

The Compassionate Friends



Boca Raton Chapter, June 2009

561-368-0324

www.tcf-br.com

The Compassionate Friends, Inc., is a self-help organization offering friendship and understanding to all bereaved parents. TCF is non-denominational and all bereaved parents are welcome. TCF National headquarters is P.O. Box 3686, Oak Brook, Illinois 60522. Telephone 630-990-0010, toll free 877-969-0010, Fax 877-969-0010. The National TCF website is www.compassionatefriends.org

<p><u>Schedule of Meetings:</u> Held at St. Paul's Church 701 W. Palmetto Park Rd., Boca Raton All meetings begin at 7:30 p.m. and last to approximately 9:00 p.m. Light refreshments will be served.</p>	<p><i>Chapter Leader & Treasurer</i> <i>Gail Schroeder (Engel's Mom)</i> <i>Deputy Chapter Leader</i> <i>Nate Kimbleton (Robin & Melinda's Dad)</i> <i>Campaign Managers</i> <i>Dottie Kidd (Tim's Mom)</i> <i>Tracey Joiner (Kayla's Mom)</i> <i>Meetings Coordinator</i> <i>Christine Williams (Lauren's Mom)</i> <i>Newsletter Editor</i> <i>Mary McCracken (Leo's Mom)</i> <i>Refreshments</i> <i>Ina & Cary Winters (Randi's Mom & Dad)</i> <i>Librarian</i> <i>Jerry Flax (Brett's Dad)</i> <i>New Families Coordinator</i> <i>Nate Kimbleton (Robin & Melinda's Dad)</i> <i>Greeter</i> <i>Eileen Kesnig (Eric's Mom)</i></p>
<p>Happy Father's Day to our Dads</p>	

**Thank you to ALL who made
 Our April Fundraiser such a success!**

SPECIAL DAYS – JUNE 2009

Page 1 of 2

We call them “Special Days” and there is really nothing special at all about a child dying. The important thing is we never forget them, and by listing their birthday and the anniversary of their death, we always acknowledge their existence...that they were **HERE**, that their lives had **MEANING**, they were **LOVED**, and that they are **MISSED**.

1	June Lisa,	Daughter of Eleanore & Teddy Palma	Birthday 6-1-61
	Irine,	Daughter of Medeta Belke	Date of Passing 6-1-04
	Michael,	Son of Maureen Rocco	Date of Passing 6-1-01
2	Matthew,	Son of Karyn Wolf Hayduck	Birthday 6-2-83
	Matthew,	Son of Karyn Wolf Hayduck	Date of Passing 6-2-06
	Charles (Lee),	Son of Alison Mitchell	Date of Passing 6-2-08
3	Michael,	Son of Laura & Jim Porter	Birthday 6-3-81
4	Ryan,	Son of Susan & Frank Bell	Date of Passing 6-5-05
5	Ben,	Grandson of Shirley & Bob Schwartzman	Birthday 6-5-88
	Clay,	Son of Roger & Amale Anderson	Date of Passing 6-5-04
7	Emily,	Daughter of Fran & Steve Levine	Date of Passing 6-7-07
	Gary Paul,	Son of Chet & Fran Polanin	Date of Passing 6-7-05
9	Richard,	Son of Michael Shapiro	Birthday 6-9-81
10	Debra Anne,	Daughter of Dolores A. Rogers	Birthday 6-10-56
	David Paul Auslander,	Son of Frances Dryer	Date of Passing 6-10-01
11	Eric,	Son of Joel & Eileen Kesnig	Birthday 6-11-81
12	Leslie,	Daughter of Harriette Green	Birthday 6-12-62
13	Cheryl,	Daughter of Karen Kurzer	Birthday 6-13-71
14	Cheryl,	Daughter of Karen Kurzer	Date of Passing 6-14-04
15	Joshua,	Son of Suzanne Diamond	Birthday 6-15-84
	Dacia,	Daughter of Laurie Pasarell	Birthday 6-15-69
	Veronica,	Daughter of Liz Merizzi & Ray Juliano	Birthday 6-15-84
	Priscilla,	Daughter of Elita Freitas	Date of Passing 6-15-08
17	Stephen,	Son of Steve & DanaLaBruyere	Date of Passing 6-17-04
	Randi Madnick,	Daughter of Ina & Cary	Date of Passing 6-17-07
18	Lilyana,	Daughter of Ruth & Moshe Romas	Birthday 6-18-79
20	Joel,	Son of Sonia & Damien Vishno	Birthday 6-20-87
	Ronald DeLeon,	Son of Iris & Luciano Gonzales	Date of Passing 6-20-05
21	Matthew,	Son of Lillian Kaminer	Birthday 6-21-81

