



The Compassionate Friends
Manhattan Chapter
 Supporting Family After a Child Dies

Our next meetings...
Feb 20
Mar 19
Apr 16
May 21

Manhattan Chapter Newsletter **February 2024**

OUR FEBRUARY 20TH MEETING IN-PERSON

We will be in-person only February 20th. We are still working to figure out how and when we can work in on-line meetings. It's by far worth the extra effort to come in-person, but we recognize not everyone can.

After One Year -- What I Want to Know is, How Do I Go On From Here?

Many heads always nod in agreement when this question is asked at a Compassionate Friends meeting. Is that your question, too? It has been over a year since your child has died. In your own way you have met and survived those special days, holidays, his or her birthday and all the events you had anticipated sharing with your child, at least once. Now what? Where do you go from here? Life is going on around you, yet your own life may seem at a standstill. It has had a drastic and traumatic change. A tug-o-war wages within your mind and body. Part of you wants to hang on tight to the life you knew when your family was whole. But after a year of grieving and crying for your child, you realize that life as you knew it is no more. The separation death has brought is daily becoming more real.

If you are at this point in your grief, you know how it is. We are weary and tired from the constant effort and energy it takes to keep moving ahead each day. Possibly we find ourselves putting up a false front and saying "okay," "fine", when people ask how we are doing, because we think they feel that's how we should be by now. We remember a year ago, when we looked ahead to this time thinking we would be back to normal, our grief somehow healed and resolved. Now we often seem to be two different people. A

(con't on page 2)

The Gift of Time

I've been thinking a lot lately about how far I've traveled since Peter died. Sitting quietly, it is so easy to travel back to those early days. I remember feeling trapped in my despair. There was no relief, no respite from the unremitting pain. Time has shown me that, although we all suffer a unique loss, the results seem now to be pretty universal among bereaved parents. And though no one could have convinced me back then, I know now that time itself is a gift.

A few weeks ago at a meeting there were several newly bereaved parents. While speaking to two of them before the meeting, in their individual distress they both tearfully said the same thing to me. It took me back to hear two different people voice the same query ... they each said "this kind of thing doesn't happen to me!" I was astounded to hear this vocalized twice within minutes. Of course, I understood. I think I thought the same thing so many years ago although I don't believe I ever said it. Of course, we understand. This is the kind of thing that only happens to "other people". Unless of course, as my friend Maddie Kasden wrote in her famous poem, you become "other people."

We recognize as time goes on that even the unique experience each child's death is, no matter the cause, the result is that they are permanently gone from our sight, from our touch, from our hearing. Their presence was so big in our lives, their subsequent absence leaves a black hole that constantly beckons. It almost seems to vibrate so that we fall into it and begin a process of writhing in agony while wrapped in what once was. I daresay that even though we truly believe our own pain is unique to us in the beginning, we discover in time that just about every parent who has this experience suffers the same degree of agony.

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

TCF MANHATTAN CHAPTER email: tcfmanhattan@gmail.com
 TCF MANHATTAN website: www.compassionatefriends.nyc
 CO-CHAPTER LEADERS: **Dan Zweig:** danzweigtcf@gmail.com
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 Newsletter Editor: **Marie Levine** marielevine2@verizon.net

THE COMPASSIONATE FRIENDS MEETINGS are now monthly - always the third Tuesday of the month
WE MEET AT 7:00pm—arrive or sign on at 6:45pm
 This month, Feb. 20, 2024, we will be meeting only in person at 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.

After One Year -

(con't from page 1)

person living with the burden of the loss of our child and the emotions, depth of sorrow and pain which only another bereaved parent can understand; and at the same time a person going through the motions of living in the normal world of everyday work, activities, friends, and problems, which we often are tempted to let go on without us. A feeling of panic isn't uncommon, yet you must have developed some survivor skills if you have come this far.

How do we get out of there and go on without leaving the life of our child behind? Some helpful words might be slowly, carefully, patiently, and prayerfully, accepting ourselves as we are, and truthfully facing our feelings. Our own son was killed 18 months ago by a hit and run driver. If you were to peel back my outer shell right now and expose my thoughts, you would see that loving, exciting seventeen-year-old we shared so many good times with and my wish to have him here on his 19th birthday this month. You would see my desire to know more about heaven and God's plan for eternal life, a deep loneliness, fatigue and many unanswered questions. It's strange. I have apprehension as I move back into life, yet a real fear of staying emotionally where I am.

