



**The Compassionate Friends**  
**Fargo/Moorhead Area Chapter**  
**Supporting Family After a Child Dies**

TCF's National Office  
 48660 Pontiac Trl #930808  
 Wixom MI 48393-7736  
 Toll-free (877) 969-0010  
[www.compassionatefriends.org](http://www.compassionatefriends.org)

F-M Area Chapter  
 PO Box 10686  
 Fargo ND 58106  
[www.tcffargomoorhead.org](http://www.tcffargomoorhead.org)  
 April 2024

Volume 41 Number 4

Chapter Leaders - Paul & Kara Bailey 701-261-0668

Newsletter Editor - Nancy Teeuwen 701-730-0805

It is with a heavy heart that after 41 years, the Fargo-Moorhead Chapter of The Compassionate Friends will be closing at the end of this month.

This was not an easy decision to be made, but due our board members deciding to resign their position and not get enough volunteers to fill all the positions, it has been decided to close our chapter at this time.

**Dates to Remember**

Mom's meeting – 6:30 pm on April 25<sup>th</sup>  
 @ Randy's Diner Too

**LOVE GIFTS**

Walter & Margaret Moratis in memory of their son, Mark Anthony Moratis  
 Lila Gunderson in memory of her daughter, Laurie Coleman  
 Sandy & Bob Roel in memory of their son, Joseph Peter Roel  
 Merry Watters in memory of her great-grandson, Colt Bruce Watters

We are deeply grateful for the LOVE GIFTS given this month.  
 Thank you for your tax-deductible gifts.

**"Come Walk Among the Stars"**

For years I never knew whether the twilight was the ending of the day or the beginning of the night and then, suddenly one day, I understood that this did not matter at all, for time is but a circle, and so there can be no beginning and no ending, and this is how I came to know that birth and death are one, and it is neither the coming or the going that is of consequence. What is of consequence is the beauty that one gathers in this interlude called life."

~ Winston Abbott

**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**

**LOVE**

"...Grief is the price we pay for love. We did not lose our children. They died, taking with them our hopes and dreams for the future, but, never, never taking away their love. Though death comes, love will never go away. Hold it tight, the love our children gave us. Hold it tight through the storms of grief and bring it with you into today. Love never goes away..." ~ Darcie Sims

Our Mom's group generally meets on the 4<sup>th</sup> Thursday of the month. The Mom's group will continue to meet every month.

This month we are meeting at 6:30 pm at Randy's Diner Too, 641 32nd Ave W, West Fargo. Our gatherings are very informal as we meet to talk about our children, books, need the listening heart of another mom or grandma. Please join us this month on Thursday April 25<sup>th</sup>. For more information, please contact Sheryl at 701-540-3287 or Nancy at 701-730-0805.

Other grief meetings that are available in the Fargo-Moorhead area

Boulger Funeral Home – 1<sup>st</sup> Monday of every month

5:30 p.m. – Living with Grief; 6:30 p.m. – Good Grief

Support group for suicide loss – 3<sup>rd</sup> Thursday of every month

6:30 p.m. – 1620 16<sup>th</sup> Ave S, Fargo

Valley Christian Counseling – 3<sup>rd</sup> Monday of every month

6:30 p.m. – Faith Based - 1112 Nodak Dr S, Fargo, ND 58103

Hospice of the Red River Valley – may contact the Bereavement department at 800-237-4629

## OUR BELOVED CHILDREN REMEMBERED *BIRTHDAYS*

<b>CHILD</b>	.....	.....	<b>PARENTS</b>
JESSICA MARIE BALSTER.....	35.....	.....	CARRIE BALSTER
NATHAN KEITH BEACH.....	33.....	.....	LISA BEACH
RENEE ANN BERNIER.....	57.....	.....	KENNETH & PATRICIA BERNIER
ANDREW HOWARD BRAUN .....	35.....	.....	CRAIG & DEANNA BRAUN
ALLISON DEUTSCHER.....	48.....	.....	LYNN & DONNA MICKELSON
KATIE JEAN JOHNSON .....	44.....	.....	STAN & PAM JOHNSON
CLEO CAROL JORGENSEN.....	68.....	.....	FRAN LEINGANG
LANNIE LEE KORNELIUS.....	64.....	.....	LEROY & DONNA KORNELIUS
AMELIA MARIE PRATT .....	13.....	.....	TANDY PRATT
MARY-ALICE MARIE PRATT .....	16.....	.....	TANDY PRATT
KYLE KEVIN QUITTSCHREIBER .....	32.....	.....	KEVIN & KATHY QUITTSCHREIBER
CARSON DENNIS RONEY .....	27.....	.....	PAUL & RENAE RONEY
MASON ROTH .....	24.....	.....	PATRICK & BARBARA ROTH
JENNIFER SCHUMACHER .....	45.....	.....	ANTHONY & LORETTA SCHUMACHER
PATRICK SPENST .....	31.....	.....	ALVINA SPENST
KRISTOPHER WEISS.....	46.....	.....	HERMAN & RENNAE WEISS
AARON JON WOLFORD .....	36.....	.....	KENT & BECKY WOLFORD

