

THE COMPASSIONATE FRIENDS OF BOCA RATON

January 2011

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.

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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

| | | |
|-------------|--------------------------------------|-------------------|
| January 2 | The New Year....what to do with it? | Gail Schroeder |
| January 16 | Four Key Facts about Grief | Gail Schroeder |
| February 6 | Sudden Loss vs Prolonged Loss | Gail Schroeder |
| February 20 | TBA | Ronda Fryburg |
| March 5 | Special Guest Speaker | Beth Krakower,MSW |
| March 19 | TBA | Ronda Fryburg |
| April 2 | Moods and Feelings | Gail Schroeder |
| April 16 | Mile posts on the Way to Recovery | Gail Schroeder |
| May 7 | Grief Work | Gail Schroeder |
| May 21 | Choosing to Live Again | Gail Schroeder |
| June 4 | Meditation Journey | Gail Schroeder |
| June 18 | Men on the left...Women on the right | Gail Schroeder |

Special Days

| First Name | Last Name | Child's Name | Birthday | Passing |
|-------------------|------------------|-----------------------------|-----------------|----------------|
| Roni | DeBENEDETTO | Jennifer Lynn, Daughter | | 1/1/2000 |
| Alice & Steven | KESSLER | Joey | | 1/1/2011 |
| Sandy | KIMMELMAN | Kurt, Son | | 1/2/2001 |
| Patty | TURECK | Anthony Tolve, Son | 1/2/1973 | |
| Mary Ann | DISIMONE | Anthony, Son | 1/3/1976 | |
| Barry | GABRIEL | Ryan Seth, Son | 1/3/1979 | |
| MaryJane & Tom | JULIANO | Anthony DeSimone, Nephew | 1/3/1976 | |
| Bobby | MARKOWITZ | Jason, Son | | 1/3/2008 |
| Rita | FADEN | Richard, Son | 1/4/1959 | |
| Rob | NGUNGU | Addie Marie, Daughter | 1/4/1985 | |
| Charles | HLAVAC | Robert, Brother | | 1/5/2010 |
| Al & Phyliss | KASSEL | Sheri, Daughter | | 1/5/2000 |
| John & Bea | PAPERA | Fred, Son | 1/6/1964 | |
| Jennifer | BROWN | Eric, Brother | 1/7/1972 | |
| Britian, Kathleen | GRAHAM | Arthur Graham, Brother, Son | 1/7/1984 | |
| Stacey | ZEITLIN | Francy, Daughter | | |
| Harriet & Douglas | CONN | Michael, Son | 1/7/1986 | 1/7/1999 |
| Rhoda | HALPERIN | Chet, Son | 1/8/1987 | |
| Dolores A. | ROGERS | Debra Anne, Daughter | 1/8/1955 | |
| Davin & Sarah | CLINE | Erica, Daughter | | |
| Dale & Dick | WOLK | Brad Lawrence Wolk, son | | 1/9/1998 |
| Luis + Paulina | CEVALLOT | Daniel Alexander, Son | 1/10/1959 | 1/10/2007 |
| Valerie | LANHAM | Michael, Son | 1/12/2009 | |
| Robin | CHILD | Craig, Son | 1/12/1983 | |
| Domenic | GROSSO | Mark, Son | 1/13/1972 | |
| Roe & Irv | GALE | Sandy, Daughter | | |
| Sally & Robin | HARDY | Patricia, Daughter | 1/14/1950 | 1/13/2007 |
| Krista | SCHRADER | Ryan Schrader, Brother | | |
| Elita | FREITAS | Priscilla, Daughter | | 1/14/1990 |
| Joe & Ida | LIPSON | Bruce "Chuck" Barr | 1/15/1980 | 1/14/2010 |
| Ann | THIEL | Ricky, Son | 1/16/1948 | |