Yes, it is hard to go on because no one can do it for us. The great effort it takes to get out of bed on time in the morning, to plan ahead for dinner and to make the best of each new day must come from within each of us. Now is a good time to take inventory of our resources. Do you have your health, home, husband, other children, other family members, friends, a job, faith in God? Do you have talents which you have neglected or something you always wanted to do which could be developed?

Making an appointment for health or dental check-up, deciding to lose those pounds you gained through frustrated eating; planning some special times with your family, initiating contact with old friends, and rebuilding relationships, releasing new energy into your job, taking time to seriously study your faith, enrolling in a class to learn something new may be the boost you need. Do you have strengths of understanding love, caring, listening? No doubt you have already reached out to help someone else in their need or grief because you know how that kind of love has helped you.

Last summer, a "Things to do" list evolved out of my own frustration of not being able to budge or take even one step forward. Each day I tried to accomplish at least one small task from this list. As I saw little bits of progress, my attitude and depression began to lift. I kept my list very simple thinking of those things which would encourage me to succeed in areas I was weak, such as house work, planning meals and meeting the needs of my family; yet allowing me time for a quiet half hour by myself, going out to dinner with my husband, taking a walk, a bike ride or playing the piano and being available to care for others in a helpful way, especially other bereaved families. Of course, some days are still hard, but over the months my ability to move ahead has gradually increased. If you are stuck in one spot and the obstacles ahead seem too big, I encourage you to make a list of your own to fit your own lifestyle, talents and strengths. Our life is still worthwhile even as we continue to work through our grief.

~ Phyllis Sewell, TCF, Van Nuys, CA

The Gift of Time

(con't from page 1)

I was sure during those early days that no one felt what I did. Had I chosen to grieve alone, I might never have discovered how universal my despair was. I might have gotten stuck and spent the rest of my days agonizing and stuck in my grief. I'm glad I made the choices I did ... to read all I could about the experience, to come to meetings at The Compassionate Friends where I met, talked and learned from others on the same path as mine, that I wrote and wrote about what I was feeling so I could refer back to my journey and begin to recognize how I was changing. I'm so glad I met all the people who, like me, were learning the same lessons in this academy of grieving. It really does help to not grieve alone.

I'm glad I recognized early on my journey, how reaching out to others had the most healing power for me. I'm grateful too, that through my experience I recognize that though Peter is no longer in my physical world, he is ever present in my life. He's not forgotten, he's not just a memory. The love I have for him remains constant and I don't hesitate to refer to him daily. Peter has had the biggest effect on my life. It is Peter who made me what I've become. I'm convinced his love continues to surround me and I continue to want to make him proud. He will always be my greatest achievement. He enriched my life beyond all measure. He truly is a gift that keeps on giving.

~ Marie Levine

"Time is too slow for those who wait, too swift for those who fear, too long for those who grieve, too short for those who rejoice, but for those who love, time is eternity"

~ Henry Van Dyke

"I marvel that I have not come apart. Yes, actually disintegrated. I imagine my molecules stretched to the limit, breaking up, and the bits of me simply floating away."

What has held me together? Has it been others who have kept the parts of me from straying? If that is so, I am thankful for their attention, and quick hands I suppose.

But still, I sense in myself some lurking power.

Perhaps I'm better glued together than I thought."

~ Molly Fumia, "Safe Passage"

OTHER PEOPLE

*Every so often
you hear about other people
losing their child.
Sometimes there is a horrible accident
you find out about on television.
Sometimes it is a senseless murder or suicide
you read about in the newspaper.
Sometimes you learn about a deadly illness over
the telephone, because, this time,
the child belongs to someone you know.
When such a tragedy happens,
to other people,
Your heart goes out to them.
You feel deeply saddened and, perhaps,
you shed a few tears.
You then continue your charmed life,
going about business as usual.
You don't forget, but,
you don't necessarily remember either.
It is something that occurs in the lives
of other people.
Unless, God forbid,
the television story, or newspaper article or
telephone call
is about your child.
Unless, one terrible day,
heaven and earth and hell become one.
Unless your life loses all meaning and
nothing makes sense anymore.
Suddenly,
by a random twist of fate, or the hand of God,
you have become other people.*

