



The Compassionate Friends

Manhattan Chapter

Supporting Family After a Child Dies

Our next meetings...

Sep 19

Oct 17

Nov 21

Dec 19

Manhattan Chapter Newsletter

September 2023

OUR SEPTEMBER 19TH MEETING IN-PERSON

We will be in-person only September 19th. Still working to figure out how and when we can work in on-line meetings. It's by far worth the extra effort to come in-person, but we recognize not everyone can.

Visitor's Guide

I enjoy reading about grief. Because I have been grieving for as long as I have, I sometimes think I have either read or written all that can be said about it. Since there is no special language for grief, we are left to use the language we have to try and describe what is in truth, an indescribable condition.

I've discovered that grief is like traveling the world. It's all been seen before – for eons and by billions. But each new visitor, arriving at a well-worn scene sees it with fresh eyes. And in spite of the many descriptions and travelogues written and photographs viewed, fresh eyes discover each site all over again as if it had never been seen before.

The world of grieving is like that. We all know about grief. Most of us have experienced it in some way. And we have seen what it does. We know we can never really 'brace' ourselves for the expected grief experience. Although we learn early on that nothing animate lives forever we're never prepared for the loss of those we know and love. We recognize when it does happen to us, that what we're feeling has been felt before – sometimes even by us – but still, each loss brings with it a new, unique grief experience.

Almost like love, unique in the way that each child we are gifted with brings with it a new package of love that grows even as that child does.

(con't on page 2)

Some Days Are Just Hard

Losing a child is indescribably painful. As any bereaved parent will tell you, the death of a child leaves a huge line running through our lives with "before and after" etched forever in our memories. Days that were previously filled with promise and vitality suddenly seem empty and hopeless. Gradually, we come to accept that our lives will never return to what they once were and that some days are just hard.

In October 2010, we lost our previously healthy 21-year-old son, Matthew, to a form of virulent strep. What initially masked itself as a severe case of pneumonia was, in fact, a form of strep that attacked his bicuspid aortic heart valve, necessitating valve replacement surgery. But when they actually went in, they found the damage was far more extensive than they thought. And while Matthew survived the surgery (mostly due to his youth), he never regained consciousness. He spent the last week of his life in a coma before he died on October 22nd.

Before that ill-fated day in October, I had never known such sadness and hurt. As anyone who has lost a child will tell you, the pain is simultaneously acute and chronic. It's so piercing and constant you can hardly breathe; it's as if a cement block has been permanently placed on your chest. You don't think it will ever go away. Grieving becomes a way of coping with the tremendous loss that now makes up your life. And while the jagged edges of my own grief have begun to smooth out a bit, I also know that it will always be with me and forever define my family.

One thing I've come to accept over the past two and a half years is that some days are just hard. During the first year, I came to fully expect that every day would be hard. Those early days slogged by at a surreal pace. Grief was ever-present and seemed to hold time at bay. As we approached the first anniversary of Matthew's death in 2011, things shifted a bit, time

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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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"Our Children" editor: **Dan Zweig:** danzweigtcf@gmail.com

Newsletter Editor: **Marie Levine** marielevine2@verizon.net

THE COMPASSIONATE FRIENDS MEETINGS are now monthly - always the third Tuesday of the month

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

This month, Sept. 19, 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.

Visitors Guide

(con't from page 1)

But when we lose a child, we are dumbstruck. Struck dumb by a pain and despair unlike anything we've ever heard or read about. We cannot understand or explain what we feel and we try desperately to make those around us understand even though we ourselves don't. And because those uninitiated around us may try to comfort us with the assurances they know have worked for a lifetime of previous grief experiences – we know this is different. So we flail away desperately trying to make them understand that we will not get over it, our children are not in a better place, we will not move on, we cannot put this behind us, we will not get better, we do not have a lot to live for. While we writhe in an agony of indescribable despair and disbelief, we search for words that can communicate the full impact of what we feel.

I began my desperate search for words after Peter died in 1993. I was so angry when I couldn't make my friends and family understand how different this grief was. I couldn't forgive them for not 'getting it'. I was determined, through language to make them understand that this experience had killed who I was and that I was turning into someone else.

