



**Boca Raton Chapter, August, 2011**  
**561-368-0324**

[www.tcf-br.com](http://www.tcf-br.com)

The Compassionate Friends, Inc., is a self-help organization offering friendship and understanding to all bereaved parents. TCF is non-denominational and all bereaved parents are welcome. TCF National headquarters mailing address: P.O. Box 3686, Oak Brook, Illinois 60522. Telephone 630-990-0010, Toll Free 877-969-0010, Fax 877-969-0010. The National TCF website is [www.compassionatefriends.org](http://www.compassionatefriends.org)

**Meetings:**

**Held at St. Paul's Church**  
**701 W. Palmetto Park Rd., Boca Raton**

**1st & 3<sup>rd</sup> Mondays of each month**

**All meetings begin at 7:30 p.m. and end at approximately 9:00 p.m.**

**Chapter Leader: Gail Schroeder**  
**(*Engel's Mom*)**

**Co-Chapter Leader: Dottie Kidd**  
**(*Timmy's Mom*)**

**Visit the web site's Wall of Memory**  
**A special page for your child can be created**

## **Welcome to our New Members:**

Jennifer Brown, brother Eric  
Renee Maltz, granddaughter Curtney

## **To Our New Members**

At nearly every meeting, we welcome new members to our group, always with mixed emotions. We are glad you found us, but we are sorry for the circumstances that bring us together. We understand your pain and we hope our unconditional friendship and understanding will help you through your grief. Attending a meeting for the first, second or third time takes courage, but for many, it is the first step towards healing. The meetings may seem overwhelming, so we encourage you to come to several meetings to give yourself a chance to become more comfortable.

## **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:**

<b>Gail Schroeder</b>	<b>561-901-0483</b>
<b>Jerry Flax</b>	<b>954-224-1973</b>
<b>Ronda Fryburg</b>	<b>954-753-0493</b>
<b>Tracey Joiner</b>	<b>954-593-2766</b>
<b>Dottie Kidd</b>	<b>954-562-5919</b>
<b>Scott Wynkoop</b>	<b>561-699-7869</b>

**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.**

**The Chapter would like to express our gratitude and appreciation to Michael and Gwyneth Kleper for overseeing and rebuilding the website and newsletter; our electronic memorials to our beloved children!**

### Special Days in August

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 there were HERE, that their lives had MEANING, they were LOVED, and that they are MISSED.

<b>First Name</b>	<b>Last Name</b>	<b>Child's Name</b>	<b>Birthday</b>	<b>Passing</b>
Barbara & Larry	GANDEL	Jennifer Anne, Daughter		8/1/2002
Jerry	FLAX	Brett, Son	8/2/1980	
Esta	WEISBROT	Martin, Son		8/2/2004
Gertrude	KASS	Neal Brooks, Son		8/3/2005
Denise & Joel	SPERBER	Sean, Son	8/3/1977	
Joe & Ida	LIPSON	Bruce "Chuck" Barr		8/4/2003
Nina & Alan	MASLIN	Dorit Shapiro, Daughter	8/4/1970	
Connie & Jack	AIELLO	John W., Son	8/5/1959	
Karl	CALKIN	Jessica, Daughter		8/5/2009
Irving	FRIEDMAN	Mark, Son	8/5/1950	
Regina	DIBUGLIELMO	Michael, Son	8/6/1984	
Helene	ARONOWITZ	Mitchell Lee Sheptinsky		8/7/1999
Phyllis	ASHBY	Amie, Daughter		8/7/2004
Sean	GALLAGHER	John, Son	8/7/1994	
Albert (Raymie)	MOVITZ	Mark, Son		8/7/2008
Debi & Harold	SANDERS	Tyson, Son		8/7/2010
Judy	SHAFRON	Michael, Son	8/8/1986	8/19/2009
Sandra	COSTA	Max, Son	8/9/1990	
Connie	YOWELL	Brianna, Daughter	8/9/1994	
Robin	CHILD	Craig, Son		8/10/2007
Sydelle	MAMET	Scott, Son	8/10/1961	
Dale & Dick	WOLK	Brad Lawrence Wolk, son		8/10/2009
Phyllis & Art	FEDERMAN	Jack, Son	8/12/1963	
Carla	GENEDES	Laura, Daughter		8/13/2008
Rachel	BURNSTEIN	Joe, Son		8/14/2010
Stacey	MARTINEZ	Adielana		8/14/2010
Jean & Harry, Stewart	HARRIS	Alan, Son	8/15/1948	
Nate	KIMBLETON	Melinda, Daughter	8/15/1989	
Marisol	FERRANDIZ	Jannel Thompson		8/16/2007
Larry	FORREST	Jeff, Son	8/16/1962	

