The Compassionate Friends

Manhattan Chapter

Supporting Family After a Child Dies

Our next meetings…

Oct 14 (2nd Tues)
Nov 18
Dec 16
Jan 20

Manhattan Chapter Newsletter **October 2025**

OCT 14TH MEETING—2ND TUESDAY IN-PERSON

In-person only **on the second Tuesday**, October 14th. 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.

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A Letter to My Brother

Suddenly you're gone. I'm still here. Why? How can this be? Someone tell me the reason, the answer. How can I fill the void, the space once so full of life? What will I do? How will I be strong for others when the sting of pain is so real, so near?

Though everyone seems calm, my soul screams at the injustice, the unfairness of losing you.

I miss you. I think of you every day and feel you in my heart always. Whatever the reason for your leaving, I know your living had a reason.

Despite the brevity of your life, you lived a lifetime's worth. You bless us with your presence, your specialness. I have only to think of you to feel the joy you've left as a legacy. You shaped the purpose of my life. I can see the world through your eyes.

Robin Holemon, TCF Tuscaloosa, AL

Thoughts from Marie...

In 2008 I marked fifteen years of bereavement. Peter died in 1993 and I had been saved by my affiliation with The Compassionate Friends – attending meetings, facilitating and, becoming chapter leader, and especially newsletter editor – writing about my journey and discovering that my experience was shared by so many. After more than three decades of meetings it became apparent to me that sharing that (three decades!) info at the point of introduction to the newly bereaved in attendance was somewhat terrifying for them…was it going to take that long for them to begin healing, they thought?...was this an endless journey? In truth, I no longer needed the meetings – but the meetings seemed to need me. So I stayed. Finally, last year I moved from the city and meetings became too difficult to attend. But in truth, I still need the connection. A few years ago, I began a monthly newsletter instead of the quarterly one our chapter had for years. Putting it together each month keeps me in touch with my grief - a grief that has morphed into something different. unlike my early grief. The pain has subsided and along with the coming on of old age, a soft longing accompanies my constant ruminating on my long life, what might have been, and what a miracle my redesigned life actually is. As I assemble each newsletter, I go through pages and pages of materials I've collected through the years. Poems and articles and essays – some written by me, some by the many amazing compassionate friends I've made through the years – reminding me of the torment and devastation of early grief – and the softening and healing that time brings to the experience.

I used to think that everything that could be said about losing a child has been said. But truth is, every parent new to

(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

TCF MANHATTAN CHAPTER email: tcfmanhattan@gmail.com
TCF MANHATTAN website: www.compassionatefriends.nyc
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"Our Children" editor: **Dan Zweig**: danzweigtcf@gmail.com
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. 14, 2025, 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.

Thoughts from Marie... (con't from page 1)

this world experiences grief anew- unlike any other grief but still the same. Like every tourist seeing the Eiffel Tower or the Leaning Tower – photographed millions of times – seeing it with their own eyes for the first time is once again a unique experience. So too is our personal loss and our own unique grief journey. This doesn't happen to everyone. Ours is a life experience so indescribable that we seek out others who are struggling with the same confusion. It helps to know we're not alone, and many of us find relief in writing about it.. As I wrote at the publication of my book, "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 desperate screams of disbelief into the poetry that consoles us."

Thirty-two years ago there were very few books about child loss. Today there are hundreds Reading about the experience of others and discovering how almost universal are the thoughts and feelings of the newly bereaved, helps to validate much of the confusion. I'm proud that two of those books are mine. First You Die, published in 2004 and The Tincture of Time published in 2008 reflect my journey along with the journey of so many others. I'm glad I was able to support so many others in their most desolate time. I thank all of my compassionate friends for all the years they supported me.

If they asked me, I could write a book…..

When I wrote this, I was approaching the 15 year mark. Fifteen amazing, unbelievable years since I've seen or spoken to my son. Fifteen years since I've heard his voice, touched his face, hugged him, reprimanded him, laughed with him, shared a moment with him. Fifteen years and I am still here…alive, breathing, living a life.

