



THE COMPASSIONATE FRIENDS NEWSLETTER

Volume 28 Number 7

Fargo ND/Moorhead MN

July 2011

PLEASE NOTE OUR MAILING ADDRESS ON THE BACK PAGE
REGULAR MEETING: 7:30 P.M. SECOND THURSDAY OF EACH MONTH

This month's meeting is on July 21st

Please note that this month's meeting is the 3rd Thursday in stead of the 2nd

Also this month's meeting will be held in Fireside Library instead of the Fellowship Hall

Next month's meeting is on August 11th

FAITH LUTHERAN CHURCH - 127 2ND AVE E - WEST FARGO, ND

Please enter on the West side (Elevator entrance)

DATES TO REMEMBER:

July 15-17, 2011 - 34th National Conference in Minneapolis, Minnesota

August 13, 2011 - Fargo Chapter's 5th Annual WALK TO REMEMBER

If you have topic ideas for future meetings, please let us know.

The Compassionate Friends National Office, P.O. Box 3696, Oak Brook, IL 60522-3696

Phone number: 877-969-0010 - E-mail: nationaloffice@compassionatefriends.org - Web Site: www.compassionatefriends.org

Website for the Fargo/Moorhead Chapter - www.tcffargomoorhead.org

If you have any pictures, stories, or poems of your child/grandchild/sibling that you would like to share on our website, please submit them to Sheryl Cvijanovich at sherylc13@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.

Help us save money and paper.....

To receive the newsletters via email in a pdf format, please send an email to the newsletter editor, Nancy Teeuwen at FMTCFNWLTR@LIVE.COM. Please be sure to include your name in the email. Also add this email address to your contacts, so when the newsletter is sent to you, it does not go to your junk mail.

*****JULY LOVE GIFTS*****

Keith & Martha Robertson in memory of their son, Scott P. Robertson 4/1969 - 6/2009
Sharon Wateland in memory of her goddaughter/niece, Tracy Ann Wateland 12/1971 - 7/1993
Pat & Denny Wateland in memory of their daughter, Tracy Ann Wateland 12/1971 - 7/1993

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

For information on other chapters: TCF National Office.....877-969-0010

WE ARE SURVIVORS

In the beginning we are survivors groping and clawing merely
to rise and face each day without our children

WITHOUT OUR CHILDREN

Intellectually we know the reality we have gone through
funerals wakes/shivas memorials

WE KNOW THE REALITY

but emotionally we cannot (nor should we) come to terms with
this reality

one cannot make this emotional commitment called parenting
then abruptly shut it off after a funeral

whether our child was six months or sixty our love our
sacrifice our future cannot be measured by a chronological
clock

thus we cling to the hope that this is a bad dream a mistake
that soon there will be a knock at the door
the phone will ring we'll hear their footsteps upstairs
and they will be back where they belong

BACK WHERE THEY BELONG

In the beginning we face each day with disbelief we plod on
but we want our children back

not their pictures not their clothes not their memories

WE WANT OUR CHILDREN BACK

As months turn into years, years into years our lives start to
"normalize"

(although we will never be the same again)

emotions begin to catch up with intellect

we gradually grudgingly come to realize that they are never
coming back to the way they were

(we seek out psychics to connect with them where they are
now)

As parents we have the need to nurture

(I will ALWAYS be your parent you will ALWAYS be my
child)

we are compelled to make an emotional compromise and
keep them alive in different ways

like the caterpillar transforming into a butterfly our children
take on new lives

to be sure it is not the way we want it to be but now
in our hearts and in our heads we say

"this is the way it is this is the way it is going to be"
now

we are parents again and they are our children

we have paid the ultimate price for wisdom strength and
courage

and though we will never be the same again

we will BE

~ Phyllis and Moe Beres, TCF/Babylon, NY

"When you come to the edge of all the light you know, and are
about to step off into the darkness of the unknown, faith is
knowing one of two things will happen: There will be
something solid to stand on, or you will be taught how to fly."

~ Barbara J. Winter

SEASONS OF THE HEART

Your special days are unchanging
Seasons of the heart I celebrate.

Your birth, forever spring,

Tender memories relate,

New and green, a dream

From which too soon I awake.

The summer of your life was bright

Laughter needed no reason,

Seemingly endless days of sharing.

Sixteen summers. Short in season.

Your death brought winter without warning,

What sense in all this can be found?