In 1993 there were only a few books that talked about the experience of losing a child. I was so grateful to those writers for sharing their stories and when a writer wrote anything that came close to describing what I was feeling I felt validated and relieved that someone was able to string together a few words that even came close to describing what I was feeling.

I began to keep a journal. Sometimes I shared some of what I wrote with other bereaved friends. They were delighted to discover that we felt exactly the same way. And I discovered that we were all searching for the same thing - words to adequately describe what this particular grief is like. Finding the words seems to be a universal search in our world. Some of us do it better than others. But all of us recognize the relief we feel when one of us gets it right. We run with those words to all those who continue to defy understanding. Even though we know they are chemically incapable of it.

So I've discovered that every new parent who falls into this world sees it through fresh unbelieving eyes. It's a land that is discovered again and again for the very first time. And I for one, never get tired of discovering myself, the words of some new traveler who manages to put words together that reflect some of what I see – and I say, "that's it. I know exactly how you feel". Because it's exactly how I feel.

Even though I'm always sad for the reason someone falls into my world, I'm so grateful for another compassionate friend who knows and can express what I feel. Not just a visitor but a permanent resident.

~ Marie Levine

RESOURCES

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.

Some Days Are Just Hard

(con't from page 1)

picked up, and the acute days of grieving became less frequent, although the chronic grief remains.

Now I notice that there's no anticipating when grief will sneak up and wash over me like a rogue wave. It just happens. It can be a song, a special place, a type of food, or just a memory that suddenly slides into my subconscious, and all I can think about is the tremendous hole that now fills my life. I can be having coffee with a friend and laughing one minute, and find my eyes filling with tears the next. And that's okay. In fact, it just brings Matthew closer to me for that moment.

I think for bereaved parents, our grief lies just below the surface. Even when I'm laughing or absorbed in a conversation, if you were to scratch me just a little bit, my grief would come bubbling up. I've come to view grief not as the enemy, but rather as an emotion that I now can acknowledge and move into. I know eventually, she'll go back under and I'll just carry her around with me, hidden from other's view, but always there.

In the movie "Rabbit Hole", there's a scene between Nicole Kidman (Becca) and her mother, Dianne Wiest (Nat), that stayed with me long after the closing credits. Becca and Nat are bereaved parents, and while Becca sees their circumstances as completely different (her four-year-old son was killed in an accident, while her brother died of a drug overdose), she and her mother now share the commonality of being bereaved mothers:

Becca: Does it ever go away?

Nat: No, I don't think it does. Not for me, it hasn't, and that's going on 11 years. It changes, though.

Becca: How?

Nat: I don't know . . . the weight of it, I guess. At some point, it becomes bearable. It turns into something that you can crawl out from under and . . . carry around like a brick in your pocket. And you . . . you even forget it, for a while. But then you reach in for whatever reason and—there it is. Oh right, that. Which could be awful—but not all the time. It's kinda . . . not that you like it exactly, but it's what you have instead of your son, so you don't wanna let go of it either. So you carry it around. And it doesn't go away, which is . . .

Becca: What?

Nat: Fine . . . actually.

This exchange sums up, for me, how so many of us carry the grief of losing our beloved children with us. I bring this up to remind people that for those of us who have lost a child, our grief is present, even if you don't see it. It doesn't go away, even with the passage of time. It doesn't go away even if we seem "better." With time the intense pain subsides, but our grief, like our love, is always there. And that's okay. The beauty of the human spirit is that we have a remarkable ability to continue on, even in the most adverse of conditions. But we will always mourn our children. We don't want them to be forgotten. Ever.

Our memories of them are all we have. Since Matthew died, I've learned that you do begin to put your life back together again, bit-by-bit, piece-by-piece. Its form is different, but it is still a life. It continues to have shape and meaning. And part of that new shape is formed by the memory of your loved one. That memory is present all the time, looking over your shoulder, helping you restructure this new reality. Grief is transformational. My grief has changed me in ways I'm only just beginning to understand. I am more mindful of things, big and small, happy and sad. I don't take anything for granted. I've learned to embrace the paradox of unfathomable loss and profound gratitude for living. I continue to

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Some Days Are Just Hard

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to feel Matthew's presence as we all rebuild our lives without his physical body here.