*(If we have missed a special day for your child, please let us know so it can be corrected)*

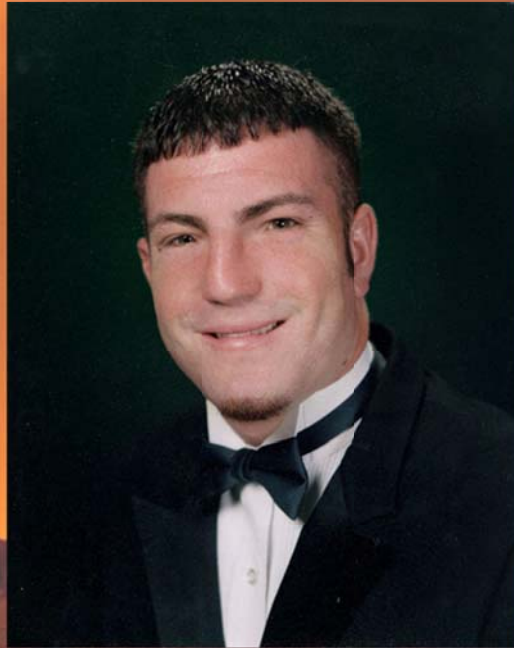
<b>Parent(s)</b>	<b>Name</b>	<b>Child's Name</b>	<b>Birthday</b>	<b>Passing</b>
Eileen & Perry	GLASSMAN	Adam, Son		8/16/2006
Karen & Ron	ROTH	Evan Wishna		8/16/2009
Joel & Eileen	KESNIG	Eric, Son		8/17/2002
Ann & Bob	ROOFEIIM	Marni, Daughter		8/17/2009
Maryls Lawrence & Patricia	HECTOR	David, Son	8/18/1970	
Loretta	TOOLE	Daniel Lawrence, Son	8/18/1959	
Patricia	WILSON	Amber, Daughter	8/18/1997	
Joel & Jordan	ROSEN	Steven, Son	8/19/1982	
Patty	ROSEN	Steven, Son/brother	8/19/1982	
Joan & Hank	AZZINARO	Dorothy (Missy) Munsey	8/20/1969	
Kay	SCHIFF	Scott, Son	8/21/1966	
Theresa	CALLORI	Joey, Son		8/22/2009
Terie	HOPPER	Daryn, Son		8/22/2004
Sonny	DAVISSON	Will, Son	8/24/1985	
Rob	KOHN	Sanford (Sandy), Son	8/25/1965	
Woody & Shirby	NGUNGU	Addie Marie, Daughter		8/25/2008
Rusty	KNOEBEL	Brad, Son	8/26/1982	
Elaine	SARANTIS	Stephanie, Daughter	8/26/1954	
Mary J.	BRIENLEY	Danielle, Daughter		8/27/1990
Lynn & James	GROESBECK	Jennifer, Daughter	8/27/1970	
Kelly	NOBIL	Erik Sohn Persoff, Son		8/27/1991
Luis + Paulina Recalde	TRAVERS	Agatha Oakley, Stepdaughter		8/27/2007
Aimee	CEVALLOT	Daniel Alexander, Son		8/28/2009
Allison	ZELMAB	Adam, Son	8/28/1987	
Linda & Joe	HERBERT	Lori Rizk, Sister		8/29/2010
Shirley	HERBERT	Lori Rizk, Daughter		8/29/2010
Kevin & Julie	SCHILOKRET		8/29/1948	
Patti	BROWN	Dan, Son	8/30/1983	
	RIMM	Erik, Son	8/30/1979	

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IN LOVING MEMORY OF

**Brett Flax**

*August 2, 1980 – December 21, 2005*



*Happy Birthday*

To the best son and brother a family can have.