I wrote this the day after we shared our annual Manhattan chapter Spring dinner. As you read this, our Holiday Dinner is fast approaching. I always enjoy these get-togethers when so many of my compassionate friends, who have stopped coming to meetings, show up to reunite and share a couple of pleasant hours with friends who experienced their most desolate hours together years ago. I've made a lot of friends through the years … and we are all like veterans who know what it is like to have been through a war together. We are survivors. Those who are newer to this world

(con't in column 2)

Worldwide Candle Lighting

Sunday, December 14th, 2025
Worldwide Candle Lighting Event
In Manhattan
at the
Parish House of the Church of Ascension
12 W.11th Street, Manhattan, NY

Click here for more information.

I could write a book... (con't from column 1)

look to us with hope … that they too may one day feel like we do. So, how do we feel?

So many of my friends ask me when I am going to write another book. I always find it gratifying to know that my writing has been as helpful as it has been to my fellow travelers. And that so many of those who continue to join us find my book and are still comforted by my words. I myself often turn to my own writing and am always amazed that I wrote it. The book is such a reflection of the

passionate despair I was experiencing each time I sat down to write. When I think now, of writing again, I must consider how much this journey has altered who I was then and who I have become. If I were to write again, I would be writing from a totally different perspective… from a distance that I could never have imagined 15 years ago.

Those of us who have been traveling for a while are far from the intensity of the pain. And as the pain diminishes, the longing grows. We must be careful in how we relate what we feel to the newly bereaved. I think back to my earliest grief. I couldn't be told it would get 'better'. I didn't want to hear that the pain 'eases'. I wanted to cling to the pain. It was all I had.

But today, I must admit, the tincture of time has worked on my soul. It is hard to describe what the grief turns into. Only those who live this life know what I am feeling. There really are no words. That's why survivors stick to one another. We are beyond trying to describe or explain what this feels like. It's somehow comforting to know that even though I look "fine", have started a new job, make future plans, and enjoy the company of the uninitiated… my veteran compassionate friends know what burdens I carry in my heart. Even if those civilians take comfort in believing I am indeed, 'over it', 'It" is always there. It's just below the surface, always ready to bubble up and take over the moment. Now, fifteen years later, I am even more careful to protect myself from exposure. My grief has become the most private part of who I am.

So if I were to take up pen (keyboard?) again, of what would I write? Without the passion and intensity of pain, what would I write? Having morphed into a quietly forward moving, severely damaged, surviving, terminally bereaved parent, who appears normal to the unknowing…

What would I write?

I consider myself one of the fortunate ones. Reaching out to others and knowing they felt helped during their most intensely despairing days because of some things I may have said, really helped me to grow through this experience. I am grateful that I could do this and even more grateful for all the wonderful friends I have made on my journey. Some days I think all that can be said, has been said. Now, 15 years later, I am considered to be somewhat of an authority on surviving the death of one's only child. I could write a book about the millions of things I would rather be an authority on. Maybe I'll do that.

Thinking of you all with great love and affection.

~ Marie Levine

Don't Think I Do Not Grieve

Don't think I do not feel because you see no tears.
A river rages deep inside of grief, and loss, and fears.
Just because I do not cry now, don't think my heart's not broken.
I keep inside the misery of words not to be spoken.

Sometimes I smile, or crack a joke, so you won't see the pain;
or notice how my hands will shake, or how I've gone insane.
Each time I chance to think of her, my heart is ripped asunder.
The loss I feel is mine alone. you will not see my thunder.

~Brenda Penepent, reprinted from the July DC/Northern Virginia Chapters Newsletter

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"*I am afraid to be angry. Rage betrays the need to accept what has happened. Yet I am also afraid to accept. Acquiescence might suggest that I have given in to fate and to the injustice of your being taken from me.*

Despite the taboo on anger, I sense that I have that right, even though fury will not alter the facts. It is not "I understand, but I am furious." It is "I understand AND I am furious."

For now, to survive, I choose both acceptance and indignation. Then even though your loss will never be okay, someday I will be.

