



The Compassionate Friends

Manhattan Chapter

Supporting Family After a Child Dies

Our next meetings...

May 16

Jun 20

Jul 18 (Zoom)

Aug 15 (Zoom)

Manhattan Chapter Newsletter

May 2023

SORE LOSERS

It is very hard, if not altogether impossible, to accept the death of one's child with grace. Now, as another season of rebirth and renewal springs forth, I find myself once again, having to swallow an underlying bitterness that I manage, with some difficulty, to keep under cover most of the year. Spring is here once again. Trees are bursting, flowers are sprouting, children are outside playing and love is blooming. It is a truly irresistible time of year.

And yet, despite my love of the garden and the weather and the magic of nature, I feel an unmistakable sense of anger for all that my child is missing and the joy his loss has robbed me of feeling. Loss like ours, makes us angry. My anger is one thing I cannot and will not relinquish. I carry it as an internal torch that alternately flares and dims with each season, each memorable date, each cataclysmic event reported in the news, every careless comment, every celebration.

Losing this big leaves an unrelenting wound on the soul. Though time may have passed and the sting may have eased, special times cause the anger to bubble up just under the skin. Once there, it doesn't take much to wrench us back into that momentary despair. Spring can do that. Including as it does, Mother's Day and Father's Day. Then again, time has also worked for me. It has taught me to understand my anger, to keep it whole but in its place and, even while holding on to it, live my life as fully as possible. I've learned to contain my anger, acknowledge it, take it out now and then and put it away most of the time. Situations and people who cannot help but arouse unwelcome emotion, be they friends, acquaintances or family, are avoided whenever possible.

(con't on page 2)

As we approach Mother's Day, the poem speaks loving volumes to bereaved mothers everywhere... reprinted with permission

Dearest Mommy...

When you wonder the meaning of life and love
know that I am with you.

Close your eyes and feel me kissing you
in the gentle breeze across your cheek.

When you begin to doubt that you shall ever see me again
quiet your mind and hear me,
I am in the whisper of the heavens
speaking of your love.

When you lose your identity

When you question who you are and where you are going,
open your heart and see me.
I am the twinkle in the stars smiling down upon you,
lighting the path for your journey.

When you awaken each morning
not remembering your dreams
but feeling content and serene
know that I was with you –
Filling your night with thoughts of me.

When you linger in the remnant pain
Wholeness seeming so unfamiliar
Think of me and know that I am with you,
touching you through the shared tears of a gentle friend
easing the pain.

As the sunrise illuminates the desert sky
In the breathtaking glory, awaken your spirit
Think of our time, all too brief, but ever brilliant.
When you were certain of us, together
When you were certain of your destiny.

Know that God created that moment in time,
just for us

Dearest Mommy, I am with you always.

~ by Joanne Cacciatore

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

TCF MANHATTAN CHAPTER email: tcfmanhattan@gmail.com

TCF MANHATTAN website: www.compassionatefriends.nyc

CO-CHAPTER LEADERS: **Dan Zweig:** danzweigtcf@gmail.com

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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

This month, May 16, 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.

SORE LOSERS

(con't from page 1)

Enjoying what I have, rather than focusing on all I've lost has become my goal. And having had Peter, such an unmitigated joy in my life, knowing he was mine, understanding finally the impact he has had on me, in making me who I am today, is an amazing realization. For every day I live now, I live to the max...for me and for him. Every sunset, every snowfall, every book, every movie, every flower, every little living thing delights me...a delight that is more intense for having had the miracle that was Peter in my life and for having had to deal with his leaving.

And though a loss of such magnitude leaves the soul sore for all of time, knowing how much there is to lose makes everything we have left so much more precious.

Treasure the time. We'll all be together again. A peaceful Mother's Day and Father's Day to you all.

Marie Levine

"Such deep, unfathomable grief makes poets of us all. Only the quietly written word wrenched from the depths of the soul, comes close to describing the pain. We the grieving translate the keening cries and the desperate screams of disbelief into the poetry that consoles us."

~ Marie Levine

I wrote that blurb when I published my first book "First You Die" in 2004. It appeared on the back cover along with a quote from renowned author and medium James Van Praagh. I've always encouraged our community to read the poetry and prose of our fellow grievers whose similar experiences when articulated in words often validate our own feelings and sensibilities. I recently came upon the following essay and poem embedded in the website Evermore.org, with loads of information for the grieving. **Evermore** and its founder **Joy Mulheron** (my good friend) works tirelessly to bring understanding and resources to the grieving community, Evermore has grown into the go-to resource for all of us. www.evermore.org

the beautiful prose and poetry of...

