



THE COMPASSIONATE FRIENDS
FARGO/MOORHEAD AREA CHAPTER
 Supporting Family After a Child Dies

National Headquarters
 P.O. Box 3696
 Oak Brook IL 60522
 Toll-free (877) 969-0010
www.compassionatefriends.org

F-M Area Chapter
 P.O. Box 10686
 Fargo ND 58106
www.tcffargomoorhead.org
 December 2012

Volume 29 Number 12

Chapter Leader - John Milligan (701) 282-4794

Newsletter Editor - Nancy Teeuwen (701) 730-0805

The F-M Area Chapter of The Compassionate Friends meets the 2nd Thursday of each month at 7 p.m. at FAITH LUTHERAN CHURCH 127 2ND AVE E WEST FARGO, ND Please enter on the West side. Our meeting is in the Fellowship Hall - lower level, west side.

Upcoming Meetings
 December 13th
 January 10th

Dates to Remember

December 9th - Worldwide
 Candle Lighting 7 pm
 2013 National Conference
 July 5-7, 2013 Boston, MA

If you have any pictures, stories, or poems of your child, grandchild or sibling that you would like to share on our website, please submit them to Sheryl Cvijanovich at SHERYLCV13@MSN.COM or mail them to the PO box listed on the back of the Newsletter. Anything sent to the PO Box will be scanned for the website and returned.

ANGEL BY MY SIDE

I hear a whisper in my ear.
 It speaks of love without a tear.
 I feel an aura next to me.
 A gentle peace I cannot see.
 It sends a shiver down my spine.
 Because this I know, is an angel of mine.
 ~ Jana Houg

Hope is like a bird that senses the dawn and carefully starts to sing while it is still dark.
 --unknown

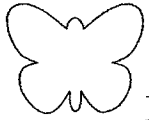
OUR CREDO

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.

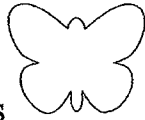
WE NEED NOT WALK ALONE.
WE ARE THE COMPASSIONATE FRIENDS. ©2007

Worldwide Candle Lighting

The Compassionate Friends Worldwide Candle Lighting, held annually the second Sunday in December, this year December 9th, unites family and friends around the globe as they light candles for one hour to honor and remember children who have died at any age from any cause. As candles are lit at 7 p.m. local time, creating a virtual wave of light, hundreds of thousands of persons commemorate and honor the memories of children in a way that transcends all ethnic, cultural, religious, and political boundaries.



Butterfly Decals



The F-M Chapter has recently purchased a trailer, in order to transport materials to our chapter activities. We are selling butterfly decals, which will be placed on the trailer. The butterflies are 4 x 6 and available in five colors: yellow, pink, red, blue and green.

Each butterfly will contain the first and last name of a child. If you wish to purchase a butterfly in the memory of a child, please send your name, the name of the child, butterfly color, and a check payable to TCF of Fargo-Moorhead, P.O. Box 10686, Fargo, ND 58106.

Butterflies are \$25 each, 3 for \$65 or 4 for \$80. If you wish to purchase more than 4 butterflies, please contact our chapter leader, John Milligan.

LOVE GIFTS

Craig & Barb Larson in memory of their son, Eric C. Larson

Sharon Cook in memory of her son, Steven Duane Cook

Harold & Arlys Buland in memory of their children, Mark Buland and Karen Seifert

Dennis & Pat Wateland in memory of their daughter, Tracy Ann Wateland

Jim & Suzie Hill in memory of son, Jonathan Poitra

Donna & Gary Hubbard in memory of their son, Kelly Dean Larson

We are deeply grateful for the LOVE GIFTS given this month.

Our chapter and all chapters, are financed solely through your Love Gifts.

Donations make this newsletter, postage, books, tapes, etc. possible.

Thank you for your tax deductible gifts.

ANGEL OF HOPE MEMORIAL SERVICE

The Annual Candlelight Memorial Service will be held for all parents and families who have lost a child at the Angel of Hope statue on Thursday, December 6th, at 7 pm. The statue is located at the North entrance of Island Park, Fargo. Attendees are invited to bring a white flower to place at the base of the statue in memory of loved ones.

