

Our next meetings...

Mar 18 Apr 15 May 20 Jun 17

Manhattan Chapter Newsletter

March 2025

MAR 18TH MEETING—3RD TUESDAY IN-PERSON

In-person only on the third Tuesday, March 18th We are still working to figure out how and when we can work in online meetings. It's by far worth the extra effort to come inperson, but we recognize not everyone can.

The Promise

Cold winds blow across the frozen pond.

Snow lies deep upon the fields.

But the change has begun.

Daylight hours increase slowly.

With each passing day later sunsets are

more apparent...winter is ending.

For bereaved parents, the change is awfully

slow. The progress is not always apparent,

but the promise is the same.

Winter will end.

Spring will return.

~ Betty Stevens, TCF, Baltimore, MD

I know how you feel......

My life went off the rails in 1993. At the time I was entering middle age, had enjoyed a successful career, and continued on what seemed a prosperous trajectory. I had been married for 29 interesting years and had the most fabulous son who was about to enter adulthood; handsome, smart, educated, healthy and wise (for a 22 year old). I often voiced my gratitude to the fates for my good fortune. Big mistake. They heard me - and offended by my hubris - they smacked me down like a bug that had landed blissfully in their unsullied world.

It was August 8th. Visiting with my sister in California, she and I had spent a glorious summer day in Carmel, returning home exhausted and settling in with my brother-in-law to watch a movie when the phone rang. Unaware that my life as I knew it was about to end, my sister and I continued watching while he went to answer the phone. It was 9PM. Midnight in New York.

Unbeknownst to me, while my sister and I were romping around Carmel during the afternoon, my husband had called looking for me. (It was 1993 - no cell phones). When my brother-in-law took the call, Phil was forced to tell him the news but asked that he not tell me, saying he would call me that evening. He waited until midnight in New York so that I could have one last day....thus, greeted normally when we returned from our fun day, I had no clue that anything was amiss. That Peter had been dead for 24 hours. When the phone rang at 9PM, I reluctantly went to the phone when my brother-in-law interrupted the movie to tell me that Phil was calling. Looking back on that moment, remembering that he knew what was about to happen.....

(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

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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 - in person on the third Tuesday of the month

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

This month, Mar. 18, 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.

The First Meeting

I first heard of The Compassionate Friends at the Grief and Grieving Seminar at Sacramento City College in 1989. I sat in the auditorium in the very last row, in the very last seat, sobbing, hoping to muffle the sounds by holding a bandana to my mouth.

My only child, Joe, 21, was killed on December 6, 1988 in a truck/auto accident at 11:49 a.m. (from the police report). He was coming back to work from lunch. A rock truck made a sudden left turn and my son, my best friend, was dead. Two minutes, that's all it took to find myself crying in the dark at Sac City. I wasn't ready to reach out yet, but I took the brochures home.

A year and a half later, I thought I was ready. I arrived at the church on H Street. I sat in my car, asking myself what I was doing here. Talking about Joe's death was so painful, even with friends who loved me. How could I talk about to death to strangers? And why should I? I stood by my car for two minutes and took a deep breath. I walked to an open door and announced to a dance class I was here for The Compassionate Friends meeting. Four couples turned around, the music stopped and so did I.

I finally found the right door and walked in and introduced my-self to the woman by the guest book. She said the meeting was beginning for the "new" members and showed me to the room. Darlene Johnson was there, talking about the cards we were to fill out, with our names, the name of our child and/or children who had died and when they died. I looked at the blank card and lines erased themselves with my tears. My hand shook and I felt the familiar anxiety attack symptoms and I glanced across the table and my eyes were met with another pair of tear filled eyes. In that second-long time span, pain recognized pain and I felt kinship with him and my attack drifted away, not to claim me that night again.

