



# The Compassionate Friends

## Fargo/Moorhead Area Chapter

### Supporting Family After a Child Dies

TCF's National Office  
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[www.compassionatefriends.org](http://www.compassionatefriends.org)

F-M Area Chapter  
P.O. Box 10686  
Fargo ND 58106  
[www.tcffargomoorhead.org](http://www.tcffargomoorhead.org)  
March 2018

Volume 35 Number 3

Chapter Leaders - Paul & Kara Bailey (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.

**Meeting Topic** - Guest speaker, Sara Vedvei, grief counselor with The Village Family Services

**Upcoming Meetings**  
March 8th  
April 12th

#### Dates to Remember

Mom's meeting - 7 pm on March 22nd @  
Fry'n Pan  
41st National Conference  
July 27-29, 2018 St Louis, Missouri

#### LOVE GIFTS

Don & Linda Bartsch in memory of their son, Brent Bartsch  
Larry & Lois Gangness in memory of their son, Brent M Gangnes  
Jody & Jim Kutter in memory of their daughter, Michelle Kutter  
Patti Pratt in memory of her daughter, Nancy (Pratt) Coash  
Loretta Keisacker in memory of her daughter, Carla Rae Truitt  
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.

"Death leaves a heartache no one can heal. Love leaves a memory no one can steal."  
Found on a headstone in Ireland

#### 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**

"When our special sadness comes to call, when we remember more than we can bear, when courage falters – shadows everywhere: Then let us reach and touch and share, we, who are friends." ~ Sascha Wagner

Our Mom's group generally meets on the 4<sup>th</sup> Thursday of the month at 7:00 pm at the Fry'n Pan restaurant, 300 Main Avenue, Fargo. Our gatherings are very informal as we meet to talk about our children, books, recipes, jobs and whatever else comes up in conversation. We all have times when we need the listening heart of another mom or grandma. Please join us this month on Thursday March 22nd. For more information please contact Sheryl at 701-540-3287 or [sherylev13@msn.com](mailto:sherylev13@msn.com).

#### Butterfly Decals

"Butterflies are the heaven sent kisses of an angel." ~ Author Unknown  
Butterfly decals are available to help personalize our trailer. The trailer is used to carry items to and from our Walk to Remember and other chapter events. It has also given us some visibility in the Fargo/Moorhead community. Each butterfly decal holds the first and last name of one of our beloved children.

Butterflies are available in five colors (yellow, pink, red, blue and green). The cost is as follows: \$25 for 1 butterfly, \$50 for 2 butterflies, \$65 for 3 butterflies and \$80 for 4 butterflies. If you wish to purchase more than 4 butterflies please contact Paul and Kara Bailey at 701-491-0364.

Butterfly orders should include the child's first and last name (middle name is optional) and the 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](http://www.tcffargomoorhead.org/ourtrailer.html).

### ***Angels Among Us***

Our Angels are among us

We see them everyday

In all the forms that God created...

They are with us along life's way.

We see them in the sunrise,

That brightens and warms our soul.

We feel them in the summer breeze

That chases away our cold.

They are there among the flowers...

Their sweet scent a memory of love.

They soar with the eagles,

As they fly so high above.

The night will find them in the stars,

Lighting our path below.

And even in our dreams,

Their presence we'll still know.

As the snow melts with the sun,

And spring flowers peek through their beds,

They come on the wings of butterflies,

And flutter about our heads.

They are telling us they are with us,

And will be forever more...

Until it's time for us to meet again,

As we pass through heaven's door.

~ Jacquelyn M. Comeaux

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### **The Drop**

A water drop moves with the sea,  
a part of all eternity –

It moves beneath the sun and stars,  
its life submerged so deep and far –

But there exists within this one,  
a tiny hope for things to come –

To drift ashore a dream to live,  
create a world so much to give –

To have a sea all of its own,

where only hope and love are known –

This drop of sea pulls to the shore,

forever free its life to soar –

The river forms joined with the sea,

to flow for all eternity –

~ Carol Furman, TCF/Tidewater Chapter, VA

In Memory of her daughter Candy Elaine Furman

*(Written by Candy Elaine Furman at age 27, as a gift to her mother for her support as she studied and passed her CNA exam.)*

### **Are There No More Tears**

Time heals, they tell me, and it's been six years,

After that, are we well, are there no more tears?