Can't believe how much time has passed  
without us together.

Thinking of you always,

Love,

*Dad and Maddy*

## Meeting Schedule and Topics

Meeting Dates for 2011: 1<sup>st</sup> & 3<sup>rd</sup> Mondays 7:30-9 PM

Date	Topic	Presented by
July 18	TBA	Walter Hochhauser
August 1	Preparing for “special days”	Christine Williams
August 15	Anger and guilt	Gail Schroeder
September 5	Our Precious Memories	Gwen Kleper
September 19	Living with grief by being in the moment	Christine Williams
October 3	TBA	Jerry Flax
October 17	Sharing stories	Ronda Fryburg
November 7	What to expect at the end of the first year?	Michael Hoffman
November 21	Spiritual signs	Gail Schroeder
December 5	Coping with the holidays	Gail Schroeder
December 19	Strengthening the bond in a relationship with significant others or other family members	Ronda Fryburg

**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.**

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**Dottie Kidd has volunteered to collect our empty printer ink cartridges, in order to receive \$2 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**

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Our Chapter's website is [www.tcf-br.com](http://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](http://www.compassionatefriends.org/Resources/Available_Brochures.aspx)  
TCF currently has 31 brochures on many different topics related to the death of a child.

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 15<sup>th</sup> of the current month.*

*A single page dedication can also be made with the donation of \$50.*

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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 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.**

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## **A Message From The Chapter**

Whenever tragic loss occurs, you either resist or you yield.

Some people become bitter or deeply resentful; others become compassionate, wise and loving.

Yielding means inner acceptance of what is. You are open to life.

Resistance is an inner contraction, a hardening of the shell of the ego. You are closed. Whatever action you take in a state of inner resistance will create more outer resistance, and the universe will not be on your side. Life will not be helpful. If the shutters are closed, the sunlight cannot come in.

When you yield internally, when you surrender, a new dimension of consciousness opens up. If action is possible or necessary, your action will be in alignment with the whole and supported by creative intelligence, the unconditioned consciousness which a state of inner openness you become one with. Circumstances and people then become helpful and cooperative.

Acceptance. Surrender. Alignment.

When we become more aware that we are defining ourselves in some way, we are open to a presence of consciousness that transcends peace.

The pain of loss can be so relentless. This is why we come together to help one another, but then we may no longer need to find an identity in a group as we begin to connect with our child more in our hearts.

It is possible to eventually go on living in a new way; a way our child would wish us to do. This is not closing ourselves off from our loss, but actually opening ourselves to it in a new way.

I have often believed this heartbreaking challenge of bereavement is one I have walked for many reasons. It now looks like the path was taking me even farther into discovery. Surrender hasn't previously been a preferred choice in my vocabulary or identity. I realize now how much more I can and still learn.

Gail Schroeder

## ***“Quotes”***

Death leaves a heartache no one can heal, love leaves a memory no one can steal. ~From a headstone in Ireland

If you're going through hell, keep going. ~Winston Churchill

We must embrace pain and burn it as fuel for our journey. ~Kenji Miyazawa

Grief is itself a medicine. ~William Cowper, Charity

Time is a physician that heals every grief. ~Diphilus

No one can keep his griefs in their prime; they use themselves up. ~E.M. Cioran

Sorrow makes us all children again - destroys all differences of intellect. The wisest know nothing. ~Ralph Waldo Emerson

There are things that we don't want to happen but have to accept, things we don't want to know but have to learn, and people we can't live without but have to let go. ~ Author Unknown

What we have once enjoyed deeply we can never lose. All that we love deeply becomes a part of us. - Helen Keller

At some of the darkest moments in my life, some people I thought of as friends deserted me - some because they cared about me and it hurt them to see me in pain; others because I reminded them of their own vulnerability, and that was more than they could handle. But real friends overcame their discomfort and came to sit with me. If they had not words to make me feel better, they sat in silence (much better than saying, "You'll get over it," or "It's not so bad; others have it worse") and I loved them for it. - Harold Kushner, Living a Life that Matters

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. – The Compassionate Friends