



The Compassionate Friends
Manhattan Chapter
 Supporting Family After a Child Dies

Our next meetings...	
Jul	12 & 26
Aug	9 & 23
Sep	13 & 27
Oct	11 & 25

**In the hope of helping others -
 The Compassionate Friends**
 by Genesse Gentry

In 1991, our 21-year old daughter Lori, died in a car accident. I was completely devastated by the death of my child. Everything I believed about life was tossed out the window, and I was filled with despair. It felt as if grief would destroy me.

Much of the time is now a blur, too painful to remember. But I do recall clearly my feeling of disconnection from most of the world of the living. My life had been ruined, and I had no idea what to do. The friends with whom I had surrounded myself before Lori's death had no way of knowing how to befriend me in this, and I had no idea how to ask for the help I needed. So hurt and loneliness were added to my overwhelming grief because friends who didn't know what to do or say often opted to do and say nothing.

And then my husband and I found The Compassionate Friends. I won't say it was immediately a perfect fit for me, because it wasn't, or that I felt comfortable at the meetings, because I didn't. I was a very private person; I had no experience crying on anyone's shoulder. My tears had always been in solitude. I'd never learned to express my feelings in words. So, when someone asked me how I was feeling, I'd almost panic. How DID I feel? And after listening to others in the circle, by the time my turn came, I was often overwhelmed with feelings. Like many others, I can't cry and talk at the same time, which caused people to have to wait as I tried to get words out...I hated all the eyes on me while I tried to gain control.

(con't on page 3)

I know how you feel...
 by Marie Levine

My life went off the rails in 1993. At the time I was entering middle age, had enjoyed a successful career, and continued on what seemed a prosperous trajectory. I had been married for 29 interesting years and had the most fabulous son who was about to enter adulthood; handsome, smart, educated, healthy and wise (for a 22 year old). I often voiced my gratitude to the fates for my good fortune. Big mistake. They heard me - and offended by my hubris - they smacked me down like a bug that had landed blissfully in their unsullied world.

It was August 8th. Visiting with my sister in California, she and I had spent a glorious summer day in Carmel, returning home exhausted and settling in with my brother-in-law to watch a movie when the phone rang. Unaware that my life as I knew it was about to end, my sister and I continued watching while he went to answer the phone. It was 9PM. Midnight in New York .

Unbeknownst to me, while my sister and I were romping around Carmel during the afternoon, my husband had called looking for me. (It was 1993 - no cell phones). When my brother-in-law took the call, Phil was forced to tell him the news but asked that he not tell me, saying he would call me that evening. He waited until midnight in New York so that I could have one last day....thus, greeted normally when we returned from our fun day, I had no clue that anything was amiss. That Peter had been dead for 24 hours. When the phone rang at 9PM, I reluctantly went to the phone when my brother-in-law interrupted the movie to tell me that Phil was calling. Looking back on that moment, remembering that he knew what was about to happen.....

I'm recalling this now as I anticipate the 23rd summer since that fateful day. Though I don't remember all the details of subsequent days, I remember vividly what I felt that day as my mind shattered and I watched myself from a distance that only an

(con't on page 3)

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

TCF MANHATTAN CHAPTER email: tcfmanhattan@gmail.com
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 Newsletter Editor: **Marie Levine** marielevine2@verizon.net

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.



TCF 45th National Conference
Houston, TX • August 5-7, 2022

45TH TCF NATIONAL CONFERENCE

LOVE SOARS THROUGH CLOUDS OF HOPE

Friday-Sunday, August 5-7, 2022 Houston, TX

[Click here for more information](#)



TCF 45th National Conference
Houston, TX • August 5-7, 2022

The 45th TCF National Conference August 5-7, 2022 in Houston, TX.

We are very pleased to welcome back TCF's annual national conference, this year in person! This eagerly anticipated event for those bereaved parents, grandparents, and siblings who attend seeking renewed hope, ways of coping with their grief, and friendships made with those who truly understand the painful loss of a child, sibling, or grandchild. With inspirational keynote speakers, numerous workshops including a wide variety of topics, and the always memorable candle lighting program on Saturday evening, culminating with the popular Walk to Remember on Sunday morning, and so much more, the TCF 45th National Conference is a much-needed gift that we give to ourselves. Conference registration will open in mid-March.

This year's conference will be held at the Marriott Marquis Houston. Reservations can now be made [online](#) at TCF's dedicated reservation link. TCF's discounted room rate with Marriott is \$149 per night plus tax.

Please note that each attendee will only be able to reserve two rooms. Since the conference begins early on Friday and pre-conference activities are offered on Thursday evening, attendees usually find it beneficial to arrive on Thursday.