It is easier, I have to say, but I can't tell you that I'm okay.

These precious children, blood of my blood,

They were here, they lived, they laughed and they loved.

No amount of time will change that fact

Nothing I can say will bring them back.

So don't roll your eyes when you see my tears,

Even though it's been so many years.

I'll continue to cry, but I'll be okay,

When I take their hand, in Heaven some day.

~ Marilyn Rollins, TCF/Lake Porter Counties, IN

In Memory of Randy and Sara

### **The Circle**

The body is silent

Not a thought in mind

No pain to bear

Life's troubles left behind

The soul has shed the body

The spirit is finally free

The body is no more

The soul will always be

Now within the ecstasy of eternity

The soul can now proclaim

With this ultimate totality

I am now, from which I came

~ Donald Moyers, TCF/Galveston County, TX

### **But You're Absolutely Normal!**

Grief is a normal reaction to loss, and it shows up in many ways you might not expect. If you've...

- been angry with doctors or nurses for not doing enough
- been sleeping too much or not enough
- noticed a change in appetite
- felt no one understands what you're going through
- felt friends should call more or call less or leave you alone or invite you along more often
- bought things you didn't need
- considered selling everything and moving
- had headaches, upset stomachs, weakness, lethargy, more aches and pains
- been unbearable, lonely, and depressed
- been crabby
- cried for no apparent reason
- found yourself obsessed with thoughts of the deceased
- been forgetful, confused, uncharacteristically absentminded
- panicked over little things
- felt guilty about things you have or haven't done
- gone to the store every day
- forgotten why you went somewhere
- called friends and talked for a long time
- called friends and wanted to hang up after only a brief conversation
- not wanted to attend social functions you usually enjoyed
- found yourself unable to concentrate on written material
- been unable to remember what you just read

...you're normal. These are all common reactions to grief. They take up to two years (or more) to pass completely, but they will pass. You'll never forget the person who has died, but your life will again become normal, even if it is never exactly the same. Take care of yourself. You will heal in time.

~ Joanne Bonelli, TCF/Greater Boise Area, ID

"...when a good or a great person's life comes to its final sunset, the skies of this world are illuminated until long after he is out of view. Such a person does not die from this world, for when he departs he leaves much of himself behind...and being dead, he still speaks."

~ Henry W. Beecher

## When Sadness Becomes Depression: Some Thoughts for Bereaved Parents

About a month after my son died, I went to visit my doctor for my annual check up. He was aware that my son had died and was very concerned about my state of mind. He asked me how I felt, and I told him this was the worst trauma of my life and I was "in the hole" mentally. When he offered to write a prescription for an anti-depressant, I declined. Why did I do that?

I explained to my doctor that I was supposed to be depressed, disconnected, tearful, sad, angry, withdrawn and deeply hurt. That is expected in the initial stages of this grief process. I told him that if I had said, "Oh, I'm doing great. No problems. Just another little hiccup in life," that he probably would have had me in a straight jacket on the way to a mental hospital. "Wouldn't you think I was completely insane if said I was 'ok'?" He agreed and said that a loss of this magnitude was incomprehensible to him, and he was available day or night if I needed his help.

A year later when I went back for my annual physical, we had the same conversation. This time, though, I was in a different frame of mind. I wasn't depressed, I was simply very, very sad. Medications were not necessary.

However, I have met many, many bereaved parents who are unable to start seeing hope after six months, eight months and then a year. These parents are in a paralyzing fog of deep depression. Once we pass the one year mark, we are still devastated, but we are usually functioning on most levels, albeit without the joy that once was in our lives. Those parents who are still depressed, unable to motivate themselves, unable to function, continually tearful and withdrawn, are probably clinically depressed. These deep, continuing depressions call for a medication to work on the physiological causes and a good grief counselor to work on the damage to your psyche. There is no shame in this; it is a matter of simple survival.

