

THE COMPASSIONATE FRIENDS OF BOCA RATON



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.

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 causes but our love for our children unites us. Your pain becomes my pain 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.

Inside This Issue

| | |
|---------------------------------|----|
| Credo | 1 |
| Meeting Schedule | 1 |
| Special Days | 2 |
| New Members | 3 |
| Phone Friends | 3 |
| TCF Staff | 3 |
| A Message from the Chapter | 4 |
| Dedication to Earl Rickards | 5 |
| Annual Candle Lighting Ceremony | 6 |
| Worldwide Candle Lighting | 7 |
| Book Reviews | 8 |
| Age Progression | 9 |
| Creating a Memorial Website | 9 |
| Invitation for Thanksgiving | 10 |
| A Thirty Dollar Pump | 11 |

Meeting Schedule

Meetings held at St. Paul Lutheran Church, 701 W. Palmetto Park Rd., Boca Raton
First and Third Mondays of each month
7:30 pm

| | | |
|-------------|--|-----------------|
| October 3 | Men on one side; Women on the other | Gail Schroeder |
| October 17 | Sharing Stories | Ronda Fryburg |
| November 7 | What to Expect after the First Year | Michael Hoffman |
| November 21 | Spiritual Signs | Gail Schroeder |
| December 5 | Coping with the Holidays | Gail Schroeder |
| December 19 | Strengthening Family or Friend's Bonds | Ronda Fryburg |

Special Days

| First Name | Last Name | Child's Name | Birthday | Passing |
|-----------------------|------------------|----------------------------|-----------------|----------------|
| Donald & Joan | BASS | Sheree Rosenblatt | | 10/1/07 |
| Denise & Joel | SPERBER | Sean, Son | | 10/2/06 |
| Barb & Charlie | BRITTON | Bret, Son | 10/3/79 | |
| Kevin & Julie | BROWN | David, son | 10/4/85 | |
| Nate | KIMBLETON | Robin, Daughter | | 10/4/04 |
| Seymour | SCHNEIDERMAN | Louise Ann Swift, daughter | 10/4/51 | |
| Patty | TURECK | Anthony Tolve, Son | | 10/4/10 |
| Valerie | LANHAM | Michael, Son | | 10/5/03 |
| Fay | CHESKIN | Jake, Grandson | 10/7/97 | |
| Phyllis | SISENWINE | Jill Berger, Daughter | | 10/9/08 |
| Anita | ABRAMS | Marc, Son | 10/10/50 | |
| Renee | MALTZ | Courtney, Granddaughter | 10/10/88 | |
| Bill & Barbara | RICKARDS | Earl, Son | 10/10/61 | |
| Nina & Alan | MASLIN | Dorit Shapiro, Daughter | | 10/12/08 |
| Garry & Shellie | BERGMAN | Jules, Son | 10/13/63 | 10/30/06 |
| Frank & Palma | BRIGANTI | Christopher Seiffert, | | 10/13/08 |
| Gaspar | CARO | Christy, Daughter | | 10/13/09 |
| Joe & JoAnn | DeCANTO | Christopher, Son | | 10/13/08 |
| Bobby | MARKOWITZ | Jason, Son | 10/13/69 | |
| Jodette | MAXEY | Sean, Son | 10/14/93 | |
| Alison | MITCHELL | Charles (Lee), Son | 10/14/84 | |
| Bebe | HYMAN | Lynne Oliphant, Daughter | 10/15/46 | |
| Harriet & Bernie | MOLINSKI | Kathy | | 10/15/95 |
| Shirley & Bob | SCHWARTZMAN | Ben, Grandson | | 10/15/07 |
| Connie & Jack | AIELLO | John W., Son | | 10/16/02 |
| Dan & Bonnie | BRIZEL | Dr. Allyn Brizel, Son | 10/16/60 | |
| Mary J. | GROESBECK | Jennifer, Daughter | | 10/16/05 |
| Jean & Harry, Stewart | HARRIS | Alan, Son | | 10/16/05 |
| Mary | McCRACKEN | Leo, Son | | 10/16/08 |
| Patty | AZZINARO | Dorothy (Missy) Munsey | | 10/17/08 |
| Carla & Alexandre | DA COSTA | Carina, Daughter | 10/17/97 | |
| Renee | MOFFATS | James, Son | 10/17/91 | |
| Judythe | RACHLIN | Susan Lisa, Daughter | 10/17/65 | |
| Joan | EFTIS | Sander Starr | 10/18/63 | |
| Julia | PRUCCOLI | Marino | 10/18/72 | 10/24/09 |
| Helene | SAMUELS | Jonathan, Son | 10/18/61 | |
| Bob & Ronda | FRYBURG | Brandon, Son | 10/19/86 | |