[Click here for more information](#)

And Yet This Happened To Me

*I took motherhood so seriously
I took nothing for granted
I was always thankful
for what I had.
And yet, this happened to me.*

*I chose to stay with them,
live through their lives closely,
put my own aspirations
on hold 'til they'd grown.
And yet, this happened to me.*

*My life was spent caring
for two lovely daughters
who made my life special
in so many ways.*

*One day she was living,
alive, well and thriving.
The next she was gone
to a life we can't share.*

*I'm learning to struggle
to find ways of being
that brings wholeness and peace,
and live with what happened to me.*

~**Genesse Gentry**,
from her book, *Stars In The Deepest Night*

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 can, 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.

In the hope of helping others... (con't from page 1)

So why did I keep going? At the beginning it was because my husband wanted to go, and it was there that I learned more about how I was feeling. I was also learning ways of coping with my loss from the more seasoned grievers. And all too soon I learned that TCF was actually a sanctuary, the only place where I could try to explain my feelings or talk about Lori and her death without people trying to change the subject because they were being made uncomfortable by my words. And it was such a relief to find out that not only was it okay to voice my darkest thoughts and feelings but they often felt the same way themselves. They understood! Some months I had to overcome my lethargy to get in the car and drive the half hour to get to meetings, but every time I went I was thankful that I had. Looking back now, I realize that the meetings, and the friends I made at the meetings, probably saved my life.

By the Spring before the second anniversary of Lori's death, we were no longer attending every meeting. I regularly spoke with TCF friends, but I didn't feel I needed to go every month. I had come to the point, as so many do, where I felt I had received most of the help I would get from TCF. I might soon have stopped going to meetings altogether. Now I can't even imagine who I would have become if that had happened. Instead, I was given a gift, a reason to keep attending the meetings. Our facilitator was moving out of the area and I was asked to facilitate the local meeting. I said yes and found there was a whole new world of healing when I stopped going only for myself and began to attend meetings to help others. I can't overemphasize the importance of this turning point in my life.

From then on, every month I had to look outside myself and into the hearts and minds of others and try to give them hope. I found the intensity of my own raw pain began to take a backseat to that of others more newly bereaved than I. Because I needed to find words for THEM, to try to ease THEIR pain, a floodgate was gradually open in me, and words, amazing words began to fill my life. Feelings, with the words to describe them, began to well up from my innermost being, feelings from the past, from those first months after Lori's death, and feelings in the present, words in the form of poetry, poems to help me understand myself and poems to help others. And, truly, I believe this would not have happened if I hadn't opened my heart to my newly bereaved compassionate friends.

MY FRIEND

At one time you were my world.
As the years passed us by,
you were my brother
my friend.
The older we grew,
the closer we drew.
We lived our lives and suffered many sorrows
together.

But to suffer this one alone, I just don't know.
You made your own rules,
you conquered the world and more –
Heavens door.

The world will forever be a little emptier,
a little colder,
and yet heaven is so much richer.
Blessed God, please watch over my friend
Until I can join him; we'll all join him soon.
I love you still my friend.

~Lori Boyle, TCF, Wellsville, NY

I know how you feel... (con't from page 1)

out-of-body experience could provide. The disbelief, confusion and physical pain that sent me screaming and flailing about remain a memory that can be recalled at will. The hopelessness - and later, the sense that my entire life to that point had been a waste. The future I had anticipated was gone in a flash and with it went the hope that my own life would have mattered. My son Peter was my whole reason for being. Without him, I believed all was lost.

Thinking I was singularly devastated, I was only mildly comforted at my first TCF meeting. Introduced to parents who were only one or two years ahead of me, I actually thought they were probably "over it". Ha! Amazing looking back, that I could even have thought that. Then again, I had lost *Peter* - the mostest, best, biggest, wonderfulest, most amazing son ever! My grief could never be survived. I returned again and again. Meeting after meeting I railed at the heavens, sharing my anguish with other newly bereaved parents who, like me, believed they were singularly devastated.

In time, I began to realize that the pain of losing a child weighs the same to each and every newly bereaved parent - no matter the age, the size, the circumstances. As my fellow travelers and I shared our experiences and tried to articulate a sensibility that has no language, I recognized how universal this particular grief is - and how unsettling it is to be unable to describe it. We never stop trying and sometimes our metaphors come close.

One day one of my compassionate friends came up to me at a meeting and thanked me for something I said. They told me how it had helped them and how they had shared what I said with many of the people in their support system. Later, reflecting on that conversation I felt a glimmer of - dare I say it - hope? I had helped someone! I had been journaling since the beginning. Maybe I could share what I was feeling by sharing my writing. My healing began then.