I relaxed a little and listened to women and men communicating the loss and agony—and the fearful topsy-turvy roller coaster ride of emotions that battered us day and night. We shared our losses, if we chose to do so. When it was my turn, though, I said, "Pass." And it was fine—no questions, no pushing. And then we talked, cried, admitted to anger, confusion, outrage, sadness, depression and sobbing in public. I talked and I listened. I hugged and I let people give me a hug. The agony was real within us, but together we told it to step back a little that night. The meeting ending with our standing in a circle, holding each other's hands, a circle of courage, relief and strength.

I walked to my car and thought what a difference those four hours made. I found solace and relief. The Compassionate Friends meeting won't make the pain go away, but it is a place where you can honestly and truly believe when someone says, "I know how you feel." They mean it and their eyes prove it.

~Janice Lopez, TCF Sacramento Valley Chapter, CA

The Compassionate Friends 48th National Conference

July 11th to 13th, 2025 in Bellvue, WA
The 2025 National Conference

I know how you feel.....

(con't from page 1)

I'm recalling this now as I anticipate the 23rd summer since that fateful day. Though I don't remember all the details of subsequent days, I remember vividly what I felt that day as my mind shattered and I watched myself from a distance that only an out-of-body experience could provide. The disbelief, confusion and physical pain that sent me screaming and flailing about remain a memory that can be recalled at will. The hopelessness - and later, the sense that my entire life to that point had been a waste. The future I had anticipated was gone in a flash and with it went the hope that my own life would have mattered. My son Peter was my whole reason for being. Without him, I believed all was lost.

Thinking I was singularly devastated, I was only mildly comforted at my first TCF meeting. Introduced to parents who were only one or two years ahead of me, I actually thought they were probably "over it". Ha! Amazing looking back, that I could even have thought that. Then again, I had lost *Peter* - the mostest, best, biggest, wonderfullest, most amazing son *ever! My* grief could never be survived. I returned again and again. Meeting after meeting I railed at the heavens, sharing my anguish with other newly bereaved parents who, like me, believed *they* were singularly devastated.

In time, I began to realize that the pain of losing a child weighs the same to each and every newly bereaved parent - no matter the age, the size, the circumstances. As my fellow travelers and I shared our experiences and tried to articulate a sensibility that has no language, I recognized how universal this particular grief is - and how unsettling it is to be unable to describe it. We never stop trying and sometimes our metaphors come close.

One day one of my compassionate friends came up to me at a meeting and thanked me for something I said. They told me how it had helped them and how they had shared what I said with many of the people in their support system. Later, reflecting on that conversation I felt a glimmer of - dare I say it - hope? I had helped someone! I had been journaling since the beginning. Maybe I could share what I was feeling by sharing my writing. My healing began then.

As bereaved parents, grandparents and siblings, we are all comfortable with each other because we really know what it feels like. We don't have to try desperately to describe this pain, anguish and confusion to each other. We know exactly how it feels. No mindless attempts to comfort can be found here. Only validation. Like survivors of a distant war, we are trenchmates... we know what it feels like to have our world blow up. We know what it feels like to be surrounded by family and friends who cannot imagine what we are suffering or how we are forever changed. We know what it feels like to re-enter an unknowing world. We know what it feels like to be submerged in a world of expectations - a world that expects us to move on, put the past behind us, give up our future plans and reinvent ourselves on short notice, or at least return to them as the people we once were.

Yes, I do know how you feel. As time has worked its magic on me and softened the constant ache and replaced it with breathtaking longing - I continue to reach out to new travelers whose path leads to our world. I try to assure them that they won't forget, they are not alone, time is their friend - they will survive. Eventually we all learn how to live the rest of our lives with our absent children forever present in our broken hearts.

~ Marie Levine, June 2016

Siblings

Finding Myself Again

by Jordon Ferber

In July 2002, I was just two years into my burgeoning stand-up comedy career when my only brother Russell, who was just about to embark on his own career as a pastry chef, was killed in a car accident.

He was 21. Just hours after his death, my dad asked me what kind of funeral he would have wanted. I told him I had no idea, I just knew the cake afterwards had better be amazing. And chocolate.