A Christmas Wish

By Lily de Lauder, Hollywood, CA

I'll miss you at Christmas when laughter's everywhere.
When church bells chime in merry rhyme and frost is in the air... I'll think of you at Christmas, of when you were with me. Of simple joys and silly toys and days that used to be. I'll miss you at Christmas, when children's faces glow. And gaze in childish wonderment at lights and mistletoe.... I wish a Christmas miracle could bring you back to me. And we could be together for one more Christmas day.

Candles in December by Sally Migliaccio

My sadness seems reflected in the music that I hear..
Every young one's glowing face reminds me you're not here.
Shoppers crowd the festive stores; emotions all run high
This world I was a part of once, before that sad July.

This season's meant for happy times; for love, warm hearts,
and cheer.

But grieving families 'round the world remember those not here.

We struggle through the season, lighting candles to proclaim
Our children aren't forgotten, 'round the world our candles
flame.

I slowly pass through gates thrown wide one clear, cold Christmas Day.

No toys or playthings do I bring - those gifts of yesterday.

I carry with me just a polished heart of granite made

And walk with grief to where she lies in a silent, silvered glade.

"Merry Christmas, love," I whisper — the quiet words seem so forlorn.

"I've brought my heart for you to keep, my gift this Christmas morn.

It is filled with all my love, though this one's carved of stone..

I'll place it here — it will be near — you'll never be alone."

We parents don't forget, my love; this month we will unite

To honor all we'll light a wall of candles through the night.

The world will know our memories glow with love that's deep and true

We'll stand as one, and 'fore it's done the Heavens will know, too.

Please keep my gift, beloved child, close to where you lie,

And know my love surrounds you 'til the day I too shall die.

On the tenth of December my candle's flame will light

I pray you'll see the love we'll free into the starry night.

I still hear the songs

I still see the lights

I still feel your love

on cold wintery nights

I still share your hopes

and all of your cares

I'll even remind you

to please say your prayers

I just want to tell you

you still make me proud

you stand head and shoulders

above all of the crowd

Keep trying each moment

to stay in His grace

I came here before you

to help set your place

You don't have to be

perfect all of the time

He forgives you the slip

If you continue to climb

To my family and friends

please be thankful today

I'm still close inside you

In a new special way

I love you all dearly

now don't shed a tear

Cause I'm spending my

Christmas with Jesus this year

Andy & Rhonda Bjelland, TCF/Fargo, ND

In memory of their daughter, Hallie Claire Bjelland

OUR BELOVED CHILDREN REMEMBERED



Birthdays and Anniversaries have been removed from the Internet version of our newsletter for security purposes





2012 Holiday Angels



Given By:

ALVIN & WILMA KRACKE
 ERNIE & BIRDINE GRAFSGAARD
 GALEN & MARY SCHROEDER
 GORDON & VIRLYN HOFF
 GRACE WOLF
 LARRY & LOIS GANGNES
 RORY, KAREN & TERRY HUNTER
 ELAINE SCHEER
 ERMA L STACY
 LOWELL & PRISCILLA BOLGER
 CLARE & RICHARD ELLESS
 DALE & MARILYN LARSON

DAVID HALLMAN & FAMILY
 DICK & DIANE MACGREGOR
 DOLORES HARRIS
 ELLEN PAZDRO
 GARY & CAROL DUGGAN
 H.D. & PATRICIA SAMSON
 HARRIET MARQUARDT

JERRY & DELORES BEYERS
 JIM, JODY & DANA KUTTER
 JOHN & KELLY BORGEN
 JOHN & MARY TOBOLT
 JOHN, TAMMY & ANDREW SADEK
 LYNETTE HALLMAN
 MARK & LAVERNE CZICHOTZKI
 NORBERT & LUELLE KLEINGARTNER
 RALPH & CAROLYN NILLES
 RICK & TAMMY DERHEM
 SHARON COOK
 STEVEN & LISA EICHOLTZ
 THOMAS & AUDREY RICHMOND
 ARLEN & JULIE KOTTA
 BECKY NELSON
 CRAIG & BARB LARSON
 DONNA HOLLY
 ED & ELSIE FOSS
 JERRY & DEB COLE
 JOE & VINCENT LEGGIO
 JOHN & KYLENE MILLIGAN
 LARAE JENSEN
 LOY & RUTH JELINEK FAMILY
 NORMA MCALLISTER
 ROBERT & ELEANOR INFELD
 ROBERT & JOANN CORDOVA
 ROBERT & MARY SAUNDERS
 ANDY & RHONDA BJELLAND

