



The Compassionate Friends
Manhattan Chapter
 Supporting Family After a Child Dies

Our next meetings...
 Jun 18
 Jul 16
 Aug 20
 Sep 17

Manhattan Chapter Newsletter **June 2024**

OUR JUNE 18TH MEETING IN-PERSON
 We will be in-person only June 18th. 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.

There's No Wrong Way to Grieve
 Death comes in so many shapes and sizes. Sometimes it's quick and extraordinarily tragic circumstances. Sometimes it's slow, painful, and drawn out. In all the different ways death affects our lives, grief is the same. Grief is an angry beast unlike any other, and let me assure you, there is no wrong way to grieve. There is no wrong emotion to feel. In fact, you will most likely feel everything and nothing at the same time.

You will feel angry, like the universe stole something so precious from you while simultaneously ripping out a piece of your heart, leaving a gaping void that not even Duct Tape can fix. You will feel the most intense sadness rush in, attacking every happy thought, crushing them with Hulk hand fury. This sadness may last minutes, hours, days, or weeks. But hold on, because just as quickly as it began, it will end. Breathe.

You will feel nothing. Numb. Lifeless. The simple acts of feeding and dressing yourself should be commended. You will find that it takes superhuman strength to get out of bed and face the day.

Some days you will feel happiness. You will remember the good times and wonderful memories you made. You will laugh at their quirks you miss most, like the annoying way they would slurp the last bits of ice from their favorite Sonic (con't on page 2)

Writing As Therapy
 I think that because the pain, the grief and the despair that comes with the death of one's child is so totally incomprehensible and thus so totally indescribable, we find ourselves determined to describe it to a world incapable of comprehending it...including ourselves.

When Peter died in 1993, I remember feeling that there seemed to be hundreds of well-meaning people around me, encouraging me to "seek help. Don't try to do this alone". My instincts told me that somewhere there might be some literature explaining what I was going through and even more, describing the territory I was now sentenced to travel. An old friend, visiting that first week, gave me a book. It was called "Roses in December" and was written by a woman who described how she survived the loss of three of her children. Her name is Marilyn Heavilin. She's written several books, but that book convinced me that I could learn about this experience by reading about others who had survived the experience and I headed to the bookstore to learn more. As it turned out, there weren't many books back then – so I read all that I could find. And it did help to learn that I wasn't alone and that there was hope that I could indeed redefine my life. It wasn't long before I too began to write about my experience.

I met Marilyn Heavilin at a conference several years ago. She passed away a couple of years ago. She was an adorable woman with a healthy sense of humor and we became good friends. It was a joy for me to meet her and be able to tell her what an impact her story had on me and my subsequent survival. Other authors I've come to know and love include Genesse Gentry, (*Stars in the Deepest Night*), Sandy Fox (*I Refuse to Say Good-bye*), Carla Blowey (*Dreaming Kevin*) and Mitch Carmody (*Letters to my Son*).

(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 - always the third Tuesday of the month
WE MEET AT 7:00pm—arrive or sign on at 6:45pm
 This month, June 18, 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.

There's No Wrong Way to Grieve (con't from page 1)

slushy, or how they insisted on singing along to every song in their favorite songs. You would trade anything to hear that slightly off-key harmony just one more time.

More often than you might think, you will forget they are not here anymore. You will go about living your normal everyday life, need to ask them a question and as you pick up the phone to call . . . BAM! Reality punches you square in the face with epic force. The pain with rush in again, crippling you for a moment until your brain can negotiate with your heart and allow you back into the present. This will leave you with crippling anxiety and depression which there will be no cure.

The emotions and feelings you will experience are innumerable, but rest assured, you will get through each one and each one will make you stronger. You will reconcile your overwhelming pain and have more moments of peace. You will overcome your bitter sadness and experience joy. But you must never forget these feelings. Truly embracing your emotions is a powerful tool that takes courage and time. Use them to allow yourself to keep living. And most importantly, never forget that the beast of grief has many faces. There is no wrong way to grieve, so never apologize for what you feel in the moment. One day, you may even be able to help someone else with your voice.

