



The Compassionate Friends

Manhattan Chapter

Supporting Family After a Child Dies

Our next meetings...

Dec 14 & 28
 Jan 11 & 25
 Feb 8 & 22
 Mar 8 & 22

Manhattan Chapter Newsletter

December 2021

Olympics of the Soul

These are the last few days of autumn. Soon the last of the leaves will fall, the days will grow mercifully shorter, the temperature will drop and we will retreat to the safe comfort of home. For just a brief period, we can watch the world from the safety of the nest, not enticed out into the games of summer by well meaning friends and family, intent on our participation. We need this time to prepare for the next Olympics of the soul...the Holidays.

So much has been written about getting through the holidays when you are grieving. The intensity of the pain of the recently bereaved, the suggestions of how to manage by the experienced griever, the wistful thoughts of the poets... so much to be said about this particular period of survival. Truth is, the holidays are only a tad more difficult than every other day. Like salt in a wound, the over-the-top joyousness adds an extra dose of emotional pain. But I've come to realize, that many who "celebrate" the holidays are also fellow travelers along this grieving path. They're just further ahead than many of us are. I'm still not up to the festivities. For me it remains a time of introspection. With absolutely no opportunity to mourn our losses at this time of year, I choose to remain as low key as possible and venture back into the ebb and flow of days only after New Year's Eve.

It's not possible for the uninitiated to comprehend the emotional roller coaster we are on now. But I recently came across a column written by an Australian Mom. Though not written with the holidays in mind, it expresses for me the way I spend much of my time during this particular season. I wanted to share it with you. (See next column)

As this holiday season begins, I pray that we all find it in our hearts and minds to be thankful for what we have, and grateful for having had what we've lost.

Marie Levine, 2000

If Only They Knew...

by Jan McNess, TCF, Victoria, Australia

If only they knew when I speak of him, I am not being morbid, I am not denying his death. I am proclaiming his life. I am learning to live with his absence. For twenty-six years he was a part of my life, born, nurtured, molded and loved; this cannot be put aside to please those who are uncomfortable with my grief.

If only they knew that when I sit quietly, apparently content with my own company, I am not self indulgently unhappy, dwelling on things which cannot be changed; I am with him, I am seeing his face, hearing his voice, remembering his laughter, recalling his excitement and joy in life. Please allow me this time with him as I do not begrudge you your time with your children.

If only they knew when I sometimes weep quietly, I do not cry in self-pity for what I have lost. I weep for what he has lost; for the life he loved, for the music which filled his very being and for all he still longed to hear, for the poetry which moved him to tears, for the beauty about him that daily fed his soul, for the exhilaration and excitement of flying the skies, of searching for his God in the vast space of the universe. For all that he loved and lost, I cry.

If only they knew the feeling of deep grief, the emptiness and dull pain, the endlessness of death. If only they understood the insanity of the platitudes so freely spoken; that "time heals", that "you'll get over it", that "it was for the best", that "God takes only the best", that "he's in a better place", and realize that these are more an insult than a comfort, that the warm and compassionate touch of another means so much more.

If only they knew that we will not find true peace and tranquility until we are prepared to try to stand in the shoes of others. We will not be understood until we learn to understand compassionately and we will not be heard until we learn to listen with our hearts as well as our minds.

TELEPHONE FRIENDS: When you are having the kind of day you feel only another bereaved parent or sibling can understand, we are willing to 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

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THE COMPASSIONATE FRIENDS MEETINGS are always the second and fourth Tuesdays of the month

WE MEET USING ZOOM AT 7:00pm—sign on at 6:45pm

As soon as possible, we hope to return in person to 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.

Playing with Three Strings

We have seen Yitzhak Perlman
Who walks the stage with braces on both legs,
On two crutches.
He takes his seat, unhinges the clasps of his legs,
Tucking one leg back, extending the other,
Laying down his crutches, placing the violin under his chin.
On one occasion one of his violin strings broke.
The audience grew silent but the violinist did not leave the stage.
He signaled the maestro, and the orchestra began its part.
The violinist played with power and intensity on only three strings.
With three strings, he modulated, changed and
Recomposed the piece in his head
He retuned the strings to get different sounds,
Turned them upward and downward.
The audience screamed with delight,
Applauded their appreciation.
Asked later how he had accomplished this feat,
The violinist answered,
"It is my task to make music with what remains."

