



The Compassionate Friends

Manhattan Chapter

Supporting Family After a Child Dies

Our next meetings...

Jun 20

Jul 18

Aug15 (Zoom)

Sep 19

Manhattan Chapter Newsletter

June 2023

SUSPENDING BELIEF

**a note – In re-reading this (written in 1998) – so many years later, I am struck by the distance I have traveled and the path my grief journey has taken. Today I rejoice in my redesigned life. In my dotage now, my life is filled with the love and caring of the young people I befriended during my despair. I continue to hope that those who meet me now, continue to take hope away. I too traveled through the gloom of despair and hopelessness. Peter held my hand and my heart through it all. He still does*

As I write this, it is a cold, rainy windy day, one of the last of the winter of '98. You wouldn't think looking out at the day that today is the first day of Spring and all that it portends. For most of us, and me too, on certain days, the advent of Spring brings on an uplift of spirit at the prospect of rebirth. But for many of us, especially me on certain days, it brings back the reality of my days and the endless sense of disbelief.

This summer will mark the fifth year since our son Peter has called. Unbelievable. I still wait for the phone to ring. It is especially difficult on Friday nights. He always called from school on Friday nights. He knew we would be out at our country house and in for the evening. A few times during these past few years we have gotten a stray call from a telemarketer or another acquaintance on a Friday night. My mind plays tricks on me when the phone rings, and for a millisecond I have to remember. It still happens, even now, almost five years later.

I live all my days in a constant state of disbelief. Some call it denial. What's to accept? Like everyone else at my office, my desk is adorned with all my pictures of my handsome son. In the beginning, when I first went back to work

(con't on page 5)

Musings from and for Fathers on Father's Day...

LOST

Lost is the word that best describes it all. Aimlessly we wander through this world confused as to what and whom we are. What once made us strong and whole is now gone. Who are we? Who and what are we? We no longer are. For you have gone away. Aimlessly we wander until that day when we are We again.

To my loving sons, **Kevin and Kareem**
~John Mitchell, TCF Manhattan

...a father's point of view on

The Loss of an Infant Son

How does it feel to be a father that has lost his first-born son? At first it was like the world was the worst place to be. The pain and anguish were so great that I just could not bear it. Many men have said to me, "I don't know how you can bear it." They make it sound like I have a choice. All I really wanted to do was die with him.

My son was only two months old, but I can tell you in those two months he taught me the importance of family and love and how precious life can be. At the same time, he taught me how fragile we are and how vulnerable we are. He touched me so deeply that he was able to physically and emotionally change who and what I am. People who have never experienced this type of loss will never know how it can change a person. When you lose a child you lose all of your hopes and dreams. People can't understand that your life is forever changed

(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 - always the third Tuesday of the month

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

This month, June 20, 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.

Musings from and for Fathers on Father's Day...

The Loss of an Infant Son (con't from page 1)

When you lose a baby people can be very cruel. They feel that you could not be emotionally attached, since you do not have many memories of his life. You should have another child and the pain will go away. People do not realize that it is not how many memories you have of a child, but that bond you have from when you see them for the first time. That bond is why it hurts so much whether he is a baby, child, teenager or adult. It does not matter. You have lost something so precious that only people that have experienced it could understand.

As a father who now has a beautiful two-year-old son, the pain does not go away. Sometimes it can be worse. Every step and every thing that my son does is wonderful, but it also reminds me that Brandon did not get a chance to do the same things. Time has helped me reach an understanding of how short life is and not to take my new child for granted. Brandon has taught me to cherish every breath and every smile Ethan has to offer. By my doing this I will continue to honor Ethan's big brother Brandon David Orozco.

~ Gerardo Orozco, *TCF Potomac, MD*

Do you ever wonder why your husband sits, almost robotically, absorbed in his newspaper or television while you cry? Do you ever talk to him – no – pour your heart out to him only to get a blank stare back from him when what you so desperately needed was for him to comfort you? Have you ever wanted to shake him and ask, "Would you just feel the pain I'm feeling for one second?"