*~ **Molly Fumia**, "Safe Passage"*

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Siblings

Sister in Mourning

One long, horrible year has passed since I lost my Sweet Kevin. My brother, my full of life perfect angel. God took The Best First.

Every day I miss you - it's like a chunk of my body has been ripped out of me. Every morning I see you looking back at me in the mirror as our two Irish faces are completely the same.

You are at peace, so they tell me, my only all loving, all accepting sibling. You gave love to everyone and never would have put me down as the others do. Always the youngest, they never stop the bullying, Kevin. This makes me miss you even more, making it almost unbearable.

You were full of life and enjoyed it as much as you could. Rightly voted Friendliest in High School, nothing could be a more accurate description of your unconditional love of people.

I miss your oldies songs. When I hear one playing, I have to stop and enjoy those few minutes with you, imagining you are there singing and gyrating along to it as you always loved to do.

We went to Playland with our brother Bob the other day and there you were as clear as day standing in front of the bumper cars.

(con't in next column)

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

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You were laughing that my daughter Amy was on them. Unfortunately it's never for real and in my mind only. Oh how I miss your beautiful smile full of kindness and love.

When I see Playland, James Cagney movies, kittens (we had 12) and Motown rock groups, I can only think of you as your enjoyment of these things went far beyond others.

I know this loss is temporary and one day I will see your ear to ear smile again. Until then I have no choice but to barely exist with a chunk of me ripped away far too soon.

Rest assured my dear Kevin, we will avenge your death and right will be mighty in the end. Only then will I believe you are truly at peace my brother.

~Carol Rebsch, Manhattan Chapter

For Grieving Mothers

by Dr. Joanne Cacciatore

I am a mother. I am a bereaved mother. My child died, and this is my reluctant path. It is not a path of my choice, but it is a path I must walk mindfully and with intention. It is a journey through the darkest night of my soul and it will take time to wind through the places that scare me.

Every cell in my body aches and longs to be with my beloved child. On days when grief is loud, I may be impatient, distracted, frustrated, and unfocused. I may get angry more easily, or I may seem hopeless. I will shed many, many, many tears. I won't smile as often as my old self. Smiling hurts now. Most everything hurts some days, even breathing.

But please, just sit beside me.
Say nothing.
Do not offer a cure.
Or a pill, or a word, or a potion.
Witness my suffering and don't turn away from me.
Please be gentle with me.
And I will try to be gentle with me too.
I will not ever "get over" my child's death so please don't urge me down that path.

Even on days when grief is quiescent, when it isn't standing loudly in the foreground, even on days when I am even able to smile again, the pain is just beneath the surface.

There are days when I still feel paralyzed. My chest feels the sinking weight of my child's absence and, sometimes, I feel as if I will explode from the grief.

Losing my child affects me in so many ways: as a woman, a mother, a human being. It affects every aspect of me: spiritually, physically, mentally, and emotionally. There are days when I barely recognize myself in the mirror anymore.

Grief is as personal to me as my fingerprint. Don't tell me how I should or shouldn't be grieving or that I should or shouldn't "feel better by now." Don't tell me what's right or wrong. I'm doing it my way, in my time. If I am to survive this, I must do what is best for me.

My understanding of life will change and a different meaning of life will slowly evolve. What I knew to be true or absolute or real or fair about the world has been challenged so I'm finding my way, moment-to-moment in this new place. Things that once seemed important to me are barely thoughts any longer. I notice life's suffering more- hungry children, the homeless and the destitute, a mother's harsh voice toward her young child- or an elderly person struggling with the door. There are so many things about the world which I now struggle to understand: Why do children die? There are some questions, I've learned, which are simply unanswerable.

So please don't tell me that " God has a plan " for me. This, my friend, is between me and my God. Those platitudes slip far too easily from the mouths of those who tuck their own child into a safe, warm bed at night: Can you begin to imagine your own child, flesh of your flesh, lying lifeless in a casket, when "goodbye" means you'll never see them on this Earth again? Grieving mothers- and fathers- and grandparents- and siblings won't wake up

(con't in next column)

For Grieving Mothers (continued)

one day with everything 'okay' and life back to normal. I have a new normal now.