Rosemerry Wahtola Trommer

Before my son Finn died, I already had a daily writing practice in place. The day he died was the first night I hadn't written a poem in over thirteen years. And then I didn't write at all for the first seven weeks after his death. I suppose on the surface then it would look as if it shut the writing down, but in fact, I believe that this break opened me up. I wanted to be (really more like *had to be*) open to the pure experience of the wide spectrum of feelings I was having—such devastation, so much love. I found myself meeting life in a porous way—a way beyond understanding or framing. I remember feeling as if my daily writing practice had prepared me to stay curious and attentive during that time, and I needed to simply feel. And then, when the day came when it rose up in me to write again, I remember being so grateful to be able to explore all the nuances of grief through language. Over a year later, I find that writing helps honor all the shades of loss—sorrow, gratefulness, horror, hope, suffering, connection, love, pain, communion. Writing helps me feel more connected to my son through memory, and it helps me explore this new ethereal relationship with him. For the first many months of writing, I could only write about loss (and the love that saturates it)—all writing was through this lens. It almost felt like a betrayal at first to write about anything else. Now I am more at home with the paradox of being full of great grief and great gratitude at the same time—and the poems certainly reflect that. That was the long answer. The short answer: I feel as if meeting Finn's death has made me a more compassionate, spacious human, and I imagine this comes through in the writing.

There have been several poems that saved me during this time, most importantly this partial poem from Gregory Orr: "Not to make loss beautiful, but to make loss the place where beauty starts. Where the heart understands for the first time the nature of its journey." The moment I read these lines, I felt so known, so companioned, so guided, so seen, so met. I knew that someone else truly understood what I was going through. This is, of course, one of the great gifts of poetry—it is a language of connection. But it is also, I believe, a language of paradox, mystery,

(con't on page 3)

CONFERENCE REGISTRATION NOW OPEN

www.compassionatefriends.org



Rosemerry Wahtola Trommer (con't from page 2)

a willingness to engage with uncertainty, to “live into the questions,” as Rainer Maria Rilke said. And that is what meeting the death of a beloved has asked me to do again and again. Poetry doesn’t solve or fix anything, but it does offer open arms to cradle us as we grieve.

I Want To Listen To Your Absence

I want to listen to your absence
the way I listen to the night –
the way the dark somehow
invites a deeper listening.
I want to hear, for instance
the way silence fills in
where your voice has been,
or the way the room seems to know itself
by the pound of missing footsteps,
and in this way, I find you
where I cannot find you.
I am thinking of how the night opens up
between the calls of the owl
and how I listen in that interval
not only with my ears, but with my skin.
I want to listen for you with my lungs –
as if every breath is attentive
to the syllables of grief, of love.
I want my heart to angle in
to hear what the silence has to say.
I don’t want to hear what I most want to hear –
I want to hear what is really here.
I want to listen and learn from the listening.
I want to hear what is true.
I want to listen into your absence
and lean into it the way I lean into the night –
something so much larger than me,
something familiar and always new,
something so present, yet unable to be touched.
Something I am still learning to love.

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.

About Rosemerry Wahtola Trommer

Rosemerry lives with her husband and daughter in Placerville, Colorado, on the banks of the wild and undammed San Miguel River. Devoted to helping others explore their creative potential, Rosemerry is the co-host of *Emerging Form*, a podcast on the creative process. She also directed the Telluride Writers Guild for ten years. She has 12 collections of poetry, and her work has appeared in *O Magazine*, *A Prairie Home Companion*, *PBS NewsHour*, *American Life in Poetry*, on fences, in back alleys, on Carnegie Hall Stage, and on hundreds of river rocks she leaves around town. *Beneath All Appearances* is a new, collective work of collages and poems by bereaved mothers Rashani Réa, Damascena Tanis, and Trommer; it has been called “a pole star for those who grieve.” This month, Samara Press will release her next collection, *All the Honey*. She’s won the Rising to Fischer Prize, Rattle’s Ekphrastic Challenge (thrice), the Dwell Press Solstice Prize, the Writer’s Studio Literary Contest (twice), and The Blackberry Peach Prize.