~ Madelaine Perri Kasden

*Written in loving memory of her son,
Neill Perri, 10/2/71 – 6/15/95*

A NEW YEAR BEGINS

Living life with a heart badly broken by loss
is a difficult life to be sure.
When the broken heart's caused by the death of one's child,
grief's an agony hard to endure.
I began this new year without promise or hope,
bewildered, bereft and bereaved.
Missing you; you anchored my world in its place.
Now I struggle through pain, unbelieved.
I know life is in constant renewal,
death takes to make room for the new.
Mankind's not exempt from this process.
We expect death will come when it's due.
But I find myself needing to question
if a maker has planned out this scheme...
For the parting of parent and child by death
has no rational part of this theme.
What's the point? What's the plan? Are there rules?
It might help if I knew where I stood.
Did I cherish, and love, and nurture my child,
just to suffer the trauma of losing for good?
I know there aren't answers to questions I pose.
I must search for my solace within.
Making peace with the pain and anger and grief
through tears that seem never to end.
Living with a heart badly broken by loss
is a life that is empty and sad...
and I mourn for the years that are lost to us now,
for the future my child never had.
As I face this new year without her sweet smile,
I yearn for what now cannot be...
But her memory lives on through the words that I share,
of the beauty and joy that was she.
~ Sally Migliaccio, in memory of Tracey, always

IF I HAD ONE MORE DAY

If I had one more day,
my child, to spend with you,
anything you want,
I promise we would do.
If I had one more day,
to see your precious face,
we'd wake up bright and early –
not one moment would we waste.

If I had one more day,
in your sweet voice let me hear,
"I'll love you Mom, forever, and
I'm waiting for you here."

If I had one more day,
I'd beg for another,
because it's the only way to mend
the heart of a grieving mother.

~ Brenda Taylor, TCF, Nashville, TN

Recommended reading...

- ◆ The Bereaved Parent by Harriet Sarnoff
- ◆ First You Die by Marie Levine
- ◆ Talking to Heaven by James Van Praagh
- ◆ Beyond Tears by nine mothers
- ◆ Love Never Dies by Sandy Goodman

⇒ take advantage of the book list on the TCF website www.compassionatefriends.org

⇒ go to www.centeringcorp.org, for an extensive list of resources for ALL those grieving for every possible reason – for parents, grandparents, siblings, mothers, fathers, teens, children...because of sudden death, accident, long term illness, infant loss, miscarriage, homicide, substance abuse, etc.

Reading other bereaved people's stories helps us. Take advantage of these resources. Discovering how much of what we feel is being experienced by fellow travelers helps us understand the process and restores hope.

...to our new members

Attending 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. Often, it is the second, third or fourth meeting where you will find just the right person or the right words said that will help you along in your grief.

...to our long standing members

We need your encouragement and continued support. You are what ties our group together. Sadly, each meeting brings new parents. *THINK BACK...* what would it have been like for you if there had not been any "oldtimers" to welcome you and share your grief and encourage you and tell you that in time, the pain will soften...with time, there is hope.

~ ~ ~

The Compassionate Friends Credo

We need not walk alone.

We are The Compassionate Friends.

We reach out to each other with love, 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, from 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 helpless 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 deep depression; others radiate an inner peace.

It is pain we will share just as we share the love for our children.

We are all seeking and struggling to build a future for ourselves,

but we are committed to building a future together as we reach out to each other

in love, and share the pain as well as the joy,

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.

WE NEED NOT WALK ALONE.

WE ARE THE COMPASSIONATE FRIENDS.

~ ~ ~

Online Support from the National Compassionate Friends Website

Live Chats

The Compassionate Friends offers "virtual chapters" through an Online Support Community (live chats). This program was established to encourage connecting and sharing among parents, grandparents, and siblings (over the age of 18) grieving the death of a child. The rooms supply support, encouragement, and friendship. The friendly atmosphere encourages conversation among friends; friends who understand the emotions you're experiencing. There are general bereavement sessions as well as more specific sessions.

Click [HERE](#) for more information and a list and schedule of Live Chats.

Private Facebook Groups

The Compassionate Friends offers a variety of Private Facebook Groups. These pages cover a wide range of topics and are moderated by bereaved parents, siblings, or grandparents. They may be accessed only after a request to join is approved by a moderator.

Click [HERE](#) for more information and a list of Private Facebook Groups.

Siblings

More than a thousand days and nights have passed
since we last danced in the same place,
in the same dimension.

Nearly three years since I last heard your laugh,
saw your smile, could give you a hug,
and know that I could get a hug back.

Your absence has altered those who knew you,
who loved you, and still do.
Laughter is harder to come by, when pained expressions,
and wretched kvetching stand in the way.

The joy that followed you as you danced,
sang, enlightened and engaged,
still permeates the world over.
The children, whose lives you aspired to nurture,
carry your wisdom with you in their smiles.
I too, try to carry your wisdom, when I
try to nurture and educate.

Your weightless footsteps still dance among us,
hidden within the wind,
on wings of butterflies, and the ladybugs
you would catch on warm summer days.