## *ANNIVERSARIES*

<b>CHILD</b>	.....	.....	<b>PARENTS</b>
ANNE CLEMENSON.....	8.....	.....	MARVIN & DOROTHY CLEMENSON
STEVEN DUANE COOK.....	13.....	.....	SHARON COOK
JOEY GAUSLOW .....	2.....	.....	MARK GAUSLOW
BRODIE GILBERTSON.....	2.....	.....	VANESSA GILBERTSON
VICKY HOLWEGER .....	7.....	.....	ROSEMARY FESKE
KYLE KASSMAN.....	10.....	.....	TOM & NANCY KASSMAN
ALEXANDER BRENT KLINKHAMMER.....	12.....	.....	CHARLES & SANDY KLINKHAMMER
CARMEN LALUM.....	9.....	.....	RUSSELL & SHARON LALUM
AMY CHRISTINE LARSON.....	25.....	.....	DALE & MARILYN LARSON (Grandparents)
ERIC LARSON.....	25.....	.....	DALE & MARILYN LARSON (Grandparents)
GAIL DIANE LARSON .....	25.....	.....	DALE & MARILYN LARSON
JOSEPH CHRIS LARSON.....	25.....	.....	DALE & MARILYN LARSON
AHNA MEHUS .....	2.....	.....	WENDY & JAMES MEHUS
CAITLIN JEAN POSCH.....	5.....	.....	DEAN & JEANNIE LAMB
AMELIA MARIE PRATT .....	13.....	.....	TANDY PRATT
MARY-ALICE MARIE PRATT .....	16.....	.....	TANDY PRATT
DANE TVEDT .....	14.....	.....	TOMMY & LEAH TVEDT

### **Any Child's Death Diminishes Me**

What difference does it make whether a child is stillborn or dies after some years of life? She spoke of the lack of memories because her child was stillborn. He commented on the deep pain brought by those very memories which remind one of what is lost!

When it comes to a child's death, does the type of death matter? Is a murder worse than an accident? Suicide worse than chronic illness? Teenage worse than the older adults? Stillborn worse than teenage?

I've tried to be thankful that Jeanie wasn't murdered. That she did not commit suicide. That she and those dear boys did not linger, comatose. Or die from prolonged illness. I could not find thankfulness though I have sought diligently for it within my deepest being!

The death of a child, whatever the age or circumstances, brings its own guilt and anger. Its own despair and questioning. Any child's death diminishes the parents who loved that child. And, for those bereaved parents, that death is surely the worst. Their grief the most severe!

~ Robert F. Gloor, TCF/Tuscaloosa, AL

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.....<https://www.aarp.org/home-family/friends-family>
- AFSP - American Foundation for Suicide Prevention - knowledge of suicide and the ability to prevent it..... <https://afsp.org/>
- BPUSA - offers support, care, and compassion for bereaved parents, siblings, & grandparents... <https://www.bereavedparentsusa.org/>
- Hospice Foundation of America - Includes information about hospice care and programs including bereavement support for families using hospice.....<https://hospicefoundation.org/>
- MADD - Mothers Against Drunk Drivers has a mission to stop drunk driving, support victims of violent crime, and prevent underage drinking..... <https://www.madd.org/>
- National SIDS Resource Center - provides information services and technical assistance on sudden infant death syndrome (SIDS) and related topics. .... <https://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 .....<https://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. .... <https://pomc.org/>
- 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.....<http://nationalshare.org/>

### **Mourning Is My Mode**

Today I realized that I have become a shell of the person I once was. What would my child think of this? I am alone, my only child is gone, yet I know he would not be pleased with the way I have isolated myself, wrapped in invisible crepe, sheltered by a mental wall. This is not the mom he knew. I am someone different now.