Jessica Grillo

Chance Encounter

by Genesse Gentry

Sitting at my table, a stranger, lost in thought,
Holding her cup closely until my eye was caught.
She told me of a friend of hers, whose child died months ago,
And that she wanted to help, but how, she didn't know.

"My friend still seems so fragile; her grieving fills her days.
There must be something I can do, or something I can say."

I looked across the table. Her eyes had filled with tears. . .
How to answer simply, in words that she could hear.
"I too am a grieving mother. I've been there, you could say.
Her hurt is like no other. Have you hugged your friend today?"

"Well I don't really see her much, time seems to go so fast.
She's always on my mind, but I don't seem to get the chance. . .
And I feel so helpless with her; I can't think of what to say.
There's so much changed about her; a stranger in some ways."

"I know you care about her, and I understand your fears,
But her life has been so shattered; her days are filled with tears."
"She really needs the contact of you and all her friends
Or the walls of isolation will close her sadness in."

She sighed, "I feel so guilty. I've tried in the past, you know.
Her conversations get so strange. I'm not sure where they'll go.
She talks of dreaming visits with her child who's really dead.
I know it's wishful thinking, that it's all just in her head."

"I believe our children do try to show us they live on.
They touch us in so many ways; they aren't completely gone.
Your friend needs you to listen, to show her that you care.
You can't take the pain away, but it will help to have you there."

"I just wish I could help her. It's just so hard to know. . ."
She took a breath and let it out and then she rose to go.
"Good luck," I said, before she turned and slowly walked away.
If she will only listen and hug her friend today.

~ From "Stars in the Deepest Night"

Writing as a Therapy (con't from page 1)

Unlike the scarcity of books on the subject back in 1993, today there are many books to help us through our grief. They aren't written by professionals, rather by grievors just like us. They are books telling the stories of surviving parents and siblings by the very parents and siblings that endured similar travails to our own. Some are written well, some not so well. But all tell a story that is designed to help each of us drag ourselves back on to a road well traveled – by compassionate friends who are always prepared to offer a helping hand of support and understanding.

Writing, as a tool to healing, is a mighty therapy. At a recent meeting, two of our more newly bereaved moms told how they write regularly to their missing children. I have no doubt their kids read every word and are grateful for the ongoing communication. As someone who has survived this journey pretty well, and even documented my own journey through this newsletter and my book, "First You Die", I strongly recommend that you try your hand at writing. Get a notebook or a journal. It's amazing how helpful it is to write about what we are feeling.

Don't write for anyone else. Write for yourself. As I wrote several years ago, "*Such deep, unfathomable grief makes poets of us all. Only the quietly written word wrenched from the depths of the soul, comes close to describing the pain. We the grieving translate the keening cries and the desperate screams of disbelief into the poetry that consoles us.*"

Marie Levine

PS. To explore a wealth of material written by bereaved parents and siblings go to www.centeringcorp.org

From "Healing After Loss"

by Martha Whitmore Hickman....

"In the months after my daughter's death, I filled four notebooks with entries – writing sometimes daily, sometimes several times a day, sometimes only once in several days. I described feelings, events of the day, occasions of recall, of sorrow and hope. It was a means of moving the grief away, getting it down somewhere else, siphoning it off."

~ Martha Whitmore Hickman

It may not be writing that is helpful to you. Perhaps talking with friends will have a similar effect. Or painting, or sculpture. The artist Kathe Kollwitz made a whole series of drawings in the aftermath of the death of her son.

The important thing for most of us is not that we have made something of artistic value, but that we have taken a grief that lies like a lump against our hearts, and moved it away from us.

The value of having some pages on which we have recorded our feelings – as opposed to talking with friends – is that we can go back to the pages if we want to. We may never want to, but it relieves us of the pressure of having so much unresolved turmoil in our heads. Try putting it on paper. It may help you sort things out, and you will be free to move on into the next moments of your life.

"I will be open to new ways of resolving my grief"

Happy Father's Day

You never stop being a Dad

June 16, 2024

The Best Thing I Ever Did

By Dan Zweig

I never really thought seriously about being a father. Seemed it would only get in the way of other interests, career, hobbies, community interests, going out, whatever. I always felt like I could take it or leave it...the being a father thing. Then I met Sally. Sally was seriously interested in being a parent— and parenting with me. And I was seriously interested in Sally. So to make a long story short, Take it or leave it became take it and I was off on my parenting journey with Sally.

