



The Compassionate Friends
Manhattan Chapter
 Supporting Family After a Child Dies

Our next meetings...
 Oct 15
 Nov 19
 Dec 17
 Jan 21

Manhattan Chapter Newsletter **October 2024**

OCT 15TH MEETING—3RD TUESDAY IN-PERSON

In-person only on the third Tuesday, October 15th 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 NEW BREED OF GRIEVER

by *Linda Harrison, TCF, Wharton County, TX*
in loving memory of Lee Aiken (10/20/78-6/9/93)

- **How do I heal when I have no previous experience as a bereaved parent?**
- **How do I do this thing called “recovery from loss”?**
- **How do I become (in the eyes of the world) a “respectable griever”?**

Those questions raced through my mind early in my grief journey. I really wasn't sure what I was supposed to do. Somehow I survived those early days, but now, almost 6 years later I find that I am still a bereaved parent and have periodic moments of grief pain that catches me off guard. I've come to realize that most people expect the bereaved to be “over it” within 3-6 months. They will allow us what they consider to be a respectable period of time, and then they become uncomfortable with our obvious pain. Six years after the death of my only child I have come to believe that we must become a new breed of griever if we are to survive and remain a functioning part of life.

(con't on page 2)

Each month as I put together this newsletter, I search through the collections of writings and stories that I have shared with so many compassionate friends through the years. Each time I come upon something I've written, or others have written that I want to share again, I am so glad I have this newsletter to make that sharing possible. After all these years, though it saddens me to know so many have joined our community, it gladdens me to be able to share the journeys of so many who have come before. We know that time is on our side as we travel this road. Here's what it was like for me in 2001 after eight years....

GOOD GRIEF

We have just marked the 8th anniversary of Peter's death. Three weeks ago, we “celebrated” what would have been his 30th birthday with several of our Compassionate Friends. Miraculously we turned what was an anxiety driven occasion into a beautiful day celebrating Peter's life and the lives of all our missing children. As I write this I marvel at the distance we've traveled on this remarkable journey. Eight years ago, it would have seemed incomprehensible that a) I would be alive, b) I would be living what appears as a fairly normal, if excessively busy life, and c) that we would have incorporated our beloved, invisible only child into our remaining days.

The effort of producing this newsletter exposes me to an abundance of writings about grief. One of my greatest sources of information comes from my dear friend Jerry Papkoff who edits the Brentwood/Santa Monica California newsletter while his wife Barbara serves as chapter leader. So much of what you read in these pages are discovered in Jerry's newsletter. I recently read an article Jerry found in Bereavement Magazine

(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 can listen and share with you. Don't hesitate to call our Manhattan Chapter phone for meeting information **(917) 300 3706**. To speak with someone please call one of the following volunteers; Jacquie Mitchell (eves) (347) 414-1780 jacquienytcf@gmail.com and for siblings, Jordon Ferber (917) 837-7752, beatniknudnik@yahoo.com

TCF MANHATTAN CHAPTER email: tcfmanhattan@gmail.com
 TCF MANHATTAN website: www.compassionatefriends.nyc
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Jordon Ferber: beatniknudnik@yahoo.com
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 Newsletter Editor: **Marie Levine** marielevine2@verizon.net

THE COMPASSIONATE FRIENDS MEETINGS are now monthly - in person on the third Tuesday of the month
WE MEET AT 7:00pm—arrive or sign on at 6:45pm
 This month, Oct. 15, 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 NEW BREED OF GRIEVER (con't from page 1)

If we are to be effective, we must be an equipped griever. We must meet and dialogue with other seasoned grievers. We need to know what it is they did and are continuing to do. In the beginning, they are the only history we have as grievers. It was through the recovery of others and knowing the paths of their personal journey that I could gauge my own grief journey. For me, my local TCF chapter was the gathering place for the dialogue.

To be equipped, we must be filled with grieving habits. We must learn what has helped others grieve in a positive fashion. We must not stuff our grief away because it makes others uncomfortable. Repressed grief only sits and festers... eventually it will rise and consume you. Personally, for me, a regular time to read, journal, look at pictures, and to close the door and weep to my heart's content were my most effective grieving habits.

To be equipped, we must take the time to be informed about grief, aware of its impact on our life and admit that we will, for a time, be governed by its hold over us. Until Lee died, I never knew that there were books about grief. Now I seek those sections of the bookstore looking for anything new that might add another level to the depth and strength of my recovery.

If we are to be effective, we must be an enabled griever. An enabled griever knows that they cannot "do" this journey alone. They must find that source greater than themselves and allow it to spend them and be their source of energy. Letting go to a higher power enables us to move forward. I know that I could never have buried my son and smile today unless someone/ something bigger than me was, and still is, at work.

If we are to be effective, we must be an entrusted griever. We have to be entrusted with the knowledge that we really do know ourselves better than what others "think" is best for us. We must remain accountable to ourselves for that recovery. We must be entrusted to join hands with others to help speak up for and support those still in the early stages of their grief. We must be in a place where we can say to others, "I'm not up here in my recovery, but I am out there beside you."

If we are to be effective, we must be an emancipated griever. We must be set free to be the new person we have become since the death of our child. The old person is gone, and a new person has emerged. We have to be courageous enough to say to the world "I am a new person but I am still a good person who now has a depth of compassion that can make a difference."

If we are to be effective, we must be an emboldened griever. We must be bold enough to risk speaking up for others and ourselves. We must be bold enough to risk losing some old friends and to gaining new friends. We must be bold enough to tell someone close to us that we hurt and are having a really bad day instead of keeping that to ourselves. We must be bold enough to have a good day and not feel guilty about it. We must be bold enough to risk putting out our hand and grasping life again.