Some days are just hard. Some days grief rises up and reminds me that she's still there. She reminds me that grieving Matthew will always be a pivotal part of my life. That's okay. I also know that I will move through it and feel better soon. I know that life continues on, almost with a renewed sense of purpose. And for that I'm grateful. I've come to embrace yet another paradox of life, knowing that our hearts can be both full and broken at the same time.

Robin Gaphni

Robin and her husband, Israel, live on Bainbridge Island, Washington, and are the parents of Matthew (who died in the fall of 2010), Jordan, and Aviva. Robin writes a blog called "Grief & Gratitude" at www.griefgratitude.com and co-facilitates a grief support group through the Interfaith Volunteer Caregivers. Their local chapter is the Kitsap County Chapter of The Compassionate Friends.

Surviving

There's no way to know,
in those first, early years,
if the crying will stop,
be an ending to tears.

But slowly, so slowly,
through the grieving and time,
will come moments and days,
when hopefulness shines.

Backwards and forwards,
into darkness, then out,
we begin to start living;
scraps of new life peek out.

This happens most surely,
survivors will tell,
when we find time for others
and give of ourselves.

~Genesse Bourdeau Gentry

from *STARS IN THE DEEPEST NIGHT*, 1999

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.

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.

...from *My Son, My Son* by Iris Bolton

A guide to healing after death, loss or suicide...

*I don't know why
I'll never know why.
I don't have to know why.
I don't like it.
I don't have to like it.
What I do have to do is make a choice about my living.
What I do want to do is accept it and go on living.
The choice is mine.*

*I can go on living, valuing every moment
in a way I never did before,
or I can be destroyed by it and,
in turn destroy others.*

*I thought I was immortal.
That my family and my children were also.
That tragedy happened only to others,
but I know now that life is tenuous
and valuable.*

*So I am choosing to go on living,
making the most of the time I have,
valuing my family and friends
in a way never possible before.*

Death is nothing at all
I have only slipped away into the next room
I am I and you are you
Whatever we were to each other
That we are still
Call me by my old familiar name
Speak to me in the easy way you always used
Put no difference into your tone
Wear no forced air of solemnity or sorrow
Laugh as we always laughed
At the little jokes we always enjoyed together
Play, smile, think of me, pray for me
Let my name be ever the household word that it always was

Let it be spoken without effort
Without the ghost of a shadow in it
Life means all that it ever meant
It is the same as it ever was
There is absolute unbroken continuity
What is death but a negligible accident?
Why should I be out of mind
Because I am out of sight?
I am waiting for you for an interval
Somewhere very near
Just around the corner
All is well.

Nothing is past; nothing is lost
One brief moment and all will be as it was before
How we shall laugh at the trouble of parting when
we meet again!

Canon Henry Scott-Holland, 1847-1918,
Canon of St Paul's Cathedral

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

The Secret World of Siblings By Kenneth J. Doka

I can make my sister laugh at any time. Though I am in my fifties and my sister has just passed sixty, all I need to do is sidle up to her and ask her in a whisper the one embarrassing question that our aunt asked us every day as children, if she has “had a b.m. today?”. The comment never fails to generate laughter; it brings us back to a scary time when my mother was struggling with an illness. An aunt, who for whatever reason strictly valued regularity, cared for my sister and me. If we answered no, it meant she would give us a spoonful of a foul smelling and even fouler tasting tonic. Moreover, the question was embarrassing, especially to two children from a home where private functions stayed private. The question brings up all those emotions – the fear and anxiety, the embarrassment, the conspiracy of support we lent one another, the closeness that has always characterized our relationship and the shared humor that allowed us to cope.