| First Name | Last Name | Child's Name | Birthday | Passing |
|-------------------|------------------|-------------------------|-----------------|----------------|
| David & Raiza | IVERSON | David, Son | | 10/20/90 |
| Lois & Michael | RADDING | David Rappaport, Son | | 10/20/06 |
| Beverly | ABATI | Bobby Ghelfi, Son | 10/21/67 | |
| Al & Selma | GOYNIAS | Lynn Greif, Daughter | 10/21/54 | |
| Eric & Audrey | SCHMIEDE | Rocky Peace, Son | | 10/21/08 |
| Daniel & Dianne | SOLOMON | Zachary, Son | 10/21/88 | |
| Tracey | JOINER | Kayla, Daughter | | 10/22/07 |
| Tom | KULEBA | Stephanie, Daughter | 10/25/89 | 10/22/08 |
| Maxine | JAUFMANN | Bradley, Son | 10/23/88 | |
| Maxine | ROSENBERG | Alex, Son | | 10/23/08 |
| Sean | GALLAGHER | John, Son | | 10/24/09 |
| Lorraine & Herb | MICHAELIS | Jonathan, Son | 10/24/61 | |
| Joan & Hank | SCHIFF | Scott, Son | | 10/24/94 |
| Heidi | BJORKLUND | Tanner, Son | 10/25/08 | 10/25/08 |
| Roni | DeBENEDETTO | Jennifer Lynn, Daughter | 10/25/75 | |
| Rich & Lynn | HARRIS | Amy, Daughter | 10/25/83 | |
| Alice | KROULAS | Ben, Grandson | | 10/25/04 |
| Ruby | TROY | Billy, Son | | 10/25/06 |
| Civia | YELLIN | Robin, Daughter-in-Law | | 10/25/97 |
| Civia | YELLIN | Nate, Grandson | | 10/25/97 |
| Civia | YELLIN | Nancy, Daughter | | 10/25/97 |
| Civia | YELLIN | Larry, Son | | 10/25/97 |
| Ann | BEN ARI | Christopher, Son and | | 10/27/91 |
| Kenneth & Nancy | GORDON | Michael Gordon, Son | 10/27/55 | |
| Peter | HERZOG | Lauren, Daughter | 10/27/85 | |
| Bea | RUBIN | Fran, Daughter | | 10/27/99 |
| Ginny | HILEMAN | Steven, Son | | 10/28/08 |
| Cynthia | MEYER | Parker, Son | | 10/28/04 |

Note: If there is an error or we have missed a special day for your child, please let us know so it can be added.

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.

Rick & Roz Busch, son Jonathan 4-27-1981 7-13-2011

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?

Telephone Friends...if you need to talk:

| | |
|----------------|--------------|
| Gail Schroeder | 561-901-0483 |
| Jerry Flax | 954-224-1973 |
| Ronda Fryburg | 954-753-0493 |
| Dottie Kidd | 954-562-5919 |
| Scott Wynkoop | 561-699-7869 |

Tears have a wisdom all their own. They come when a person has relaxed enough to let go and to work through his sorrow. They are the natural bleeding of an emotional wound, carrying the poison out of the system. Here lies the road to recovery.

