



The Compassionate Friends

Manhattan Chapter

Supporting Family After a Child Dies

Our next meetings...

Jul 23
Aug 20
Sep 17
Oct 15

Manhattan Chapter Newsletter

July 2024

JULY 23RD MEETING—4TH TUESDAY IN-PERSON

In-person only **on the fourth Tuesday** this month, July 23rd
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.

A Tough Question

We've all been subjected to inappropriate questions from people who are nosy, socially clueless or just plain rude. No one likes to be quizzed about matters that are just too personal or embarrassing to merit a glib and effortless answer. Is that a designer purse or a knockoff? Can you afford a vacation this year? How much do you weigh, earn, give to charity, pay in rent, recycle? Have you ever considered Botox? We feel righteous indignation at the lack of manners of these loathsome boors and perfectly justified in responding with hot-tempered sarcasm or icy silence.

For most people, the question *How many children do you have?* does not belong in the category described. The query falls more into the class of speech rituals employed by those who don't really know each other and have not yet determined whether they have anything of substance to share, part of the repertoire of small talk, bland and unthreatening, designed to grease the verbal engine and get the dialogue up and running. A conversation starter.

For most people, that is. Not for me. I am a parent whose son has died. I find the question emotionally wrought and unsettling, with the power to derail any budding discussion or even bring it to an awkward and abrupt halt. What do I say? I had three children but don't have one of them any longer. At least not in the flesh and blood, to touch and feed and argue
(con't on page 2)

Time And Again

During the now 14 years that I have been traveling this well-worn path of grief and heartache, I have met hundreds and hundreds of others suffering as I have. Sharing our endless stories has helped me accept the pain and learn to integrate it into my life. We are all, I think, searching for answers to questions that, in spite of their futile nature, hammer away at our souls.

A fellow traveler recently made a comment that I cannot seem to shake. He's only been on this journey a short time but in his quest for some healing he has had many conversations with religious leaders. These have brought him to the conclusion that if there is anything that religious leaders know ... namely priests and rabbis...they know about death. And it is death itself we struggle to understand.

I was somewhat surprised by the comment. I thought back to several of my compassionate friends... psychologists and psychotherapists ... who admitted that though they had counseled people through grief for years... until they had lost their own child, they realized they never had a clue about what their patients were going through... although they thought at the time, that they did.

Everyone who tumbles into our world is clueless. Nothing in our collective experience has prepared us for the possibility that one of our children could die. No professional has been able to describe what it feels like. No writer, despite millions of attempts, has been able to put into words what it feels like. We are all shocked, speechless, struck dumb when we land in this new, indescribable world. We spend the rest of our lives learning how to live here. We learn all there is to know about death.

I asked my friend why he thought these religious leaders were so expert about death. Did they lose a child, I asked? Well, no.

(con't on page 2)

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

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THE COMPASSIONATE FRIENDS MEETINGS are now monthly - for July 2024 *only* on the fourth Tuesday of the month

WE MEET AT 7:00pm—arrive or sign on at 6:45pm

This month, July 23, 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.

A Tough Question

(con't from page 1)

and celebrate with. Yes, I have a son in my heart and in my thoughts, always and forever, often obsessively. But I do not have a son in the land of the living where I want him to be. That would be the most truthful answer.

The first year that I lost my son, whenever a new acquaintance asked the dreaded question, I answered *two daughters*. The reality of my son's death was too unimaginable and surreal to articulate. I could not say the words without falling apart. I was angry and numb, and could not expose the raw and seething pain I was constantly experiencing. It took all my energy to carry out the motions of living through each day and pretending to be coping. Even now, three and a half years later, for random schmoozes with nameless strangers who I will probably never see again, *two daughters* is enough of an answer. The stitches that keep me intact are still very fragile and disintegrate easily.

Eventually, it became evident that I would have to find a way to express my loss to people I interacted with since my son's death. Life, somehow, goes on. New relationships are formed. If I didn't find the words to speak about my son's death early on in an encounter, the revelation became exponentially more difficult as time passed. And I understood that anyone who would be part of my world had to know about David, no less than about my other children. *How many children do you have? Two daughters and a son who died.*

Having made that decision, doesn't make giving my answer easier. Each time I repeat it, the unfairness and finality the response conveys is reinforced. And the acceptance. Acceptance of its reality and acceptance that the sadness and pain surrounding that reality will never leave me. For a parent who lost a son or daughter, *How many children do you have?* is a tough question.