(con't in next column)

A NEW BREED OF GRIEVER (con't from left column)

In the process of becoming a new breed of griever, we have challenges to face;

1. We cannot be afraid of the future. We must always, always remember, but not worship, the past. It is important that we also pay attention to the present but not treasure it. The past won't return, and the present is slipping away and will be gone in the next moment. However, when we become a griever of the future, we are looking forward and acknowledge that the future is really all that we have whereby we can make a difference.
2. We must not be afraid to exert ourselves as seasoned grievers. We must be willing to let others know what we have done to survive. We must be willing to step forward to help.
3. We must not be afraid to take a risk for recovery. We must dare to stop asking ourselves, "what if I always feel this way?" and begin to ask ourselves, "what if I tried and it worked?" We must be willing to risk "getting better".
4. We must not be afraid to reap the benefits of joining our family and friends in the abundance of joy and love that surrounds us daily. We must not be afraid to celebrate the good that comes our way.
5. We must not be afraid to let ourselves be risked with the recovery of another bereaved parent. Once you have gone past the first day without your child, you have one day more experience than the newly bereaved. You are one day ahead of them and one day wiser. You can help.

Six years later I look back and can now reply to those early questions:

- How do I heal when I have no previous experience as a bereaved parent?
- How do I do this thing called "recovery from loss"?
- How do I become (in the eyes of the world) a "respectable griever"?

I marvel that life is good again. I survived and am now experienced enough to help others. I didn't do this thing called "recovery from loss" alone; I did it with others who loved me at the lowest moment of my life. I no longer look around and expect the world to understand, so I no longer worry if I am considered a respectable griever. I'm just a mother whose only child died and I feel respectable enough to smile and say "hello" to life.

So, if you are a newly bereaved parent, hang in there...become equipped, enabled, entrusted, emancipated and emboldened. Do it in your time. Do it in ways that help you and don't hurt others. You no longer have to meet society's standards. Remember, you are a new breed of griever, and we, the seasoned grievers, will be there to support you. May today bring you peace. May tomorrow bring you one moment of joy.

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### REMEMBERING

Go ahead and mention my child  
 The one that died, you know,  
 Don't worry about hurting me further.  
 The depth of my pain doesn't show.

Don't worry about making me cry.  
 I'm already crying inside.

"Help me heal by releasing  
 the tears that I try to hide.

I'm hurt when you just keep silent,  
 pretending it doesn't exist.

I'd rather you mention my child,  
 knowing that he has been missed.

You asked me how I'm doing.  
 I say "pretty good" or "fine".  
 But healing is something ongoing.  
 I feel it will take a lifetime.

~ Elizabeth Dent

## Happy thoughts for The Heart

by Elaine Stillwell

While we are grieving the loss of a loved one its important to find positive things to tell our heads, anything that will give us inspiration to keep going. Whether it is a popular phrase that motivates us, a song that keeps ringing in our ears, a book, article or poem that speaks to our hearts, or perhaps a sweet prayer that gives us strength, we all need some inspiring thoughts to help lift the burden of our sadness..

When my two oldest children, twenty-one-year-old Denis and nineteen-year-old Peggy, were killed in the same car accident, I found myself searching bookstores and libraries for books that would tell me how others survived such an agonizing loss. As I found certain pages and phrases that were meaningful to me, I copied them down and shared them with my husband and remaining daughter. I found that just a few words could change how I looked at the day. Putting "happy thoughts" into my head gave me a whole new perspective. It was like putting on rose-colored glasses. My vision of the future improved, my attitude changed and I began to feel I would make it through this Valley of the Shadow. Maybe some of my "happy thoughts" might help you:

### **Doing grief work is like being a trapeze artist.**

Balance and timing are everything. Letting go too soon and holding on too long are equally dangerous. Finding ways to maintain the attachment goes hand in hand with letting go as a primary grief-work lesson. Often the manner of staying attached is also a manner of infusing meaning back into our life. We have learned that we don't really recover, we adapt. We alter our values, attitudes, perceptions, relationships and beliefs. We become different than the person we once were. How I fought that idea! I liked the old me, but honestly, how could I stay the same person after burying two of my children? What a great gymnast I became!

### **God knows, and that is good enough for me.**

We all ask the same eternal question, "why?" There never is an answer of course, but we ask it anyway— many times over — always hoping that the answer will appear in neon lights, illuminating that wonderful comfort that has eluded us. In a book I was reading, a young widow who lost her husband in a motorcycle accident exclaimed, "God knows, and that is good enough for me!"

*...more next month from*

*Elaine Stillwell's "Happy thoughts"...*

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*"I was shocked that I did not die from grief. And I know now that I will not die from it, because I choose not to.*

*I may run, or shake wildly, or lie paralyzed on the ground for a while, but I will not ultimately succumb.*

*~ Molly Fumia, "Safe Passage"*

## GOOD GRIEF

(con't from page 1)

(Sept/Oct 1999) by Rev. Paul A. Meltzer called "No Finish Line for Grief". In it Rev. Meltzer discusses "an appreciation of the fact that grievers form an inner sense of continued bond with deceased loved ones. Survivors hold the deceased in loving memory for long periods, often forever. This inner representation allows a sense of connection and interaction with the physically absent, but emotionally present loved one. The paradox of grief in their view is that "good grief" seems to result in both a letting go and a remaining involved"

I think back now to those early days when I feel melancholy and need my grief to be weighted down by tears. I can draw on every vivid detail of the experience...learning of Peter's sudden death in a brutal car accident caused by a reckless friend driving on a rain slicked road at terrifying high speed...my keening screams that so damaged my vocal chords I was forced to weep soundlessly for weeks...the activities of death...funerals, staying home to receive sympathetic callers, praying, trying to comprehend.

I think of the years trying to cope with life without Peter present. Reading all that I could in the hope of discovering this might be a manageable condition and discovering that I was indeed in the company of millions who were in lockstep with me trying to sort out their own grief. Finding support in attending Compassionate Friends meetings and befriending so many wonderful people willing to share their own experience so that I could learn to manage my own.

