

November &
December 2008



The Compassionate Friends

Offering friendship, understanding, and hope to bereaved parents

The Compassionate Friends, Inc. National Headquarters: P.O. Box 3696, Oak Brook, IL 60622
Phone (877) 969-0010 Fax: (630)990-0246. Email: nationaloffice@compassionatefriends.org
Web site: www.compassionatefriends.org

Loving Listeners:

For those times when you need to speak to someone who will listen with understanding and who can offer hope and support from their own process of healing in grief please call us:

Kathy Parker 649-5153
Ozzie and Marcia Santos 431-5250

Teresa Walker 353-3215
Anne Rinaldi-Nonamaker 287-5968

Holidays: Loss of A Child by Jim Balthazor



I am reminded of all the good times I have experienced because of my son. I remember all the wonderful Halloweens, Thanksgivings, and Christmases I was able to spend with him; all the fun times that were given to me and my family because of his life.

The New Year's Eves spent listening to Dick Clark's special and watching the ball drop. Sure, it is very hard entering this time of the year without him in our everyday lives. Although he will always be in my heart it isn't the same and we all know that. All those special moments, the excitement in our children's eyes, the laughing, the happiness we were all able to share - wonderful memories that we will carry with us forever.

As we enter this holiday season we have a tendency to feel depressed and lonely. It is going to happen. Thanksgiving with the family without our special one at the table, opening Christmas presents without the wonderful excitement of the moment because your child isn't there, sharing New Year's Eve at a party that is missing the one person that we really want to be there - our son or daughter. It is never going to be easy, but even we, who have lost children, know that eventually the pain lessens, the memories grow brighter, and the love we feel for our child is fixed permanently in our hearts.

We now look to family and friends to brighten our holidays, and that can happen. One thing I always do in December is celebrate The Compassionate Friends' World Day of Remembrance for our Children - held every year on the second Sunday in December, at 7:00 PM in every time zone. Starting at the international date line candles are lit across the world at 7:00 in the evening virtually insuring a continuous candle lighting ceremony for 24 hours.

**PLEASE
R.S.V.P
for the ceremony
A.S.A.P.
tcfrsvp@aol.com**



*...that their
light may
always shine.*

Light a candle for all children who have died.
Sunday, December 14, 2008
7 PM Around the Globe

THE COMPASSIONATE FRIENDS WORLDWIDE CANDLE LIGHTING

**Join us for Pot Luck Dinner At
5:30!**

**Bring a dish to share with your
Compassionate Friends & families!
Maybe your child's
favorite dish?**



Our Children, Loved and Remembered



<i>November Sunrises</i>		<i>November Sunsets</i>	
Dean Son of Marcia and Ozzie Santos	11/01/1973	Mark Steven Cooledge Son of John & Shirley Cooledge	11/1/1996
Phil Santos Son of Marcia and Ozzie Santos	11/03/1977	Edward John Barone Son of Viv Barone	11/7/1992
Manny Gonzalez Son of Manuel & Rose Gonzalez	11/03/1979	Susan DeZaio Daughter of Dorothea & Walter Musacchio	11/08/2007
Lee Roberts Son of Leah Stirrat	11/05/1947	Troy Goode Son of Sally and Jimmy Jones	11/8/2007
Maximillian Raymond Krumm Son of Laura and Terry Krumm	11/09/1982	Tom Scott Son of Bob & Judi Scott	11/12/1993
Greg B. Williams Son of Lloyd & Judy Williams	11/10/1979	Dennis McSorley Son of Marcie Spencer	11/13/1996
Barry Belyea Son of Sue Bernier	11/13/1960	Perry Bracuti Son of Norman & Elaine Planer	11/14/2001
Collin Creed Son of Terese Walker & Jay Creed	11/13/1975	Scott Labuziensi Son of Joe & Sue Labuziensi	11/14/1996
John Izzo Son of Mike & Carla Chodkowski	11/17/1970	Jimmy Vanhoy Son of Bob & Louise Vanhoy and Brother of Kathy Coleman	11/16/1989
Tom Taylor Brother of Patti Stanco	11/19/1970	Robert Eugene "Gene" Doyle, Jr. Son of Robin & Kris Doyle	11/17/1996
Rebekah Kosten Daughter of Dan & Holly Kosten	11/23/1998	Jeffrey Basso Son of Kate & Joe Madigan	11/19/1994
Jason Zitzke Son of Marilyn Maggio-Zitzke	11/23/1980	Michael Danos, Son of Harry & Kitty Danos	11/22/2000
Robert Eugene "Gene" Doyle, Jr. Son of Robin & Kris Doyle	11/25/1976	Stephen Kenneth Bogee Son of Dee Bogee	11/23/1990
		Betsy Moran Daughter of Patti Moran	11/24/2004