Grief is like a chameleon and scorpion bred together. It blends into our lives so deviously that we almost don't know how it rooted itself so deeply into our being. We hardly can see when it comes and goes. All we know is that it's there, it's complicated and it's real. Then, when we put our guard down and things seem like they are going okay, it strikes us without warning. And it hurts.

This is partly why men seem like they're "not with it" when grief strikes. From the beginning of time, men have been hardwired to be rough, gruff, hunting, farming, hands-on, work-things-out kind of people. Furthermore, men are hardwired to want to rescue their ladies. Women long to be rescued by a hero and that is why they need someone to listen, to care, and to comfort! Men, however, are completely thrown into confusion when grief strikes because there is no easy way to rescue a person from grief! I can listen to my wife for hours when she is telling me about all the good things that happened to her throughout the day. But as soon as she starts sharing things that really hurt her, I clam up. I don't know what to say or how to say it. So, unfortunately, I usually say...nothing. Grief has no magical cure. A husband cannot come in and sweep his wife off her feet and lift her up to happiness. Grief completely confuses a man's world.

Men, for the most part, are mechanical. By this I don't mean mechanically inclined. A mechanical man, though he likes adventure and taking risks, needs life to run smoothly. He likes to know he can provide for his family, that he is secure in his job and relationships, and that his family respects him. When his wife is grieving a tremendous loss, his world is thrown so far out of balance that he literally doesn't know how to function. This is when men slide into their default mode of working with their hands. They pick up the paper, they turn on the tv or they go out to work in the garage.

Women, please understand that if a man is quiet or removes him-

(con't in next column)

(con't from left column)

self from the house, this does not mean that he isn't hurting as bad as you are. In fact, chances are that he is hurting worse. Men hate seeing their wives hurt. Men grieve in different ways – mostly they have to physically vent their frustration through different hobbies, and they absolutely need some alone time.

Men, please understand that grief confuses the women's world as much as it confuses yours. The irony is that women need a shoulder to cry on, someone who listens, and for their husbands to be vulnerable and express their emotions – the very things most of us aren't comfortable doing for them! Even if you don't know what to say, I promise that if you take time to listen and cry with your wives, you will be their hero and new avenues of healing will be opened.

~ Jimmy Hinton, silentgrief.com March 2008

MEN DO CRY

I heard quite often, "Men don't cry"
though no one ever told me why.
So when I fell and skinned a knee
no one came to comfort me.

And when some bully boy at school
would pull a prank so mean and cruel
I'd quickly learn to turn and quip,
"It doesn't hurt", and bite my lip.

So as I grew to reasoned years
I learned to stifle any tears.
Though "Be a big boy" it began,
quite soon I learned to "be a man".

And I could play that stoic role
while storm and tempest wracked my soul.
No pain nor setback could there be,
could wrest one single tear from me.

Then one night I stood nearby
and helplessly watched my son die.
And quickly found to my surprise
that all that tearless talk was lies.

And still I cry and have no shame.
I cannot play that "big boy" game.
And openly, without remorse
I let my sorrow take its course.

So those of you who can't abide
a man you've seen who often cried,
reach out to him with all your heart
as one whose life's been torn apart.

For men do cry when they can see
their loss of immortality.
And tears will come in endless streams
when mindless fate destroys their dreams.

~ Ken Falk, *TCF Northwest CT, 1995*

The Awakening

This morning, upon my husband's pillow,
a tear.
Last night I heard no weeping,
I felt no rhythmic shaking
yet there it is –
glistening, silent testimony to pain.

Quickly I reach to blot it,
as if one swift brush
could set the world right again;
but something stays my hand –
stops me to wonder
“Am I the cause of the weeping?”

In my life is much sorrow,
dreadful longing and emptiness
that even my husband cannot fill.
Sorrow brings sleepless nights in fear
of other phone calls and ambulances,
more longing and emptiness.

(con't in next column)

RESOURCES

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.