Page 2 of 2--Special Days June 2009

June	Stephen,	Son of Steve & Dana LaBruyere	Birthday 6-21-98
23	Lauren,	Daughter of Christine Williams	Birthday 6-23-76
24	Harold,	Son of Rosalyn Haber	Date of Passing 6-24-01
	Eileen,	Daughter of Rodney & Lucile Radbill	Date of Passing 6-24-06
26	Val,	Daughter of Nate & Jeri Adler	Birthday 6-26-51
	Christopher Ferro,	Son of Ed & Grace Owsian	Birthday 6-26-74
	Fran Austerlitz,	Daughter of Bea Smiley Rubin	Birthday 6-26-48
29	Jane Lesley,	Daughter of Charlotte & Paul Brieff	Date of Passing 6-29-03
30	Jonathan,	Son of Veronica Cooper	Date of Passing 6-30-07
	Aaron,	Son of Natasha Murdock Lorenzo	Date of Passing 6-30-04
	Dane,	Son of Debra & Paul Logiudice	Date of Passing 6-30-07

New Members:

Joseph and Jo Ann DeCanto, Son Christopher Seiffert, Birthday 12-9-77, Date of Passing 10-13-88

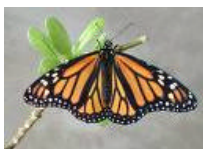
Ken Boersma, Son Patrick, Birthday Feb. 11, Date of Passing 3-9-93

Laurette Michaud, Son Carl, Birthday 12-27-61, Date of Passing 1-20-09

and Daughter Chris Ann, Birthday 4-17-64, Date of Passing 4-19-09

Anne Cohen, Daughter Eileen Bevenour, Birthday 10-22-59, Date of Passing 2-26-09

Marlys Hector, Son David, Birthday 8-18-70, Date of Passing 11-23-07



To Our New Members

Coming to 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. The second, third, or fourth meeting might be the time you will find the right person – or just the right words said -- that will help you in your grief work.

To Our Old Members

We need your encouragement and support. You are the string that ties our group together and the glue that makes it stick. Each meeting, we have new parents. THINK BACK...what would it have been like for you if there had not been any “oldie” to welcome you, share your grief, and encourage you? It was from them you heard, “your pain will not always be this bad; it does get softer.”

Telephone Friends...if you need to talk:

Gail Schroeder 561-901-0483

Jerry Flax 954-341-8657

Ronda Fryburg 954-753-0493

Nate Kimbleton 561-414-0811

A love gift is your written message in honor of a child who has died. All gifts are of no charge to our members, and you may either submit one by calling the chapter phone number or by leaving one at any meeting. Remember you may use this tool in our newsletter for your child or in memory of other's children. This is a wonderful way for others to say, "I am remembering your child."

Dearest Engel: Summer is here and you would be looking forward to college. It is difficult to believe that you were only in third grade when your life was cut short and we have so many events we were not able to experience with you. You are our reason for the word "love".

Love Mommy and Daddy

*Scott—Another year—when will it soften? I miss you so much.
Love,*

Momma

Justin--Happy Birthday—You would have been with me in Vegas next year as we planned. This May 15th was 29th—I love you,

Dad

*Dear Leo—You are loved and remembered each and every day. We all miss you so much.
Love,
Mom*



Message From The Chapter

When the shock of your loss wears off, you will want to deny what has happened with all of your strength. No one can begin to describe the incredible depth of pain you feel when your child dies. None of us planned on our child dying.

It is natural to deny a loss such as ours when to acknowledge it leads to so much pain. Pain is probably not even an adequate word for what we experienced as bereaved parents. There is probably no word even invented yet that describes what we experience after this kind of loss. After our initial reaction of screaming upon the death of our child, what is most significant about this may be what is happening without our being aware of it. Behavior and attitudes may change for a while. Health may suffer too.

The physical and emotional effects you may experience after the initial shock of loss wears off include: Feeling weak and drained of energy, inability to perform routine tasks, lack of appetite, lack of sleep or oversleeping, a persistent dry mouth, physical aches and pains, lack of concern with personal hygiene or grooming, expecting your child to come back, and anger.

These are all normal reactions to a major loss such as ours. You may experience one or several at a time. It is possible you will think you are through with one reaction and weeks or even months later it will return.

If you know to expect these signs of denial and withdrawal after a loss, you can comfort yourself by saying, "This reaction is normal. This is another step on the way through grief. I will not always feel like this." Many people recover energy from the task of simply repeating words like this to themselves.

In this phase, disappointment with family and friends may surface. Your closest friends and members of your immediate family may not respond to your grief in ways that are helpful. Even those who know you best will not understand your grief any better than you do. Well meaning people who really care about you will want you to "be okay" much more quickly than you can be. Most won't know what to say. Some people will avoid you. Reactions like these aren't unusual, and you aren't alone if you experience any of them from friends or family members.