I realize now that Phil and I have incorporated Peter so totally in our lives, we barely notice if people flinch when we refer to him, which we do all the time. Because so many of our friends now are also bereaved parents, we all refer to our kids whenever stories are told about the past. Usually we laugh. And every little mention keeps our children in the present. Good grief.

I remember in the beginning, the silence of friends and family, the unwillingness to speak Peter's name. As if doing so might remind me that he was dead. As if I could forget. And it's the fear of forgetting that is so prominent in our minds. The fear of forgetting what he looked like, or what he sounded like. The fear of forgetting how much it hurt. *The fear of accepting the loss. The fear of not grieving anymore for our treasured children.*

For eight years now Peter has been my main focus. I wonder what he would be doing. I wonder if he would have been married by now and if I would be a grandma. I always wanted to be a grandma. Instead he is my indelible child, forever 22, unencumbered by the slings and arrows of outrageous fortune. The many memorials we have created in his name, all meant to keep him here, in the present, include an academic scholarship at his high school, and an adoption center for the cats he so loved here on earth and a park bench with a brass plaque bearing his name. All good grief.

Through my writing I have introduced him to so many who might never have known him if he hadn't traveled out of this world. Keeping him here in the present time, in a world that should have been his, has become my mission. I'm grateful that I live in a time when it is acceptable to include our missing children in our lives. That we can continue to share memories and stories about them and not be encouraged to keep the loss to ourselves and "move on with our lives" without them. Phil and I have a ritual. Every Friday night we light a candle that burns for the entire weekend. Our little ceremony includes a mini conversation with him and bids him welcome. We always feel he is with us while the candle burns. Good grief.

There surely is no timetable for grieving. We will always grieve the loss of Peter. But after eight years we've concluded this is probably as good as it will ever get. Peter will never be further away or closer than he is now. Until we meet again.

*~ Marie Levine, 2001*

# Siblings

## Brother

A part of me, my only sibling,  
You alone hold the history of my youth.  
The barbeques at Grandma's and fishing at the dam,  
The Easter egg hunts and sparklers on the Fourth...

When little we fought like brothers sometimes do,  
but more often played, and laughed, and teased.  
I tried to be what I thought a big brother should be,  
and you played younger equally well.

Then we reached that age when interests differ;  
I thought you were too crazy and wild,  
and you were sure I was too uptight.  
Neither of us planned to get together  
thinking we would always have the time.

It was only when they came to tell me,  
after leaving a note on Mom's door,  
I let her know you weren't coming back.

For a while I believed it should have been me,  
since I had failed, I hadn't watched over you.  
And it was hard to see how much mom hurt,  
wondering if there was something I could have done.

But then I finally realized, probably with your help,  
that I did nothing wrong; it was just your time.  
The love we've always had will never leave,  
And the memories we share will always be alive.

So even though I'll always be the big brother,  
I realize my baby bro has some special gifts now,  
and want to thank you for being that rascally angel  
who often lets us know he's always around.

~ by **David Ardenall**

## 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.*

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| <p><b>TUESDAYS</b></p> <p>TUESDAYS AT 7:00PM</p> <p>With Jordon Ferber - Sibling Leader</p> <p>Siblings in the Manhattan Chapter meet every<br/>Tuesday of the month and more.</p> <p>Sign up to get our siblings schedule emails</p> <p><a href="#">Click here for exclusive sibling emails</a></p> |
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| <p><b>TCF SIBLING CHATS</b></p> <p>Some online chats for adult and teen siblings to<br/>share concerns and feelings are available on the<br/>TCF National website</p> <p><a href="#">Click here to display the full schedule of chats for<br/>both parents and siblings</a></p> |
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## 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](http://www.compassionatefriends.org)

⇒ go to [www.centeringcorp.org](http://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.

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### ...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.

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## 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.

# Worldwide Candle Lighting

Sunday, December 8th, 2024

Worldwide Candle Lighting Event In Manhattan

at the

Parish House of the Church of Ascension

12 W.11th Street, Manhattan, NY

Doors open at 5:45pm - Please arrive by 6:15pm - Family guests are welcome - PLEASE RSVP

[Click here](#) or the Events Tab on our website [www.compassionatefriends.nyc](http://www.compassionatefriends.nyc) for more information.

## The Compassionate Friends - Worldwide Candle Lighting



***We remember... that their light will always shine.***

***\* Remember - if in person...be sure to bring a framed photo of your loved one to be displayed in the ballroom during the evening.***

**Important - take note!**

***There will be an ongoing slideshow of all our children...***

**To include your loved one in this beautiful memorial, please email your photos by DECEMBER 5TH to:**

**[photosmtcf@gmail.com](mailto:photosmtcf@gmail.com)**

We suggest you send two photos - a young, "sunrise" photo and a "sunset" more recent photo.

Be sure to indicate your child's **full name exactly as you wish it to appear!**

**(If you had photos in last year's slideshow, just request to use the same photos for 2023)**

**IF YOU CANNOT ATTEND IN PERSON: National will have Virtual Candle Lighting. Go to [www.compassionatefriends.org](http://www.compassionatefriends.org).**