Make music with what remains.
Complete the song left for us to sing,
Transcend the loss,
Play it out with heart, soul and might
With all remaining strength within us.

-- Rabbi Harold M. Schulweis

TCF Worldwide Candle Lighting

Sunday, December 12, 2021 - Ceremonies begin at 6pm sharp
Remember your children & siblings in our Holiday Slide Show.

[Click here for more information about the Manhattan Event
and about submitting your loved one's photos for the event](#)

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 – During normal times, we raise needed funds at each meeting by passing a basket for voluntary contributions. In this time without in person meetings, the Manhattan Chapter is going without the resources we usually get from the basket passed during our meetings. We are so glad to be able to hold the online meetings, and if you are able to, once a month or whenever you are able to, 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.

Christmas Eve

By Richard E. Dew, MD from *Rachel's Cry*

Silent night, holy night...

"It's about time," he says quietly.
Deliberately, wordlessly,
they gather the materials
carefully put away last year,
the matches, the candle, candle jar
to fend off the harsh winter wind.

'tis the season to be jolly...

Slowly they drive toward the town's edge,
past homes with bright, blinking bulbs.
Cars of faraway relatives
fill their drives. Happy, laughing
families, children home from school
pass by the way to midnight mass.

It's the most wonderful time of the year...

At last, town lights left far behind,
they sit mute, each wrapped in private
cocoon of memories of Christmas past,
excited whispers from their room,
silly giggles, fervent goodnight
kisses, anticipation of morning.

On a cold winters night that was so deep...

Frozen grass crunching underfoot.
Hand in hand they walk up the hill
to the familiar moonlit stone.
With practiced hands they brush it clean,
then prepare their votive Noel.

The world in solemn stillness lay...

Lump in throat, arm-in-arm,
candle lit, they stand and weep,
but not so bitter as in years past.
The pain's as deep but not so long,
as once again they dream of things
that should have been but never were.

The stars in the sky look down where he lay...

"Let's go" he says. She nods assent.
They leave, though turn back once to see
the lonely flame of their lost boy
gleaming peacefully through the dark.
He whispers softly, his visit done,
"Merry Christmas and goodnight, my son."

*Sleep in heavenly peace,
Sleep in heavenly peace.*

....this is what it is like.....

This is what it feels like to live without your child: "I am a mother. I am a bereaved mother. My child died, and this is my reluctant path.

It is not a path of my choice, but it is a path I must walk mindfully and with intention. It is a journey through the darkest night of my soul and it will take time to wind through the places that scare me.

Every cell in my body aches and longs to be with my beloved child. On days when grief is loud, I may be impatient, distracted, frustrated, and unfocused. I may get angry more easily and I may seem hopeless. I will shed many, many, many tears. I won't smile as often as my old self. Smiling hurts now. Most everything hurts some days, even breathing.

But please, just sit beside me.

Say nothing.

Do not offer a cure.

Or a pill, or a word, or a potion.

Witness my suffering and don't turn away from me.

Please be gentle with me.

And I will try to be gentle with me too.

I will not ever "get over" my child's death so please don't urge me down that path.

Even on days when grief is quiescent, when it isn't standing loudly in the foreground, even on days when I am even able to smile again, the pain is just beneath the surface.

There are days when I still feel paralyzed. My chest feels the sinking weight of my child's absence and, sometimes, I feel as if I will explode from the grief.

Losing my child affects me in so many ways: as a woman, a mother, a human being. It affects every aspect of me: spiritually, physically, mentally, and emotionally. There are days when I barely recognize myself in the mirror anymore.

Grief is as personal to me as my fingerprint. Don't tell me how I should or shouldn't be grieving or that I should or shouldn't "feel better by now." Don't tell me what's right or wrong. I'm doing it my way, in my time. If I am to survive this, I must do what is best for me.

My understanding of life will change and a different meaning of life will slowly evolve. What I knew to be true or absolute or real or fair about the world has been challenged so I'm finding my way, moment-to-moment in this new place. Things that once seemed important to me are barely thoughts any longer. I notice life's suffering more— hungry children, the homeless and the destitute, a mother's harsh voice toward her young child- or an elderly person struggling with the door- abused animals crying out in pain.

There are so many things about the world which I now struggle to understand: Why do children die? There are some questions, I've learned, which are simply unanswerable.