Our Children, Loved and Remembered



<i>December Sunrises</i>		<i>December Sunsets</i>	
Nicholas P. Abounader, Son of George Abounader & Joan Freyre	12/12/1979	Adrienne R Hernandez Daughter of Mario and Cary Perez	12/12/2004
Bo Rogers Son of Kay Howerton	12/12/1972	Linda Dawn Kripps, Daughter of Nina Sandberg & Natasha Dixon	12/17/1999
Linda Petrillo Daughter of Connie and John Petrillo	12/15/1952	Tatha Carli Daughter of Nanci Lochner	12/18/2005
Larry Priem Son of Merle Holoubek	12/18/1946	Melissa Vivalo Daughter of Kathy Parker	12/19/2006
Anna Cowan Daughter of Lori and Jeff Cowan	12/23/2001	Christian John DeMarco Son of Gus DeMarco	12/20/2002
Scott Labuziensi Son of Joe & Sue Labuziensi	12/24/1971	Jason E. Smith Son of Mary & Tim Smith	12/22/2003
Juliana Alexandra Bery Daughter of Yuri and Luessa Bery	12/24/1971	Ryan Smith Son of Jennifer Curtis Smith	12/23/2000
Eddie Watkins Son of Marie Nelson	12/31/1954	Christopher Daly Son of John and Naomi Daly	12/24/2006
Christopher Davis Son of Ron & Judy Davis, Brother of Ron Jr.	12/09/1998	Phillip Carulli Son of Annette Carulli	12/25/2002
<i>December Sunsets</i>		Andy Edds Son of Jeannie & Vance Hart	12/25/2002
Heidi Schmidt Daughter of Dick & Elda Schmidt	12/10/2002	Damian A. Holliday Son of Arlene Holliday	12/25/2003
Todd Swaine Son of Margaret Swaine	12/10/1999	Chelsea Rose Stevenson Daughter of Debbie Stevenson	12/28/2001
Jack Leben Son of Jeff & Pam Leben	12/11/2001	Nicole Chapman Daughter of Ron & Jan Chapman	12/30/1996
		Graham Edward Woody Son of Sid & Barbara Finkelstein	12/30/1998

Thank you for your Gifts of Love

Our group needs some financial assistance

Please consider remembering The Naples Chapter of Compassionate Friends this holiday season with a gift of money. I know that may sound blunt, and this is the first time I've been encouraged to put this plea out there in writing, but we have expenses that include the newsletter mailing, bi-monthly meetings, special mailings, and our Annual Candle Lighting Service. We all do our best to get as many donated materials and space as possible but we do still have expenses that require traditional payments of money.

All donations are gratefully accepted and assist the chapter in its mission to help bereaved families following the loss of a child.

Please mail to our treasured treasurer: Teresa Mitchell 11081 Longshore Way West, Naples, FL 34119

There is more assistance in our community outside of Compassionate Friends....

Bereavement support outside of Compassionate Friends in the Naples Area

You are not alone

- Bereavement Support Group, 3 p.m. Mondays, Mental Health Association of Collier County, 2335 U.S. 41 N., Suite 404, Naples; 261-5405. <http://www.nami.org/>
- Bereavement Support Group, 10:30 a.m. Wed, Temple Shalom of Naples, 4630 Pine Ridge Road, Naples; 455-3030. <http://www.naplestemple.org/>
- Grief and Loss Support: Hospice of Naples: <http://www.avowhospice.org/>
 1. second and fourth Wednesday 1:30 p.m. and Every Tuesdays 5:30 , 1095 Whippoorwill Lane 3:30 p.m.
 2. first and third Thursday, 12336 U.S. 41 E., Naples; 10 a.m. second Thursday, American Cancer Society, 917 N. Collier Blvd., Marco Island;
 3. fourth Tuesday 6 p.m. , 602 Main St., Immokalee; 261-4404.
 4. Pet Grief and Loss, 3:30 p.m. third Monday
- Grief Recovery and Support: 10 a.m. Tuesdays, Marco Lutheran Church, 525 N. Collier Blvd., Marco Island; 394-0442.
- Grief share Support Group, 10 a.m. Tuesdays, Community Congregational Church, 15300 U.S. 41 N., Naples; 597-1000.
- Grief Support Group, First Presbyterian Church of Bonita Springs, 9751 Bonita Beach Road, Bonita Springs, 2 p.m. fourth Monday, Price Hall; 992-3233.
- Grief Support Group, St. Ann Catholic Church, 475 Ninth Ave. S, Naples; 732-7283.
- Grief Support Group, 10 a.m. second and fourth Monday, St. John the Evangelist Parish Life Center, 625 111th Ave. N., Naples; 566-2644 or 594-7193.
- Grief Support Group, St. Peter the Apostle Catholic Church, 5130 Rattlesnake Hammock Road, Naples; 774-4025.
- Grief Support Group, St. William Catholic Church, 750 Seagate Drive, Naples; 261-1876.
- Hope Hospice, grief support 1:30 p.m. Tuesdays, 27970 Crown Lake Blvd., Bonita Springs; 444-1100.
- Project Help 649-1404 or 394-2814 :
- 1. **Homicide Survivors/Parents of Murdered Children**, 6 p.m. second Monday and 4 p.m. fourth Monday
- 2. **Suicide Survivors**, 6:30 p.m. Wednesdays
Also: Nov. 18th: 8th Annual Suicide Prevention Day. To register: Call Dr. Carmen G. Perez @ 590-7828
- 3. **Teenage Grief**, 4 p.m. Wednesdays; 649-1404.
- SHARE, **pregnancy and infant loss**. 7 p.m. first Monday, Center Point Community Church, 6590 Golden Gate Parkway, Naples; 591-4361