More than a thousand days and nights have passed
since we said goodbye and goodnight in this world.
I yearn for decades of time, to help make up
for the time we have lost together.

~ **Greg Williams**, *TCF, Twin Forks chapter, 2013*
In loving memory of his sister, **Kara Lynn Williams**

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, to become the individuals we want to be.

We cannot be our dead brother or sister; however a special 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 envisioned 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.

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](#)

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](#)

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 – We raise needed funds at each meeting by passing a basket for voluntary contributions at our in-person meetings. We are so glad to hold online meetings whenever possible, but there is no 'basket' at our online meetings. If you are able to, whenever you can as an online participant, 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.



OUR CHILDREN—LOVED AND REMEMBERED



FEBRUARY BIRTHDAYS

- 2/1 **JAMES RUSSO**, brother of Adrienne Russo
- 2/1 **RICHARD VALDEZ**, son of Lisa Valdez
- 2/2 **ANDREW BALTINI**, brother of Kevin Baltini
- 2/2 **BRUCE WALES**, son of Fran Wales
- 2/2 **ISAAC JACOB MEYERS**, son of Nahma Sandrow Meyers , brother of Hannah Meyers
- 2/2 **KAYDEN POLIUS**, son of Letitia & Greg Polius
- 2/3 **ANTONIA DALEY**, granddaughter of Linda Daley
- 2/4 **CHARLIE-ROSE MCCALL**, daughter of Yolette Perry
- 2/5 **BRYCE SHELDON**, son of Bianca Villalona
- 2/6 **JOSEPH BABY**, brother of Marilyn Baby, son of Yohannan Baby
- 2/6 **MASON SIMMS**, son of Shavon Simms
- 2/7 **BRADLEY KEITH BONGAR**, son of Beth Bongar
- 2/8 **TRYGVE WASBOTTEN**, son of Marilyn Wasbotten
- 2/10 **JEREMY RODRIGUEZ**, son of Wanda Marrero
- 2/10 **KAREN CASBAY**, sister of Laura Reissman
- 2/10 **MARINA ELIZABETH CLOOS**, daughter of Alice Cloos
- 2/10 **PABLO RAMIREZ**, son of Carlos Ramirez
- 2/10 **STUART MILLER**, son of Nancy Morgan
- 2/11 **STACEY LEONDIS**, sister of Diana Leondis
- 2/12 **IAN BOSIN**, son of Judy Neustadter
- 2/13 **BURKE TAYLOR**, brother of Emily Yoshikawa
- 2/13 **GARY LEUNG**, brother of Tony Leung
- 2/13 **ROMEL ARIAS**, son of Luisa Cabrera
- 2/15 **DESTINI DOYLE**, daughter of Annette & Kendall Doyle
- 2/16 **MARTIN DE JESUS FLORES**, brother of Joanna Flores
- 2/16 **RAJESHVARI PATEL**, sister of Sandip Patel
- 2/17 **IRIS**, daughter of Alyson Ben-David

- 2/17 **JONATHAN DIAZ**, son of Jeanette Diaz
- 2/17 **JUSTIN CRAIG LEDERMAN**, son of Ruth Lederman
- 2/17 **QUENTIN MUNDY**, son of Terri Mundy
- 2/18 **DANNY CRONIN**, son of Mary Cronin
- 2/18 **EMRE EDEPLI**, son of Levant & Kirsten Edepli
- 2/20 **BLAKELY RUSSELL KAY**, daughter of Barbara Russell
- 2/20 **JOHN RICHARDSON**, son of Vivian Richardson
- 2/20 **LISA COOPER**, daughter of Alphonso Appleton
- 2/20 **MIKEY HARTNETT**, son of Jessica & James Kerwin
- 2/20 **SHANEIREE DAMES**, daughter of Vivian Richardson
- 2/20 **ZACHARY JAMES MILLIKEN**, son of Vigi Cadunz
- 2/21 **ASHLEY HOPE GOODMAN**, daughter of Karen Goodman
- 2/22 **ALEXANDER GOLDIN-KRAUS**, son of Jill Goldin
- 2/22 **DANIEL BRENNAN**, brother of Aileen Brennan
- 2/24 **ANAYA TAHA**, granddaughter of Soheir Kache
- 2/24 **GEORGE MICHAEL PEREZ**, son of Priscilla Perez
- 2/25 **MICHAEL FABI**, son of Donna Leder
- 2/26 **IAN ADLER**, son of Judy Adler
- 2/26 **IMOGEN ROCHE**, daughter of Theseus Roche
- 2/26 **MATTHEW GOODSTEIN**, son of Ann Goodstein
- 2/27 **ADAM AZZOLI**, son of Amanda Azzoli
- 2/27 **ALISON GERTZ**, daughter of Carol & the late Jerry Gertz
- 2/27 **PARIS CAVIC**, sister of Mel Cavic
- 2/27 **QUINDORA PERSUAD**, daughter of Maria Cabassa
- 2/28 **ANTHONY & NICHOLAS AURELIA**, twin sons of Patrick Aurelia
- 2/28 **BARA COLODNE**, daughter of Mia and Eric Colodne
- 2/28 **MARCUS PRESTON**, son of Valerie Preston



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.