So please don't tell me that "God has a plan" for me. This, my friend, is between me and my God. Those platitudes slip far too easily from the mouths of those who tuck their own child into a safe, warm bed at night: Can you begin to imagine your own child, flesh of your flesh, lying lifeless in a casket, when "goodbye" means you'll never see them on this Earth again? Grieving mothers— and fathers— and grandparents— and siblings and partners won't wake up one day with everything 'okay' and life back to normal. I have a new normal now.

(con't in next column)

....this is what it is like.....

(continued from left column)

As time passes, I may discover gifts, and treasures, and insights but anything gained was too high a cost when compared to what was lost.

Perhaps, one day, when I am very, very old, I will say that time has truly helped to heal my broken heart. But always remember that not a second of any minute of any hour of any day passes when I am not aware of the presence of my child's absence, no matter how many years lurk over my shoulder.

So don't forget that I have a child whose absence, like the sky, is spread over everything as C.S. Lewis said.

Don't forget to say, "How are you really feeling...?" Don't forget that even if I do have living children, my heart still aches for the one who is not here— for I am never quite complete without my child.

My child may have died but my love — and my motherhood— never will."

- Dr. Joanne Cacciatore



Grief

I had my own notion of grief
I thought it was a sad time
that followed the death of someone you love,
and you had to push through it
to get to the other side.

But I'm learning there is no other side.
There is no pushing through,
but rather
there is
absorption,
adjustment,
acceptance.

And grief is not just something that you complete
but rather you endure.
Grief is not a task to finish,
and move on,
but an element of yourself.
An alteration of your being,
a new way of seeing,
a new definition of self.

~Gwen Flowers

For That, I am Thankful

By Darcie D. Sims and Sherry L. Williams

From the book "Holiday Help ~ A Guide for Hope and Healing"

It doesn't seem to get any better,
but it doesn't get any worse either.
For that, I am thankful.

There are no more pictures to be taken,
but there are memories to be cherished,
For that I am thankful.

There is a missing chair at the table,
but the circle of family gathers close.
For that, I am thankful.

The turkey is smaller,
but there is still stuffing.
For that, I am thankful.

The days are shorter,
but the nights are softer.
For that, I am thankful.

The pain is still there,
but it lasts only moments.
For that, I am thankful.

The calendar still turns,
the holidays still appear and they still cost too much.
And I am still here.
For that, I am thankful.

The room is still empty,
the soul still aches,
but the heart remembers.
For that, I am thankful.

The guests still come,
the dishes pile up,
but the dishwasher works.
For that, I am thankful.

The name is still missing,
the words still unspoken,
but the silence is shared.
For that, I am thankful.

The snow still falls,
the sled still waits,
and the spirit still wants to.
For that, I am thankful.

The stillness remains,
but the sadness is smaller.
For that I am thankful.

The moment is gone,
but the love is forever.
For that, I am blessed.
For that, I am grateful...

Love was once (and still is) a part of my being...
For that I am living.
I am living... For that, I am thankful.

May your holidays be filled with reasons to be thankful. Having loved
and having been loved is perhaps the most wondrous reason of all.

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](#)

And access our regular Chapter website for the
parent/sibling meetings and activities.

www.compassionatefriends.nyc

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 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, continuing to become the individuals we want to
be.*

*We cannot be our dead brother or sister; however a spe-
cial 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 envi-
sioned 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.*

TCF WORLDWIDE CANDLE LIGHTING

Sunday, December 12, 2021

Ceremonies begin at 6pm sharp—candles lit at 7pm EDT in Manhattan

[Click here for more information about the Manhattan Event and about submitting photos for the event](#)