At the same time you may be too fatigued to ask for help. Even making a telephone call can seem like an insurmountable task. You will want others to reach out to you, but you will not be able to tell them what to do or say to help. You will want to tell the story of your loss again and again. You may find that the world around you will be through listening long before you are through with the need to talk. Some will "reward" you with kind words and more frequent visits if you pretend to be on top of things. It won't seem to matter to them that you are really feeling like you are dying inside.

If you understand that conflicts such as these are normal, you can be more patient with others and with yourself. This is especially helpful when anger surges within you during this phase, either because of such conflicts with others or because you want to blame someone for your loss.

Denial and withdrawal is a difficult phase of recovery because you are least able to reach out when you most need to do so. Others are also least able to help at the time you most need it. The more you know about the step of denial and withdrawal, the less isolated and helpless you will feel. This phase of the grief journey will pass with time.

Gail

Some thoughts from the Web:

From: www.athealth.com/parentalgrief.html

Bereaved parents continue to be parents of the child who died. They will always feel the empty place in their hearts caused by the child's death; they were, and always will be, the loving father and mother of that child. Yet, these parents have to accept that they will never be able to live their lives with or share their love openly with the child. So they must find ways to hold on to the memories. Many bereaved parents come to learn that "memories are the precious gifts of the heart...[that they need] these memories and whispers, to help create a sense of inner peace, a closeness." (*Wisconsin Perspectives Newsletter*, Spring 1989, 1)

"Parental grief is boundless. It touches every aspect of the parent's being...The range of expression of parental grief is wide...Some parents will express tears and hysteria openly. Others will silence these expressions and grieve inwardly...Despite the volumes of work on grief, the experience of grief seems to defy description...Definitions touch the fringes of grief but do not embrace its totality or reach its core...Grief is a complicated, evolving human process. Grief is a binding experience; its universality binds sufferers together. More is shared than is different." – Arnold and Gemma, from "A Child Dies: A portrait of Family Grief", 1991 p. 50-52, 55

It is the nature of grief that feelings, thoughts, and emotions need to be processed and that those in grief must look into their hearts and souls and try to heal from within. Each does this in his/her own way. "Grieving parents are survivors" (Rando, T.A., "Parental Loss of A Child" 1986, p. 176), and each survivor travels this lonely and painful road in a way each maps out. In traveling this road, parents often respond differently, learn to live with their grief separately, and express their sadness uniquely. Grieving parents can and often do feel alone, disconnected, and alienated. They need to know that there are many ways to grieve; there is no timetable for grief's duration; there are no rules, boundaries, or protocols for grieving.

From: <http://www.thelaboroflove.com/doyou.html>

Do You Remember Me

I can't believe after all this time, I can't get over you,
I guess a love like ours is one of a kind, a love that is true.
It's been 9 years sense you left me to go to God & heaven's immensity,
Do you still remember me?

It's like a bad dream that plays over & over in my head,
Of things I wish I'd done or words I would have said.
There's not a day that goes by that I don't think of you,
Even after all this time, what am I going to do?

Maybe this is the way mommies are supposed to feel,
Perhaps our wounds are never intended to heal.
If I could ask but one question why,
How is it God could need you more than I?



From: www.stevepazur.net/DadsPage.htm

(To a son who passed away)

I walk that path so often
In these subsequent times
Hoping for one glimpse of you
Among the dark pines.
I stand in the sunshine
And search for your bright smile,
Your golden hair
Against the blue-eyed sky.

I drive that road every day
And nearing that hill pray
That over its crest I find
Your slim, tall figure
Slouching home.

We are propelled into the future
Like a semi on our bumper
Every moment farther from those we loved
And who loved us.

We leave forever behind
The hour we last shared
And any last chance
To offer a caring word
A kindness, or needed help
To save, or at least ease
The loneliness and pain,
Or just simply afford us now
Some small fragment of peace.
So in this aching emptiness
I spend my hours
In some sense waiting
To someday be with you.



From: www.healingheart.net/poetry/remembrance.html

Remembrance

by Brenda Penepent

In Loving Memory of her daughter Carrie Carpenter

Tears fall from my eyes
as softly the memories flow,
with the tears, salty on my tongue.
I miss you so much.

Tomorrow is frightening
except for the thought
of seeing you again;
another time, another place.

I hear your voice...
in my dreams you come.
We talk and laugh
about silly, important things.

Each day without you is less;
less bright, less full, ...less.
I feel your love with me,
yet, I want you to hold.

Faith in God eases the pain
for moments, sometimes days.
Still, I cry; but not for you,
for the loss I feel in me.

Information Page

If you would like the entire next month's newsletter dedicated to your child, please call the chapter line of TCF at 561-368-0324. A photo of your child can be included if you wish. A donation of \$ 100 is requested, or \$ 50 for a single page dedication.