That's the thing about the immediate aftermath of grief. You find yourself having surreal conversations about things like cake in the context of one of the most devastating moments one can experience.

That whole first year was something of a daze, to be honest. I watched myself living in slow motion a lot of the time. I was performing comedy almost every night, in-between handing out fliers for the show and screaming at strangers in Times Square, followed by hanging out and drinking all night with other comedians, and the occasional drunk audience member.

On the surface, I was getting by. But I was lost.

I wasn't sure who I was anymore without my brother, and I was actively leading something of a double life, telling jokes and presenting a version of myself that didn't represent at all what my life suddenly was. My whole worldview had been turned upside down, my ways of interacting with life fractured. I never talked about Russell on stage. I kept my material to surface level jokes about smoking pot, drinking and thoughts on pop culture. I was desperately trying to hold on to a version of myself that no longer existed. And it wasn't working.

Offstage was no easier. Grief is so often swept under the rug, and we are encouraged to engage in it privately, if at all. Sibling loss in particular is one of the most under-acknowledged losses in my experience. We are often called "the forgotten mourners." For good reason. There are more books about pet loss than sibling loss.

People seemed insensitive, almost dismissive of my grief, which was further isolating. The first question I often got when

(Con't on page 4)

When Tomorrow Starts Without Me

~by David M. Romano

When tomorrow starts without me and I'm not here to see.

If the sun should rise and find your eyes all filled with tears for me

I wish you would not cry the way you did today while thinking of the many things we did not get to say.

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

I know how much you love me as much as I love you. Each time that you think of me I know you will miss me too.

So when tomorrow starts without me do not think we are apart.
For every time you think of me remember I'm right here in your heart.

Submitted by **Marybeth Bannon** in memory of her brother **Robert Michael Bannon**

Finding Myself Again

(con't from page 3)

someone found out I'd lost my brother was often, "How's Your Mother?" It was rarely followed up or paired with, "How are YOU?" People said I had to be strong for my parents. They just lost a *child*, it must be very hard for *them*.

Fortunately, I had the wherewithal to push back a little. I rarely let anyone off easy. I would often say, "Yes, I imagine they are doing about as badly as I am." Friends were difficult to deal with, as well. Those who knew me before Russell died had a hard time dealing with the new version of me, a darker, more troubled version of myself.

My parents started attending a self-help support group called The Compassionate Friends, and encouraged me to come, as they had an active siblings group as well. I resisted for a while, but I ultimately went to a meeting, if only to shut them up. My feeling was, it wasn't going to be helpful, and we'd never have to speak about it again. Ironically, all these years later, my parents no longer attend and I now run that sibling support group.

This is really when things started to change for me. I had found a place where my feelings were validated, where my struggle was acknowledged, and my process was not judged. A place where I met other people going through a similar process who told stories of their own that I related to, where I wasn't alone. I could even joke about it in my group. Finding humor in the uncomfortableness of grief and death in general has been extremely cathartic. It has allowed me to talk about my grief and my loss in the same way that I talk about everything else.

It was when I started to embrace this new version of me that I started to see real progress. When I let go of wanting to go back to being the person I had been, I was able to start getting to know this newer me. Not the old me. A new, still heartbroken version, who had found a way to go on.

In the intervening years, I started a podcast called Where's the Grief? in which I interview comedians and other creative types who have also experienced tragic loss. (I often remark that it's not ALL comedians, I do interview other sad people too). It felt like I had finally "come out" as a bereaved sibling, proud of finally being able to talk about my brother without making it weird. And in doing so publicly, I started to see how much of a universal experience grief and loss can be. Showing all the different versions of what grief looks like, and sharing those conversations with others in need who are perhaps at an earlier stage of their journey has been very rewarding. To show other people that its OK to do it however works for you is also to reaffirm it for myself. Society in general does not deal with the extremes of grief well. Because there is no blueprint, I often thought I was doing it wrong.

