I always will. But I have decided that in the process of grieving we close so many doors, the only way to recovery is to reopen them gradually at our own pace.

I know I will never be the same person I was before the death of my child, but I hope eventually in some ways I will be a better person because suffering can be beneficial if we learn and grow through it. A year ago I didn't feel that way, and I know I still have a long way to go, but in the meantime, I know the greatest tribute to my child will be to enjoy this summer as he would have done.

~Libby Gonzales, TCF Huntsville, AL

Don't Think I Do Not Grieve

Don't think I do not feel; because you see no tears.
A river rages deep inside of grief, and loss, and fears.
Just because I do not cry now, don't think my heart's not broken.
I keep inside the misery of words not to be spoken.

Sometimes I smile, or crack a joke, so you won't see the pain;
or notice how my hands will shake, or how I've gone insane.
Each time I chance to think of her, my heart is ripped asunder.
The loss I feel is mine alone. you will not see my thunder.

~Brenda Penepent

MARKING TIME

(con't from page 1)

For the rest of our lives, we mark time. The dreaded first anniversary that leads us to believe things will be different, that the pain will abate. Discovering that the intensity of marking all the firsts has been a distraction that now, in the second year the reality of absence is the major focus. They're really gone. We wonder if the despair will ever lift. We mark the second anniversary -the second "timestone".

Grief work consumes us. Then one day we realize there was a millisecond of thought that wasn't accompanied by the permanent reel running in our head. It is a beginning – another "timestone". We continue our struggle to survive and we do – marking each year until we have lived five years without our child's presence. Five years. Another "timestone".

We expected to be much further along after so much time. But it seems like only yesterday. Until you meet another bereaved parent who just landed here. Then you recognize the distance you've traveled -the time you've marked.

And so it will be for the rest of our lives. Learning to remember our kids with a smile and reaching all the timestones that await. The ten year mark, the twenty year mark...getting close and closer to our waiting children even as we continue to treasure their memories and continue to remind the world that they were here.

Ultimately we recognize how they enriched our lives, how much better we are for having had the joy of them. We are who we become because they lived and taught us a whole new dimension in loving. Coming to that realization is the ultimate "timestone".

Marie Levine, 2011

To Honor You

To honor you, I get up everyday and take a breath.

And start another day without you in it.

To honor you, I laugh and love with those who knew your smile and the way your eyes twinkled with mischief and secret knowledge.

To honor you, I take the time to appreciate everyone I love, I know now there is no guarantee of days or hours spent in their presence.

To honor you, I listen to music you would have liked, and sing at the top of my lungs, with the windows rolled down.

To honor you, I take chances, say what I feel, hold nothing back,

risk making a fool of myself, dance every dance.

You were my light, my heart, my gift of love, from the very highest source.

So everyday, I vow to make a difference, share a smile, live, laugh and love.

Now I live for us both, so all I do, I do to honor you.

Andrea Simoni, ~ TCF Cumberland Co., NJ

Siblings

A BROTHER'S DEATH

By Barbara Lazaar Ascher

Barbara Lazaar 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. In an almost poetic style, she brings to life the chaos of grief. "A Brother's Death" was originally printed in the NY Times magazine.

When we first learned of Bobby's illness, it seemed incomprehensible that this could be happening to our baby brother. 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 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 that this was the beginning of grief which starts in the stomach, yawning like a 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 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 no 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 there is no second-guessing it. It will have its way with you. Don't be fooled by 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 you're fine, you're just angry at a friend who said the wrong thing. One day I wept into the lettuce and peaches at a local market when an acquaintance approached to scold me for my stand in an old battle. Of course, we both assumed she was responsible for my tears.

You learn that you can cry and stop and laugh and even follow a taxi driver's command to "have a nice day", and then cry again. You learn there is no such thing as crying forever. Three months ago I was certain 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's gentle, you go sailing, have a picnic, take a swim.

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](#)

*Blessings on you dear departed, I'm hoping to
catch up with you, one of these days.*

Death has separated us, but not completely.