~ Nora Wood

ACCEPTANCE

How can there be acceptance
of a child's death?
How could I possibly
"take willingly, say yes to"
her death
or "treat as welcome" or
"be willing to agree to" it?
No...I can do none of the above.

Oh – here's one more meaning
to the word acceptance:
"to take as true" –
Oh, yes. It took me quite a while,
but I now know it is true
that she is no longer physically with us
and take as true
that my life has been changed
irreversibly.
I will never say yes to her death,
but I do accept it as true.

~ Genesse Gentry
From "Catching the Light"

Time And Again

(con't from page 1)

But they talk to so many grieving people, he replied...It is my opinion that no one is as expert as every one of us. Those I always refer to as civilians, including religious leaders, are intent on comforting the bereaved. Accompanying us briefly through a dark period. But those who have lost a child are terminally bereaved. We carry this with us all the days of our lives. Civilians know that ultimately all wounds heal. We know that this wound is different. As I've noted before, though the intensity softens, this is one wound that continues to throb for all of time. We really know what this loss means.

The world looks at me and sees no trace of what's inside. I appear to be perfectly whole. I've learned to incorporate my missing child into my life and live each day for two. I can enjoy life once again. But because I know so much about what this feels like, I am compelled to reach out to those who are yet to arrive in this place... to be there to catch them as they fall through this veil of tears. Because every new arrival discovers a pain that has never been described... never been felt... by anyone...before.

Marie Levine, 2007

...*From Healing after Loss by Martha Whitmore Hickman*

I am glad the book came to be written. It has in some strange way refined some dross out of me. It has taught me – though this was not my first lesson – to accept the joys and vicissitudes of life, and to fall in love again with the strangeness and beauty and terror.

~ Alan Paton

Not many of us will, like Alan Paton, write a book to help us work our way through loss. But many have found it helpful to keep a journal – a simple notebook in which to write our thoughts and questions, express our pain, so we don't have to carry it around in our heads all the time.

We may want to look back over the journal from time to time – to remind ourselves of the emotional ups and downs of our journey, or to refresh our minds about a sequence of events. If we never look at the pages again, they will still have served us well. Just finding words for the tumult helps us understand it a little better, move through it with less danger of getting stuck, so we can reach the place where we can "fall in love again" with life.

Of course, not everyone likes to write – painting does it for some, or playing the piano – anything to open our emotional pores and let the energy of grief flow out, free us for a new life.

Grieving takes longer than we want it to. Days, months, even years go by, and we discover that the shock waves still reverberate in our scarred spirits, that our grieving is still hesitant, still halting, still sparse of those occasions that are healing.

But grief runs by its own clock, and as surely as we sometimes mourn with agonizing slowness, we will leap through other days, making astonishing strides toward recovery.

~ Molly Fumia, "Safe Passage"

JULY 12-14, 2024—NEW ORLEANS

The Compassionate Friends 47th Annual National Conference

CONFERENCE REGISTRATION NOW OPEN



TCF's National Conference is an enriching and supportive event for many newer and long-time bereaved parents, grandparents, and siblings. Attendees come and find renewed hope and support, as well as strategies for coping with grief, all while making friendships with other bereaved people who truly understand the heartbreaking loss of a child, sibling, or grandchild. Lifelong friendships are often formed and rekindled each year at TCF conferences.

Unique and cherished highlights of our conference include our heartfelt Saturday evening Candle Lighting Program, Sharing Sessions, Keynote Addresses, Healing Haven, Butterfly Boutique, Crafty Corner, and Silent Auction. Our weekend of inspiration, sharing, and learning is followed by the Walk to Remember on Sunday morning.

This year's conference will be held at the New Orleans Marriott. Reservations can now be made online at TCF's dedicated reservation link. Our discounted room rate with the Marriott is \$144 per night plus applicable taxes and fees. Please note that each attendee can reserve a maximum of two rooms. Many attendees arrive on Thursday since the conference begins early on Friday morning. We also have pre-conference activities that are offered on Thursday evening, that attendees find beneficial. We look forward to seeing you in New Orleans! Let us know if you are going! Jordon and Dan will both be there.