Siblings have a unique relationship. They share a secret language, a private code that unlocks common experiences. They are family, tied through life by kinship. Yet, unlike most family relationships, sibling relationships are usually more equal, less hierarchical. They are a part of one another's identity and that sibling relationship stays important.

Gerontologists, those who study aging, remind us that even in later life, siblings are an important source of support. We share problems and seek each others assistance.

We grieve each others deaths too. It does not matter whether our siblings are nine or ninety years old when they die. However, when a nine year old sibling dies, families and friends may be very aware of the effect of that loss on a brother or sister. When a sibling dies at ninety years of age, sibling grief may be ignored or unsupported. Yet we still miss him or her.

We grieve their loss even when relationships may be strained or even absent. Helen Rosen once characterized sibling relationships as having a number of dimensions. One dimension she called closeness-distance. Some siblings are in constant contact with each other. Others seldom speak. Another dimension was warmth-hostility. Some siblings have warm, supportive relationships. Others constantly argue or consciously choose to limit contact. Rosen noted that the more relationships veered toward the end of the continuum – the more intense the grief. Thus, it is not only the close, warm relationships we grieve. The sister who angrily broke off contact with a brother years before may be filled with remorse and grief should that person die.

This suggests two things. First, it reminds us to review the relationships in our lives – to reconcile if there is need, to cherish those supportive relationships, to share our sense of appreciation.

Second, it reminds us of the need to acknowledge and recognize our loss and grief. We may need to seek support as we adapt to that loss, perhaps from family or friends, perhaps from counselors. We need to recognize the significance of the loss. We have lost a critical part of our identity; perhaps we have lost a friend. In a sibling, we have lost someone who shares our history, remembers our deepest and earliest memories.

Don't Think I Do Not Grieve

Don't think I do not feel; because you see no tears.
A river rages deep inside of grief, and loss, and fears.
Just because I do not cry now, don't think my heart's not broken.
I keep inside the misery of words not to be spoken.

Sometimes I smile, or crack a joke, so you won't see the pain;
or notice how my hands will shake, or how I've gone insane.
Each time I chance to think of her, my heart is ripped asunder.
The loss I feel is mine alone. you will not see my thunder.

~Brenda Penepent

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](#)

“The season of our grief is our shutting down time. We prepare the cottage of our hearts for the winter, securing our windows to the world, stocking the cupboards with what will sustain us during the cold and dark. Carefully we rebuild our inner fire, and huddle in its warmth while the storms of winter pass, awaiting a spring that will come as surely as the steady passage of the days.”

~ Molly Fumia, “Safe Passage”

Worldwide Candle Lighting

Sunday, December 10th, 2023

Worldwide Candle Lighting Event In Manhattan

We are searching for a place to hold our candle lighting in person.

Our event for 2023 may be virtual on Zoom. If so, it will be best viewed on a computer screen.

The Compassionate Friends - Worldwide Candle Lighting



We remember... that their light will always shine.

**** Remember - if in person...be sure to bring a framed photo of your loved one to be displayed in the ballroom during the evening.***

Important - take note!

There will be an ongoing slideshow of all our children...

**To include your loved one in this beautiful memorial, please
email your photos by DECEMBER 7TH to:**

photosmtcf@gmail.com

We suggest you send two photos - a young, "sunrise" photo and a "sunset" more recent photo.

Be sure to indicate your child's **full name exactly as you wish it to appear!**

(If you had photos in last year's slideshow, just request to use the same photos for 2023)

Gifts of Love

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

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

Passing the Basket – We raise needed funds at each meeting by passing a basket for voluntary contributions at our in-person meetings. We are so glad to hold online meetings whenever possible, but there is no 'basket' at our online meetings. If you are able to, whenever you can as an online participant, please help and make a 'Basket' contribution to help our organization.

