



The Compassionate Friends

Manhattan Chapter

Supporting Family After a Child Dies

Our next meetings...

Mar 21
Apr 18
May 16
Jun 20

Manhattan Chapter Newsletter

March 2023

Onward...ever onward....

It just gets harder. Not the living so much, but the accepting. For it's the accepting that one has to learn to do – even when you think you have it all together, there's always more.

All my friends have now moved into the 'next' phase of their lives. The grief has been covered over with layer upon layer of life experience. Oh, the grief is still there, but no longer on the surface. Now, like an archeological dig, we find ourselves thinking back through layers.

The last of my old friends' surviving child just became engaged. That means she will soon be a grandmother and despite the fact that she is a bereaved parent, she now has an exciting future to look forward to. All my friends are now grandparents. And although several have offered to share, every grandchild becomes another painful reminder that I will never ever have one of my own. How many of my grandchildren died that day in 1993.

Sometimes I think about how I appear to the world. Pretty together I suspect. I rush to work several times a week. I capably perform all those tasks that are expected of me by people who have no idea about my life. I smile, I laugh. I listen. And sometimes I catch myself actually enjoying life.

I used to care about what people thought. It used to bother me that those who have known me through all the years think I'm 'over it'. What's so interesting now, so many years later, is that I no longer care what anybody thinks. If it makes them more comfortable to think I am my 'old self' – that's okay. . I no longer have the need to remind them that I am always conscious of my bereaved condition—

(con't on page 2)

A Mother's Hope

When our son died, I hoped it was a mistake. It was not.

I hoped it was a dream. It was not. Before my son died, I hoped for enough time in that day to clean my house, provide my family with clean laundry, taxi service and healthy meals. I loved dinner time with my family. After my son died, I did not know what day it was, cleaning our home or doing laundry were things I no longer thought of. I did not cook, I did not shop for food, I did not eat. I hoped he would come back.

He did not. I hoped I would gain understanding. I did not. I could not understand how I could wake up on a perfectly normal morning and my son was gone from his room, gone from our home and gone from our lives. I hoped for acceptance. I found none. I hoped those around me would understand me. They did not. How could my beautiful, vibrant, healthy son be gone?

I hoped for peace. I had none. I hoped for sleep. I had none. I hoped for courage to resume my daily life. My life was out of my control. The only thing I was sure of in the early days of my grief was that I knew our life would never be the same again. I hoped this empty feeling would go away. It did not. I hoped that some day my family would be normal again. We were not. I hoped I could stop looking for our son in every young man I saw that was tall, slim and had sandy colored curly hair. I could not. I hoped I could become the parent to my surviving children that I knew they deserved. I could not. I knew how much they were hurting but I could not help myself and I could not help my children. My younger son needed my comfort. My daughter, expecting her own child needed my comfort. I was their mother but there was no comfort in me to give. I hoped I could be a wife to my husband. I could not.

(con't on page 2)

TELEPHONE FRIENDS: When you are having the kind of day you feel only another bereaved parent or sibling can understand, we can listen and share with you. Don't hesitate to call our Manhattan Chapter phone for meeting information **(917) 300 3706**. To speak with someone please call one of the following volunteers; Jacquie Mitchell (eves) (347) 414-1780 jacquienytcf@gmail.com and for siblings, Jordon Ferber (917) 837-7752, beatniknudnik@yahoo.com

TCF MANHATTAN CHAPTER email: tcfmanhattan@gmail.com
TCF MANHATTAN website: www.compassionatefriends.nyc
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"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 USING ZOOM AT 7:00pm—sign on at 6:45pm

As soon as possible, we hope to return in person to the
Fifth Avenue Presbyterian Church
55th Street and Fifth Ave (enter at 7 West 55th St.

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

Onward...ever onward....

(con't from page 1)

that I desperately miss my son *every single day*. That almost everything I experience reminds me of how sad I always am, *despite appearances*. That even life's little delights – a sunny day, the garden coming back to life after a dismal winter, a friend's family holiday shared along with their laughing grandchildren – everything seems to magnify the pain that is always just behind the opaque window of my soul. I can see it clearly from the inside. I'm glad no one else can.