Here is a good description of depression and anxiety (both so very common to bereaved parents) from the DSM-Statistical Manual of Mental Disorders, published by the American Psychiatric Association:

"A person is suffering from a major depressive episode if he or she experiences items number 1 or 2 from the list of symptoms below, along with any 4 others, continuously for more than 2 weeks:

1. Depressed mood with overwhelming feelings of sadness and grief
2. Apathy--loss of interest and pleasure in activities formerly enjoyed
3. Sleep problems--insomnia, early-morning waking, or oversleeping nearly every day
4. Decreased energy or fatigue
5. Noticeable changes in appetite and weight (significant weight loss or gain)
6. Inability to concentrate or think, or indecisiveness
7. Physical symptoms or restlessness or being physically slowed down
8. Feelings of guilt, worthlessness, and helplessness
9. Recurrent thoughts of death and suicide, or a suicide attempt."

While the above are also symptoms of the initial grief for the bereaved parent in the early months, these symptoms should modify toward the end of the first year. If they do not, the "episode of depression" referenced above will become a never-ending way of life. Should this happen to you, address it now. Talk to your doctor and a counselor about your days and nights and feelings. Let them know what you feel...not what others want you to feel. You won't be pulling yourself up by the bootstraps on this one, gentle parent. You are unique in your grief. I have never seen any two parents grieve in the same way. I've often said that my odds of winning the lottery 20 times are better than my odds of seeing a bereaved couple who travel the grief road in exactly the same way.

It may surprise you to know that a substantial number of our members are seeing counselors and many are taking medications for depression and anxiety. This is the harsh reality of life after the death of our children. The shock and the overwhelming sense of loss do damage us both physically and psychologically. That's our truth and our reality. Not all parents experience this. But to deny that many of our members do experience depression and deep anxiety is to deny the very essence of our souls. Be honest with yourself. Be open to possibilities.

There is hope. You see it in the eyes of those who have passed the third, fourth, fifth, tenth and even twentieth anniversary of their child's death. But many of these people were clinically depressed and wisely sought professional help. Do this for yourself. Depression is a roadblock to your grief work.

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

Danny, our only child, passed away at the age of twelve. His death was unexpected, and the pain almost unbearable. Our pastor told us that yellow is the color of life. What then could be more fitting than yellow roses? To ensure these symbols of life for years to come, I bought a rose bush for my wife. After all, she was still Danny's mom and needed more than ever to be reminded of that. I planted the bush on Mother's Day. On the day before Father's Day, the roses bloomed - three of them, to be exact. They were arranged in size order, just as our family had been in life. When I bought the bush, there was no way to know that there were to be only three roses. I have no doubt this was a sign from Danny. He wanted us to know that he still lives, and that there are still three roses.

John W. Carlsen  
In memory of Danny  
Reprinted from Bereavement Magazine,  
5125 N. Union Blvd., Ste. 4  
Colorado Springs, Colorado 89018

## OUR BELOVED CHILDREN REMEMBERED BIRTHDAYS

CHILD	PARENTS
BRENT M BARTSCH.....36	DON & LINDA BARTSCH
KARI RAE BORGEN.....46	JOHN & KELLY BORGEN
MICHAEL L HANSON.....35	LARRY & MARY HANSON
ALLEN HARRIS .....59	DELORES HARRIS
DARRYL ROBERT INFELD.....57	ROBERT & ELEANOR INFELD
JOHN CLAYTON JACKSON JR .....70	NORMA JACKSON
KRISSY KEELAN.....38	DONNA QUAM
MICHELLE KUTTER.....29	JIM & JODY KUTTER
JAMES ALLEN LAMBRECHT.....53	VICTOR & LORETTA LAMBRECHT
CHRISTOPHER LOE.....46	MARGARET "MUGS" LOE
ZAYNE WILLIAM MALHEIM OLAFSON .....9	BILLY OLAFSON & SHANDRA MALHEIM
JAMIE C OLSON .....40	GLENNIS OLSON
ANNIKA QUALLEY .....7	MARLYS KESSEL (great grandmother)
ANNIKA LORRAINE QUALLEY .....7	RHONDA & MICHAEL QUALLEY
ROY DANA RICHMOND .....53	THOMAS & AUDREY RICHMOND
TOMMY ROESCH.....23	DAVID & LINDA ROESCH
TIMOTHY J SWEENEY.....52	MADONNA SWEENEY
CARLA RAE TRUITT .....54	LORETTA KEISACKER
CHAD VARRIANO .....46	ANTHONY & KAREL VARRIANO
ANGELA MARIE WENTZ.....47	DAVID WENTZ
KATHRYN (KATIE) ELIZABETH WHELTLE...36	SHARON & MARK WHELTLE
ASHLEY WIGER.....31	LARRY & LORI WIGER
PAIGE WIGHTMAN .....28	DAVID & MICHELLE WIGHTMAN

