

The Compassionate Friends

Fargo/Moorhead Area Chapter

Supporting Family After a Child Dies

TCF's National Office
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
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Volume 32 Number 7

Chapter Leader - John Milligan (701)491-0364

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
July 9th
August 13th

Dates to Remember

Mom's meeting - 7 pm on July 23rd @ Fry'n Pan
TCF National Conference - Dallas, TX July 10-12, 2015
TCF FM Chapter's 9th Annual Walk to Remember - August 8, 2015
TCF Regional Conference - Rochester, MN October 2-4, 2015

LOVE GIFTS

Lynn & Donna Mickelson in memory of their son-in-law, Aaron Deutscher
Sherry Lassel in memory of her daughter, Jayme Lassel
Carol & Dan Winter in memory of their son, Matthew Winter
Sharon Wateland in memory of her goddaughter, Tracy Ann Wateland
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.

Life is eternal, and love is immortal, and death is only a horizon; and a horizon is nothing save the limit of our sight.

~Rossiter Worthington Raymond

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



Fargo Chapter's 9th Annual WALK TO REMEMBER

The Compassionate Friends of Fargo-Moorhead will hold its 9th Annual Walk To Remember, on Saturday, August 8, 2015 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 potluck 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) - 701-491-0364, email patkylene@hotmail.com

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

Lois Gangnes - 701-282-4083, email lrgangnes@gmail.com

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

FIREWORKS

He saw his first fireworks from a car bed,
and the noise frightened him.
Afterward, the Fourth of July
became his favorite celebration.
Now I can hardly watch fireworks without crying.

But that is not right.
Those were some of the happiest times
for our family.
He wouldn't want me to be sad.

Help me get my reactions in order, Lord,
and to remember with joy
all the warm and wonderful times
we had together.

~ Margaret B. Spiess
"*Cries from the Heart*" copyright 1991

ON BUTTERFLY WINGS

From earth's caterpillars to heaven's butterflies -
They soar with the angels from the earth to the sky.
Their wings seem so fragile, translucent and light -
But they transfuse our world giving us strength in our night.

In silence they appear like messengers of love,
Bringing hope and comfort from heaven above.
These beautiful butterflies so graceful in flight,
Transport us from darkness to color and light.

So when choosing a symbol to help grieving parents cope,
What more than a butterfly could best symbolize hope.
Our hearts stand in awe and hope from within us springs.
As our hearts take flight - On Butterfly Wings.
~ Faye McCord, TCF/Jackson, MS
In loving memory of my son, Lane McCord

REFLECTIONS IN SAND AND TIMES

I looked across the lake, then onto the sand,
Wishing I was still standing there
Holding your small hand.
Sand castles, buckets and shovels
Flashed into my mind,
As I remembered all those precious
memories you left behind.
Tiny footprints took me many,
many years back in time,
But of those I looked at—
yours I couldn't find.
But as I stood there
going so far back in the sand,
I almost could feel you holding my hand.
~ Linda Trimmer, TCF/York, PA

GRIEVING IN PAIRS

How many times have people said, "Well, thank God you have each other." How many times have you felt "each other" to be entirely inadequate at meeting your needs?

Alarming statistics are available telling us of the rocky road parents encounter in their marriage after the death of a child. We sometimes see in ourselves a touchiness or quickness to become irritated that wasn't there before. It always seem that my "bad" day is my wife's "good" day or the day she wakes up crying was the day I had planned on playing tennis.

Or sometimes, even more difficult, we both have a bad day and find no help from the other in pulling things back together. How can one person hold up another when he is himself facedown in the mud?

Every person grieves differently. This is a rule that even applies within a family. And the needs of every individual are different. While you may need to talk and talk and talk, your spouse may need some time alone to reflect inwardly.

You have both been through the worst experience of your life. And while at times you can face recovery as a team, sometimes you must develop the patience to be able to wait out certain needs alone or with someone else. Realize that no matter how it is shown, your partner hurts too.

~ Gerry Hunt, TCF/White River Junction, VT

Suicide

Once you were rich with life,
you were self-confident
and filled with beauty.
Until a darkness came
to seize your mind,
a force from out of silence,
an ache without a reason,
a pain without a name.
What was this darkness that
would not be conquered?
What force, what reason,
What pain without a name
would use your hands
to take your life away.
Once you were rich with life,
you were self-confident
and filled with beauty.
Now we are left alone
without an answer.

by sascha

Some say you're too painful to remember. I say you're too precious to forget."

