



THE COMPASSIONATE FRIENDS
Ocean County Chapter

THE COMPASSIONATE FRIENDS OF OCEAN COUNTY
P.O. Box 485, Toms River, New Jersey, 08754
(732) 730-1726
Website: www.oceantcf.com
E-mail (friends.ocean@yahoo.com)

April Newsletter: Vol. 37 No. 4

GROUP CONTACTS

Chapter Leaders: Billie Ellis (732-363-3894)
Facilitators: Betty Juliano (732-255-1582)
Jeff Alexander (732-886-8888)
Newsletter: David Rothman (732-288-9114)
Website: Debra Connolly (oceantcf@aol.com)
Garden: Bruce Jones (732-244-9631)
New Members: Jim Fennell (516-972-5873)
Outreach: Michele Moore (732-341-8612)
Stacy Nuccio (732-506-9017)
Telephone: Billie Ellis (732-730-1726)

Phone Friends: Tony Petro (732-244-3208) Loss by suicide.
Jim Fennell (516-972-5873) Loss by auto. accident.
Stacy Nuccio (732-506-9017) Loss of an only child.

Regional Coordinator: Camille William (856-728-8685)

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>

UPCOMING MEETING DATES

Date: Our next meeting is Tuesday, April 3rd at 7:30PM. Next Sunday meeting is April 15th at 11:30AM. Meetings at the building opposite 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 make 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, April 2012

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
Nicole Afonso	April 21, 1983
Scott Alexander	April 29, 1964
Ronald Anders	April 24, 1948
Lori Bognar	April 23, 2007
Kristen Mary Calaway	April 11, 1977
Justin Michael Cameron	April 7, 1989
Keelan Joann Cameron	April 5, 2001
Eric Camisa	April 15, 1985
Luca Joseph Capobianco	April 15, 2008
Joseph Cavaretta	April 17, 1955
Edward Chick	April 13, 1965
Donna Chick	April 29, 1968
Hannah Grace Cooke	April 12, 2000
Jagger Lee Crawford	April 9, 1995
Zachary Luke Damurjian	April 5, 2006
Geoffrey Exner	April 15, 1958
Annmarie Esposito Firetto	April 27, 1962
Robert Freda	April 27, 1994
Marissa Marie Fredericks	April 14, 2004
Jonathan Adam Glotzer	April 15, 1966
Bryan Huestis	April 28, 1970
Kristina M. Ingato	April 4, 1987
Daniel Adam Janicki	April 12, 2002
Matthew Dale Jones	April 7, 1974
Penelope Jones	April 28, 1971
Melissa Ann Keklak	April 25, 1980
Mary Kurry	April 3, 1958
Susan McCarthy	April 4, 1965
Frank Mara	April 8, 1958
Lori Marshall	April 20, 1961
Matthew James McDermitt	April 4, 2005
Susan McCarthy	April 4, 1965
Janeen McGarry	April 4, 1973
Patricia Brady-McKeon	April 17, 1959
Shannon Elaina McLaughlin	April 22, 1977
Andrew Nicholas Meyer	April 29, 2001
Donald Mickens, Jr.	April 19, 1968
Harry Miller	April 29, 1951
Anthony Napatano III	April 9, 1984
Brian Nassar-Delgado	April 21, 1990
Bobby Nowicki	April 4, 1963
Douglas Oland	April 4, 1977

(cont.)

Jonathan Opauski	April 21, 1988
Vincent Orsini	April 25, 1973
Rusty Orebek	April 23, 1973
Ryan Ortleb	April 26, 1984
Aage R. Paulson	April 30, 1937
Steven Andrew Prosser	April 27, 1986
Melissa Rose Pullen	April 3, 1979
David James Riegler	April 6, 1969
Lucia Rojas	April 9, 2009
Marc Sessa	April 17, 1978
Michael Simpson	April 12, 1988
Scott Smialek	April 13, 1964
Kevin Snack	April 22, 1962
Eric Camisa Snatch	April 15, 1985
Derek John Sneed	April 16, 1998
Brooke Spector	April 16, 1969
Laura Ann Staer	April 17, 1970
Scott Erich Sunkimat	April 22, 1968
Michael Rosado Tancredi	April 14, 1993
Matthew Paul Troike	April 4, 1969
Theresa Ann Urban	April 4, 1948
Jon VanMeter	April 26, 1963
Anthony Walck	April 9, 1962
Ellen Wells	April 19, 1953
Mark West	April 11, 1964
Donna Rae Wooley	April 23, 1952

