



THE COMPASSIONATE FRIENDS

Supporting Family After a Child Dies

March 2011 Newsletter

WNY Chapter #2303

Batavia, NY 14020

The Mission of The Compassionate Friends is to assist families toward the positive resolution of grief following the death of a child of any age and to provide information to help others be supportive.

Upcoming Meetings

March 15 2011

April 19 2011

Meetings are held @ The Holland Land Office Museum
Meeting times: 7-8:30pm
131 W. Main St.
Batavia, NY 14020

National: The Compassionate Friends, Inc.

PO Box 3696. Oak Brook, IL 60522-3696
Toll Free 877-969-0010. Fax 630-990-0246

www.compassionatefriends.org

The Compassionate Friends of WNY

447 Ellicott St, Batavia, NY 14020

Parent Contact, Chapter Leader, Founder

Pat Wheeler 585-861-1892 or 861-9562 or 716-601-9648

[wwpatsuw@aol.com](mailto:wwpatsuw@com)

Donations can be mailed to Pat

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Visit our local web site: www.tcfowny.org

Our Regional Contact:

Al Visconti

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Also Very special Thanks to Our
Register Coordinators & Greeters
Mae & Larry Wheeler

The Compassionate Friends is about transforming the pain of grief into the elixir of hope. It takes people out of the isolation society imposes on the bereaved and lets them express their grief naturally. With the shedding of tears, healing comes. And the newly bereaved get to see people who have survived and are learning to live and love again. "

*Simon Stephens, Founder of The
Compassionate Friends*

To include your child or children on our web site, bring a photo along with a short story about them to the meeting. Pat will forward the information to our Webmaster so that your child or children can be remembered.

Our Birthday Table - Parents/Grandparents: We have a Birthday Table at our TCF meetings. If you would like to share your child's favorite cake or anything that will help you remember their birthday with others who are open to "celebrating" with you, please take this opportunity to share with us. You may bring photos and other mementos to the meeting as well.

The chapter is here for everyone. Please let us know what you are struggling with at this time. We will use that as our topic for an upcoming meeting.

If you know of someone who has suffered this ultimate loss, please let us know. We will send them our newsletter and invite them to share their grief with those of us still walking that path.

Pat has discontinued making bricks, however she is making concrete stepping-stones. If interested Contact

Pat @ 861-9562 or wwpatsuw@aol.com

Please make note that after January meeting we will be meeting on the third Tuesday of the month instead of the third Thursday. Same place same time

OUR CHILDREN LOVED AND REMEMBERED

Spring Is Coming

Let us remember our children who have left us too soon

March Birthdays

*Kasie Jean, Daughter of Linda & Charlie Dana
March 22*

*Jason, Son of Bev & Roland Thomas
March 16*

*Barry, Son of Hazel & Jerry Spotts
March 9th*

Up coming April Birthdays

*Jeremy, Son of Mel & Gerry Brunner
April 14th*

Remembrance for April

*Kasie Jean, Daughter of Charlie & Linda Dana
APRIL 13TH*

*Torry, Daughter of Joann & Deon Yahn
April 15th*

*Aubry, Daughter of Jennifer Kubik
April 28th*

Please contact Pat Wheeler if any of your child(ren's) information is incorrect or missing. Phone 861-9562 or email at wwpatsuw@aol.com or mail to home address at 447 Ellicott St Batavia, NY 14020

If you are newly bereaved and looking toward your "First" spring, you may be surprised by some of the feelings you may experience during the next few weeks.