People expect you to "go back to normal" at some point. People seem to think there's a standard timeline for healing. They will ask, when it's clear you're still struggling well past whatever that time frame is, "STILL? Aren't you over that yet?" they say, "your brother wouldn't want you feeling this way."

Oh really? NO shit. What an incredible insight. What I wanted to say, to all those who were disappointed in my grief process, was You think I WANT to feel this way? I don't! But this IS how I feel. Also, Russell isn't here, so he doesn't get a say.

Finding Myself Again

In the early days, grief was so hard particularly because it was so UNfamiliar. . . I was constantly blindsided by it. It would come out of nowhere. Standing in a supermarket staring at a carton of Apple and Eve apple juice. Hearing one of his songs (P. Diddy, Bad Boy For Life) blaring from a car radio. Even just passing a spot in the neighborhood that held the most mundane of childhood memories could be an emotional roller coaster. For me, one thing I've learned is that it's only by acknowledging how I feel that I can DEAL with it. I have found that over time, just simply by doing that, the moments of intense grief pass much faster than had I repressed them or ignored them altogether.

There are still moments that come out of nowhere, but I'm much better equipped at managing them. The knowledge that dealing with Russell's absence in my life is a lifetime process is a lot different than the scary thought in the early days of wondering when this pain would go away. Now I know. Loss does not go away.

I am now into my 20th year of grieving - not just for my brother and the life he didn't get to lead, but for the life I knew as well. I lost a part of myself in the process, and while it took time, I feel like I have finally gotten to a place where I feel like myself again. I have done it by really allowing myself to feel all the feelings, to acknowledge my pain, to incorporate this into my life.

I will ALWAYS miss my brother, and I will ALWAYS wonder what he'd be doing if he were still here, what WE would be doing together. But as time has gone on it's not as scary or deeply distressing that it will never go away. It's a reminder that my memories and my feelings about my brother will ALSO never go away.

I will always strive to find ways to be more happy and grateful to have had Russell in my life in the first place than to be soul crushingly depressed that I have to live the rest of my life without him. In a way it's a conscious choice I have made. I don't always succeed, but the knowledge of the possibilities gives me hope for my future.

Grief is about unfinished business.

All that still aches to be done, said or felt together.

The possibilities that will never be realized must now be surrendered,

but our unfinished connection will quietly accompany the remainder of my own journey.

~Molly Fumia, "Safe Passage"

...a note to the newly bereaved... (and a reminder to the rest of us)

The first months and years after bereavement can be terrifying. It seems as if the pain stays at a monotonous peak; it seems as if one's mind will be lost at any moment. And although most of us "get better" after the first terror, we usually don't realize that until we look back years later.

When we think about it: This state of affairs is almost "reasonable". After such an overwhelmingly traumatic experience, we can still fall – as it were – to the end of the world. Coming back from there is bound to be slow beyond our imagination and fraught with reversals. So far, no one has found a method to avoid the journey back. But perhaps it will help to know you have already begun to travel...

You will find it is a long journey, and desperately hard—and you may almost want to stay where you are. But you will realize later that the wind of tomorrow is already stretching your sails, and life awaits for you across the sea. If you only knew...

~Sascha Wagner

....from Healing After Loss by Martha Whitmore Hickman...

She thought that she had never before had a chance to realize the strength that human beings have, to endure; she loved and revered all those who had ever suffered, even those who had failed to endure.

~ James Agee

It is true that grief extends our sensibilities. We find we have a sudden kinship with those who have suffered losses similar to ours. We may, like the woman in Agee's story who had been recently widowed, find ourselves in awe of the strength in ourselves to simply go on living in the face of such suffering. We realize how much we have been spared, not to have encountered this kind of grief before, and our hearts go out to those who are young and sustain a major grief too soon, before they have had carefree years to treasure.

All of this comes as a kind of astonishment in the first period of grief. Like our plunging into cold water, it takes our breath away. The shock alters all our perceptions. Then we get used to it. Our bodies warm to it and we begin to swim.

