



The Compassionate Friends

Manhattan Chapter

Supporting Family After a Child Dies

Our next meetings...

Sep 20
Oct 18
Nov 15
Dec 20

Manhattan Chapter Newsletter

September 2022

More thoughts on hope...

I recently met with a newly indoctrinated mom. Her precious 19-year-old son died suddenly of what might have been a congenital heart problem only three months before. Clearly still in shock, trying desperately to understand what she's supposed to do now, we had a leisurely lunch and talked about our kids. We cried, we laughed, we reminisced as if we had known each other for years. We looked at pictures and gave a face to this unimaginable grief.

As always, talking with a Mom so new to this experience, brought it all back for me. All the pain I was so afraid of forgetting, the love and longing I feared to move away from – it was all there, as palpable as it was so many years ago. It really is never very far away. It's always just beneath the skin ready to erupt at the slightest suggestion. She was sorry she was bringing it all back. She tried to apologize. I recognized her feelings. I remember feeling badly for making other people feel badly when I had to tell them Peter had died. I went to some lengths to avoid people so I didn't have to make them feel badly. How ridiculous that seems now.

So confused, so disbelieving, in such seemingly mortal pain, so wanting to die, she asked me a question her husband suggested she ask me when we met. His question: what did they have to hope for? Now, I've been living and writing about this life for many years. People tell me that no matter how dark my thoughts are, I always seem to end on a hopeful note. I've thought about that and in truth, it is a tough question. After all, I've always found the biggest surprise about this experience is that we don't die from it. I still think it is amazing that we don't and considering the pain we must slog through for a lifetime, we probably

(con't on page 2)

Progress in Grief: Five Years Out

I still don't understand how this is my life.

I've had five years to adapt to what some would term my "new normal" since Evelyn, our eighteen-year-old daughter, died suddenly in her sleep, though there's nothing normal about it. And while I have definitely made peace and progress with elements of this journey I never asked to go on, the truth is, I still don't know how I got here. I'm not sure that horrible morning in August that ruptured our world will ever make sense, that I'll ever have an answer to what happened or how, that this new reality will ever truly sink in. But I am expected to carry on. Despite the enormous uncertainty, the trail of questions, the agonizing longing. And that's precisely what I'm doing. Carrying on. Putting one foot in front of the other down a path I can't reason with but must accept. Every. Single. Day.

I don't really have words for how it feels to wake up every day in a world you don't recognize. I know, five years later, where I am. I just don't know where that is. I think that's one of the hardest aspects of child loss. It's so fucking inconceivable that your mind can't fully process it. Reality ceases to be solid. It becomes this amorphous thing, like jello, forever bending out of shape, refusing to adhere to the rules. Other losses, in my experience, just aren't like that. They're hard and they're sad and they're unfortunate. But they fit into the world. They don't break your brain.

Despite the surrealness of this life, I've learned to love aspects of it again. It has taken time, of course, to get there. To not drown in guilt every time I found a shred of pleasure. To allow myself an ounce of joy. To teach myself how to hold gratitude. To believe I deserve beauty. I don't get these right all the time. The guilt still surfaces. The rage. The horror. That's to be expected. But I think what is striking is that despite how decimated Ev's loss left me, how full of pain and betrayal—for I believed the whole world betrayed me in that moment—whatever was left behind has grown.

(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 are willing to listen and share with you. Don't hesitate to call our Manhattan Chapter phone for meeting information **(917) 300 3706**. To speak with someone please call one of the following volunteers; Jacquie Mitchell (eves) (347) 414-1780 jacquienytcf@gmail.com and for siblings, Jordon Ferber (917) 837-7752, beatniknudnik@yahoo.com

TCF MANHATTAN CHAPTER email: tcfmanhattan@gmail.com
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THE COMPASSIONATE FRIENDS MEETINGS are now monthly - always the third Tuesday of the month

WE MEET 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.

More thoughts on hope... (con't from page 1)

should. But since we don't and I still haven't after all this time, I have given some thought to what I think hope is now.