## ANNIVERSARIES

CHILD	PARENTS
TYSON CHANEY .....2	DERRIK & ANDREA CHANEY
NANCY PRATT COASH .....14	PATRICIA PRATT
RANDY J CYR.....1	JANICE & JAMES SHELDON
JAYSON P HAUGEN .....1	PAULETTE HAUGEN
DAVID MICHAEL HELFTER .....14	MARK & HELLA HELFTER
DARRYL ROBERT INFELD.....9	ROBERT & ELEANOR INFELD
TODD ALLAN JOHNSON .....3	RUSSELL & ANNE JOHNSON
KRISSY KEELAN.....4	DONNA QUAM
BENJAMIN GAFFREY KNIER .....4	FRANK KNIER & MARY GAFFREY KNIER
LIAM PAUL KUMMER .....2	BLAINE & MEGAN KUMMER
KAREN LAUMAN.....6	FRANK LAUMAN
SARAH DEWITZ MARTINSEN.....8	DEB DEWITZ
MATTHEW MILLIGAN-OLSON .....18	JOHN & KYLENE MILLIGAN
JARAD NILLES .....6	RALPH & CAROLYN NILLES
ZAYNE WILLIAM MALHEIM OLAFSON .....9	BILLY OLAFSON & SHANDRA MALHEIM
CARRIE AABYE OLSON CHAPELL .....1	CARL AABYE
CASANDRA (CASY) PERRHUS.....3	RAYMOND & JAN MILLER

Please check out our Chapter website's page for 'Our Beloved Children'  
([www.tcffargomoorhead.org/ourchildren.html](http://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](mailto: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

### I Felt I Was Healed

I felt I was healed, felt I was ok  
Ten years had passed to make me this way.  
Worked with others who were feeling the pain  
So tears and the heartache would soon go away.  
I make the newsletter and work on the slides  
That we watch as we remember the better times.  
But life has a way of throwing a curve  
That rocks to the core and shatters the nerves.  
My brother has died and though he was ill  
A hole has re-opened once again I must fill.  
I know all the steps that take me through grief  
Of the traps to watch out for, oh what a relief.  
Though same it is different, the hurt is still there  
I miss my little brother and wish he were here.

~ Stew Levett, TCF/Pikes Peak Chapter

### Why Can't I Let Go

You were always my hero.  
I always wanted to be like you.  
You were my younger brother,  
Still, I always looked up to you.

You were always there for me,  
Even when things were at their worst.  
You helped me through my hardest trials,  
And we always made it through.

Now as I sit here, writing these words,  
Remembering you and times gone by, I'm  
Trying to say good-bye.

Nineteen years are just too many,  
To just let you go,  
I can't believe you're gone, you died,  
And left me here alone.

Some days I'm fine, some days I'm low,  
But most days, I just miss you so.  
It was you and me,  
But now, what do I do?

Each night I ask why?  
Why I'm so angry?  
Why I can't cry?  
Why I can't let you go?

I know we'll see each other again,  
But the years seem so long.  
I long for the day I'll see you again.  
Waiting for me with open arms.

Brother, I love you and miss you so.  
But now I need you most.  
This time in my life is oh so hard,  
I just can't let you go.

~ Stephen Welch, TCF/St Louis, MO

### AS I REMEMBER HIM

Whenever I answer an email from a newly bereaved sibling I say "My twin brother Alan passed away of AIDS on June 25th 1992. There isn't a day in which I don't think of him."

