

The Compassionate Friends



Boca Raton Chapter, November 2008 561-368-0324

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. Regional Coordinator, Sally Migliaccio 561-747-2691.

Schedule of Meetings: Held at St. Paul's Church 701 W. Palmetto Park Rd., Boca Raton All meetings begin at 7:30 p.m.	<i>Chapter Leader</i> <i>Newsletter Editor</i> <i>Refreshments</i> <i>Librarians</i> <i>New Members</i>	<i>Gail Schroeder</i> <i>(Engel's Mom)</i> <i>Gail Schroeder</i> <i>(Engel's Mom)</i> <i>Ina & Cary Winters</i> <i>(Randi's Mom & Dad)</i> <i>Jerry Flax</i> <i>(Brett's Dad)</i> <i>Walter Hochhauser</i> <i>(Brett's Dad)</i> <i>Nate Kimbleton</i> <i>(Robin & Melinda's Dad)</i>
--	---	---

Special Days

We call them "Special Days" and there is really nothing special at all about a child dying. The important thing is that 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, and they were LOVED, and that they are MISSED.

Craig, son of Sandy Hankin, date of passing 11-2-03
Adam, son of Harriet Gutter, date of passing 11-2-01
Pamela, granddaughter of Janet & Sol Kappel, date of passing 11-4-07
Mark, son of Domenic Grosso, birthday 11-4-74
Mark, son of Albert & Miriam Movitz, birthday 11-5-53
Guy, son of Lenore Merkle, date of passing 11-5-05
Fred, son of Bea & John Papera, date of passing 11-6-04
Martin, son of Esta Weisbrot, birthday 11-6-46
Steven, son of Burma Marengo, date of passing 11-7-95
Gregory, son of Loretta Patton-Mungroo, date of passing 11-9-05
Ricky, son of Ann Thiel, birthday 11-19-53
Andrew, son of Marlon & Michele Chin Shue, date of passing 11-17-03
Erik, son of Barbara & Cecil Friend, date of passing 11-17-08
Bobby, son of Beverly Abati, date of passing 11-18-07
Jane, daughter of Charlotte Brieff, birthday 11-19-48
Jason, son of Leda Kirk, date of passing 11-20-06
Amy, daughter of Rich & Lynn Harris, date of passing 11-21-83
Robin, daughter of Nate Kimbleton, birthday 11-22-97
Corri, granddaughter of Doris Young, date of passing 11-26-75
Kelly, daughter of Bonnie & Don Parrish, date of passing 11-26-02
Stephen, son of Philip Rubin, birthday 11-27-61
Jon, son of Vicki Camponizzi, birthday 11-28-88
Dane, son of Debra & Paul Logiudice, birthday 11-28-83
Serena, daughter of Debra James, birthday 11-29-76
Francy, daughter of Stacey Zeitlin, date of passing 11-29-06
Harold, son of Rosalyn Haber, birthday 11-30-54
Jack, son of Arlene Steinberg, date of passing 11-30-06
Erik, son of Lynn Nobil, birthday 11-30-73

New Members:

Al & Selma Goynias, daughter, Lynne 10-21-54 9-5-08

Bonnie Swanson, son Brock 9-25-75 7-10-08

Loretta Franchini, son David 10-28-76 7-21-08

Sylvia & Eduardo Ranallo, son Luciano 4-4-89 2-24-08

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 561-368-6916

Jerry Flax 954-341-8657

Ronda Fryburg 954-753-0493

Nate Kimbleton 561-414-0811



A love gift is 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."

Dear Mark: We are missing you – more than ever. I keep looking for signs...feathers and pennies. Try and send some.

Love Mom & Dad

Our Dearest Brandon: October 19th – Happy 22nd birthday in Heaven. We miss you with all of our heart.

Forever, Mommy, Daddy, Brian and Jaime

Hello Scott: I saw you last night. Thank you

Love Mama

Dearest Engel: Happy Thanksgiving Baby. Memories of past are you helping Mommy with the baking for the dinner and so happy to help with the entertaining of the family and friends we had over. Sweet memories but hurtful as well. We are hanging in there as well as we can. Please continue to watch over Greta.

Love Mommy

A Message From The Chapter

This is the time of the year when many bereaved parents start saying out loud what newly bereaved parents have been thinking for weeks and weeks. “I am really dreading the holidays.” And why not? When your grief is so new, you haven’t had the necessary time to accept life as it is for you now.