I guess I hope for the smaller things in life. Actually, the smallest things in life. Since I cannot hope for the big things (dancing at my son's wedding, grandchildren...peace in the world) I hope for achievable things:

- a sunny day
- a painless hour
- thinking of Peter with a smile
- enjoying a laugh with friends
- watching my garden grow
- reading a good book
- having a "good" day

So when I am reminded by my friends that no matter how dark, bleak or despairing my writing, I always seem to end on a mildly hopeful note, it's not intentional. But it is natural. I think now that I am fortunate, in a way, that throughout my life, my glass has always been half full. That instinct has served me well during these very dark years. I've always been fairly certain I will eventually see some light at the end of the proverbial tunnel. Even while I struggle with the absolute knowledge that I won't see Peter again in this world, I've wrapped myself around the possibility that I will see him in the next.

Today, I can honestly say I'm not sorry I didn't die. I've managed in twelve years to keep Peter in this world a bit longer than if I had joined him. I see how quickly life rushes by. No need to push it. Peter is so present in my life, I wonder now how intensely together we would have been had life been a bigger presence than death. Weird thoughts. Hope? I hope my belief that we'll all be together again someday is true. I hope that someone takes some comfort in finding that they aren't crazy when they read what I write and recognize they have some of the same thoughts and feelings. I hope that Peter comes to me in another dream someday soon.

I continue to grieve for my lost child and my lost life. But I recognize now that I am not unique. My family has been dealt a lousy hand but we can't simply leave the game. We must play out this hand and honor each other as best we can. I'm a very different person today than I was then – not better – just different. And finally, I hope that everything I've learned about survival and everything I do to share that knowledge, will serve as a fitting tribute to my son – a young man whose abbreviated life here on earth may have served some purpose beyond my understanding.

It's been a hot summer. Now we must gather our strength for the seasons ahead. School's almost back in session - can Halloween and the holidays be far behind? Life goes on my dear, dear friends. Hope for the best.

Marie Levine

"When we are struggling through the night, falling prey to the beasts of guilt and regret, drowning in a river of tears, finally succumbing to exhaustion, we cannot be expected to believe in the beauty of the coming dawn. Somewhere in our past, we knew morning to be night's faithful follower, but for now, that understanding will have to force its way through the menacing darkness and back to us again.

~ Molly Fumia, "Safe Passage"

Progress in Grief: 5 Years Out (con't from page 1)

And in that growth was space. Enough space to hold love beside the sorrow, and joy beside the grief, and desire beside the devastation.

Sometimes, that other life we lived and loved feels very far away. And the distance is excruciating, but also functional. As the view behind me grows smaller, I find I must keep my eyes on the step ahead, stop craning to stare over my shoulder at what was and cannot be again. Other times, that life is a breath at my back, so fresh and present that I think if I just knew how I could reach through time and touch it, maybe pull it toward me, taste it again. You might expect that nearness would bring comfort, but it usually brings the opposite—more pain, more confusion, more wondering and wishing and what-if-ing.

I've asked myself more than once what I would tell another parent just finding themselves on this brutal journey. What could I offer that might give them something to cling to, to believe in when the days drag long and weary and unbearably hard? What can I possibly say in the wake of their agonizing loss? But I find it easier to determine what I won't say.

If you're reading this and you're a month, or a year, or a couple of years down this road, stumbling in the dark, missing your child, I won't tell you it gets easier. I won't tell you you'll get stronger. I won't tell you it hurts less, or that a day will come when you don't pine for them and miss their smile, their smell, the sound of their voice. But I will tell you that like anything else in this universe, it changes. It evolves with you. It moves and morphs and rolls through its own trajectory like a comet streaking through the atmosphere. At times, you'll see grace and awe in the comet's sparkling tail. At others, it will burn like all nine levels of hell at once. You will love the comet. And you will hate the comet. But the comet will be with you forever now. Take what you can from that wholly useless metaphor because nothing accurately describes the experience you're living in.

People love a transformation story. And they'll no doubt read this and think I've overcome some terrible obstacle and now my story is complete. But that's not what it's like at all. Evelyn's death has not left me, not even for a moment. It grieves me every step of the way. All of the difficult but natural things I felt that day and every day since are still right here with me. They don't disappear. But my capacity to carry them and still have room for other things has continued to shift and change. I feel all the bad, terrible things about her death still. But I feel so many good, beautiful things now too. In the early days of the After, that just wasn't possible. But the human heart is a strange and wonderful beast, luminous and resilient if given the chance to be. If I deny it nothing, it obliges me in kind.

