

The Compassionate Friends



Boca Raton Chapter, September 2008 561/368-0324

The Compassionate Friend, Inc., is a self-help organization offering friendship and understanding to all bereaved parents. TCF is non-denominational and all bereaved parents are welcome. TCP 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 Church 701 W. Palmetto Pk.Rd. Boca All meetings begin at 7:30 p.m.	<i>Chapter Leader</i>	<i>Gail Schroeder (Engel's Mom)</i>
	<i>Newsletter Editor</i>	<i>Gail Schroeder (Engel's Mom)</i>
	<i>Refreshments</i>	<i>Ina & Cary Winters (Randi's Mom & Dad)</i>
September 1 September 15	<i>Librarians</i>	<i>Jerry Flax (Brett's Dad)</i>
October 6 October 20		<i>Walter Hochhauser (Brett's Dad)</i>
November 3 November 17		<i>Nate Kimbleton (Robin & Melinda's Dad)</i>
December 1 December 17		

*This newsletter is dedicated in loving
Memory of Veronica Juliano
By her family*

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.

Paul, son of Romaine Melnick, date of passing 9-2-04
Matthew, grandson of Lynn and Ray Kantor, date of passing 9-2-05
Tim Jr., son of Tim Hester, date of passing 9-3-00
Stephen, son of Estelle Harriet, birthday 9-4-66
Stephen, son of Betty & Bernard Mandell, date of passing 9-5-91
Eric, son of Shelly & Jay Faust, birthday 9-5-82
Joel, son of Shirlet Washetz, birthday 9-7
Stephen, son of Estelle Harriet, date of passing 9-8-07
Erin, daughter of Linda & Mark Angstreich, birthday 9-11-74
Steven, son of Marilyn & Len Weinberg, date of passing 9-11-01
Sherie, daughter of Mr. and Mrs. Donald Bass, birthday 9-13-53
Ryan, son of Susan & Frank Bell, birthday 9-14-76
Joshua, son of Bill & Debbie Giggey, date of passing 9-15-07
Roger, grandson of Caroline Asen, birthday 9-15-73
Allen, son of Annabelle & Morris Mervis, birthday 9-15-56
Stephen, son of Betty & Bernard Mandell, birthday 9-16-49
Lauren, daughter of Peter Herzog, date of passing 9-16-05
Richard, son of Norma Schwartzman, date of passing 9-16-06
Matthew, son of Hank & Lesley Nataupsky, birthday 9-17-74
Joseph, brother of Anthony Peragine, birthday 9-18-88
Brandon, son of Joey Naudic, date of passing 9-20-04
Richard, son of Barry Siedman, birthday 9-21-59
Ellen, daughter of Marilyn & Gilbert Fine, birthday 9-22-50
Allen, son of Annabelle & Morris Mervis, date of passing 9-22-99
Will, son of Terie Davisson, date of passing 9-23-07
Adam, son of Maris & Warren Gherman, birthday 9-24-79
Joshua, son of Suzanne Diamond, date of passing 9-24-04
Daniel, son of Pat Rizzo, date of passing 9-25-06
Neal, son of Gertrude Kass, birthday 9-26-56
Andrea, daughter of Sylvia Zeimer, birthday 9-27-63
Steven, son of Rosalie & Richard Waitkos, date of passing 9-27-05
Ricky, son of Bonnie Lay, birthday 9-28-60
Matthew, son of Ed & Elaine Ruppert, date of passing 9-29-04
Derek, grandson of Arlene & Marty Jacobs, date of passing 9-30-06
Vernoica "Vee", daughter of Liz & Ray Juliano, date of passing 9-30-07

New Members:

Suzanne Diamond, son Joshua 6-15-04 9-24-04

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

The newsletter printing and postage amounts to approximately \$160.00 currently per month and donations of \$100.00 or more will be designated for this purpose and receive a special acknowledgement on the front page. Please send checks directly to

The Compassionate Friends
350 Paulus Court
Boca Raton, 33486

With a note as to how this special acknowledgement should be worded.



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 Scott: I will miss you at Roshashana. I love you. Mama

Dear Randi: Shayne and Logan are getting so big. You would be so proud of your boys. We miss you every day. Love Mom & Dad.

To My Shaun: I miss you so much honey. I hope you are happy with the park and looking down on GiGi and I. Cocoa says Hi. Love Mom

Dearest Engel: School starts again. You would be in high school, probably the prom queen and having a really cute boyfriend. I wish we could have seen all that happen for you. Thank you so much for all the signs. Love Mommy & Daddy.

A Message From The Chapter

Whenever tragic loss occurs, you either resist or you yield. Some people become bitter or deeply resentful; others become compassionate, wise and loving. Yielding means inner acceptance of what is. You are open to life. Resistance is an inner contraction, a hardening of the shell of the ego. You are closed. Whatever action you take in a state of inner resistance will create more outer resistance, and the universe will not be on your side. Life will not be helpful. If the shutters are closed, the sunlight can not come in. When you yield internally, when you surrender, a new dimension of consciousness opens up. If action is possible or necessary, your action will be in alignment with the whole and supported by creative intelligence, the unconditioned consciousness which a state of inner openness you become one with. Circumstance and people then become helpful and cooperative.

Acceptance. Surrender. Alignment. When we become more aware that we are defining ourselves in some way, we are open to a presence of consciousness that transcends peace.

The pain of loss can be so relentless. This is why we come together to help on another, but then we may no longer need to find an identity in a group as we begin to connect with our child more in our hearts. It is possible to eventually go on living in a new way; a way our child would wish us to do. This is not closing ourselves off from our loss, but actually opening ourselves to it in a new way.

I have often believed this heartbreaking challenge of bereavement is one I have walked for many reasons. It now looks like the path was taking me even farther into discovery. Surrender hasn't previously been a preferred choice in my vocabulary or identity. I realize now how much more I can and still learn.

Gail Schroeder

This newsletter is dedicated

In loving memory of

Veronica Juliano by her family

In loving memory of

Veronica "Vee" Juliana

June 15, 1984 September 30, 2007



*You touched the lives of those who were blessed to know you,
Vee with hope, courage, laughter and love.
Your love and inspiration lives on in our hearts.
We love you, Vee!
Mom, Dad, Mike, Michael, family and friends*

Special Guest – Jackie Matueski

Bereavement Specialist

Gold Coast Home Health and Hospice Services.

"Help For Sibling Grief"

Meeting of September 15th, 2008

Bring your surviving children to this very important meeting. Jackie will share some of the following in an attempt to reach out to the siblings who sometimes get lost in the process:

When adults lose a sibling, they often feel abandoned by society. The sympathy goes to their parents, but brothers and sisters are suppose to "get over it" quickly so they can comfort the parents or replace the lost sibling. This is one of the reasons why adult sibling loss falls into the category of "disenfranchised grief".

Teen Sibling Loss - You can't imagine life without your brother or sister. Your whole world has changed and you don't know what to do. It seems like you have no control over your life anymore. Things have changed and you just want things to go back to the way they were before.

When a Brother or Sister Dies - In a world suddenly gone crazy, how can you keep your balance? How can you cope with something that is shattering to you as well as to those adults closest to you in your world.

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.

I Will Be

*If you think of me as gone forever...
I will be*

*If you think of me as sadness and tears...
I will be*

*If you think of me as your broken heart...
I will be*

*That's not what I want to be, but...
I will be*

*If you think of me as memories to cherish...
I will be*

*If you think of me as laughter and joy...
I will be*

*If you think of me as your healing heart...
I will be*

*That's what I want to be...
Please let me be!*

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.