*We have not parted company forever,
I am only living away from you for a while.*

~ Molly Fumia, from Safe Passage

Recommended reading.....

Centering Corporation is a provider of resources for those grieving and publishes books on the loss of a child, grandchild, sibling, infant and miscarriage. For a catalog go to www.centering.org. Some examples:

Healing a Parents Grieving Heart – *100 practical ideas after your child dies* by Alan Wolfelt, helps parents understand and reconcile grief. Covers common challenges such as dealing with marital stress, helping surviving siblings dealing with hurtful advice and exploring feelings of guilt.

Into the Valley and Out Again – *The story of a Fathers Journey* by Rich Edler. After the unexpected death of his son, Rich's life seemed to stop. It is a man's story about what is important in life, sorrow, faith, acceptance and rebirth.

For Bereaved Grandparents – by Margaret Gerner, this gentle resource addresses the issues grandparent are faced with when experiencing this double grief – helping your grieving child, what you can do, grandfathers, holidays and deeper relationships.

Suicide Survivors Handbook – *A Guide for the Bereaved and Those Who Wish To Help Them* by Trudy Carlson who wrote this book after the death of her son, Ben, to Suicide. The book answers what every parent wants to know, and also covers the shame and guilt and the anger associated with losing a loved one.

....from **Healing After Loss** by **Martha W. Hickman**....

"If you love me let me go"

~ Source unknown

I don't know to whom to ascribe this quotation. It came to me as a variant of a current popular song several months after my daughter's death. It has been my experience over several years that the songs that go through my head are usually telling me something. In this case the tune was for a song with which I was only marginally familiar. "If you love me let me know." But for me the words were, "If you love me let me go."

If there is a way, which some have suggested, that the spirits of the dead continue to hover close until they see we are going to be all right, until they feel freed to go, then perhaps, through some flash implant in my spirit, my daughter was telling me something. At the time, I thought of the message in these terms.

It is all conjecture of course, and who knows whether we are projecting our own needs in these images of What Happens Next or whether we are intuitively onto some truth?

But from whatever source, with whatever corroboration or lack of it, this was a good message for me to hear just then.

~ ~ ~

The Compassionate Friends

48th National Conference

July 11th to 13th , 2025 in Bellvue, WA

The 2025 National Conference



Bellvue, WA

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
- ♦ The Worst Loss by Barbara D. Rossoff

⇒ 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.



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 **ALEC FELDMAN**, brother of Andrew Feldman
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 **SIMONE MILLER**, daughter of Josephine Wong & Steve Miller
7/7 **TODD C. FIORE**, son of Yvonne Fiore
7/8 **CHRISTOPHER MURPHY**, brother of Nina Murphy
7/8 **JOEL MALDONADO**, son of Alisha Murzi, grandson of Evelyn Murzi
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
7/15 **SEYQUAN CHAMBLISS**, son of Derricka Chambliss
7/16 **AMIAS**, son of Samantha Diaz, nephew of Jasmine Burney
7/16 **HOLLAND WILLIAMS**, daughter of Asia & Jarell Williams
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 **BAJUN RIDDICK**, son of Gable Grehan
7/18 **BRADLEY FRIEDMAN**, son of Jane Friedman
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
7/19 **MATTEO SACHMAN**, son of Alexia & Steve Sachman
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 **DIMITRI VAZQUEZ**, son of Maria Bryant
7/29 **GRANT PHILLIPS**, son of Linda Phillips
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 **JESSIE MORGAN PEK**, daughter of Karyn Pek
7/31 **PAIX MICHAEL BARILLON**, son of Christine & Benjamin Barillon