Making a contribution –

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

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



OUR CHILDREN—LOVED AND REMEMBERED

SEPTEMBER BIRTHDAYS



9/1 **DWAYNE NELSON**, son of Amelia Brewer-Nelson
 9/1 **MARK H. IHDE**, son of Linda & Don Ihde
 9/1 **ROSE LIANG**, sister of Holly & Chue Liang
 9/2 **CHRISTOPHER RISTO**, son of Grace Piegaro
 9/2 **GEORGE MICHAEL KOTSIS**, son of Doris Kotsis
 9/3 **BETTY DIBIASO**, daughter of Susan Carty
 9/4 **JОВI RAMOS**, son of Desiree Ramos
 9/6 **HENRY SZOR**, son of Eva Grin
 9/6 **MAX GLEZOS-CHARTOFF**, son of Julie Chartoff & Irene Glezos
 9/7 **ALEXANDER KYLE NUNEZ**, son of Melba & Luis Nunez
 9/7 **LAUREN HAROPULOS**, daughter of Mike & Barbara Haropulos
 9/7 **TOMMASO CERASE**, son of Barbara Riccardi & Alessandro Cerase
 9/8 **AHMAD SHARRIEFF-AL-BEY**, son of Rashied Sharrieff-Al-Bey
 9/8 **CALLUM ROCHE**, son of Sean Roche
 9/8 **CYRUS SINK**, son of Susan Huggins
 9/8 **MELISSA ANN WALSH**, sister of Stephanie Walsh
 9/8 **THERESA MARTIN HOUGH**, daughter of Sara Martin
 9/10 **MATTHEW NOVAK**, son of Clare Hogan
 9/12 **AVA LOUISE HOUSE**, daughter of Molly House
 9/12 **HARRIS KAPLANSKY**, son of Denise Gelfand
 9/12 **LIANNA GONZALEZ**, daughter of Dahiana De La Cruz
 9/12 **SAIGIA BRON**, daughter of Florence Layayette
 9/12 **SOPHIA JOLIET AGUIRRE**, daughter of Monica Deliz
 9/12 **SYDNEY MARTINEZ**, daughter of Fabiola Bello & Alex Martinez
 9/13 **CANDICE CHEN**, daughter of Belle Tung
 9/13 **TROY HALL**, son of Victor Hall
 9/14 **CASEY STRAKA**, son of Dana Straka
 9/14 **GALIAH GARBER**, sister of Anath Garber
 9/15 **MICHAEL MCFARLAND**, son of Tamara McFarland
 9/15 **NNENE EZEONYIM**, daughter of Uche Ezeonyim
 9/16 **PAUL THOMPSON**, son of Elaine Thompson
 9/17 **DETRA MICHELLE MORRISON**, daughter of Denise Morrison

9/17 **KARIM HALAWI**, brother of Lama Halawi
 9/18 **DAVID PICARD**, son of Darlene Picard
 9/18 **IAN MALSON**, brother of Caitlin Malson
 9/19 **ILIA KRASOTINA**, sister of Sofiya Krasotina
 9/19 **TYLEAH MCFADDEN**, daughter of Lisa Jenkins, sister of Nadirah McFadden
 9/21 **CHRISTOPHER LUKE ELMER**, son of Anne Elmer & Jeff Elmer
 9/21 **GINGER SIMMS**, daughter of Larry Simms & Alison Ho
 9/21 **TATIANA HICKMAN**, sister of Autumn Hickman
 9/21 **WONDER HAMILTON**, daughter of Gary & Jennifer Hamilton
 9/22 **ALEXANDRA DISANTIS**, daughter of Margo & Frank DeSantis
 9/22 **JAMES HAYS**, brother of Claire Hays
 9/23 **CASEY CRUZ**, daughter of Ibelka Cruz
 9/23 **GREGORY ROTH**, brother of Stephanie Roth
 9/25 **CHRISTOPHER DOMBROWSKI**, brother of William & Brianne Dombrowski
 9/26 **MITCHELL WALKER**, son of Fountain Walker
 9/27 **ARON LINDELL**, son of Julie Lindell
 9/27 **JAY SCHNEIDER**, son of Bonnie Bowes
 9/27 **WILLIAM JOHN**, brother of Joseph John
 9/28 **ALEX BIBLER**, son of Lindsay Bibler
 9/28 **KRISTEN DUBERRY**, daughter of Michael Duberry
 9/28 **PAMELA ARGUELLO**, daughter of Doris Carraquillo, sister of Vinny Urena and Brandon Arguello
 9/28 **RYAN CHRISTIAN BALLON**, brother of Dylan Ballon
 9/29 **ANDREW SCHLEIFER**, son of Kittyhawk Schleifer
 9/29 **BOBBY BEATTIE**, brother of Rose Beattie
 9/29 **DANIEL SNYDER**, brother of Lisa Snyder
 9/29 **LILY BADGER**, daughter of Madonna and Matt Badger
 9/29 **MARY ANN VALVERDE**, sister of Victoria Soto
 9/29 **SOPHIA MELILLO**, daughter of Kristen Leigh
 9/30 **BELLA BRODSKY**, sister of Jennifer Brodsky
 9/30 **CHRISTOPHER WAGNER**, son of Linda & Edward Wagner