## 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



### OCTOBER BIRTHDAYS

- |       |                                                                               |       |                                                                                        |
|-------|-------------------------------------------------------------------------------|-------|----------------------------------------------------------------------------------------|
| 10/1  | <b>AMBER ASHTON</b> , daughter of Tom & Eleanor Ashton                        | 10/18 | <b>RENEE THOMPSON</b> , daughter of Gregory & Joy Thompson                             |
| 10/1  | <b>PAX DESMORAIS</b> , son of Lian & Tim DesMorais                            | 10/20 | <b>ADAM FELDBERG</b> , son of Tsipi Taube                                              |
| 10/2  | <b>NEILL PERRI</b> , son of Maddie & Cliff Kasden                             | 10/21 | <b>ALEXIS NICOLE NEGRON</b> , daughter of German (Herman) Negron                       |
| 10/2  | <b>ROBERT BANNON</b> , brother of Marybeth Bannon                             | 10/21 | <b>MELQUAIN JATELLE ANDERSON</b> , son of Michelle Barnes-Anderson                     |
| 10/3  | <b>JAKE GOLDBERG</b> , son of Gene Goldberg, brother of Ben Goldberg          | 10/21 | <b>SHEMAYNE PARKS</b> , daughter of Beverly Fortson, sister of Hannah Fortson          |
| 10/3  | <b>JASON MARKS</b> , son of Helena Marks                                      | 10/22 | <b>LUKE LUEBKE</b> , son of Bine Luebke, brother of Jonas                              |
| 10/3  | <b>SKYLER CAGHLIN</b> , son of Seana Caghlín, brother of Cassandra Richardson | 10/23 | <b>CHARLOTTE KENLEY THOMPSON</b> , daughter of Jeannie Dalton & Paul Thompson          |
| 10/4  | <b>JACOB MORGAN</b> , brother of Kelsey Morgan                                | 10/23 | <b>MARK COOKE</b> , son of Maureen Cooke, brother of Jamie                             |
| 10/5  | <b>ALAN MYL</b> , son of Joanne Myl                                           | 10/23 | <b>PATRIC KARN</b> , brother of Lisa Kaye                                              |
| 10/5  | <b>JULIANA ADORNO</b> , daughter of Jerica Adorno                             | 10/23 | <b>PATRICK CESARIO</b> , son of Sharon Cesario, brother of Frank Cesario               |
| 10/5  | <b>NATHANIEL LOUIS RAND</b> , son of Jacob Rand                               | 10/24 | <b>CHRISTOPHER MALLIN</b> , son of Robert Mallin                                       |
| 10/5  | <b>SCARLETT KAUFMAN</b> , daughter of Eileen Kaufman                          | 10/24 | <b>WILL GARRIGAN</b> , brother of Erin Garrigan                                        |
| 10/5  | <b>TIM CARPENTER</b> , son of Donna Carpenter                                 | 10/25 | <b>JASON SCHECHTER</b> , son of Leo Schechter                                          |
| 10/6  | <b>BEN LOCKHART</b> , son of Kate Sanford                                     | 10/25 | <b>MICAH DAWKINS-WILLIAMS</b> , son of Rhodina Williams                                |
| 10/6  | <b>BENJAMIN IMBROGNO</b> , son of Naomi Imbrogno                              | 10/26 | <b>DEREK GOMEZ</b> , son of Marta Freyre & Robert McManus, brother of Xiomara Gomez    |
| 10/7  | <b>GIRBUN LAO</b> , brother of Ithreum Brown                                  | 10/26 | <b>KRISTOFFER SALAVANTE</b> , son of Maria & Eliezer Salavante                         |
| 10/7  | <b>PETER TRAKIS</b> , son of Dolores & John Trakis                            | 10/26 | <b>SUZANNE PAGE</b> , daughter of Timmie Ross                                          |
| 10/7  | <b>RYAN KENT JACKSON</b> , son of Toby Jackson                                | 10/27 | <b>AIDAN STEVENS</b> , son of Lilly Stevens                                            |
| 10/8  | <b>DAVID MCSWAIN</b> , brother of Malissa McSwain                             | 10/27 | <b>EMILY MACKEY</b> , sister of Lauren Minchen                                         |
| 10/8  | <b>DONALD BROWN</b> , son of Desiree Brown                                    | 10/27 | <b>JUDAH BRYNDAL</b> , son of Dusty & David Bryndal                                    |
| 10/8  | <b>ZOIE BENNETT</b> , daughter of Zachary Bennet                              | 10/28 | <b>MICHAEL BARNES</b> , son of Jaqueline Warren                                        |
| 10/9  | <b>CHRISTOPHER JOSEPH BAUMANN</b> , son of Maureen Mackey                     | 10/29 | <b>ADEDAYO ADEWALE</b> , son of Modesta Baltazar, brother of Phebe Ojomoses            |
| 10/9  | <b>ELIZABETH HANAU</b> , daughter of Marsha Hanau                             | 10/29 | <b>NATHANIEL HILL JR.</b> , son of Lynette & Nathaniel Hill, brother of Lenise         |
| 10/9  | <b>JOANNA ZWEIG</b> , Ben's aunt, sister of Daniel Zweig                      | 10/30 | <b>CHRISTOPHER KWIK</b> , brother of Sharon Kwik                                       |
| 10/10 | <b>CHRIS SANTIAGO</b> , son of Eve Ortega                                     | 10/30 | <b>MYLES CHANDLER</b> , son of Marcia Chandler                                         |
| 10/10 | <b>CHRISTOPHER PALMER</b> , son of Darlene and Douglas Palmer                 | 10/30 | <b>ROBERT KISTENBERG</b> , son of Marilyn & Elliot Kistenberg, brother of Marni Nossel |
| 10/10 | <b>LAURA NAMIE</b> , sister of Matthew Namie                                  | 10/31 | <b>KERRY STONE</b> , brother of Catherine Kells                                        |
| 10/11 | <b>KIERNAN BLAKER</b> , brother of Darby Blaker                               | 10/31 | <b>SAESHA KAYTAL</b> , daughter of Supriya & Sid Kaytal                                |
| 10/11 | <b>TIM MAGEE</b> , son of Mary & Tim Magee                                    |       |                                                                                        |
| 10/12 | <b>ARJUN VEER SHARMA</b> , son of Vikas & Priyanka Sharma                     |       |                                                                                        |
| 10/13 | <b>DANA FLAX</b> , sister of Casey Flax                                       |       |                                                                                        |
| 10/13 | <b>DANDY PINNOCK</b> , son of Kaydeen Green                                   |       |                                                                                        |
| 10/15 | <b>JONATHAN BUCAOTO</b> , son of Ruth Sowell                                  |       |                                                                                        |
| 10/15 | <b>SARAH &amp; GRACE BADGER</b> , twin daughters of Madonna Badger            |       |                                                                                        |
| 10/16 | <b>BATHSHEBA KOHN</b> , daughter of Yoel Kohn                                 |       |                                                                                        |
| 10/18 | <b>CHRIS BALDWIN</b> , brother of Brooke Baldwin                              |       |                                                                                        |

### 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](mailto:tcfmanhattan.nyc@gmail.com) and tell us what needs to change.



