



THE COMPASSIONATE FRIENDS

FARGO/MOORHEAD AREA CHAPTER

Supporting Family After a Child Dies

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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
January 10th
February 14th

Dates to Remember in 2013
National Conference July 5-7
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.

LOVE GIFTS

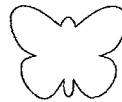
Scott & Ruth Blilie in memory of their daughter, Nicole Anne Blilie
Paul, Kara, Ashley, Kyle, Chase and Arianna Bailey in memory of their son/brother/uncle, Nick Bailey
Lynn & Donna Mickelson in memory of their granddaughter, Brielle Deutscher and unborn grandchild, Baby Deutscher
We are deeply grateful 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.

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



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.

On Thursday January 17, 2013 at 7:00 p.m. a group of the ladies of TCF Fargo-Moorhead will meet at the Fryn' Pan at 300 Main Avenue in Fargo for coffee (or whatever), fellowship and conversation. This will be an informal gathering of moms, grandmas, aunts, sisters and friends who would like to chat in a more casual setting. If there is enough interest in getting together like this we can continue to meet on a regular basis. We can alternate or change our gathering place, days and times as necessary depending upon the needs of the group. If you have any questions please contact Sheryl at 701-235-8158 or sherylc13@msn.com. Please join us!

Holiday Angels that were not listed in December's Newsletter

Given By

Scott & Ruth Blilie
Sandi & Bob Roel
Chris & Dawn Cantler
Ron & Michelle Wullstein
Bette & Robert Stieglitz
Todd, Suzie & Amy Kapaun

In Memory of

Nicole Anne Blilie
Joseph Roel
Kirstin Elizabeth Cantler-Booke
Zachary Wayne Wullstein
Kiel R. Stieglitz
Dillon Kapaun

After the First Year, Thoughts For the Bereaved

The first year of bereavement brings raw pain, disbelief, reality, and many other deep emotions. Emotions many of us have never experienced or at least not to the same depth. The time period after the first year is usually not quite as pain filled as all the firsts were. Although we may be a little better, often we are not nearly as healed as we would like. It helps to understand this next period and to learn some skills for coping. It is most helpful if we lower our expectations of ourselves and work on our grief. Remember grief is different for everyone. It is like fingerprints or snowflakes, no two are alike. Everyone grieves differently so don't compare yourself to others or place yourself on a timetable. Some of the following suggestions/observations may help you:

1. Beware of becoming critical of ourselves, either consciously or unconsciously, due to unrealistic expectations.
2. A different level of reality may hit us. We usually no longer deny the death, but now face the reality and its long run implications.
3. If the death was unexpected, some say that the second year is even more difficult.
4. It may be the time to struggle with a new life pattern. We may have handled grief by over-activity or becoming a workaholic, etc. If our previous style of grieving has not been helpful we must be willing to try new approaches such as: becoming more active in a support group, finding telephone friends, reading about grief, developing coping skills, becoming determined not to become stuck in our grief.
5. It is so important to find friends with whom we may talk. This is the one significant factor that prevents people from sliding into deep depression.
6. We should carefully consider the phases of grief. Subconsciously one or more phases may be giving us trouble such as anger/guilt. If so, recognize the phase and work on it. Don't push it down or ignore it.
7. Other events in your life may also be grief situations (trouble with spouse, children, work, other family members, or friends.) Realize this happens to many grieving people and it does complicate your grief.
8. You may or may not cry as often but when you do, realize it is therapeutic. Don't fight the tears. As the author Jean G. Jones says, "Cry when you have to - laugh when you can."
9. Physical symptoms may become more severe (stomach disorders, headaches, sleeplessness, etc.) Have a checkup.
10. Insufficient sleep plagues many bereaved. It may be helpful to give up all caffeine (colas, coffee, tea, Anacin, etc.) Beware of alcohol, which is a depressant. Some findings indicate that alcohol causes insomnia. Physical exercise helps to relax and tire one. Often bereaved awaken very early or during the middle of the night. Sometimes it helps to go to bed earlier.
11. Check frequently that you have balance in your life - rest, read, recreation (including exercise), and work.
12. Depression may enter your life again or for the first time. Coping with the depression is very difficult. Again we need determination, understanding friends, and possibly the help of a professional counselor if our depression is deep and long.
13. Our grief may seem "out of control." We may feel as if "we are going crazy." This is common in bereaved people. It is important to realize grief work takes time. Much more time than we think it should. Be patient with yourself.
14. Be a "fighter" against giving up and becoming stuck in grief as 15% do. A determination to work through grief may be one of the common denominators of those who recover.
15. We had no choice when our loved one died, but we do have a choice to get better. It may be the hardest work we will ever perform.