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

SEPTEMBER ANNIVERSARIES



9/2	IMOGEN ROCHE , daughter of Theseus Roche	9/17	EVAN FRIEDLANDER , son of Kathy Friedlander
9/2	ROWENNA WIGHT WHITE , daughter of Nancy Wight	9/17	PAMELA ARGUELLO , daughter of Doris Carraquillo, sister of Vinny Urena and Brandon Arguello
9/2	YULIA KRASHENNAYA , sister of Deb Faynshteyn	9/17	TIM CARPENTER , son of Donna Carpenter
9/3	BRENDEN CARSON , son of Debra Carson	9/17	TOMMASO CERASE , son of Barbara Riccardi & Alessandro Cerase
9/3	CALEB SANDE , grandson of Renee & Hervey Sande	9/18	GLEN FRASER , son of James Fraser
9/3	SEAN KIMERLING , son of Ervine & Noah Kimerling	9/18	LUCY GRAVES , daughter of Edward Graves
9/4	ADEDAYO ADEWALE , son of Modesta Baltazar	9/19	AVA LOUISE HOUSE , daughter of Molly House
9/4	MARLA SUE COLLAZO , daughter of Lita & Joe Robinson	9/19	ERIC ROSENBERG , son of Sharon Rosenberg
9/4	ZANE MANDEL-MICHALAK , son of Janet Robinson	9/19	KASRIEL BENJAMIN , son of Sarah & Tony Benjamin
9/5	NOAH BOWER , son of Pat Bower Cooley	9/19	WILLIE GWATHMEY , brother of Katie Gwathmey
9/6	SHAUN BECKWITH CHASEN , son of Dr. Barbara Chasen	9/20	ISABELLA CARROLL , daughter of Doreen Carroll
9/6	TIM MAGEE , son of Mary & Tim Magee	9/21	AIDAN HERNANDEZ , son of Maura Moloney and Victor Hernandez
9/7	PATRIC KARN , brother of Lisa Kaye	9/21	BENJAMIN GOURDJI , son of Anna Gourdji
9/7	YEHUDA MILSTEIN , son of Edith Bayne, brother of Ilana Milstein	9/21	LYNDON HOWARD , son of Lila Howard
9/8	BRIAN CULLIMORE , son of Teresa Cullimore	9/23	DUSTIN TUNICK , son of Jenifer Kelly
9/9	BRIAN MEEHAN , brother of Kevin Meehan	9/24	NOAH REISMAN , brother of Rachel Reisman
9/9	JORDAN WEINSTEIN , daughter of Wendy J. Schriber	9/24	ORION DUMITRIU , son of Winnie Yang
9/10	KRISTINA ESPOSITO , daughter of Cecilia Esposito	9/24	SOPHIE ANN MISSHUK , daughter of Evan Misshuk
9/10	SARAH KATZ , daughter of Michael & Jill Katz, sister of Dana Katz	9/25	CELINA PACHECO , daughter of Evelyn Gonzalez
9/11	AARON HOROWITZ , son of Allan & Liz Horwitz	9/25	ELIOT BARTLETT , brother of Emanuekl (Man) Bartlett
9/11	CHRISTIAN FUERSICH , son of Janet Fuersich	9/25	ISAIAH WINCH , son of Jesse Winch, brother of Louisa-Carpenter Winch
9/11	JOHN COOPER JR. , brother of Keith P. Cooper	9/25	JOHN THOMAS (TOMMY) VIGORITA , son of Patricia & Vincent Vigorita
9/12	ADAM WEINER , son of Susan Weiner	9/25	SEAN COYLE , brother of Krista Coyle
9/12	ANDREW BALTINI , brother of Kevin Baltini	9/25	WILLIAM GRIFFO , son of Yvona & William Griffo, brother of Mike Griffo
9/12	BLAKE GOODMAN , brother of Claudia Goodman	9/26	STEFAN THEGEBY , son of Dale Thegeby
9/12	JENNA HERNAN , daughter of Maria Hernan	9/28	ASHLEY HOPE GOODMAN , daughter of Karen Goodman
9/13	JAMES RUSSO , brother of Adrienne Russo	9/28	AURELIE FRANCHITTI , daughter of Marianna Vertsman, sister of Valerie Franchitti
9/13	JASMIN REQUENA , daughter of Eleanor Requena, sister of Jaqueline	9/28	JAMIE MARCUS , daughter of Bruce Marcus
9/14	EMRE EDEPLI , son of Levant & Kirsten Edepli	9/29	KARIM HALAWI , brother of Lama Halawi
9/14	JOHN MARZANO , son of Claire Martino	9/29	LAUREN MARIE NELSON , sister of Mickey (Michelle) Nelson
9/14	TATIANA HICKMAN , sister of Autumn Hickman	9/29	PAMELA SUE CHAIKEN , daughter of Sandy & Lionel Chaiken, sister of Stephanie
9/15	CHRIS SANTIAGO , son of Eve Ortega	9/30	ANTHONY HELZER , son of Donna Romer
9/15	CHRISTOPHER MALLIN , son of Robert Mallin	9/30	JO ANNA BURRO , daughter of Jeanette Burro
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		