OUR CHILDREN—LOVED AND REMEMBERED



DECEMBER BIRTHDAYS

- 12/1 **GLEN FRASER**, son of James Fraser
- 12/1 **ROBERT GOODEN**, son of Tonya & Frank Gooden
- 12/2 **FORREST RYZY-RYSKI**, brother of Sophia Rzyz-Ryski
- 12/2 **JANIE GONG**, daughter of Alan & Daisy Gong
- 12/2 **JENNIFER CARGILL**, daughter of Virginia Crosby
- 12/3 **PAULINE FUCHS**, daughter of Carolin Fuchs & Rene Groth
- 12/3 **YVONNE BURDEN**, sister of Crystal Burden
- 12/4 **JESSE ARATOW**, son of Susanna Hoffman
- 12/4 **MEGAN YODER**, sister of Kyle Yoder
- 12/4 **SETH KAHN**, son of Debbie & Harold Kahn
- 12/5 **GLENN SPELLER JR.**, son of Glenn Speller Sr.
- 12/5 **MEGAN SMITH**, daughter of Ann Smith
- 12/6 **AARON BENVENISTE**, grandson of Susan & Richard Rosenbluth
- 12/6 **DESIRA (Desi) PACUK**, sister of Nikkie Pacuk
- 12/6 **YEHUDA MILSTEIN**, son of Edith Bayne, brother of Ilana Milstein
- 12/7 **JOHN BARNES**, son of Hana Barnes
- 12/7 **RYAN THOMAS**, son of Jacqueline Thomas
- 12/8 **SAMMY COHEN ECKSTEIN**, son of Amy Cohen & Gary Eckstein
- 12/10 **JONAH HENIG**, son of Abby Henig
- 12/11 **JAMES PATRICK (Jimmy) SINISI**, son of AnneMarie Sinisi
- 12/11 **MIKE**, brother of EllaRose Chary
- 12/13 **CAMDYN JAYEL DUCKWORTH**, daughter of Tiffany Clark
- 12/14 **AMELIA (Yannie) CORBETT**, sister of Sara Corbett
- 12/14 **DUSTIN TUNICK**, son of Jenifer Kelly
- 12/14 **DYLAN BISCH**, son of Eileen Eck
- 12/14 **LISA WEINER**, sister of Abby Moller
- 12/14 **MATTHEW SADI**, son of Sheri & Tzuri Sadi
- 12/14 **MICHAEL MOUSSA**, son of Mariam Moussa
- 12/15 **BRANDON MYERS**, brother of Rachel Myers
- 12/15 **HAYLEE LABBAN**, daughter of Penelope Coward

- 12/15 **THOMAS ROBERTS**, brother of Victoria Roberts-Wierbowski
- 12/16 **MICHELLE GITTENS**, daughter of Lenise Ballard-Gittens
- 12/16 **WILFRED DeIVALLE**, son of Carmen DelValle, brother of Judy DelValle
- 12/17 **JAMES MONTGOMERY**, son of Denise Montgomery
- 12/17 **RICKY BATASHOFF**, brother of Dana Stein
- 12/17 **STEFAN PAKULSKI**, brother of Marek Pakulski
- 12/18 **DAVID GLASS**, son of Jack & Laura Glass
- 12/18 **ZIGGY MARTINEZ**, son of Sally Tucker
- 12/20 **DANIEL O'NEILL TOLEDO**, son of Kathleen O'Neill
- 12/20 **EUGENE BONACCI**, brother of Meredith Bonacci
- 12/21 **DAVID ALEXANDER**, brother of Farah Alexander
- 12/21 **MELISSA AVRIN**, sister of Andrew Avrin
- 12/22 **MATT BEHAN**, brother of Chris Behan
- 12/23 **JON MICHAEL CAMINITI**, son of Charles & Linda Caminiti, brother of Jacqueline Caminiti
- 12/26 **ETHAN WASSERBERGER**, son of Simon & Cynthia Wasserberger
- 12/26 **OWEN MULLER** son of Jane K. Muller
- 12/27 **NORBI MORGENSTEIN**, son of Gary Morgenstein
- 12/28 **SCOTT LACROIX**, brother of Kendra Lacroix
- 12/29 **ARTURO LAULO**, brother of Luz Laulo
- 12/29 **CALEB SANDE**, grandson of Renee & Hervey Sande
- 12/29 **VALDING DURAN**, son of Milagros Bueno
- 12/30 **MICHAEL McGOVERN**, son of Harri Molese
- 12/31 **JOEY HOLLIDAY**, son of Billy & Terry Holliday
- 12/31 **ROBERT WILLIAMS JR.**, son of Kimberly Hatwood
- 12/31 **RUSSELL FERBER**, son of David Ferber & Dorothy Jordon, brother of Jordon Ferber
- 12/31 **WILLIE GWATHMEY**, brother of Katie Gwathmey



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.