The greatest joy in my life was being Alan's twin brother. The worst time since Alan's death was turning 40. As the ninth anniversary approached last year I was very anxious. I had thought I was doing much better and couldn't understand why I was unable to decide what I should do. Afterward, I was still nervous, as I am each year between June and August, our birthday month, but last year was worse.

As my birthday neared I realized that would be my first "milestone" birthday without Alan. I decided I wanted to go to Philly, Alan's town. To me it would be easier than being with all of the family, all except Alan. I had figured out my family was planning a surprise party. One morning before work, I became physically sick. Even though I had survived without Alan for nine years I now realized that I couldn't continue without help. Twice a week for the two weeks before my birthday I received counseling. I had decided I would have a birthday party if I could make the guest list. It turns out everyone I would have wanted was already invited. Many didn't speak of Alan but they could see his picture button while speaking to me. Thoughts of Alan were never far and as I walked the last friend to his car I realized that it was an enjoyable day but each milestone would be an adjustment.

As I approach my 41st birthday, the tenth without Alan, I have had his initials put on my car's license plate. Each trip to a diner, I order Jell-O after a meal; each new state I visit I get a miniature license plate with his name. I gave his clothes to friends and charity, designed his headstone and developed a program for his memorial service. I started a scholarship, created an AIDS quilt, web page and a backyard garden. I devoted a room, "Alan's room", with posters and articles by and about him. I donate items for AIDS & TCF auctions, write articles and volunteer for TCF, all in Alan's memory. As long as I live I will continue to find ways to honor his memory as I remember him.

Daniel Yoffee

In Memory of my brother, Alan

### (This is a Sibling Story)

#### It's a Family Affair

When a child dies, grief is a family affair. It hits mom, dad, and siblings with equal despair. Mom cries and cannot get out of bed. Dad holds in emotions and leaves much unsaid. Sister and brother simply cannot understand why death came and dealt this kind of hand. No one acts as they should and nothing is the same. The family wants to draw together but seems to only share pain. Someone must be responsible when a child dies. Each family member thinks in some way it's them, and cries.

But no one is responsible for things we cannot control. So reach out to each other and keep the family whole.

Don't let the differences in how each grieve change the love in your family or its belief. Be strong when you can and weak when you must, and love each other with kindness and trust. So treat the family with love and you will survive. For we who have been there and made it through together can say that holding on to each other makes love last forever.

~ Jackie Roxen, TCF/Broward, FL

## Aftershocks

The news of Tom's passing was life shattering, a major shift in the landscape of my world. In the first moment, it felt as though a bolt of lightning seared through me, adrenaline making my entire body tingle and shake. My mind raced. My body permanently changed that night, becoming physically older and weaker.

On the phone, I remember screaming, "You are wrong; he's just asleep" over and over again. Time slowed down as we drove to his location; we could not get there fast enough. But that did not matter. We could not have changed anything. Then, when I saw it was true, a wailing sound I had never heard came out of me, lasting for hours. In fact, there was a chorus of pain as those of us closest to him processed what had happened. As my adrenaline wore off, my stomach tightened, and I became nauseous. I sat on the door stoop for hours as the scene was processed, alone in my thoughts and pain, together with those who shared the same emotions.

The first two weeks are a blur. Many people came and went, bringing food, flowers and words of love. I remember how much I appreciated them caring for us. I also remember doing laundry and thinking my world has stopped, but there are still clothes and dishes to wash. I cried all day, every day for a long time. The sobs would not stop. I remember planning and attending the service, and knowing I was finding my strength in those around me who were lifting me up through support, service, and prayer, but my world continually quaked during that time.

What I remember about earthquake aftershocks is they are expected, but unpredictable in timing and strength. This is certainly true of my grief. I returned to work two weeks later, easing back into the real world. I was able to hold it together in the classroom, but the aftershocks were persistent. Coworkers, students, and friends were generous with hugs, support, and Tom stories and memories, but each brought an emotional jolt which reopened my wounded heart and caused the tears to flow. But knowing he is remembered and I am supported is worth it.