And an exciting journey it was. From the start it wasn't easy. First we knew we needed to adopt and we had to prepare. Make a resume, get cleared by social workers, advertise, find a birth mother looking to place a newborn baby, and work with her through her pregnancy. We couldn't just go home and turn down the lights. And we got lucky and found Ginger. And Ginger made Ben.

I had no clue what being a parent was like. Probably all of us find out how much work it is— much more than I could have imagined. But you just do it— you're responsible for this little life. But that's just the start of what I had no clue about. I had no idea of the love I would feel raising a child. How much more you could feel by giving love to a child. How much more you get back. I think of Ben and I can literally feel the love. It keeps me going when I miss him. Eight years, almost nine now— and I miss him every day. But now I can remember and feel the love, and not just the hurt. And it keeps me going.

We made it through almost 17 years. It didn't start easy. We thought Ben was gone before he was born. We were visiting Ginger six weeks before Arizona Ben was due and she began to bleed heavily— we figured this adoption— this baby was done for. After rushing to the hospital, we waited and the doctor came with the news. We had given up on the baby. We just wanted to hear that Ginger was ok. Well the doctor's news was that we would be parents in an hour or two. Not six weeks hence, an hour or two. First miracle— we adopted and got to assist in our son's birth.

I had no idea how much love there would be raising Ben. How much to give and how much to get as he grew up. And despite my ambivalence at the start, I loved being a Dad— I really loved being a dad.

Then at 15, Ben was diagnosed with leukemia, AML for those unfortunate enough to know what that is. After a year and a half fight to cure it, his promising progress all went wrong suddenly and Ben was gone. With all that love, and a year and a half where we lived with him and fought with him 24/7 to beat that leukemia, I don't know how we got through the hurt we felt after his death.

One big way was I found The Compassionate Friends and found others who had found their way to be able to get over the immeasurable pain and impossible to cope with loss. My Compassionate Friends told me it would get better; it just took time. Ok, you don't 'get over' it, but you can learn to live with it and find a

(Cont'd next column)

Old Grief

It is a milder storm
and not so dark.
It lets you see the shore
where life goes on
and brings us gifts
of memories and joys
from treasured living.

But nothing takes away
the emptiness
of all those years,
all those haunted nights,
of all those lost embraces.

It is a milder storm,
but just as grave.
Old grief does hover
over soul and mind:
a heartbreak song
of timeless disappointment.

~ Sascha Wagner

"The rational mind is not capable of truly understanding this loss; only the heart has a chance to accept and transform this suffering. For it is not the mind that has been dealt this blow, it is the heart, and it is only there that healing is possible."

The heart, where the entirety of my experience resides in memory and imagination, in the deepest recesses of my soul. It is there I will look for a way out of this hell."

~ Molly Fumia, from "Safe Passage"

Best Thing (Cont'd from left column)

life going forward.

With the pain of Ben's death, I questioned whether it had all been worth it. Now that the pain of his loss has subsided somewhat, I can feel the love I had raising him and loving him and having him love me. And without question, my almost 17 years with Ben were the best years of my life. And he's still with me whenever I think about him.

So as Father's Day approaches, I'll think of Ben coming over and giving me a giant hug and I'll feel the love. And despite his life cut way too short, it was totally worth it. I know that raising Ben and loving Ben is the best thing I ever did.

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.

Compassion
FILLS THE AIR



TCF 47TH NATIONAL CONFERENCE 2024
✦ New Orleans, LA ✦

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

Laughing Through the Tears

They say that laughter is the best medicine, but that's really only part of it. It is the sense of connection and community that comes with laughter. It is comforting knowing that there is someone else who knows how you feel, who has felt the same way. Being able to laugh with someone else about a shared experience makes it that much less lonely. As unique as each of our own losses is, and however personal our individual grief processes are, there many aspects that are universal.

This summer will mark 22 years since the death of my brother Russell, and it has been my sense of humor and my willingness to share it with others that has kept me sane, kept me connected to people, and kept me laughing despite all I have to cry about.