47TH NATIONAL CONFERENCE

JULY 12-14, 2024 | NEW ORLEANS, LA

[MORE INFORMATION](#)

[REGISTER NOW](#)

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

A Brother's Death

by Barbara Lazaar Ascher

Barbara Lazaar Ascher's brother Bobby died of AIDS at the age of 31. Following is an excerpt of a beautifully written and sensitive article describing the author's struggle with grief. In an almost poetic style, she brings to life the chaos of grief. "A Brother's Death" was originally printed in the NY Times magazine.

When we first learned of Bobby's illness, it seemed incomprehensible that this could be happening to our baby brother. There were days when it seemed we had to concentrate on putting one foot in front of the other if we were to walk at all. If we traveled more than a couple of blocks, we were exhausted for the rest of the day.

We were hungry. We weren't hungry. We made chocolate chip cookies and brownies and didn't eat them. We opened and closed the refrigerator door, looking for something that might cushion the pain, fill the chasm that was opening from within.

Now I realize that this was the beginning of grief which starts in the stomach, yawning like a gaping mouth in Munch's painting "The Scream". But what did we know of grief? We were young; our beloveds had not yet died. I began to understand that grieving is like walking. The urge is there, but you need a guiding hand, you need someone to teach you how.

I went to speak to a wise and trusted minister at my church who warned there were bad times ahead. The death of a sibling, he said, grievous in itself, is also a startling reminder of our own mortality. I suppose it's not dissimilar to the time in youth when we first learned of our origins and began to understand, if they made me, then they can make another. After that we became the nervous sentinels of our territory. When a sibling dies, the absolute certainty of death replaces the cherished illusion that maybe we'll be exceptions. When a sibling dies, death tugs at our own shirttails. There is no unclaspings its persistent grip. "You too", it says. "Yes, even you".

When you are new to grief, you learn there is no second-guessing it. It will have its way with you. Don't be fooled by statistics you read: Widows have one bad year; orphans three. Grief doesn't read schedules.

One morning, three weeks after Bobby died, I arose feeling happy and energetic. Well now, I thought, I guess we've taken care of that. Wrong. The next morning, I was awakened by a wail I thought was coming from the storm outside until I realized it was coming from me.

Grief will fool you with its disguises. Some days you insist you're fine, you're just angry at a friend who said the wrong thing. One day I wept into the lettuce and peaches at a local market when an acquaintance approached to scold me for my stand in an old battle. Of course, we both assumed she was responsible for my tears.

You learn that you can cry and stop and laugh and even follow a taxi driver's command to "have a nice day", and then cry again. You learn there is no such thing as crying forever. Three months ago, I was certain I would never be happy again. I was wrong.

Grief is like the wind. When it is blowing hard you adjust your sails and run before it. If it blows too hard, you stay in the harbor, close the hatches and don't take calls. When it's gentle, you go sailing, have a picnic, take a swim.

SPECIAL NOTICE TO ALL SIBLINGS AND PARENTS
THE IN PERSON MEETING FOR JULY WILL BE ON JUNE 23RD!
(THE 4TH TUESDAY INSTEAD OF THE 3RD TUESDAY)

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](#)

CONFERENCE REGISTRATION NOW OPEN

www.compassionatefriends.org

July 12-14, 2024

Compassion
FILLS THE AIR

TCF 47TH NATIONAL CONFERENCE 2024
New Orleans, LA



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 **JOEL MALDONADO**, son of Alisha Murzi, grandson of Evelyn Murzi
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 Ikononou
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
7/14 **STEFAN THEGEBY**, son of Dale Thegeby
7/15 **BRIAN MEEHAN**, brother of Kevin Meehan
7/15 **JEM MAIR**, daughter of Ilana Mair
7/15 **MICHELE SIEGEL**, daughter of Lillian Hass
7/15 **SEYQUAN CHAMBLISS**, son of Derricka Chambliss
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 Allison Tepley & Nir Rachmel
7/17 **TYREE SHEPPARD**, son of Laura Sheppard
7/18 **BRADLEY FRIEDMAN**, son of Jane Friedman
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 & Rachelle 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 **DIMITRI VAZQUEZ**, son of Maria Bryant
7/29 **GRANT PHILLIPS**, son of Linda Phillips
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 **JESSIE MORGAN PEK**, daughter of Karyn Pek
7/31 **PAIX MICHAEL BARILLON**, son of Christine & Benjamin Barillon