OUR CHILDREN—LOVED AND REMEMBERED

JULY ANNIVERSARIES



7/1 **ALAIA MOSELEY**, daughter of Patricia Mosley
7/1 **NOAH MITCHELL**, son of Melody Mitchell
7/1 **SEAMUS WOOD**, son of Will Wood & Deb Funkhouser
7/2 **KEVIN MITCHELL**, son of Jacquie & John Mitchell, brother of Kristopher & the late Kareem Mitchell
7/2 **MELISSA ANN WALSH**, sister of Stephanie Walsh
7/2 **NATHANIEL LOUIS RAND**, son of Jacob Rand
7/3 **DMITRI PAJITNOVA**, son of Nina Pajitnova
7/4 **JONAH BING**, son of Dana Lodge
7/4 **LISA**, daughter of Masha Leyn, sister of Max Leyn
7/4 **TREVOR LOUGHLIN**, son of Suzy & Joe Loughlin, brother of Juliette Loughlin
7/4 **TYLER MADOFF**, son of Michael & Marianne Madoff
7/5 **ALAN ROSENTHAL**, son of Lynne Rosenthal
7/5 **YIANNIS STATHOPOULOS**, son of Kathleen Negri Stathopoulos
7/6 **BENJAMIN IMBROGNO**, son of Naomi Imbrogno
7/6 **BOSTON GRIMM-STIBEL**, son of Travis Grimm
7/6 **EVAN MAXWELL**, brother of Jean Maxwell
7/6 **RUSSELL FERBER**, son of David Ferber & Dorothy Jordon, brother of Jordon Ferber
7/7 **ELINOR FRIEDBERG BLUME**, daughter of Leslie Kandell
7/8 **JACK PAHLE**, brother of Rebecca Pahle
7/8 **LATASHA ALCANTARA**, daughter of Anita Guy-Martin
7/8 **MICHAEL KLINOFSKY**, brother of Melanie Klinofsky
7/8 **SEAN MCCLURE**, son of Patricia McClure
7/9 **LAURA NAMIE**, sister of Matthew Namie
7/9 **T.J. CRAIG**, son of Tom Craig, brother of Mac Craig
7/10 **GABRIEL J. DIERRE**, son of Marie Nicole Rene
7/11 **ELYSE CARVER**, daughter of Violette Carver
7/13 **GAIL ROACH**, daughter of Joyce Roche
7/13 **JULIAN SERAFIN**, son of Agata Lisok-Serafin
7/13 **KIARA KHARPERTIUM**, sister of Devin Kharpertium
7/14 **DAVID ZABLIDOWSKY**, son of Doris & Martin Zablidowsky
7/14 **DWAYNE NELSON**, son of Amelia Brewer-Nelson
7/15 **ASHER FERGUSON**, son of Ryan Ferguson & Christine Tran
7/15 **NATHANIEL HILL JR.**, son of Lynette & Nathaniel Hill, brother of Lenise
7/15 **ZACHARY JAMES MILLIKEN**, son of Vigi Cadunz
7/16 **ARTHUR DUDIN**, son of Stan & Irina Dudin
7/16 **IRIS**, daughter of Alyson Ben-David
7/16 **SHAY DORRITIE**, son of Richard Dorritie
7/17 **KRISTOFFER WILLIAMS**, son of Anette Lian-Williams & Eric Williams
7/20 **IAN MALSON**, brother of Caitlin Malson