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My husband shares this loss,
but men don't cry.
They nod gravely and tend to details,
make arrangements and give support.
Yet there it is upon his pillow –
a tear.

Have I given way to grief
and forgotten one who shares?
Have I made no room for his tears
in the flood of mine?
Am I the reason he weeps
only in the silence of the night?

I close my hand
to leave the tear drying there.
No more will I blot out his pain
to tend to mine,
for we must share
in order to live – together.

~ **Marcia F. Alig**, TCF, Mercer area, NJ

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.

CONFERENCE REGISTRATION NOW 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 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.

SUSPENDING BELIEF

(con't from page 1)

at this (then) new job, I was put off by all the young women with young children, always sharing stories with each other, their desks adorned with photos. My response whenever such a conversation began was to flee, to remove myself so as not to be confronted with any questions. After a time, I got up the courage to share my situation with my co-workers. Once I had done that, I joined their ranks and decorated my desk and wall. From there it was a short step to daily denial. Seeing my son's pictures all day is a tremendous comfort to me. I manage to invent all sorts of scenarios imagining what he might be doing at any given moment. And I talk to his pictures. They are such company.

But I am brought back to my reality weekly. Though I spend my days in often blissful disbelief, on Friday nights my husband Phil and I have our own little ritual. Though we have Peter's pictures prominently displayed throughout the house, in the living room along one wall is a long bookcase four feet high. Across the top are seven dramatically framed photos of the three of us and in the center on a handsome brass stand is Peter's graduation picture taken a few months before he died. I remember when the proofs came to the house. I remember opening the envelope and gasping at how handsome he was and beginning to cry with disbelief because I couldn't believe he was ours. Now I cry because he wasn't ours long enough.

Now, on Friday nights, when we've settled into the house after the long ride out, we place a 24-hour memory candle beside Peter's picture, we light it and we cry. It is at that moment every Friday that I am forced to suspend my *disbelief*. I look at those pictures and I rail at the fates, the heavens and all that is holy. I beg and plead and ask all the unanswerable questions. And I feel a palpable agony of loss and despair and both Phil and I cling to each other and cry....and then, when we're cried out for the thousandth time, we move slowly, tentatively back into our reality of suspended belief. The candle burns through Sunday.

Peter was our only child. We have no other children to distract us from our grief. No family surrounds us and forces us to focus on a future. We cling only to each other, adrift together with only a past and a present. Our "somedays" are too scary to contemplate. We plan our future carefully with the knowledge that there will be no one to care for us in our old age, no one to weep for us when we are gone, no one to light a candle in our memory. Who but our Compassionate Friends could ever comprehend the magnitude of such unbelievable loss. Despite it all, on any given day you'll call and get my cheery hello, my undaunted sense of humor always at the ready, my positive attitude seemingly intact and my glass always half full -- I offer you suspended belief as a tremendous antidote for pain of the soul.

~ Marie Levine, June 1998

"Should the sweet remembrances of those things which so delighted us when he was alive only afflict us now? Since he gave us so much pleasure when we had him, so we ought to cherish his memory and make that memory a glad, rather than a sorrowful one. Because one page of your book is blotted, do not forget all the other leaves whose reading is fair and whose pictures are beautiful. We should not be like the miser who never enjoys what he has, but only bewails what he loses."

~ Plutarch, 46 – 125 AD,
on the death of his son who completed suicide

A Thousand Ways To Grieve

I'm an active griever. By active, I mean that during those first few months following my loss, I devoured every book on grief I could get my hands on. I poured out my agony in my writing, attended grief seminars, went through photo albums and I searched the internet for helpful sites. I cried and fumed and spent long hours talking to anyone who would listen.

My husband simply withdrew and grieved in silence. Though we lived in the same house, grieved the same loss, and shared life together, we were apart in our grief. We all have our own ideas on how to grieve and we're quick to judge those who don't conform to our way of thinking.

When Prince Charles wore a blue suit to Princess Diana's funeral, he was condemned by the press until it was learned it was his former wife's favorite.