- F. Alexander Magoun

Chapter Director.....Gail Schroeder

Chapter Assistant.....Dottie Kidd

Treasurer.....Ronda Fryburg

New Family Coordinator.....Walt Schroeder

Librarian.....Jerry Flax

Meeting Coordinator.....Christine Williams

Refreshment Coordinator.....Shelly Sigale

Newsletter Editor.....Gail Schroeder

Website Manager.....Scott Wynkoop

A Message from the Chapter

So often I am asked about the makeup of our TCF chapter of bereaved parents who are seeking a place of refuge from a world that just doesn't comprehend the depth of the pain that the loss of a child has brought into their home and lives. Many who call are concerned that they may not fit into a TCF group because the child who died was too young or too old. Some wonder if their child died too long ago, while some think it is too soon because their child died only a few weeks ago. Perhaps the child died suddenly or there was a long illness. Maybe the baby died before birth; maybe shortly after. The death may have been from suicide or AIDS or any of a number of causes that society in general has a hard time accepting. Emotions can often run high when you are talking about the death of a child who has meant more to you than life itself. I only have to go back to TCF's mission statement to assure those who ask that "yes" you will truly fit in and you will need the on-going support of a group that truly understands. If you are trying to gather up the courage to attend a TCF meeting or struggling with the strength to attend twice a month, I want to assure you personally that our chapter and the leadership does everything possible to make certain that your experience is one of friendship, understanding and hope. I know that some of you will walk away from that first meeting with the feeling that you have taken home everyone else's pain. But give it some time and give TCF a chance. For those of you who have attended and feel it makes you worse than you were before you arrived, why is that? Are you so deep in your grief that you can't hear the other stories that are so similar and you can learn "survival skills" from? Or, have you forgotten that maybe sharing your pain will not only help yourself but help another member relate? How many times I hear the same "I think I am worse...I think I am going crazy....There is no one that seems to care any longer." I care. The members who attend regularly care. Come again to a meeting and express your feelings openly – it helps. TCF is there for you so.....***You Need Not Walk Alone!***

Wishing you gentle peace and strong courage.

Gail Schroeder

I know for certain that we never lose the people we love, even to death. They continue to participate in every act, thought and decision we make. Their love leaves an indelible imprint in our memories. We find comfort in knowing that our lives have been enriched by having shared their love. –

Leo Buscaglia

In Loving Memory of Earl Rickards



Earl, my son:

We all miss and love you very much. It's been 6 and a half years since we've seen your smile, heard your laughter and felt your kisses and hugs.

Love you, Brendon, Billy, Nora, Bruce, Mom and Dad

Wyndham Garden Hotel, 1950 Glades Road Boca Raton, Florida

We are in the process of planning our event. This is the current information that is being given to you for your review.

18 tables – each table being sponsored by a **\$100 centerpiece** which includes a 8x10 photo of your child with inscription done in memory. Reserve your table now. Securing a table allows you the **10 seats reserved** at the table in advance for the candle lighting.

Please call Gail at 561-901-0483 for a reserved table. A check payable to *The Compassionate Friends* as well as an 8x10 picture needs to be provided.

A memorial picture presentation of our children is a big part of the event. If you already have submitted a picture from previous years, this picture will be included. If you wish to have a picture of your child included, please call Gail at 561-901-0483. A \$5 charge is incurred for this process. An original, clear picture should be selected.

If you would like to make ahead reservations for any available seats left after sponsored tables are taken, please call Dottie at 954-562-5919.

Please note there is no guarantee that we will be able to accommodate large parties if a reserved table is not in place. We will take every effort to try to do so. Each table holds only 10.

Family and friends may be invited.
A light buffet dinner will be served after the candle lighting

Seating begins at 4:30 pm. Parties with only reservations, not a sponsored table, need to arrive no later than 5:00 pm to keep reserved seats. Sponsored tables families need to arrive no later than 5:15 pm.