JULY ANNIVERSARIES

7/1 **ALAIA 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

7/5 **YIANNIS STATHOPOULOS**, son of Kathleen Negri Stathopoulos

7/6 **BENJAMIN IMBROGNO**, son of Naomi Imbrogno

7/6 **BOSTON GRIMM-STIBEL**, son of Travis Grimm

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

7/9 **T.J. CRAIG**, son of Tom Craig, brother of Mac Craig

7/10 **GABRIEL J. DIERRE**, son of Marie Nicole Rene

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 **WAYNE NELSON**, son of Amelia Brewer-Nelson

7/15 **ASHER FERGUSON**, son of Ryan Ferguson & Christine Tran

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 **NNENE EZEONYIM**, daughter of Uche Ezeonyim

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 Leondis

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 **ALEXIS NICOLE NEGRON**, daughter of German (Herman) Negron

7/27 **ANAYA TAHA**, granddaughter of Soheir Kache

7/27 **DANA YONATAN**, sister of Nirit Yonatan

7/27 **MARK COOKE**, son of Maureen Cooke, brother of Jamie

7/27 **MICHAEL SINCLAIR**, son of Susan Sinclair

7/28 **ALEXANDER KYLE NUNEZ**, son of Melba & Luis Nunez

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 **ORIYAH 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 **PAUL HENNESSEY**, brother of Kevin Hennessey

7/31 **RENEE THOMPSON**, daughter of Gregory & Joy Thompson





OUR CHILDREN—LOVED AND REMEMBERED

AUGUST BIRTHDAYS



8/1	TUSHAR ATRE , son of Shaku Atre	8/20	JULIO BARRERA , son of Martha Riveira
8/2	ANDREW FREDERICK RUBIN , son of Barbara & George Rubin	8/20	LAUREN MARIE NELSON , sister of Mickey (Michelle) Nelson
8/2	MICHAEL KLINOFSKY , brother of Melanie Klinofsky	8/21	FRANK UNTENER , son of Barbara Chase
8/3	JAKE MAJER , grandson of Linda Reed	8/21	GAGE TURZANI , Nephew of Liz Sherman
8/4	LOUIS KORENMAN , son of Sanders Korenman	8/21	SANGEETA LAL , brother of Seema Lal
8/5	JESSICA REVELEY , sister of Britt Bonney	8/22	MICHAEL RAVEN , son of Selma & Rob Raven
8/6	BRADLEY CHAIN , son of Herbert Chain	8/23	GAIL ROACH , daughter of Joyce Roche
8/7	CHRISTINE SCHLENDORF , daughter of Karen Schlendorf	8/23	LEO AYALA , son of Gila Ayala
8/7	LAURIE NICHOLS , daughter of Marie Jones	8/23	MONTE JONATHAN GOLUB , son of Ellie Gollub
8/7	SAMUEL TITUS , son of Sara Jenkins	8/25	BENJAMIN SOBILOFF , son of David & Marjorie Sobiloff
8/8	MALCOLM LIVESEY , son of Gigi Livesey	8/25	COLETTE WAINWRIGHT , sister of Katherine Sall
8/8	RAIDEN SHIMOYAMA , son of Jenna Agins & Toki Shimoyama	8/25	JAMES ROACH , brother of Omar Roach
8/9	BRIAN GOLDBERG , son of Gloria & Arthur Goldberg	8/26	AMY KIMM , daughter of Arleen Becker
8/9	GER ANDLINGER , daughter of Jeanne Andlinger	8/26	JOHNNY & HOLLY RAHN , twin children of Kathrin Laser & David Rahn
8/9	HANNAH POTIS , sister of Taylor Potis	8/27	CARLOS APONTE , son of Mildred Aponte
8/9	LUKA BALAC , son of Olgica Balac	8/27	MARGARET BRAUN-GRIEP , sister of Helen Braun
8/9	ZUNILDE (ZUNNY) MARTE , daughter of Victor Marte	8/28	BLAKE GOODMAN , brother of Claudia Goodman
8/10	BRITTANY MALVEAUX , sister of Jordan Malveaux	8/28	JACK CASSELS , son of Ellen Cassels-Conde & John Cassels, brother of Collin Cassels
8/11	HAMEEN JASPER , daughter of Yolanda Jasper	8/28	JAMIE MARCUS , daughter of Bruce Marcus
8/12	AVA NASCIMENTO , granddaughter of Eugenia Nascimento, niece of Laura Jones	8/28	LOGAN GENTRY , son of Christine Spiro
8/12	MICHELLE SALOWE , daughter of Mary Ann Ludwig	8/29	ALEXIS ECHAVARRIA , son of Christina Echavarria
8/15	BENJAMIN TEPPERBERG , son of Susann Tepperberg	8/29	GIAN PAOLA SANTINI , son of Joan Santini, brother of Giuliana Reitzfeld
8/16	CAROLINE MONTGOMERY , daughter of Catherine Montgomery	8/29	JOSHUA ROBERT ESFORMES , son of Susan Esformes, brother of Jacob
8/16	ERIC LINETT , beloved nephew of Roberta Schine	8/29	SAM BERGER , son of Marla & David Berger
8/16	HUNTER MARSHAD , grandson of Erica & Neal Marshad	8/30	LAEL MASE , daughter of Marla Mase
8/16	MEL'ISA ANDRE , daughter of Darchelle Hinson-Andre	8/30	PETER MESSINA , son of Katherine Messina
8/17	SHANNA JOSEPH , daughter of Lynn Platt, sister of Rebecca Wasserman	8/31	KIMANI FOSTER , daughter of Katrina Thomas
8/18	DYLAN JOSEPH MAIDA , son of Lisa Burns & Sal Maida	8/31	ROSITA CUNNINGHAM , sister of Sedel Mapp
8/18	MISCHA DRUCKER ZIMMERMAN , son of Henia Drucker	8/31	ZACK KASNETZ , brother of Alex Kasnetz
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		