**OUR CHILDREN—LOVED AND REMEMBERED**  
**OCTOBER ANNIVERSARIES**



10/1 **LEAH NICO**, daughter of Linda Sacks, sister of Mara Bragg

10/1 **PAX DESMORAIS**, son of Lian & Tim DesMorais

10/1 **TUSHAR ATRE**, son of Shaku Atre

10/2 **CHRISTOPHER LUKE ELMER**, son of Anne Elmer & Jeff Elmer

10/2 **ROBERT KISTENBERG**, son of Marilyn & Elliot Kistenberg, brother of Marni Nossel

10/3 **KATHLEEN YANCHIS**, sister of Marybeth Bannon

10/3 **TIONNIE MURRAY**, daughter of Marie Caballero

10/4 **BARA COLODNE**, daughter of Mia and Eric Colodne

10/4 **BRANDON SCHWARTZ**, son of Joann & Mark Schwartz

10/4 **CAROLINE MASON**, daughter of Rachel Mason

10/4 **HAMEEN JASPER**, daughter of Yolanda Jasper

10/4 **SAMUEL TITUS**, son of Sara Jenkins

10/5 **MATTHEW YUDELMAN**, grandson of Anne Schuman & Ian Yudelman

10/6 **HANNAH POTIS**, sister of Taylor Potis

10/6 **JAMES ROACH**, brother of Omar Roach

10/6 **KIMANI FOSTER**, daughter of Katrina Thomas

10/6 **LIANNA GONZALEZ**, daughter of Dahiana De La Cruz

10/6 **MEL'LISA ANDRE**, daughter of Darchelle Hinson-Andre

10/6 **SCARLETT KAUFMAN**, daughter of Eileen Kaufman

10/7 **BRYCE SHELDON**, son of Bianca Villalona

10/7 **MICHAEL RAMIREZ**, son of Michele Cennamo

10/8 **SAMMY COHEN ECKSTEIN**, son of Amy Cohen & Gary Eckstein

10/9 **WILLIAM JOHN BERTRAND**, son of MaryLee Bertrand

10/10 **JOSETTE GIBBS**, daughter of Juanita Gibbs

10/10 **JULIANA ADORNO**, daughter of Jerica Adorno

10/11 **CHRISTOPHER JOSEPH BAUMANN**, son of Maureen Mackey

10/12 **BEN LOCKHART**, son of Kate Sanford

10/12 **BENJAMIN RONALD OJEDA-FEINSTEIN**, son of Talo Ojeda & Reva Feinstein

10/12 **CHARLIE CAMPDERRICH**, son of Jody Campderrich

10/12 **CYRUS SINK**, son of Susan Huggins

10/12 **ETHAN HOLDER**, son of Beverly Holder

10/15 **HAYLEE LABBAN**, daughter of Penelope Coward

10/16 **CLARISSA JACKSON**, sister of Jillian Jackson

10/16 **CYBELE FISHER-KOPPEL**, daughter of Phyllis & Jack Fisher, sister of Remy Fisher-Bauman

10/16 **JEM MAIR**, daughter of Ilana Mair

10/16 **LAURA LEVIS**, daughter of Georgia & William Levis

10/16 **LUCAS SCOTT**, brother of Erin Scott

10/17 **RYAN CHRISTIAN BALLON**, brother of Dylan Ballon

10/19 **DANILO RODRIGUEZ**, sister of Enrique Rodriguez

10/20 **CHRISTOPHER JAMES ROUCH**, son of Kathy Rouch

10/20 **CONNOR LEE-KAWANISHI**, son of Choony Lee

10/20 **MAX JACOBSON**, son of Terry & Hugh Jacobson

10/22 **ADRIAN PURICELLI**, son of Denise Puricelli, brother of Vironika

10/22 **ELLIS ZIMMERMAN**, son of Anna Ellis & Benjamin Zimmerman

10/23 **AIDAN STEVENS**, son of Lilly Stevens

10/23 **MICHAEL BARNES**, son of Jaqueline Warren

10/24 **MASON SIMMS**, son of Shavon Simms

10/25 **DANDY PINNOCK**, son of Kaydeen Green

10/25 **EBONY N. JACKSON**, daughter of Diana Jackson, cousin of Aaron Jackson-Kent

10/25 **MELQUAIN JATELLE ANDERSON**, son of Michelle Barnes-Anderson

10/25 **RYAN KENT JACKSON**, son of Toby Jackson

10/26 **LUKE LUEBKE**, son of Bine Luebke, brother of Jonas

10/26 **TSAIGH GREENIDGE-JAMES**, son of Sinaya Greenidge, brother of Niasia Greenidge-James