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
 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 accessed only after a request to join is approved by a moderator.

Click **HERE** for more information and a list of Private Facebook Groups.







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







MARCH ANNIVERSARIES



3/2	DANIEL ALBERT, son of Anita Albert, brother of Jenna Van Dusen	3/16	MICHAEL KAMEO, son of Mordi and Keren Kameo
3/2	NATASHA GEMBKA, daughter of Tim & Alexis Gembka	3/16	NICHOLAS MONICO, son of Lisa & Craig Monico
3/2	TY PICKETT, son of Jan Pickett	3/17	ISAAC JACOB MEYERS, son of Nahma Sandrow Meyers,
3/3	ERIC LINETT, beloved nephew of Roberta Schine		brother of Hannah Meyers
3/3	LOUIS ARESU, son of Elizabeth Sperrazza, brother of Maria	3/17	LAUREN HAROPULOS, daughter of Mike & Barbara Haropulos
	Sperrazza	3/18	CATHERINE CORENU, daughter of Carrie Tuhy
3/4	EDDIE WALSH, twin brother of Tricia Walsh	3/18	CHARLENE ALVAREZ, daughter of Charlie Alvarez
3/4	SAESHA KAYTAL, daughter of Supriya & Sid Kaytal	3/18	DAVID MILLER, brother of Jeanie Miller
3/4	WILL EARLE, son of Nancy Earle	3/19	DAVID KRANZ, son of Denise Kranz and Charles Katz
3/5	MICHAEL MCFARLAND, son of Tamara McFarland	3/19	LUKA BALAC, son of Olgica Balac
3/6	ALEXANDER MAXWELL, son of Deanna & Kent Grant	3/19	SITA OLIVE SINGH DUTTON, daughter of Nirvani Bissessar
3/6	DANIELLE BAKER, sister of Tiffany Baker		and Edward Dutton
3/6	DIMITRI VAZQUEZ, son of Maria Bryant	3/20	MICHAEL STEIN, son of Eric Stein
3/6	RICHIE BENANTI, son of Monica Benanti	3/20	RASHID WASHINGTON, son of Chakaina Anderson
3/7	PETER SCHLENDORF, son of Karen Schlendorf	3/21	JELANI CARTER, son of Darlene Hoffman
3/9	DAVID 'JESSE' REISSMAN, brother of Phil Reissman	3/21	LOUIS KORENMAN, son of Sanders Korenman
3/9	DONNA MALIZIS, daughter of Agata Malizis	3/21	MELANIE DINOWITZ, daughter of Elaine Dinowitz
3/9	ROBERT VRABLIK, brother of Lauren Vrablik	3/21	MICHAEL CYRUS, son of Linda Reed
3/9	ROSARIO TORANZO, sister of Carmen Toranzo	3/22	CARRA POLEN, daughter of Nella Hahn
3/10	BRIAN MARC LIPTON, son of Nancy & Charles Lipton	3/22	LIN GUO, brother of Sylvia Guo
3/11	GRACE CORDERO, daughter of Margarita Zambrano	3/23	ARIELLE ANEY, daughter of Jenelle & Christopher Aney
3/11	MILO KESSLER, son of Alana Fishberg & Daryl Kessler	3/23	JOSHUA CLARKE, son of Jodie Retalis & Anthony Clarke
3/12	AMOL VADEHRA, brother of Mallika Vadehra	3/24	CALLUM ROCHE, son of Sean Roche
3/12	BURTON SANDLES, son of Ina Sandles	3/24	SUZANNE PAGE, daughter of Timmie Ross
3/12	TEREL SMITH, son of Cathy Philbert	3/25	MATTHEW CARLSON LUTZ, son of Linda L. Carlson
3/13	JACK CASSELS, son of Ellen Cassels-Conde & John Cassels,	3/26	AIMEE GANDOUR, sister of Molly Gandour
	brother of Collin Cassels	3/26	CLARIS GLOVER, daughter of Crystal Glover
3/13	JOHN CORBETT, brother of Sara Corbett	3/27	ASHLEE D. BLAKE GUTIERREZ, daughter of Marlene &
3/13	JUDAH GUBBAY, son of Marge Gubbay		Francisco Guttierrez
3/13	NOAH COMPTON-MEYER, nephew of Allison Meyer	3/28	ROBERT GRAUP, son of Leona Graup
3/14	AMY KIMM, daughter of Arleen Becker	3/28	TEPLY RACHMEL , daughter of Allllison Tepley & Nir Rachmel
3/14	MICHAEL ANTHONY EAGLE, son of Leslie Katina Eagle	3/28	ZAIDA SANTIAGO, daughter of Selena Santiago & Lewis Harbou
3/15	DANIELLE ALEXANDRA GORDON, daughter of Fran Gordon	3/29	GARY LEUNG, brother of Tony Leung
3/16	ARTHUR KOZLOVSKI, son of Anna Murzhenko, brother of	3/29	KHEMALI MURRAY, daughter of Georgette Murray
	Kristina Kozlovski	3/29	NICOLAS DE LAVALETTE, brother of Sebastian Lavalette
3/16	CHARLIE DENIHAN, son of Barbara and Ben Denihan, brother of	3/31	GRANT PHILLIPS, son of Linda Phillips
	Krissy and Kate	3/31	HARRIS KAPLANSKY, son of Denise Gelfand