In other words, by allowing the painful feelings when necessary, I have allowed the pleasant ones right alongside them. Whatever progress I've made hasn't come from repressing my grief, but embracing it.

I often think that is exactly how Ev would want it.

<https://www.forloveofevelyn.com/>

Recommended reading...

- ♦ The Bereaved Parent by Harriet Sarnoff
- ♦ First You Die by Marie Levine
- ♦ Talking to Heaven by James Van Praagh

⇒ 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 help 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.

I LOST MY CHILD TODAY

I lost my child today
People came to weep and cry,
As I just sat and stared, dry-eyed.
They struggled to find words to say
To try and make the pain go away.
I walked the floor in disbelief,
I lost my child today.

I lost my child last month.
Most of the people went away.
Some still call and some still stay.
I wait to wake up from this dream,
This can't be real, I want to scream.
Yet everything is locked inside.
God help me, I want to die.
I lost my child last month.

I lost my child last year.
Now, people who had come, have gone.
I sit and struggle all day long
To bear the pain so deep inside.
And now my friends just question, why?
Why does this mother not move on?
Just sits and sings the same old song.
Good heavens, it has been so long.
I lost my child last year.

Time has not moved on for me.
The numbness, it has disappeared.
My eyes have now cried many tears.
I see the look upon your face.
'you must move on and leave this place.'
Yet I am trapped right here in time.
The song's the same as is the rhyme.
I lost my child ...today...

~Netta Wilson, 2002

Lost Child Alert

*In your heart.
When you can look there, you will find him/her.*

THE BEAUTY PLACES

By Edgar A. Guest

Here she walked and romped about
here beneath this apple tree
where all the grass is tramped out
the swing she loved so used to be.

This path is but a path to you,
because my child you never knew.
'Twas here she used to stoop to smell
the first bright daffodil of Spring.

'Twas here she often tripped and fell
and here she heard the robins sing.
You'd call this but a common place,
but you have never seen her face.

And it was here we used to meet.
How beautiful a spot is this.
To which she gayly raced to greet
her Daddy with his evening kiss!

You see here nothing grand or fine.
But oh, what memories are mine!
The people pass from day to day,
and never turn their head to see

The many charms along the way
that mean so very much to me.
For all things here are speaking of
the babe that once was mine to love.

Holiday Candle Lighting Save the Date

Sunday, December 11, 2022

Get your photos ready for the slide show.
Plan to arrive at 6PM

[Click here for more information](#)

Always the second Sunday in December

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.

Siblings

Do Not Discount Sibling Grief

I have come to think of sibling grief as “discount grief”. Why? Because siblings appear to be an emotional bargain in most people’s eyes. People worry so much about the bereaved parents that they invest very little attention on the grieving sibling.

My personal “favorite” comforting line said to siblings is “you be sure to take care of your parents.” I wanted to know who was supposed to take care of me – I know I couldn’t.

The grief of a sibling may differ from that of a parent, but it ought not to be discounted. People need to realize that while it is obviously painful for parents to have lost a child, it is also painful for the sibling who has not only lost a brother or sister, but an irreplaceable friend.

While dealing with this double loss, he or she must confront another factor; the loss of a brother or sister is frequently the surviving sibling’s first experience with death of any young person. Young people feel they will live forever. A strong dose of mortality in the form of sibling death is very hard to take. The feelings of the sibling are often discounted when decisions are made – on things ranging from funeral plans to flower selections. Parents need to listen to surviving siblings who usually know a lot about the taste and preferences of the deceased.

Drawing on the knowledge that surviving siblings have about supposedly trivial things – such as favorite clothes or music – can serve two purposes when planning a funeral or memorial service. First, their input helps ensure that the deceased received the type of service he or she would have liked. Second, their inclusion in the planning lets them know they are still an important part of the family.

I realize that people are unaware that they are discounting sibling grief. But then – that’s why I am writing this – so people will know.

Jane Machado, TCF Atlanta, GA

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](#)

And access our regular Chapter website for the parent/sibling meetings and activities.

www.compassionatefriends.nyc

Everyone

We Need Each Other

Many living things need each other to survive. If you have ever seen a Colorado Aspen tree, you may have noticed that it does not grow alone. Aspens are found in clusters, or groves. The reason is that the aspen sends up new shoots from the roots. In a small grove, all the trees may be connected by their roots.