Child's Name

"passing" dates

David Joseph Addas	April, 17, 2009
Douglas R. Alford	April 8, 2004
Samuel Phillip Aquino	April 27, 2002
Maren Arnone	April 8, 2011
Justin Francis Benson	April 13, 2000
Lori Bogнар	April 23, 2007
Anthony Brindisi	April 15, 1993
V. Maximilian Buono	April 9, 1994
Kristen Mary Calaway	April 12, 1977
Justin Michael Cameron	April 7, 1989
Eric Camisa	April 15, 1985
Michael A. Cantillo	April 30, 1966
Joseph Casaletto	April 16, 1998
Donna Corinne Clayton	April 18, 2002
Hannah Grace Cooke	April 12, 2000
Bonnie Cusmano	April 12, 2011
Zachary Luke Damurjian	April 8, 2006
Joseph Delbuono	April 8, 2006
Brian Dempsey	April 4, 2005
Anthony DiPoalo	April 10, 2005
Peter Samuel Flipse Dorian	April 6, 2003
Steve Dwyer	April 20, 2006
Steve Dwyer	April 29, 2006

(cont.)

Michael Ester	April 27, 2009
Geoffrey Exner	April 7, 1995
Nick Ferrante	April 10, 2011
Robert Freda	April 27, 1994
Tara Ann Fullen	April 13, 1995
Pamela Zyla Giordano	April 28, 2005
Bryan Huestis	April 10, 2004
Daniel Adam Janicki	April 17, 2005
Gregory Vincent Johnson	April 1, 1962
Allan Jones	April 13, 2010
Melissa Ann Keklak	April 23, 2008
Mary Kurry	April 3, 1958
Gerald Lichey	April 12, 2011
Randy Scott Lynnworth	April 30, 1987
Aaron Mazzatelle	April 15, 2011
Mikey Mazzatelli	April 29, 2002
Kristen McCulloch	April 2, 2011
Matthew James McDermitt	April 4, 2005
Robin McAlister	April 6, 2002
Paul McGregor	April 6, 2004
Donald Mickens, Jr.	April 1, 2009
Paula Marie Napolitano	April 20, 1985
Bobby Nowicki	April 14, 1985
Jonathan Opauski	April 21, 1988
Brian Pamtella	April 18, 2010
Dawn Croce Peragallo	April 6, 2007
Ryan David Petley	April 30, 2006
Mary Elizabeth Prusecki	April 1, 1954
Michael Puccio	April 2, 2003
Michael Puglisi	April 29, 1985
Kimberly Ann Reed	April 16, 1990
Maggie Lee Reilly	April 18, 2006
Lucia Rojas	April 9, 2009
Edwin Ryan	April 25, 2001
Michael Ryan	April 13, 2003
Janice A. Savitsky	April 5, 1956
Mark Anthony Schwing	April 10, 2008
Lewis Sexton	April 27, 1993
Michael Simpson	April 7, 2003
Phillip Anastasius Smyth	April 12, 1998
Elisa Marie Stefanski	April 1, 2009
Tyrone Tamberelli	April 1, 1971
Michael Rosado Tancredi	April 20, 2011
John Edward Testa	April 14, 2000
Travis Ury	April 24, 1996
Jamie Marilyn Vitello	April 28, 2004
Anthony Walck	April 9, 1962
Krystal Ann Weisel	April 29, 1994
Mark West	April 13, 2003
William Wissel	April 27, 2008

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.

Special thanks to the Addas Family for their "love" gift in honor of their son David Joseph Addas.

Special thanks to Margo Kramer for her "love" gift in honor of her daughter Brooke Spector.

Special thanks to Charles and Mary Pino for their "love" gift in honor of their daughter Marianne Pino English.

HOW TO ACCESS

OTHER SUPPORT GROUP INFORMATION

To access information from more than 30 helpful support groups that deal with many aspects of grief go to www.oceantcf.com or use key word "Ocean County Compassionate Friends" and click on Links to Other Resources. A Crisis Hotline Information link can also be accessed.

Another way to access more support groups can be found by going to the National Compassionate Friends website at www.compassionatefriends.org or type in key word "Compassionate Friends." 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 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.)

WEEKLY WEB-RADIO SHOWS

To access the weekly shows on grief topics hosted by Drs. Gloria and Heidi Horsley on Monday at 2PM and on Thursdays at noon, go to www.opentohope.com or www.thegriefblog.com. You can click on either show. You can also pick up radio archives of past shows and sign up for their e-newsletter from these sites.

ACCESSING BROCHURES/E-NEWSLETTER

To access various brochures on dealing with various aspects of grief go to www.compassionatefriends.org or use key word "Compassionate Friends." Click on Resources then click Available Brochures. You can also register for national e-newsletter at this site.

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 we hold our meetings. (Building is in the rear of Winding River Park—opposite the Compassionate Friend Memorial Garden.)