OUR CHILDREN—LOVED AND REMEMBERED
FEBRUARY ANNIVERSARIES



- 2/1 **ISABEL XIE**, baby daughter of Denise Chow & Wayne Xie
- 2/1 **JUSTIN HOLLAND**, son of Carole & Marvin Holland
- 2/1 **MISCHA DRUCKER ZIMMERMAN**, son of Henia Drucker
- 2/1 **RALPH JOSEPH GONZALEZ**, son of Blanca Gonzalez
- 2/12 **NARI GAJADHAR**, son of Beena Bermingham, nephew of Asha Singh
- 2/3 **GABRIEL ROCCOFORTE**, son of Judith Weiss
- 2/3 **JORDAN JOHN**, brother of Christian John
- 2/4 **ELLA BANDES**, daughter of Judy Kottick & Ken Bandes
- 2/5 **ADAM FELDBERG**, son of Tsipi Taube
- 2/5 **STEFAN PAKULSKI**, brother of Marek Pakulski
- 2/6 **BOBBY BEATTIE**, brother of Rose Beattie
- 2/8 **JESS ILIAS**, son of Chris Clavelli
- 2/10 **JONATHAN BUCAOTO**, son of Ruth Sowell
- 2/10 **JONATHAN TARA**, son of John & Mary Tara
- 2/10 **SANDRA PLOUFFE**, daughter of Margie & Bram Jelin
- 2/12 **KEITH DANIEL**, son of Linda Daniel Finer
- 2/12 **LINCOLN WHEELER-POWELL**, son of John Powell & Britta Wheeler
- 2/12 **PAMELYNN SAMUEL**, daughter of Madelaine Samuel
- 2/12 **RAJESHVARI PATEL**, sister of Sandip Patel
- 2/13 **BRENDAN BITTNER**, brother of Jessica Bittner Markus
- 2/13 **LEO AYALA**, son of Gila Ayala
- 2/14 **DANIEL BRENNAN**, brother of Aileen Brennan
- 2/14 **KRISTEN SANCHEZ**, sister of Melissa Rosario
- 2/14 **NAOMI STOLAR**, sister of Susan Schindler
- 2/14 **RHETT THOMPSON**, son of Gayla Thompson

- 2/15 **RONAN CHRISTOPHER LOUIS**, son of Rick Louis
- 2/17 **LAURIE NICHOLS**, daughter of Marie Jones
- 2/17 **RICHARD VALDEZ**, son of Lisa Valdez
- 2/18 **BRIAN GEWIRTZ**, son of Kathleen & Steven Gewirtz
- 2/18 **MICHELE SIEGEL**, daughter of Lillian Hass
- 2/19 **BRANDON WEDEL**, brother of Brittni Wedel
- 2/19 **CASEY STRAKA**, son of Dana Straka
- 2/19 **CORLYN HAYNES**, daughter of Yvonne Haynes
- 2/19 **IAN ADLER**, son of Judy Adler
- 2/19 **JAVAN STEWART**, son of Omarr & Ursula Stewart
- 2/19 **KELLI ANNE AULETTA**, daughter of Dick & Mary Auletta, sister of Kimberlee
- 2/19 **LORI HEALY**, daughter of Tom Healy
- 2/20 **GERSON JAIR SALMON**, son of Ivette Salmon
- 2/21 **ALEXANDER ROBERTS**, son of Nancy Roberts
- 2/21 **TEVIN A. HAMPTON**, son of Patricia Lilly
- 2/22 **SERYNA RODRIGUEZ**, daughter of Marilyn Castro
- 2/23 **AODHAN CUMISHEY**, daughter of Donal Cumishey
- 2/24 **LEO CONAGHAN**, nephew of Ellen Barry
- 2/24 **MARTIN DE JESUS FLORES**, brother of Joanna Flores
- 2/25 **MARY ANN VALVERDE**, sister of Victoria Soto
- 2/26 **GLENN SPELLER JR.**, son of Glenn Speller Sr.
- 2/26 **JOSEPH MARINO**, brother of Joanne Marino
- 2/27 **FLORENCE FRAZER**, sister of Harri Molese
- 2/27 **PAUL THOMPSON**, son of Elaine Thompson
- 2/28 **MICHAEL MCGOVERN**, son of Harri Molese