As bereaved parents, grandparents and siblings, we are all comfortable with each other because we really know what it feels like. We don't have to try desperately to describe this pain, anguish and confusion to each other. We know exactly how it feels. No mindless attempts to comfort can be found here. Only validation. Like survivors of a distant war, we are trenchmates... we know what it feels like to have our world blow up. We know what it feels like to be surrounded by family and friends who cannot imagine what we are suffering or how we are forever changed. We know what it feels like to re-enter an unknowing world. We know what it feels like to be submerged in a world of expectations - a world that expects us to move on, put the past behind us, give up our future plans and reinvent ourselves on short notice, or at least return to them as the people we once were.

Yes, I do know how you feel. As time has worked its magic on me and softened the constant ache and replaced it with breathtaking longing - I continue to reach out to new travelers whose path leads to our world. I try to assure them that they won't forget, they are not alone, time is their friend - they will survive. Eventually we all learn how to live the rest of our lives with our absent children forever present in our broken hearts.

Marie Levine, June 2016

Do You have Children

by Penny Young

There have been many adjustments we have had to make after having lost our only child. Some of these have hit us immediately while others have snuck up on us in unexpected ways. One of the most difficult adjustments for us was trying to answer the question "Do you have children"? That question always seems to crop up in conversations with people we have just met, and every time it brings a prick to our hearts and, at least in the early days, some confusion as to how to answer it. Sometimes it throws us into a fit of tears. At other times, it may cause us to hastily mutter "no" to protect our too tender hearts and avoid talking about our grief with complete strangers.

Through the years we have answered the question in a variety of ways. We've always felt a pang of guilt at denying our child when we've said "no", even though at the time it seemed the most prudent answer for the circumstance. It was a quick, though certainly not painless way to move the conversation on to other things and not have to go into detail about our loss. While we were still trying to figure out how to live with our grief, the "no" answer was the easiest escape for us and caused the least discomfort for others.

Now that we are seasoned grievers, we no longer use that answer. We have always loved talking about our son Matthew and have determined that if that makes the people around us uncomfortable, it is more a problem for them than for us. Even though answering "yes but our child died", can be an absolute conversation stopper, we have learned to move beyond the discomfort and/or embarrassment (the most typical reactions) of the questioner, by enthusiastically answering "Yes" and moving on to explain that our son has been living in heaven for seventeen years, to thank the person for asking because we love to talk about him. Unfortunately this too can sometime (but not always) be a conversation stopper. However, it seems to cause the least amount of embarrassment or awkwardness while giving us the wonderful opportunity to tell others about our son.

In every situation in which the question "Do you have children?" is asked, one must quickly analyze the response. Sometimes a brief "Yes, our son now lives in heaven", is answer enough, and the conversation can move on to other topics. This is especially true if the people we are meeting are ones we don't expect to meet again. If, however, they are people we will associate with again and again over time, we talk about our son - always remembering to thank them for asking. Our own comfort and joy in talking about Matthew sometimes even transfers over to them as well.

If we are in a business situation or one in which ongoing conversation would not be possible, we merely answer "none still living" and let it go at that. In this way we have honored Matthew's life without causing too much discomfort to others or spending time in lengthy explanation.

Ultimately, every person must decide for themselves how to answer the question, but I do believe that thinking and planning in advance will give the bereaved parent the most comfort when the question arises. Being prepared is often the difference between the awkwardness and additional hurt that might arise and the ongoing flow of conversation that allow you to move on at your own comfort level.

~written in remembrance of

Matthew Ragan Young, 1975-1994

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BEATITUDES FOR THOSE WHO COMFORT

Blessed are those who do not use tears to measure the true feelings of the bereaved

Blessed are those who do not always have a quick, "comforting" answer.

Blessed are those who do not make judgments on the bereaved's closeness to God by their reaction to the loss of their loved one.

Blessed are those who hear with their hearts and not with their minds.

Blessed are those who admit their uncomfotableness and put it aside to help the bereaved.

Blessed are those who do not give unwanted advice.

Blessed are those who continue to call, visit and reach out when the crowd has dwindled and the wounded are left standing alone.

Blessed are those who know the worth of each person as a unique individual and do not pretend that they can be replaced or forgotten.

Blessed are those who realize the fragility of bereavement and handle it with an understanding shoulder and a loving heart.

~Jackie Deems – from *Bereavement Magazine*.

"I look to the stars and I see you there. It may seem that all that can be said of your life is a quick flash, just a small part of the excitement and the confusion, the certainty and the doubt that once was you.

But I know more. I know the bravest part of you, the part that risked loving. So when I look up to see you, I have no doubt that at least your courage will shine forever."

~Molly Fumia, "Safe Passage"

Siblings

The Courage to Let Life Go On

“Courage is not the absence of fear and pain but the affirmation of life despite fear and pain”

~ Earl Grollman

“Life goes on.” I have often heard this sentence, said perhaps to console me, or perhaps as a way to put an end to conversation about loss and death. Of course life goes on, no matter how shattered our lives are by the loss of someone we love so dearly. Life doesn’t ask whether we want to go along. We want the world to stop turning because of our loss. Days turn onto nights, again and again, and this is how we arrived at this day. Suddenly another month, another year has gone by, although we all probably asked ourselves how we would be able to go on living. It just happens. We do not die because of the pain. We keep on living and I still wonder how this can be.

