



THE COMPASSIONATE FRIENDS
Ocean County Chapter

THE COMPASSIONATE FRIENDS OF OCEAN COUNTY
P.O. Box 485, Toms River, New Jersey
(732) 730-1726
<http://www.oceantcf.com>
e-mail (friends.ocean@yahoo.com)

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GROUP CONTACTS

Chapter Leader: David Rothman (732-288-9633)
Facilitators: Betty Juliano (732-255-1582)
Jeff Alexander (732-886-8888)
Newsletter: Debra Connolly (oceanacf@aol.com)
Garden: Bruce Jones (732-244-9631)
Telephone: Billie Ellis (732-730-1726)

The Compassionate Friends National Office
P.O. Box 3696
Oak Brook, IL 60522
Phone: 630-990-0010 Fax: 630-990-0246 Toll Free: 877-969-0010
<http://compassionatefriends.org>

Regional Coordinator-Kathy Evans
(609) 653-3046

CHAPTER LEADER NOTES

This month's brochure is entitled "Sudden Death of a Child."
Our October issue will be "When Your Child Dies by Homicide."

Please note that the September meeting is Tuesday, September 1 as this month the first Tuesday will be on the First.

I encourage anyone that wants to do a reading at the Candle Light ceremony to submit their requests no later than our October 6th meeting. This can be an original piece of poetry/writing or a known piece. However, we need to have these submissions in order to plan out our program. We want to make the service as meaningful as possible so anyone who wants to participate is welcomed.

I also encourage anyone with a small picture of their child to bring it to one of our meetings so that we can add it to our permanent picture board.

2009 CANDLE LIGHTING

Our candle lighting service will be Sunday, December 13, 2008 at 7:00PM at Saint Barbara's Greek Orthodox Church, 2200 Church Road, Toms River, NJ. You are invited to bring a framed picture of your child to be displayed during the service. The chapter will provide candles, which can be placed in front your child's picture as each name is called. There will be a reception after the service and we ask that you join us to renew old friendships and meet our new members.

Please note that we will only be reading the names of children of families and friends in attendance. Be sure to check in before the service. If you wish to have the name read and cannot make it the service, please contact us at friends.ocean@yahoo.com and we will include the name in the reading.

We are also encouraging anyone who wishes to be part of the program to let us know. This includes individual readings, helping out with the program, or helping out with service set-ups. All ideas for readings must be submitted by October 6th meeting.

MEETING DATES

Date: Our next meeting is Tuesday, September 1, 2009 (7:30PM) (Meetings the first Tuesday of each month at the Children's Memorial Garden, Winding River Park-North End (See directions below)

DIRECTIONS TO MONTHLY MEETING, WINDING RIVER PARK, TOMS RIVER

The north entrance to the park is off Oak Ridge Parkway at the intersection with Whitesville Road. From the intersection of Routes 9 and 571 (at the Pathmark/Home Depot shopping center) go west on 571 and make immediate left onto Oak Ridge Pkwy. Go to first light (skating rink will be on your left) and make left onto Whitesville Rd. Make the first right turn and follow the road to the parking lot at the end. Building will be on your left and garden on the right. If you are going 571 East, make right onto 527 South/Whitesville Rd. and park area is just past intersection of Whitesville Rd/Oak Ridge Pkwy. Make a right and follow road to the end. If you are coming from the Parkway drive to exit 82A for Route 37 West and drive to the 2d traffic signal. Turn right onto Oak Ridge Parkway and go 1 mile, the park entrance will be on the right. Make right on Whitesville Rd. and first right into park. Follow road to the end. Do not turn into the entrance for Winding River Park on Route 37, you cannot drive through to the garden site.

MEETING INFORMATION

To Our New Members -coming to the first meeting is the hardest, but you have nothing to lose and everything to gain! Try not to judge your first meeting as to whether or not The Compassionate Friends will work for you. At the next meeting you may find just the right person or just the right words said that will help you in your grief. The purpose of our meetings is to listen, share and

hopefully offer support. Please be assured that there is no obligation to speak or participate. Just attend and hopefully you will receive some measure of comfort from joining the group and meeting other families that understand. You are also encouraged to bring someone with you for support, we realize how difficult that first meeting can be and assure you that you will find a place where people that do understand are willing to listen and to care.