So who cares what anybody thinks. I've learned I must find my own comfort, my own salve. I'm most comfortable with friends who know exactly how I feel – because they have had the same experience. We can laugh even while we commiserate about our shared sensibilities. We have no need to explain ourselves to each other. We just *know*.

We give ourselves *permission*. Permission to laugh and to learn how to go on, even while we grieve. We make *choices* – the choice to continue – to live our lives the best we know how while treasuring the memories of what we once had and what we once were. I knew this trip wasn't going to be easy. I didn't know it was going to be as difficult as it actually is. But having made it this far I can dare to stop and assess my progress. I'm not unhappy with who I've become. It's a life I never expected but it's the hand I was dealt. And as they say, it's not so much the cards you're dealt, but *how you play the hand*.

Marie Levine, 2010

*Memories are flowers growing in the heart,
flowers picked on happy days
that time arranges in bouquets
to warm the heart in tender ways
by feelings they impart.*

*Memories are pictures taken through the years,
pictures of a smiling face,
a happy time, a favorite place...
These pleasures time cannot erase,
they are kept as souvenirs.*

~ Laura Rogers, TCF, Northfield, NJ

~ ~ ~

CONFERENCE REGISTRATION NOW OPEN

www.compassionatefriends.org

After One Year...

(con't from page 1)

I never hoped for laughter. How could I laugh when my son was dead. I hoped the feelings that consumed my every waking moment would somehow change so I did not feel as though I could never again be in a public place without crying. At 6 months after my son died, I hoped for a reprieve. I no longer could stand the pain and I saw my doctor. I knew he must have an answer to my question, "How long will I feel like this?" He did not. I had begun attending Bereaved Parents meetings and hardly spoke a word at the first meeting. I could not stop talking at my second meeting. I had found the glimmer of hope that I had been searching for. I hoped this all consuming grief would never again happen to my family. But it did! When my daughter in law was 6 months pregnant, my son told me their baby had died. How I grieved for my son. I knew what he was feeling. I hoped to be able to help him and his wife. I could not.

I then realized that all of the things I had hoped for had begun to come about but had taken a lot of time. I hoped my son and his wife could hold on long enough for time to help and heal. They have. When my son died, I never hoped for joy. I could not imagine joy as part of our lives ever again. But there is joy. When my son was a baby, a toddler, a young child, a teenager and young man, I watched over him. I thought I would watch over him for my entire life. But I was wrong. I hope with all my heart that he is watching over me.

I now have the understanding I hoped for. I have peace. I finally sleep. I find joy every time I see a tall, slim young man with sandy colored curly hair. I do not cry as often. So there is hope. We all have a future; we have memories. No matter how long our children were part of our lives, we have memories. The first time I realized that joy would one day be part of my life was the day I remembered a trick my son played on his little brother. He gave him a glass of buttermilk instead of regular milk and pretended it was a mistake. We have laughed so many times about this little story. I can still see the twinkle in his eye. I can hear my son and daughter as he made up names for her to tease her. Oh, how he loved to laugh. I remember the look on his face when I discovered the snake he put in my garden terrarium. I know the joy I feel every time I think of my son, share a memory with someone or look at pictures of him will never change.

My hope as a Mother is that we all will find peace and cherish the joy our children have brought to our lives.

~reprinted from BP USA Oct/Nov/Dec 2004 Newsletter

By Betty Lineberger
BP/USA of Marion County FL



Acceptance

How can there be acceptance
of a child's death?

How could I possibly
"take willingly, to say yes to"
her death
or "treat as welcome" or
"be willing to agree to" it?

No – I can do none of the above.

Oh – here's one more meaning
to the word acceptance:
"to take as true" –
to take as true.

Oh yes, It took me quite a while,
but I now know it's true.

Yes, I do take as true
that she is no longer physically with us
and take as true
that my life has been changed
irreversibly.