In Memory of:

DANNY LEPP
 DAVID GRAFSGAARD
 MATTHEW THIBEDEAU
 KARLTON YORK HOFF
 JUSTIN JAY WOLF
 BRENT M. GANGNES
 TABATHA HUNTER
 CRAIG SCHEER
 DEBBIE BITTERMAN WESTBROOK
 JOSEPH BOLGER
 TARI ELLESS HELLER
 AMY LARSON
 ERIC LARSON
 GAIL LARSON
 JOSEPH LARSON
 SUE ELLEN J. LARSON
 DAVID WILLIAM HALLMAN
 SANDRA MACGREGOR CASELLA
 ALLEN HARRIS
 MATTHEW CVIJANOVICH
 BOB (ROBERT) DUGGAN
 CHERYL & CHRIS SAMSON
 TAMMY MARQUARDT
 SHELLY MARQUARDT
 TAMMY K. CHAPUT
 MICHELLE KUTTER
 KARI BORGEN
 SCOTT ANTHONY TOBOLT
 NICK SADEK
 DAVID HALLMAN
 MICHAEL CZICHOTZKI
 DAVID KLEINGARTNER
 JARED NILLES
 KEEGAN DERHEIM
 STEVEN DUANE COOK
 TYLER EICHOLTZ
 ROY D. RICHMOND
 BEN KOTTA
 RYAN NELSON
 ERIC C. LARSON
 MATTHEW CVIJANOVICH
 BRIAN FOSS
 ZACHARY J. COLE
 ANNIE PAGE LEGGIO
 MATTHEW MILLIGAN-OLSON
 RYAN W. JENSEN
 JEREMIAH JELINEK
 CHRISTINE PETERSON
 DARRYL INFELD
 MEGAN MARIE NEMER
 MATTHEW ROBERT SAUNDERS
 HALLIE BJELLAND



2012 Holiday Angels



Given By:

ANNE & JERRY BARBEE
 CHRISTI & CURT SWANSON
 CRAIG & DEANNA BRAUN
 DEAN & JO ALLMENDINGER
 DEB MARKEY
 DENISE & RICHARD ESKILDSEN
 DENNIS & PAT WATELAND
 DIANE FENSKE
 DONNA & LEROY KORNELIUS
 FRANK & JAYNE THOMPSON
 GEORGE & PATTI PRATT
 GREG'S FAMILY
 JAMIE, SHERI & MANDY THOEMKE
 JEREMY & THERESA SNYDER
 JERRY & ARLENE MUNIGHAN
 JOHN & TERRI HELLAND
 LARRY & MARY HANSON
 LYNN & NANCY CROOKS
 NEIL & KATHLEEN PROCHNOW
 RICHARD & LINDA OLSON
 SHARON WATELAND

SHARON, JOHN & J.C. MAURER
 SHERRY LASSLE
 SONIA WATELAND
 TOM & LEAH TVEDT
 JOHN & JILL GAFFNEY
 JOHN & NANCY TEEUWEN & FAMILY

MARK & HELLA HELFTER
 MIKE & SHERYL CVIJANOVICH

PAUL, KARA, ASHLEY & KYLE BAILEY
 PETER & CHRISTINE MURCH
 DEBBY FACEY

DARLENE SHEAR
 HAROLD & IRENE SCHECK
 JIM & SUZIE HILL
 LYLE, TAMMY, JUSTIN, STACY, HUNTER, JERSEY,
 JAMIE & JORDYN HELGESON
 RANDY & DEBBIE FREED
 ROY & MYRTLE MCDONALD
 SHIRLEY & DENNIS BJERKEN
 BLAKE & CHRISTINA DAHLBERG
 DEB WAYMAN
 JOAN & STEVEN HALLAND
 MARY VASECKA
 SANDRA & CHARLES KLINKHAMMER

In Memory of:

MATTHEW JOHN GAFFNEY
 AMANDA JO SWANSON
 ANDREW BRAUN
 LUKE ALLMENDINGER
 TIM MARKEY
 JASON ESKILDSEN
 TRACY ANN WATELAND
 NATHAN ANDERSON
 LANNIE LEE KORNELIUS
 GABE THOMPSON
 NANCY PRATT COASH
 GREG SEARS
 TYLER JAMES THOEMKE
 KINLEY . MAECY
 JEFF MUNIGHAN
 HEIDI HELLAND
 MICHAEL HANSON
 MARK PONIK
 REED PROCHNOW
 MATTHEW OLSON
 TRACY ANN WATELAND
 BERNIE WATELAND
 JODI ANN MAURER KNUDSON
 JAYME LASSLE
 MARK ALAN WATELAND
 DANE TVEDT
 MATTHEW GAFFNEY
 BRANDI ROSE IRENE TEEUWEN
 EVAN DAVID ROY
 DAVID MICHAEL HELFTER
 MATTHEW CVIJANOVICH
 KELLY BOYES
 NICHOLAS BAILEY
 VALERIE MURCH
 DANA KEBLAR
 FRED FINCH
 JIM SHEAR
 DOUG E. SCHENCK
 JONATHAN POITRA

JARED HELGESON
 TYLER FREED
 STEVE MCDONALD
 BRIAN BJERKEN
 RILEY MARK DAHLBERG
 HEATHER WREN
 COLE HALLAND
 CORRINE HOEFKER
 ALEXANDER KLINKHAMMER

BOULGER FUNERAL HOME
KORSMO FUNERAL HOME

SIBLING PAGE

Angel From Above

In one single night, I lost my best friend, my brother, and my companion.

I thought the world had ended; this wasn't how I planned it.

Everything was blurry, and I was scared to death, how could one evening, take his last breath.

I wanted to wake up, as though it was just a dream, but God had called him up to join his Holy team.

At such a young age, I didn't understand, why the God that watches over us, could take my brother's hand.

So much life to live, and so much to share, what was God thinking, does he even care?

Kyle was our family, and now God has torn us apart. How do we mend all our broken hearts?

Kyle is so dearly missed, to this very day. He is always in our thoughts and every time we pray.

We know that we will be with him soon, but it is still not soon enough. We go through everyday trying to be touch.

One prayer that God has answered is the angel from above. She is filled with joy and laughter and overwhelmed with love.

This angel's name is Anna and she has blessed us with her grace. No one in the world could take this angel's place.

She has given us the strength to carry on each day. No matter how hard times get, we know we'll find the way.

I know our Lord Jesus, is filled with nothing but love, I especially know it now, because he sent us our "Angel From Above".

Inspired by Kyle Janssen

written by Kyle's brother, Trevor Janssen

WE WON'T FORGET YOU

We won't forget you.-

Every night before we sleep,

We say a little prayer,

In hopes that when we're sent to heaven

We will find you there.

If only you could send a signal,

A bright shining star above, a quiet little whisper,

A laugh or a cry,

A signal of your love.

If only you could be here

To sing and say your cute little rhymes

To be here when we're saddened for you

To help us through our troubling times

To be here when we need a hug,

Or to see your big bright smile shine through.

Not being able to hear your laugh

Just makes us feel so blue.

For anyone else it's hard to understand

Just what we are feeling inside,

But as long as we pray and know you

Here, in our hearts you'll always abide.

~ Rhonda Desormeau, TCF/Prince Albert, SK

(Rhonda lost her youngest sister to leukemia, in 1991, just 1 year after being diagnosed.)

A Holiday To Do List:

As a reflection back on the past 13 (Wow! has it really been that long?!) Christmases, I would like to share some ways that I have handled the holidays, as well as some additional thoughts. This time of the year is bittersweet for me now, as opposed to the first Christmas without my older brother, David. That was the worst.

At any rate, I can handle November and December much better now. I suppose I've learned a little along the way, and gained strength each year. Nonetheless, the anniversary of his death always gets to me. Unfortunately, it falls between Thanksgiving and Christmas on December 9th. Here's my list of suggestions for honoring a sibling whom you have lost, and on simply making it through yourself:

