



THE COMPASSIONATE FRIENDS

May 2009 Newsletter

WNY Chapter, Batavia, NY 14020

THE MISSION

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.

We are pleased, yet saddened, to have you join us at our meeting of The Compassionate Friends. We hope sharing your stories of the aspects of your journey through grief will enable you and your families to find a "new normal" in your life. We wish for you that you would eventually reach a state of peace where the wonderful memories you have of your children are more in the forefront of your heart and mind than the pain of your loss.

At our March meeting, we welcomed Rita Filowick, whose brother, George "Buddy" Filowick passed away in October. In April, we welcomed Muriel Rafferty Sweet and Doloros Roblee.

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



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



OUR BIRTHDAY TABLE

Parents/Grandparents: you may bring photos and other mementos to the meeting during your child's birthday month. You may also bring a birthday cake or your child's special treat to share with those attending.



32nd Annual TCF National Conference Portland, Oregon August 7 – 9, 2009

For more information about registration, check the National web site at www.compassionatefriends.org.



Pat and I want to thank all of you for your hard work selling tickets for our first attempt at fundraising. We were able to greatly increase the balance in our checkbook. The drawing was held at our April meeting. The winners are:

1st Prize –Granny Square Afghan donated by a Friend of our Chapter– Winner is B. Spencer, Batavia

2nd Prize – Family 6-pk of home knitted winter caps donated by Margi DuBois – Winner is Ed Klehr from the Rochester TCF Chapter

3rd Prize – A themed clock donated by our Pat Wheeler – Winner is Harriett Klotzbach, E. Pembroke.

Again Thank you to all of you!!

☼ Upcoming Meetings ☼

May 16, 2009

June 18, 2009

July 16, 2009

6:45 PM at Richmond Memorial Library
19 Ross Street, 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
Founder, Parent Contact, Meeting Facilitator:
Pat Wheeler • 585-219-4720 or

Wwpatsuw@aol.com

Founder, Treasurer, Newsletter Editor
Margi DuBois • 3233 Pratt Rd., #7312, Batavia, NY
14020 • 585-343-2590

Margi_d@yahoo.com

Our Regional Contact, Al Visconti

Email: altcfny@gmail.com

Visit our local web site: www.tcfwny.org

Our Compassionate Friends Library

We are adding to our library of informative, comforting books available for checking out. If you've found a book that you found helpful and would like to donate it, we would appreciate it. We have bookplates to put on the first page indicating the donor and whom it is in memory of. They *do not* have to be new books. Amazon.com is a great source for used books in *great* condition and at very low prices.

Diana Wywra, the library's director, spoke at April's meeting. She explained that if you donate to *our* library, the books remain in the Chapter's possession. If we want to donate books (or money to buy a book) to Richmond Library, the books become property of the Library and will be added to their shelves for public check out. A bookplate will also be included.



There are no dues or fees to belong to The Compassionate Friends. Your voluntary fax-deductible donation is our only source of fund. All proceed given to our chapter are used within our Community for outreach and support of bereaved families. All gifts are greatly appreciated.

*We thank the following for their
Love Gifts and Donations*

♥ ♥ Love Gift from Eric & Laurie Claus, in memory of their son, Chris and their daughter, Tori

♥ Love Gift from Jason & Nancy Kota, in memory of their son, Matthew

♥ Love Gift from Margaret Mauch, in memory of her mother, Mary Hartman

♥ Love Gift from Pat Hersee, in memory of her son, Brent

♥ ♥ ♥ Love Gifts from Margi DuBois, in memory of her Mom, Alma Rosowski, (d. Jan. 28, 2009); her brother-in-law Frank Abrams (d. Apr. 24, 2008); and Bruce Blake (d. April 20, 2003).

♥ Ray Johnson, donation in lieu of buying raffle tickets

♥ Donations from our ticket buyers who "rounded off" their ticket prices to even dollars

♥ Thank you to Todd and Al at Bontrager's Auction and to the Corfu IGA Store for allowing us to sell tickets



Our Children ~ Loved and Remembered

Let us remember the children who have
left us too soon.