I will never say yes to her death,
but I do accept it as true.

~ Genesse Bordeaux Gentry

The Ache We Hold Inside

When these children we loved are taken,
and the years pass slowly by.
You feel the grieving is over,
but the ache is still inside.

This life of ours must continue, and
the tears we must learn to hide.
But you know it will never leave you,
this ache we feel inside.

Their siblings go on with their future,
and you know this is how it should be.
You share in their joys and sorrow,
but that ache won't let you free.

Where they rest, you visit less often,
and their voices are not as clear.
And our zest for life is returning,
but the ache is always near.

Our friends and families tell us
how well we handled our grief.
If they only knew deep within us,
from this ache there is no relief.

When alone we talk to them often,
for we know they are still by our side.
And the warmth of our memories comfort,
but the ache will always abide.

As we continue this earthly voyage,
and the calm and the storms pass by,
we will cherish our precious memories,
and this ache we hold inside.

~ TCF Cincinnati Chapter

Gifts of Love

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

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

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

Making a contribution –

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

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

Recommended reading...

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

⇒ take advantage of the book list on the TCF website www.compassionatefriends.org

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

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

...to our new members

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

...to our long standing members

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

~ ~ ~

The Compassionate Friends Credo

We need not walk alone.

We are The Compassionate Friends.

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

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

but our love for our children unites us.

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

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

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

We are young and we are old.

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

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

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

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

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

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

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

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

share the anger as well as the peace,

share the faith as well as the doubts,

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

WE NEED NOT WALK ALONE.

WE ARE THE COMPASSIONATE FRIENDS.

~ ~ ~

Online Support from the National Compassionate Friends Website

Live Chats

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

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

Private Facebook Groups

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

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

Siblings

If I could speak to all the siblings out there, I'd say

I know you're frightened – and maybe feeling anger and guilt, for those are normal feelings at times like these.

I know it isn't fair, but some of life isn't. It's hard to accept that fact, isn't it? I know you may even resent having some special time in your life interfered with by your parents' prolonged grieving. Be patient. There will be better days.

I know you may be sorry you said or did some things that involved your dead sister or brother. Sibling rivalry is a normal and natural thing. All of us say and do things we wish we hadn't. That's a part of being human. Forgive yourself for being human and try to remember the good times, too.

If you're older, I know you find it difficult to share the pain you're feeling with your parents because you can see they are having a hard time. Your impulse is to protect them – and that includes from your own pain. Sometimes you become the parent and they, the child. Do you realize that if you do too great a job of disguising your grief, your parents may misunderstand and think you aren't grieving at all? Share some parts, at least, with them if you can. It is better for you and them to release your feelings rather than bottle them up and pretend everything is okay.

I know you become discouraged after a while when you find you aren't able to make your parents "better".

It isn't a failure on your part that this is true. Try to accept the fact that it takes much time and grief work before they can be better. They, and you, have lost something very important and it isn't possible for them to put it all behind them and go on as though nothing has changed. All of the crying and unhappiness you are seeing is necessary for them to go through before they can reach the other side of the grief process where it is less painful.

I know you begin to wonder if your dead sibling was your parents' favorite child and if you really matter at all. Oh! You do! Had it been you, or any of your brothers or sisters, it would be the same, for this is the way it is when any child dies. It may take some time before your parents can show it in obvious ways, but you are one of the most important reasons they struggle so to regain some equilibrium in their lives. You are important!

I know you wonder sometimes if your parents are remembering the same person since they only seem to remember him or her as being a perfect angel with no faults. You, on the other hand, may remember some qualities that weren't so saintly. When you are remembering your sibling, bring up some of the irritating things he or she used to do so that everyone can remember him or her as he or she really was – a human being, complete with good and bad. It's hard to live with the memory of a saint, isn't it?

I know it may be bothersome if you find your parents are overly concerned for your safety now. They may tend to overprotect, but you need to understand that they now know that bad things do indeed happen to good people and their security is shattered. Just a simple thoughtful act like calling if you're going to be later than expected can really help them and make them less anxious.

