



THE COMPASSIONATE FRIENDS

ALBANY/HAROLD MITCHELL CHAPTER & SARATOGA SPRINGS CHAPTER

Supporting Family After a Child Dies

WWW.TCFALBANY.ORG

MAY-JUNE 2021

ALBANY/HAROLD MITCHELL CHAPTER

3rd Tuesday every month at 7:30 pm
ZOOM MEETING

Please contact Kathleen Kelleher at
Kathleen.Kelleher17@gmail.com or
518-439-1114 for instructions on how
to join the Zoom meetings.

OTHER LOCAL CHAPTERS

Due to the Coronavirus, many chapters have ceased in-person meetings, but may be holding virtual meetings. Please call your local chapter to inquire about meetings.

SARATOGA SPRINGS CHAPTER

Gabby Gravelle 518-596-4275

SCHENECTADY CHAPTER

JoAnn Bomeisl 518-372-8215

tcf1389@gmail.com

John Powers 518-399-2492

jpowers11@nycap.rr.com

Peggy Hohenstein 518-887-5204

COMPASSIONATE FRIENDS GREENE COUNTY CHAPTER

georgeknoll64@yahoo.com

Carol 518-537-6098

She doesn't want diamonds, or
perfume, or gold.

She wants to hear a story, one her son
told.

She doesn't chase wealth, maybe
beauty, not fame.

You can make her smile by saying his
name.

As you talk about your children, don't
forget she has one too.

A mother's love lives on and on,
he's only gone to you.

Look through all your pictures,
maybe you'll see his face.

Please handle it gently, that gift of
precious grace.

Don't think it will cause her too much
pain since it makes you feel uneasy.

She's still a mother, he's still her son.

That picture is what she needs.

Losing a child, you never get over it.

He was part of your family too.

A picture, a name, a memory
would be so kind of you.

By: Kim Snyder
Shanel's mother & Anthony Orsi's
grandmother
Loving lifted from BPUSA/Western NY
Chapter
Winter 2015

"MOTHER-LESS DAY"

In the month of May there's a
holiday although there won't be one
for me. It's "Mother-less Day" now
and that's the way it'll always be. I
won't receive dandelions from the
yard that you picked with love and
care. They were always your
favorite flower. They reminded me
of your long, blonde hair.

I won't get hand-made cards
from school that you'd cut, color
and glue. They were worth more
than money could buy because they
came from you.

It's "Mother-less Day" now,
another reminder that you're not
here. I will never receive another
hug or kiss that I used to hold so
dear. Instead, I'll visit you at the
cemetery. It won't ever feel like a
holiday. Without you it's "Mother-
less Day," now -- just another day in
May.

By: Barbara Embry
TCF, Louisville, KY

This newsletter is made possible by donations through love gifts. Love gifts are a way that we can honor our children throughout the year, on their birthday, anniversary of their death or during the holidays. Please consider giving a love gift in memory of your children. Love gifts can be made in any dollar amount and mailed to Debbie Bouchey, 26 Berkshire Drive, East Greenbush, NY 12061.

Call for Submissions

Anyone wishing to submit an original poem or story for publication in our newsletter can do so by sending the writing to Debbie Bouchey at alyssabob@yahoo.com

Please remember that editing may occur and not all submissions are guaranteed to be printed.

**LOVE GIFT DEADLINE FOR
THE NEXT NEWSLETTER:
June 20, 2021**



National Conference

Save the Date! TCF's 44th National Conference will be presented virtually **July 16-18, 2021**. Although we would love to be together in person, we can still connect, support, and gather as a community through our virtual event. More details about TCF's three-day conference are coming soon, including

number of sessions, registration prices, and early bird prices and dates.