Giant California Redwood trees may tower 300 feet into the sky. It would seem that they would require extremely deep roots to anchor them against strong winds. But we’re told their roots are quite shallow in order to capture as much surface water as possible. And they spread in all directions, intertwining with other redwoods. Locked together in this way, all trees support each other in wind and storms. Like the aspen, they never stand alone. They need each other to survive.

People too are connected by a system of roots. We are born to family and learn early to make friends. We are not meant to survive long without others. And like the redwood, we need to hold one another up. When pounded by the sometimes vicious storms of life, we need others to support and sustain us.

Have you been going it alone? Maybe it’s time to let someone else help hold you up for a while. Or perhaps, someone needs to hang on to you.

~ from the book **RICHES OF THE HEART**

by Steve Goodier

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.



OUR CHILDREN—LOVED AND REMEMBERED

SEPTEMBER BIRTHDAYS



9/1	DWAYNE NELSON , son of Amelia Brewer-Nelson	9/18	IAN MALSON , brother of Caitlin Malson
9/1	MARK H. IHDE , son of Linda & Don Ihde	9/19	ILIA KRASOTINA , sister of Sofiya Krasotina
9/1	ROSE LIANG , sister of Holly & Chue Liang	9/19	TYLEAH MCFADDEN , daughter of Lisa Jenkins, sister of Nadirah McFadden
9/2	CHRISTOPHER RISTO , son of Grace Piegaro	9/21	CHRISTOPHER LUKE ELMER , son of Anne Elmer & Jeff Elmer
9/2	GEORGE MICHAEL KOTSIS , son of Doris Kotsis	9/21	GINGER SIMMS , daughter of Larry Simms & Alison Ho
9/3	BETTY DIBIASO , daughter of Susan Carty	9/21	TATIANA HICKMAN , sister of Autumn Hickman
9/4	JOVI RAMOS , son of Desiree Ramos	9/21	WONDER HAMILTON , daughter of Gary & Jennifer Hamilton
9/6	HENRY SZOR , son of Eva Grin	9/22	ALEXANDRA DISANTIS , daughter of Margo & Frank DeSantis
9/6	MAX GLEZOS-CHARTOFF , son of Julie Chartoff & Irene Glezos	9/22	JAMES HAYS , brother of Claire Hays
9/7	TOMMASO CERASE , son of Barbara Riccardi & Alessandro Cerase	9/23	CASEY CRUZ , daughter of Ibelka Cruz
9/8	AHMAD SHARRIEFF-AL-BEY , son of Rashied Sharrieff-Al-Bey	9/23	GREGORY ROTH , brother of Stephanie Roth
9/8	CALLUM ROCHE , son of Sean Roche	9/25	CHRISTOPHER DOMBROWSKI , brother of William & Brianne Dombrowski
9/8	CYRUS SINK , son of Susan Huggins	9/26	MITCHELL WALKER , son of Fountain Walker
9/8	MELISSA ANN WALSH , sister of Stephanie Walsh	9/27	ARON LINDELL , son of Julie Lindell
9/8	THERESA MARTIN HOUGH , daughter of Sara Martin	9/27	JAY SCHNEIDER , son of Bonnie Bowes
9/10	MATTHEW NOVAK , son of Clare Hogan	9/27	WILLIAM JOHN , brother of Joseph John
9/12	AVA LOUISE HOUSE , daughter of Molly House	9/28	ALEX BIBLER , son of Lindsay Bibler
9/12	HARRIS KAPLANSKY , son of Denise Gelfand	9/28	KRISTEN DUBERRY , daughter of Michael Duberry
9/12	LIANNA GONZALEZ , daughter of Dahiana De La Cruz	9/28	PAMELA ARGUELLO , daughter of Doris Carraquillo, sister of Vinny Urena and Brandon Arguello
9/12	SAIGIA BRON , daughter of Florence Layayette	9/28	RYAN CHRISTIAN BALLON , brother of Dylan Ballon
9/12	SOPHIA JOLIET AGUIRRE , daughter of Monica Deliz	9/29	ANDREW SCHLEIFER , son of Kittyhawk Schleifer
9/12	SYDNEY MARTINEZ , daughter of Fabiola Bello & Alex Martinez	9/29	BOBBY BEATTIE , brother of Rose Beattie
9/13	CANDICE CHEN , daughter of Belle Tung	9/29	DANIEL SNYDER , brother of Lisa Snyder
9/13	TROY HALL , son of Victor Hall	9/29	LILY BADGER , daughter of Madonna and Matt Badger
9/14	CASEY STRAKA , son of Dana Straka	9/29	MARY ANN VALVERDE , sister of Victoria Soto
9/14	GALIAH GARBER , sister of Anath Garber	9/29	SOPHIA MELILLO , daughter of Kristen Leigh
9/15	MICHAEL MCFARLAND , son of Tamara McFarland	9/30	BELLA BRODSKY , sister of Jennifer Brodsky
9/15	NNENE EZEONYIM , daughter of Uche Ezeonyim	9/30	CHRISTOPHER WAGNER , son of Linda & Edward Wagner
9/16	PAUL THOMPSON , son of Elaine Thompson		
9/17	KARIM HALAWI , brother of Lama Halawi		
9/18	DAVID PICARD , son of Darlene Picard		