Worldwide Candle Lighting

Excitement is building as the 15th Worldwide Candle Lighting December 11, 2011 approaches. The Compassionate Friends Worldwide Candle Lighting unites family and friends around the globe in lighting candles for one hour to honor and remember children who have died at any age from any cause. As candles are lit at 7 p.m. local time, creating a virtual wave of light, hundreds of thousands of persons commemorate and honor the memory of children in a way that transcends all ethnic, cultural, religious, and political boundaries.

Now believed to be the largest mass candle lighting on the globe, the Worldwide Candle Lighting, a gift to the bereavement community from The Compassionate Friends, creates a virtual 24-hour wave of light as it moves from time zone to time zone. Hundreds of formal candle lighting events are held and thousands of informal candle lightings are conducted in homes as families gather in quiet remembrance of children who have died, but will never be forgotten.

The Worldwide Candle Lighting started in the United States in 1997 as a small Internet observance but has since swelled in numbers as word has spread throughout the world of the remembrance.

In 2010, information was submitted to TCF's national website on services in 15 countries outside the United States including more than 530 services, as this special day continues to grow. TCF has been joined in recent years by chapters of several organizations including MISS, MADD, Parents of Murdered Children, SIDS Network, Gilda's Club, and BPUSA and for several years services have been held in all 50 states plus Washington D.C. and Puerto Rico. There is no way to know how many hundreds of additional services open to the public are held in the U.S. and around the world each year without the information being sent to us.

The Compassionate Friends and allied organizations were joined in 2010 by local bereavement groups, churches, funeral homes, hospitals, hospices, children's gardens, schools, cemeteries, and community centers. Services have ranged in size from just a few people to nearly a thousand.

Every year you are invited to post a message in the Remembrance Book which will be available, during the event, at TCF's national website. Last year in that short one day span, nearly five thousand messages of love were received and posted from every U.S. state and Washington D.C., every territory, as well as dozens of other countries, with some posts in foreign languages.

Book Reviews

Life After the Death of My Son: What I'm Learning

[Dennis L. Apple](#) (Author)

Dennis Apple, the author, and also a pastor, shares with little hesitation, his journey of grief, questioning God, loneliness and despair as he tried to find normalcy. He shares not only his pain but not understanding his wife's depression and his searchings to console her. Sharing excerpts from his journal, Mr. Apple writes of the roller coaster of grief, the unexpected attacks of grief, even many years later. Even with his wonderings at times where God was, he shares how he can see God never left him, and gives hope and understanding to those walking this road now.

Roses in December: Comfort for the Grieving Heart

[Marilyn Willett Heavilin](#) (Author)

Suffering the loss of a child is hard for anyone to imagine. Marilyn and her husband Glen suffered the loss of not one child, but three of their children. Marilyn journaled the story of her struggles, grief, despair, hopes, and blessings. She has covered just about every topic I can think of.

GOOD GRIEF RITUALS: Tools for Healing (Healing Companion)

[Elaine Childs-Gowell](#) (Author)

This is a truly helpful book with a wide range of rituals. This book shows us how to cope with them, learn from them. It also helps us to express and deal with feelings that are not accepted or encouraged in our society.

Take Your Time, Go Slowly: After the Tragic and Sudden Death of a Child. For the Parents and Siblings with No Time to Say Good-Bye.

[Ronald Snyder](#) (Author)

The author takes his readers step by step through the tragedy of suddenly losing a child - even writing about the first notice of the death by police and/or other professionals.

The One Year Book of Hope

[Nancy Guthrie](#) (Author)

Author Nancy Guthrie understands the depth of grief, but she also knows the power of hope. In this book, she comes alongside readers to share her experiences and thoughts. The book is arranged around fifty-two themes, which encourages daily reading for a year.