10/27 **DANNY CRONIN**, son of Mary Cronin

10/27 **ROSITA CUNNINGHAM**, sister of Sedel Mapp

10/28 **AHREN JUDE KARRAN SINGH**, son of Rondha-Ann Lam

10/28 **SARA CHANGHONG ADAMS**, daughter of Muriel Adams

10/28 **THOMAS J. MANNO**, son of Elizabeth M. Davey

10/29 **JESSE ARATOW**, son of Susanna Hoffman

10/30 **BRADLEY FRIEDMAN**, son of Jane Friedman

10/30 **CHARLOTTE KENLEY THOMPSON**, daughter of Jeannie Dalton & Paul Thompson

10/30 **MATTHEW FIDLER**, son of Annette Fidler

10/30 **ROBERT ZIETEK**, brother of Barbara Zietek

10/31 **NOAH GLARPHAM**, son of David & Heather Kopp





**OUR CHILDREN—LOVED AND REMEMBERED**  
**NOVEMBER BIRTHDAYS**



- |       |                                                                                                                             |       |                                                                                           |
|-------|-----------------------------------------------------------------------------------------------------------------------------|-------|-------------------------------------------------------------------------------------------|
| 11/1  | <b>BRETT DOUGLAS</b> , brother of Danielle Monaco                                                                           | 11/15 | <b>DYLAN RANDALL</b> , son of Yenia & Robert Randall                                      |
| 11/1  | <b>FLORENCE FRAZER</b> , sister of Harri Molese                                                                             | 11/15 | <b>JORDAN WEINSTEIN</b> , daughter of Wendy J. Schriber                                   |
| 11/1  | <b>LIAM ARDEN</b> , son of Esther & Patrick Arden                                                                           | 11/17 | <b>ADRIAN PURICELLI</b> , son of Denise Puricelli, brother of Vironika                    |
| 11/1  | <b>OLIVIA LAURA CASTRO</b> , daughter of Gigi & Robert Castro                                                               | 11/17 | <b>KATHLEEN BEAMER</b> , sister of Laura Beamer                                           |
| 11/2  | <b>STEVEN SCHWARTZ</b> , son of Ellen Schwartz                                                                              | 11/17 | <b>LINCOLN WHEELER-POWELL</b> , son of John Powell & Britta Wheeler                       |
| 11/2  | <b>TY PICKETT</b> , son of Jan Pickett                                                                                      | 11/17 | <b>LYLA SKYE MEDICI</b> , daughter of Mimi Delle Donne, sister of Meghan Matias           |
| 11/3  | <b>NICK CARIS</b> , son of Konstantina Caris                                                                                | 11/17 | <b>TREVOR LOUGHLIN</b> , son of Suzy & Joe Loughlin, brother of Juliette Loughlin         |
| 11/4  | <b>ASHLEE D. BLAKE GUTIERREZ</b> , daughter of Marlene & Francisco Gutierrez                                                | 11/18 | <b>JAMILA IRONS-JOHNSON</b> , daughter of Jeannine Irons                                  |
| 11/4  | <b>DMITRI PAJITNOV</b> , son of Nina Pajitnova                                                                              | 11/18 | <b>LIN GUO</b> , brother of Sylvia Guo                                                    |
| 11/4  | <b>KEVIN MITCHELL</b> , son of Jacquie & John Mitchell, brother of Kristopher & the late Kareem Mitchell                    | 11/18 | <b>MATT RITTER</b> , brother of Grace Ritter\                                             |
| 11/4  | <b>MILES ELLIOT COUGHLIN</b> , son of Fredricka Weinstein & Matthew Coughlin, brother of Marla Tolson, uncle of Lena Tolson | 11/19 | <b>CRAIG MARTINEZ</b> , son of Louis Hampton Martinez                                     |
| 11/4  | <b>TRAVIS FREEMAN</b> , son of Daniel Freeman & Elizabeth Morse                                                             | 11/19 | <b>SARA CHANGHONG ADAMS</b> , daughter of Muriel Adams                                    |
| 11/5  | <b>PAULA VOLLEN</b> , daughter of Raizy Vollen                                                                              | 11/20 | <b>DAVID LESSER</b> , brother of Debbie Lesser                                            |
| 11/5  | <b>ROSE MAYR</b> , sister of Anna Mayr                                                                                      | 11/20 | <b>JEFFREY CARTER</b> , son of Linda Carter                                               |
| 11/6  | <b>BENJAMIN ZWEIG</b> , son of Sally Petrick & Daniel Zweig                                                                 | 11/21 | <b>JACK ROBERTS</b> , son of Joanne Wright                                                |
| 11/7  | <b>KELLI ANNE AULETTA</b> , daughter of Dick & Mary Auletta, sister of Kimberlee                                            | 11/22 | <b>NICHOA WALKER</b> , daughter of Mazrene Holmes                                         |
| 11/7  | <b>MALIK DUFOR</b> , son of Waltrina DeFrantz-Dufor                                                                         | 11/23 | <b>INSANN LAWLOR</b> , son of Serena Bhaduri                                              |
| 11/7  | <b>MARY GIBBS</b> , sister of Cynthia Gibbs-Pratt                                                                           | 11/23 | <b>JENNA HERNAN</b> , daughter of Maria Hernan                                            |
| 11/7  | <b>MILO KESSLER</b> , son of Alana Fishberg & Daryl Kessler                                                                 | 11/23 | <b>TERRANCE RICHARDSON</b> , son of Theresa Richardson, brother of Francina Branch Elysee |
| 11/7  | <b>NICHOLAS SOTO</b> , son of Deborah Freeman & Eddie B. Soto, Jr.                                                          | 11/24 | <b>ARTHUR DUDIN</b> , son of Stan & Irina Dudin                                           |
| 11/8  | <b>ADAM WEINER</b> , son of Susan Weiner                                                                                    | 11/24 | <b>ERIK BANKS</b> , son of Laurene Buckley                                                |
| 11/8  | <b>DANNY MOONEY, JR.</b> , son of Danny Mooney                                                                              | 11/26 | <b>ALEXANDER MAXWELL</b> , son of Deanna & Kent Grant                                     |
| 11/8  | <b>TEVIN A. HAMPTON</b> , son of Patricia Lilly                                                                             | 11/26 | <b>CLARISSA JACKSON</b> , sister of Jillian Jackson                                       |
| 11/9  | <b>AIMEE GANDOUR</b> , sister of Molly Gandour                                                                              | 11/26 | <b>ISABELLA PALMER</b> , daughter of Alan & Meghan Palmer                                 |
| 11/9  | <b>CHRISTOPHER ROTH</b> , brother of Stephanie Roth                                                                         | 11/26 | <b>MARLA SUE COLLAZO</b> , daughter of Lita & Joe Robinson                                |
| 11/9  | <b>ISAIAH WINCH</b> , son of Jesse Winch, brother of Louisa-Carpenter Winch                                                 | 11/26 | <b>NOEL AMELLIO</b> , son of Margaret M. Amellio                                          |
| 11/9  | <b>MICHAEL RAMIREZ</b> , son of Michele Cennamo                                                                             | 11/27 | <b>CASEY ACKERMAN</b> , son of Melissa and Hal Ackerman                                   |
| 11/9  | <b>SANDRA PLOUFFE</b> , daughter of Margie & Bram Jelin                                                                     | 11/27 | <b>DANIELLE HYMOWITZ</b> , daughter of Karen Hymowitz                                     |
| 11/10 | <b>ALIX LECLAIR</b> , daughter of Julie Neches, sister of Dom LeClair                                                       | 11/27 | <b>ISABEL XIE</b> , baby daughter of Denise Chow & Wayne Xie                              |
| 11/10 | <b>DONNA MALIZIS</b> , daughter of Agata Malizis                                                                            | 11/27 | <b>KEVIN DEL ROSARIO</b> , son of Annaliza del Rosario                                    |
| 11/10 | <b>MATTHEW GORDON</b> , brother of Elizabeth Stilwell                                                                       | 11/27 | <b>LUCAS SCOTT</b> , brother of Erin Scott                                                |
| 11/10 | <b>MAX JACOBSON</b> , son of Terry & Hugh Jacobson                                                                          | 11/27 | <b>RED LAYNE</b> , daughter of Greg & Trillich Layne                                      |
| 11/11 | <b>CONNOR LEE-KAWANISHI</b> , son of Choony Lee                                                                             | 11/28 | <b>ALAN ROSENTHAL</b> , son of Lynne Rosenthal                                            |
| 11/12 | <b>BURTON SANDLES</b> , son of Ina Sandles                                                                                  | 11/28 | <b>GABRIEL ROCCOFORTE</b> , son of Judith Weiss                                           |
| 11/12 | <b>HENRY JAY</b> , brother of Daniel Jay                                                                                    | 11/28 | <b>SEAN COYLE</b> , brother of Krista Coyle                                               |
| 11/12 | <b>YIANNIS STATHOPOULOS</b> , son of Kathleen Negri Stathopoulos                                                            | 11/28 | <b>VYLETTE MOON</b> , daughter of Jackie Hakiki                                           |
| 11/13 | <b>THOMAS J. MANNO</b> , son of Elizabeth M. Davey                                                                          | 11/29 | <b>EVAN FRIEDLANDER</b> , son of Kathy Friedlander                                        |
| 11/14 | <b>CATHERINE CORENU</b> , daughter of Carrie Tuhy                                                                           | 11/29 | <b>MAMADON JOHNSON</b> , sister of Djassi Johnson                                         |
| 11/15 | <b>AARON HOROWITZ</b> , son of Allan & Liz Horwitz                                                                          | 11/29 | <b>STEVE DAVOREN</b> , brother of Doug Davoren                                            |
|       |                                                                                                                             | 11/29 | <b>TREVOR MATTHEWS</b> , son of Angela Matthews                                           |