I do not want life to go on, but to stop it right here, or better yet, to turn back to the day when I lost my sister and baby niece. I do not want the changes life brings. Each change seems to increase the distance between the life I knew with them and the life I live today. I cannot ask my sister’s opinion about the new things that happen. I cannot share them with her, tell her about them, laugh or cry with her about them. Changes make me aware that in fact life does go on, without her. My birthdays make me sad because they change the difference in age... my sister was always four years older than I was.

Sometimes I feel guilty that I live on. I smell, I breathe, touch feel, see and experience life, while my sister and her daughter were ripped away from it.

(con’t in next column)

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

Life Goes On...

(con’t from left column)

My sister and I never talked about death or losing each other, but if we had, I am sure we both would have said that we could not imagine life without one another. If it had been me, my sister would have been forced to do exactly the same; go on living despite the agony, just because there is no choice.

Before I lost them, I trusted life to be good. I believed in fairness; if we are good, life will spare us tragedies and besides, these tragedies only happen to other people, those I do not know, those I read about in the papers, distant, easy to forget about. I lost this sense of security and trust in life. I now find that living takes courage. Life becomes meaningful through love and friendship, but loving is what makes us vulnerable. Daring to invite love into our lives means to increase vulnerability to the threats that seem to be around every corner. Instead of asking “why us?” I often find myself asking “why not us?” Tragedy hits good and bad people for no reason. It seems the world is just random and unpredictable. Just because I am a good person and I already lost so much does not mean I will be spared more pain.

Life goes on and because it does, with all the good and bad things that happen to us, it scares me to live and particularly to love. What if more happens? The fear is paralyzing. I pray to God, to my sister and my niece to protect us, although I know they don’t have the power to prevent other things from happening. What then can I ask them for? Courage I guess.

Courage to let life go on, to give myself a chance that new and good things will happen to me that will add JOY to my life

~ Britta Nielsen, TCF Manhattan

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.



OUR CHILDREN—LOVED AND REMEMBERED



JULY BIRTHDAYS

- 7/1 **JONAH BING**, son of Dana Lodge
- 7/1 **NOAH MITCHELL**, son of Melody Mitchell
- 7/3 **CORLYN HAYNES**, daughter of Yvonne Haynes
- 7/3 **MICHAEL CYRUS**, son of Linda Reed
- 7/5 **PIERRE MCALOON**, son of Peggy McAloon
- 7/6 **NARI GAJADHAR**, son of Beena Bermingham, nephew of Asha Singh
- 7/6 **RASHID SOLIS**, son of Frank Solis
- 7/7 **TODD C. FIORE**, son of Yvonne Fiore
- 7/8 **CHRISTOPHER MURPHY**, brother of Nina Murphy
- 7/8 **MICHAEL SINCLAIR**, son of Susan Sinclair
- 7/8 **TIONNIE MURRAY**, daughter of Marie Caballero
- 7/9 **DYLAN LAKER**, son of Claudette Kraus & Robert Laker
- 7/10 **DANILO RODRIGUEZ**, sister of Enrique Rodriguez
- 7/11 **MILES STEPHENSON**, son of Syntyche Stephenson
- 7/12 **ELIOT BARTLETT**, brother of Emanuekl Bartlett
- 7/12 **ELIZABETH O'HARE**, sister of Christopher O'Hare
- 7/12 **KANNE IKONOMOU**, sister of Natasha Ikonomou
- 7/12 **KARINA VETRANO**, sister of Tara Vetrano
- 7/12 **SARAH AKHTAR**, sister of Alafia Akhtar and Rahil Darbur
- 7/12 **THOMAS PARISI**, son of Pamela Parisi
- 7/13 **LAVONE SKY SANTANA**, son of Istrha Santana
- 7/13 **MICHAEL WHITLOCK**, son of Peggy Whitlock
- 7/14 **CAMERON CHIANG**, daughter of Joanna & Chris Chiang
- 7/14 **MIA SACASA**, daughter of Malik Sacasa
- 7/14 **PETER ADAM LEVINE**, beloved son of Marie Levine & the late Philip Levine
- 7/15 **BRIAN MEEHAN**, brother of Kevin Meehan
- 7/15 **JEM MAIR**, daughter of Ilana Mair
- 7/15 **MICHELE SIEGEL**, daughter of Lillian Hass
- 7/16 **AMIAS**, son of Samantha Diaz, nephew of Jasmine Burney
- 7/16 **LUIS A. GARCIA**, son of Tania Germes
- 7/16 **MICHAEL KAMEO**, son of Mordi and Keren Kameo