7/20 **JOHN BARNES (KOKO)**, son of Hana Barnes
7/20 **NNENE EZEONYIM**, daughter of Uche Ezeonyim
7/20 **YVONNE LAURICE AJAKIE**, daughter of Evelyn Rabi
7/21 **MIKEY HARTNETT**, son of Jessica & James Kerwin
7/21 **OSCAR REED PUGH**, son of Jon Pugh & Rachelle Guiragossian
7/21 **RED LAYNE**, daughter of Greg & Trillich Layne
7/21 **SEAN COLLINS**, brother of Kelly Collins
7/21 **SONU ADAMS**, daughter of Una Chaudhuri & Michael Adams, sister of Nathaniel Adams
7/21 **STACEY LEONDIS**, sister of Diana Leondis
7/21 **THOMAS PARISI**, son of Pamela Parisi
7/22 **ANDREW MARTIN**, son of Marina Re
7/22 **JUSTIN R. NEGRON**, son of Nancy Negron, brother of Samantha
7/22 **MILES STEPHENSON**, son of Syntyche Stephenson
7/22 **SAM BINNICKER**, brother of Griffin Binnicker
7/22 **WILL GARRIGAN**, brother of Erin Garrigan
7/24 **MAYA CZEPULKOWSKA**, daughter of Anna Klegon, sister of Matt Klegon
7/24 **THERESA MARTIN HOUGH**, daughter of Sara Martin
7/25 **ABIGAIL BURG**, daughter of Jean & David Burg
7/25 **ARJUN VEER SHARMA**, son of Vikas & Priyanka Sharma
7/25 **ISABEL L. DODWELL**, daughter of Amy & William Dodwell
7/26 **ANTHONY & NICHOLAS AURELIA**, twin sons of Patrick Aurelia
7/26 **DANIELLE HYMOWITZ**, daughter of Karen Hymowitz
7/26 **LAEL MASE**, daughter of Marla Mase
7/26 **MARSHALL NEIDIG**, son of Quinn and Joe Neidig
7/27 **ALEXIS NICOLE NEGRON**, daughter of German (Herman) Negron
7/27 **ANAYA TAHA**, granddaughter of Soheir Kache
7/27 **DANA YONATAN**, sister of Nirit Yonatan
7/27 **MARK COOKE**, son of Maureen Cooke, brother of Jamie
7/27 **MICHAEL SINCLAIR**, son of Susan Sinclair
7/28 **ALEXANDER KYLE NUNEZ**, son of Melba & Luis Nunez
7/28 **EMILY MACKEY**, sister of Lauren Minchen
7/28 **OSCAR JOAQUIN**, son of Dru Levasseur
7/28 **VALDING DURAN**, son of Milagros Bueno
7/30 **DAVID YOOD**, son of Nora & Barry Yood
7/30 **ORIJAH GRAY**, daughter of Chelsea Conklin
7/31 **JASON SCHECHTER**, son of Leo Schechter
7/31 **PAIX MICHAEL BARILLON**, son of Christine & Benjamin Barillon
7/31 **PAUL HENNESSEY**, brother of Kevin Hennessey
7/31 **RENEE THOMPSON**, daughter of Gregory & Joy Thompson





OUR CHILDREN—LOVED AND REMEMBERED

AUGUST BIRTHDAYS



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



OUR CHILDREN—LOVED AND REMEMBERED

AUGUST ANNIVERSARIES



8/1 **JOHN RICHARDSON**, son of Vivian Richardson
8/1 **LUIS LARA**, son of Harry & Maria Ruff
8/1 **MANUEL RODRIGUEZ**, son of Irene Rodriguez
8/1 **TIMOTHY KOK**, brother of Tse Wei Kok
8/2 **ETHAN MAGDER**, son of Andrea & Gary Magder, brother of Abbi Magder
8/2 **KANNE IKONOMOU**, sister of Natasha Ikonomou
8/2 **KARINA VETRANO**, sister of Tara Vetrano
8/2 **WILLIAM JOHN**, brother of Joseph John & MaryLee Bertrand
8/3 **DESHA BEAMER**, sister of Laura Beamer
8/3 **JONATHAN DIAZ**, son of Jeanette Diaz
8/3 **MICHAEL DURNIN**, son of Karen & Mike Durnin
8/3 **SHANNA JOSEPH**, daughter of Lynn Platt, sister of Rebecca Wasserman
8/4 **ALEXIS ECHAVARRIA**, son of Christina Echavarria
8/4 **CHADWICK ALEXANDER ANDERSON**, son of Stacie Hawkins
8/5 **BENJAMIN SOBILOFF**, son of David & Marjorie Sobilloff
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 **ALEC FELDMAN**, brother of Andrew Feldman
8/7 **BELLA BRODSKY**, sister of Jennifer Brodsky
8/7 **MICHAEL MOSS**, son of Michaela & Bob Moss
8/7 **PETER ADAM LEVINE**, beloved son of Marie Levine & the late Philip Levine
8/8 **ALISON GERTZ**, daughter of Carol & the late Jerry Gertz
8/9 **NICHOA WALKER**, daughter of Mazrene Holmes
8/10 **GAGE TURZANI**, Nephew of Liz Sherman
8/11 **CHRISTOPHER PALMER**, son of Darlene and Douglas Palmer
8/11 **RUTH DOUGHTY**, sister of Louise Doughty
8/12 **ALEXANDRA POLLIO**, daughter of Kathleen Curcio
8/12 **MIA SACASA**, daughter of Malik Sacasa
8/15 **BEN BREEN**, son of Carol Breen
8/16 **ALAN SOLITAR**, son of Susie & Bruce Solitar
8/16 **CHARLIE-ROSE MCCALL**, daughter of Yolette Perry
8/16 **RAIDEN SHIMOYAMA**, son of Jenna Agins & Toki Shimoyama
8/18 **ERIK BANKS**, son of Laurene Buckley
8/18 **FORREST RYZY-RYSKI**, brother of Sophia Rzyz-Ryski
8/18 **MARINA ELIZABETH CLOOS**, daughter of Alice Cloos
8/18 **NONI BIALE**, daughter of Margaret and Noam Biale