As time passes, I may gain gifts, and treasures, and insights but anything gained was too high a cost when compared to what was lost. Perhaps, one day, when I am very, very old, I will say that time has truly helped to heal my broken heart. But always remember that not a second of any minute of any hour of any day passes when I am not aware of the presence of my child's absence, no matter how many years lurk over my shoulder, don't forget that I have another one, another child, whose absence, like the sky, is spread over everything as C.S. Lewis said.

My child may have died; but my love - and my motherhood - never will.

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NATURE'S RAINBOWS

We held them in our parent arms
for days or weeks or months.
Now we hold them in our hearts
and cry the darkest tears.

The cord attached to children,
eternally fine and strong.
We never leave the missing;
it holds us all life long.

Our children now inside us
Our souls' tattooed with gold.
Their love, their words, caresses,
are hugs that we still hold.

If we open to the knowledge,
that they aren't completely gone,
we will sometimes feel their touching,
sometimes soft and sometimes strong.

When they show us nature's rainbows,
We can feel their proud delight,
sending signs to show they're living,
only far beyond our sight.

~ Genesse Bourdeau Gentry

from *Stars In The Deepest Night*

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
- The Worst Loss by Barbara D. Rossoff

⇒ take advantage of the book list on the TCF web-site 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.

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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.

~ ~ ~

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 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 14th, 2025
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 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 11TH to:

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 2025)

IF YOU CANNOT ATTEND IN PERSON: National will have Virtual Candle Lighting. Go to 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 **AMBER ASHTON**, daughter of Tom & Eleanor Ashton

