

The Compassionate Friends



Boca Raton Chapter, November 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></p> <p>Held at St. Paul's Church</p> <p>701 W. Palmetto Park Rd., Boca Raton</p> <p>All meetings begin at 7:30 p.m. and last to approximately 9:00 p.m.</p> <p>Light refreshments will be served.</p> <p>November 2 and November 16 December 7 and December 21 Candle Lighting—Sunday <u>December 13</u> <u>Details on page 7</u></p>	<table> <tr> <td><i>Chapter Leader & Treasurer</i></td> <td><i>Gail Schroeder (Engel's Mom)</i></td> </tr> <tr> <td><i>Deputy Chapter Leader</i></td> <td><i>Nate Kimbleton (Robin & Melinda's Dad)</i></td> </tr> <tr> <td><i>Campaign Managers</i></td> <td><i>Dottie Kidd (Tim's Mom)</i> <i>Tracey Joiner (Kayla's Mom)</i></td> </tr> <tr> <td><i>Meetings Coordinator</i></td> <td><i>Christine Williams (Lauren's Mom)</i></td> </tr> <tr> <td><i>Newsletter Editor</i></td> <td><i>Mary McCracken (Leo's Mom)</i></td> </tr> <tr> <td><i>Refreshments Librarian</i></td> <td><i>Volunteers needed</i> <i>Jerry Flax (Brett's Dad)</i></td> </tr> <tr> <td><i>New Families Coordinator</i></td> <td><i>Nate Kimbleton (Robin & Melinda's Dad)</i></td> </tr> <tr> <td><i>Greeter</i></td> <td><i>Eileen Kesnig (Eric's Mom)</i></td> </tr> </table>	<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 Librarian</i>	<i>Volunteers needed</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>
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SPECIAL DAYS – November 2009

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.

	Nov-09	Special Days PARENTS' NAMES	CHILD'S NAME	Birthday	Date of Passing
2	GUTTER	Harriet	Adam, Son		11/2/01
3	FOURNIER	Yvette	Jason Godfrey, Son		11/3/98
4	GROSSO	Domenic	Mark, Son	11/4/74	
4	KAPPEL	Janet & Sol	Patricia Eve Frank, Daughter		11/4/07
4	LARK	Johnny & Carolann	Daughter, Lori-Ann		11/4/08
5	MOVITZ	Albert (Raymie) and Miriam	Mark, Son	11/5/53	
5	MERKLE	Lenore	Guy, Son		11/5/05
6	PAPERA	John & Bea	Fred, Son		11/6/04
6	WEISBROT	Esta	Martin, Son	11/6/46	
7	MARENGO	Burma	Steven Freeman, Son		11/7/95
8	SCHMIEDE	Eric & Audrey	Rocky Peace, Son	11/8/07	
8	SCHMIEDE	Eric & Audrey	Olivia Joy, Daughter		11/8/08
9	MUNGROO	Lauretta Patton	Gregory Onorato, Son		11/9/05
13	GONZALES	Iris & Luciano deLeon	Ronald deLeon, Son	11/13/95	
13	THIEL	Ann	Ricky, Son	11/19/53	11/13/05
17	CHIN SHUE	Marlon & Michele	Andrew, Son		11/17/03
17	FRIEND	Barbara & Cecil	Erik, Son		11/17/08
18	ABATI	Beverly	Bobby Ghelfi, Son		11/18/07
19	BRIEFF	Charlotte & Paul	Jane Lesley, Daughter	11/19/48	
19	THIEL	Ann	Ricky, Son	11/19/53	
20	KIRK	Leda	Jason, Son		11/20/06
21	HARRIS	Rich & Lynn	Amy, Daughter		11/21/83
21	SCHMIEDE	Eric & Audrey	Olivia Joy, Daughter	11/21/08	
22	KIMBLETON	Nate	Robin, Daughter	11/22/97	
22	MULLEN	Joan	Bill Heed, Son	11/22/56	
22	MYERS	Susan	Bill Heed, Brother	11/22/56	
22	WOODS	Carole	Bill Heed, Brother	11/22/56	
23	HECTOR	Maryl's	David, Son		11/23/07
23	NETZER	Ruth	Pamela		11/23/98