**OUR CHILDREN—LOVED AND REMEMBERED**  
**NOVEMBER ANNIVERSARIES**



- 11/1 **JUSTIN CRAIG LEDERMAN**, son of Ruth Lederman
- 11/1 **MATT BEHAN**, brother of Chris Behan
- 11/1 **OLIVIA LAURA CASTRO**, daughter of Gigi & Robert Castro
- 11/1 **SHANEIREE DAMES**, daughter of Vivian Richardson
- 11/1 **SKYLER CAGHLIN**, son of Seana Caghlin, brother of Cassandra Richardson
- 11/2 **JASON ZAIN TZ**, son of Linda Zaintz
- 11/2 **KRISTEN DUBERRY**, daughter of Michael Duberry
- 11/3 **VISHAL TUNGARE**, brother of Ajay Tungare
- 11/4 **ILIA KRASOTINA**, sister of Sofiya Krasotina
- 11/4 **PARIS CAVIC**, sister of Mel Cavic
- 11/4 **SETH KAHN**, son of Debbie & Harold Kahn
- 11/5 **CASSIE WILSON**, sister of Kaylie Wilson
- 11/5 **GAVIN PESKIN**, son of Leah Peskin
- 11/5 **RACHEL AUSTER**, daughter of Gail Auster
- 11/6 **DAVID LESSER**, brother of Debbie Lesser
- 11/6 **RUSSELL GABAY**, brother of Lori Gabay
- 11/7 **JACOB PAUL ROBINSON-SWEET**, son of Gail Robinson
- 11/8 **JAMES GIBBON**, son of James (Jimie) Gibbon
- 11/9 **ALI SEEDAT**, daughter of Deborah McKinzie
- 11/9 **QUINDORA PERSUAD**, daughter of Maria Cabassa
- 11/10 **PARKER KOLTCHAK**, son of Deb Capone
- 11/10 **STEVEN HOUTERMAN**, son of Awilda Rodriguez Houterman
- 11/11 **BRENDA CHAPMAN**, daughter of Della Scrugs
- 11/11 **LINDA GIOVE**, daughter of Arlene Schechter
- 11/11 **MYLES CHANDLER**, son of Marcia Chandler
- 11/12 **JON ROMULO**, son of Tocy Friend
- 11/13 **HENRY JAY**, brother of Daniel Jay
- 11/13 **MICHAEL AARONSON**, son of Dorothy Aaronson, brother of Robert Aaronson
- 11/13 **ROBERT CABALES**, son of Susan Cabaales