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

10/2 **NEILL PERRI,** son of Maddie & Cliff Kasden

10/2 **ROBERT BANNON**, brother of Marybeth Bannon

10/3 **JAKE GOLDBERG**, son of Gene Goldberg, brother of Ben Goldberg

10/3 **JASON MARKS**, son of Helena Marks

10/3 **SKYLER CAGHLIN**, son of Seana Caghlin, brother of Cassandra Richardson

10/4 **JACOB MORGAN**, brother of Kelsey Morgan

10/5 **ALAN MYL**, son of Joanne Myl

10/5 **JULIANA ADORNO**, daughter of Jerica Adorno

10/5 **NATHANIEL LOUIS RAND**, son of Jacob Rand

10/5 **SCARLETT KAUFMAN**, daughter of Eileen Kaufman

10/5 **TIM CARPENTER**, son of Donna Carpenter

10/6 **BEN LOCKHART**, son of Kate Sanford

10/6 **BENJAMIN IMBROGNO**, son of Naomi Imbrogno

10/6 **JOSHUA CLARKE**, son of Jodie Retalis & Anthony Clarke

10/7 **GIRBUN LAO**, brother of Ithreum Brown

10/7 **PETER TRAKIS**, son of Dolores & John Trakis

10/7 **RYAN KENT JACKSON**, son of Toby Jackson

10/8 **DAVID MCSWAIN**, brother of Malissa McSwain

10/8 **DONALD BROWN**, son of Desiree Brown

10/8 **ZOIE BENNETT**, daughter of Zachary Bennet

10/9 **CHRISTOPHER JOSEPH BAUMANN**, son of Maureen Mackey

10/9 **ELIZABETH HANAU**, daughter of Marsha Hanau

10/9 **JOANNA ZWEIG**, Ben's aunt, sister of Daniel Zweig

10/10 **CHRIS SANTIAGO**, son of Eve Ortega

10/10 **CHRISTOPHER PALMER**, son of Darlene and Douglas Palmer

10/10 **LAURA NAMIE**, sister of Matthew Namie

10/11 **KIERNAN BLAKER**, brother of Darby Blaker

10/11 **TIM MAGEE,** son of Mary & Tim Magee

10/12 **ARJUN VEER SHARMA**, son of Vikas & Priyanka Sharma

10/13 **DANA FLAX,** sister of Casey Flax

10/13 **DANDY PINNOCK**, son of Kaydeen Green

10/15 **JONATHAN BUCAOTO**, son of Ruth Sowell

10/15 **SARAH & GRACE BADGER**, twin daughters of Madonna Badger

10/16 **BATHSHEBA KOHN**, daughter of Yoel Kohn

10/18 **CHRIS BALDWIN**, brother of Brooke Baldwin

10/18 **RENEE THOMPSON**, daughter of Gregory & Joy Thompson

10/20 **ADAM FELDBERG**, son of Tsipi Taube

10/21 **ALEXIS NICOLE NEGRON**, daughter of German (Herman) Negron

10/21 **MELQUAIN JATELLE ANDERSON**, son of Michelle Barnes-Anderson

10/21 **SHEMAYNE PARKS**, daughter of Beverly Fortson, sister of Hannah Fortson

10/22 **LUKE LUEBKE**, son of Bine Luebke, brother of Jonas

10/23 **CHARLOTTE KENLEY THOMPSON**, daughter of Jeannie Dalton & Paul Thompson

10/23 **MARK COOKE**, son of Maureen Cooke, brother of Jamie

10/23 **PATRIC KARN**, brother of Lisa Kaye

10/23 **PATRICK CESARIO**, son of Sharon Cesario, brother of Frank Cesario

10/24 **CHRISTOPHER MALLIN**, son of Robert Mallin

10/24 **WILL GARRIGAN**, brother of Erin Garrigan

10/25 **JASON SCHECHTER**, son of Leo Schechter

10/25 **MICAH DAWKINS-WILLIAMS**, son of Rhodina Williams

10/26 **DEREK GOMEZ**, son of Marta Freyre & Robert McManus, brother of Xiomara Gomez

10/26 **KRISTOFFER SALAVANTE**, son of Maria & Eliezer Salavante

10/26 **SUZANNE PAGE**, daughter of Timmie Ross

10/27 **AIDAN STEVENS**, son of Lilly Stevens

10/27 **EMILY MACKEY**, sister of Lauren Minchen

10/27 **JUDAH BRYNDAL**, son of Dusty & David Bryndal

10/28 **MICHAEL BARNES**, son of Jaqueline Warren

10/29 **ADEDAYO ADEWALE**, son of Modesta Baltazar, brother of Phebe Ojomoses

10/29 **NATHANIEL HILL JR.**, son of Lynette & Nathaniel Hill, brother of Lenise

10/30 **CHRISTOPHER KWIK**, brother of Sharon Kwik

10/30 **MYLES CHANDLER**, son of Marcia Chandler

10/30 **ROBERT KISTENBERG**, son of Marilyn & Elliot Kistenberg, brother of Marni Nossel

10/31 **KERRY STONE**, brother of Catherine Kells

10/31 **SAESHA KAYTAL**, daughter of Supriya & Sid Kaytal

Our Children Remembrances — Changes

A longstanding tradition in our Manhattan Chapter of Compassionate Friends newsletter has been the listing of our children's and sibling's birthdays and anniversaries. I know I look *first* at each issue of the newsletter to see my child's listing, my sister's listing, and scan for the birthdays and anniversaries of my TCF friends' loved ones.

It is very important that our listings are correct and meaningful and we try to keep the listings as accurate and up to date as possible, but we are not perfect. Should you desire a change to your loved one's listing or if your listing is missing, please let us know. Email to tcfmanhattan.nyc@gmail.com and tell us what needs to change.

OUR CHILDREN—*LOVED AND REMEMBERED*

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

10/1 **VUKAN IVANOVIC**, son of Vladimir Ivanovic

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 **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 **RYAN KILLACKEY**, son of Patricia Killackey

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

10/16 **PARIS AVILA**, brother of Makeda Wilson

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

10/18 **KATHLEEN YANCHIS**, sister of Marybeth Bannon

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

10/26 **URSULA PARSON**, daughter of Bernetta (Penny) Parson

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 **HOLLAND WILLIAMS**, son of Asia & Jarell Williams

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 **BRETT DOUGLAS**, brother of Danielle Monaco