Dan Zweig



OUR CHILDREN—LOVED AND REMEMBERED



DECEMBER ANNIVERSARIES

- 12/2 **JONATHAN MOORE**, son of Ron & Ronnie Moore
- 12/2 **SAVANNAH WIGGINS**, daughter of Dolores Wiggins
- 12/2 **SUZANNE ZHOU**, sister of Susan Zhou
- 12/3 **HENRY SZOR**, son of Eva Grin
- 12/3 **VYLETTE MOON**, daughter of Jackie Hakiki
- 12/4 **ROBERT PATRICK JENKINS**, son of Barbara Jenkins, brother of Cheryl
- 12/6 **ALEX HARRY SINGER**, son of Susan & Lewis Singer
- 12/6 **DYLAN JOSEPH MAIDA**, son of Lisa Burns & Sal Maida
- 12/8 **DYLAN RANDALL**, son of Yenya & Robert Randall
- 12/8 **JADEN MAXWELL THOMAS**, son of Louise Thomas, brother of Tanya
- 12/9 **AREIS GORDON**, son of Joselyn Gordon
- 12/9 **SHONEN CHAMBERS**, brother of Tiffani Chambers
- 12/10 **CHRISTOPHER ROTH**, brother of Stephanie Roth
- 12/10 **JOHN HULWIYA**, brother of Vanessa Hulwiya
- 12/10 **ZUNILDE (ZUNNY) MARTE**, daughter of Victor Marte
- 12/11 **HARRY GANDEL**, grandson of Karen & Meyer Gross
- 12/11 **JONAH HENIG**, son of Abby Henig
- 12/12 **CALLIE LONG**, daughter of Jackie Long
- 12/12 **CIANNA L. ALEXANDER**, daughter of Rebecca Harper-Alexander
- 12/12 **DANNY VOLEN**, brother of Raizy Volen
- 12/12 **PAULA VOLEN**, daughter of Raizy Volen
- 12/12 **SHANA DOWDESWELL**, daughter of Laurie & Roger Dowdeswell
- 12/13 **ALAN MYL** son of Joanne Myl
- 12/13 **AMBER ASHTON**, daughter of Tom & Eleanor Ashton
- 12/13 **GEORGE DAVID MARAS**, son of Marilyn Maras
- 12/14 **DANNY MAZRAANI**, brother of Mona Mazraani
- 12/14 **JIMMY ARMSTRONG**, brother of Siobhan Armstrong
- 12/15 **JEFFREY VANCHIRO**, son of Sylvester (Sly) Vanchiro
- 12/15 **JOSE SANFORD**, son of Yolanda Rosado Ortiz & Gloria Perez
- 12/16 **DARIA NORTON**, daughter of Charlotte Savino & Lee Norton
- 12/18 **ALEX BIBLER**, son of Lindsay Bibler

- 12/18 **ARON LINDELL**, son of Julie Lindell
- 12/18 **CHRISTOPHER DOMBROWSKI**, brother of William & Brianne Dombrowski
- 12/18 **DESTINI DOYLE**, daughter of Annette & Kendall Doyle
- 12/19 **JOSHUA ROBERT ESFORMES**, son of Susan Esformes, brother of Jacob
- 12/19 **JUSTIN ALMON** brother of Kristina Adam
- 12/19 **ROBERT RODRIGUEZ**, son of Caroline Linares
- 12/20 **TATE RAMSDEN**, brother of Ashley Ramsden
- 12/20 **TROY O. MEYERS** son of Claudette Hannibal
- 12/21 **BAYLIN CODDINGTON**, son of Debra F. Coddington
- 12/21 **JUDAH BRYNDAL**, son of Dusty & David Bryndal
- 12/22 **GREGORY ROTH**, brother of Stephanie Roth
- 12/22 **TODD C. FIORE**, son of Yvonne Fiore
- 12/23 **AMANDA RUSSELL**, sister of Katie Turner
- 12/23 **QUENTIN MUNDY**, son of Terri Mundy
- 12/24 **ADAM AZZOLI**, son of Amanda Azzoli
- 12/24 **DANIEL O'NEILL TOLEDO**, son of Kathleen O'Neill
- 12/24 **MONTE JONATHAN GOLLUB** son of Ellie Gollub
- 12/24 **RICHARD CONLEY**, son of Phyllis Conley
- 12/25 **CHARLIE SINISI**, son of Ann Marie Sinisi, brother of Kelly and Dawn and the late Jimmy Sinisi
- 12/25 **DAVID LANG BAREK**, son of Peggy Lang
- 12/25 **LILY, SARAH & GRACE BADGER**, daughters of Madonna Badger and Matt Badger
- 12/25 **ROBERT SULKOWSKI**, brother of Sarah Sulkowski
- 12/27 **SAIGIA BRON**, daughter of Florence Layayette
- 12/27 **SANDRA CHU**, Best friend of Emanuel Veras
- 12/27 **THOMAS ROBERTS**, brother of Victoria Roberts-Wierbowski
- 12/28 **ANDY PERSAUD**, son of Dennis Persaud, brother of Andrea Persaud
- 12/29 **PAULINE FUCHS**, daughter of Carolin Fuchs & Rene Groth
- 12/30 **KELLY ERIN GRAVES** daughter of Gail Graves
- 12/31 **LIAM ARDEN**, son of Esther and Patrick Arden