Grief is experienced by everyone; in very different ways, but there are some common thoughts and feelings that all who suffer grief will share. It is important to understand what your normal reactions will be. We cannot change the pain you may experience during grief. We can give you a better sense of control while going through these experiences by making them less frightening. Having something to "hold onto" will help maintain some sense of reality for those going through intense change.

To Our Seasoned Members - We need your encouragement and your support. Each meeting we have new parents. THINK BACK - what would it have been like for you at your first meeting if there had not been any TCF 'veterans' to welcome you, share your grief, encourage you and tell you "your pain will not always be this bad, it really does get better.

All are invited to bring a picture of your child for "Our Children Remembered" table. We will have a candle lit in memory of all the children listed in this month's newsletter and invite you to bring a picture and/or something special if you would like to speak about your child this month. This is the one place that speaking about your child is not considered an imposition and expressing how you are really feeling is appropriate and welcome.

OUR CHILDREN REMEMBERED September, 2009

This month we are remembering these children who are sadly missed. Please take a few moments of silence to remember their day with their parents. A phone call or note would be so kind. None of us ever forget those very special days and messages that say "I care" do help us get through them.

Child's Name	"Birth" dates
Bobby Beattie	September 29, 1997
Mary Gross Brummer	September 12, 1967
James P. Burke, JR.	September 30, 1977
Michael Anthony Cantillo	September 20, 1968
Karen Cerino Chiappa	September 27, 1956
Suzanne Hembling Davidson	September 25, 1955
Jimmy Dean	September 19, 1985
Dominick Wiliam Dellaperute	September 20, 1995
Anthony DiPoalo	September 28, 1997
Michael Dooley	September 21, 2003
Joanna Filus	September 20, 1982
Victor Richard Funicello	September 9, 1940
Lauran A. Gallaher	September 3, 1987
Kevin Arthur Gerber	September 5, 1961
Janette Giordano	September 11, 1979
David Gosser	September 24, 1994
Robert William Harmer III	September 22, 1998
Bobby Harrington	September 26, 1964
Cheryl Hedberg	September 28, 1978

Brendan Hennicke	September 14, 1959
Jonathan Houston	September 21, 1981
Gregory Vincent Johnson	September 7, 1957
Allyson Joyce	September 22, 1986
Joseph Juliano	September 14, 1974
Tani Kirsten Koppelman	September 27, 1985
Lynn Larrison	September 24, 1957
Eugene Richard LaMonica	September 11, 1985
Roger W. Lentz	September 29, 1964
Loriann Long	September 5, 1971
Jenna Denise Marchelle	September 25, 1979
Megan Mazzitelle	September 8, 1983
Mary L. McCarthy	September 7, 1953
Heather Joy Menendez	September 24, 1970
James Miraldi	September 16, 1967
Jack Joseph Moeller	September 22, 2001
Jeffrey Mudry	September 24, 1990
Cynthia Anne Onnembo	September 25, 1958
Eric Oswald	September 2, 1968
John Ott	September 7, 1960
Jacob Harrison Phillips	September 6, 1989
Tobert Pizzarelli	September 2, 1959
Patti Proulx	September 26, 1956
Michael Puccio	September 3, 1972
Lisa Rak	September 30, 1968
Joseph Rak, Jr.	September 17, 1963
Michael Lee Reininghaus	September 1, 1959
Joseph Rice	September 1, 1969
Keith Rigney	September 9, 1986
Kirstin Liv Roehrich	September 9, 1984
Lisa Ruiz	September 23, 1977
Edwin Ryan	September 22, 1974
Kevin Sabo	September 11, 1965
Karen Terrell Sajdak	September 29, 1959
Michael Sapienza	September 13, 1967
Patricia Rose Schwamberger	September 8, 1995
Eric Shibla	September 2, 1969
Gabriel Smyth	September, 1999
Daniel Soto	September, 7, 2001
Heather Soyster	September 23, 1990
Bobby Spill	September 1, 1966
Gregg Starace	September 6, 1963
William J. Stone	September 9, 1987
Scott E. Townsend	September 12, 1968
Dimitrios Tsarnas	September 1, 1978
Mark Alan Tuz	September 25, 1987
Matthew Wilkinson	September 3, 1991
Kaitlin E. Wydra	September 27, 1984

