

SPECIAL DAYS occurring in JUNE 2010--We call them “Special Days” and there is really nothing special at all about a child dying. The important thing is we never forget them, and by listing their birthday and the anniversary of their death, we always acknowledge their existence—that they were HERE, that their lives had MEANING, they were LOVED, and that they are missed.

June of 2010		Special Days			
Page 1 of 2		PARENTS' NAMES	Children's Names	Birthdate	Date of Passing
1	BELKE	Medeta	Irine, Daughter		6/1/04
1	PALMA	Eleanore & Teddy	Lisa, Daughter	6/1/61	
1	ROCCO	Maureen	Michael, Son		6/1/01
2	HAYDUCK	Karyn Wolf	Matthew, Son	6/2/83	6/2/06
2	MITCHELL	Alison	Charles (Lee), Son		6/2/08
2	FOURNIER	Yvette	Jason Godfrey, Son	6/2/75	
2	HERMAN	Bebe	Jeff B. Herman, Son		6/2/89
3	PORTER	Laura & Jim	Michael, Son	6/3/81	
4	ANDERSON	Roger & Amale	Clay, Son		6/5/04
5	BELL	Susan & Frank	Ryan, Son		6/5/05
5	Schwartzman	Shirley & Bob	Ben, Grandson	6/5/88	
5	ANDERSON	Roger & Amale	Clay, Son		6/5/04
6	BEN ARI	Ann	Christopher, Son	6/6/68	
7	LEVINE	Fran & Steve	Emily, Daughter		6/7/07
7	POLANIN	Chet & Fran	Gary Paul, Son		6/7/05
7	O'NEILL	Elayne	Mitch, Brother		6/7/09
9	SHAPIRO	Michael	Richard, Son	6/9/81	
10	ROGERS	Dolores A.	Debra Anne, Daughter	6/10/56	
10	DRYER	Frances	David Paul Auslander, Son		6/10/01
11	KESNIG	Joel & Eileen	Eric, Son	6/11/81	
12	GREENE	Harriette	Leslie, Daughter	6/12/62	
13	KURZER	Karen	Cheryl, Daughter	6/13/71	6/14/04
15	DIAMOND	Suzanne	Joshua, Son	6/15/84	
15	FREITAS	Elita	Priscilla, Daughter		6/15/08

15	MERIZZI	Liz, & Ray Juliano	Veronica Juliano, Daughter	6/15/84	
15	PASARELL	Laurie	Dacia, Daughter	6/15/69	
16	RESTREPO	Debbie & Jaime	Kaela, Daughter	6/16/77	
17	LaBRUYERE	Steve & Dana	Stephen, Son		6/17/04
17	WINTERS	Ina & Cary	Randi Madnick, Daughter		6/17/07
18	ROMAS	Ruth & Moshe	Lilyana, Daughter	6/18/79	
20	GONZALES	Iris & Luciano deLeon	Ronald deLeon, Son		6/20/05
20	VISHNO	Sonia & Damien	Joel, Son	6/20/87	
21	KAMINER	Lillian	Matthew, Son	6/21/81	
21	LaBRUYERE	Steve & Dana	Stephen, Son	6/21/98	
21	RUSKIN	Sue & Bob	Lorie, Daughter		6/21/09
23	WILLIAMS	Christine	Lauren, Daughter	6/23/76	
23	FERKEY	Russell & Susan	Kenneth, Son		6/23/09
23	WORD	Holly A.	Tony J. Simonetti, Son	6/23/69	
24	RADBILL	Rodney & Lucille	Eileen Wanicur, Daughter		6/24/06
26	RUBIN	Bea	Fran, Daughter	6/26/48	
26	ADLER	Nate & Jeri	Val, Daughter	6/26/51	
26	RUBIN	Bea	Fran, Daughter	6/26/48	
29	BRIEFF	Charlotte & Paul	Jane Lesley, Daughter		6/29/03
30	COOPER	Veronica	Jonathan, Son		6/30/07
30	LORENZO	Natasha Murdock	Aaron, Son		6/30/04
30	LOGIUDICE	Debra & Paul	Dane, Son		6/30/07