Our Mom's group has been meeting on the 4th Thursday of the month at 7:00 pm at the Fryn' Pan Restaurant, 300 Main Avenue, Fargo. Our gatherings are informal as we come together to talk about our children, books that we've read, recipes we've tried, our jobs and whatever else comes up during the course of the evening.

We all have times where the listening heart of another mom or grandma is welcome (and necessary). Please join us this month on Thursday July 23rd. For more information please contact Sheryl at 701-540-3287 or sherylc13@msn.com.

My Turn
by Gregg Williams

Did you ever see a movie before your child died and get one perspective and then see it again after your child died and have a completely different view? The other night I watched *Falling Down* again, but for the first time since Morgan died. I remember seeing it originally and thinking that if you go through life following the rules and life throws you a curve, you **just** fight back and maybe in the span of one day, "get even", with all of the anger you have built up in you. That was about it since I never **used** to be a deep thinker when it came to movies. And, I didn't cry.

This time when I watched I again noticed the part about following the rules, getting thrown a curve and fighting back. Basically, being fed-up. However this time I also noticed deeper issues in the story line. For instance, how Robert Duval's character as a police Sergeant carried around a picture of a little girl that I instantly guessed was his daughter. I didn't notice that before. Also, how he did anything for his wife who had declined in spirit since the loss of their child. I didn't notice that before either.

I really noticed this time how Michael Douglas' character was focused on getting home to see his little girl for her birthday. What I didn't notice before is how he made it through the tough obstacles of life **just** to be with his child. How decisions needed to be made, choices considered and the willingness to live needed to persevere or otherwise he would not get to see her.

Seeing the movie this time around, having already visited the lowest part of my life, I instantly plugged Morgan into both the roll of Robert Duval's deceased daughter and Michael Douglas' living daughter. I understood what it was like to love something that was not there and to love something that is there. I did not previously understand that the two were interchangeable. This time I cried.

We all visited the lowest part of our life when we lost our child. We all understand better than anyone that life is not fair. We need to all understand that we have choices to make along our grief path and that we have done our "*Falling Down*". But for those who are new to the grief process and those who are struggling to decide if the pains are worth it, don't quit.

Grief Is Not...

Grief is not a mountain to be climbed,
with the strong reaching the summit
long before the week.

Grief is not an athletic event,
with stop watches timing our progress.

Grief is a walk through loss and pain
with no competition and no time trials.

Author unknown

It's Been a Year

Sadness too deep for the telling
Pain far beyond wretched tears
losing you, my sweet beautiful
daughter
Was the worst of all of my fears.
Your presence brought purpose
and meaning
To a life that was stumbling along.

Each day spent with you was a
blessing...

Every moment without you is
wrong.

A year has dragged by since you
left here

A time full of anguish and pain..

I've gone through these days
heavy-hearted

Living life down on memory lane.

I remember you as a small baby
With your blonde hair and great
Big blue eyes..

And I think of the years that I
rocked you to sleep

Singing sweet soothing lullabies.

My arms are now aching and
empty

The rocker is pushed out of sight

But I'm still singing all of our
lullabies

In case you are listening tonight.

~ Sally Milaca, TCF/Syosset, NY

In memory of her daughter, Tracey,
on the first anniversary of her death.

1967 - 1994

The Long Forever

You left us so quickly;
there were no goodbyes.

How long this forever,
your death and our lives.

The sadness, the anger,
the loneliness of three,
preferring four always,
how small, this new we.

Genesse Bourdeau Gentry

From *Stars in the Deepest Night - After the Death of a Child*

Spirituality I take to be concerned with those qualities of the human spirit--such a love and compassion, patience, tolerance, forgiveness, contentment, a sense of responsibility, a sense of harmony, which bring happiness to both self and others.

~ His Holiness the Dalai Lama

OUR BELOVED CHILDREN REMEMBERED BIRTHDAYS

CHILD		PARENTS
SANDRA DIANE CASELLA.....	47	RICHARD & DIANE MACGREGOR
AARON DEUTSCHER.....	38	LYNN & DONNA MICKELSON (In-Laws)
BABY DEUTSCHER.....	3	LYNN & DONNA MICKELSON (Grandparents)
JASON ESKILDSEN	41	RICHARD & DENISE ESKILDSEN
NANCY DIANE HEST.....	64	RALPH & ETHEL HEST
KARLTON YORK HOFF.....	39	GORDON & VIRLIN HOFF
JILL MCNEAL-GALL.....	67	MAXINE MCNEAL
JARAD NILLES.....	31	RALPH & CAROLYN NILLES
ZANDYN LARRY MALHEIM OLAFSON	5	BILLY OLAFSON & SHANDRA MALHEIM
JUSTIN OLSON.....	27	CHERIE HARLAND & BILL BARTHOLOMAUS
MATTHEW ALLEN OLSON.....	40	DICK & LINDA OLSON
MATTHEW ROBERT SAUNDERS	10	ROBERTS & MARY SAUNDERS
TERRY STAIGER	66	CLARA STAIGER
AUSTIN WAYNE WAGAR.....	20	JAMIE & SCOTT OLSON
MARK ALAN WATELAND.....	66	SONIA WATELAND