For those of you who would like to share your ideas, growth, insight, stories or poems, please submit your material for the newsletter by the 20th of the month. You may email it to IAgree2b@comcast.net or, if you prefer, mail it to my address: 76 Emerald Woods Dr. L-12, Naples, FL 34108. Sincerely, Anne Rinaldi-Nonamaker: 239-287-5968

, Our 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 to be supportive.

The Compassionate Friends is a national nonprofit, self-help support organization that offers friendship, understanding, and hope to bereaved parents, grandparents, and siblings. There is no religious affiliation and there are no membership dues or fees.

The secret of TCF's success is simple: As seasoned griever reach out to the newly bereaved, energy that has been directed inward begins to flow outward and both are helped to heal. Please come, bring your hope and energy, and be a Compassionate Friend to another.

"But I feel so strange sometimes. I can't talk to my folks. I just keep my feelings to myself so I won't upset them anymore. They're so overprotective now. They probably wouldn't let me out of their sight if they knew how I felt. Mostly I just want to get away with my friends, but they aren't the same anymore either. Sometimes they pity me. I hate feeling so mixed-up." **Bill, age 16**

Submitted by Phyllis Russo in loving memory of her siblings, Anthony and Dorothy



Present in my tear by Phyllis Russo

Though it seems like a moment, it's been one more year.
 I've lived these past moments - but lived only in fear.
 Did I forget your smile, your face, or your voice,
 I must keep you alive, there's no other choice.
 I've enjoyed no sun. I've just waited for rain.
 For in each of those raindrops, I can still feel my pain.
 To the others it's not fair - though I do try my best,
 If someone could just tell me - why this great test.
 I don't know the reason, I only know when.
 I don't know the answer, I can only pretend.
 In a second my life brought the darkness of sorrow
 And without you in my life, there is no tomorrow.
 I tell them I can't breathe - it's hard just to smile.
 They don't understand - they say "Just wait a while".
 Though it seems like a moment, it's been one more year,
 You are alive in my memory and present in my tear.

What's going on at our monthly meeting?



Marcia Breithaupt
(Owner)

Rosey comes to work!

Starting with our November 2008 meetings “Rosey”, a trained therapy Sheltie will be coming to work with us! She will be supervised by her owner Marcia Breithaupt of Liberty Home and Pet Services. As time goes by we have several other organizations interested in providing some extra “love” in our meetings (at no charge of course!).

Siblings Walking Together (Formerly the sibling credo)

We are the surviving siblings of The Compassionate Friends.
 We are brought together by the deaths of our brothers and sisters.
 Open your hearts to us, but have patience with us.
 Sometimes we will need the support of our friends.
 At other times we need our families to be there.
 Sometimes we must walk alone, taking our memories with us,
 continuing to become the individuals we want to be.
 We cannot be our dead brother or sister;
 however, a special part of them lives on with us.
 When our brothers and sisters died, our lives changed.
 We are living a life very different from what we envisioned,
 and we feel the responsibility to be strong even when we feel weak.
 Yet we can go on because we understand better than many others
 the value of family and the precious gift of life.
 Our goal is not to be the forgotten mourners that we sometimes are,
 but to walk together to face our tomorrows as surviving siblings of
 The Compassionate Friends.

Starting in October we added a monthly sibling get together. Please visit <http://www.meetup.com/iagree2b-grief/> or call Anne @ 239-287-5968 for a full schedule of events.

Why Butterflies?