Child's Name	"Passing"dates
John Edward Abelowitz	September 28, 2003
Scott Alexander	September 18, 2002
James Joseph Arillo	September 7, 2007
Paul E. Arnone	September 22, 1988
Jeromy Bechard	September 21, 2004
Laura Bruett	September 4, 1978

Patrick Brady	September 27, 2007
Dawn Marie Carter	September 17, 2005
Jason David Cayne	September 11, 2001
Michael Dooley	September 21, 2003
Raymond Fryson	September 02, 1996
Richard Gallagher, Jr.	September 22, 2002
Brendan Guthmiller	September 27, 2002
Bobby Harrington	September 27, 1974
Jesse Hicks	September 14, 1992
Kristina M. Ingato	September 3, 1999
Erik Thomas LaMonica	September 22, 2003
Maureen Loffredo	September 5, 1990
Mary L. McCarthy	September 5, 1971
Walter McConnell	September 27, 1996
Heather Joy Menendez	September 26, 1984
Jack Joseph Moeller	September 22, 2001
Jaiden Moore	September 12, 2008
Bryan C Moser	September 1, 1991
Mercedes Napolitano	September 3, 2000
Laura Nebbia	September 20, 2003
Christine Newnom	September 23, 1990
Sean P. O'Connor	September 20, 1992
Cynthia Anne Onnembo	September 23, 2003
Vincent Orsini	September 15, 2005
Karin Lyn Pagliaroli	September 3, 1997
David Pasick	September 13, 2004
Robert Pastena	September 21, 2005
Melissa Rose Pullen	September 28, 1996
Jason Samaritano	September 28, 2008
Butch Sarnowski	September 25, 2007
Phyllis Ann Sceurman	September 17, 2006
Jamie Schoenleber	September 12, 2004
Patricia Rose Schwamberger	September 8, 1995
Kelly Marie Siebert	September 26, 1993
Gabriel Smyth	September, 1999
Gregory Statlend	September 28, 2004
Matt Stupor	September 7, 1997
David Tranger	September 5, 1994
Brenden Venter	September 17, 1996
Kaitlin E. Wydra	September 28, 1984
Jesica Yantz	September 5, 1980

Contact the chapter to have your child included in our listing. Your child's name will appear in the months of their birth and their death.

LOVE GIFTS

A love gift is a tax-deductible donation given in memory of a child that died. Because of these gifts we are able to continue reaching out to bereaved parents. Please try to send your gifts to the chapter by the meeting date of the month prior to the month you wish it to appear. Love gifts can be sent to Compassionate Friends at PO Box 485 in Toms River, New Jersey 08754.

Thanks to Betty and Daniel Juliano for their generous love gift in honor of their son Joseph.

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. 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, from 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 helpless 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 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 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 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.

HOW TO ACCESS

OTHER SUPPORT GROUP INFORMATION

To access a information from more than 30 helpful support groups that deal with all kinds of grief go <http://www.oceantcf.com> click on NJ Chapters/Links and scroll down to Other Support Group Information.

Another way to access more support groups can be found by going to the National Compassionate Friends wegsite at <http://www.compassionatefriends.org> Go to resources and then links.

HOW TO ACCESS TO COMPASSIONATE FRIENDS

ON-LINE SUPPORT CHAT GROUPS

To access the on-line support system go to <http://www.compassionatefriends.org> Or use Key word "Compassionate Friends. Click on Resources then click On-Line Support and then click on Schedule & Entrance for On-Line Support. (A schedule of upcoming "rooms" for various discussions will come up. Please note all rooms are moderated.)

RADIO SHOW ARCHIVES

To access past radio shows go to <http://www.compassionatefriends.org> click on Resources then click Radio Show Archives.

ACCESSING BROCHURES

To access brochures go to <http://www.compassionatefriends.org> click on Resources then click Available Brochures.

SUDDEN DEATH OF A CHILD

When death comes without warning, the shock and disbelief can be overwhelming. It is never in the natural order of things for a child to die before his or her parents, and this can be especially intense when the death is sudden and/or violent. There is no opportunity to prepare, resolve misunderstandings, or “say good-bye.” Life for the parents and siblings is changed forever, often in an instant, and it takes time for the reality of what has happened to sink in.

Shock

This is often the body’s first response to news of a sudden death. The shock presents itself much like a blow to the “core of one’s being.” A paralyzing sense of the surreal may be present, even allowing the immediate family to almost function normally, to go through a memorial service in relative calm, and to seem unable to express their grief in any visible way. This is part of the body’s natural defense mechanism, and it can take days, and most often weeks, for the bereaved to comprehend emotionally what has happened.