Holidays and birthdays will be more painful than fun in the beginning. Try to understand if old traditions are put aside right now and don't demand that everything be exactly as it used to be. Given time, you and your family will work out just how you want and need to observe special family occasions and there will be enjoyable times in your home again. They just may have to be observed in different ways than before.

I know you need to hear that your family will survive this tragedy.

(con't in next column)

The Compassionate Friends Sibling Credo

We are the surviving siblings of The Compassionate Friends

We are brought together by the deaths of our brothers and sisters

Open your hearts to us, but have patience with us.

Sometimes we need our families to be there.

Sometimes we must walk alone, taking our memories with us, to become the individuals we want to be.

We cannot be our dead brother or sister; however a special part of them lives on with us.

When our brothers and sisters died, our lives changed.

We are living a life very different from what we envisioned and we feel a responsibility to be strong even when we feel weak.

Yet we can go on because we understand better than many the value of family and the precious gift of life.

Our goal is not to be the forgotten mourners that we are, but to walk together to face tomorrow as the surviving siblings of The Compassionate Friends.

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](#)

All the siblings... (con't from left column)

Our parents may need the same assurance. Those of us who have had the necessary time for our adjustments do offer you and your family that assurance. It will never be the same, but you will come to value each other in ways not previously thought of. Now is the time for your family to be pulling together – not apart. A loving family will survive. Try to share and communicate your feelings. If you can't talk to your parents, find someone who cares and can listen. It can help all of your family to recover in an emotionally healthy way.

IT will be better! Write that down!

~ Mary Cleckley, TCF Atlanta, GA



OUR CHILDREN—LOVED AND REMEMBERED

MARCH BIRTHDAYS



3/1 **JO ANNA BURRO**, daughter of Jeanette Burro
3/1 **RISA FIELD**, sister of Barbara Field
3/1 **ROSARIO TORANZO**, sister of Carmen Toranzo
3/1 **SCOTT DEMEL**, son of Caren and Marc Demel
3/3 **AREIS GORDON**, son of Joselyn Gordon
3/3 **DAVID MILLER**, brother of Jeanie Miller
3/3 **DIANE HASS**, daughter of Lillian Hass
3/3 **JENNA AGULE**, sister of Devon Agule
3/4 **CHRISTOPHER ROMINE**, brother of Jennifer Romine
3/4 **JASMINA ANEMA**, daughter of Theodora Anema
3/5 **PAMELYNN SAMUEL**, daughter of Madelaine Samuel
3/5 **STEFANO AGOSTINELLI**, son of Pascale Agostinelli
3/6 **LEAH NICO**, daughter of Linda Sacks, sister of Mara Bragg
3/6 **PARKER KOLTCHAK**, son of Deb Capone
3/6 **SITA OLIVE SINGH DUTTON**, daughter of Nirvani Bissessar and Edward Dutton
3/7 **CHRISTIAN FUERSICH**, son of Janet Fuersich
3/7 **RORY DAZE CHONG**, son of Pam Chong
3/7 **SHIMMER HALL**, daughter of Janine James
3/8 **DANIELLE ALEXANDRA GORDON**, daughter of Fran Gordon
3/8 **MAGGIE GOWELL**, daughter of John & Rosanna Gowell and sister of Jesse
3/9 **ANJELINA PATRICE WILLS**, granddaughter of Patricia Tyler-Owens
3/10 **CYBELE ELIZABETH FISHER-KOPPEL**, daughter of Phyllis & Jack Fisher, sister of Remy Fisher-Bauman
3/10 **ELINOR FRIEDBERG BLUME**, daughter of Leslie Kandell
3/10 **JULIAN SERAFIN**, son of Agata Lisok-Serafin
3/11 **GRACE CORDERO**, daughter of Margarita Zambrano
3/11 **LYNDON HOWARD**, son of Lila Howard
3/11 **SEAMUS WOOD**, son of Will Wood & Deb Funkhouser
3/12 **BENJAMIN RONALD OJEDA-FEINSTEIN**, son of Talo Ojeda & Reva Feinstein
3/13 **ALEXANDER ANDUJAR JR.**, son of Madelaine Colon
3/13 **ROBERT CABALES**, son of Susan Cabaes
3/14 **BENJAMIN LEWIS KAPLAN**, son of Barbara Lewis Kaplan
3/14 **WILLIAM JOHN BERTRAND**, son of MaryLee Bertrand
3/15 **ROBERT PATRICK JENKINS**, son of Barbara Jenkins, brother of Cheryl