ANNIVERSARIES

CHILD		PARENTS
HALLIE CLARE BJELLAND.....	10	ANDY & RHONDA BJELLAND
AARON DEUTSCHER.....	3	LYNN & DONNA MICKELSON (In-Laws)
ALLISON DEUTSCHER.....	3	LYNN & DONNA MICKELSON
BABY DEUTSCHER.....	3	LYNN & DONNA MICKELSON (Grandparents)
BRIELLE DEUTSCHER	3	LYNN & DONNA MICKELSON (Grandparents)
TABATHA HUNTER.....	10	RORY & KAREN HUNTER
RYAN W JENSEN.....	16	LARAE JENSEN
JAMES ALLEN LAMBRECHT	30	VICTOR & LORETTA LAMBRECHT
SUE ELLEN LARSON	33	DALE & MARILYN LARSON
JAYME ELIZABETH LASSLE	5	SHERRY LASSLE
MICHAEL L LIVDAHL.....	2	ROBERT & TANYA LIVDAHL
JOSHUAH G NELSON.....	2	JOHN & DARCY NELSON
ZANDYN LARRY MALHEIM OLAFSON	5	BILLY OLAFSON & SHANDRA MALHEIM
RAND LOREN PIERSALL.....	1	PERSYS PIERSALL
NICHOLAS J SADEK	10	JOHN & TAMMY SADEK
DOUG E SCHENCK.....	11	HAROLD & IRENE SCHENCK
ADAM JOSEPH SNYDER.....	2	ANNE SNYDER
TRACY ANN WATELAND.....	22	DENNIS & PAT WATELAND
TRACY ANN WATELAND.....	22	SHARON WATELAND (godmother)
MATTHEW ALLEN WINTER	2	CAROL & DAN WINTER
JUSTIN JAY WOLF	17	GRACE WOLF

Please check out our Chapter website's page for 'Our Beloved Children'
(www.tcffargomoorhead.org/ourchildren.html). If you would like your child's picture and a poem or story posted on this page, please submit them to us at tcf1313@hotmail.com or mail them to our PO Box (listed on the back of the newsletter). Photos and poems/stories sent to the PO Box will be electronically scanned and then returned to you so please remember to include a return address.

SIBLING PAGE

A Wish

I wish upon a rainbow In every single dream,
And hope with my entire heart
You will be here again.
I wish upon its colors
That together we will be,
For you are my brother
And I want you here with me.
It's the way the color blends
That gets in hopes so high.
I know you didn't mean it
When you left without a good-bye.
We didn't understand your feelings
Or how sad you were inside.
You drank until it killed you
And your friend right by your side.
If only the world could be a rainbow
Maybe they would see,
But even though you're gone
You're forever a part of me.
~ Chasitie Sharp, TCF/Marion, OH

For Siblings: A Tribute

I think of you in silence,
my feelings seldom show,
but how it hurt to lose you,
no one will ever know.
I hope there is eternal life,
so we can meet again.
I not only lost my brother,
I lost my very best friend.
The reason you left so early,
I'll never understand why.
I just wish I'd known
you were never coming back,
'cause I would have said,
"Good-bye."
~ Martha K., TCF/Concord, NH

I wish I could tell everyone who has lost a loved one how important it is to let themselves, and their family, remember. Forget, if you can, the sickness or tragedy that took them, but give them a place in your life. My family speaks very naturally of their father and their sister. We remember the fun, the love, and the closeness... We have memories to cherish, and we shouldn't cheat ourselves by not doing that. I don't mean that we should constantly talk about them, but when something we're doing reminds us of something good that happened when we were still a whole family, we don't hesitate to say so.

~ Lettie Petrie

~Tears are the silent language of grief~
Voltaire

SHARED THOUGHTS ON SIBLING GRIEF

We often call bereaved siblings the forgotten mourners. Frequently friends and family treat them as secondary grievers, and the approach is "How are your parents doing?", therefore, giving siblings the impression their grief is not as significant as parental grief. Often we hear the ridiculous suggestion that siblings should be strong, and take care of their parents. When siblings cannot reduce the parental grief they feel they have failed, which adds to their low self-esteem.