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

SEPTEMBER ANNIVERSARIES



9/2 **IMOGEN ROCHE**, daughter of Theseus Roche
9/2 **ROWENNA WIGHT WHITE**, daughter of Nancy Wight
9/2 **YULIA KRASHENNAYA**, sister of Deb Faynshteyn
9/3 **BRENDEN CARSON**, son of Debra Carson
9/3 **CALEB SANDE**, grandson of Renee & Hervey Sande
9/3 **SEAN KIMERLING**, son of Ervine & Noah Kimerling
9/4 **ADEDAYO ADEWALE**, son of Modesta Baltazar
9/4 **MARLA SUE COLLAZO**, daughter of Lita & Joe Robinson
9/4 **ZANE MANDEL-MICHALAK**, son of Janet Robinson
9/5 **NOAH BOWER**, son of Pat Bower Cooley
9/6 **SHAUN BECKWITH CHASEN**, son of Dr. Barbara Chasen
9/6 **TIM MAGEE**, son of Mary & Tim Magee
9/7 **PATRIC KARN**, brother of Lisa Kaye
9/7 **YEHUDA MILSTEIN**, son of Edith Bayne, brother of Ilana Milstein
9/8 **BRIAN CULLIMORE**, son of Teresa Cullimore
9/9 **BRIAN MEEHAN**, brother of Kevin Meehan
9/9 **JORDAN WEINSTEIN**, daughter of Wendy J. Schriber
9/10 **KRISTINA ESPOSITO**, daughter of Cecilia Esposito
9/11 **AARON HOROWITZ**, son of Allan & Liz Horwitz
9/11 **CHRISTIAN FUERSICH**, son of Janet Fuersich
9/11 **JOHN COOPER JR.**, brother of Keith P. Cooper
9/12 **ADAM WEINER**, son of Susan Weiner
9/12 **ANDREW BALTINI**, brother of Kevin Baltini
9/12 **BLAKE GOODMAN**, brother of Claudia Goodman
9/12 **JENNA HERNAN**, daughter of Maria Hernan
9/13 **JAMES RUSSO**, brother of Adrienne Russo
9/13 **JASMIN REQUENA**, daughter of Eleanor Requena, sister of Jaqueline
9/14 **EMRE EDEPLI**, son of Levant & Kirsten Edepli
9/14 **JOHN MARZANO**, son of Claire Martino
9/14 **TATIANA HICKMAN**, sister of Autumn Hickman
9/15 **CHRIS SANTIAGO**, son of Eve Ortega
9/15 **CHRISTOPHER MALLIN**, son of Robert Mallin
9/15 **GEORGE MICHAEL PEREZ**, son of Priscilla Perez
9/15 **MARSHALL FORDE**, son of Asurf Forde, brother of Marcel Forde
9/15 **YVONNE BURDEN**, sister of Crystal Burden
9/16 **JON MICHAEL CAMINITI**, son of David Caminiti, Linda Caminiti and brother of Jacqueline
9/16 **KIARR LACEY MONROE**, son of Xenia Vasquez & Lacey Monroe