~ Jean G. Jones, TCF/Orange Coast, CA

Letting Go

Recently I received an award for volunteering in the community. I was honored to receive it. Some of the people in my life mentioned that it looked like I had "let go" of the pain of losing my child. "Let go?" Of course, they don't understand.

But when the award was mentioned at our monthly Compassionate Friends meeting, a bereaved mother made an interesting observation that touched my heart and reminded me why I need this special group to keep me centered and balanced.

"I remember that article you read to us last Mother's Day....the one your son wrote about how proud he was of you," she said. "Wouldn't it be great to put that article in our memory book with the newspaper article about your award? He was right about you. He was proud of you."

What a great idea! What a wonderful way to bring my son into my life even though he is no longer on this plane. That's what Compassionate Friends do.....they help to bring our children into our lives even though our children are no longer alive. For a few hours each month, our children return to us. We're proud parents who can share our children's stories and keep our children in our lives.....without explaining why we won't be "letting go."

~Annette Mennen Baldwin, TCF/Katy, TX
In memory of son, Todd Mennen

Grief Tip – A Fresh Start

The New Year can bring a feeling of fresh start after loss. It's a time to make an effort to heal your grief going forward. Think about the kind of life you want to be living and the kind of people you want to be around you. Make an effort to surround yourself with hope by joining a support or education group. Engage in activity. It can change you from being lonely to being willing to become social again. Now is the time to begin again.

From the Southern Piedmont/Charlotte Chapter, TCF
Newsletter, Jan-Feb 2012

Decide What You Want to Do from *You Can Become Whole Again*

by Yolanda Miller

There is much more you can do with grief than just survive it. Being able to "take it" and endure life in spite of your loss may seem the brave thing to do, or even the only choice you have when tragedy comes.

But these two assumptions are wrong. Unhealthy too. Such stoical endurance is in reality false courage. It takes no courage to avoid dealing with the unpleasant things that happen in life. Any coward can do that. But it does require the highest kind of courage to continue experiencing life, whatever the circumstance, and that's the other choice you have.

Which do you opt for? The alternative that seems the easiest – carrying on in spite of your loss? Or the one that seems most difficult, but is in fact the most profitable in the long run – growing as a person because of your loss?

Only you can decide. Only you can want to stagnate in sorrow, or grow, as you heal, in understanding more about life and death through grief. Don't say the choice depends upon what you can or cannot do. It's not a matter of "can" or "can't" but of "will" or "won't."

That lays the responsibility for how you fare solely on your shoulders, doesn't it? Accept the fact, my friend, for that's exactly where responsibility for your recovery rests.

A New Year's Resolution

Now the holidays are over, and once again a new year faces us—for some, the first one without that precious loved one—for others, another one of many. The loss is still remembered, no matter how many others we have faced.

What will we do in the coming months? Each hour seems so long and the days seem to stretch ahead forever, as if another year cannot possibly ever come to an end. But friends, it will and we will survive. The road at times is hard and the pain is so hard to bear, but each year we realize that the pain has eased. We never will be totally without this pain of love and shattered dreams, but we will be able to live. This love that is stored in us for our missed child can be spread out to others to help us to ease their pain.

So, in this New Year, let's make a new resolution—that our love for our dead child will be brought out of our hearts and given with our best effort to others to help them ease their pain. In so doing, we will find our pain is eased also.