Welcome to our New Members:

WORD, Holly A., Son Tony J. Simonetti, Birthday 6/23/69, Date of Passing 9/9/07

CARO, Gaspar, Daughter Christy, Birthday 2/10/69, Date of Passing 10/13/09

MOHR, Lois & Jim, Daughter Leslie, Birthday 12/16/29, Date of Passing 11/11/07

GRAHAM, Kathleen, Son Arty, Birthday 1/7/84, Date of Passing 2/17/10

GRAHAM, Britian, Brother Arthur Graham, Birthday 1/7/84, Date of Passing 2/17/10

FEDERMAN, Phyllis & Art, Son Jack, Birthday 8/12/63, Date of Passing 11/3/09

PACE, Roberta & Peter, Son Gregory, Birthday 12/9/85, Date of Passing 4/14/10

To Our New Members

Coming to 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. The second, third, or fourth meeting might be the time you will find the right person – or just the right words said -- that will help you in your grief work.

To Our Old Members

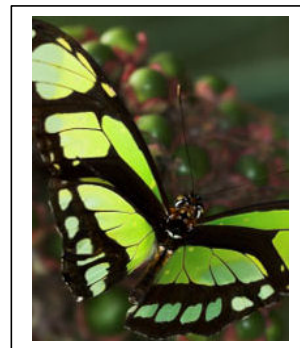
We need your encouragement and support. You are the string that ties our group together and the glue that makes it stick. Each meeting, we have new parents. THINK BACK...what would it have been like for you if there had not been any “oldie” to welcome you, share your grief, and encourage you? It was from them you heard, “your pain will not always be this bad; it does get softer.”

Telephone Friends...if you need to talk:

Gail Schroeder 561-901-0483

Jerry Flax 954-224-1973

Ronda Fryburg 954-753-0493



Jason MacGowan (561) 818-5847 lost his brother and sister and has offered to speak to siblings. He is a member of The Compassionate Friends in Palm Beach.

A Message From The Chapter for the Fathers

Fathers are often referred to as the hidden grievers. When a child dies, thoughts generally go to the mothers—the agony they most certainly are suffering, their loneliness, and emptiness now that someone who was once a part of them is gone. Women tend to grieve outwardly, talking to their friends, crying, seeking out supportive groups and friends to be with and with whom to share their burden of sorrow.

Men, on the other hand, have a much more inward grieving style. Men are usually more factual than emotional. They accept more readily that nothing they say or do will reverse the situation; their child is irrecoverably gone from this earth. They may weep at times, but that is not their primary mode of mourning. A man may throw himself into his job with fervor, perhaps to help alleviate the feeling that as the “family protector,” he has failed to keep each member safe. He may begin or continue a project, or start a new activity, in memory of his loved one, to whom he dedicates his efforts.

Men are more concrete in their thinking, but that does not mean they grieve less. What it often does mean is that they get less emotional support; people see them return to work, keep busy at home, and assume “they’re over it.” Little do others realize that men agonize through their grief and mourning fully as much as women, and appreciate just as much the caring word, the hug, a recalled memory, a shared moment of silence.

Perhaps the best gift you could ever give a grieving father on Father’s Day is the recognition of his loss, and affirming him as a father in mourning. A book especially for men in grief; a card recognizing that he is missing one of those who made him a father, yet he is still a father; a gift in memory of his child; or simply a hug, an arm around the shoulder, or a compassionate word will assure him that although he does not grieve outwardly as much, those who truly care about him have not forgotten.

--Gail

What Makes a Dad

God took the strength of a mountain,
The majesty of a tree,
The warmth of a summer sun,
The calm of a quiet sea,
The generous soul of nature,
The comforting arm of night,
The wisdom of the ages,
The power of the eagle's flight,
The joy of a morning in spring,
The faith of a mustard seed,
The patience of eternity,
The depth of a family need,
Then God combined these qualities,
When there was nothing more to add,
He knew His masterpiece was complete,
And so,
He called it ... Dad
~~Author Unknown.~~

A FATHER'S PAIN

**Written by Plutarch – a Greek
Writer, 46-125 A. D., on the death
of his son who completed suicide.**

“Should the sweet remembrances of those things which so delighted us when he was alive only afflict us now? Since he gave us so much pleasure when we had him, so we ought to cherish his memory and make that memory a glad rather than a sorrowful one. Because one page of your book is blotted, do not forget all the other leaves whose reading is fair and whose pictures are beautiful. We should not be like the miser who never enjoys what he has, but only bewails what he loses.”