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MARCH BIRTHDAYS



3/1 **JO ANNA BURRO**, daughter of Jeanette Burro
 3/1 **RISA FIELD**, sister of Barbara Field
 3/1 **ROSARIO TORANZO**, sister of Carmen Toranzo
 3/1 **SCOTT DEMEL**, son of Caren and Marc Demel
 3/3 **AREIS GORDON**, son of Joselyn Gordon
 3/3 **DAVID MILLER**, brother of Jeanie Miller
 3/3 **DIANE HASS**, daughter of Lillian Hass
 3/3 **JENNA AGULE**, sister of Devon Agule
 3/4 **CHRISTOPHER ROMINE**, brother of Jennifer Romine
 3/4 **JASMINA ANEMA**, daughter of Theodora Anema
 3/5 **PAMELYNN SAMUEL**, daughter of Madelaine Samuel
 3/5 **STEFANO AGOSTINELLI**, son of Pascale Agostinelli
 3/6 **LEAH NICO**, daughter of Linda Sacks, sister of Mara Bragg
 3/6 **PARKER KOLTCHAK**, son of Deb Capone
 3/6 **SITA OLIVE SINGH DUTTON**, daughter of Nirvani Bissessar and Edward Dutton
 3/7 **CHRISTIAN FUERSICH**, son of Janet Fuersich
 3/7 **RORY DAZE CHONG**, son of Pam Chong
 3/7 **SHIMMER HALL**, daughter of Janine James
 3/8 **DANIELLE ALEXANDRA GORDON**, daughter of Fran Gordon
 3/8 **MAGGIE GOWELL**, daughter of John & Rosanna Gowell and sister of Jesse
 3/9 **ANJELINA PATRICE WILLS**, granddaughter of Patricia Tyler-Owens
 3/10 **CYBELE ELIZABETH FISHER-KOPPEL**, daughter of Phyllis & Jack Fisher, sister of Remy Fisher-Bauman
 3/10 **ELINOR FRIEDBERG BLUME**, daughter of Leslie Kandell
 3/10 **JULIAN SERAFIN**, son of Agata Lisok-Serafin
 3/11 **GRACE CORDERO**, daughter of Margarita Zambrano
 3/11 **LYNDON HOWARD**, son of Lila Howard
 3/11 **SEAMUS WOOD**, son of Will Wood & Deb Funkhouser
 3/12 **BENJAMIN RONALD OJEDA-FEINSTEIN**, son of Talo Ojeda & Reva Feinstein
 3/13 **ALEXANDER ANDUJAR JR.**, son of Madelaine Colon
 3/13 **ROBERT CABALES**, son of Susan Cabaales
 3/14 **ALEXANDRA POLLIO**, daughter of Kathleen Curcio
 3/14 **BENJAMIN LEWIS KAPLAN**, son of Barbara Lewis Kaplan, brother of Julia Kaplan
 3/14 **WILLIAM JOHN BERTRAND**, son of MaryLee Bertrand
 3/15 **ROBERT PATRICK JENKINS**, son of Barbara Jenkins, brother of Cheryl