What am I to do with this? I feel like a lonely, mourning swan, swimming endlessly from shore to shore. I have no direction, I want no direction, I just keep moving with no purpose. I must get a grip on myself.

I know my motions must take on some meaning. I look to others for help. Yet I realize that if I do not reach out and help myself, I will crash on the rocks with the raging tide.

I decide I will add one new thing, one new event, one new person or one new writing to each day. I will reach out to others. I will force myself to move slowly back into life.

I will spend some time with my family. I will enjoy their children. I will mentor a child. I will start putting my thoughts into a written form.

I begin to do these things. I feel better. I attend another meeting of the parents who have lost their children. I feel as if I do belong here. It has been four months since my son died. I am overwhelmed.

Annette Mennen Baldwin, TCF/Katy, TX

### **A Box of Coins**

My husband Bruce and my stepdaughter Jess drove to our son's apartment to retrieve his things shortly after his death. They returned with clothing, bed linens, lots of CD's, his backpack, and a computer desk that he and I assembled together at his new apartment. They brought back the computer, kitchen items, and a New Balance shoebox.

I recognized the box. We gave him shoes as a parting gift as he left for college that fall. His college expenses stressed our budget. I second guessed most purchases but not the shoes. He needed them. I wondered why he had kept the box.

It was filled with coins and a red cup. Jess said the cup had been on his desk. Apparently at day's end our son Art emptied his pockets of loose change into the cup. Eventually Arthur poured the contents of the cup into the shoebox. The boy had a savings plan.

I saved the box of coins. I could not toss them into a change counter. He had touched each one. I stored the box under a bed that he had used as a youngster.

After four years, I pulled out the box and spent a quiet evening counting coins. \$74.14. I wrote a note from Art to an anticipated nephew or niece that he would never met and slipped it in the box. "Use these coins for college." From Art. The box slid under the bed again. I would find the right place for those coins—maybe a charity, maybe the scholarship initiated in memory of Arthur. Not now.

Last month Jess called me with a funny story about her toddler son, my first grandchild. Jess and Brandon had taught their young son to drop coins into a big red piggybank. They were scrounging for coins because their son liked the game so much.

Perfect! Those shoebox coins just found a new home! That weekend I delivered the box of coins to them. The next time I babysat, I pulled a few coins from the shoebox and handed them to my grandson, one by one. Mason giggled as he touched each one and dropped it squarely into the piggybank. We both smiled at each other.

The boy has a savings plan. Must be genetic! I am grateful for the gift of time with my son's possessions. TCF monthly meetings taught me to be patient with myself until I found my new balance. It took almost seven years. I gave away my son's coins with no regrets.

~ Monica Colberg, TCF/Minneapolis, MN

THE COMPASSIONATE FRIENDS  
 OF THE F-M AREA  
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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.....701-261-0668	Newsletter Editor	Nancy Teeuwen ..... 701-730-0805
Newsletter Database	Sheryl Cvijanovich .....701-540-3287	Secretary	Sheryl Cvijanovich..... 701-540-3287
Treasurer	Chuck Klinkhammer.....701-298-2929	Website Administrator	Sheryl Cvijanovich..... 701-540-3287
Initial Contact	Sheryl Cvijanovich	Mailing Committee	Contact Us to Join

**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

**Companion Sojourners**

The dictionary defines the word “sojourn” as temporary place where one may stop, rest, visit, dwell, abide and lodge. The Compassionate Friends is an organization of fellow sojourners. At our monthly meetings we stop for a while to find respite from a world that does not understand what it means to lose a child. We find a safe dwelling where there are others who are just like us. We don’t need to have any special skills to be a sojourner. As bereaved parents we instinctively reach out to one another. Those of us who have been on our journey for a while are drawn to comfort the others who have more recently embarked on their path of grief. We don’t need to say any special words. A discerning look, a listening ear, or a gentle touch can be balm the other person needs to give them a moment’s solace. We are companion sojourners, wounded healers and compassionate friends.

~ Janet Reyes, TCF/Alamo Area Chapter, TX