1. Hang that stocking. Go ahead. Put up your sibling's stocking. It isn't as though your brother or sister never existed, and isn't still a part of your life.
2. Write a poem or letter to your sibling and put it in the stocking.
3. Put up a tree, or continue with your holiday traditions. Yes, this is VERY difficult. But for most of our siblings, this was their favorite time of year. Celebrate how blessed you have been to have had your sister or brother for holidays past. Decorate the way THEY would have wanted to, instead of the way you would do it.
4. Create a "memory" box. This is simply a box of belongings from your sibling, or pictures of your sibling, etc. Wrap it in festive holiday paper, and put it under your tree if you have one.
5. Buy a gift for your sibling. Maybe it is something they truly would have wanted for the holidays, maybe it's something the two of you would have enjoyed together or gotten a good laugh out of. This can be VERY therapeutic.
6. Go somewhere that your sibling would have wanted to go--the beach, a movie they would have liked, a favorite restaurant, wherever. "Share" this time with your sibling. This is also good on their birthday. Celebrate that they had a life and that they are a part of yours!
7. Bake a favorite holiday goody of your sibling's.
8. Get together with your family and cry (and LAUGH -- it's OK to do this) at some great family memories from years past that involved your sibling. Share thoughts on great places you may have visited for the holidays, or anecdotes of you and your sibling trying to peek at what your gifts were ahead of time.
9. Put together a photo album of your sibling. This could be of your sibling's life in general, or of a specific subject, like the sport your sibling played, or holidays past.
10. Give your album to your parents. Cry (and LAUGH!) at the pictures and the memories they generate.

I hope that you are blessed this holiday season, and that my suggestions are helpful. Please know that the holidays get easier with time, and that you WILL make it through, even though it may seem impossible.

Amy Baker Ferry, TCF/Heart of Florida Chapter

Should you Slay the Dragon or Befriend Her?

Dragons have long fascinated humans. Some adventures point to the dragon as being the villain, ravaging cities and devouring innocents. Others make the dragon out to be the hero, saving the lives of many from some other terrible beast. Where do dragons fit into the grief process? Our grief can be like a mean and nasty dragon, an unwanted, destructive force that we would rather not have to deal with if given a choice. We know every death is “complicated”, yet some deaths—especially those that are traumatic, like those often experienced by donor families—present significant challenges for survivors. Is there such a thing as “normal” grief after a death, and how long does one move from coping or just surviving to transformation and thriving? Coping can and does help in reconstructing one’s life, but transformation and thriving allow us to live life fully and transform our loss to evolve into creative life experiences. Transformation is not something we do early in our grief, nor is it something for which there is a prescription. It is personal, and even in the company of others, it can leave us feeling very alone.

Carol Crandal wrote “It is not through time that one heals, but rather, what we do with the time.” Being active in the grief process, rather than passive, can assist in the healing. An example of being active in the grief process is the act of putting oneself on the mailing list to receive this newsletter—and/or reading parts of it. Another example would be picking up the phone and calling a friend to talk.

The Lou Holtz quote “ten percent of life is what happens to us, ninety percent is how we respond” is a phrase that resonates with me. How do we move from trying to slay the dragon to befriending her—from trying to avoid our grief to living and thriving despite it? We know at various times in our lives, no matter how well we feel we are coping with our loss, the dragon can still “get off its leash” for moments, hours or days. In such times, we feel out of control. Although we never slay the dragon, we can learn to live with her. Transformation of loss is about finding our way. It is not only an individual process, but also a family process. As we move from surviving to thriving, we need to “get lost”. We need to explore ourselves, not from the outside, but from within. We need to take chances, and allow ourselves to think through some of the difficult emotions that may surface, such as anger or helplessness. These may be thoughts and feelings we usually do not explore. We can remember how we survived other losses and think about the people, places or things in our history that both helped and hurt. Reflecting and remembering may help us heal. “Getting lost” is a way to stop and question the very basis of our life. Three questions help us move from just coping and surviving to transforming and thriving. The first question is: “What have I lost?” The second question is “What is left?” And finally, “What is possible?” The answers are not easy, but they move us to a new beginning filled with hope, meaning and purpose. “Moving on” does not mean forgetting or “letting go”. It means we live a new life without our loved one but revisit the past periodically as we move forward. Our previous normal lives no longer exist. Therefore, we need to create new routines, new habits and new ways of doing things. In time, this new life will become normal for us. It will be a “new normal”. We do this regularly, moving back and forth between the new normal and the world we once knew.