9/16 **PAUL WALKER**, son of Ellen Walker
9/17 **EVAN FRIEDLANDER**, son of Kathy Friedlander
9/17 **PAMELA ARGUELLO**, daughter of Doris Carraquillo, sister of Vinny Urena and Brandon Arguello
9/17 **TIM CARPENTER**, son of Donna Carpenter
9/17 **TOMMASO CERASE**, son of Barbara Riccardi & Alessandro Cerase
9/18 **GLEN FRASER**, son of James Fraser
9/18 **LUCY GRAVES**, daughter of Edward Graves
9/19 **AVA LOUISE HOUSE**, daughter of Molly House
9/19 **ERIC ROSENBERG**, son of Sharon Rosenberg
9/19 **KASRIEL BENJAMIN**, son of Sarah & Tony Benjamin
9/19 **WILLIE GWATHMEY**, brother of Katie Gwathmey
9/20 **ISABELLA CARROLL**, daughter of Doreen Carroll
9/20 **IVAN EBBOTT**, brother of Hal Ebbott
9/21 **AIDAN HERNANDEZ**, son of Maura Moloney and Victor Hernandez
9/21 **BENJAMIN GOURDJI**, son of Anna Gourdji
9/21 **LYNDON HOWARD**, son of Lila Howard
9/23 **DUSTIN TUNICK**, son of Jenifer Kelly
9/24 **NOAH REISMAN**, brother of Rachel Reisman
9/24 **ORION DUMITRIU**, son of Winnie Yang
9/24 **SOPHIE ANN MISSHUK**, daughter of Evan Misshuk
9/25 **CELINA PACHECO**, daughter of Evelyn Gonzalez
9/25 **ELIOT BARTLETT**, brother of Emanuekl (Man) Bartlett
9/25 **ISAIAH WINCH**, son of Jesse Winch, brother of Louisa-Carpenter Winch
9/25 **JOHN THOMAS (TOMMY) VIGORTIA**, son of Patricia Vigorita
9/25 **SEAN COYLE**, brother of Krista Coyle
9/25 **WILLIAM GRIFFO**, son of Yvona & William Griffo, brother of Mike Griffo
9/28 **ASHLEY HOPE GOODMAN**, daughter of Karen Goodman
9/28 **JAMIE MARCUS**, daughter of Bruce Marcus
9/29 **KARIM HALAWI**, brother of Lama Halawi
9/29 **LAUREN MARIE NELSON**, sister of Mickey (Michelle) Nelson
9/29 **PAMELA SUE CHAIKEN**, daughter of Sandy & Lionel Chaiken, sister of Stephanie
9/30 **ANTHONY HELZER**, son of Donna Romer
9/30 **JO ANNA BURRO**, daughter of Jeanette Burro





OUR CHILDREN—LOVED AND REMEMBERED

OCTOBER BIRTHDAYS



10/1 **AMBER ASHTON**, daughter of Tom & Eleanor Ashton
10/1 **PAX DESMORAIS**, son of Lian & Tim DesMorais
10/2 **NEILL PERRI**, son of Maddie & Cliff Kasden
10/3 **JAKE GOLDBERG**, son of Gene Goldberg, brother of Ben Goldberg
10/3 **JASON MARKS**, son of Helena Marks
10/3 **SKYLER CAGHLIN**, son of Seana Caghlin, brother of Cassandra Richardson
10/4 **JACOB MORGAN**, brother of Kelsey Morgan
10/5 **ALAN MYL**, son of Joanne Myl
10/5 **JULIANA ADORNO**, daughter of Jerica Adorno
10/5 **NATHANIEL LOUIS RAND**, son of Jacob Rand
10/5 **SCARLETT KAUFMAN**, daughter of Eileen Kaufman
10/5 **TIM CARPENTER**, son of Donna Carpenter
10/6 **BEN LOCKHART**, son of Kate Sanford
10/6 **BENJAMIN IMBROGNO**, son of Naomi Imbrogno
10/7 **GIRBUN LAO**, brother of Ithreum Brown
10/7 **PETER TRAKIS**, son of Dolores & John Trakis
10/7 **RYAN KENT JACKSON**, son of Toby Jackson
10/8 **DONALD BROWN**, son of Desiree Brown
10/8 **ZOIE BENNETT**, daughter of Zachary Bennet
10/9 **CHRISTOPHER JOSEPH BAUMANN**, son of Maureen Mackey
10/9 **ELIZABETH HANAU**, daughter of Marsha Hanau
10/9 **JOANNA ZWEIG**, Ben's aunt, sister of Daniel Zweig
10/10 **CHRIS SANTIAGO**, son of Eve Ortega
10/10 **CHRISTOPHER PALMER**, son of Darlene and Douglas Palmer
10/10 **LAURA NAMIE**, sister of Matthew Namie
10/11 **KIERNAN BLAKER**, brother of Darby Blaker
10/11 **TIM MAGEE**, son of Mary & Tim Magee
10/12 **ARJUN VEER SHARMA**, son of Vikas & Priyanka Sharma
10/13 **DANA FLAX**, sister of Casey Flax
10/15 **JONATHAN BUCAOTO**, son of Ruth Sowell
10/15 **RELONZO W. PERKINS-MACK**, son of Denise Perkins Best
10/15 **SARAH & GRACE BADGER**, twin daughters of Madonna Badger