Rising to Heaven

Rising to heaven, you got there before me
That wasn’t the way we had planned.
A son is supposed to survive both his parents
But you flew like a bird from our hand.

The day that I heard you had taken your life,
I could not believe it was true.
With all of your talents and humor and loving,
The news made my heart break in two.

Sometimes, at night, when I dream about you,
I see you approach to embrace me once more.
Then comes the dawn, and I wake up without you,
And think of the dream I cannot restore.

Rising to heaven, an angel did take you
And carried a part of me too.
Though I remain on this earth and this sadness,
You know I will always love you.

~Sherwin Kaufman, TCF, Manhattan

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

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

I Cry— I Smile

I cry when I think of how much I miss my brother! I cry when I long to hear his voice, or see him come around a corner. I cry when I think about all the times we won't be sharing anymore – holidays, birthdays, family times. I cry when I think about the wonderful person he was and how many more incredible things he could have accomplished if he were still here. I cry when I think of his pain and I think of why it had to happen to someone so undeserving of it. I cry when I think about my own two children, and the uncle they will never get to truly know, and the fun times they will never get to have. I cry when I think of the pain and hurt I see in my parents as they endure the suffering caused from losing a child. I cry when I think of the pain my sister and I share as we work through the loss of our brother.

I smile when I think of the thirty years of great times we had together. I smile when I think of how happy we were to get a little brother. I smile when I think of how I respected him, as he grew up to be an outstanding young man, Marine and police officer. I smile when I think of his humor, outgoing personality and awesome smile. I smile when I think of our last times together and the talks we had and the support he was there to lend. I smile when I think of the all-too-few good years my children got to spend with their Uncle Denny. I smile when I think of all the people he touched and the lives to which he made such a difference. I smile when I think of how proud my family has always been of my brother. I smile when I think of how loved my brother is and always will be, no matter where he is. I smile when I think of how lucky I am to have gotten to have someone like my brother in my life, no matter how far-too-short our time was together. I smile when I think of him watching over me, and being with me wherever I go, in my heart, where he will never be forgotten.

Don't cry because it's over – smile because it happened!

~ Kelly Mallory Hermann, *Western NY*

OUR MAY 16TH MEETING — IN-PERSON

Our April in-person meeting was a true success. Actual human contact makes an enormous difference. We will be in-person in May.

We will only meet in-person on the 16th, but we are 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.

More information will go out to all near to the middle of the month.

Special Note on Dear Mommy (poem from page 1)...

A close friend of many Compassionate Friends, celebrated author and spiritual medium James Van Praagh has given us permission to reprint the following poem that appears in his best selling book "Healing Grief".

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.

Missing and Valuing on Mother's Day

Mother's Day is a special day, and special days are hard after the death of a child. It is a normal and natural thing for either parent for the first few years after the death to zero in on who is missing, rather than who is left... and I was no different.

Fortunately for me, a local psychiatrist, Dr. Victor Gonzales, spoke one evening shortly before Mother's Day. He told of his parents' loss of their first two children. His story of how his life had been influenced and molded by his mother's reaction touched me. He spoke about how he and his sibling who came later, were forever denied his mother's happiness and joy. She was unable to value what she had left as much as what she had lost.

Dr. Gonzales said he spent a great deal of his childhood trying to make his mother happy, always failing and always feeling there must be something lacking in him that caused him to fail. The picture in my mind of him and his sibling always trying and always failing, through no fault of their own, made a great impact on me. I determined from that day forward that my daughter would not have to lament later in life that she had been denied my happiness and joy because her brother had died.

On Mother's Day now I make room for both missing and valuing, for they are not, I have discovered, mutually exclusive. Now when I go to the cemetery with my rosebud on my day, my daughter has no part in my needs while I am there. When I come home, my son doesn't interfere with my acceptance and appreciation of my daughter's expression of love. She gives me a gift on my day, and I give her one in return. It's probably the best gift I could possibly give her ... my happiness and joy for life. She is as important as what I have lost, and I know her worth. If you are fortunate enough to have surviving children, I hope you too, are able to value as well as miss. There's room for both, you know.

~ Mary Cleckey, TCF, Atlanta, GA

Spring Tears

When the sun's sharp brilliance echoes in the luminescent blue, a grim oppressive darkness stabs my aching heart anew. Its golden glow upon my face, the warmth of winter's sun holds the promise of renewal when the icy months are done.