- 11/14 **VICENTE EDUARDO**, son of Tomasina Eduardo
- 11/16 **JAY SCHNEIDER**, son of Bonnie Bowes
- 11/17 **DYLAN LAKER**, son of Claudette Kraus & Robert Laker
- 11/17 **JASON ELLIS**, son of Michael Ellis
- 11/17 **MATTHEW NOVAK**, son of Clare Hogan
- 11/17 **SYDNEY MARTINEZ**, daughter of Fabiola Bello & Alex Martinez
- 11/18 **CHRISTOPHER MEYER**, brother of Kimberly Meyer
- 11/18 **KIERNAN BLAKER**, brother of Darby Blaker
- 11/20 **"SPROUT" WILSON**, son of Elizabeth Minei
- 11/20 **NOEL AMELLIO**, son of Margaret M. Amellio
- 11/20 **RORY DAZE CHONG**, son of Pam Chong
- 11/21 **GEORGE MICHAEL KOTSIS**, son of Doris Kotsis
- 11/21 **KATHLEEN BEAMER**, sister of Laura Beamer
- 11/22 **AMIR PRIZANT**, brother of Ayelet Prizant
- 11/22 **ETHAN WASSERBERGER**, son of Simon & Cynthia Wasserberger
- 11/24 **CHRISTOPHER EISELE**, son of Kathleen & John Montoya
- 11/24 **PATRICE WALKER**, daughter of Mazrene Holmes
- 11/25 **JESSICA REVELEY**, sister of Britt Bonney
- 11/26 **ALEX REY**, son of Alex and Myrna Rey, brother of Amanda Rey
- 11/26 **DR. AMY BETH ROSEN**, daughter of Helen Rosen
- 11/28 **RUBY MANE**, daughter of Mohasin Mane
- 11/29 **BRONWEN PRADT**, daughter of Katherine Pradt
- 11/29 **KHALIL KNOWLEDGE SMITH**, son of Malazha Wright
- 11/29 **KOFI A. MENS AH JR.**, son of Rosinah Mensah & the late Samuel A. Mensah, brother of Dr. Kofi A. Mensah, Ph. D
- 11/30 **GINGER SIMMS**, daughter of Larry Simms & Alison Ho
- 11/30 **JAMES PATRICK (JIMMY) SINISI**, son of Ann Marie Sinisi
- 11/30 **JESSE VALENTINE**, son of Joanna Valentine
- 11/30 **LYDIA WOOD**, daughter of Matt Wood
- 11/30 **SHIMMER HALL**, daughter of Janine James



**Our Children Remembrances — Changes**

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| THE COMPASSIONATE FRIENDS CHAT SCHEDULE.<br><a href="#">Click here to display exact times and to see entire schedule</a> |                                                      |                                                                 |                                                             |
|--------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------------------|-------------------------------------------------------------|
| ET                                                                                                                       | MORNING                                              | EARLIER EVENING                                                 | LATER EVENING                                               |
| MON                                                                                                                      | Parents/Grandparents/Siblings                        | First time CHAT orientation                                     | General Bereavement<br>Parents/Grandparents/Siblings        |
| TUE                                                                                                                      |                                                      | Loss to Substance Related Causes<br>First time CHAT orientation | Bereaved less than 2 yrs<br>Bereaved more than 2 yrs        |
| WED                                                                                                                      | Parents/Grandparents/Siblings                        | First time CHAT orientation                                     | General Bereavement<br>Parents/Grandparents/Siblings        |
| THU                                                                                                                      |                                                      | No Surviving Children<br>First time CHAT orientation            | General Bereavement<br>Parents/Grandparents/Siblings        |
| FRI                                                                                                                      | General Bereavement<br>Parents/Grandparents/Siblings | Pregnancy/Infant Loss                                           | General Bereavement<br>Parents/Grandparents/Siblings        |
| SAT                                                                                                                      |                                                      |                                                                 | General Bereavement<br>Parents/Grandparents/Siblings        |
| SUN                                                                                                                      |                                                      | Suicide Loss                                                    | General Bereavement Issues<br>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*  
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**MARK YOUR CALENDARS!**  
Our next Chapter meetings are the 3rd Tuesday of each month:  
**OCT 15 NOV 19 DEC 17 JAN 21**

**Newsletter article submissions are welcome.**  
Please email to [marielevine2@verizon.net](mailto:marielevine2@verizon.net)

**MAKE A DONATION**  
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### OUR COMPASSIONATE FRIENDLY NEIGHBORS

|                    |               |                |                     |                  |                |
|--------------------|---------------|----------------|---------------------|------------------|----------------|
| Babylon            | 1st Friday    | (516) 795-8644 | Medford             | 2nd Friday       | (631) 738-0809 |
| Bronx              | 2nd Tuesday   | (914) 714-4885 | Rockville Centre    | 2nd Friday       | (516) 766-4682 |
| Brookhaven         | 2nd Friday    | (631) 738-0809 | Rockland County     | 3rd Tuesday      | (845) 398-9762 |
| Brooklyn           | 3rd Wednesday | (917) 952-9751 | SmithPoint/Mastic   | 2nd Thursday     | (631) 281-9004 |
| Flushing           | 3rd Friday    | (718) 746-5010 | Staten Island       | 2nd & 4th Thurs. | (718) 983-0377 |
| Manhasset          | 3rd Tuesday   | (516) 466-2480 | Syosset (Plainview) | 3rd Friday       | (718) 767-0904 |
| Marine Park, Bklyn | 3rd Friday    | (718) 605-1545 | White Plains        | 1st Thursday     | (914) 381-3389 |

### PRIVATE FACEBOOK GROUPS

Click below for National Website's Listing of groups.

#### 24/7 PRIVATE FACEBOOK GROUPS

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

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](#)