| | | | | |
|-----------------------|----------------|-----------------------------|-----------|-----------|
| Rudy & Jayne | DeBENEDICTIS | Bill Higgins, Son | | |
| John & Sandi | MANN | Paul, Son | | 1/17/2005 |
| Civia | YELLIN | Robin, Daughter-in-Law | | 1/18/1982 |
| Civia | YELLIN | Larry, Son | 1/18/1959 | 1/18/2010 |
| Arlene & Marty | JACOBS | Derek, Grandson | 1/19/1961 | |
| Laura & Henry | FRIEDLANDER | Craig, Son | 1/20/1988 | |
| Eileen & Perry | GLASSMAN | Adam, Son | | |
| Michael & Barbara | HOEHMAN | Jarret, Son | 1/21/1984 | 1/21/2009 |
| Bob & Phyllis, Bonnie | LEVINE | Melissa Ruth Brody | | |
| Doris & Wayne | CONKLIN-WALLER | Kevin Conklin | | 1/21/2001 |
| Alisa & Steve | DECAROLIS | Anthony, Son | 1/22/1973 | 1/21/2001 |
| Leo & Carol | GORISS | Eddie, Son | 1/22/1981 | |
| Donna | LEZDEY | Joseph Ronald, Son | | |
| Sonia & Shalane | TAYLOR-HALL | Harrington Hall, Son | 1/22/2007 | 1/22/2003 |
| Doris | YOUNG | Corri Susan, Daughter | 1/22/1984 | 1/22/2007 |
| Ellen & Zeke | ORLINSKY | Todd Levy, Son | 1/22/1968 | |
| Sonia & Damien | VISHNO | Joel, Son | | |
| Sara & Maury | HOFF | Mark, Son | | 1/23/2001 |
| Myrna | SCHWEIGER | Howard Schweiger, Son | 1/25/1955 | 1/23/2007 |
| Linda | BROWN | Eric, Son | 1/25/1963 | |
| Woody & Shirby | KNOEBEL | Brad, Son | 1/26/1989 | |
| James & Dolores | ENTWISTLE | John, Son | | |
| Ed | SARGENT | Tyler, Son | 1/27/1959 | 1/26/2008 |
| Marilyn & Gilbert | FINE | Ellen, Daughter | 1/27/1984 | |
| Harriette | GREENE | Leslie, Daughter | | 1/30/2009 |
| Harriet | GUTTER | Adam, Son | | 1/28/2008 |
| Shelly | McCANDLESS | Gabrial, Son | 1/29/1978 | 1/28/1999 |
| Shelly & Les | SIGALE | Cindy Beth Brzica, Daughter | 1/29/2005 | |
| David & Lee | TANNER | Philip, Son | 1/29/1969 | |
| Debbie | THOMAS | Shaun, Son | 1/29/1968 | |
| Sue & Tom | HOPMAN | Sean, Son | 1/29/1987 | |
| Patricia | COYLE | Judd, Son | 1/31/1996 | |
| Debbie & Jaime | RESTREPO | E. Jaime, Son | | 1/31/1999 |
| Christine | WILLIAMS | Lauren, Daughter | | 1/31/2003 |
| | | | | |

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.

Rose and Lloyd Northrup, son Lloyd 4-17-63 7-17-11
Gary and Bobby Perez, daughter Amy 4-30-65 10-18-11
Gary and Bob Perez, grandchildren, Molly, Gregory 10-18-11

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 |

Chapter Director.....Gail Schroeder

Chapter Assistant.....Dottie Kidd

Treasurer.....Ronda Fryburg

New Family Coordinator.....Walt Schroeder

Greeter.....Julia Pruccoli

Librarian.....Jerry Flax

Meeting Coordinator.....Gail Schroeder

Refreshment Coordinator.....Shelly Sigale

Newsletter Editor.....Gail Schroeder

Website Manager.....Scott Wynkoop

A Message from the Chapter

So What Does a New Year Mean?

In simplistic terms when life was uncomplicated by grief it meant starting over...a clean slate...making resolutions to clean up our act. Some of us like the feeling of getting a fresh start and forgetting the past. We like believing that, during this next year, things will be better.

But when we are grieving, our tendency is to stand at the threshold of a new year looking back rather than forward. We fear that to walk through that door into a new year means leaving our child behind. To move on seems like an act of betrayal of or abandonment of the one we love. There may also be a fear of forgetting, or maybe a fear of letting go. We experience a contradiction: we want to feel better, but at what cost?

Remember, January 1st is just another day. It has no meaning or power except the meaning we choose to give to it. Acknowledging our special needs as grieving parents, we can choose to make softer resolutions for the new year—resolutions that can still be challenging, yet are not unrealistic. Why not frame your New Year's resolutions in terms of hope for a gentler year; for gaining control of your emotions, for better understanding of the grief process and what we can learn about ourselves as we journey thru it? Why not resolve to enter into a future that can be good, even though it lacks all that we might desire, and offers a hope that we will be at peace with sorrow and enjoy life even though we grieve.