On the other hand, there are those of us who have had the necessary time and the proper support, who are able to observe the holidays in a less painful way. We have kept some of those old traditions that warm our hearts and thrown out those that are either too painful or meaningless now. We have created a life that doesn’t include someone who was a vital part of who and what we were. We are different now, doing different things because losing a child forces you into that position if you are to survive in an emotionally healthy way.

The words “thankful” and “thankless” follow one another in the dictionary; so close together in a book, yet so far apart in meaning. When you think about it, the difference between the two words is full and less. Though those of us who have had more time, do like the newly bereaved, have less in the way of family. But our lives have fullness again because we have learned to be thankful and appreciate that which we have left in the way of people and memories, more so than we ever thought possible.

As you approach this Thanksgiving, if you haven’t yet been able to make your adjustment, I hope you will feel what you must for now because whatever you are feeling is okay. It isn’t until you have reached the place in your grief where the ability to make good choices returns to your life that you can make some important changes in how you approach the holidays.

I hope the transition from thankless to thankful will be soon in coming to you, for that will mean some peace has returned to your life. Above all, I do wish you peace during this holiday’s season.

Gail Schroeder
Chapter Leader

How Can You Help Your Chapter?

Think to yourself you a moment.....has the chapter and the members and the friends you have made helped you during your grief journey? Has there been a difference made in your life because of the leadership or the chapter meetings?

The chapter does not run on its own. It takes many hours to maintain everything we offer from the TCF phone line that you put your first call to when your whole world fell apart, to the meetings, to the special events, to the newsletter.

I am asking of the members to consider what they have received and consider “giving back”

Below is a list of certain responsibilities that we need completed in order to continue to meet everyone’s needs and the goals I have set for the chapter.

Please consider one or more of these “jobs” and give me a call. Remember, you helping also helps you.

Need:

A TCF “Buddy” to call the new members after their first meeting

Greeter(s) for inside the meeting room

A greeter for outside the meetings to help assist new members to the right room

Someone to help stay after the meetings to help clean up the room

A “seasoned” TCF Member to call the members that no longer come

Assistant(s) to help coordinate the day of the Candle Lighting Ceremony

An assistant(s) to help with new calls on the TCF phone line

A member to contact the local newspapers to make sure we are listed in the local community support group section

Chair people to help coordinate and follow through for the fund raiser in 2009

Collection of Poems

Go ahead and mention my child,
The one who died you know.
Don't worry about hurting me further,
The depth of my pain doesn't show.
Don't worry about making me cry.
I'm already crying inside.
Help me to heal by releasing
The tears that I try to hide.
I'm hurt when you just keep silent,
Pretending that my child didn't exist.
I'd rather you mention my child,
Knowing that my child has been missed.
You asked me how I was doing.
I say "pretty good" or "fine."
But healing is something ongoing.
I feel it will take a lifetime

It must be very difficult
To be a man in grief
Since "Men don't cry"; and "Men are Strong"
No tears can bring relief
It must be very difficult
to stand up to the test
And field calls and visitors
So she can get some rest
They always ask if she's all right
and what she's going through
But seldom take his hand and ask
My friend, but how are you?
He hears her crying in the night
and thinks his heart will break
He dries her tears and comforts her,
But 'stays strong' for her sake.
It must be very difficult
to start each day anew
And try to be so very brave
He lost his baby too.

In Memory of our Children
Thanksgiving Dinner

A time to laugh...a time to cry.

Join Gail and Walt as they host dinner in their home for all parents and family members who need a place to remember their child and be supported on this difficult holiday.

Date: Thursday, November 27, 2008

Time: 4:00 pm

Place: Schroeder's

350 Paulus Court

Boca Raton

RSVP: No later than November 13, 2008

561-368-0324

A small candle ceremony will be performed at the conclusion of dinner.

TCF Worldwide Candle Lighting

Sunday, December 14, 2008

The soft glow of a candle. Gentle music plays in the background. Tears fall silently to the floor, a tribute to a child who has died. This scene is repeated perhaps thousands of times around the world during The Compassionate Friends Worldwide Candle Lighting, which has captured the eye of the world like no other event of its type. To be held on the second Sunday in December, as always, this year's Worldwide Candle Lighting is scheduled for December 14th 2008.

The Worldwide Candle Lighting shows that people from around the world can gather in peace and unity to remember all of the precious children who have died. This has been TCF's gift to the bereavement world.