It is this vow of nature's resurgence in the Spring that bows my head, and breaks my heart – unlocks my suffering... For you will miss again the beauty of this time of year, the growing warmth, the sunny days when life will reappear.

For nature has no power over death that holds you still, and though I know, I still resent Spring's early daffodil... Oh, would that I could speak to Mother Nature face to face! To be she work her magic on your lonely resting place.

Why can't it be YOUR rebirth when the cold grey days are gone? Why mightn't YOU not live again to see Spring's fresh new dawn... and feel the warmth of sunshine, relish in the greening earth... To open arms, embracing life, why can't it be YOUR birth?

You were so young, your life so new when death crept through the door and in my grief, beloved child, I'll ask forevermore the reason why the earth's renewed when Spring comes 'round each year. Yet in your grave you're silent still and I, condemned, am here.

~by Sally Migliaccio, for Tracy, always

THOUGHTS ON MOTHER'S DAY

Oh, go away, sweet month of May
I just can't handle you today.
Flowers blooming all around,
new life springs from the ground.

How can this possibly be
with my precious child gone from me?
On my lips one sweet name.
will Mother's Day ever be the same?

Of course it won't, but maybe I,
for his sake shall give it a try,
to allow my grief to be held at bay
by the blessings of the month of May.

~ Ruth Gregory, TCF, Phoenix, AZ

Table for Four

We walked slowly,
cautiously into the musky, dim room.
We had put on our Saturday best
to eat a steak, and take our minds off the harsh reality
of our new lives.

In a daze, we almost ran into the hostess desk.
She smiled, "A table for how many?"
The question lingered in the air,
on our minds, the words
turning our stomachs.

We shifted uncomfortably,
waiting for one of us to answer the heart-stopping
question.
My father's voice boomed
as though he had no control
"We're four."

The number made me shudder,
as hot tears burned behind my eyes.
My mother's face had turned red,
tears rolled down her cheeks uncontrollably.

My brother stood in silence,
eyes glazed over in a coma.
My brain told me no, for I did not want to be here,
but my legs told me yes.

My first steps were uneasy
as though the ground had become soft.
Together we solemnly walked
to the table of our new life.

~ Lauren Alperstein



OUR CHILDREN—LOVED AND REMEMBERED

MAY BIRTHDAYS



5/1 **GEORGE D. MARAS**, son of Marilyn Maras
5/1 **MICHAEL ANTHONY EAGLE**, son of Leslie Katina Eagle
5/2 **CASEY LOW**, brother of Dara Low
5/2 **GAVIN PESKIN**, son of Leah Peskin
5/3 **ISABELA ESPINOZA-THOMPSON**, daughter of Nayomi Espinoza & Hopeton Thompson
5/3 **JOSEPH MARINO**, brother of Joanne Marino
5/4 **CHRISTOPHER MEYER**, brother of Kimberly Meyer
5/5 **ANDRE AMES**, son of Jacqueline Jackson
5/5 **IAN DINER**, son of Martin & Nicki Diner, brother of Paige Diner
5/5 **ROBERT SULKOWSKI**, brother of Sarah Sulkowski
5/5 **RUBY MANE**, daughter of Mohasin Mane
5/5 **SAGE JOSEPH**, daughter of Debra Driscoll
5/6 **ANDREW MARTIN**, son of Marina Re
5/6 **BAYLIN CODDINGTON**, son of Debra F. Coddington
5/6 **DAVID KRANZ**, son of Denise Kranz and Charles Katz
5/6 **JASON ELLIS**, son of Michael Ellis
5/8 **JORDAN JOHN**, brother of Christian John
5/8 **MARSHALL NEIDIG**, son of Quinn and Joe Neidig
5/9 **BRENDEN CARSON**, son of Debra Carson
5/9 **SACHA REID KANTOR**, son of Kathy Landau & Michael Kantor
5/11 **JOHN HULWIYA**, brother of Vanessa Hulwiya
5/11 **SEAN MCCLURE**, son of Patricia McClure
5/11 **TATE RAMSDEN**, brother of Ashley Ramsden
5/12 **CHRISTINE FORNATO**, sister of Theresa Fornato
5/12 **LEO CONAGHAN**, nephew of Ellen Barry
5/12 **MATTHEW YUDELMAN**, grandson of Anne Schuman & Ian Yudelman
5/13 **BRENDA CHAPMAN**, daughter of Della Scrugs
5/13 **EVAN MAXWELL**, brother of Jean Maxwell
5/13 **NOAH BOWER**, son of Pat Bower Cooley
5/13 **NOAH STERN**, son of Barbara Samuels & Nicholas Stern
5/13 **RORY STAUNTON**, son of Orlaith & Ciaran Staunton
5/16 **ALIYAH RABSATT**, daughter of Patricia Rabsatt
5/16 **JUSTIN ALMON**, brother of Kristina Adam
5/16 **KHALID ALBABA**, son of Kerri Albaba
5/17 **LYDIA WOOD**, daughter of Matt Wood