8/19 **ARTURO LAULO**, brother of Luz Laulo
8/19 **DONALD BROWN**, son of Desiree Brown
8/19 **KHALID ALBABA**, son of Kerri Albaba
8/20 **BRYANT GIBBS**, brother of Cynthia Gibbs-Pratt
8/20 **DETRA MICHELLE MORRISON**, daughter of Denise Morrison
8/20 **JEFF CARPENTER**, son of Donna Carpenter
8/20 **LUKE NIGHSWANDER**, son of Matthew Nighswander
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 **BRITTANY MOORE**, daughter of Paulet Moore
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 **OLIVER FREIBERG**, son of Cathy Taub
8/25 **SANGEETA LAL**, brother of Seema Lal
8/26 **JOHNNY & HOLLY RAHN**, twin children of Kathrin Laser & David Rahn
8/26 **LAURA FELDSTEIN**, daughter of Marilyn & Al Feldstein
8/27 **DAVID GLASS**, son of Jack & Laura Glass
8/27 **MICHELLE SALOWE**, daughter of Mary Ann Ludwig
8/28 **BRITTANY MCGRATH**, sister of Chelsea McGrath
8/28 **NICK CARIS**, son of Konstantina Caris
8/29 **JACOB MORGAN**, brother of Kelsey Morgan
8/29 **JOSEPH BABY**, brother of Marilyn Baby, son of Yohannan Baby
8/29 **JOSHUA UNDERWOOD**, brother of Sarah Underwood
8/29 **LINDA MARQUEZ**, daughter of Hilda Mendoza
8/29 **TRYGVE WASBOTTEN**, son of Marilyn Wasbotten
8/30 **CASEY LOW**, brother of Dara Low
8/31 **BENJAMIN ZWEIG**, son of Sally Petrick & Daniel Zweig
8/31 **CHRISTINE FORNATO**, sister of Theresa Fornato
8/31 **GALIAH GARBER**, sister of Anath Garber
8/31 **NOAH STERN**, son of Barbara Samuels & Nicholas Stern
8/31 **TYLEAH MCFADDEN**, daughter of Lisa Jenkins, sister of Nadirah McFadden



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 22 AUG 19 SEP 16 OCT 21
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	Medford	2nd Friday	(631) 738-0809
Bronx	2nd Tuesday	(914) 714-4885	Rockville Centre	2nd Friday	(516) 766-4682
Brookhaven	2nd Friday	(631) 738-0809	Rockland County	3rd Tuesday	(845) 398-9762
Brooklyn	3rd Wednesday	(917) 952-9751	SmithPoint/Mastic	2nd Thursday	(631) 281-9004
Flushing	3rd Friday	(718) 746-5010	Staten Island	2nd & 4th Thurs.	(718) 983-0377
Manhasset	3rd Tuesday	(516) 466-2480	Syosset (Plainview)	3rd Friday	(718) 767-0904
Marine Park, Bklyn	3rd Friday	(718) 605-1545	White Plains	1st Thursday	(914) 381-3389

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](#)