Age Progression Photo Services

When a child dies, the child remains forever in our memories but never ages. Many parents have expressed an interest in knowing what their child would have looked like had he or she lived. The Compassionate Friends, by special arrangement, has teamed up with Phojoe Photo, one of the top Age Progression specialists in the country, to offer our members a discounted opportunity to see what their child may have looked like at any age you specify.

All orders are discounted 15% if you enter through TCF's portal and follow the instructions found on the Phojoe Photo page reachable by going to www.phojoe.com/tcf.html. You can use the dropdown menu to order a number of services offered by Phojoe Photo. For any services on their website, but not listed in the dropdown, you can do a Photo Upload on the Portal Page, note the service requested under "comments," as well as using the code "AP-FRIENDS" to receive your 15% Compassionate Friends discount. Phojoe Photo offers a 100% satisfaction guarantee.

Create a Memorial Website

The Compassionate Friends is pleased to announce that it has partnered with the premier Internet memorial website Legacy.com to give you a unique way to remember and pay tribute to your child, sibling, or grandchild. When you sponsor a memorial at Legacy.com with this link:

www.memorialwebsites.legacy.com

You will be creating a timeless and touching remembrance of a special child. You will also be happy to know that a portion of the proceeds from the memorial website you create will go to support The Compassionate Friends and its many national programs designed to aid families going through the natural grieving process following the death of a child.

With these unique, easy-to-create memorial tributes, you can:

- Customize the design, yet create the site in 5 minutes using Legacy.com.'s 4-step process
- Include photos, videos, stories, and more
- Add music
- Invite family and friends to contribute and join in celebrating the life of a child

Try it out with a FREE 14 day trial and, for a limited time, receive 25% off the first year.

Thanksgiving

The holidays create even more pain to those who are suffering grief from the loss of a child. It is a painful reminder of those who are no longer in our lives. What should be a festive and happy time does not feel like it for the bereaved parent. Thanksgiving is one of those holidays. I know it was very difficult for us to decide what we were going to do with holidays after Engel's death. Were we going to do the family traditional event? Did we have the strength to go through that day or did we want to crawl into bed and pull the covers over our head?

Last year, 40 TCF members were together in order for fellowship and understanding as well a remembrance of their child. An invitation is extended to those who need this comfort and support on this day from Gail and Walt Schroeder

Dinner served at 4 pm on Thursday, November 24

350 Paulus Court, Boca Raton

RSVP is required *no later than* October 30

561-901-0483

A THIRTY DOLLAR PUMP

The other day I went to buy an air pump for my bicycle. I didn't need anything more than a basic pump and figured it should cost about fifteen bucks. There's no Walmart or the like near me so I went to the local bicycle shop with their \$2500 bikes and high tech riding gear. The owner of the store showed me pumps with wonderful features and prices to match. He was a good salesman, however, and sized me up as a, well..., a cheapskate and to avoid losing a sale completely, pulled a \$30 pump off the shelf. He showed me its two features: a built in gauge, and an interchangeable nozzle. Then he looked me in the eye and said, "You deserve a \$30 pump." He was right. I bought it and wasn't sorry when I put it to use. That got me to thinking.....

After our son died I found happiness too rich for my taste. The overwhelming sadness that engulfed me left no room for even a moderately gleeful moment. I felt that I didn't deserve to be happy. What right did I have to smile or laugh while my son lay buried in his grave and I hadn't found a way to save him? Slowly the omnipresent melancholy lifted. I began to sense that remaining sad forever served no one and no purpose. I had a life to live. Family and friends were entitled to someone better than the doleful zombie I'd become. Those who had walked this path before me in my TCF group, showed me the light. They helped me understand "I deserved to be happy." Although this lesson took somewhat longer to sink in than that learned by my \$30 purchase, when it did and I put it to use, I knew they were right.

If you are still mired down in intense sadness, especially if you are a dad beating yourself up over not preventing this awful tragedy that has happened to your family, take heart. The time is coming when you will want to be happy again.

I hope that day comes soon. You deserve some happiness.

Richard Berman, BP/USA Baltimore