- 7/17 **JACK PAHLE**, brother of Rebecca Pahle
- 7/17 **MICHAEL DURNIN**, son of Karen & Mike Durnin
- 7/17 **TEPLY RACHMEL**, daughter of Alllison Tepley & Nir Rachmel
- 7/17 **TYREE SHEPPARD**, son of Laura Sheppard
- 7/18 **CALLIE LONG**, daughter of Jackie Long
- 7/18 **JEFFREY VANCHIRO**, son of Sylvester (Sly) Vanchiro
- 7/18 **RHETT THOMPSON**, son of Gayla Thompson
- 7/19 **JOSH GROSSE**, son of Susan Grosse
- 7/20 **ANDREW MARTIN ARNOLD**, brother of Barbara Arnold
- 7/20 **OSCAR REED PUGH**, son of Jon Pugh & Rachele Guiragossian
- 7/20 **ROBERT GRAUP**, son of Leona Graup
- 7/22 **MAHLIK WILLIAMS**, son of Ramona Williams, brother of Mekael Williams
- 7/22 **NATALIE JOY HERTEL-VOISINE**, daughter of Barbara Hertel & Don Voisine
- 7/23 **ANYA GABRIELA KUPPERSMITH**, daughter of Judith Koppersmith
- 7/23 **GINO FONGKIN**, brother of Desiree Brown
- 7/23 **PETER SCHLENDORF**, son of Karen Schlendorf
- 7/23 **SHAUN BECKWITH CHASEN**, son of Dr. Barbara Chasen
- 7/24 **LUIS LARA**, son of Harry & Maria Ruff
- 7/25 **BRENDAN BITTNER**, brother of Jessica Bittner Markus
- 7/25 **KHALIL KNOWLEDGE SMITH**, son of Malazha Wright
- 7/28 **ANTONIO LAW**, son of Jacqueline Law
- 7/28 **JASMIN REQUENA**, daughter of Eleanor Requena, sister of Jaqueline
- 7/29 **CLARIS GLOVER**, daughter of Crystal Glover
- 7/29 **CRYSTAL LAUZAU**, daughter of Gwyneth Hotaling
- 7/29 **RICK HOWELL**, brother of Annie Howell
- 7/30 **BRITTANY MCGRATH**, sister of Chelsea McGrath
- 7/30 **JUSTIN HOLLAND**, son of Carole & Marvin Holland
- 7/31 **PAIX MICHAEL BARILLON**, son of Christine & Benjamin Barillon



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

JULY ANNIVERSARIES



- 7/1 **ALAI A MOSELEY**, daughter of Patricia Mosley
- 7/1 **NOAH MITCHELL**, son of Melody Mitchell
- 7/1 **SEAMUS WOOD**, son of Will Wood & Deb Funkhouser
- 7/2 **KEVIN MITCHELL**, son of Jacquie & John Mitchell, brother of Kristopher & the late Kareem Mitchell
- 7/2 **MELISSA ANN WALSH**, sister of Stephanie Walsh
- 7/2 **NATHANIEL LOUIS RAND**, son of Jacob Rand
- 7/3 **DMITRI PAJITNOVA**, son of Nina Pajitnova
- 7/4 **JONAH BING**, son of Dana Lodge
- 7/4 **LISA**, daughter of Masha Leyn, sister of Max Leyn
- 7/4 **TREVOR LOUGHLIN**, son of Suzy & Joe Loughlin, brother of Juliette Loughlin
- 7/4 **TYLER MADOFF**, son of Michael & Marianne Madoff
- 7/5 **ALAN ROSENTHAL**, son of Lynne Rosenthal
- 7/6 **BENJAMIN IMBROGNO**, son of Naomi Imbrogno
- 7/6 **EVAN MAXWELL**, brother of Jean Maxwell
- 7/6 **RUSSELL FERBER**, son of David Ferber & Dorothy Jordon, brother of Jordon Ferber
- 7/7 **ELINOR FRIEDBERG BLUME**, daughter of Leslie Kandell
- 7/8 **JACK PAHLE**, brother of Rebecca Pahle
- 7/8 **LATASHA ALCANTARA**, daughter of Anita Guy-Martin
- 7/8 **MICHAEL KLINOFSKY**, brother of Melanie Klinofsky
- 7/8 **SEAN MCCLURE**, son of Patricia McClure
- 7/9 **LAURA NAMIE**, sister of Matthew Namie
- 7/11 **ELYSE CARVER**, daughter of Violette Carver
- 7/13 **GAIL ROACH**, daughter of Joyce Roche
- 7/13 **JULIAN SERAFIN**, son of Agata Lisok-Serafin
- 7/13 **KIARA KHARPERTIUM**, sister of Devin Kharpertium
- 7/14 **DAVID ZABLIDOWSKY**, son of Doris & Martin Zablidowsky
- 7/14 **DWAYNE NELSON**, son of Amelia Brewer-Nelson
- 7/15 **NATHANIEL HILL JR.**, son of Lynette & Nathaniel Hill, sister of Lenise
- 7/15 **ZACHARY JAMES MILLIKEN**, son of Vigi Cadunz
- 7/16 **ARTHUR DUDIN**, son of Stan & Irina Dudin
- 7/16 **IRIS**, daughter of Alyson Ben-David
- 7/16 **SHAY DORRITIE**, son of Richard Dorritie
- 7/20 **IAN MALSON**, brother of Caitlin Malson
- 7/20 **JOHN BARNES (KOKO)**, son of Hana Barnes