Summer dreams replaced with mourning.

Where is hope now?

But the heart knows what

The mind cannot accept

That when all is lost,

It is love that is left.

Love knows no barriers

Time or distance recognize.

Love does not diminish,

But is constant in our lives.

And like a summer breeze

Uplifts and inspires us

With healing memories.

~ Peggy Walls, TCF/Alexander City, AL

THE LITTLE THINGS

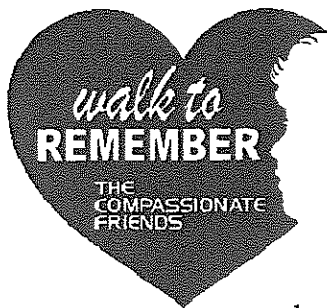
Often even the simple tasks of daily living seem to drain
every ounce of one's energy. Remember going to the
grocery store even months after your child's death and the
feelings you had as you passed up his or her favorite
cereal? Or watching another child (the same age as yours
was) in a restaurant and trying to swallow your food...you
probably didn't even taste it. Or hearing a certain song in
public and fighting back the tears?

Sometimes even getting through the day in your own
home makes you feel like you've run a marathon and leaves
you in worse shape. You probably never dreamed that
doing the family laundry could make you cry or that getting a
piece of mail in your child's name could suck your breath
away.

Even the best of friends and families can't know the
strength you must summon day after day. We shouldn't
expect them to understand completely, but it does get
lonely. Perhaps this quote puts it into a nutshell:

*One sad thing about this world is that
the acts that take the most out of you are
usually the ones that other people will
never know about.*

~ Anne Tyler, TCF/Sacramento Valley, CA



Fargo Chapter's 5th Annual WALK TO REMEMBER

WHAT: 5th Annual Walk to Remember and Pot-luck
 WHEN: Saturday, August 13, 2011 at 10:00 am.
 WHERE: South Shelter at Oak Grove Park (shelter # 1)

The Compassionate Friend of Fargo-Mhd will hold its 5th Annual Walk To Remember, on Saturday, August 13, 2011, at the South Shelter at Oak Grove Park, 124 N Terrace in Fargo.

The Walk To Remember begins at 10:00 am. We will walk from Oak Grove Park to the Angel of Hope statue in Island Park and then back to Oak Grove. If you bring a balloon we will have a balloon release at Island Park. For those who prefer to walk one-way, rides from Island park back to Oak Grove will be provided. There will be a pot-luck lunch following the walk. Please bring your favorite dish and join us for good food and conversation.

If you have any Questions please contact:

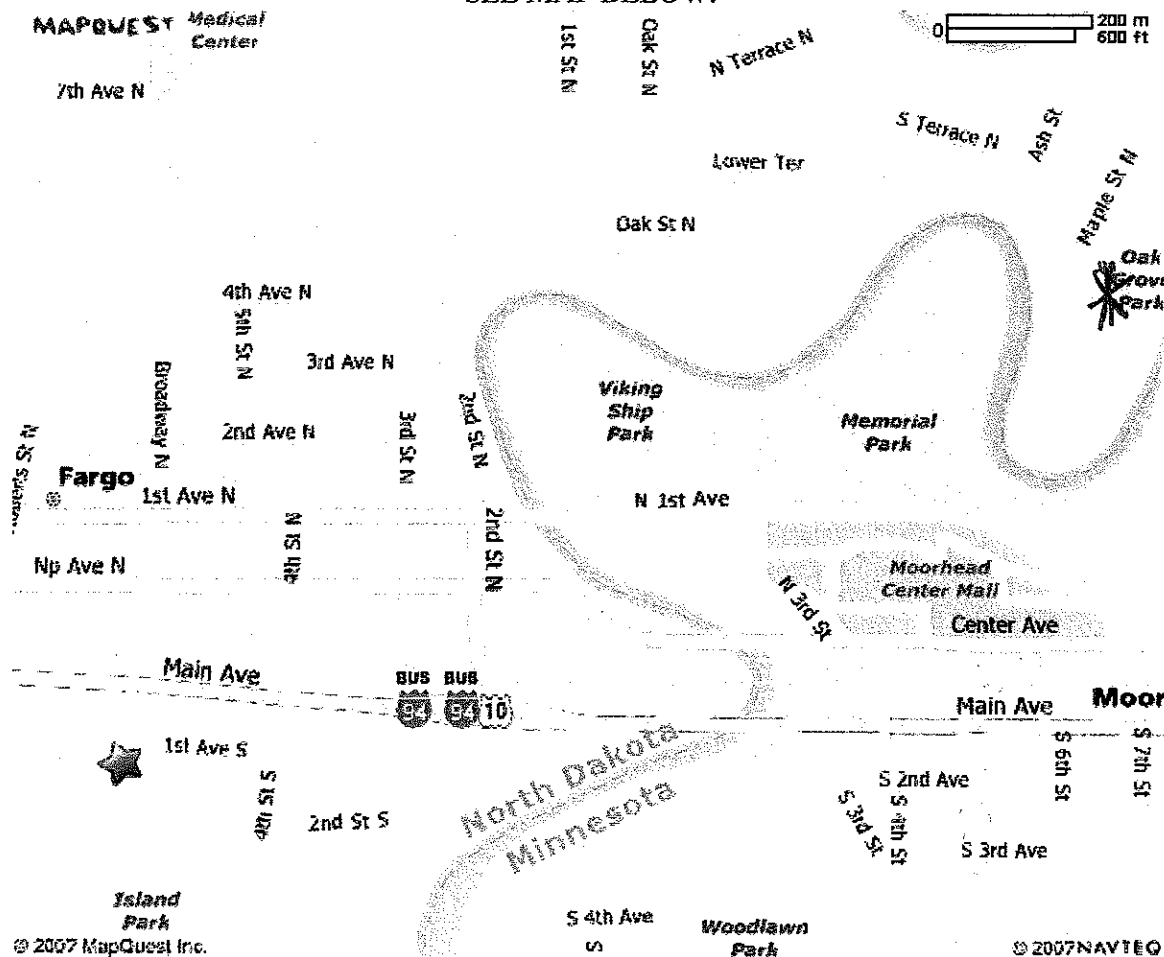
John Milligan (Chapter Leader) - 701-282-4794, email-patkylene@hotmail.com

Sheryl Cvijanovich - 701-235-8158 or email-sherylc13@msn.com

Lois Gangnes - 701-282-4083

Check our web page www.tcffargomoorhead.org for ongoing info.

SEE MAP BELOW.



We will also have "Walk To Remember" t-shirts available for \$5.00 each while supplies last. Everybody is welcomed; everybody has someone to remember that has been lost. The total walk is about three miles round trip.

SIBLING PAGE

FOREVER ON MY MIND

When I attended my first meeting of the Bergen-Passaic Compassionate Friends, it was the day after my fifth birthday without my twin brother Alan. Up to then I was working nights and unable to attend meetings. Nine months later, May 1998 at a chapter meeting someone in the circle spoke of the tenth anniversary of his or her child's death. They said they no longer think of their child everyday and it didn't bother them. This was shocking to me, not to mention upsetting. I couldn't imagine living a day without thoughts of him - both happy and sad. I went home very upset.

Even after five years I always thought of him each and everyday. To this day I will lick the bowl of frosting and think of the times we fought over the bowl. After a snowstorm I write his initials in the snow. When I hear something funny I think of him. But I also think of all that he has missed. He would have gotten to know his six, soon to be seven nieces and nephews. We would have been able to enjoy many vacations together.

This June will be the ninth anniversary of his death. With the passing of time I have adjusted to not talking to him everyday (we both had 800#'s at work). I do think of what he would say when I have a problem to work out. I think the part of the old me is returning. I have started to exercise again. This is something I used to love to do before Alan got sick. I have taken steps to advance my career, something I was planning at the time of his death. I also think I took on some of his traits like becoming a better writer and not emptying the laundry basket after each wash.

There are now many more good days than bad. But almost nine years after Alan's death, I am probably the only adult male to cry at a children's movie. In "Rugrats in Paris" Chucky's father remarries sometime after his mother's death. Tommy is thrilled that he will have two mommies, one on earth and one in heaven. I am forced to remember that I can't have another Alan.

I have given myself a job that I love: The job of keeping Alan's memory alive. I do this by putting this newsletter together, collecting license plates, with his name, for each new state that I visit, donating to his scholarship fund and in many other ways.

When "Phantom of the Opera" opened on Broadway I had no desire to see it. That was until it opened in Philadelphia, after Alan's death. Alan was a publicist in Philly and the show was playing at the only theatre where I had not seen something Alan had publicized. One of the songs has a line "There will never be a day in which I won't think of you." I think this will be true for a long time to come.