A friend of mine was criticized for wearing a pair of red strap, high heeled shoes to her husband's funeral, the same shoes she wore the day they met.

If we are to grieve in harmony with those around us, we must give up the notion that grief can be expressed in limited ways. I once thought that grief manifested itself only in tears and depression. But I've seen that others whose vision is greater than mine have accomplished in the name of grief. Candy Lightner, the founder of MADD is a good example.

Resolve to make peace with someone who grieves in ways that seem odd to you. Try expressing your grief in a new way: write a poem or a song, start a journal, buy your loved one a gift and send it to someone you know who would love and appreciate the gesture. Wear something outlandish, Buy a bouquet of balloons in your loved one's favorite color. Laugh at something that would make your loved one laugh.

Tears, depression and sadness are all acceptable ways to show grief. So are blue suits and red shoes.

~Margaret Brownley,
Bereavement Magazine, March/April 2000

*"For years I never knew
whether
the twilight was the ending of the day
or the beginning of the night
and then, suddenly one day
I understood that this did not matter at all,
for time is but a circle,
and so there can be no beginning and no ending,
and this is how I came to know that birth and death are
one,
and it is neither the coming or the going that is of
consequence.*

*What is of consequence is the beauty that one gathers
in this interlude called life."*

From "Come Walk Among the Stars"
by Winston Abbott

Siblings

I have often heard bereaved siblings referred to as “the forgotten mourners”, children of people lost in the abyss of their own grief – children whose parents seem to have mislaid them in the chaos of surviving their own unspeakable tragedy.

I have had five and a half long years to deal with the death of our youngest son and only recently have I been able to put the energy into realizing the high price each of his three siblings has paid in dealing with his death. Actually because two of our children are now married, the number increased to five siblings who no longer have Kevin here physically. This is further complicated because the spouses never knew Kevin. I’m sure outsiders often wondered why we couldn’t get on with it – “don’t you see your other children need you?”

My own mother’s “encouraging” yet warning words were “remember how fortunate you are to have three other healthy children.” Prompted by a lovely letter written by an adult sibling to us as newsletter editors, I write this to bereaved siblings everywhere. We, your parents, will always hold you, our surviving children, in our broken hearts – it may take time to tell you this in words, or to show you in our actions. Recently I visited a family whose daughter had just died. During my conversation with the mom, her youngest daughter came into the room, went to her mom, protectively cradled her in her arms, while sitting halfway on her lap as a young child would. Herein lies the tremendous responsibility of the sibling – to need the love and support of parents with coping with his/her own misery while trying to care for parents who have all at once become dependent, needy, and no longer themselves. The bereaved mother I was visiting said in so many words, “I don’t know how to make it better for her.”

The positive side of this, as you who are surviving siblings know, is that you do survive, somehow. While worrying about caring for families, other sibs, and parents, while rearranging schedules, plans and yes, even your own lives, you do, in the end, get through the tunnel. Perhaps in so doing, you become better people – certainly more caring and compassionate. Definitely more mature.

Just know that always on this journey your parents are, and will always be grateful that you alone provided the one stable and constant part of their upside down lives. You were the reminders to hold on just a little longer – that the sun would return to their days and that waking up would become less painful. Speaking for your parents, we are sorry that you took this trip without us, but as we all reach some resolution of our grief, we will be forever grateful that you stayed on the train to our final destination. We love you.

~ Lorie Hartsig, TCF, St. Mary’s County, newsletter editor

OUR JUNE 20TH MEETING — IN-PERSON

We will be in-person only June 20th. 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.