10/18 **RENEE THOMPSON**, daughter of Gregory & Joy Thompson
10/21 **ALEXIS NICOLE NEGRON**, daughter of German (Herman) Negron
10/21 **MELQUAIN JATELLE ANDERSON**, son of Michelle Barnes-Anderson
10/22 **LUKE LUEBKE**, son of Bine Luebke, brother of Jonas
10/23 **CHARLOTTE KENLEY THOMPSON**, daughter of Jeannie Dalton & Paul Thompson
10/23 **MARK COOKE**, son of Maureen Cooke, brother of Jamie
10/23 **PATRIC KARN**, brother of Lisa Kaye
10/23 **PATRICK CESARIO**, son of Sharon Cesario, brother of Frank Cesario
10/24 **CHRISTOPHER MALLIN**, son of Robert Mallin
10/24 **WILL GARRIGAN**, brother of Erin Garrigan
10/25 **JASON SCHECHTER**, son of Leo Schechter
10/25 **MICAH DAWKINS-WILLIAMS**, son of Rhodina Williams
10/26 **DEREK GOMEZ**, son of Marta Freyre & Robert McManus, brother of Xiomara Gomez
10/26 **KRISTOFFER SALAVANTE**, son of Maria & Eliezer Salavante
10/26 **SUZANNE PAGE**, daughter of Timmie Ross
10/27 **AIDAN STEVENS**, son of Lilly Stevens
10/27 **EMILY MACKEY**, sister of Lauren Minchen
10/27 **JUDAH BRYNDAL**, son of Dusty & David Bryndal
10/28 **MICHAEL BARNES**, son of Jaqueline Warren
10/29 **ADEDAYO ADEWALE**, son of Modesta Baltazar, brother of Phebe Ojomoses
10/29 **NATHANIEL HILL JR.**, son of Lynette & Nathaniel Hill, sister of Lenise
10/30 **CHRISTOPHER KWIK**, brother of Sharon Kwik
10/30 **MYLES CHANDLER**, son of Marcia Chandler
10/30 **ROBERT KISTENBERG**, son of Marilyn & Elliot Kistenberg, brother of Marni Nossel
10/31 **KERRY STONE**, brother of Catherine Kells
10/31 **SAESHA KAYTAL**, daughter of Supriya & Sid Kaytal