5/17 **PATRICE WALKER**, daughter of Mazrene Holmes
5/17 **ROWENNA WIGHT WHITE**, daughter of Nancy Wight
5/18 **ABIGAIL BURG**, daughter of Jean & David Burg
5/18 **ALESSIA MORRONE**, daughter of Amy Morrone
5/18 **EDDIE WALSH**, twin brother of Tricia Walsh
5/18 **WILLIAM GRIFFO**, son of Yvona & William Griffo, brother of Mike Griffo
5/19 **BENJAMIN RACCALE**, son of Sara Raccale
5/19 **CHRISTOPHER EISELE**, son of Kathleen & John Montoya
5/19 **DAVID YOOD**, son of Nora & Barry Yood
5/20 **DAN OSHINSKY**, brother of Julie Mintz
5/20 **DANNY VOLEN**, brother of Raizy Volen
5/21 **ALEX WITONSKY**, brother of Ava Witonsky
5/21 **SERYNA RODRIGUEZ**, daughter of Marilyn Castro
5/22 **BRIAN GEWIRTZ**, son of Kathleen & Steven Gewirtz
5/22 **ISABELLA CARROLL**, daughter of Doreen Carroll
5/22 **LINDA GIOVE**, daughter of Arlene Schechter
5/22 **NOAH REISMAN**, brother of Rachel Reisman
5/24 **ALEX HARRY SINGER**, son of Susan & Lewis Singer
5/24 **CHARLIE DENIHAN**, son of Barbara and Ben Denihan, brother of Krissy and Kate
5/24 **JULIETTE DICKSTEIN**, daughter of Gail Luria
5/25 **BRANDON SCHWARTZ**, son of Joann & Mark Schwartz
5/26 **AMANDA RUSSELL**, sister of Katie Turner
5/26 **JOSEPH ALINI**, son of Maria Rodriguez
5/27 **ROBERT ZIETEK**, brother of Barbara Zietek
5/27 **ZAIDA SANTIAGO**, daughter of Selena Santiago & Lewis Harbour
5/29 **LOUIS PEREZ**, son of Mercedes Tapia
5/29 **WILLIAM MAEROV**, son of Lance Maerov
5/30 **JON ROMULO**, son of Tocy Friend
5/30 **KRISTINA ESPOSITO**, daughter of Cecilia Esposito
5/30 **OLIVIA PETRERA COHEN**, daughter of Nancy Petrera
5/30 **RICHEL BENANTI**, son of Monica Benanti
5/30 **TROY O. MYERS**, son of Claudette Hannibal
5/31 **HARVEY STERMER**, brother of Carol Lee Stermer-Aulicino
5/31 **KOFI A. MENSAB JR.**, son of Rosinah Mensah & the late Samuel A. Mensah, brother of Dr. Kofi A. Mensah, Ph.D