I decided I wanted to be a comedian when I was 9, so most of my adult life has been filtered through comedy. I have always looked for the joke as the silver lining in the darkness. Even when Russell died, my first instinct was to process my thoughts through a joke. Russell was a pastry chef. When my dad asked me what kind of funeral he might have wanted, I replied, "I have no idea, all I know is that the cake afterwards has to be amazing.

In the week after Russell died, while we were sitting shiva, my best friend asked, "How long before I can make fun of you for this?" I laughed right away, because I understood exactly what he meant: how long before we can talk about this the same way we talk about everything else?

For me, being able to joke and laugh about the experience of losing Russell has been one of the ways that I have found for normalizing the conversation. Despite the fact that we will ALL go through loss at some point in our lives, we rarely talk about it, so we often feel alone in our thoughts. Unable to express how we are feeling. I was lost in my own head a lot.

The first book on grief I read in the early days of my loss was "I'd Rather Laugh: How To Be Happy Even When Life Has Other Plans For You." Written by Linda Richman (the actual real life inspiration for Mike Myers Coffee Talk character on SNL) In the book, Linda talks about how after the death of her son Jordan, she would take a bus into Manhattan every day from Queens - with no appointments, nowhere to be - just waiting for someone to strike up small talk with her so she could unload her grief on them.

"Oh, nice day we're having."

"Oh really? My son just died in an automobile accident, what's nice about today?!"

She would do this 10-20 times a day, just ruining peoples day left and right. This made me laugh so much. I got it. As crazy as this behavior is, I understood EXACTLY what she was saying, what she NEEDED to be expressing so bluntly. Even she acknowledged that it was an extreme reaction to what she was going through, but it was refreshing to hear someone so openly expose their own fears and needs. I needed to laugh at the absurdity of it all, and I understood then that I always would, even if I had no idea how.

I feel incredibly lucky to have found people who I am comfortable laughing OR crying with. My ever widening circle of TCF Sibs continue to remind me that I am not alone. I will always feel Russell's absence, and I will likely always yearn for what cannot be, but I will also always laugh a little when I hear him making fun of me in that sing-songy way kids do, "Ha-ha, you have to go to group therapy!

~ Jordon Ferber ~

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
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TCF 47TH NATIONAL CONFERENCE 2024
New Orleans, LA



OUR CHILDREN—LOVED AND REMEMBERED



JUNE BIRTHDAYS

- 6/1 **TSAIGH GREENIDGE-JAMES**, son of Sinaya Greenidge, brother of Niasia Greenidge-James
- 6/1 **WILLIAM MONEN**, son of Nancy Monen
- 6/2 **KATHLEEN YANCHIS**, sister of Marybeth Bannon
- 6/3 **JESSE VALENTINE**, son of Joanna Valentine
- 6/4 **ADAM JACOBS**, son of Rick Jacobs
- 6/5 **JOHN COOPER JR.**, brother of Keith P. Cooper
- 6/5 **MAYA**, sister of Matt Klegon
- 6/6 **HOLLY OESTREICH**, daughter of Joyce Oestreich
- 6/6 **ZACH HOWELS**, brother of Matt Howels
- 6/7 **JOSETTE GIBBS**, daughter of Juanita Gibbs
- 6/9 **JOEY**, son of Shantel Morrison & Tamara Cantave
- 6/9 **RASHID WASHINGTON**, son of Chakaina Anderson
- 6/9 **TIMOTHY KOK**, brother of Tse Wei Kok
- 6/10 **BLAKE GARY**, daughter of Denyze Gary
- 6/10 **LOUIS DEDAJ**, brother of Victor Dedaj
- 6/10 **MARLON LABOVITCH**, son of Hannah Labovitch
- 6/10 **NOAH GLARPHAM**, son of David & Heather Kopp
- 6/10 **ORIAH GRAY**, daughter of Chelsea Conklin
- 6/10 **TAYLOR HOLLOWAY**, brother of Brittany Holloway-Brown
- 6/11 **BENJAMIN GOURDJI**, son of Anna Gourdji
- 6/11 **RUSSELL GABAY**, brother of Lori Gabay
- 6/12 **EBONY N. JACKSON**, daughter of Diana Jackson, sister of Aaron Jackson-Kent
- 6/13 **BRIAN QUINN**, son of Susan Quinn
- 6/14 **KHEMALI MURRAY**, daughter of Georgette Murray
- 6/14 **ORION DUMITRIU**, son of Winnie Yang
- 6/15 **AODHAN CUMISHEY**, daughter of Donal Cumishey
- 6/16 **JASON ZAINTZ**, son of Linda Zaintz
- 6/16 **SHAY DORRITIE**, son of Richard Dorritie
- 6/17 **REBECCA MOORE**, daughter of Debra Phillips
- 6/17 **VICENTE EDUARDO**, son of Tomasina Eduardo