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

JUNE BIRTHDAYS



6/1 **TSAIGH GREENIDGE-JAMES**, son of Sinaya Greenidge,
brother of Niasia Greenidge-James

6/3 **JESSE VALENTINE**, son of Joanna Valentine

6/4 **ADAM JACOBS**, son of Rick Jacobs

6/5 **JOHN COOPER JR.**, brother of Keith P. Cooper

6/5 **MAYA**, sister of Matt Klegon

6/6 **HOLLY OESTREICH**, daughter of Joyce Oestreich

6/6 **ZACH HOWELS**, brother of Matt Howels

6/7 **JOSETTE GIBBS**, daughter of Juanita Gibbs

6/9 **JOEY**, son of Shantel Morrison & Tamara Cantave

6/9 **RASHID WASHINGTON**, son of Chakaina Anderson

6/9 **TIMOTHY KOK**, brother of Tse Wei Kok

6/10 **BLAKE GARY**, daughter of Denyze Gary

6/10 **LOUIS DEDAJ**, brother of Victor Dedaj

6/10 **MARLON LABOVITCH**, son of Hannah Labovitch

6/10 **NOAH GLARPHAM**, son of David & Heather Kopp

6/10 **ORIYAH GRAY**, daughter of Chelsea Conklin

6/10 **TAYLOR HOLLOWAY**, brother of Brittany Holloway-Brown

6/11 **BENJAMIN GOURDJI**, son of Anna Gourdji

6/11 **RUSSELL GABAY**, brother of Lori Gabay

6/14 **ORION DUMITRIU**, son of Winnie Yang

6/15 **AODHAN CUMISHEY**, daughter of Donal Cumishey

6/16 **JASON ZAINITZ**, son of Linda Zaintz

6/16 **SHAY DORRITIE**, son of Richard Dorritie

6/17 **REBECCA MOORE**, daughter of Debra Phillips

6/17 **VICENTE EDUARDO**, son of Tomasina Eduardo

6/18 **CHANDI PYTOWSKI**, daughter of Rosanne Cosentino &
Bronek Pytowski

6/18 **JACK FREYTES**, son of Olga Lopez & Elvin Freytes

6/18 **JOSIAH BAAWUAH**, son of Porsha & Terry Baawuah



6/18 **JUDAH GUBBAY**, son of Marge Gubbay

6/18 **KASRIEL BENJAMIN**, son of Sarah & Tony Benjamin

6/19 **RACHEL AUSTER**, daughter of Gail Auster

6/20 **PAUL FONGKIN**, brother of Desiree Brown

6/20 **YULIA KRASHENNAYA**, sister of Deb Faynshteyn

6/21 **RALPH JOSEPH GONZALEZ**, son of Blanca Gonzalez

6/21 **WILLIAM EDWARD SHUBERT**, son of Irma E. Shubert

6/22 **CELINA PACHECO**, daughter of Evelyn Gonzalez

6/22 **JELANI CARTER**, son of Darlene Hoffman

6/23 **ANNETTE JOSEPH**, daughter of Era Joseph, sister of Jeannette

6/23 **JOE MCCLENAHAN**, brother of Michael McClenahan

6/23 **JOHN CORBETT**, brother of Sara Corbett

6/23 **PAUL WALKER**, son of Ellen Walker

6/24 **HUMZA MALIK**, brother of Amani Malik

6/25 **JASON R. CHIN**, son of China Chin

6/25 **SANDRA CHU**, Best friend of Emanuel Veras

6/26 **ALAN SOLITAR**, son of Susie & Bruce Solitar

6/26 **ANTHONY HELZER**, son of Donna Romer

6/28 **CIANNA L. ALEXANDER**, daughter of Rebecca
Harper-Alexander

6/28 **VIRGINIA JOHNSON**, sister of Angela Pistilli

6/29 **DAVID ZABLIDOWSKY**, son of Doris & Martin Zablidowsky

6/29 **JAVAN STEWART**, son of Omarr & Ursula Stewart

6/29 **KAREEM EDWARDS-MITCHELL**, son of Jacquie & John Mitchell,
brother of Kristopher & the late Kevin Mitchell