OUR CHILDREN—LOVED AND REMEMBERED
OCTOBER ANNIVERSARIES



10/1 **LEAH NICO**, daughter of Linda Sacks, sister of Mara Bragg
10/1 **PAX DESMORAIS**, son of Lian & Tim DesMorais
10/1 **TUSHAR ATRE**, son of Shaku Atre
10/2 **CHRISTOPHER LUKE ELMER**, son of Anne Elmer & Jeff Elmer
10/2 **ROBERT KISTENBERG**, son of Marilyn & Elliot Kistenberg,
brother of Marni Nossel
10/3 **TIONNIE MURRAY**, daughter of Marie Caballero
10/4 **BARA COLODNE**, daughter of Mia and Eric Colodne
10/4 **BRANDON SCHWARTZ**, son of Joann & Mark Schwartz
10/4 **CAROLINE MASON**, daughter of Rachel Mason
10/4 **HAMEEN JASPER**, daughter of Yolanda Jasper
10/4 **SAMUEL TITUS**, son of Sara Jenkins
10/5 **MATTHEW YUDELMAN**, grandson of Anne Schuman &
Ian Yudelman
10/6 **HANNAH POTIS**, sister of Taylor Potis
10/6 **JAMES ROACH**, brother of Omar Roach
10/6 **KIMANI FOSTER**, daughter of Katrina Thomas
10/6 **LIANNA GONZALEZ**, daughter of Dahiana De La Cruz
10/6 **MEL' LISA ANDRE**, daughter of Darchelle Hinson-Andre
10/6 **SCARLETT KAUFMAN**, daughter of Eileen Kaufman
10/7 **BRYCE SHELTON**, son of Bianca Villalona
10/7 **MICHAEL RAMIREZ**, son of Michele Cennamo
10/8 **SAMMY COHEN ECKSTEIN**, son of Amy Cohen & Gary Eckstein
10/9 **WILLIAM JOHN BERTRAND**, son of MaryLee Bertrand
10/10 **JOSETTE GIBBS**, daughter of Juanita Gibbs
10/10 **JULIANA ADORNO**, daughter of Jerica Adorno
10/11 **CHRISTOPHER JOSEPH BAUMANN**, son of Maureen Mackey
10/12 **BEN LOCKHART**, son of Kate Sanford
10/12 **BENJAMIN RONALD OJEDA-FEINSTEIN**, son of Talo Ojeda &
Reva Feinstein
10/12 **CHARLIE CAMPDERRICH**, son of Jody Campderrich
10/12 **CYRUS SINK**, son of Susan Huggins
10/15 **HAYLEE LABBAN**, daughter of Penelope Coward
10/16 **CLARISSA JACKSON**, sister of Jillian Jackson

10/16 **CYBELE FISHER-KOPPEL**, daughter of Phyllis & Jack Fisher,
sister of Remy Fisher-Bauman
10/16 **JEM MAIR**, daughter of Ilana Mair
10/16 **LAURA LEVIS**, daughter of Georgia & William Levis
10/16 **LUCAS SCOTT**, brother of Erin Scott
10/17 **RYAN CHRISTIAN BALLON**, brother of Dylan Ballon
10/19 **DANILO RODRIGUEZ**, sister of Enrique Rodriguez
10/20 **CHRISTOPHER JAMES ROUCH**, son of Kathy Rouch
10/20 **CONNOR LEE-KAWANISHI**, son of Choony Lee
10/20 **MAX JACOBSON**, son of Terry & Hugh Jacobson
10/22 **ADRIAN PURICELLI**, son of Denise Puricelli, brother of
Vironika
10/22 **ELLIS ZIMMERMAN**, son of Anna Ellis & Benjamin
Zimmerman
10/23 **AIDAN STEVENS**, son of Lilly Stevens
10/23 **MICHAEL BARNES**, son of Jaqueline Warren
10/24 **MASON SIMMS**, son of Shavon Simms
10/25 **MELQUAIN JATELLE ANDERSON**, son of Michelle
Barnes-Anderson
10/25 **RYAN KENT JACKSON**, son of Toby Jackson
10/26 **LUKE LUEBKE**, son of Bine Luebke, brother of Jonas
10/26 **TSAGH GREENIDGE-JAMES**, son of Sinaya Greenidge,
brother of Niasia Greenidge-James
10/27 **DANNY CRONIN**, son of Mary Cronin
10/27 **ROSITA CUNNINGHAM**, sister of Sedel Mapp
10/28 **AHREN JUDE KARRAN SINGH**, son of Rondha-Ann Lam
10/28 **SARA CHANGHONG ADAMS**, daughter of Muriel Adams
10/28 **THOMAS J. MANNO**, son of Elizabeth M. Davey
10/29 **JESSE ARATOW**, son of Susanna Hoffman
10/30 **CHARLOTTE KENLEY THOMPSON**, daughter of
Jeannie Dalton & Paul Thompson
10/30 **ROBERT ZIETEK**, brother of Barbara Zietek
10/30 **TERESA MILLER-D'ALESSANDRO**, daughter of Mariana & Bob
Miller-D'Alessandro
10/31 **NOAH GLARPHAM**, son of David & Heather Kopp



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: SEP 20 OCT 18 NOV 15 DEC 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](#)