- 7/20 **YVONNE LAURICE AJAKIE**, daughter of Evelyn Rabi
- 7/21 **MIKEY HARTNETT**, son of Jessica & James Kerwin
- 7/21 **OSCAR REED PUGH**, son of Jon Pugh & Rachelle Guiragossian
- 7/21 **RED LAYNE**, daughter of Greg & Trillich Layne
- 7/21 **SEAN COLLINS**, brother of Kelly Collins
- 7/21 **SONU ADAMS**, daughter of Una Chaudhuri & Michael Adams, sister of Nathaniel Adams
- 7/21 **STACEY LEONDIS**, sister of Diana Liondis
- 7/21 **THOMAS PARISI**, son of Pamela Parisi
- 7/22 **ANDREW MARTIN**, son of Marina Re
- 7/22 **JUSTIN R. NEGRON**, son of Nancy Negron, brother of Samantha
- 7/22 **MILES STEPHENSON**, son of Syntyche Stephenson
- 7/22 **SAM BINNICKER**, brother of Griffin Binnicker
- 7/22 **WILL GARRIGAN**, brother of Erin Garrigan
- 7/24 **MAYA**, sister of Matt Klegon
- 7/24 **THERESA MARTIN HOUGH**, daughter of Sara Martin
- 7/25 **ABIGAIL BURG**, daughter of Jean & David Burg
- 7/25 **ARJUN VEER SHARMA**, son of Vikas & Priyanka Sharma
- 7/25 **ISABEL L. DODWELL**, daughter of Amy & William Dodwell
- 7/26 **ANTHONY & NICHOLAS AURELIA**, twin sons of Patrick Aurelia
- 7/26 **DANIELLE HYMOWITZ**, daughter of Karen Hymowitz
- 7/26 **LAEL MASE**, daughter of Marla Mase
- 7/26 **MARSHALL NEIDIG**, son of Quinn and Joe Neidig
- 7/27 **DANA YONATAN**, sister of Nirit Yonatan
- 7/27 **ALEXIS NICOLE NEGRON**, daughter of German (Herman) Negron
- 7/27 **ANAYA TAHA**, granddaughter of Soheir Kache
- 7/27 **MARK COOKE**, son of Maureen Cooke, brother of Jamie
- 7/27 **MICHAEL SINCLAIR**, son of Susan Sinclair
- 7/28 **EMILY MACKEY**, sister of Lauren Minchen
- 7/28 **OSCAR JOAQUIN**, son of Dru Levasseur
- 7/28 **VALDING DURAN**, son of Milagros Bueno
- 7/30 **DAVID YOOD**, son of Nora & Barry Yood
- 7/30 **ORIVAH GRAY**, daughter of Chelsea Conklin
- 7/31 **JASON SCHECHTER**, son of Leo Schechter
- 7/31 **PAIX MICHAEL BARILLON**, son of Christine & Benjamin Barillon
- 7/31 **RENEE THOMPSON**, daughter of Gregory & Joy Thompson