(It should not surprise us that a Father's pain is the same...as it was all those years ago.)

Source: www.bereavedparentsusa.org Spring 2007 newsletter

MOTHER'S DAY / FATHER'S DAY

By Shirley Ottman

THE SLENDER THREAD

Mother's Day and Father's Day can be both heart-wrenching and heartwarming for bereaved parents. Surviving children recognize their parent's loss and their own losses and, in their effort to regain a kind of normalcy, they often try to make these special days as festive and as full of love as they possibly can. Most parents recognize the efforts of their surviving children and try to respond with enthusiasm, however difficult it may be at the time.

As much as bereaved parents love and appreciate their living children, no bereaved parent can forget the child (or children) now missing from the family circle. Fractured families are never quite the same as they once were. Parents whose only child has died, or whose children have all died, can be especially saddened when Mother's Day and Father's Day are touted in every department store and gift shop. Yet even these parents (for parent hood does not die with children) may find that memories ease the stress of these special days when time has permitted their own working through the grieving process.

In times of darkness, Love sees...

In times of silence, Love hears...

In times of doubt, Love hopes...

In times of sorrow, Love heals...

But in all things,

Love remembers.

--Author Unknown

Source: Spring 2005 Newsletter www.bereavedparentsusa.org



A Love Gift is your written message in honor of a child who has died. All gifts are of no charge to our members, and you may either submit one by calling the Boca Raton Chapter phone number or by leaving one at any meeting. Remember you may use this tool in our newsletter for your child or in memory of other's children. This is a wonderful way for others to say, "I am remembering your child."

Information Page

If you would like an entire month's newsletter dedicated to your child, please call the chapter line of TCF at 561-368-0324. A photo of your child can be included if you wish. A donation of \$ 100 is requested, mailed by the 15th of the current month.

Volunteers Needed – *By Meetings Coordinator, Christine Williams:*

Refreshments: We all enjoy the goodies, but it's a burden for the same person to do it every meeting. If everyone takes one meeting, it will run smoothly. What you need to do: Come at 7 PM, bring snacks and soda/make coffee (We will open the room at 7pm, when the coffee ingredients, cups, napkins, plates will be supplied).

Clean up: Stay after meeting and straighten up kitchen and room.

Sign up for refreshments or clean-up, or both! Do it in memory of your child! You may want to choose a meeting during a special month.

Email me, Christine Williams, at clw023@bellsouth.net with the meeting date, your name, telephone and email (so I can remind you). Available dates for both refreshments and clean-up: July 5, 19, August 2, 16, September 6, 20, October 4, 18, November 1, 15, December 6th and 20th. Thank you! --Christine

Many excellent books are available for you to borrow from our chapter's library, free of charge. Please see Jerry Flax at our meetings, and return them when you are through—
Thank you.

Dottie Kidd has volunteered to collect our empty printer ink cartridges, in order to receive \$3 each for the Chapter's benefit from Staples. Please bring them to the meeting & see Dottie. "Thanks to your donations of used cartridges we were able to purchase paper, new cartridges and copies. Keep them coming!"—Dottie

Our Chapter's website is www.tcf-br.com

You will find many helpful resources, such as our monthly Newsletter, The Wall of Memory, Light a Candle, Chapter News & Events, Meeting Schedule, Frequently Asked Questions, etc.