To our Chapter's Dads: Please call Nate Kimbleton at 561-414-0811 if you would like to attend an informal Father's Day get-together on Sunday, June 21st.

Our TCF Boca Raton Chapter families are welcome to submit material for our group's Newsletter (and any corrections or omissions). Please email them to: mccracken1@earthlink.net with TCF in the Subject line, or bring them to our meeting, indicating the author or source of the item(s). Perhaps you can write a paragraph or two, or share a favorite quotation, inspirational poem or story about how to cope with losing a child, grandchild or sibling.

Many excellent books are available for you to borrow from our chapter's library, free of charge. Please see Jerry at our meetings, and return them when you are through—Thank you.

Dottie Kidd has volunteered to collect our empty printer ink cartridges, in order to receive \$3 each for the Chapter's benefit from Staples. Please bring them to the meeting & see Dottie—Thank you.

Our Chapter's website is www.tcf-br.com

You will find many helpful resources, such as The Wall of Memory, Light a Candle, Chapter News & Events, Meeting Schedule, Frequently Asked Questions, etc.

TCF brochures you may want to read (a link to the National TCF website):

www.compassionatefriends.org/Resources/Available_Brochures.aspx

TCF currently has 31 brochures on many different topics related to the death of a child. All brochures are constantly reviewed and updated.

TCF Worldwide Candle Lighting - Sunday, December 13th, 2009 at 7:00 PM

August 7-9, 2009 The 32nd National Conference will be held in Portland, OR

Why Do You Need The Compassionate Friends?

Where can a bereaved parent turn to for understanding and hope? The Boca Raton Chapter of The Compassionate Friends is a support group for parents to provide friendship, understanding and hope for all parents who have lost a child, no matter what age or circumstances. Here is a place where parents meet other parents who truly know the grief journey. A place where it is okay to talk about your child who has died. A place where other parents understand the need to tell your story of what happened and it is okay to cry and to laugh. Everyone at The Compassionate Friends “gets it.” We have all been there. We are all going through the same pain and overwhelming grief. We all have questions, doubts, guilts, sadness and we all share with each other whatever we are feeling. Each parent can truly relate as we listen, talk and share. It is all “the worst” – we are living a life that has been turned inside out and upside down. We are struggling and trying to piece a life back together without our child. We are struggling to even find the desire to want to live our life again spiritually and in memory, not physically, not the way he or she is supposed to be. It is just not natural for a parent to outlive their child and when this happens and our world is not normal, the questions, tears and aching for our child just doesn’t go away magically one day. A bereaved parent will never “get over” losing a child. We learn to cope, to come up with survival techniques, to rediscover contentment in our lives--but it can be a very long and lonely road without someone to walk beside us, to hold our hand, give lots of hugs and hope and understanding.

The Compassionate Friends support group provides a warm, comforting place where bereaved parents can bridge the gap between their emotional world and their real, working world. None of us are professionals. We are just bereaved parents with experience. The Compassionate Friends does not have all the answers to the multitude of questions that bereaved parents struggle with daily, but we believe that through our sharing, by telling each other how we cope and how we manage to find the strength and energy to survive another day, another month, another year and how we reinvested our lives for ourselves and our child helps each other to find some semblance of answers to pick up the pieces and put our lives somewhat back together again.

Meeting Schedule and Topics

(Dates are definite; Topics & Speakers are subject to change)

June 1, 2009

Share a Story about your Child

Presented by Gail Schroeder

June 15

What's Bothering Me?

Presented by Jerry Flax

July 6

Am I Normal?

Presented by Christine Williams

July 20

Keeping Memories Alive

Presented by Jerry Flax

August 3

Am I making progress?

Presented by Nate Kimbleton

August 17

Long Term Illness vs. Sudden Death

Presented by Gail Schroeder

September 7

Men on one Side, Women on the other

Presented by Walt Schroeder

September 21

STUD: Stress Induced Temporary Depression

Presented by Ronda Fryberg

October 5

Share a story about your child

Presented by Christine Williams

October 19

(Topic + Speaker to be announced)

November 2

(Topic + Speaker to be announced)

November 16

(Topic + Speaker to be announced)

December 7

(Topic + Speaker to be announced)

December 21

(Topic + Speaker to be announced)

The Compassionate Friends Credo

We need not walk alone. We are The Compassionate Friends. We reach out to each other 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 and 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 hopeless 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 in deep depression; others radiate an inner peace. But whatever the pain we bring to this gathering of The Compassionate Friends, it is a pain we will share just as we share with each other our love for our children.

We are all seeking and struggling to build a future for ourselves, but we are committed to building that future together, as we reach out to each other in love and 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.