Nov-09	Special Days			Date of
	PARENTS' NAMES	CHILD'S NAME	Birthday	Passing
26	PARRISH Bonnie & Don	Kelly Welsh, Daughter		11/26/02
26	YOUNG Doris	Corri Susan, Daughter		11/26/75
27	RUBIN Philip	Stephen Jay, Son	11/27/61	
28	LOGIUDICE Debra & Paul	Dane, Son	11/28/83	
29	JAMES Debra	Serena, Daughter	11/29/76	
29	ZEITLIN Stacey	Francy, Daughter		11/29/06
30	HABER Rosalyn	Harold, Son	11/30/54	
30	NOBIL Lynn & James	Erik Sohn Persoff, Son	11/30/73	
30	STEINBERG Arlene	Jack, Son		11/30/06

New Members:

Luis & Paulina Recalde Cevalot, Daniel Alexander, Son, Birthday 1-12-09, Date of Passing 8-28-09

Michael & Gwen Kleper, Jodi Strada, Daughter, Birthday 3-16-74, Date of Passing 9-3-09

Ann & Bob Roofeim, Marni, Daughter, Birthday 3-5-92, Date of Passing 8-17-09

Gilda Seigel and Melinda Wolf, Jeffrey L. Siegel, Son and Brother, Birthday 7-5-57, Date of Passing 7-19-09

Dale & Dick Wolk, Brad Lawrence Wolk, Son, Birthday 1-10-59, Date of Passing 8-10-09

Kay Callori, Joey, Son, Birthday 11-29-70, Date of Passing 8-22-09

Edward Kestenbaum, Brandon, Son, Birthday 5-23-94, Date of Passing 4-6-08

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 561-901-0483
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."

Dear Sweet Jodi ~ It's been over a month since we last hugged you, gazed upon your brilliant smile, ended every phone conversation with "I love you." We miss you so much and love you forever and ever. Love, Mom and Dad



TCF THANKSGIVING 2009 DINNER

Thursday, November 26th, 2009 promptly at 2:00 PM

**at the Briney Pub & Restaurant
305 SOUTH ANDREWS, at Ft. Lauderdale's Riverwalk**

Directions: Take I-95 to Broward Blvd and then east to Andrews.

Please **RSVP** by **November 12th** to Dottie Kidd at dottiekidd@bellsouth.net
or call her at 954-562-5919.

**For carpool arrangements to the restaurant leaving from St. Paul's Church
at 1:00 PM as needed: Call Dottie at 954-562-5919.**

**Each member and their immediate family are cordially invited to attend.
Each family can bring ONE guest at no charge.**

**NOTE: Others (such as additional non-member guests, neighbors, extended
family, houseguests, etc.) will also need to RSVP and to cover the cost of their
Thanksgiving Dinner (\$12.50 per person,
by cash or check).**

**If you want to park at the Riverwalk Garage, their fee is \$5.
Thank you--we hope to see you there!**



World Wide Candle Lighting Ceremony Sunday December 13, 2009

In 1997 a group of internet volunteers from The Compassionate Friends conceived the idea to create a virtual day of remembrance - a special day to honor and pay tribute to children everywhere who have died, but are not forgotten.

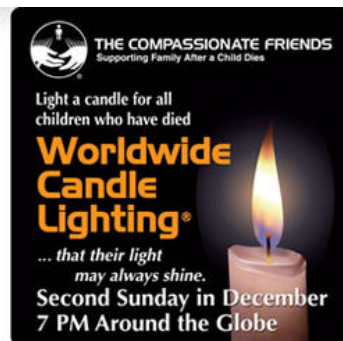
Twelve years later, their vision speaks for itself. The Compassionate Friends Worldwide Candle Lighting is believed to be the largest mass candle lighting on the globe, with hundreds of organized memorial services and thousands of smaller memorial candle lightings in homes with just family and friends.

Held each year on the second Sunday in December the candles will first be lit for an hour just west of the International Dateline and an hour later in the next time zone, eventually encompassing the globe with a 24-hour wave of light.

The Worldwide Candle Lighting gives all bereaved families a special day each year to remember a beloved child who lives on in their heart. The goal each year is to have even more people involved and aware of why this day carries so much meaning. We do this so that our children's light will always shine.

A special remembrance book will be available the day of the candle lighting on December 13 on the TCF national web site and all are welcome to post a message of remembrance, a special poem or other thoughts that relates to the death of their child. Last year the messages came in virtually non-stop, from persons in 16 different countries. Many were in foreign languages. Please join in by posting a message at www.thecompassionatefriends.org.