TCF brochures you may want to read (a link to the National TCF website):

www.compassionatefriends.org/Resources/Available_Brochures.aspx

TCF currently has 31 brochures on many different topics related to the death of a child. All brochures are constantly reviewed and updated. "Reflections of Love, Visions of Hope" is the theme of The Compassionate Friends 33rd National Conference which will be held in Arlington Virginia July 2-4, 2010. The event will be held at the Hyatt Regency Crystal City. This is a beautiful venue for the next conference. Independence Day will feature our Walk to Remember plus a world-class display of fireworks over the National Mall.

Why Do You Need The Compassionate Friends?

Where can a bereaved parent turn to for understanding and hope? The Boca Raton Chapter of The Compassionate Friends is a support group for parents to provide friendship, understanding and hope for all parents who have lost a child, no matter what age or circumstances. Here is a place where parents meet other parents who truly know the grief journey. A place where it is okay to talk about your child who has died. A place where other parents understand the need to tell your story of what happened and it is okay to cry and to laugh. Everyone at The Compassionate Friends “gets it.” We have all been there. We are all going through the same pain and overwhelming grief. We all have questions, doubts, guilt, sadness and we call all share with each other whatever we are feeling. Each parent can truly relate as we listen, talk and share. It is all “the worst” – we are living a life that has been turned inside out and upside down. We are struggling and trying to piece a life back together without our child. We are struggling to even find the desire to want to live our life again spiritually and in memory, not physically, not the way he or she is supposed to be. It is just not natural for a parent to outlive their child and when this happens and our world is not normal, the questions, tears and aching for our child just doesn’t go away magically one day. A bereaved parent will never “get over” losing a child. We learn to cope, to come up with survival techniques, to rediscover contentment in our lives--but it can be a very long and lonely road without someone to walk beside us, to hold our hand, give lots of hugs and hope and understanding.

The Compassionate Friends support group provides a warm, comforting place where bereaved parents can bridge the gap between their emotional world and their real, working world. None of us are professionals. We are just bereaved parents with experience. The Compassionate Friends does not have all the answers to the multitude of questions that bereaved parents struggle with daily, but we believe that through our sharing, by telling each other how we cope and how we manage to find the strength and energy to survive another day, another month, another year and how we reinvested our lives for ourselves and our child helps each other to find some semblance of answers to pick up the pieces and put our lives somewhat back together again.



Meeting Schedule and Topics

Meeting Dates for 2010: 1st & 3rd Mondays 7:30-9 PM

June 7th
“Clergy-How can they help?”
Presented by Nate Kimbleton

June 21st
To be announced

July 5th
**“Do Men & Women Grieve
Differently?”**
Presented by Walt Hochhauser

July 19th
“How Not To Feel So Guilty”
Presented by Tracey Joiner

August 2nd
“Know the 4 Emotions of a ‘Bad Day’ ”
Presented by Christine Williams

**August 16th “Sharing Ways to Get
Through the Day”**
Presented by Alison Mitchell

September 6th "Potluck and Sharing"
Gail Schroeder

Bring a covered dish for fellowship and sharing

September 20th "The Use and Abuse of Religion"
Presented by Walt Schroeder

October 4th- Eileen Kesnig
October 18th- Walt Hochhauser
November 1st- Christine Williams
November 15th -Walt Schroeder

December 6th— Holiday meeting
"The Gifts We Give Ourselves to Heal"
Presented by Gail Schroeder

December 20th- “Coping with the Holidays”
Presented by Christine Williams

The Compassionate Friends Credo

We need not walk alone. We are The Compassionate Friends. We reach out to each other 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 and 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 hopeless 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 in deep depression; others radiate an inner peace. But whatever the pain we bring to this gathering of The Compassionate Friends, it is a pain we will share just as we share with each other our love for our children.

We are all seeking and struggling to build a future for ourselves, but we are committed to building that future together, as we reach out to each other in love and 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.

A recommended book for fathers and their grief:

"Swallowed by a Snake: The Gift of the Masculine Side of Healing"

by Tom Golden LCSW

This is a 136 page book of helpful information about healing from loss drawn from Tom Golden's twenty years of clinical experience in helping people heal. This book is packed with information that will help you negotiate the tough terrain of grief and move to a place of healing and transformation. It is a book for men or women about the masculine side of healing from loss.