We've learned a lot over past years. We have experienced corporate, public grief, following the September 11 attacks and numerous wars. And we have experienced personal grief. We know we are not the only ones who grieve, though sometimes we have felt all alone. And still we survive, even though at times we questioned if the struggle was worth it. We have tasted the bitterness of loss but have not allowed it to destroy us. And together we will rise out of the ashes of grief and say YES to life. None of us can do it alone. We need each other to lean on and celebrate our newness.

My hope for those in the throes of fresh grief is that someday your days will again bring you more joy... more music...more laughter...more gratitude...more friends...more surprises...more memories.

Gail

TCF Fellowship Activities

TCF Fellowship Activities

This is an opportunity for you to join other bereaved parents to “mix” back into socializing. Experience another chance per month for additional support plus the added bonus of fellowship.

January 29 **Galuppis – Sunday Brunch, Pompano Beach**

11:30 am

\$14.95 pp

RSVP by Jan 19

February 25 **Pizza and Games, Schroeder’s**

6pm

Come and play

RSVP by February 18

March 24 **Jungle Queen Riverboat, Fort Lauderdale**

World’s Famous Dinner Cruise –5:30 pm

\$39.95 pp

RSVP by March 10

April 22 **Strikes Bowling Lane – Boca Raton**

Even if you don’t bowl, come out and cheer us on!

4 pm Cost TBA

RSVP by April 14

June 2

Mother's Day/Father's Day Dinner Pot Luck

Schroeder's 6pm

Bring a dish to share and remember our children

RSVP by May 26

The Meeting

I'm standing before a door and beyond it *The Meeting* takes place. My hands are trembling. I'm very scared and there are tears starting to well up in my eyes.

Through the door I can hear voices, even laughter. This can't be the right room!

Do they really know my pain? That's what I've been told. I will never again be able to laugh like them. Please give me the strength to do this. We sit together and each person gives an account of what has brought them here. There is so much pain I can barely speak through my emotions. Yet, they all listen and as the meeting ends someone touches my hand.

I'm at the door again. Please give me the strength to go through. As I take my seat I see familiar faces. They smile and I try to smile back. Do they know how hard this is for me? Was it ever this hard for them?

There are so many sad stories. Maybe they do feel my pain!

I shed more tears. This time I'm able to ask a few questions through muffled sobs. Still, they all listen and as the meeting ends, someone touches my hand.

I've prayed for strength many times as I've entered this room.

Each time, as stories are shared, I realize they do know my pain. I feel stronger now so I can share without crying. I realize that all along they were easing their own pain by helping me through mine.

A new person comes through the door and takes the seat next to me. The new comer sheds many tears as attempts are made to talk through muffled sobs. We all listen and as the meeting ends I touch a hand.

Did You Know They Were Bereaved Parents?

Louis Pasteur, raised in modest fashion by humble folk in Dole, France, was gifted with a brilliant mind. His parents, recognizing his ability, managed to help him secure scholarships for higher education. His doctoral thesis was on the forms and structures of crystals [See Eyn Chayo Kazo in this issue]. At the age of thirty-two he discovered the process that carries his name. Pasteurization involves the use of heat to preserve foods and to dramatically reduce infection in the operating room. His place in history was sealed.

Although he continued to work at uncovering the mysteries of chemistry, personal tragedy stopped him short. His two daughters succumbed to typhoid fever. He spent countless hours in the lab trying to bury the pain of a broken heart. Overworked and grief-stricken, Pasteur suffered a stroke that left him partially paralyzed. Nevertheless, he pressed on.

In 1870 too many wounded soldiers coming home from the Franco-German War were dying from infections. He convinced the French military medical corps to sterilize their instruments and bandages to kill microbes. The results were spectacular. A few years later he developed a method (again with heat) of immunizing animals against anthrax. Next, he took on rabies. After many years of research he isolated the rabies virus and perfected a method of growing it in rabbits.

Pasteur weakened those viruses and then used them to make a successful inoculation. Rabies was cured.

Bereaved parents understand that staying busy and useful helps them deal with the unrelenting grief. Louis Pasteur, on his death bed, is reported to have said, "One must work; one must work. I have done what I could." We are fortunate that he did.