APRIL BIRTHDAYS



4/1	ALAIA MOSLEY, daughter of Patricia Mosley	4/16	ELLA BANDES, daughter of Judy Kottick & Ken Bandes
4/1	JOEY MASLIAH, brother of Amanda Rockoff	4/16	NICHOLAS MONICO, son of Lisa & Craig Monico
4/1	SHANA DOWDESWELL, daughter of Laurie & Roger Dowdeswell	4/16	RICHARD WARNOCK, son of Claire Warnock, brother of
4/1	TEREL SMITH, son of Cathy Philbert		Susan Warnock
4/2	ALI SEEDAT, daughter of Deborah McKinzie	4/17	CINDI DIMARZO, sister of Jodi DiMarzo
4/3	KYLE DANE, son of Madelaine Samuel	4/17	SEAN KIMERLING, son of Ervine & Noah Kimerling
4/3	NATASHA GEMBKA, daughter of Tim & Alexis Gembka	4/18	HARRY GANDEL, grandson of Karen & Meyer Gross
4/4	ALEX BHAK, son of Karyn Bhak	4/18	NICOLAS DE LAVALETTE, brother of Sebastian Lavalette
4/4	DANNY MAZRAANI, brother of Mona Mazranni	4/19	ROAN VAUGHAN, son of Brendan Vaughan & Renee Dale
4/4	JORDAN MITCHELL, son of Melody Mitchell	4/19	SOPHIE ANN MISSHUK, daughter of Evan Misshuk
4/4	LORI HEALY, daughter of Tom Healy	4/19	WILL TANG, brother of Sandra Tang
4/5	CHRIS MASARONE, twin brother of Nic Masarone	4/20	ASHER FERGUSON, son of Ryan Ferguson & Christine Tran
4/5	MATTHEW BAUMEISTER, son of Lynn & Mitch Baumeister	4/20	LAURA FELDSTEIN, daughter of Marilyn & Al Feldstein
4/5	SEAN MERCEDES, son of Lenin Mercedes & Virginia Rivas	4/20	MARSHALL FORDE, son of Asurf Forde, brother of Marcel Forde
4/7	AMIR PRIZANT, brother of Ayelet Prizant	4/20	NAOMI STOLAR, sister of Susan Schindler
4/7	CYRUS WANECKE, son of Nolan Wanecke & Talya Ramchandani	4/21	AIDAN HERNANDEZ, son of Maura Moloney & Victor Hernandez
4/7	JASON KLEIN, son of Jeanette LaBarb	4/21	BARBARA STRAUSS, sister of Joanne Shapiro
4/8	CYRUS, son of Francine Figueroa	4/22	DANIEL ALBERT, son of Anita Albert, brother of Jenna
4/8	JUSTIN R. NEGRON, son of Nancy Negron, brother of Samantha		Van Dusen
4/8	LISA DONOFRIO, daughter of Christina Korteweg	4/22	LYRA MANNING, daughter of Gloria Grayeb
4/8	VICTOR CHEN, son of Vivien Chen	4/24	PAUL HENNESSEY, brother of Kevin Hennessey
4/10	MELANIE DINOWITZ, daughter of Elaine Dinowitz	4/24	SAM BINNICKER, brother of Griffin Binnicker
4/10	SARAH KATZ, daughter of Michael & Jill Katz, sister of Dana Katz	4/25	DANIELLE BAKER, sister of Tiffany Baker
4/10	SHONEN CHAMBERS, sister of Tiffani Chambers	4/25	JONATHAN JUSTIN RODRIGUEZ, son of Gina Rodriguez,
4/11	AYDIN HOSSAIN, daughter of Beth & Abir Hossain		grandson of Maggie Valentin
4/12	ETHAN MAGDER, son of Andrea & Gary Magder, brother of	4/25	KRISTEN SANCHEZ, sister of Melissa Rosario
	Abbi Magder		SEAN COLLINS, brother of Kelly Collins
4/13	DR. AMY BETH ROSEN, daughter of Helen Rosen	4/27	BENJAMIN HARTFORD, son of Nora Madonick
4/13	ISAIAH VILLAFANA, son of Camille Evans & Elijah Burgos	4/27	BRONWEN PRADT, daughter of Katherine Pradt
4/14	SUZANNA ZHOU, sister of Susan Zhou	4/27	GRETA GREENE, daughter of Stacy & Jayson Greene
4/15	MATTHEW CARLSON LUTZ, son of Linda L. Carlson	4/30	KIARR LACEY MONROE, son of Xenia Vasquez & Lacey Monroe
4/15	NONI BIALE, daughter of Margaret and Noam Biale	4/30	LOUIS ARESU, son of Elizabeth Sperrazza, brother of Maria
-			Sperrazza