~ Thelma Richardson, TCF/Mesa County, AZ

WHEN A LIFE BREAKS

After suicide, the first commandment is kindness, both toward the life that has broken and toward ourselves. We need to beware of using against ourselves some preconceived notions about suicide.

If our child has taken his or her own life, many people feel compelled to comment that the dead sufferer should not have hurt THAT much. Moreover, the religious community removes grace, the social community judges character, the medical community pronounces insanity. If the concept of unbearable pain is admitted at all, we are told that either (1) the suicide's faith was weak, or (2) her/his expectations were immodest, or (3) she/he was mean and selfish. It must have been a weakling who said: Every person has his or her breaking point: - right? WRONG!

The truth is that most of us have wondered about ending it all – because life does SEEM unmanageable at times. And we acknowledge the possibility that life IS unmanageable for long stretches. Who is to say that we are always obliged or able to meet an overwhelming darkness with the strength and/or the will of a heroic supersaint? We are all vulnerable, we can all feel lost and frightened and without hope. It is arrogant to assume that everyone is equipped to overcome even the most extreme challenge (whether real or imaginary) with fortitude, mastery and success.

Some of us are angry after suicide has happened close to us. Most of us are incredibly hurt and helpless. We feel betrayed, we feel abandoned, even punished. We often blame ourselves for some carelessness, some omission, some selfishness, some cruelty, which caused that fatal break of life..... It can be a long time before there comes a small and unexpected comfort when reality reminds us that the suicide was, as it were, bigger than life.

Western society has little love for those who take their own life, nor for those who are left behind. But we CAN cross the boundaries of misguided opinion, and we can try to see beyond the camouflage of traditional superstitions.

Yes, the first (through not the easiest) commandment is kindness. Be good to yourself. Give love and honor to the memory of that broken life.

Sascha Wagner, from *The Sorrow and The Light*
(Sascha's daughter, Eve, died of suicide)

"Anything that's human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary. The people we trust with that important talk can help us know that we are not alone."

~ Fred Rogers

OUR BELOVED CHILDREN REMEMBERED



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



SIBLING PAGE

Angel From Above

Inspired by Kyle Janssen

written by Kyle's brother, Trevor Janssen

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 brothers 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 angels name is Anna and she has blessed us with her grace. No one in the world could take this angels place.

She has given us the strength to carry on each day. No matter how hard times get, we know well 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".

I CAN'T REMEMBER

I don't remember his face, although I have seen many pictures. I don't remember his eyes, although I've heard about them. I don't remember his laugh, although they tell me I heard it a lot. I don't remember much; I was only thirteen months old.

I do remember his love. I still feel his love. I know he is always with me, watching over me and protecting me. He is my big brother, the one that died eleven years ago.

But I don't remember much. That is what hurts more than anything, not knowing a big part of me. They say I act and talk like him - but I don't remember. I know some day I will remember - it will be a glorious day. The day I will meet my big brother.

~ Kelly Castellon, Walnut Creek CA

That's What Little Brothers Are For

To tease,

To please.

To ignore,

To be there for.

To talk to,

Be there for you.

To share,

To care.

To play,

To pray

No one else knows

The pain when he goes.

~Author Unknown

For Pete's Sake

You left behind a great many

Who loved you very much.

You didn't stay very long,

Yet so many live you touched.

Your beaming smile I remember,

Your laugh was one of a kind.

My biggest regret,

Is that we spent so little time.

Although you had your troubles

Like many of us do,

I never met another

Who was a friend so true.

In our hearts you'll always be there,

You speak from beyond the grave.

I know that God needed you,

Although I wish you could have stayed.

When life gives me troubles,

And I'm feelin' kind of bad,

I feel your wings surround me,

And no longer am I sad.

I know you didn't want to leave us,

You knew God needed your help.

You always thought of others

Before you thought of yourself.

Although I never got a chance

To say how much I care,

I find comfort in knowing

That you'll always be there.

You're in a better place now,

With more important work to do.

I just wanted to take a chance

To tell you how much we love you.

~ Nic Bosworth, for his cousin Peter, TCF/Salt Lake City, NV

TO THOSE WHO DON'T KNOW

If you could imagine the loneliest moment in your entire life, remember exactly how your body felt in that moment, empty those feelings into an expanding pill and swallow it, then you could begin to imagine what it feels to live through loss.