3/17 **ELYSE CARVER**, daughter of Violette Carver
 3/17 **GERSON JAIR SALMON**, son of Ivette Salmon
 3/17 **SOLOMON LEVINE**, son of Debby Levine
 3/17 **WILLIAM FISHER**, son of Sally A. Fisher
 3/18 **ANDY FISHER**, son of Barbara Fisher
 3/18 **ANDY PERSAUD**, son of Dennis Persaud, brother of Andrea Persaud
 3/18 **DESHA BEAMER**, sister of Laura Beamer
 3/19 **CHARLOTTE MILLER**, daughter of Caitlin Felton & Barney Miller, sister of Clara
 3/20 **ISABEL L. DODWELL**, daughter of Amy & William Dodwell
 3/20 **PHILIP GOODFRIEND**, son of Debbie Goodfriend
 3/21 **JOSHUA UNDERWOOD**, brother of Sarah Underwood
 3/22 **DARIA NORTON**, daughter of Charlotte Savino & Lee Norton
 3/23 **ALEXANDER ROBERTS**, son of Nancy Roberts
 3/23 **GLENN GILLIARD**, son of Rose Chaney
 3/23 **MANUEL RODRIGUEZ**, son of Irene Rodriguez
 3/24 **BRYANT GIBBS**, brother of Cynthia Gibbs-Pratt
 3/24 **RONAN CHRISTOPHER LOUIS**, son of Rick Louis
 3/25 **AUDREY NIBLO**, daughter of John Niblo
 3/25 **JADEN MAXWELL THOMAS**, son of Louise Thomas, brother of Tanya
 3/25 **RICHARD CONLEY**, son of Phyllis Conley
 3/26 **BEN BREEN**, son of Carol Breen
 3/26 **JEREMY PALLEY**, son of Iris Palley and Stephen Palley
 3/26 **NOAH COMPTON-MEYER**, nephew of Allison Meyer
 3/27 **CHADWICK ALEXANDER ANDERSON**, son of Stacie Hawkins
 3/27 **STEVEN HOUTERMAN**, son of Awilda Rodriguez Houterman
 3/28 **DAVID LANG BAREK**, son of Peggy Lang
 3/29 **BRANDON WEDEL**, brother of Brittni Wedel
 3/29 **MICHAEL VINCENT ROSEN PIPITONE**, son of Alison Rosen & David Hantman
 3/29 **ROBERT VRABLIK**, brother of Lauren Vrablik
 3/30 **ALEX REY**, son of Alex and Myrna Rey, brother of Amanda Rey
 3/30 **AURELIE FRANCHITTI**, daughter of Marianna Vertsman, sister of Valerie Franchitti
 3/30 **SANDY SMITH**, sister of Cindy Smith
 3/30 **ZANE MANDEL-MICHALAK**, son of Janet Robinson
 3/31 **ADAM RAPOPORT**, brother of Lindsay Rapoport
 3/31 **ROBERT RODRIGUEZ**, son of Caroline Linares





OUR CHILDREN—LOVED AND REMEMBERED

MARCH ANNIVERSARIES



3/2 **DANIEL ALBERT**, son of Anita Albert, brother of Jenna Van Dusen
 3/2 **NATASHA GEMBKA**, daughter of Tim & Alexis Gembka
 3/2 **TY PICKETT**, son of Jan Pickett
 3/3 **ERIC LINETT**, beloved nephew of Roberta Schine
 3/3 **LOUIS ARESU**, son of Elizabeth Sperrazza, brother of Maria Sperrazza
 3/4 **EDDIE WALSH**, twin brother of Tricia Walsh
 3/4 **SAESHA KAYTAL**, daughter of Supriya & Sid Kaytal
 3/4 **WILL EARLE**, son of Nancy Earle
 3/5 **MICHAEL MCFARLAND**, son of Tamara McFarland
 3/6 **ALEXANDER MAXWELL**, son of Deanna & Kent Grant
 3/6 **DANIELLE BAKER**, sister of Tiffany Baker
 3/6 **DIMITRI VAZQUEZ**, son of Maria Bryant
 3/6 **RICHIE BENANTI**, son of Monica Benanti
 3/7 **PETER SCHLENDORF**, son of Karen Schlendorf
 3/9 **DAVID 'JESSE' REISSMAN**, brother of Phil Reissman
 3/9 **DONNA MALIZIS**, daughter of Agata Malizis
 3/9 **ROBERT VRABLIK**, brother of Lauren Vrablik
 3/9 **ROSARIO TORANZO**, sister of Carmen Toranzo
 3/10 **BRIAN MARC LIPTON**, son of Nancy & Charles Lipton
 3/11 **GRACE CORDERO**, daughter of Margarita Zambrano
 3/11 **MILO KESSLER**, son of Alana Fishberg & Daryl Kessler
 3/12 **AMOL VADEHRA**, brother of Mallika Vadehra
 3/12 **BURTON SANDLES**, son of Ina Sandles
 3/12 **TEREL SMITH**, son of Cathy Philbert
 3/13 **JACK CASSELS**, son of Ellen Cassels-Conde & John Cassels, brother of Collin Cassels
 3/13 **JOHN CORBETT**, brother of Sara Corbett
 3/13 **JUDAH GUBBAY**, son of Marge Gubbay
 3/13 **NOAH COMPTON-MEYER**, nephew of Allison Meyer
 3/14 **AMY KIMM**, daughter of Arleen Becker
 3/14 **MICHAEL ANTHONY EAGLE**, son of Leslie Katina Eagle
 3/15 **DANIELLE ALEXANDRA GORDON**, daughter of Fran Gordon
 3/16 **ARTHUR KOZLOVSKI**, brother of Kristina Kozlovski
 3/16 **CHARLIE DENIHAN**, son of Barbara and Ben Denihan, brother of Krissy and Kate