We do this together in remembrance so.....that their light may always shine!



**OUR CHAPTER'S ANNUAL PARTICIPATION IN THE
WORLDWIDE CANDLE LIGHTING CEREMONY**

December 13, 2009

**Wyndam Hotel Ballroom
1950 GLADES ROAD
Boca Raton, Florida**

Starts promptly at 6:00 PM

Please plan now to participate and to arrive by 5:30 PM so that all attendees can already be seated before our Program Speakers begin.

RSVP by November 16th to Dottie Kidd at dottiekidd@bellsouth.net or call her at 954-562-5919 with your name and number of seats needed. Reservations are required for our planning, in order for you to be seated together with your family and guests at the same table.

Fellowship and light refreshments will follow the ceremony.

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.

An ORDER FORM follows to sponsor a centerpiece in memory of your child if you wish.

Please submit the form to Ronda Fryburg by November 16 at one of our regular meetings, along with \$100 and an 8x10" photo of your child, sibling or grandchild.

You may also mail in the form, check and photo. Centerpiece Sponsors can have up to 10 people total at their dedicated table.

ORDER FORM FOR A CENTERPIECE
IN MEMORY OF YOUR CHILD

THE COMPASSIONATE FRIENDS OF BOCA RATON
ANNUAL CANDLE LIGHTING REMEMBRANCE SERVICE
ON
DECEMBER 13, 2009

**BY NOVEMBER 16th, Please give this form, your check and your child's
8"x10" photo to Ronda Fryburg, or mail them to her at:
7901 S. Woodridge Drive, Parkland FL 33067
Ronda's phone number is 954-753-0493.**

[PLEASE PRINT]

Your name _____

Telephone number __ (____) _____

Email address _____

Please circle one of these and add the child's name:

Child's name _____

Or Sibling's

Or Grandchild's name _____

**Floral centerpieces for each of the 18 numbered tables are \$100 each, payable
in advance. Availability: First come, first served, limited to 18 centerpieces.**

Please include (if you wish) an 8" x 10" photograph of your child/grandchild
which will be part of your Centerpiece (a frame will be provided).

NUMBER OF PERSONS TO BE AT YOUR TABLE (MAX of 10): _____

Your 1 line message may also be included on the centerpiece's ribbon if you wish:

Message: _____

**After the ceremony, you can take the centerpiece home with you
as a special remembrance.**

**If you cannot attend the Candlelight services, your centerpiece will be donated
to a newly bereaved family to take home after the ceremony.**

THANK YOU

A slideshow will be shown at the ceremony.

To participate, a 4"x6" original, clear quality photo of your child needs to be submitted with \$6 to Ronda before November 16th. Please mail the photo and check to:

Ronda Fryburg, 7901 S. Woodridge Drive, Parkland FL 33067

along with your name, phone number and a notation "Photo for the Candle Lighting Slideshow"

Pictures will be returned the night of the ceremony. Please attach a Post-It note on the back with your child's name. Pictures that were submitted last year will be used again.

A table will also be set up at the entrance to the Ballroom with our children's pictures.

You may bring a standup 5" x 7" (or smaller) stand-up frame with a photo of your child, if you wish it to be included in their honor.

Information Page

If you would like an entire 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.

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 Flax 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.



The Compassionate Friends 2010 National Conference will be in Arlington, Virginia
July 2-4, 2010

"Reflections of Love, Visions of Hope" is the theme of The Compassionate Friends 33rd National Conference which will be held in Arlington Virginia July 2-4, 2010. The event will be held at the Hyatt Regency Crystal City. This is a beautiful venue for the next conference. Independence Day will feature our Walk to Remember plus a world-class display of fireworks over the National Mall.

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, guilt, sadness and we call 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

November 2

Coping with the Thanksgiving Holiday

Presented by Tracey Joiner

November 16

What should I do with my child's belongings?

Presented by Ronda Fryburg

December 7

Coping-Moping-Hoping to get through the Holidays

Presented by Gail Schroeder

December 21

Survival strategies for the Holidays

Presented by Nate Kimbleton

Planned Meeting Dates for 2010

Please mark your calendar

January 4th and 18th

February 1st and 15th

March 1st and 15th

April 5th and 19th

May 3rd and 17th

June 7th and 21st

July 5th and 19th

August 2nd and 16th

September 6th and 20th

October 4th and 18th

November 1st and 15th

December 6th and 20th

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.