OUR CHILDREN—LOVED AND REMEMBERED

AUGUST BIRTHDAYS



- 8/1 **TUSHAR ATRE**, son of Shaku Atre
- 8/2 **ANDREW FREDERICK RUBIN**, son of Barbara & George Rubin
- 8/2 **MICHAEL KLINOFSKY**, brother of Melanie Klinofsky
- 8/3 **JAKE MAJER**, grandson of Linda Reed
- 8/4 **LOUIS KORENMAN**, son of Sanders Korenman
- 8/5 **JESSICA REVELEY**, sister of Britt Bonney
- 8/6 **BRADLEY CHAIN**, son of Herbert Chain
- 8/7 **CHRISTINE SCHLENDORF**, daughter of Karen Schlendirf
- 8/7 **LAURIE NICHOLS**, daughter of Marie Jones
- 8/7 **SAMUEL TITUS**, son of Sara Jenkins
- 8/8 **RAIDEN SHIMOYAMA**, son of Jenna Agins & Toku Shimoyana
- 8/9 **BRIAN GOLDBERG**, son of Gloria & Arthur Goldberg
- 8/9 **GER ANDLINGER**, daughter of Jeanne Andlinger
- 8/9 **HANNAH POTIS**, sister of Taylor Potis
- 8/9 **ZUNILDE (ZUNNY) MARTE**, daughter of Victor Marte
- 8/10 **BRITTANY MALVEAUX**, sister of Jordan Malveaux
- 8/11 **HAMEEN JASPER**, daughter of Yolanda Jasper
- 8/12 **AVA NASCIMENTO**, granddaughter of Eugenia Nascimento, niece of Laura Jones
- 8/15 **BENJAMIN TEPPERBERG**, son of Susann Tepperberg
- 8/16 **CAROLINE MONTGOMERY**, daughter of Catherine Montgomery
- 8/16 **HUNTER MARSHAD**, grandson of Erica & Neal Marshad
- 8/16 **MEL'LISA ANDRE**, daughter of Darchelle Hinson-Andre
- 8/17 **SHANNA JOSEPH**, daughter of Lynn Platt, sister of Rebecca Wasserman
- 8/18 **DYLAN JOSEPH MAIDA**, son of Lisa Burns & Sal Maida
- 8/18 **MISCHA DRUCKER ZIMMERMAN**, son of Henia Drucker
- 8/18 **VISHAL TUNGARE**, brother of Ajay Tungare

- 8/19 **GRAYSON LOLLER**, son of Tania Rivera
- 8/19 **JAMES GIBBON**, son of James (Jimie) Gibbon
- 8/20 **JULIO BARRERA**, son of Martha Riveira
- 8/20 **LAUREN MARIE NELSON**, sister of Mickey (Michelle) Nelson
- 8/21 **FRANK UNTENER**, son of Barbara Chase
- 8/21 **GAGE TURZANI**, Nephew of Liz Sherman
- 8/21 **SANGEETA LAL**, brother of Seema Lal
- 8/22 **MICHAEL RAVEN**, son of Selma & Rob Raven
- 8/23 **GAIL ROACH**, daughter of Joyce Roche
- 8/23 **MONTE JONATHAN GOLUB**, son of Ellie Gollub
- 8/25 **BENJAMIN SOBILOFF**, son of David & Marjorie Sobilloff
- 8/25 **IVAN EBBOTT**, brother of Hal Ebbott
- 8/25 **JAMES ROACH**, brother of Omar Roach
- 8/26 **AMY KIMM**, daughter of Arleen Becker
- 8/26 **JOHNNY & HOLLY RAHN**, twin children of Kathrin Laser & David Rahn
- 8/27 **MARGARET BRAUN-GRIEP**, sister of Helen Braun
- 8/28 **BLAKE GOODMAN**, brother of Claudia Goodman
- 8/28 **JAMIE MARCUS**, daughter of Bruce Marcus
- 8/28 **LOGAN GENTRY**, son of Christine Spiro
- 8/29 **ALEXIS ECHAVARRIA**, son of Christina Echavarria
- 8/29 **JOSHUA ROBERT ESFORMES**, son of Susan Esformes, brother of Jacob
- 8/29 **SAM BERGER**, son of Marla & David Berger
- 8/30 **LAEL MASE**, daughter of Marla Mase
- 8/31 **KIMANI FOSTER**, daughter of Katrina Thomas
- 8/31 **ROSITA CUNNINGHAM**, sister of Sedel Mapp