- 6/18 **CHANDI PYTOWSKI**, daughter of Rosanne Cosentino & Broniek Pytowski
- 6/18 **JACK FREYTES**, son of Olga Lopez & Elvin Freytes
- 6/18 **JOSIAH BAAWUAH**, son of Porsha & Terry Baawuah
- 6/18 **JUDAH GUBBAY**, son of Marge Gubbay
- 6/18 **KASRIEL BENJAMIN**, son of Sarah & Tony Benjamin
- 6/19 **RACHEL AUSTER**, daughter of Gail Auster
- 6/20 **PAUL FONGKIN**, brother of Desiree Brown
- 6/20 **YULIA KRASHENNAYA**, sister of Deb Faynshteyn
- 6/21 **RALPH JOSEPH GONZALEZ**, son of Blanca Gonzalez
- 6/21 **WILLIAM EDWARD SHUBERT**, son of Irma E. Shubert
- 6/22 **CELINA PACHECO**, daughter of Evelyn Gonzalez
- 6/22 **JELANI CARTER**, son of Darlene Hoffman
- 6/23 **ANNETTE JOSEPH**, daughter of Era Joseph, sister of Jeannette
- 6/23 **JOE MCCLENAHAN**, brother of Michael McClenahan
- 6/23 **JOHN CORBETT**, brother of Sara Corbett
- 6/23 **PAUL WALKER**, son of Ellen Walker
- 6/24 **HUMZA MALIK**, brother of Amani Malik
- 6/25 **JASON R. CHIN**, son of China Chin
- 6/25 **SANDRA CHU**, Best friend of Emanuel Veras
- 6/26 **ALAN SOLITAR**, son of Susie & Bruce Solitar
- 6/26 **ANTHONY HELZER**, son of Donna Romer
- 6/28 **CIANNA L. ALEXANDER**, daughter of Rebecca Harper-Alexander
- 6/28 **JAMIE ROBERTS**, son of Katelin Roberts
- 6/28 **VIRGINIA JOHNSON**, sister of Angela Pistilli
- 6/29 **DAVID ZABLIDOWSKY**, son of Doris & Martin Zablidowsky
- 6/29 **JAVAN STEWART**, son of Omarr & Ursula Stewart
- 6/29 **KAREEM EDWARDS-MITCHELL**, son of Jacquie & John Mitchell, brother of Kristopher & the late Kevin Mitchell
- 6/30 **CAROLINE MASON**, daughter of Rachel Mason
- 6/30 **IAN BYSTOCK**, son of Marc Bystock
- 6/30 **JORGIE PEREZ**, sister of Janeisy Perez
- 6/30 **LINDA MARQUEZ**, daughter of Hilda Mendoza
- 6/30 **SAVANNAH WIGGINS**, daughter of Dolores Wiggins



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 cfmanhattan.nyc@gmail.com and tell us what needs to change.