I would have one hand in happiness...the memories we made together, and one hand in isolation...the world without my brother. I constantly push and pull in an attempt to firmly remember yet triumphantly live a positive life.

~ Scott Mastley for his brother Chris

TCF Atlanta, GA

For A Moment

I thought I saw you today he looked just like you, for a moment I pray but no - as he turned around it wasn't you, I found.

I felt like I was losing my mind.

He had the same build, he had the same hair.

I hope no one noticed, when I looked over his way the tears I cried, the confusion I felt while I continued to stand there and stare.

~Judy Prather to Glen, age 14 Atlanta, GA

Coping with Grief: Winter Blues

When the weather gets colder and the days get shorter, we often find ourselves feeling low. Some people call this the Winter Blues. When you are grieving, those blues can feel overwhelming. Grief itself is hard to cope with and cold winds and longer nights can make those feelings seem more intense. Here are a few ideas that may help you cope with the Winter Blues:

- Winter only lasts a few months. Use this time to reflect on your relationship with the person who died. Sometimes in our efforts to deny our loss, we rob ourselves of precious memories.
- Reach out to friends or family when you can. Often our isolation is worse because we do not allow ourselves time with others. You are not alone. There are many other people going through a similar experience. Although your relationship with your loved one is special, other people can understand. Take the risk to ask someone over for coffee or tea. Share with them.
- Take time to look through picture albums. Gather family to share stories. Make a new tradition during the dreary months of winter for family to gather for an evening of remembering. The holidays are over and the pressure is off. Maybe other people are feeling the same way and are afraid to talk about it.
- Try a grief support group. Sometimes all we need is to know other people hear us and understand. A group can help you to know you are normal.
- Read ... favorite stories, comedies, novels, or information about grief to understand your own reactions better. Somehow reading about such topics helps us know we are not alone. You can look for grief materials in your local library, church, or local TCF chapter.
- Take good care of yourself. Eat right, rest and pamper your body. This goes for any season. Your body is under a tremendous amount of stress in adjusting to your loss.
- Since grief affects us physically, paying attention to our bodies is important. Whether you prefer to do things alone or with others, physical activity helps. Taking a walk, doing simple aerobics, indoor swimming, playing racquetball or other activities can help you keep your body ready for the continued adjustment to loss. Feeling better physically can make a difference.
- If you feel sad and need to cry, know that is a normal reaction. You are not weak if you need to show your emotions.
- Write a letter to your loved one. Sometimes we need to communicate with them. Going to the cemetery is okay and normal. If the weather prevents that, a letter can be very helpful.
- Remember that you will survive this loss. The pain and ache can seem like it will last forever. The intensity will lessen in time, although you will always remember your loved one. Time does not necessarily "heal" all wounds, but it can help us adjust to the change. Take it minute by minute ... then day by day. From TCF Newsletter, Pittsburgh, PA

What is New About the New Year?

There is a lot of silliness about ringing in the New Year, and I have never been able to enter into the spirit with noisemakers, funny hats and loud hurrahs. Since the death of my son, I especially find myself wondering what this is all about. I think some of the partying and celebrating are motivated by a deep desire for a new start in our lives; a desire to leave behind some of the problems, sorrows, worries and pain of the year just ending. The short, sunless days and long, dark nights make us want something to cheer us. So we give the New Year's Eve party a try.

But it really doesn't work for most of us; we see now that we are just the same and the heaviness in our hearts, as we continue with the struggle to cope with the loss of our child, remains with us. Can we find new ways to live our lives in the New Year?

I'd like to suggest a few things we can try. Let's make an effort to find new friends. A good place to start this is at Compassionate Friends meetings. Here you are with a group of people who care about each other in special ways. We understand the pain and anger, the confusion and the inertia suffered by bereaved parents.

In the New Year, let's also find new ways to be close to the family that we have left. We feel regrets about hugs not given, letters not written, "I love yous" not said often enough. We can do all these things now. We can establish new memories with the family we have right now. Another way to move into this New Year with a better feeling is to think about what we can do for others, because that is truly a way to help ourselves, too.