~ Daniel Yoffee Reprinted by permission of author

Get Well Soon Poem

I know our loss is very great
but I'm sure many people can
relate

I know its hard to say good-bye
don't hold back your tears! It's ok
to cry

Just hold my hand and we will
stand up high

We will gather strength from one
another

hugging and holding each other
we will find each other and
together we will be
once again, a family

~ Alyssa Flora, age 13

In memory of her brother Bryson, age 9

A Tribute to my Sister Lori Lee Smith

I Saw You

I saw you today in the morning dew
As brilliant as a sea of shimmering diamonds
I shared the most amazing sunrise with you today
A million shades of red so random in their perfection
I heard you today in the laugh of my children
An enchanting melody a thousand angels strong
I walked with you today and we talked about everything
. . . and nothing all at once

I saw you today in the changing of the leaves
The colors of your life, the close of one season
And the ushering in of another

I sat beside a stream with you today
The peaceful flow, steady and constant
I saw you today . . . and you were perfect
And rest assured . . . I shall see you again

~ Avery Smith, TCF/Ada Area Chapter

For My Sister

Sisters are special
from young ones to old.

God gave me a sister
more precious than gold.

We shared many secrets,
the same mom and dad,
we shared lots of good times,
don't think of the bad.

Our memories we'll cherish,
with love without end,

I'm glad you're my sister,
I'm glad you're my friend.

-Author Unknown

TCF "Online Support Community" Offers Opportunity for Grief Sharing

The Compassionate Friends national website offers "virtual chapters" through an Online Support Community (live chats). This program was established to encourage connecting and sharing among parents, grandparents, and siblings (over the age of 18) grieving the death of a child. The rooms supply support, encouragement, and friendship. The friendly atmosphere encourages conversation among friends; friends who understand the emotions you're experiencing. There are general bereavement sessions as well as more specific sessions. These include "Pregnancy and Infant Loss," "Bereaved 2 Years and Under," "Bereaved 2 Years and Over," "No Surviving Children," "Survivors of Suicide." There are also sessions for surviving siblings.

MON	Parent/Grandparent/ Sibling 8am - 9 am	Bereaved One Year or Less 9 pm - 10 pm	Parent/Grandparent/ Sibling 9 pm - 10 pm
TUE	Bereaved Less than Two Years 7 pm - 8 pm	Bereaved Less than Two Years 7 pm - 8 pm	
WED	Parent/Grandparent/ Sibling 8 pm - 9 pm	Parent/Grandparent/ Sibling 9 pm - 10 pm	
THU	No Surviving Children 7 pm - 8 pm	Parent/Grandparent/ Sibling 8 pm - 9 pm	
FRI	Survivors of Suicide 7 pm - 8 pm	Parent/Grandparent/ Sibling 8 pm - 9 pm	Parent/Grandparent/ Sibling 9 pm - 10 pm
SAT	Parent/Grandparent/ Sibling 8 pm - 9 pm	Parent/Grandparent/ Sibling 9 pm - 10 pmt	
SUN	Parent/Grandparent/ Sibling 7 pm - 8 pm	Parent/Grandparent/ Sibling 8 pm - 9 pm	Pregnancy/Infant Loss 8 pm - 10 pm

The sessions last an hour and have trained moderators present. Visit www.compassionatefriends.org and click "Online Support" in the "Resources" column.

FREIND

I cannot ease your aching heart,
Nor take your pain away,
But let me stay and take your hand
And walk with you today!
I'll listen when you need to talk;
I'll wipe away your tears
I'll share your worries when they come;
I'll help you face your fears.
I'm here and I will stand by you,
Each hill you have to climb,
So take my hand, let's face the world;
Live one day at a time!
You're not alone, for I'm still here.
I'll go that extra mile,
And when your grief is easier,
I'll help you learn to smile!

We bereaved parents wish we could share this with our friends, don't we?

THE COMPASSIONATE FRIENDS
 OF THE F-M AREA
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 FARGO ND 58106

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MISSION STATEMENT:
 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 be supportive.



THE COMPASSIONATE FRIENDS

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 Milligan701-282-4794
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
Cheri Eraker (son, 23 - accident)	701-451-0045
Carol Nelson (son , 13 - leukemia)	218-346-3854
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 _____