Book Reviews

Healing Your Grieving Body: 100 Physical Practices for Mourners

Alan D. Wolfelt, PH.D., Kirby J. Duvall, M.D

Not a grief book, but rather a wellness guide for people in the throes of grief. Doctors Wolfelt and Duvall identify categories of health that falter when a person suffers a great loss and then give specific ideas or instructions to make one feel better. Areas such as: Heart issues (cholesterol levels, blood pressure), Relaxation needs (time alone, time off, music participation), Finding enjoyment (laughing, seeking pleasure, acting like a kid) are all explored.

How a Fortune Cookie Can Heal Grief

Nan Zastrow

This effort by bereaved parent, Nan Zastrow, is not a traditional grief book. Reading it will not make you feel better or give you insight. Rather, it is a practical guide offering various ideas (she calls them 'gifts of hope') that if acted on could ease your grief journey. Some of these 'gifts' are intuitive: "Recall a cherished memory that makes you smile or laugh;" and some are less obvious: "Volunteer for special Olympics."

Veterans on this journey have probably discovered many of these ideas on their own, but if you're still within the first few years and looking for tools to get you moving out of the dark tunnel of grief toward the light of living, then this little book can help.

I Walked A Mile With Sorrow

Mary S. Cleckley

It is not necessary to read every page of a book in order to review it for content and quality. I was unable, however, to skip a single page in Mary Cleckley's I Walked A Mile With Sorrow. Her advice on just about every situation, emotion, or thought a bereaved parent can face is succinct, solid and spot-on. Every

page contains important information. That first year after a child dies is so emotionally confusing, the newly bereaved will find this a valuable and useful guide and reference through the chaos. Much like a hand-book from work (How do I report an accident? Who do I call if I'm ill?), this volume addresses many issues common to all bereaved parents. Over one hundred essays on such topics as: On Lighting a Candle, When Suicide Seems the Answer, Wishful Thinking, Pictures and Multiple Loss make Ms. Cleckley's book a must for any bereaved parent.

Eyn Chaya Kazo!

Bereaved parents are strange creatures. We are different, in some fundamental way, from people who have not shared our experience. Although we appear normal, perform the daily tasks expected of us, and seem to fit in the society in which we live we know it is a sham. We know the design of our lives no longer fits a regular pattern. Others do not understand and do not believe that the changes to our core selves are real and that this new type of creature we feel we have become actually exists.

In October [2011] Israeli scientist Daniel Shechtman won the Nobel prize in chemistry. He had revealed that certain crystals do not link up in the symmetrical pattern that nature demanded. Quasicrystals, he called them, line up in a non-repeating fashion that was previously thought impossible. "Eyn chaya kazo!" he exclaimed, in his native Hebrew, upon first seeing this phenomenon, "There can be no such creature!" For many years the scientific community refused to believe quasicrystals existed because it altered their basic understanding of what a crystal is.

Like the scientists refusing to believe there could be a different kind of crystal, the world we face can't, or won't, comprehend that the patterns of our lives no longer fit a regular plan. We are expected, after a brief mourning period, to return to the life we lived before; doing jobs, maintaining connections, fulfilling responsibilities. Friends, family and co-workers don't understand that although we still look like a crystal we have become quasicrystals— unable to be the reliable, predictable, symmetrical souls we were before our children died. Even so a quasicrystal can be a beautiful thing. There's a Nobel prize that says so.

Richard Berman
Bereaved Parents of USA

Love Gifts

Dear Kayla,

As a new year approaches I have hopes for a better year. I pray you keep continuing to be right by my side. I love & miss you so much.

Love always, Mommy

Nico, We Love & Miss You more than words can ever describe. I thank God for all of our time together & we cherish all of our wonderful memories. You are always in our Thoughts, Prayers & Forever in our Heart my Warrior Angel. Love You More Than the World is Round xoxoxoxox Mom (Marie Giacalone)

Dearest Engel: Another new year where Mommy and Daddy need to do our best without you!! You are my inspiration! Again, as I always said to you... "Engel, I want to grow up to be just like you" Love Mommy

Dear Eric, Another year has passed. We remember all the Christmases we had with you. It's hard to believe that we have entered 10 years without your hugs and kisses. You will never be forgotten. Love you, XOXOXO Mom and Dad

Dearest Cindy, Brandon & KK Rosebud r coming down this Thursday - how I wish YOU would b with them!!! I love u , always & 4ever, ur loving mom

Rick, another year has come and gone without you here with me. The emptiness and ache in my heart continue to grow and widen with each passing day. I miss your smile, the sound of your laughter, your love, your strength and kindness.

I love you.... Mom.