Our longest lifetime relationship is usually with our siblings. We count on them to always be there for us. We share with them our innermost secrets, as both children and adults. We even expect them to be there for our unborn children, as well as support when our parents are aged. They are our confidant, our best friend, our idol, our advisor, and sometimes they are younger, and we are the same things to them.

When our sibling dies we no longer feel so invincible, we worry who will be next, and quickly learn how final death is. Our family is disrupted, our sibling position changes, we may now be the oldest, the youngest, or the only child. We cannot avoid the pain of grief, our parents are different now, and they are so consumed with their own grief, that they cannot be the parents that we want them to be for us, this lessens our security. Everyone's personality has changed. We not only have to adjust to the new person we have become, but also to the difference that the whole family has undergone. Sometimes it is very difficult to be in the home, when it is so filled with pain, and so much of the laughter has turned to tears. Frequently friends are easier to talk to, than our family. The fear of losing another family member makes the parents so over protective that they take away the carefree feeling of life, which adds to the stress of sibling grief.

When our loss is at an early age, it is not uncommon to later grieve as an adult for that person. I was 12 years old, when I lost my first sibling. My brother was 30. I later went through an entirely different grief cycle as an adult. At the age of 12, I felt my brother was much older. As I got nearer and surpassed the age of 30, I then realized how young he was. This stirred up new emotions.

The hurting and healing causes us to redefine our priorities in life. Grief frequently causes us to have more compassion for hurting people. We learn to appreciate people more than things, and frequently a life long commitment is made to make the world a better place. It is our choice to decide what we will do with the experience we have so painfully endured.

God Bless,

~ Marie Hofmockel, TCF/Valley Forge, PA

The seed becomes the flower.
The flower spreads the seed.
And it seems life begins and ends with the wind.

WHAT IF?

We were watching a segment of CBS SUNDAY MORNING about John Monteleone, the famous guitar maker. He said that his father, Mario Monteleone's spirit, guides him in his work.

We have often heard people say that the spirit of an ancestor guided them in a certain decision. Most of us don't doubt their words. Consider this: You now have another spirit (one you hadn't counted on) to nudge you with "advice".

One of our members was so moved that she founded the Ben's Bells project. Another helped underwrite a food project her child supported. You probably know of other programs that were a direct result of the memory of their child or sibling.

What if...finding that penny or coin really is a message from your sibling's or child's Spirit? I know: some will say it is a fantasy; some will say it's a coincidence. But just for fun: **What if?**

What if each morning you awoke with a positive thought from your child's Spirit?

What if your sibling's Spirit inspires you to provide a scholarship that helps someone of the same intent? Some of our members have done just that.

What if, at a Compassionate Friends meeting, you are able to reach out and comfort a newly bereaved person and you choose to credit your child's Spirit for guiding you to that person?

What if you started a list in your notebook or smartphone where, each day, you would write one thought that comes from your sibling's Spirit?

What if you gradually find that you are no longer dwelling on the death of your child, but realizing the positive life he or she had?

What if you donated a memorial bench to a zoo, or a park? Some of our members have.

What if you get a sudden urge to write your sibling and express your feelings about the loss? Some of our members have.

What if, someday, you are able to write your child and say what you've done with your life since their passing?

What if, as a result of your attending TCF meetings, you have many, new supporting friends who know and love you? Many of our members have.

What if every time you walk out your door you have a sense of your sibling walking with you and you embrace that feeling?

What if you see someone who looks like your sibling? Does your heart skip a beat?

What if you wake up refreshed and realize you have dreamed about your child's spirit?

What if you feel lighter for a minute? You realize that you have healing energy flowing throughout your body.

What if those voices in your head are encouragement to go ahead with a project you were uncertain about? What if the result is successful? To whom will you give credit?

What if you find yourself smiling through tears and know that it is your sibling "patting you on your back"?

What if a comforting feeling engulfs you each time you do pick up that coin?

What if, because of some of these moments of "togetherness" with your child or sibling, you find yourself gradually healing?

~ Sam & Phyllis Turner, Rob's parents, TCF/Tucson, AZ

Daffodil Time

Sometimes in our grief we become workaholics. We rush, rush, and rush, never stopping to "smell the roses." We are afraid that if we stop, or even slow down just a little, all those memories and thoughts of our dead child will come flying back, and we'll drop down to that black hole of grief again-so we don't stop or even slow down a little.