OUR CHILDREN—LOVED AND REMEMBERED



JANUARY BIRTHDAYS

- 1/2 **LAURA LEVIS**, daughter of Georgia & William Levis
- 1/2 **LUCY GRAVES**, daughter of Edward Graves
- 1/3 **BRIAN MARC LIPTON**, son of Nancy & Charles Lipton
- 1/5 **BENJAMIN TELUSHKIN**, son of Joseph & Dvorah Telushkin
- 1/5 **MICHAEL MOSS**, son of Michaela & Bob Moss
- 1/5 **NOELLE QUARANTA**, sister of Meredith Bonacci
- 1/5 **RUTH DOUGHTY**, sister of Louise Doughty
- 1/7 **CAMERON NICHOLLS**, son of Stephanie Moore Nicholls
- 1/7 **JAQUELINE AHERN**, niece of Nan Ahern
- 1/7 **OSCAR JOAQUIN**, son of Dru Levasseur
- 1/8 **CHRISTINE EBERT**, daughter of Judy & John Ebert
- 1/8 **ELLIOT CALVIN COPP**, son of Ariel Marie Pierce & Aaron Copp
- 1/8 **JENNIFER BLANCHE BYRD**, daughter of Claudia Byrd
- 1/8 **JOCELYN REED**, daughter of Cynthia Powell
- 1/10 **MICHAEL STEIN**, son of Eric Stein
- 1/11 **BRYAN KELLY**, son of Sean Kelly
- 1/11 **JESS ILIAS**, son of Chris Clavelli
- 1/12 **JOHN MARZANO**, son of Claire Martino
- 1/12 **JONATHAN MOORE**, son of Ron & Ronnie Moore
- 1/13 **CHRISTOPHER JAMES ROUCH**, son of Kathy Rouch
- 1/13 **JOSE SANFORD**, son of Yolanda Rosado Ortiz & Gloria Perez
- 1/13 **MICHAEL RATH**, son of Kathy Rath
- 1/14 **ANTHONY SANCHEZ**, son of Deborah Sanchez
- 1/14 **BRIAN CULLIMORE**, son of Teresa Cullimore
- 1/14 **CHARLENE ALVAREZ**, daughter of Charlie Alvarez
- 1/14 **DAVID GIBBS**, son of Ann Gibbs
- 1/15 **MARIA CUNARD**, sister of Angela George
- 1/16 **AMOL VADEHRA**, brother of Mallika Vadehra
- 1/17 **KIARA KHARPERTIUM**, sister of Devin Kharpertium
- 1/17 **PAMELA SUE CHAIKEN**, daughter of Sandy & Lionel Chaiken, sister of Stephanie
- 1/17 **PHILIP SULZER**, son of Barbara & Burton Sulzer, brother of Lisa
- 1/19 **VINCENT MONACO**, brother of Charles Monaco
- 1/21 **CHARLIE CAMPDERRICH**, son of Jody Campderrich
- 1/21 **LISA WEBB**, sister of Janine Clancy
- 1/21 **YVONNE LAURICE AJAKIE**, daughter of Evelyn Rabi
- 1/22 **KEITH DANIEL**, son of Linda Daniel Finer
- 1/23 **ADRIAN V. ROSAS**, son of Alejandra & Adriano Rosas
- 1/24 **ALEX KNEPPER**, son of Lisa & Emanuel Psychojos
- 1/24 **ERIC ROSENBERG**, son of Sharon Rosenberg
- 1/24 **LATASHA ALCANTARA**, daughter of Anita Guy-Martin
- 1/24 **MICHAEL AARONSON**, son of Dorothy Aaronson, brother of Robert Aaronson
- 1/25 **KELLY ERIN GRAVES**, daughter of Gail Graves
- 1/26 **DAVID 'JESSE' REISSMAN**, brother of Phil Reissman
- 1/26 **FRANCISCO JAVIER**, son of Doris Cales
- 1/26 **SONU ADAMS**, daughter of Una Chaudhuri & Michael Adams, sister of Nathaniel Adams
- 1/27 **JEFF CARPENTER**, son of Donna Carpenter
- 1/27 **ROBBIE LAWRENCE**, son of Keisha Lawrence
- 1/27 **WILL EARLE**, son of Nancy Earle
- 1/29 **EREZ KLEIN**, son of Rachel Gordon
- 1/30 **JIMMY ARMSTRONG**, brother of Siobhan Armstrong
- 1/31 **AHREN JUDE KARRAN SINGH**, son of Rondha-Ann Lam
- 1/31 **ELLIS ZIMMERMAN**, son of Anna Ellis & Benjamin Zimmerman