OUR CHILDREN—LOVED AND REMEMBERED
JUNE ANNIVERSARIES



6/1 **LOUIS PEREZ**, son of Mercedes Tapia
 6/1 **WILFRED DELVALLE**, son of Carmen DelValle, brother of
 Judy DelValle
 6/2 **NICHOLAS SOTO**, son of Deborah Freeman & Eddie B. Soto, Jr.
 6/2 **WILLIAM MAEROV**, son of Lance Maerov
 6/4 **SACHA REID KANTOR**, son of Kathy Landau & Michael Kantor
 6/6 **JOCELYN REED**, daughter of Cynthia Powell
 6/7 **ANDREW MARTIN ARNOLD**, brother of Barbara Arnold
 6/7 **BLAKELY RUSSELL KAY**, daughter of Barbara Russell
 6/7 **VIRGINIA JOHNSON**, sister of Angela Pistilli
 6/9 **HARVEY STERMER**, brother of Carol Lee Stermer-Aulicino
 6/9 **JENNIFER CARGILL**, daughter of Virginia Crosby
 6/9 **STEVEN SCHWARTZ**, son of Ellen Schwartz
 6/10 **BRYAN KELLY**, son of Sean Kelly
 6/10 **DAVID GIBBS**, son of Ann Gibbs
 6/10 **MIKE CHARY**, brother of EllaRose Chary
 6/10 **REBECCA MOORE**, daughter of Debra Phillips
 6/10 **SCOTT LACROIX**, brother of Kendra Lacroix
 6/10 **ZIGGY MARTINEZ**, daughter of Sally Tucker
 6/11 **BRENDAN CLAVIN**, son of Nancy Hamma
 6/12 **CHRISTOPHER WAGNER**, son of Linda & Edward Wagner
 6/12 **FRANK UNTENER**, son of Barbara Chase
 6/12 **LUIS A. GARCIA**, son of Tania Germes
 6/12 **PATRICK CESARIO**, son of Sharon Cesario, brother of
 Frank Cesario
 6/13 **STEFANO AGOSTINELLI**, son of Pascale Agostinelli
 6/14 **AHMAD SHARRIEFF-AL-BEY**, son of Rashied Sharrieff-Al-Bey
 6/15 **CHRISTOPHER ROMINE**, brother of Jennifer Romine

6/15 **NEILL PERRI**, son of Maddie & Cliff Kasden
 6/15 **PIERRE MCALOON**, son of Peggy McAloon
 6/16 **BRIAN GOLDBERG**, son of Gloria & Arthur Goldberg
 6/16 **JOSH GROSSE**, son of Susan Grosse
 6/16 **MALCOLM LIVESEY**, son of Gigi Livesey
 6/18 **BLAKE GARY**, daughter of Denyze Gary
 6/18 **LISA WEINER**, sister of Abby Moller
 6/20 **AARON BENVENISTE**, grandson of Susan & Richard Rosenbluth
 6/20 **ALEX KNEPPER**, son of Lisa & Emanuel Psychojos
 6/20 **JAKE MAJER**, grandson of Linda Reed
 6/21 **MARIA**, daughter of Gigi Semone
 6/22 **KAREN CASBAY**, sister of Laura Reissman
 6/23 **ANDRE AMES**, son of Jacqueline Jackson
 6/23 **ROBERT WILLIAMS JR.**, son of Kimberly Hatwood
 6/24 **PETER TRAKIS**, son of Dolores & John Trakis
 6/26 **CAMERON NICHOLLS**, son of Stephanie Moore Nicholls
 6/26 **JULIETTE DICKSTEIN**, daughter of Gail Luria
 6/27 **ANJELINA PATRICE WILLS**, granddaughter of Patricia Tyler-Owens
 6/27 **BETTY DIBIASO**, daughter of Susan Carty
 6/27 **JAQUELINE AHERN**, niece of Nan Ahern
 6/27 **JASON MARKS**, son of Helena Marks
 6/28 **ANTONIA DALEY**, granddaughter of Linda Daley
 6/28 **MALIK DUFOR**, son of Waltrina DeFrantz-Dufor
 6/30 **DAVID PICARD**, son of Darlene Picard
 6/30 **KAREEM EDWARDS-MITCHELL**, son of Jacquie & John Mitchell,
 brother of Kristopher & the late Kevin Mitchell
 6/30 **MITCHELL WALKER**, son of Fountain Walker
 6/30 **ROMEL ARIAS**, son of Luisa Cabrera



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



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 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
- 7/14 **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 Kupper-smith
- 7/23 **GINO FONGKIN**, brother of Desiree Brown
- 7/23 **PETER SCHLENDORF**, son of Karen Schlendirf
- 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 **DWAYNE 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 & Rachele 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 **ORIJAH 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



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:
JUN 18 JUL 16 AUG 20 SEP 17

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