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
AUGUST ANNIVERSARIES



- 8/1 **TIMOTHY KOK**, brother of Tse Wei Kok
- 8/2 **ETHAN MAGDER**, son of Andrea & Gary Magder, brother of Abbi Magder
- 8/2 **KANNE IKONOMOU**, sister of Natasha Ikonomidou
- 8/2 **KARINA VETRANO**, sister of Tara Vetrano
- 8/2 **WILLIAM JOHN**, brother of Joseph John & MaryLee Bertrand
- 8/3 **DESHA BEAMER**, sister of Laura Beamer
- 8/3 **JONATHAN DIAZ**, son of Jeanette Diaz
- 8/3 **MICHAEL DURBIN**, son of Karen & Mike Durnin
- 8/3 **SHANNA JOSEPH**, daughter of Lynn Platt, sister of Rebecca Wasserman
- 8/4 **ALEXIS ECHAVARRIA**, son of Christina Echavarría
- 8/4 **CHADWICK ALEXANDER ANDERSON**, son of Stacie Hawkins
- 8/5 **BENJAMIN SOBILOFF**, son of David & Marjorie Sobilloff
- 8/5 **CASEY ACKERMAN**, son of Melissa and Hal Ackerman
- 8/5 **HOLLY OESTREICH**, daughter of Joyce Oestreich
- 8/6 **BENJAMIN TEPPERBERG**, son of Susann Tepperberg
- 8/6 **BURKE TAYLOR**, brother of Emily Yoshikawa
- 8/6 **MICAH DAWKINS-WILLIAMS**, son of Rhodina Williams
- 8/7 **BELLA BRODSKY**, sister of Jennifer Brodsky
- 8/7 **MICHAEL MOSS**, son of Michaela & Bob Moss
- 8/7 **PETER ADAM LEVINE**, beloved son of Marie Levine & the late Philip Levine
- 8/8 **ALISON GERTZ**, daughter of Carol & the late Jerry Gertz
- 8/9 **NICHOA WALKER**, daughter of Mazrene Holmes
- 8/10 **GAGE TURZANI**, Nephew of Liz Sherman
- 8/11 **CHRISTOPHER PALMER**, son of Darlene and Douglas Palmer
- 8/11 **RUTH DOUGHTY**, sister of Louise Doughty
- 8/12 **MIA SACASA**, daughter of Malik Sacasa
- 8/15 **BEN BREEN**, son of Carol Breen
- 8/16 **ALAN SOLITAR**, son of Susie & Bruce Solitar
- 8/16 **CHARLIE-ROSE MCCALL**, daughter of Yvette Perry
- 8/16 **RAIDEN SHIMOYAMA**, son of Jenna Agins & Toku Shimoyana
- 8/18 **ERIK BANKS**, son of Laurene Buckley
- 8/18 **FORREST RYZY-RYSKI**, brother of Sophia Rzyz-Ryski
- 8/18 **MARINA ELIZABETH CLOOS**, daughter of Alice Cloos

- 8/18 **NONI BIALE**, daughter of Margaret and Noam Biale
- 8/19 **ARTURO LAULO**, brother of Luz Laulo
- 8/19 **DONALD BROWN**, son of Desiree Brown
- 8/19 **KHALID ALBABA**, son of Kerri Albaba
- 8/20 **BRYANT GIBBS**, brother of Cynthia Gibbs-Pratt
- 8/20 **JEFF CARPENTER**, son of Donna Carpenter
- 8/20 **RICKY BATASHOFF**, brother of Dana Stein
- 8/20 **SHANE ALVAREZ**, son of Melanie Alvarez
- 8/21 **DYLAN BISCH**, son of Eileen Eck
- 8/21 **JEFFREY CARTER**, son of Linda Carter
- 8/21 **ROSE MAYR**, sister of Anna Mayr
- 8/22 **FABIAN ABNEY**, nephew of Chiffon Abney
- 8/22 **JANIE GONG**, daughter of Alan & Daisy Gong
- 8/23 **JOANNA ZWEIG**, Ben's aunt, sister of Daniel Zweig
- 8/24 **DESIRA (DESI) PACUK**, sister of Nikkie Pacuk
- 8/24 **DIANE HASS**, daughter of Lillian Hass
- 8/24 **MARIA CUNARD**, sister of Angela George
- 8/25 **MEGAN YODER**, sister of Kyle Yoder
- 8/25 **SANGEETA LAL**, brother of Seema Lal
- 8/26 **JOHNNY & HOLLY RAHN**, twin children of Kathrin Laser & David Rahn
- 8/26 **LAURA FELDSTEIN**, daughter of Marilyn & Al Feldstein
- 8/27 **DAVID GLASS**, son of Jack & Laura Glass
- 8/28 **BRITTANY MCGRATH**, sister of Chelsea McGrath
- 8/28 **NICK CARIS**, son of Konstantina Caris
- 8/29 **JACOB MORGAN**, brother of Kelsey Morgan
- 8/29 **JOSEPH BABY**, brother of Marilyn Baby, son of Yohannan Baby
- 8/29 **JOSHUA UNDERWOOD**, brother of Sarah Underwood
- 8/29 **LINDA MARQUEZ**, daughter of Hilda Mendoza
- 8/29 **TRYGVE WASBOTEN**, son of Marilyn Wasbotten
- 8/30 **CASEY LOW**, brother of Dara Low
- 8/31 **BENJAMIN ZWEIG**, son of Sally Petrick & Daniel Zweig
- 8/31 **CHRISTINE FORNATO**, sister of Theresa Fornato
- 8/31 **GALIAH GARBER**, sister of Anath Garber
- 8/31 **NOAH STERN**, son of Barbara Samuels & Nicholas Stern
- 8/31 **TYLEAH MCFADDEN**, daughter of Lisa Jenkins, sister of Nadirah McFadden



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 Tuesdays:
JUL 12 AUG 9 SEP 13 OCT 11
JUL 26 AUG 23 SEP 27 OCT 25

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](#)