OUR CHILDREN—LOVED AND REMEMBERED

MAY ANNIVERSARIES



5/2 **BRADLEY KEITH BONGAR**, son of Beth Bongar
 5/2 **CRYSTAL LAUZAU**, daughter of Gwyneth Hotaling
 5/2 **JONATHAN JUSTIN RODRIGUEZ**, son of Gina Rodriguez,
 grandson of Maggie Valentin
 5/2 **MARLON LABOVITCH**, son of Hannah Labovitch
 5/2 **WILLIAM EDWARD SHUBERT**, son of Irma E. Shubert
 5/3 **ISABELA ESPINOZA-THOMPSON**, daughter of Nayomi Espinoza
 & Hopeton Thompson
 5/3 **JOEY MASLIAH**, brother of Amanda Rockoff
 5/5 **ANDY FISHER**, son of Barbara Fisher
 5/5 **JENNIFER BLANCHE BYRD**, daughter of Claudia Byrd
 5/5 **JOE MCCLENAHAN**, brother of Michael McClenahan
 5/6 **CHRISTINE SCHLENDORF**, daughter of Karen Schlendorf
 5/6 **MELISSA AVRIN**, sister of Andrew Avrin
 5/6 **WILL TANG**, brother of Sandra Tang
 5/7 **GER ANDLINGER**, daughter of Jeanne Andlinger
 5/7 **PHILIP SULZER**, son of Barbara & Burton Sulzer, brother
 of Lisa Sulzer
 5/9 **BENJAMIN LEWIS KAPLAN**, son of Barbara Lewis Kaplan
 5/9 **BRUCE WALES**, son of Fran Wales
 5/10 **LOGAN GENTRY**, son of Christine Spiro
 5/10 **MICHELLE GITTENS**, daughter of Lanise M. Ballard-Gittens
 5/11 **MATTHEW BAUMEISTER**, son of Lynn & Mitch Baumeister
 5/12 **ELIZABETH O'HARE**, sister of Christopher O'Hare
 5/12 **GIRBUN LAO**, brother of Ithreum Brown
 5/12 **MICHAEL FABI**, son of Donna Leder
 5/12 **SOPHIA MELILLO**, daughter of Kristen Leigh
 5/13 **OWEN MULLER**, son of Jane K. Muller
 5/14 **CANDICE CHEN**, daughter of Belle Tung
 5/14 **NORBI MORGENSTEIN**, daughter of Gary Morgenstein
 5/15 **ROSE LIANG**, sister of Holly & Chue Liang
 5/15 **RYAN THOMAS**, son of Jacqueline Thomas
 5/16 **BENJAMIN HARTFORD**, son of Nora Madonick



5/18 **GRETA GREENE**, daughter of Stacy & Jayson Greene
 5/18 **LAVONE SKY SANTANA**, son of Istrha Santana
 5/18 **MAHLIK WILLIAMS**, son of Ramona Williams, brother of
 Mekael Williams
 5/18 **MICHAEL RAVEN**, son of Selma & Rob Raven
 5/19 **ALESSIA MORRONE**, daughter of Amy Morrone
 5/19 **DEREK GOMEZ**, son of Marta Freyre & Robert McManus,
 brother of Xiomara Gomez
 5/19 **MARY GIBBS**, sister of Cynthia Gibbs-Pratt
 5/20 **JACK FREYTES**, son of Olga Lopez & Elvin Freytes
 5/20 **JEREMY RODRIGUEZ**, son of Wanda Marrero
 5/21 **ADAM JACOBS**, son of Rick Jacobs
 5/21 **IAN DINER**, son of Martin & Nicki Diner, brother of Paige Diner
 5/22 **STEVE DAVOREN**, brother of Doug Davoren
 5/22 **TAYLOR HOLLOWAY**, brother of Brittany Holloway-Brown
 5/23 **ADRIAN V. ROSAS**, son of Alejandra & Adriano Rosas
 5/24 **AMELIA (YANNIE) CORBETT**, sister of Sara Corbett
 5/25 **JACK ROBERTS**, son of Joanne Wright
 5/25 **JOVI RAMOS**, son of Desiree Ramos
 5/25 **MICHAEL VINCENT ROSEN PIPITONE**, son of Alison Rosen
 & David Hantman
 5/26 **LISA DONOFRIO**, daughter of Christina Korteweg
 5/27 **CRAIG MARTINEZ**, son of Louis Hampton Martinez
 5/27 **EMMA GRACE KNOWLTON**, daughter of Samantha Knowlton
 5/27 **ISAIAH VILLAFANA**, son of Camille Evans & Elijah Burgos
 5/27 **JOEY HOLLIDAY**, son of Billy & Terry Holliday
 5/27 **SARAH AKHTAR**, sister of Alafia Akhtar and Rahil Darbur
 5/27 **TERRANCE RICHARDSON**, son of Theresa Richardson,
 brother of Francina Branch Elysee
 5/28 **HUMZA MALIK**, brother of Amani Malik
 5/29 **MAMADON JOHNSON**, sister of Djassi Johnson
 5/30 **CAMDYN JAYEL DUCKWORTH**, daughter of Tiffany Clark
 5/31 **ANTONIO LAW**, son of Jacqueline Law



Our Children Remembrances — Changes

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

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



OUR CHILDREN—LOVED AND REMEMBERED

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 Mitch-
ell, 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

6/1 **WILFRED DELVALLE**, son of Carmen DelValle, brother of Judy DelValle

6/2 **NICHOLAS SOTO**, son of Deborah Freeman & Eddie B. Soto, Jr.