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.

Dan Zweig



OUR CHILDREN—LOVED AND REMEMBERED
JANUARY ANNIVERSARIES



- 1/1 **MATTHEW SADI**, son of Sheri & Tzuri Sadi
- 1/3 **AMIAS**, son of Samantha Diaz, nephew of Jasmine Burney
- 1/3 **BARBARA STRAUSS**, sister of Joanne Shapiro
- 1/3 **PHILIP GOODFRIEND**, son of Debbie Goodfriend
- 1/3 **STUART MILLER**, son of Nancy Morgan
- 1/3 **WILLIAM FISHER**, son of Sally A. Fisher
- 1/4 **JASON KLEIN**, son of Jeanette LaBarb
- 1/4 **LOUIS DEDAJ**, brother of Victor Dedaj
- 1/4 **MARK H. IHDE**, son of Linda & Don Ihde
- 1/4 **ROBBIE LAWRENCE**, son of Keisha Lawrence
- 1/5 **NOELLE QUARANTA**, sister of Meredith Bonacci
- 1/7 **JAKE GOLDBERG**, son of Gene Goldberg, brother of Ben Goldberg
- 1/8 **AVA NASCIMENTO**, granddaughter of Eugenia Nascimento, niece of Laura Jones
- 1/8 **JASON R. CHIN**, son of China Chin
- 1/9 **CAROLINE MONTGOMERY**, daughter of Catherine Montgomery
- 1/10 **ELLIOT CALVIN COPP**, son of Ariel Marie Pierce & Aaron Copp
- 1/10 **INSANN LAWLOR**, son of Serena Bhaduri
- 1/11 **ANYA GABRIELA KUPPERSMITH**, daughter of Judith Koppersmith
- 1/11 **SAM BERGER**, son of Marla & David Berger
- 1/12 **CHARLOTTE MILLER**, daughter of Caitlin Felton & Barney Miller, sister of Clara
- 1/13 **WONDER HAMILTON**, daughter of Gary & Jennifer Hamilton
- 1/14 **CASEY CRUZ**, daughter of Ibelka Cruz
- 1/14 **CHRISTOPHER MURPHY**, brother of Nina Murphy
- 1/16 **SANDY SMITH**, sister of Cindy Smith
- 1/18 **DAYLE HENRY GRUBER**, son of Hank Henry
- 1/18 **LISA WEBB**, sister of Janine Clancy
- 1/19 **JENNA AGULE**, sister of Devon Agule