3/17 **ELYSE CARVER**, daughter of Violette Carver
3/17 **GERSON JAIR SALMON**, son of Ivette Salmon
3/17 **WILLIAM FISHER**, son of Sally A. Fisher
3/18 **ANDY FISHER**, son of Barbara Fisher
3/18 **ANDY PERSAUD**, son of Dennis Persaud, brother of Andrea Persaud
3/18 **DESHA BEAMER**, sister of Laura Beamer
3/19 **CHARLOTTE MILLER**, daughter of Caitlin Felton & Barney Miller, sister of Clara
3/20 **ISABEL L. DODWELL**, daughter of Amy & William Dodwell
3/20 **PHILIP GOODFRIEND**, son of Debbie Goodfriend
3/21 **JOSHUA UNDERWOOD**, brother of Sarah Underwood
3/22 **DARIA NORTON**, daughter of Charlotte Savino & Lee Norton
3/23 **ALEXANDER ROBERTS**, son of Nancy Roberts
3/23 **GLENN GILLIARD**, son of Rose Chaney
3/23 **MANUEL RODRIGUEZ**, son of Irene Rodriguez
3/24 **BRYANT GIBBS**, brother of Cynthia Gibbs-Pratt
3/24 **RONAN CHRISTOPHER LOUIS**, son of Rick Louis
3/25 **JADEN MAXWELL THOMAS**, son of Louise Thomas, brother of Tanya
3/25 **RICHARD CONLEY**, son of Phyllis Conley
3/26 **BEN BREEN**, son of Carol Breen
3/26 **JEREMY PALLEY**, son of Iris Palley and Stephen Palley
3/26 **NOAH COMPTON-MEYER**, nephew of Allison Meyer
3/27 **CHADWICK ALEXANDER ANDERSON**, son of Stacie Hawkins
3/27 **STEVEN HOUTERMAN**, son of Awilda Rodriguez Houterman
3/28 **DAVID LANG BAREK**, son of Peggy Lang
3/29 **BRANDON WEDEL**, brother of Brittini Wedel
3/29 **MICHAEL VINCENT ROSEN PIPITONE**, son of Alison Rosen & David Hantman
3/29 **ROBERT VRABLIK**, brother of Lauren Vrablik
3/30 **ALEX REY**, son of Alex and Myrna Rey, brother of Amanda Rey
3/30 **AURELIE FRANCHITTI**, daughter of Marianna Vertsman, sister of Valerie Franchitti
3/30 **SANDY SMITH**, sister of Cindy Smith
3/30 **ZANE MANDEL-MICHALAK**, son of Janet Robinson
3/31 **ADAM RAPOPORT**, brother of Lindsay Rapoport
3/31 **ROBERT RODRIGUEZ**, son of Caroline Linares