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.



APRIL ANNIVERSARIES



		4/10	DIMINI MOONING ID
4/1	MARCUS PRESTON, son of Valerie Preston	4/16	DANNY MOONEY, JR., son of Danny Mooney
4/1	RORY STAUNTON, son of Orlaith & Ciaran Staunton	4/16	IAN BYSTOCK, son of Marc Bystock
4/2	ALEX BHAK, son of Karyn Bhak	4/17	MICHAEL MOUSSA, son of Mariam Moussa
4/2	ANDREW SCHLEIFER, son of Kittyhawk Schleifer	4/18	JEREMY PALLEY, son of Iris Palley and Stephen Palley
4/2	LYLA SKYE MEDICI, daughter of Mimi Delle Donne, sister of	4/20	KYLE DANE, son of Madelaine Samuel
	Meghan Matias	4/22	RASHID SOLIS, son of Frank Solis
4/3	DANA FLAX, sister of Casey Flax	4/23	ALIYAH RABSATT, daughter of Patricia Rabsatt
4/3	KRISTOFFER SALAVANTE, son of Maria & Eliezer Salavante	4/23	KERRY STONE, brother of Catherine Kells
4/3	SAGE JOSEPH, daughter of Debra Driscoll	4/23	KEVIN DEL ROSARIO, son of Annaliza del Rosario
4/4	CHRISTINE EBERT, daughter of Judy & John Ebert	4/23	PABLO RAMIREZ, son of Carlos Ramirez
4/4	JORDAN MITCHELL, son of Melody Mitchell	4/23	RISA FIELD, sister of Barbara Field
4/6	MICHAEL WHITLOCK, son of Peggy Whitlock	4/24	BRANDON MYERS, brother of Rachel Myers
4/6	TREVOR MATTHEWS, son of Angela Matthews	4/24	CHRIS MASARONE, twin brother of Nic Masarone
4/7	BRIAN QUINN, son of Susan Quinn	4/24	EREZ KLEIN, son of Rachel Gordon
4/7	JORDAN ELIAS VELAZQUEZ, son of Kathleen Velazquez	4/24	NATALIE JOY HERTEL-VOISINE, daughter of Barbara Hertel &
4/8	ALEXANDER ANDUJAR JR., son of Madelaine Colon		Don Voisine
4/8	CYRUS, son of Francine Figueroa	4/25	CINDI DIMARZO, sister of Jodi DiMarzo
4/9	CYRUS, son of Francine Figueroa ANDREW FREDERICK RUBIN, son of Barbara & George Rubin DAN OSHINSKY, brother of Julie Mintz DAVID ALEXANDER, brother of Farah Alexander		JORGIE PEREZ, sister of Janeisy Perez
4/10			JAMES HAYS, brother of Claire Hays
4/11			JAYDEN ALEXANDER BAEZ, son of Josephine Cartagena
4/11	PEARL PATEL, daughter of Christian Peele & Vinay Patel	4/27	MARGARET BRAUN-GRIEP, sister of Helen Braun
4/12	CHRIS BALDWIN, brother of Brooke Baldwin	4/27	MATTHEW GORDON, brother of Elizabeth Stilwell