6/2 **WILLIAM MAEROV**, son of Lance Maerov

6/4 **SACHA REID KANTOR**, son of Kathy Landau & Michael Kantor

6/6 **JOCELYN REED**, daughter of Cynthia Powell

6/7 **ANDREW MARTIN ARNOLD**, brother of Barbara Arnold

6/7 **BLAKELY RUSSELL KAY**, daughter of Barbara Russell

6/7 **VIRGINIA JOHNSON**, sister of Angela Pistilli

6/9 **HARVEY STERMER**, brother of Carol Lee Stermer-Aulicino

6/9 **JENNIFER CARGILL**, daughter of Virginia Crosby

6/9 **STEVEN SCHWARTZ**, son of Ellen Schwartz

6/10 **BRYAN KELLY**, son of Sean Kelly

6/10 **DAVID GIBBS**, son of Ann Gibbs

6/10 **MIKE CHARY**, brother of EllaRose Chary

6/10 **REBECCA MOORE**, daughter of Debra Phillips

6/10 **SCOTT LACROIX**, brother of Kendra Lacroix

6/10 **ZIGGY MARTINEZ**, daughter of Sally Tucker

6/11 **BRENDAN CLAVIN**, son of Nancy Hama

6/12 **CHRISTOPHER WAGNER**, son of Linda & Edward Wagner

6/12 **FRANK UNTENER**, son of Barbara Chase

6/12 **LUIS A. GARCIA**, son of Tania Germes

6/12 **PATRICK CESARIO**, son of Sharon Cesario, brother of Frank Cesario

6/13 **STEFANO AGOSTINELLI**, son of Pascale Agostinelli

6/14 **AHMAD SHARRIEFF-AL-BEY**, son of Rashied Sharrieff-Al-Bey



6/15 **CHRISTOPHER ROMINE**, brother of Jennifer Romine

6/15 **NEILL PERRI**, son of Maddie & Cliff Kasden

6/15 **PIERRE MCALOON**, son of Peggy McAloon

6/16 **BRIAN GOLDBERG**, son of Gloria & Arthur Goldberg

6/16 **JOSH GROSSE**, son of Susan Grosse

6/18 **BLAKE GARY**, daughter of Denyze Gary

6/18 **LISA WEINER**, sister of Abby Moller

6/20 **AARON BENVENISTE**, grandson of Susan & Richard Rosenbluth

6/20 **ALEX KNEPPER**, son of Lisa & Emanuel Psychojos

6/20 **JAKE MAJER**, grandson of Linda Reed

6/21 **MARIA**, daughter of Gigi Semone

6/22 **KAREN CASBAY**, sister of Laura Reissman

6/23 **ANDRE AMES**, son of Jacqueline Jackson

6/23 **ROBERT WILLIAMS JR.**, son of Kimberly Hatwood

6/24 **PETER TRAKIS**, son of Dolores & John Trakis

6/26 **CAMERON NICHOLLS**, son of Stephanie Moore Nicholls

6/26 **JULIETTE DICKSTEIN**, daughter of Gail Luria

6/27 **ANJELINA PATRICE WILLS**, granddaughter of Patricia Tyler-Owens

6/27 **BETTY DIBIASO**, daughter of Susan Carty

6/27 **JAQUELINE AHERN**, niece of Nan Ahern

6/27 **JASON MARKS**, son of Helena Marks

6/28 **ANTONIA DALEY**, granddaughter of Linda Daley

6/28 **MALIK DUFOR**, son of Waltrina DeFrantz-Dufor

6/30 **DAVID PICARD**, son of Darlene Picard

6/30 **KAREEM EDWARDS-MITCHELL**, son of Jacquie & 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 – 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: MAY 16 JUN 20 JUL 18 AUG 15
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](#)