11/1 **FLORENCE FRAZER**, sister of Harri Molese

11/1 **LIAM ARDEN**, son of Esther & Patrick Arden

11/1 **OLIVIA LAURA CASTRO**, daughter of Gigi & Robert Castro

11/2 **STEVEN SCHWARTZ**, son of Ellen Schwartz

11/2 **TY PICKETT**, son of Jan Pickett

11/3 **NICK CARIS**, son of Konstantina Caris

11/4 **ASHLEE D. BLAKE GUTIERREZ**, daughter of Marlene & Francisco Guttierrez

11/4 **DMITRI PAJITNOV**, son of Nina Pajitnova

11/4 **ELI BENDER**, son of Sara & Evan Bender

11/4 **KEVIN MITCHELL**, son of Jacquie & John Mitchell, brother of Kristopher & the late Kareem Mitchell

11/4 **MILES ELLIOT COUGHLIN**, son of Fredricka Weinstein & Matthew Coughlin, brother of Marla Tolson, uncle of Lena Tolson

11/4 **TRAVIS FREEMAN**, son of Daniel Freeman & Elizabeth Morse

11/5 **PAULA VOLEN**, daughter of Raizy Volen

11/5 **ROSE MAYR**, sister of Anna Mayr

11/6 **BENJAMIN ZWEIG**, son of Sally Petrick & Daniel Zweig

11/7 **KELLI ANNE AULETTA**, daughter of Dick & Mary Auletta, sister of Kimberlee

11/7 **MALIK DUFOR**, son of Waltrina DeFrantz-Dufor

11/7 **MARY GIBBS**, sister of Cynthia Gibbs-Pratt

11/7 **MILO KESSLER**, son of Alana Fishberg & Daryl Kessler

11/7 **NICHOLAS SOTO**, son of Deborah Freeman & Eddie B. Soto, Jr.

11/8 **ADAM WEINER**, son of Susan Weiner

11/8 **DANNY MOONEY, JR.**, son of Danny Mooney

11/8 **TEVIN A. HAMPTON**, son of Patricia Lilly

11/9 **AIMEE GANDOUR**, sister of Molly Gandour

11/9 **CHRISTOPHER ROTH**, brother of Stephanie Roth

11/9 **GERRI SHIMMIN**, sister of Marybeth Bannon

11/9 **ISAIAH WINCH**, son of Jesse Winch, brother of Louisa-Carpenter Winch

11/9 **MICHAEL RAMIREZ**, son of Michele Cennamo

11/9 **SANDRA PLOUFFE**, daughter of Margie & Bram Jelin

11/10 **ALIX LECLAIR**, daughter of Julie Neches, sister of Dom LeClair

11/10 **DONNA MALIZIS**, daughter of Agata Malizis

11/10 **MATTHEW GORDON**, brother of Elizabeth Stilwell

11/10 **MAX JACOBSON**, son of Terry & Hugh Jacobson

11/11 **CONNOR LEE-KAWANISHI**, son of Choony Lee

11/12 **BURTON SANDLES**, son of Ina Sandles

11/12 **HENRY JAY**, brother of Daniel Jay

11/12 **GABRIEL HABERER**, son of Leah Haberer

11/12 **YIANNIS STATHOPOULOS**, son of Kathleen Negri Stathopoulos

11/13 **THOMAS J. MANNO**, son of Elizabeth M. Davey

11/14 **CATHERINE CORENU**, daughter of Carrie Tuhy

11/15 **AARON HOROWITZ**, son of Allan & Liz Horwitz

11/15 **DYLAN RANDALL**, son of Yenia & Robert Randall

11/15 **JORDAN WEINSTEIN**, daughter of Wendy J. Schriber

11/17 **ADRIAN PURICELLI**, son of Denise Puricelli, brother of Vironika

11/17 **KATHLEEN BEAMER**, sister of Laura Beamer

11/17 **LINCOLN WHEELER-POWELL**, son of John Powell & Britta Wheeler

11/17 **LYLA SKYE MEDICI**, daughter of Mimi Delle Donne, sister of Meghan Matias

11/17 **TREVOR LOUGHLIN**, son of Suzy & Joe Loughlin, brother of Juliette Loughlin