When I was in the fifth grade we had to memorize some poetry. I still remember lines from the poem:

Daffodils

When oft upon my couch I lie,
in vacant or in pensive mood,
They flash upon that inward eye,
Which is the bliss of solitude.

For a couple of years after my daughter's death I could not, I would not allow myself to get into a vacant or pensive mood, because it wasn't daffodils that flashed upon my inward eye, it was always my daughter who was there-and there was no bliss.

Things change. Time helped to heal the raw open wound. Now, after four years, I can allow myself to have those vacant or pensive moods, and I can see the daffodils along with my daughter. My bliss is bittersweet, sometimes more bitter than sweet, usually more sweet than bitter, but it is bliss as those memories flash upon my inward eye. I have accepted that which cannot be changed. I do NOT like it; I have accepted that she is dead.

As I lie there, in vacant or in pensive mood, I am careful that those memories that I allow to flash upon my inward eye are the happy ones, not the sad or unhappy ones. They are more like roses than daffodils, though. They do have thorns that hide just below the beauty. But I can do it now. I can take time to "smell the roses." And so can you. Try it. In small doses at first, then larger ones. You owe it to yourself -and to your family -and to your child.

~ Tom Crouthamel, TCF/Sarasota, FL

-Reprinted from the Nashville April 2007 Newsletter

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: _____

Date: _____

(Signature)

Please return to: The Compassionate Friends of F-M Area, P.O. Box 10686, Fargo ND 58106
(Please note that if you have already submitted a permission slip, you do not need to submit another one)

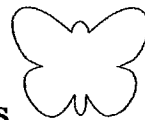
TCF "Online Support Community" Offers Opportunity for Grief Sharing

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.

The sessions last an hour and have trained moderators present. For more information, visit www.compassionatefriends.org, select "Find Support" and click "Online Support" in the Online Community column.

MON	Parents/Grandparents/Siblings 8am - 9 am	Parents/Grandparents/Siblings 8 pm - 9 pm	Parents/Grandparents/Siblings 9 pm - 10 pm
TUE	Bereaved Less than Two Years 8 pm - 9 pm	Bereaved More than Two Years 8 pm - 9 pm	
WED	Parents/Grandparents/Siblings 8 pm - 9 pm	Parents/Grandparents/Siblings 9 pm - 10 pm	
THU	No Surviving Children 7 pm - 8 pm	Parents/Grandparents/Siblings 8 pm - 9 pm	
FRI	Parents/Grandparents/Siblings 9 am - 10 am	Parents/Grandparents/Siblings 8 pm - 9 pm Pregnancy/Infant Loss 8 pm - 10 pm	Parents/Grandparents/Siblings 9 pm - 10 pm
SAT	Parents/Grandparents/Siblings 8 pm - 9 pm	Parents/Grandparents/Siblings 9 pm - 10 pm	
SUN	Survivors of Suicide 7 pm - 8 pm	Parents/Grandparents/Siblings 8 pm - 9 pm	



Butterfly Decals

Our trailer is beginning to look like a butterfly garden! The trailer was purchased in order to transport materials to our chapter activities but it has also helped make our local chapter better known in the Fargo-Moorhead community. Each butterfly decal holds the first and last name of one of our precious children.

Butterflies are still available in all five colors (yellow, pink, red, blue and green). The cost for 1 butterfly is \$25, 3 butterflies are \$65 and 4 butterflies are \$80. If you wish to purchase more than 4, please contact our chapter leader, John Milligan. Butterfly orders should include the child's name and color of the butterfly. Checks should be made payable to TCF of Fargo-Moorhead and the order mailed to PO Box 10686, Fargo, ND 58106.

You can see pictures of the trailer with butterflies on our website at www.tcffargomoorhead.org/ourtrailer.html.

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

NON-PROFIT
 U.S. POSTAGE PAID
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 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..... 701-491-0364	Newsletter Editor	Nancy Teeuwen..... 701-730-0805
Meeting Facilitator	Paul & Kara Bailey..... 701-261-0668	Newsletter Database	Mike Cvijanovich 701-235-8158
Secretary	Sheryl Cvijanovich..... 701-540-3287	Website Administrator	Sheryl Cvijanovich 701-540-3287
Treasurer	Chuck Klinkhammer 701-298-2929	Newsletter Printing	Joyce at Olivet Lutheran Church
Initial Contact	Jamie Olson 701-219-3865	Mailing Committee	Contact Us to Join
Librarian	Contact Us to Volunteer		

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) 701-491-0364
- 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.