6/30 **CAROLINE MASON**, daughter of Rachel Mason

6/30 **IAN BYSTOCK**, son of Marc Bystock

6/30 **JORGIE PEREZ**, sister of Janeisy Perez

6/30 **LINDA MARQUEZ**, daughter of Hilda Mendoza

6/30 **SAVANNAH WIGGINS**, daughter of Dolores Wiggins



Our Children Remembrances — Changes

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Dan Zweig



OUR CHILDREN—LOVED AND REMEMBERED

JUNE ANNIVERSARIES



6/1	LOUIS PEREZ , son of Mercedes Tapia	6/15	CHRISTOPHER ROMINE , brother of Jennifer Romine
6/1	WILFRED DELVALLE , son of Carmen DelValle, brother of Judy DelValle	6/15	NEILL PERRI , son of Maddie & Cliff Kasden
6/2	NICHOLAS SOTO , son of Deborah Freeman & Eddie B. Soto, Jr.	6/15	PIERRE MCALOON , son of Peggy McAloon
6/2	WILLIAM MAEROV , son of Lance Maerov	6/16	BRIAN GOLDBERG , son of Gloria & Arthur Goldberg
6/4	SACHA REID KANTOR , son of Kathy Landau & Michael Kantor	6/16	JOSH GROSSE , son of Susan Grosse
6/6	JOCELYN REED , daughter of Cynthia Powell	6/18	BLAKE GARY , daughter of Denyze Gary
6/7	ANDREW MARTIN ARNOLD , brother of Barbara Arnold	6/18	LISA WEINER , sister of Abby Moller
6/7	BLAKELY RUSSELL KAY , daughter of Barbara Russell	6/20	AARON BENVENISTE , grandson of Susan & Richard Rosenbluth
6/7	VIRGINIA JOHNSON , sister of Angela Pistilli	6/20	ALEX KNEPPER , son of Lisa & Emanuel Psychojos
6/9	HARVEY STERMER , brother of Carol Lee Stermer-Aulicino	6/20	JAKE MAJER , grandson of Linda Reed
6/9	JENNIFER CARGILL , daughter of Virginia Crosby	6/21	MARIA , daughter of Gigi Semone
6/9	STEVEN SCHWARTZ , son of Ellen Schwartz	6/22	KAREN CASBAY , sister of Laura Reissman
6/10	BRYAN KELLY , son of Sean Kelly	6/23	ANDRE AMES , son of Jacqueline Jackson
6/10	DAVID GIBBS , son of Ann Gibbs	6/23	ROBERT WILLIAMS JR. , son of Kimberly Hatwood
6/10	MIKE CHARY , brother of EllaRose Chary	6/24	PETER TRAKIS , son of Dolores & John Trakis
6/10	REBECCA MOORE , daughter of Debra Phillips	6/26	CAMERON NICHOLLS , son of Stephanie Moore Nicholls
6/10	SCOTT LACROIX , brother of Kendra Lacroix	6/26	JULIETTE DICKSTEIN , daughter of Gail Luria
6/10	ZIGGY MARTINEZ , daughter of Sally Tucker	6/27	ANJELINA PATRICE WILLS , granddaughter of Patricia Tyler-Owens
6/11	BRENDAN CLAVIN , son of Nancy Hamma	6/27	BETTY DIBIASO , daughter of Susan Carty
6/12	CHRISTOPHER WAGNER , son of Linda & Edward Wagner	6/27	JAQUELINE AHERN , niece of Nan Ahern
6/12	FRANK UNTENER , son of Barbara Chase	6/27	JASON MARKS , son of Helena Marks
6/12	LUIS A. GARCIA , son of Tania Germes	6/28	ANTONIA DALEY , granddaughter of Linda Daley
6/12	PATRICK CESARIO , son of Sharon Cesario, brother of Frank Cesario	6/28	MALIK DUFOR , son of Waltrina DeFrantz-Dufor
6/13	STEFANO AGOSTINELLI , son of Pascale Agostinelli	6/30	DAVID PICARD , son of Darlene Picard
6/14	AHMAD SHARRIEFF-AL-BEY , son of Rashied Sharrieff-Al-Bey	6/30	KAREEM EDWARDS-MITCHELL , son of Jacque & John Mitchell, brother of Kristopher & the late Kevin Mitchell
		6/30	MITCHELL WALKER , son of Fountain Walker
		6/30	ROMEL ARIAS , son of Luisa Cabrera



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.