Two months out, people say less about it all, so the aftershocks come from other sources, music, his picture, his room, during counseling, and my memories of him. I do not cry all the time now. Sometimes when the aftershocks hit, they are strong and rumbling and I cry uncontrollably not able to catch my breath. Other times, it is a tear or two meandering down my face, hoping to sneak out so no one notices. I had expected each day to get easier, but that is not the case. Some days I cry just a few times, other days it goes on and on. A day has not yet passed without tears.

I have spoken with many people who have lost a child and they all have told me the same thing. The tears and pain never go away completely; it becomes the "New Normal." But from what they say, it sounds like the aftershocks' strength, duration, and frequency lessen. You become able to remember your child without your entire world shaking you off balance and scrambling for a foothold to survive the tremor. And, they assure me, that your love for your child never lessens, staying entrenched in your heart where it is safe and always protected.

~ Kimberly Starr  
TCF Facebook Loss to Suicide Group  
In Memory of my son Tom

## Not in Color

I remember a Hollywood movie called *Pleasantville*. I don't recall many details about plot or premise, but one of the techniques used in the movie was the juxtaposition of color with black and white in the same scene. People could be in color or B&W; the backdrop could be in both, too.

I know I'm definitely in black and white. No color. The grass is green, the sky is blue, the flowers may be yellow or red or purple or whatever but I am in black and white. Trying to run my errands, accomplish my tasks, walk my dog. But doing so in black and white. Muted. Grey. Definitely not in color.

I live a world where people are in "Technicolor." I can see that they are. I can remember when I was. I wish I were still one of them.

But there's no tint or paint or photo app to make me "in color" again. I suspect if and when color returns, it will be subdued. Pastel. I doubt it will ever be vivid again.

At this stage, I'd take pastel.

~ Peggi Johnson, TCF/Arlington, VA

## You Are Braver

You are braver than you will ever know. You may not realize it but you are valiant, magnificent and strong in spirit. You are courageous. You have endured and somehow survived the most horrific injury that anyone in this life can suffer. Your child has died. But somehow you have miraculously found the strength to still breathe in and out. And after a while, you managed to put one foot in front of the other and have tried to the best of your ability to adapt to a strange new world; one that exists without your precious child in it. A world you must step out in to and face every day without any outward signs that you are altered for life. If you were to wear your most grievous wound displayed on the outside of your body like permanent stigmata, would people recoil from the sight or would they perhaps offer compassion and understanding for your piteous condition? That's why you are so brave. Although no one else can see how horribly injured you are, you are still doing your best to function and participate in this life. I want to challenge you to be brave just once more. If you have not been to a Compassionate Friends meeting, please muster all of the strength and courage you have and walk in the door for that first meeting. We'll help you from there. We care. We understand. We too have the same wounds as you. We need not walk alone.

~ Janet G. Reyes, TCF/Alamo Area Chapter, TX

**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)

**Web Sites of Interest - Listing of sites does not imply an endorsement by TCF and is included to provide sources of useful information for bereaved families**