A Mother's Prayer

This has certainly been a sorrowful, tempestuous year and a half. There were times when I was so hurt and angry with you, I couldn't even talk to you about my feelings. There are days I am so overwhelmed with Jesse's death that I don't know how I can go another minutes without being totally, irrationally berserk.

The world stood still that day December first, 1978, when Jess was hit. And time became irrelevant. Those months of "foggy" living are a blur in my memory. I functioned, I showers, got dressed, went to work, fed the family, washed the clothes, talked with Travis and Phil. I cried in private, still hurting so badly – a terrible wound that may heal, but leave a dreadful scar.

And yet – even if I had known that he would not always be with us – I wouldn't have traded one single day with him I wouldn't have said, "No, I don't want the hurt and pain when he is gone." If I had been asked to make the choice, Lord, I would have said, "YES, let him be ours as long as possible – we'll love him, even when is gone." I am glad you let us have him - a special gift of life for those short six years. THANK YOU, LORD, FOR JESSE.

*- Jesse's Mother
TCF Sacramento, CA*



"It has been said that time heals all wounds. I do not agree. The wounds remain. In time the mind, protecting its sanity, covers them with scar tissue and the pain lessens, but it's never gone."

- Rose Kennedy

*HAPPY MOTHER'S DAY
TO ALL OUR MOMS*

*ONCE A MOM,
ALWAYS A MOM*



A Mother's Love

I need no pictures to remember your warm smile; the lines of your face are embedded in my memory of you. I gave you life in one second of pain, for which you returned with 13 years of yourself – sometimes quiet, sometimes noisy, but always thoughtful.

Sometimes I hear a voice that sounds like you, and I pause. That pang of hurt stems from a tiny empty spot you have left in my life. I carried you in my womb, then later in my arms, but I will carry you in my heart forever.

*By Joy Morning, for her friend Gin Pelczynski
In memory of Billy
TCF, Phoenix AZ*



March 3, 2009

They say that "time heals", but time has continued on, and I don't feel healed. Most everyone who has experienced a loss has spoken those words. And, those words ring so true. Time softens the blow a bit Time helps us to look beyond our pain. Time helps us to reweave our lives with new joy and cleanse our hearts of the raw pain. Time is on our side working for us. But, time will never "take away" all that was lost.

Hope, on the other hand, is that inner strength that gives us the fortitude and the will to go on when we otherwise would not have the courage to do so. Hope prods us to see the power in a new sunrise and to know will full assurance that we can make it through this day. Hope infuses us with the energy we need to put one foot in front of the other and to take mini steps in faith towards healing our broken hearts.

If you are feeling alone and down today, take a walk where you can be alone with nature. Listen to the far away sounds of the ocean waves, the birds singing their songs of thanks, and the echoes of the soft wind blowing through the trees. Be filled with hope as you remember that we have a Father who is by our side at all times, and who promises to give us adequate strength for the day. Hope is the sustainer of life and the light we need to see through the night!

- Clara Hinton

*Site Founder/Author, Speaker, Workshop Leader
Visit [Silent Grief](#) for articles, resources, message boards, and additional support for healing through loss.*



Second Sunday of May

Many happy memories
Linger in our hearts this day
As we each remember our child
Who has left this earthly plane.
The day is bittersweet for us,
The mothers who have lost so much,
For to remove all pain could well
Erase the precious life we touched.
Tears will trace the memories of
Other, happier Mother's Days,
As we dwell in a quiet reverie
This Second Sunday of May

*Annette Mennen Baldwin
In Memory of my son, Todd Mennen
May 2006
TCF, Katy, TX*



*At times, our own light goes out
and is rekindled by a spark from another person.
Each of us has cause to think with deep gratitude
of those who have lighted the flame within us.*

- Albert Schweitzer



As long as I can I will look at this world for both of us. As long as I can I will laugh with the birds, I will sing with the flowers, I will pray to the stars, for both of us.

- Sascha Wagner



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 and 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.

We need not walk alone. We are the Compassionate Friends.

**Margi DuBois for TCF
3233 Pratt Rd., #7312
Batavia, NY 14020**