Part of this process is often an intense desire to know where the spirit of this child has gone so quickly. Religious beliefs are often challenged, questioned, and sometimes strengthened in the long run. Bereaved parents want to reach out for a “sign” from their child, and can be highly susceptible to the power of suggestion. Sometimes people resort to alcohol or drugs, which may provide temporary numbness, but often lead to unhealthy depression and profound loneliness.

Guilt

Guilt about what might have been done to prevent the death is also normal. Parents feel their job is to protect their child, and the “what if’s,” “why didn’t I’s,” and “if only’s” are natural, but should not lead to self-blame. No matter how irrational these feelings, it is helpful to talk them out, sharing with family and particularly nonjudgmental people who have been there such as members of The Compassionate Friends.

Keeping a journal can help express what it would have been like to say good-bye, to address unfinished issues, and to say things left unsaid. Eventually, the burden of guilt and need to blame oneself will move from being a main focus of grief to a level of acceptance that many tragedies in life are not preventable or foreseeable.

Accepting the Reality

As the reality of the death settles in, intense anger at the injustice and deep anguish at the realization that the loss is “forever” are normal. Anger might be focused on those responsible, on God for not saving the child, or on anyone or anything. There are often yearnings to be with the child. Discussions with other bereaved parents and siblings can help the newly bereaved to understand they are not alone and they are not “losing their minds.” Many families say that one of the most difficult things is to see the world go on when the child or brother or sister is gone. So it is important to find special ways to remember. These remembrances can be as simple as including the

child's name often in conversation, telling stories about the child, making a special memory album, or even holding special family memorial gatherings to remember and honor the child.

Reorganization and Reinvesting in Life

While each person's grief is as different as the individual, through this process the family learns to live without the child and the emptiness this absence brings. Complete recovery is a myth. Bereaved family members gradually put their lives back together again, but never truly "get over it." They will never have the same lives they had before. The family "unit" is changed forever. There is a place at the table forever unfilled. Families need both short- and long-term support when the death of a child comes suddenly. Some might also need support in dealing with the fear that something tragic is going to happen to someone else.

The hurt slowly changes from intense pain and a focus on the death event to warmer memories and a commitment to lead lives in honor of the dead child and in a way that would make that child proud. Some people create memorials, set up scholarships, or become advocates to correct injustices related to the death. These are all constructive, representing some "good" that can come from the tragedy.

As time passes, many who find support and friendship through The Compassionate Friends also find it helpful to stay active in the organization by "giving back." One of the best ways to receive continuing support through the bereavement process is to help other families just starting on their grief journey. Each person, though, must search for meaningful ways to give life a new sense of purpose. Families must, in diverse ways, create meaning out of their tragedy, integrate the loss into their own lives, and reinvest in love, work, and living.

The bond with the child, brother, or sister will never be broken, because the love that has been shared will always remain.

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INFORMATION ABOUT OUR LIBRARY

Please note there is a complete selection of brochures, books and other kinds of literature dealing with grief that is available in our Chapter Library. The Library is in the same building in which our once-a-month Tuesday meetings are held (building is in the rear of Winding River Park-opposite the Compassionate Friend Memorial Garden. If you have any books outstanding, please return them so that they can be shared with other people.

SHARING POEMS AND THOUGHTS

We encourage you to share your poems and thoughts. We would like to include them in future newsletters and use them in a Chapter book. They can be sent to Compassionate Friends at PO Box 485, Toms River, NJ 08754 or they can be emailed to friends.ocean@yahoo.com

A Letter to My Brother

Suddenly you're gone. I'm still here. Why? How can this be? Someone tell me

the reason, the answer. How can I fill the void, the space once so full of life? What will I do? How will I be strong for others when the sting of pain is so real, so near? Though everyone seems calm, my soul screams at the injustice, the unfairness of losing you. I miss you. I think of you every day and feel you in my heart always. Whatever the reason for you leaving, I know your living had a reason. Despite the brevity of your life, you live a lifetime's worth. You blessed us with your presence, your special-ness. I have only to think of you to feel the joy you've left as a legacy. You shaped the purpose of my life.

I can see the world through your eyes.