- AARP - American Association of Retired People Grief and Loss program includes online articles, publications, support groups, and discussion boards on coping with the loss of a family member..... [www.aarp.org/families/grief\\_loss](http://www.aarp.org/families/grief_loss)
- AFSP - American Foundation for Suicide Prevention is dedicated to advancing knowledge of suicide and the ability to prevent it..... [www.afsp.org](http://www.afsp.org)
- Alive Alone - Designed to benefit bereaved parents whose only child or all children have died by providing a self-help network and newsletter to promote communication and healing..... [www.alivealone.org](http://www.alivealone.org)
- Bereavement Magazine..... [www.bereavementmag.com](http://www.bereavementmag.com)
- BPUSA - Bereaved Parents of the USA offers support, care, and compassion for bereaved parents, siblings, and grandparents..... [www.bereavedparentsusa.org](http://www.bereavedparentsusa.org)
- Center for Loss in Multiple Births - By and for parents who have experienced the death of one or more children during a multiple pregnancy, at birth, and through childhood..... [www.climb-support.org](http://www.climb-support.org)
- Centering Corporation - a non-profit organization dedicated to providing education and resources for the bereaved..... [www.centering.org](http://www.centering.org)
- Child miscarriage and child death support..... [www.silentgrief.com](http://www.silentgrief.com)
- Fire in My Heart, Ice in My Veins - website just for teens..... [www.fireinmyheart.com](http://www.fireinmyheart.com)
- griefHaven - provides loving support, hope, and hands-on tolls for those who have lost a child, brother or sister, or grandchild, and also provides education to professionals and others seeking to help bereaved family members rebuild their lives. [www.griefhaven.org](http://www.griefhaven.org)
- Griefnet.Org - is an Internet community of persons dealing with grief, death, and major loss. .... [www.griefnet.org](http://www.griefnet.org)
- Hospice Foundation of America - Includes information about hospice care and programs including bereavement support for families using hospice. .... [www.hospicefoundation.org](http://www.hospicefoundation.org)
- MADD - Mothers Against Drunk Drivers has a mission to stop drunk driving, support victims of violent crime, and prevent underage drinking..... [www.madd.org](http://www.madd.org)
- National SIDS Resource Center - provides information services and technical assistance on sudden infant death syndrome (SIDS) and related topics. .... [www.sidscenter.org](http://www.sidscenter.org)
- Now I Lay Me Down to Sleep - When a baby or infant has died, Now I Lay Me Down to Sleep, through its nationwide network of professional photographers, will arrange a tasteful private sitting at the hospital with no charge for any services or pictures..... [www.nowilaymedowntosleep.org](http://www.nowilaymedowntosleep.org)
- Parents Of Murdered Children - provides support and assistance to all survivors of homicide victims while working to create a world free of murder. .... [www.pomc.com](http://www.pomc.com)
- SHARE Pregnancy and Infant Loss Support - SHARE's mission is to serve those who are touched by the tragic death of a baby through miscarriage, stillbirth, or newborn death..... [www.nationalshare.org](http://www.nationalshare.org)
- SOS - Survivors of Suicide helps those who have lost a loved one to suicide to resolve their grief and pain in their own personal way..... [www.survivorsofsuicide.com](http://www.survivorsofsuicide.com)
- SUDC - Sudden Unexplained Death In Childhood Program offers support, information, advocacy, and research opportunities for those touched by the sudden and unexplained death of a child (over 12 months of age). .... [sudc.org](http://sudc.org)
- TAPS - Tragedy Assistance Program for Survivors is made up of, and provides services to, all those who have lost a loved one while serving the country in the Armed Forces..... [www.taps.org](http://www.taps.org)
- TLC - National Institute for Trauma and Loss in Children is dedicated to helping traumatized children and families restore a sense of safety and reduce the effects of trauma; information available about trauma, resources, and training for professionals. .... [www.starr.org/training/tlc](http://www.starr.org/training/tlc)
- Twinless Twins - serves in support of twins (and all multiple births) who suffer from the loss of companionship of their twin through death, estrangement or in-utero loss..... [www.twinlesstwins.org](http://www.twinlesstwins.org)

THE COMPASSIONATE FRIENDS  
OF THE F-M AREA  
PO BOX 10686  
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	Paul & Kara Bailey ..... 701-491-0364	Newsletter Editor	Nancy Teeuwen.....701-730-0805
Co-Chapter Leader	Lori Wiger ..... 701-446-7504	Newsletter Database	Mary Bjerke
Secretary	Sheryl Cvijanovich ..... 701-540-3287	Website Administrator	Sheryl Cvijanovich.....701-540-3287
Treasurer	Chuck Klinkhammer ..... 701-298-2929	Initial Contact	Mary Bjerke
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:

- Sheryl Cvijanovich (son, 23 - illness)..... 701-540-3287
- Lois Gangnes (son, 24 - accident)..... 701-282-4083
- Nancy Teeuwen (daughter, 15 hours - illness)..... 701-730-0805
- Mark & Hella Helfter (miscarriage, son, 35-accident & son, 45-cancer) ... 701-235-9622

Love gifts must be received by the 15<sup>th</sup> 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.