We hear so much about the beauty of spring- the new life and the feelings of renewal that are supposed to accompany this lovely time of year. During my "first" year, I expected that spring would cheer me up, and make me feel lots better. How surprised and frustrated I was when, on one of those truly magnificent spring days as life seems to burst forth everywhere, I was "in the pits." When a friend said to me, Doesn't a day like this really lift your spirits and make you feel better? I had to reply honestly that I was having a really bad day- that the sense of loss and emptiness was greatly intensified. Gradually, I began to realize that my expectations for spring were unrealistically high. I had looked forward to spring with the wrong kind of hope. When we are newly bereaved, we are constantly looking for something to take away the pain and make our lives all right again. Unfortunately, there is no magical event or moment when this takes place. It does happen, but only with time and the grief work which we all must do before we can be healed. The coming of spring cannot make everything okay again. What it can do, however, is remind us that regardless of what happens in our lives, nature's process will continue, and that can offer us hope. I am looking forward to the spring this year. I welcome the sun's warmth, the return of the birds from their winter in the south, and forsythia, the daffodils and the greening of the world. Know that someday you will once again welcome spring. Be gentle and patient with yourself and with nature. Don't expect too much. Be ready to let a little hope that spring can offer into your heart.

Evelyn Billings TCF Springfield MA

"Believe, when you are most unhappy, that there is something for you to do in the world. So long as you can sweeten another's pain, life is not in vain.

Helen Keller

"Forever in My Heart" Wristbands

The compassionate Friends offer. These wristbands have become very popular and are perfect for a give away. The wristbands are swirled blue and white durable silicone with two butterflies framing the popular saying. They are \$2.50

“ You will not always hurt like this.”
Theses words are true.
If they do not reach your heart today,
Do not reject them:
Keep them in your mind.

One morning, not tomorrow perhaps,
But the day after tomorrow,
Or the month after next month...
One morning the dawn will wake you
With the inconceivable surprise;
Your grief will have lost
one small moment of its force.

Be ready for the time
When you can feel for yourself
That these words are true;
“You will not always hurt like this.”

Sascha Wagner, from Wintersun

The Butterflies Are Coming

It's spring! The butterflies are coming.
Many of us at TCF hold the butterfly with utmost regard, for it is a symbol of our child's life after death. We think of our children being born into a free and more beautiful existence after the drudgery of a caterpillar's life here on earth. But, can be transformed into a beautiful creature or we doomed to be trapped in the web of a cocoon forever? I believe it is simply a matter of choice. We can stay in silken threads, which we have spun for ourselves. It's quite safe there. Perhaps if we isolate ourselves with a really tuff cocoon, no one can ever reach in far enough to hurt us again. But if we take a chance on emerging into a new person, the light of our children's love will have a chance to shine through our newly formed wings. It won't be easy. The grief cocoon holds anger, fear, guilt and despair. But we can work through it. In fact, there is no going around it. All butterflies must work their way through an ugly cocoon. The butterflies are coming. Won't you join them?

Kelly Slief, TCF Tulsa, Ok

Happy St. Patrick's Day



Wish List

Some Ideas: are as follows

Postage Stamps, Gift cards fro Wal-Mart, Kmart, Target, Tops, Office Max, as well as monetary Donations. Please remember these can all be donated in memory of your Child

Oh, Compassionate Friend,
Reach out your hands to me-
Reach out to steady me through another day.
You have traveled this rode before me,
And you can show me the way.

Let us weave are good memories
like a blanket against the coldness of our pain.
Show me how warm the sun can still be.
And lead me gently out of the rain.
May I lean on your strength?
Til I find Hope in a future day.
Perhaps then I can help another friend
Along the same way.

Stella Bodnar
TCF Mercer Area N.J



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. The children we mourn have died at all ages from many different causes, but our love for them 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, creeds and relationships. 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 they feel helpless and see no hope. Some of us have found our faith to be a source of strength, while some of us are struggling to find answers. Some of us are angry, filled with guilt or in deep depression, while others radiate an inner peace. But whatever pain we bring to this gathering of The Compassionate Friends, it is pain we will share, just as we share with each other our love for the children who have died. We are all seeking and struggling to build a future for ourselves, but we are committed to building a future together. We reach out to each other in love to 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.

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