By Robin Holeman
TCF-Tuscaloosa, AL

Time

Time is too slow for those who wait
Too swift for those who fear,
Too long for those who grieve,
Too short for those who rejoice.
But for those who love,
Time is eternity.

Henry Van Dyke, American Presbyterian Minister

September Monarchs

Time between summer and winter.
Time under changing skies-
muted and heavy with foresight,
or endless blue, smiling at butterflies.

Time between summer and winter,
Time between laughter and tear-
harvest of beauty remembered
and voices (where are you?) to hear.

Time between summer and winter,
thoughtful and painful and wise-
muted and having with losing,
But smiling at monarch butterflies.
By Sascha from For You.

To My Sister

You touched us all, you loved us all,
Forever giving, forever caring,
Forever forgiving.
Never wanting in return.
Blessed are those who shared your life
Rich are those who carry your memories.
Please rest now; your chores we will finish.
'Til we meet again...
by Cindy Keltz
TCF-Arlington Hts, Ill.

PLEASE ...

Please-don't ask me if "I'm over it yet." I'll never be "over it".

Please-don't tell me he/she's in a better place. He/she isn't here.

Please-don't say "at least he/she isn't suffering." I haven't come to terms with why he/she had to suffer at all.

Please-don't tell me you know how I feel, unless you have lost a child.

Please-don't tell me to get on with my life. I'm still here, you'll notice.

Please-don't ask me if I feel better. Bereavement isn't a condition that "clears up."

Please-don't tell me "God never makes a mistake." You mean He did this on purpose?

Please-don't tell me "at least you had him/her for "so many years." What year would you choose for your son/daughter to die?

Please-don't tell me God never gives you more than you can bear-who decides how much another person can bear?

Please-just say you are sorry.

Please-just say you remember him/her if you do.

Please-just let me talk if I want to.'

Please-let me cry when I must.

Please...

A Compassionate Friend.

The Broken Pieces

"Sooner or later life breaks everyone, but afterwards some are stronger a the broken places". (Hemingway) I've tried to put the pieces of my life back together selectively. I've fashioned new pieces. Some pieces no longer fit. As bereaved parents, we have a choice: We can fixate on the death or we can affirm life. I know which my son would have wanted for me.

Bob Rosenberger
TCF-Burke, VA

Courage

Courage does not always roar.
Sometimes it is a quite voice at the end of the day saying...

"I will try again tomorrow"

By Mary Anne Radmacher

My Dearest Jordan

"And now I'm glad I didn't know
The way it would all end,
The way it all would go.
Our lives are better left to chance.
I could have missed the pain,
But I'd have missed the dance."

Kathy Cox
TCF-Independence, MO

Things I Learned From You

Things I learned from you...
Never to be judgmental.
To appreciate every sunrise.
To marvel at the loveliness of butterfly wings.
To see the beauty of every living being.
To appreciate my children.
The song contained in laughter.
To watch the sunset.
To see dinosaurs in the clouds.
The true meaning of sorrow.
To see laughter in the eyes of a child.
To care what happens to others.
To appreciate art.
To love life. To love God.
What it means to have a family.
To protect the earth.
How to accept the life given to me.
The importance of education.
What it means to be a friend.
Not to be afraid.
To pray. To love more.
Not to take anything for granted.
To see beauty wherever find it.
To be humble. To watch the stars.
That there is an eternity.
Your life was not wasted, little one-
I learned from you.
Maggie Melendez, Racine WI
Bereavement Magazine 07-99

The Price We Pay

"Grief is the price we pay for love
And, oh, how we loved them."
Darcie Sims

HOPE

It is the gift of hope which reigns supreme in the attributes of the
Compassionate Friends. Hope that all is not lost. Hope that life can still be
worth living and meaningful. Hope that pain of loss will become less acute and,
above all else, the hope that we do not walk alone, that we are all understood.
The gift of hope is the greatest gift we can give to those who mourn.
Reverend Simon Stephens TCF Founder

TOGETHER AGAIN



***“I SIT WITH YOU,
SO YOU ARE NOT ALONE
YOU WILL ALWAYS BE WITH ME,
YOUR HEART IS MY HOME
YOU WERE MY HERO,
YOU WERE MY FRIEND
I KNOW I WILL SEE YOU IN HEAVEN
AND WE’LL BE TOGETHER AGAIN”***