Please plan now to participate in the 12th Worldwide Candle Lighting on December 14. Those who are unable or do not wish to attend a formal service are asked simply to light a candle in their home with friends and family. Last year one person made a special request of his neighbors. Anyone driving down the street of his home saw candles lit in the windows of every home.

In addition, heartfelt messages are submitted by the thousands to TCF's online Remembrance Book which is open only on the day of the Worldwide Candle Lighting. You may do so at

<http://www.compassionatefriends.org>

Candle Light Remembrance Service

Sunday, December 14, 2008

Sponsor a Centerpiece – In memory of your child/sibling/grandchild

Please consider sponsoring a candle table centerpiece for our December candle light service. We will display a sign "In Memory of" on each sponsored centerpiece. We also will include a photo of your child, if a photo is provided. After the ceremony, you can take the centerpiece home with you as a special remembrance. If you can not attend the candlelight services, your centerpiece will be donated to a newly bereaved family to take home after the ceremony.

The cost of a centerpiece is \$100.00

The net proceeds from the centerpiece will help support our annual candlelight remembrance service.

This will be a first come first serve availability. There will be 14 tables inside the banquet hall to be used for these centerpieces. After the first 14 are secured and paid, smaller floral arrangements will be displayed throughout the ceremony but without personalization. A mention of your donation in memory of will be included in the program for the smaller arrangement.

Costs for smaller arrangements will be \$50.00

The deadline for ordering centerpieces is November 1st 2008. Again, the first 14 larger table centerpieces will be closed out as soon as the first 14 orders are received. You may still continue to order the smaller ones up until November 1st. Please call Gail at the chapter line of 561-368-0324 to inquire and secure your order.

**12th Annual Worldwide Candle Lighting
Sunday December 14, 2008**

The Compassionate Friends Worldwide Candle Lighting is believed to be the largest mass candle lighting on the globe which gives all bereaved families a special day each year to remember a beloved child who lives on in their heart.

Program begins at 6:15 p.m. Please arrive by 6:00p.m.

Poetry Readings: Ina Winters, Walt Schroeder
Parent Speakers: Scott Wynkoop, Eileen Kesnig
Special Speaker: Darcie Sims

A slide show will be shown during the candle lighting. A 4x6 photo needs to be submitted with a \$7.00 cover charge to 350 Paulus Court, Boca Raton 33486 no later than November 15. Pictures will be returned the night of the ceremony. Please use a post-it note on the back of the photo to indicate name. Pictures that were submitted last year will be used again.

We will have a special table set up for our children's and sibling's pictures. Bring a stand up picture no larger than 5 x 7 of your child to share.

Any individual remembrances can be shared after the lighting of the unity candles and individual candles.

**** Dinner will be served after the ceremony****

Ceremony will be held at the Holiday Inn Hotel. Address is 1950 Glades Road, Boca Raton. From I-95, exit Glades Road. Go west to the first traffic light and make a U-turn. The hotel is directly on the right. Event will be in the ballroom, located at the back of the hotel, near Mario's Restaurant.

In Loving Memory of Todd Cohen by his mother Susan Cohen

If tomorrow starts without me
And I am not there to see,
If the sun should rise and find your eyes
All filled with tears for me.
I wish so much you wouldn't cry
The way you did today
While thinking of the many things
We didn't get to say.
I know how much you love me
As much as I love you
And each time that you think of me
I know you'll miss me too.
But when tomorrow starts without me
Please try to understand
That an angel came and called my name
And took me by the hand.
And said my place was ready
In Heaven far above
And that I'd have to leave behind
All those I dearly love.
But as I turned to walk away
A tear fell from my eye
For all my life, I'd always thought
I didn't want to die.
I had so much to live for
So much left yet to do
It seemed impossible
That I was leaving you

I thought of all the yesterdays
The good ones and the bad
I thought of all that we shared
And all the fun we had.
If I could relive yesterday
Just even for a while
I'd say good bye and kiss you
And maybe see you smile
But then I fully realize
That this could never be
For emptiness and memories
Would take the place of me
When I thought of worldly things
I might miss some tomorrow
I thought of you and when I did
My heart was filled with sorrow
But when I walked through
 Heaven's gates
I felt so much at home
When God looked down smiling
From his great golden throne
He said, "This is eternity"
 And all I've promised you
Today your life on earth is past
But here life starts anew
I promise no tomorrow
But today will always last
Since each day is the same way
There's no longing for the past

So when tomorrow starts without me, don't think we're far apart, for every time you think of me, I'm right here, in your heart!!

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.