Since early times, the butterfly has symbolized renewed life. The caterpillar signifies life here on earth; the cocoon, death; and the butterfly, the emergence of the dead into a new, beautiful and freer existence. Frequently, the butterfly is seen with the word “Nika” which means victory. Elisabeth Kubler-Ross movingly tells of seeing butterflies drawn all over the walls of the children’s dormitories in the World War 11 concentration camps. Since Elisabeth believes in the innate intuitiveness of children, she concludes that these children knew their fate and were leaving us a message. Many members of The Compassionate Friends embrace the butterfly, a symbol—a sign of hope to them, that their children are living in another dimension with greater beauty and freedom—a comforting thought to many.

For those of you who would like to share your ideas, growth, insight, stories or poems, please submit your material for the newsletter by the 20th of the month. You may email it or, if you prefer, mail it to my address: 168 Lake Point Lane, Naples,



Surviving the Holidays

The holidays are among the most difficult times for bereaved families grieving the death of a child. Below are some helpful suggestions that may aid you in surviving the holidays.

- 1) Call a family meeting and discuss your plans for the holiday season, understanding that it would be unusual for you not to feel emotionally, physically, and psychologically drained. Don't set your expectations too high or you may find yourself disappointed.
- 2) Well intending friends and family may want to include you in their plans, believing it best for you to "get away" from grieving your loss. They do not understand that you cannot escape the grief that you feel. There is no obligation to say "yes." Only participate if you truly want to.
- 3) Try to take care of your health. It's important that you eat and drink properly, exercise, and get plenty of rest.
- 4) Take time to do the things you as a person want to do. You may want time alone to reflect or to write your thoughts.
- 5) Consider eliminating such things as the festive decorations, cooking, and baking that you may normally enjoy. People will understand if you're not in a merry or joyous mood or simply don't have the energy. You may try placing an electric candle in your window in memory of your child. Don't feel obligated to send out holiday cards.
- 6) If it is necessary for you to buy gifts, consider ordering them over the Internet or by phone. Most who are bereaved find it draining to go out and fight through crowded stores bustling with holiday cheer.
- 7) Many families that are in mourning may use the money they would have spent on gifts for their child to buy gifts for a child who would not be able to celebrate the holidays otherwise.
- 8) It is not unusual for you to want to include your child during the season. You may want to do something like: Ask friends and relatives who knew your child to send you a story about your child that you may not have known; Ask friends and relatives to create an ornament or remembrance of some type that reminds them of your child so that you can place it around the house or on a holiday tree. If it was your tradition, include placing a stocking with those of other children in your house, even if you do not fill it like the others—this is a symbolic gesture in memory of your child;
- 9) If you have other children who normally celebrate the holidays, you may consider continuing to do so to create some sense of normalcy in the house and so they will not feel forgotten..
- 10) Consider attending a Compassionate Friends meeting or a memorial event such as The Compassionate Friends Worldwide Candle Lighting. Most families find some comfort by being with others who have experienced a similar loss.
- 11) Remember that the anticipation of a holiday is often worse than the holiday itself.
- 12) Be kind to yourself.
- 13) It is okay to cry.



The Compassionate Friends Newsletter
c/o Anne Rinaldi-Nonamaker
76 Emerald Woods Drive L-12
Naples, Florida 34108

Compassionate Friends Web Address: www.compassionatefriends.org
Regional coordinators: Alice Watts (352) 475-3152 and Jo Thompson (352) 475-1878

Dear Friends: To receive this newsletter by email, which will help us save on the cost of printing and postage, please send an email to me at: IAgree2b@comcast.net. On the subject line insert "TCF Email" Also, the newsletter is posted on our local website, please join: <http://groups.yahoo.com/group/NaplesCompassionateFriends>

Naples Compassionate Friends meets every first & third Wednesday monthly unless otherwise note

MEETING DATES

November 5th and 19th
December 3rd, 14th Candle Lighting, and 17th

Welcome and Sharing Begins @ 7:30 PM

St. John the Evangelist Catholic Church
(in the youth room #16, Claussen building, behind the church)

625 111th Ave. North, North Naples, FL 34108

At the Immokalee and 41 intersection turn on 111th Ave. (travel toward the beach)

TRAVEL ABOUT 1 MILE AND THE CHURCH IS ON THE RIGHT

**PLEASE R.S.V.P
for the ceremony
A.S.A.P.
tcfrsvp@aol.com**



*...that their
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always shine.*

Light a candle for all children who have died.
Sunday, December 14, 2008
7 PM Around the Globe

THE COMPASSIONATE FRIENDS WORLDWIDE CANDLE LIGHTING ®

**Join us for Pot Luck Dinner
At 5:30!
Bring a dish to share with your
Compassionate Friends & families!
Maybe your child's favorite dish?**

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