4/13	ADAM GERVER, son of Howie Gerver	4/27	OLIVIA PETRERA COHEN, daughter of Nancy Petrera
4/13	AYDIN HOSSAIN, daughter of Beth & Abir Hossain	4/27	TRAVIS FREEMAN, son of Daniel Freeman & Elizabeth Morse
4/14	BRITTANY MALVEAUX, sister of Jordan Malveaux	4/28	AMANDA PIMENTEL GUZMAN, daughter of Mayireny Guzma & Juan Pimentel
4/14	SEAN MERCEDES, son of Lenin Mercedes & Virginia Rivas	4/29	MAX GLEZOS-CHARTOFF, son of Julie Chartoff & Irene Glezos
4/14	TYREE SHEPPARD, son of Laura Sheppard	4/29	SOPHIA JOLIET AGUIRRE, daughter of Monica Deliz
		1	





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.

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		
ET	MORNING	EARLIER EVENING	LATER EVENING	Toll Free (877) 969-0010	
MON	Parents/Grandparents/Siblings	First time CHAT orientation	General Bereavement	www.compassionatefriends.org	
			Parents/Grandparents/Siblings	email:nationaloffice@compassionatefriends.org	
TUE		Loss to Substance Related Causes	Bereaved less than 2 yrs	WE NEED NOT WALK ALONE	
		First time CHAT orientation	Bereaved more than 2 yrs	TCF Online National Magazine Click here for Information	
WED	Parents/Grandparents/Siblings	First time CHAT orientation	General Bereavement	MARK YOUR CALENDARS!	
			Parents/Grandparents/Siblings	Our next Chapter meetings are	
THU		No Surviving Children	General Bereavement	the 3rd Tuesday of each month:	
		First time CHAT orientation	Parents/Grandparents/Siblings	MAR 18 APR 15 MAY 20 JUN 17	
FRI	General Bereavement	Pregnancy/Infant Loss	General Bereavement		
	Parents/Grandparents/Siblings		Parents/Grandparents/Siblings	Newsletter article submissions are welcome.	
SAT			General Bereavement	Please email to marielevine2@verizon.net	
			Parents/Grandparents/Siblings		
SUN		Suicide Loss	General Bereavement Issues	MAKE A DONATION	
			Parents/Grandparents/Siblings	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

<u>TCF – Bereaved LGBTQ Parents with Loss of a Child</u> <u>TCF – Bereaved Parents with Grandchild Visitation Issues</u>

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