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 Caghlín, 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 BUCATO**, son of Ruth Sowell
10/15 **RELONZO W. PERKINS-MACK**, son of Denise Perkini Best
10/15 **SARAH & GRACE BADGER**, twin daughters of Madonna Badger
10/18 **CHRIS BALDWIN**, brother of Brooke Baldwin

10/18 **RENEE THOMPSON**, daughter of Gregory & Joy Thompson
10/20 **ADAM FELDBERG**, son of Tsipi Taube
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	10/16	CYBELE FISHER-KOPPEL , daughter of Phyllis & Jack Fisher, sister of Remy Fisher-Bauman
10/1	PAX DESMORAIS , son of Lian & Tim DesMorais	10/16	JEM MAIR , daughter of Ilana Mair
10/1	TUSHAR ATRE , son of Shaku Atre	10/16	LAURA LEVIS , daughter of Georgia & William Levis
10/2	CHRISTOPHER LUKE ELMER , son of Anne Elmer & Jeff Elmer	10/16	LUCAS SCOTT , brother of Erin Scott
10/2	ROBERT KISTENBERG , son of Marilyn & Elliot Kistenberg, brother of Marni Nossel	10/17	RYAN CHRISTIAN BALLON , brother of Dylan Ballon
10/3	TIONNIE MURRAY , daughter of Marie Caballero	10/19	DANILO RODRIGUEZ , sister of Enrique Rodriguez
10/4	BARA COLODNE , daughter of Mia and Eric Colodne	10/20	CHRISTOPHER JAMES ROUCH , son of Kathy Rouch
10/4	BRANDON SCHWARTZ , son of Joann & Mark Schwartz	10/20	CONNOR LEE-KAWANISHI , son of Choony Lee
10/4	CAROLINE MASON , daughter of Rachel Mason	10/20	MAX JACOBSON , son of Terry & Hugh Jacobson
10/4	HAMEEN JASPER , daughter of Yolanda Jasper	10/22	ADRIAN PURICELLI , son of Denise Puricelli, brother of Vironika
10/4	SAMUEL TITUS , son of Sara Jenkins	10/22	ELLIS ZIMMERMAN , son of Anna Ellis & Benjamin Zimmerman
10/5	MATTHEW YUDELMAN , grandson of Anne Schuman & Ian Yudelman	10/23	AIDAN STEVENS , son of Lilly Stevens
10/6	HANNAH POTIS , sister of Taylor Potis	10/23	MICHAEL BARNES , son of Jaqueline Warren
10/6	JAMES ROACH , brother of Omar Roach	10/24	MASON SIMMS , son of Shavon Simms
10/6	KIMANI FOSTER , daughter of Katrina Thomas	10/25	MELQUAIN JATELLE ANDERSON , son of Michelle Barnes-Anderson
10/6	LIANNA GONZALEZ , daughter of Dahiana De La Cruz	10/25	RYAN KENT JACKSON , son of Toby Jackson
10/6	MEL'LISA ANDRE , daughter of Darchelle Hinson-Andre	10/26	LUKE LUEBKE , son of Bine Luebke, brother of Jonas
10/6	SCARLETT KAUFMAN , daughter of Eileen Kaufman	10/26	TSAIGH GREENIDGE-JAMES , son of Sinaya Greenidge, brother of Niasia Greenidge-James