11/18 **JAMILA IRONS-JOHNSON**, daughter of Jeannine Irons

11/18 **LIN GUO**, brother of Sylvia Guo

11/18 **MATT RITTER**, brother of Grace Ritter\

11/19 **CRAIG MARTINEZ**, son of Louis Hampton Martinez

11/19 **SARA CHANGHONG ADAMS**, daughter of Muriel Adams

11/20 **DAVID LESSER**, brother of Debbie Lesser

11/20 **JEFFREY CARTER**, son of Linda Carter

11/21 **JACK ROBERTS**, son of Joanne Wright

11/22 **NICHOA WALKER**, daughter of Mazrene Holmes

11/23 **INSANN LAWLOR**, son of Serena Bhaduri

11/23 **JENNA HERNAN**, daughter of Maria Hernan

11/23 **TERRANCE RICHARDSON**, son of Theresa Richardson, brother of Francina Branch Elysee

11/24 **ARTHUR DUDIN**, son of Stan & Irina Dudin

11/24 **ERIK BANKS**, son of Laurene Buckley

11/26 **ALEXANDER MAXWELL**, son of Deanna & Kent Grant

11/26 **CLARISSA JACKSON**, sister of Jillian Jackson

11/26 **ISABELLA PALMER**, daughter of Alan & Meghan Palmer

11/26 **MARLA SUE COLLAZO**, daughter of Lita & Joe Robinson, sister of Ellyn Robinson Monahan

11/26 **NOEL AMELLIO**, son of Margaret M. Amellio

11/27 **CASEY ACKERMAN**, son of Melissa and Hal Ackerman

11/27 **DANIELLE HYMOWITZ**, daughter of Karen Hymowitz

11/27 **ISABEL XIE**, baby daughter of Denise Chow & Wayne Xie

11/27 **KEVIN DEL ROSARIO**, son of Annaliza del Rosario

11/27 **LUCAS SCOTT**, brother of Erin Scott

11/27 **RED LAYNE**, daughter of Greg & Trillich Layne

11/28 **ALAN ROSENTHAL**, son of Lynne Rosenthal

11/28 **GABRIEL ROCCOFORTE**, son of Judith Weiss

11/28 **SEAN COYLE**, brother of Krista Coyle

11/28 **VYLETTE MOON**, daughter of Jackie Hakiki

11/29 **EVAN FRIEDLANDER**, son of Kathy Friedlander

11/29 **MAMADON JOHNSON**, sister of Djassi Johnson

11/29 **STEVE DAVOREN**, brother of Doug Davoren

11/29 **TREVOR MATTHEWS**, 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 ZAINTZ**, 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
11/9 **GABRIEL HABERER**, son of Leah Haberer
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 Cabales
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
11/27 **LYRA MANNING**, daughter of Gloria Grayeb
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. MENSAH 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

A longstanding tradition in our Manhattan Chapter of Compassionate Friends newsletter has been the listing of our children's and sibling's birthdays and anniversaries. I know I look *first* at each issue of the newsletter to see my child's listing, my sister's listing, and scan for the birthdays and anniversaries of my TCF friends' loved ones.

It is very important that our listings are correct and meaningful and we try to keep the listings as accurate and up to date as possible, but we are not perfect. Should you desire a change to your loved one's listing or if your listing is missing, please let us know. Email to tcfmanhattan.nyc@gmail.com and tell us what needs to change.

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:
OCT 14 NOV 18 DEC 16 JAN 21

Newsletter article submissions are welcome.
Please email to marielevine2@verizon.net

MAKE A DONATION
Click here to Donate to the Manhattan Chapter

OUR COMPASSIONATE FRIENDLY NEIGHBORS

Babylon	1st Friday	(516) 795-8644	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

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

The Compassionate Friends
c/o Sally Petrick - Treasurer
945 West End Ave Apt 2B
New York, NY 10025

Making a Donation—Now Online

Many of us are grateful for what Compassionate Friends has done for them and want to lend their support, even those who do not currently attend our meetings. You can still mail a check to the address to the left or donate online.

Click here to Donate to the Manhattan Chapter