OUR CHILDREN—LOVED AND REMEMBERED

MARCH ANNIVERSARIES



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

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



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

APRIL BIRTHDAYS



4/1 **ALAIA MOSLEY**, daughter of Patricia Mosley
 4/1 **JOEY MASLIAH**, brother of Amanda Rockoff
 4/1 **SHANA DOWDESWELL**, daughter of Laurie & Roger Dowdeswell
 4/2 **ALI SEEDAT**, daughter of Deborah McKinzie
 4/3 **KYLE DANE**, son of Madelaine Samuel
 4/3 **NATASHA GEMBKA**, daughter of Tim & Alexis Gembka
 4/4 **ALEX BHAK**, son of Karyn Bhak
 4/4 **DANNY MAZRAANI**, brother of Mona Mazranni
 4/4 **JORDAN MITCHELL**, son of Melody Mitchell
 4/4 **LORI HEALY**, daughter of Tom Healy
 4/5 **CHRIS MASARONE**, twin brother of Nic Masarone
 4/5 **MATTHEW BAUMEISTER**, son of Lynn & Mitch Baumeister
 4/7 **AMIR PRIZANT**, brother of Ayelet Prizant
 4/7 **CYRUS WANECKE**, son of Nolan Wanecke & Talya Ramchandani
 4/7 **JASON KLEIN**, son of Jeanette LaBarb
 4/8 **CYRUS**, son of Francine Figueroa
 4/8 **JUSTIN R. NEGRON**, son of Nancy Negron, brother of Samantha
 4/8 **LISA DONOFRIO**, daughter of Christina Korteweg
 4/8 **VICTOR CHEN**, son of Vivien Chen
 4/10 **MELANIE DINOWITZ**, daughter of Elaine Dinowitz
 4/10 **SARAH KATZ**, daughter of Michael & Jill Katz, sister of Dana Katz
 4/10 **SHONEN CHAMBERS**, sister of Tiffani Chambers
 4/11 **AYDIN HOSSAIN**, daughter of Beth & Abir Hossain
 4/12 **ETHAN MAGDER**, son of Andrea & Gary Magder, brother of Abbi Magder
 4/13 **DR. AMY BETH ROSEN**, daughter of Helen Rosen
 4/13 **ISAIAH VILLAFANA**, son of Camille Evans & Elijah Burgos
 4/14 **SUZANNA ZHOU**, sister of Susan Zhou
 4/15 **MATTHEW CARLSON LUTZ**, son of Linda L. Carlson

4/15 **NONI BIALE**, daughter of Margaret and Noam Biale
 4/16 **ELLA BANDES**, daughter of Judy Kottick & Ken Bandes
 4/16 **NICHOLAS MONICO**, son of Lisa & Craig Monico
 4/16 **RICHARD WARNOCK**, son of Claire Warnock, brother of Susan Warnock
 4/17 **CINDI DIMARZO**, sister of Jodi DiMarzo
 4/17 **SEAN KIMERLING**, son of Ervine & Noah Kimerling
 4/18 **HARRY GANDEL**, grandson of Karen & Meyer Gross
 4/18 **NICOLAS DE LAVALETTE**, brother of Sebastian Lavalette
 4/19 **SOPHIE ANN MISSHUK**, daughter of Evan Misshuk
 4/19 **WILL TANG**, brother of Sandra Tang
 4/20 **LAURA FELDSTEIN**, daughter of Marilyn & Al Feldstein
 4/20 **MARSHALL FORDE**, son of Asurf Forde, brother of Marcel Forde
 4/20 **NAOMI STOLAR**, sister of Susan Schindler
 4/21 **AIDAN HERNANDEZ**, son of Maura Moloney & Victor Hernandez
 4/21 **BARBARA STRAUSS**, sister of Joanne Shapiro
 4/22 **DANIEL ALBERT**, son of Anita Albert, brother of Jenna Van Dusen
 4/24 **SAM BINNICKER**, brother of Griffin Binnicker
 4/25 **DANIELLE BAKER**, sister of Tiffany Baker
 4/25 **JONATHAN JUSTIN RODRIGUEZ**, son of Gina Rodriguez, grandson of Maggie Valentin
 4/25 **KRISTEN SANCHEZ**, sister of Melissa Rosario
 4/26 **SEAN COLLINS**, brother of Kelly Collins
 4/27 **BENJAMIN HARTFORD**, son of Nora Madonick
 4/27 **BRONWEN PRADT**, daughter of Katherine Pradt
 4/27 **GRETA GREENE**, daughter of Stacy & Jayson Greene
 4/30 **KIARR LACEY MONROE**, son of Xenia Vasquez & Lacey Monroe
 4/30 **LOUIS ARESU**, son of Elizabeth Sperrazza, brother of Maria Sperrazza