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

MOURNER'S BILL OF RIGHTS

Alan D. Wolfelt

1. You have the right to experience your own unique grief.
2. You have the right to talk about your grief.
3. You have the right to feel a multitude of emotions.
4. You have the right to be tolerant of your physical and emotional limits.
5. You have the right to experience “griefbursts”—sudden, powerful surges of grief.
6. You have the right to make use of healing rituals, including the funeral.
7. You have the right to embrace your spirituality.
8. You have the right to search for meaning in life and death.
9. You have the right to treasure your memories.
10. You have the right to move toward your grief and heal.

From the Center for Grief website: <http://www.centerforgrief.com>”

Spring Holidays

Easter signifies the Risen Christ, the most hopeful and positive symbol of Christendom and the Jewish Passover celebrates escape from oppression and slavery into the Promised Land. These holidays have not become burdened with required gift giving, home decoration and lavish partying. As winter ends, and the trees, shrubs and flowers of our valley burst into bloom, many bereaved parents, in fact, leap into spring by planting a memorial garden for their child, which gives them something positive to do and provides them with the pleasure of creating a little spot of beauty for them and their family and friends to enjoy. The exercise and getting out into these rare and beautiful spring days are an added health bonus. And to have flowers from your child’s garden to bring inside to brighten your kitchen soon gives special joy. Whatever the approaching religious season holds for you, pitch in and welcome it! And don’t forget the power of flowers -- especially a spot of your own creation.

By Jackie Rohr

The Legend of the Tear Jar

In the dry climate of ancient Greece, water was prized above all. Giving up water from one's own body, when crying tears for the dead, was considered a sacrifice. They caught their precious tears in tiny pitchers or "tear jars".

These captured tears were considered to be "holy" water and were sprinkled on doorways to keep out evil, or used to cool the brow of a sick child. The tear jars themselves were kept unpainted until the owner had experienced the death of a parent, sibling, child, or spouse. After that, the grieving person decorated the tear jar with intricate designs, and examples of these can still be seen throughout modern Greece.

This ancient custom symbolizes the transformation that takes place in people who have grieved deeply. They have not "gotten over" their grief, but rather "grown through" it. They appreciate relationships more. They appreciate life more. They find meaning in little things.

Those whom grief has transformed are not threatened by the grief of other people in pain. They have been in the depths of pain themselves, and returned.

Taken from The Compassionate Friends of Bridgewater Newsletter

Written with Pride

For twenty three years she lived her life,
The last few years were full of strife.
We have learned so much from her giving spirit,
We try to be strong like her but can't come near it.
The laughter she shared with us while in pain,
Taught us to appreciate what we have and not complain.
Whenever we feel like we can't live another day,
We think of her telling us that it will all be OK.
Her ability to see the positive side of living,
Was another aspect of her special giving.
We think of her loving kindness so very often,
Which makes even our troubled hearts soften.
Because of how much we love her and miss her still,
Time has gone by slowly and perhaps always will.
We share with others the short life that she made,
Hoping our memories of her will never fade.
She is helping us daily to keep on trying,
Even knowing that, we still keep on crying.
Somehow, writing of her helps to lessen the pain,
For that moment, she seems to be with us again.
The hope that we will actually get through another day,
Comes from knowing that Pride would want it that way.
Knowing she loved us as unconditionally as she did,
It has been and always will be an honor calling her our kid.
Pride's Dad (Dan Gardner)
TCF, Nashville, TN

Hugs From Heaven

When you feel a gentle breeze
Caress you when you sigh
It's a hug sent from Heaven
From a loved one way up high.

If a soft and tender raindrop
Lands upon your nose
They've added a small kiss
As fragile as a rose.

If a song you hear fills you
With a feeling of sweet love
It's a hug sent from Heaven
From someone special up above.

If you awaken in the morning
To a bluebird's chirping song
It's music sent from Heaven
To cheer you all day long.

If tiny little snowflakes
Land upon your face
It's a hug sent from Heaven
Trimmed with Angel lace.

So keep the joy in your heart
If you're lonely my dear friend
Hugs that are sent from Heaven
A broken heart will mend.
By Charlotte Anselmo

Fly

Fly, fly little wing
Fly beyond imagining
The softest cloud, the whitest dove
Upon the wind of heaven's love
Past the planets and the stars
Leave this lonely world of ours
Escape the sorrow and the pain
And fly again

Fly, fly precious one
Your endless journey has begun
Take your gentle happiness
Far too beautiful for this
Cross over to the other shore
There is peace forevermore
But hold this mem'ry bittersweet
Until we meet

Fly, fly do not fear
Don't waste a breath, don't shed a tear
Your heart is pure, your soul is free
Be on your way, don't wait for me
Above the universe you'll climb
On beyond the hands of time
The moon will rise, the sun will set
But I won't forget

Fly, fly little wing
Fly where only angels sing
Fly away, the time is right
Go now, find the light
By Celine Dion