3/16 **MICHAEL KAMEO**, son of Mordi and Keren Kameo
 3/16 **NICHOLAS MONICO**, son of Lisa & Craig Monico
 3/17 **ISAAC JACOB MEYERS**, son of Nahma Sandrow Meyers, brother of Hannah Meyers
 3/17 **LAUREN HAROPULOS**, daughter of Mike & Barbara Haropulos
 3/18 **CATHERINE CORENU**, daughter of Carrie Tuhy
 3/18 **CHARLENE ALVAREZ**, daughter of Charlie Alvarez
 3/18 **DAVID MILLER**, brother of Jeanie Miller
 3/19 **DAVID KRANZ**, son of Denise Kranz and Charles Katz
 3/19 **SITA OLIVE SINGH DUTTON**, daughter of Nirvani Bissessar and Edward Dutton
 3/20 **MICHAEL STEIN**, son of Eric Stein
 3/20 **RASHID WASHINGTON**, son of Chakaina Anderson
 3/21 **JELANI CARTER**, son of Darlene Hoffman
 3/21 **LOUIS KORENMAN**, son of Sanders Korenman
 3/21 **MELANIE DINOWITZ**, daughter of Elaine Dinowitz
 3/21 **MICHAEL CYRUS**, son of Linda Reed
 3/22 **LIN GUO**, brother of Sylvia Guo
 3/23 **ARIELLE ANEY**, daughter of Jenelle & Christopher Aney
 3/24 **CALLUM ROCHE**, son of Sean Roche
 3/24 **SUZANNE PAGE**, daughter of Timmie Ross
 3/25 **MATTHEW CARLSON LUTZ**, son of Linda L. Carlson
 3/26 **AIMEE GANDOUR**, sister of Molly Gandour
 3/26 **CLARIS GLOVER**, daughter of Crystal Glover
 3/27 **ASHLEE D. BLAKE GUTIERREZ**, daughter of Marlene & Francisco Gutierrez
 3/28 **ROBERT GRAUP**, son of Leona Graup
 3/28 **TEPLY RACHMEL**, daughter of Alllison Tepley & Nir Rachmel
 3/28 **ZAIDA SANTIAGO**, daughter of Selena Santiago & Lewis Harbour
 3/29 **GARY LEUNG**, brother of Tony Leung
 3/29 **KHEMALI MURRAY**, daughter of Georgette Murray
 3/29 **NICOLAS DE LAVALETTE**, brother of Sebastian Lavalette
 3/31 **GRANT PHILLIPS**, son of Linda Phillips
 3/31 **HARRIS KAPLANSKY**, son of Denise Gelfand



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
48660 Pontiac Trail #930808, Wixom, MI 48393
Toll Free (877) 969-0010
www.compassionatefriends.org
email:nationaloffice@compassionatefriends.org

WE NEED NOT WALK ALONE
TCF Online National Magazine
[Click here for Information](#)

MARK YOUR CALENDARS!
Our next Chapter meetings are
the 3rd Tuesday of each month:
FEB 20 MAR 19 APR 16 MAY 21

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

[TCF – Loss of a Child](#)

[TCF – Loss of a Stepchild](#)

[TCF – Loss of an Only Child/All Your Children](#)

[TCF – Multiple Losses](#)

[TCF – Daughterless Mothers](#)

[TCF – Men in Grief](#)

[TCF – Bereaved LGBTQ Parents with Loss of a Child](#)

[TCF – Bereaved Parents with Grandchild Visitation Issues](#)

[TCF – Loss to Miscarriage or Stillbirth](#)

[TCF – Infant and Toddler Loss](#)

[TCF – Loss of a Child 4 -12 Years Old](#)

[TCF – Loss of a Child 13-19 Years Old](#)

[TCF – Loss of an Adult Child](#)

[TCF – Loss of a Child with Special Needs](#)

[TCF – Loss of a Grandchild](#)

[TCF – Grandparents Raising their Grandchildren](#)

[TCF – Miscarriage, Stillbirth, Loss of an Infant Grandchild](#)

[TCF – Loss to Long-term Illness](#)

[TCF – Loss to Cancer](#)

[TCF – Loss After Withdrawing Life Support](#)

[TCF – Loss to Mental Illness](#)

[TCF – Sudden Death](#)

[TCF – Loss to Suicide](#)

[TCF – Loss to Homicide](#)

[TCF – Loss to Substance Related Causes](#)

[TCF – Loss to a Drunk/Impaired Driver](#)

[TCF – Grieving with Faith and Hope](#)

[TCF – Reading Your Way Through Grief](#)

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](#)