After a death, we are on a journey, with all its detours and surprises. Early on in our grief we just try to survive. We wonder if we will ever “get over” our grief. We hope to slay the dragon as soon as we can. As we become more active and less passive in our grief, we know we will never get over our grief, but rather, we allow it to transform us. We learn it really is about befriending the dragon and not slaying her. Over time, we reconstruct a new self and a new normal. We live life differently than before—knowing we will never again be who we were, but rather, we integrate the loss into our lives and create a world of hope and new beginnings

From coping and surviving to transformation and thriving

~ Ben Wolfe, Program Manager/Grief Counselor

St. Mary’s Medical Center Grief Support Center

Reprinted from For those Who Give and Grieve, Summer 2006

THE GRIEVER’S HOLIDAY BILL OF RIGHTS

By Bruce Conley

1. You have a right to say TIME OUT! anytime you need to. Time out to let up, blow off a little steam, step away from the holidays, have a “huddle”, and start over.
2. You have a right to TELL IT LIKE IT IS. When people ask, “How are you?” you have the right to tell them how you really feel, not just what they want to hear. (P.S. You also have the right to smile and say you’re fine, because telling them how you really feel isn’t worth your time—some people will never understand anyway.)
3. You have the right to some “BAH HUM BUG” DAYS. You are not a bad person just because you don’t feel like singing Christmas carols all day.
4. You have the right to DO THINGS DIFFERENTLY. There is no law that says you must always do Christmas the same way. You can do 10 cards instead of 100—or no cards at all! You can open your presents at somebody else’s house. You can do without a tree. You can have pizza instead of turkey—the list is endless.
5. You have the right to be WHERE YOU WANT TO BE. Be at home or at the relatives. Be in any city, any state you chose! NOBODY SAID YOU HAVE TO HAVE SNOW TO HAVE CHRISTMAS. There’s no law that says you must stay at home.
6. You have a right to SOME FUN. When you have a day that isn’t so bad and you feel like doing something just for fun, then do it! Don’t be afraid of what someone else will say if they see you laughing and having a good time. Laughter is every bit as important as tears!

THE COMPASSIONATE FRIENDS
OF THE F-M AREA
PO BOX 10686
FARGO ND 58106

NON-PROFIT
U.S. POSTAGE PAID
PERMIT #1625
FARGO, ND

RETURN SERVICE REQUESTED



**THE
COMPASSIONATE
FRIENDS**
FARGO/MOORHEAD AREA CHAPTER
Supporting Family After a Child Dies

MISSION STATEMENT: 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.

A SINCERE WELCOME TO ALL COMPASSIONATE FRIENDS... We are a nonprofit self-help organization offering friendship and support to families who have experienced the death of a child. We offer group support, understanding and friendship. Our purpose is to promote and aid parents and siblings in the positive resolution of the grief they are experiencing and to foster physical and emotional health. If you have questions or wish to talk directly to a member of the Fargo-Moorhead Compassionate Friends, please call any of the numbers listed.

FARGO-MOORHEAD COMPASSIONATE FRIENDS BOARD

YOU ARE INVITED TO JOIN THE BOARD AT ANY TIME!

Chapter Leader	John Milligan 701-282-4794	Secretary-Treasurer	Sheryl Cvijanovich 701-235-8158
Librarian		Initial Contact	Kylene Milligan 701-282-4794
Newsletter Editor	Nancy Teeuwen 701-730-0805	Newsletter Database	Mike Cvijanovich 701-235-8158
Newsletter Printing	Joyce at Olivet Lutheran Church	Mailing Committee	Contact Us to Join

LIBRARY INFORMATION: We have an extensive library available. Please feel free to check materials at our next meeting.

TELEPHONE FRIENDS

HAVING A BAD DAY OR NIGHT? Feel free to call and talk to any of the following:

John Milligan (son, 25 - car accident)	701-282-4794
Duane Skramstad (daughter, 20 - car accident; son, 2 - drowning).....	701-437-2507
Lois Gangnes (son, 24 - accident)	701-282-4083
Nancy Teeuwen (daughter, 15 hours - illness)	701-730-0805
Mark & Hella Helfter (miscarriage & son, 35 - accident)	701-235-9622

Love gifts must be received by the 15th to be included in the next month's newsletter. If you wish to give a love gift please complete:

Love gift given in Memory/Honor of _____
Name _____
Address _____
Relationship _____ Born _____ Died _____

NOTE: By giving a love gift, you are giving us permission to include your child(ren) in our monthly birthdays and anniversaries.