10/7	BRYCE SHELTON , son of Bianca Villalona	10/27	DANNY CRONIN , son of Mary Cronin
10/7	MICHAEL RAMIREZ , son of Michele Cennamo	10/27	ROSITA CUNNINGHAM , sister of Sedel Mapp
10/8	SAMMY COHEN ECKSTEIN , son of Amy Cohen & Gary Eckstein	10/28	AHREN JUDE KARRAN SINGH , son of Rondha-Ann Lam
10/9	WILLIAM JOHN BERTRAND , son of MaryLee Bertrand	10/28	SARA CHANGHONG ADAMS , daughter of Muriel Adams
10/10	JOSETTE GIBBS , daughter of Juanita Gibbs	10/28	THOMAS J. MANNO , son of Elizabeth M. Davey
10/10	JULIANA ADORNO , daughter of Jerica Adorno	10/29	JESSE ARATOW , son of Susanna Hoffman
10/11	CHRISTOPHER JOSEPH BAUMANN , son of Maureen Mackey	10/30	CHARLOTTE KENLEY THOMPSON , daughter of Jeannie Dalton & Paul Thompson
10/12	BEN LOCKHART , son of Kate Sanford	10/30	MATTHEW FIDLER , son of Annette Fidler
10/12	BENJAMIN RONALD OJEDA-FEINSTEIN , son of Talo Ojeda & Reva Feinstein	10/30	ROBERT ZIETEK , brother of Barbara Zietek
10/12	CHARLIE CAMPDERRICH , son of Jody Campderrich	10/31	NOAH GLARPHAM , son of David & Heather Kopp
10/12	CYRUS SINK , son of Susan Huggins		
10/12	ETHAN HOLDER , son of Beverly Holder		
10/15	HAYLEE LABBAN , daughter of Penelope Coward		
10/16	CLARISSA JACKSON , sister of Jillian Jackson		



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 19 OCT 17 NOV 21 DEC 19
THU		No Surviving Children First time CHAT orientation	General Bereavement Parents/Grandparents/Siblings	
FRI	General Bereavement Parents/Grandparents/Siblings	Pregnancy/Infant Loss	General Bereavement Parents/Grandparents/Siblings	Newsletter article submissions are welcome. Please email to marielevine2@verizon.net
SAT			General Bereavement Parents/Grandparents/Siblings	
SUN		Suicide Loss	General Bereavement Issues Parents/Grandparents/Siblings	MAKE A DONATION Click here to Donate to the Manhattan Chapter

OUR COMPASSIONATE FRIENDLY NEIGHBORS

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

PRIVATE FACEBOOK GROUPS

Click below for National Website's Listing of groups.

24/7 PRIVATE FACEBOOK GROUPS

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

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

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

Making a Donation—Now Online

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

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