- 1/19 **ROBERT GOODEN**, son of Tonya & Frank Gooden
- 1/20 **ELIZABETH HANAU**, daughter of Marsha Hanau
- 1/22 **CHANDI PYTOWSKI**, daughter of Rosanne Cosentino & Broniek Pytowski
- 1/22 **MAGGIE GOWELL**, daughter of John & Rosanna Gowell and sister of Jesse
- 1/22 **MICHAEL RATH**, son of Kathy Rath
- 1/23 **FRANCISCO JAVIER**, son of Doris Cales
- 1/23 **HUNTER MARSHAD**, grandson of Erica & Neal Marshad
- 1/23 **JAMES MONTGOMERY**, son of Denise Montgomery
- 1/23 **VICTOR CHEN**, son of Vivien Chen
- 1/24 **JAMILA IRONS-JOHNSON**, daughter of Jeannine Irons
- 1/25 **ADAM RAPOPORT**, brother of Lindsay Rapoport
- 1/25 **ANTHONY SANCHEZ**, son of Deborah Sanchez
- 1/25 **MEGAN SMITH**, daughter of Ann Smith
- 1/25 **RICHARD WARNOCK**, son of Claire Warnock, brother of Susan Warnock
- 1/26 **JULIO BARRERA**, son of Martha Riveira
- 1/27 **JASMINA ANEMA**, daughter of Theodora Anema
- 1/28 **ALEXANDER GOLDIN-KRAUS**, son of Jill Goldin
- 1/28 **ALEXANDRA DISANTIS**, daughter of Margo & Frank DeSantis
- 1/29 **DANIEL SNYDER**, brother of Lisa Snyder
- 1/29 **JOSIAH BAAWUAH**, son of Porsha & Terry Baawuah
- 1/29 **VINCENT MONACO**, brother of Charles Monaco
- 1/30 **CHRISTOPHER KWIK**, brother of Sharon Kwik
- 1/30 **RICK HOWELL**, brother of Annie Howell
- 1/31 **EUGENE BONACCI**, brother of Meredith Bonacci
- 1/31 **MATTHEW GOODSTEIN**, son of Ann Goodstein
- 1/31 **ZACH HOWELS**, brother of Matt Howels



THE COMPASSIONATE FRIENDS CHAT SCHEDULE. Click here to display exact times and to see entire schedule			
ET	MORNING	EARLIER EVENING	LATER EVENING
MON	Parents/Grandparents/Siblings	First time CHAT orientation	General Bereavement Parents/Grandparents/Siblings
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
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
SAT			General Bereavement Parents/Grandparents/Siblings
SUN		Suicide Loss	General Bereavement Issues Parents/Grandparents/Siblings

The Compassionate Friends National Office
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Toll Free (877) 969-0010
www.compassionatefriends.org
email:nationaloffice@compassionatefriends.org

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TCF National Magazine
1 yr. subscription \$20

MARK YOUR CALENDARS!
Our next Chapter meetings are Tuesdays:
DEC 14 JAN 11 FEB 8 MAR 8
DEC 28 JAN 25 FEB 22 MAR 22

Newsletter article submissions are welcome.
Please email to marielevine2@verizon.net

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

<u>TCF – Loss of a Child</u>	<u>TCF – Loss of a Grandchild</u>
<u>TCF – Loss of a Stepchild</u>	<u>TCF – Grandparents Raising their Grandchildren</u>
<u>TCF – Loss of an Only Child/All Your Children</u>	<u>TCF – Miscarriage, Stillbirth, Loss of an Infant Grandchild</u>
<u>TCF – Multiple Losses</u>	<u>TCF – Loss to Long-term Illness</u>
<u>TCF – Daughterless Mothers</u>	<u>TCF – Loss to Cancer</u>
<u>TCF – Men in Grief</u>	<u>TCF – Loss After Withdrawing Life Support</u>
<u>TCF – Bereaved LGBTQ Parents with Loss of a Child</u>	<u>TCF – Loss to Mental Illness</u>
<u>TCF – Bereaved Parents with Grandchild Visitation Issues</u>	<u>TCF – Sudden Death</u>
<u>TCF – Loss to Miscarriage or Stillbirth</u>	<u>TCF – Loss to Suicide</u>
<u>TCF – Infant and Toddler Loss</u>	<u>TCF – Loss to Homicide</u>
<u>TCF – Loss of a Child 4 -12 Years Old</u>	<u>TCF – Loss to Substance Related Causes</u>
<u>TCF – Loss of a Child 13-19 Years Old</u>	<u>TCF – Loss to a Drunk/Impaired Driver</u>
<u>TCF – Loss of an Adult Child</u>	<u>TCF – Grieving with Faith and Hope</u>
<u>TCF – Loss of a Child with Special Needs</u>	<u>TCF – Reading Your Way Through Grief</u>

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](#)