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.

AUGUST ANNIVERSARIES

8/1 **JOHN RICHARDSON**, son of Vivian Richardson

8/1 **LUIS LARA**, son of Harry & Maria Ruff

8/1 **MANUEL RODRIGUEZ**, son of Irene Rodriguez

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 Ikononou

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 DURNIN**, son of Karen & Mike Durnin

8/3 **SHANNA JOSEPH**, daughter of Lynn Platt, sister of Rebecca Wasserman

8/4 **ALEXIS ECHAVARRIA**, son of Christina Echavarria

8/4 **CHADWICK ALEXANDER ANDERSON**, son of Stacie Hawkins

8/5 **BENJAMIN SOBILOFF**, son of David & Marjorie Sobiloff

8/5 **CASEY ACKERMAN**, son of Melissa and Hal Ackerman

8/5 **CYRUS WANECKE**, son of Nolan Wanecke & Talya Ramchandani

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 **ALEXANDRA POLLIO**, daughter of Kathleen Curcio

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 Shimoyama

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 **DETRA MICHELLE MORRISON**, daughter of Denise Morrison

8/20 **JEFF CARPENTER**, son of Donna Carpenter

8/20 **RICKY BATASHOFF**, brother of Dana Stein

8/20 **SHANE ALVAREZ**, son of Melanie Alvarez

8/20 **STEPHANIE GUBIN**, daughter of Rita Mittman

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 **ANNETTE JOSEPH**, daughter of Era Joseph, sister of Jeanette

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

8/27 **MICHELLE SALOWE**, daughter of Mary Ann Ludwig

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 WASBOTTEN**, 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				The Compassionate Friends National Office 48660 Pontiac Trail #930808, Wixom, MI 48393 Toll Free (877) 969-0010 www.compassionatefriends.org email:nationaloffice@compassionatefriends.org
ET	MORNING	EARLIER EVENING	LATER EVENING	
MON	Parents/Grandparents/Siblings	First time CHAT orientation	General Bereavement Parents/Grandparents/Siblings	WE NEED NOT WALK ALONE TCF Online National Magazine Click here for Information
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	MARK YOUR CALENDARS! Our next Chapter meetings are the 3rd Tuesday of each month: JUL 23 AUG 20 SEP 17 OCT 15
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	Newsletter article submissions are welcome. Please email to marielevine2@verizon.net
SAT			General Bereavement Parents/Grandparents/Siblings	
SUN		Suicide Loss	General Bereavement Issues Parents/Grandparents/Siblings	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](#)