Visit TCF's National website for more details:

www.compassionatefriends.org/event/44th-tcf-national-conference/

FATHER'S DAY

I just watched another TV Commercial for cologne, which is the first sign of the approach of Father's Day. Like other fathers, I know the gift I'd like to get this Father's Day, just as I know there is no way that it will happen - my son's life, an opportunity not to hurt when I see boys who are his age, a chance to dream those dreams for that little boy again. But that's not going to happen. Instead, I will get up on that day, having called my own father the night before to wish him a happy Father's Day, and I will go to the cemetery to place flowers on my son's grave. I will stand alone and cry for a time and then return home to my wife and new infant son. This year we will have a greater measure of peace because of the birth of our son, but I shall always have a hole in my soul, and a longing that I know I will have until I die.

stand how a society can have such a belief in the strength of maternal love and do such a good job ignoring the intensity of paternal love. From the people whose only questions at my son's memorial service was how was my wife dealing with this tragedy, to the long-time friend who didn't understand my choking up after watching a Hallmark commercial - it seems that many around us have difficulty understanding a father's grief.

So, support and love is needed and needed badly. I hope that bereaved fathers will not be forgotten on Father's Day. It is often said that we don't often talk of our emotional needs and are reluctant to show our pain, but we, too, need love when we hurt. Please remember us on Father's Day and remember that the cute little commercials that hurt mothers in May take their toll on fathers in June.

Like many bereaved fathers, I have felt misunderstood about how a father should mourn and for how long. I do not under-

*Doug Hughes
BPUSA, S. Nevada Chapter*

GRADUATION DAY

It's June and graduation time again. Your child would have been among those wearing the cap and gown, walking down the aisle to the ever stirring "Pomp and Circumstance". Now there will be a vacant spot in the line. Should you attend? Can you stand the pain? Will people think you're strange?

As always, you must follow your heart. So go if you'd like to, and don't hide your tears. It's quite all right to miss your own child while celebrating the achievements of others. Just remember that your own instincts are the most important ones, that no one can make this decision for you, and that it doesn't really matter what other people think of you. It was your child who died. This is your pain, and you have the right to feel it and deal with it in your own way—and may a bit more healing take place in doing.

- *Peggy Gibson*
TCF Nashville, TN

MEMORIAL DAY

For each grave where a soldier lies
at his rest,
For each prayer that is said today
out of love,
For each sigh of remembering someone
who died.
Let us also give thought to the
mothers and fathers, the brothers
and sisters, the friends and the lovers
whom death left behind.

- *Sasha Wagner*

IS IT EASING?

I heard your name today and my heart did not skip a beat, nor was my mind flooded with the emotion of losing you. I heard your name today and it did not bring back the terrible hurt feelings of when you first left me.

I heard your name today with a calmness that surprised me. Many another child carries your name, and it had been torture hearing it and seeing the smiling faces on those little girls. But today I knew — I found out what

others in my footsteps found out and tried to tell me. The hurt will ease; but the memories, the love, the good times will never go away.

- *Phoebe C. Redman*
TCF Bradenton, FL

NO VACATION

There is no vacation from your absence
Every morning I awake I am a bereaved parent
Every noon I feel the hole in my heart
Every evening my arms are empty
My life is busy now, but not quite full
My heart is mended, but not quite healed
For the rest of my life every moment
Will be lived without you
There is no vacation from your absence.

- *Kathy Boyette*,
TCF Gulf Coast, MS

MISCARRIAGE

There has been
a death in the family.
No eulogy, no coffin
No funeral, no black.
And yet, there has been
a death in the family.
No undertaker, no hearse,
No cemetery, no grave.
And yet, there has most assuredly
been a death in the family
No belly, no fullness,
No lifeline, no baby.
There has been
A death in the family.

- *Linda Wasmer Smith*
TCF Portland



Leadership

Albany Co-Leader: Jan Messina 518-439-0346

Albany Co-Leader: Kathleen Kelleher
518-439-1114

Saratoga Springs Leader: Gabby Gravelle
518-596-4275

Newsletter Editor: Debbie Bouchey
518-435-5321 or alyssabob@yahoo.com

Regional Coordinator:

Al Visconti: 518-756-9569

TCF's MISSION: When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.

TCF's VISION: That everyone who needs us will find us and everyone who finds us will be helped.



National Headquarters, P.O. Box 3696, Oak Brook, IL 60522, 877-969-0100 (toll free)
www.compassionatefriends.org

The Compassionate Friends
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