If we can reach out to other sorrowing families, give a gift of our time, a note of love, a listening ear, or a shoulder to lean on, we'll grow stronger ourselves. For those parents who are suffering the deep pain of the newly bereaved, none of the things I've mentioned may be possible yet. For you, I hold out the hope that soon your days will be just a bit better, your sorrow a little lighter, your tears healing, your friends strengthening and your memories filled more with the good times and less with the unhappiness of your grief.

~ Dory Rooker, TCF/Upper Valley, VT

"Be nice and smile to everyone you meet. You don't know what they are going through, and they may need that smile, and treasure it. -Christine M. Huppert

We must have your written permission on file to use your child's name in the newsletter. Permission may be withdrawn at any time by written request. This information is used to maintain our Chapter Database. It is confidential and is only utilized for Chapter activities such as the newsletter.

Your Name: _____

Child's Name: _____ Relationship: _____

Birth Date: _____ Death Date: _____

(Signature) Date: _____

Please return to: The Compassionate Friends of F-M Area, P.O. Box 10686, Fargo ND 58106
or email it to fmtcfnwtr@live.com

Mommy Tears

"Mommy tears" fall for the first time as she gives birth. When the pain is over, she feels suddenly fulfilled, and she gives thanks to God for this heavenly gift.

Months later she will cry again as she endures the exhaustion and frustration that come as she nurtures her baby through the days and long nights without sleep. Later, as her little one waves goodbye on her first day of school, she smiles cheerily and waves back. Closing the door, she wraps her empty arms around "only herself" and sobs.

Ahead are the school plays and the dance recitals where other proud moms cry with her. Too soon comes the time of minutes seeming like hours as she waits for her teen-ager to return home at night. She knows her daughter must learn the adult world without Mom to protect her. She imagines a horrible car accident or worse. She paces. She cries. She prays.

At last comes the time of her daughter's wedding day. Determined not to embarrass her child, she bravely holds back the tears and smiles. Proudly, she swallows the big lump in her throat. She will cry later when she closes the door.

The day of miracles arrives as her child, now a woman, gives birth to her own child. The immensity of this moment stuns her. "My past, my present and my future are together in this room.." Mother and daughter now share a new bond. As she cries tears of remembrance and joy, she suddenly remembers her own dear mother. Until that moment, she had never realized how much she had been loved herself.

Then come the biggest "mommy tears" of all as she holds her baby's now womanly hand as her daughter sleeps silently, then draws her last breath. As it was on that first day of school, many years ago, she kisses her child's cheek reassuringly and bids her farewell. When life's door closes, she once again wraps her empty arms around "only herself" and sobs again. This is too final to comprehend. Her heart breaks open to let the tears fall, unrestrained.

Through the remaining years of her life, she will remember the sad and the happy tears. She knows there are more new tears to come. These "mommy tears" are special and indefinable to others. She alone knows an intimacy with them that others cannot share. Tears and laughter are both gifts she cannot return. Nor does she want to. She sheds yet another, in gratitude.

~ Mary Jane Cronin, Scottsdale, Arizona
Bereavement Magazine (March/April 2000) - (888)604-4673

The Secret of TCF

The secret of the Compassionate Friends is simple. There is no line between the helper and the being helped. In the early months of people's membership in TCF, it seems that most of the time is spent absorbing ideas, crying, and letting the grief flow, and "learning the ropes" of being a bereaved parent. The next step is reaching out to others and helping them. It is not a big step, for listening to another person sort out his life helps us to sort out our lives, too. But it is an important step because it is the first point at which the movement is reversed. All the energy has been going inward. We had been feeling so empty inside that we kept withdrawing into ourselves. But at the point when we turn around is the point when we first listen to another, speak the words of comfort and hope, share our pain instead of just feeling our pain. At that time, the real healing has begun.

~ Dennis Klass, PH.D., Advisor, TCF/St. Louis, MO

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OF THE F-M AREA
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FARGO ND 58106

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**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.