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 Ikonoumou
 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 Alllison 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

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OUR CHILDREN—LOVED AND REMEMBERED

JULY ANNIVERSARIES



7/1	ALAIJA 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 Liondis
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 KLINOFSKY , 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



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: JUN 20 JUL 18 AUG 15 SEP 19
THU		No Surviving Children First time CHAT orientation	General Bereavement Parents/Grandparents/Siblings	
FRI	General Bereavement Parents/Grandparents/Siblings	Pregnancy/Infant Loss	General Bereavement Parents/Grandparents/Siblings	Newsletter article submissions are welcome. Please email to marielevine2@verizon.net
SAT			General Bereavement Parents/Grandparents/Siblings	
SUN		Suicide Loss	General Bereavement Issues Parents/Grandparents/Siblings	MAKE A DONATION Click here to Donate to the Manhattan Chapter

OUR COMPASSIONATE FRIENDLY NEIGHBORS

Babylon	1st Friday	(516) 795-8644	Rockville Centre	2nd Friday	(516) 766-4682
Bronx	2nd Tuesday	(914) 714-4885	Rockland County	3rd Tuesday	(845) 398-9762
Brookhaven	2nd Friday	(631) 738-0809	SmithPoint/Mastic	2nd Thursday	(631) 281-9004
Brooklyn	3rd Wednesday	(917) 952-9751	Staten Island	2nd & 4th Thurs.	(718) 983-0377
Flushing	3rd Friday	(718) 746-5010	Syosset (Plainview)	3rd Friday	(718) 767-0904
Manhasset	3rd Tuesday	(516) 466-2480	Twin Forks/Hamptons	3rd Friday	(646) 894-0317
Marine Park, Bklyn	3rd Friday	(718) 605-1545	White Plains	1st Thursday	(914) 381-3389
Medford	2nd Friday	(631) 738-0809			

PRIVATE FACEBOOK GROUPS

Click below for National Website's Listing of groups.

24/7 PRIVATE FACEBOOK GROUPS

[TCF – Loss of a Child](#)
[TCF – Loss of a Stepchild](#)
[TCF – Loss of an Only Child/All Your Children](#)
[TCF – Multiple Losses](#)
[TCF – Daughterless Mothers](#)
[TCF – Men in Grief](#)
[TCF – Bereaved LGBTQ Parents with Loss of a Child](#)
[TCF – Bereaved Parents with Grandchild Visitation Issues](#)
[TCF – Loss to Miscarriage or Stillbirth](#)
[TCF – Infant and Toddler Loss](#)
[TCF – Loss of a Child 4 -12 Years Old](#)
[TCF – Loss of a Child 13-19 Years Old](#)
[TCF – Loss of an Adult Child](#)
[TCF – Loss of a Child with Special Needs](#)

[TCF – Loss of a Grandchild](#)
[TCF – Grandparents Raising their Grandchildren](#)
[TCF – Miscarriage, Stillbirth, Loss of an Infant Grandchild](#)
[TCF – Loss to Long-term Illness](#)
[TCF – Loss to Cancer](#)
[TCF – Loss After Withdrawing Life Support](#)
[TCF – Loss to Mental Illness](#)
[TCF – Sudden Death](#)
[TCF – Loss to Suicide](#)
[TCF – Loss to Homicide](#)
[TCF – Loss to Substance Related Causes](#)
[TCF – Loss to a Drunk/Impaired Driver](#)
[TCF – Grieving with Faith and Hope](#)
[TCF – Reading Your Way Through Grief](#)

The Compassionate Friends
c/o Sally Petrick - Treasurer
945 West End Ave Apt 2B
New York, NY 10025

Making a Donation—Now Online

Many of us are grateful for what Compassionate Friends has done for them and want to lend their support, even those who do not currently attend our meetings. You can still mail a check to the address to the left or donate online.

[Click here to Donate to the Manhattan Chapter](#)