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Dan Zweig



OUR CHILDREN—LOVED AND REMEMBERED

APRIL ANNIVERSARIES



4/1 **MARCUS PRESTON**, son of Valerie Preston
 4/1 **RORY STAUNTON**, son of Orlaith & Ciaran Staunton
 4/2 **ALEX BHAK**, son of Karyn Bhak
 4/2 **ANDREW SCHLEIFER**, son of Kittyhawk Schleifer
 4/2 **LYLA SKYE MEDICI**, daughter of Mimi Delle Donne, sister of Meghan Matias
 4/3 **DANA FLAX**, sister of Casey Flax
 4/3 **KRISTOFFER SALAVANTE**, son of Maria & Eliezer Salavante
 4/3 **SAGE JOSEPH**, daughter of Debra Driscoll
 4/4 **CHRISTINE EBERT**, daughter of Judy & John Ebert
 4/4 **JORDAN MITCHELL**, son of Melody Mitchell
 4/6 **MICHAEL WHITLOCK**, son of Peggy Whitlock
 4/6 **TREVOR MATTHEWS**, son of Angela Matthews
 4/8 **ALEXANDER ANDUJAR JR.**, son of Madelaine Colon
 4/8 **CYRUS**, son of Francine Figueroa
 4/9 **ANDREW FREDERICK RUBIN**, son of Barbara & George Rubin
 4/10 **DAN OSHINSKY**, brother of Julie Mintz
 4/11 **DAVID ALEXANDER**, brother of Farah Alexander
 4/13 **AYDIN HOSSAIN**, daughter of Beth & Abir Hossain
 4/14 **BRITTANY MALVEAUX**, sister of Jordan Malveaux
 4/14 **TYREE SHEPPARD**, son of Laura Sheppard
 4/16 **IAN BYSTOCK**, son of Marc Bystock

4/17 **MICHAEL MOUSSA**, son of Mariam Moussa
 4/18 **JEREMY PALLEY**, son of Iris Palley and Stephen Palley
 4/20 **KYLE DANE**, son of Madelaine Samuel
 4/21 **RELONZO W. PERKINS-MACK**, son of Denise Perkins Best
 4/22 **RASHID SOLIS**, son of Frank Solis
 4/23 **ALIYAH RABSATT**, daughter of Patricia Rabsatt
 4/23 **KERRY STONE**, brother of Catherine Kells
 4/23 **KEVIN DEL ROSARIO**, son of Annaliza del Rosario
 4/23 **PABLO RAMIREZ**, son of Carlos Ramirez
 4/23 **RISA FIELD**, sister of Barbara Field
 4/24 **BRANDON MYERS**, brother of Rachel Myers
 4/24 **CHRIS MASARONE**, twin brother of Nic Masarone
 4/24 **EREZ KLEIN**, son of Rachel Gordon
 4/24 **NATALIE JOY HERTEL-VOISINE**, daughter of Barbara Hertel & Don Voisine
 4/25 **CINDI DIMARZO**, sister of Jodi DiMarzo
 4/25 **JORGIE PEREZ**, sister of Janeisy Perez
 4/26 **JAMES HAYS**, brother of Claire Hays
 4/27 **MARGARET BRAUN-GRIEP**, sister of Helen Braun
 4/27 **MATTHEW GORDON**, brother of Elizabeth Stilwell
 4/27 **OLIVIA PETRERA COHEN**, daughter of Nancy Petrera
 4/29 **MAX GLEZOS-CHARTOFF**, son of Julie Chartoff & Irene Glezos
 4/29 **SOPHIA JOLIET AGUIRRE**, daughter of Monica Deliz



Gifts of Love

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

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

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

Making a contribution –

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

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

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: MAR 21 APR 18 MAY 16 JUN 20
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](#)