



# 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)

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Due to the Covid-19 Pandemic, we have decided for the safety of our members to cancel chapter meetings and Mom meetings until further notice.

#### Dates to Remember

Annual Worldwide Candlelighting -  
December 13, 2020 7 p.m. local time

#### LOVE GIFTS

Dennis & Shirley Bjerken in memory of their son, Brian Bjerken  
Rosemary Feske in memory of her son, Steve Feske  
Joan & Steve Halland in memory of their son, Cole Halland  
Beverly Jager in memory of her son, Scott Jager  
Juanita Webber in memory of her son, Jeffrey Webber  
Lance & Tashara Ditch in memory of their son, Whylix Edwin Ditch  
Doug Hudson Sr in memory of his son, Douglas C Hudson II  
Edna Mae Pearson in memory of her son, John T Pearson  
Revenia Nelson in memory of her son, Charles Nelson  
Dan & Carol Winter in memory of their son, Matthew Winter  
Lynda & Sven Mickels in memory of their daughter, Kammi Sue Leland  
Tom & Nancy Kassman in memory of their son, Kyle Kassman  
Jim & Suzie Hill in memory of their son, Jon Poitra  
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.

**You were our lighting,  
vibrant and beautiful,  
but all too brief.**

#### 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**

Never forget yesterday, but always live for today, because you never know what tomorrow can bring, or what it can take away.

<https://dailyinspirationalquotes.in>



#### Worldwide Candle Lighting

The Compassionate Friends Worldwide Candle Lighting held annually the second Sunday in December, this year December 13th, unites family and friends around the globe as they light candles for one hour to honor and remember children who

have died at any age from any cause. As candles are lit at 7 p.m. local time, creating a virtual wave of light, hundreds of thousands of persons commemorate and honor the memories of children in a way that transcends all ethnic, cultural, religious, and political boundaries.

#### Three Secrets

The secrets of healing from grief are love (as in friend-ness), patience (as in waiting gently), and honesty (as in not covering up).

Try to learn finding these, with love, patience, and honesty.

~ Sascha Wagner

These are the tentative dates once we deem it is safe to have meetings again.

### 2021 FM TCF Chapter Meeting Dates

January 14th	February 11th
March 11th	April 8th
May 13th	June 10th
July 8th	August 12th
September 9th	October 14th
November 11th	December 9th

### 2021 Mom's Group Meeting Dates

January 28th	February 25th
March 25th	April 22nd
May 27th	June 24th
July 22nd	August 26th
September 23rd	October 28th
November 18th	December 23rd

### ANGEL OF HOPE MEMORIAL SERVICE

The Angel of Hope will be holding an annual Candlelight Memorial on Sunday, December 6th at 7 p.m. The Angel of Hope in Fargo was dedicated in 2005 and serves as a place for healing and love for all who have lost children. The Angel of Hope is located on the north in Island Park near 1st Avenue South between 4th and 7th Streets in Fargo, North Dakota. Candles will be provided for all participants. Attendees are invited to bring a white flower to place at the base of the statue in memory of loved ones.



### HANUKKAH

At this season of lights,  
We remember the light you brought into our lives:  
The light of your laughter  
The light of your wit and intelligence  
The light of your love  
May the time not be distant when the memory of these lights  
Will illumine our hearts and minds  
And eradicate the darkness therein.  
~ Stephanie Hesse, TCF/Rockland Co., NY

### I will Light Candles this Christmas

I will light Candles this Christmas;  
Candles of joy despite all sadness,  
Candles of hope where despair keeps watch,  
Candles of courage for fears ever present,  
Candles of peace for tempest-tossed days,  
Candles of grace to ease heavy burdens,  
Candles of love to inspire all my living,  
Candles that will burn all the year long.  
~ Howard Thurman

He that conceals his grief finds no remedy for it ~  
Turkish Proverb

### MARY'S TEARS

Strains of Christmas carols  
Echo in the still of night  
As frosty air numbs my outward senses.  
I stand transfixed before illuminated figures  
Of the Nativity.  
I have stood here before  
But I have not seen  
These small crystals, like diamonds  
Shimmering in the eyes  
Of Mary.  
And I have not felt until this year,  
Mary's tears.  
Before now I did not understand  
That Mary knew  
What was to come.  
She has felt this pain that lies  
So heavily upon my heart.  
That thought touches me  
Deep inside  
And lessens my burden.  
For I know she has  
Also felt the joy  
That I can only look forward to.  
Such sweet joy.  
When flesh and spirit reunite  
And my own dear child can gently  
Brush away  
My Tears.  
~ Karen Nelson, TCF/Box Elder County, UT  
lifted from FRIENDS CARING & SHARING

I never knew how empty  
Empty really was:  
And never knew that lonely  
Means all that it does  
How could I know that aching  
Was as powerful as death?  
But now these things are known to me  
And known with every breath  
~ Jack Bahm, TCF/Lexington, KY  
In memory of J.C. Baum II 1970 – 1988

### THE TOP TEN GIFT'S

HUGS....to someone who is lonely.  
LOVE....to someone who has nothing to give in return.  
PATIENCE....to someone who is struggling with life.  
FREEDOM....to someone drifting in a sea of anxiety.  
UNDERSTANDING....to someone who is confused.  
TOLERANCE....to someone who doesn't see things as you do.  
KINDNESS....to someone in pain.  
FORGIVENESS....to someone you feel has harmed you.  
SOFTNESS.....to someone who has not yet removed his hard shell.  
Lifted with Love from the TCF Fox Valley Newsletter

“The most beautiful people we have known are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of the depths. These persons have an appreciation, a sensitivity, and an understanding of life that fills them with compassion, gentleness, and a deep loving concern. Beautiful people do not just happen.”

-by Elisabeth Kubler-Ross

## PONDERINGS ALONG THE PATH

Dear Compassionate Friends:

The nights are long and dark, the weather is freezing and the holidays are here. Sometimes people expect us to be "jolly" and enjoy the hustle and bustle of the holidays. However, this time of year for bereaved families can be especially lonely and hard to cope with the loss of your child. If you are having an especially bad time, it can be a good time to turn our thoughts inward to seek peace and serenity. I want to share a coping skill I have recently tried. When you are having a bad time, write down or tell yourself something positive and specific-not just a happy memory but WHY it is a happy memory. Maybe you are the best sister ever-you stuck up for your sibling or even "took the rap" when they had done something wrong. Maybe your sibling looked up to you and you shared more than a sibling bond. Maybe you read a particular story at bedtime to your child at LEAST 50 or 60 times because it was their favorite and they always requested it. Maybe your child "helped" you decorate the Christmas tree and most of the ornaments ended up on the lower third of the tree, but your child was so pleased they got to help decorate, you would not have moved anything.

Bereaved families have a tendency to beat ourselves up and play the "woulda, shoulda, coulda" game and feel we could have somehow prevented our child's death, regardless of the circumstances. I have mentioned my dear friend Marilyn who also lost her child to kidney disease. One day I told her in despair that I felt somehow I could have prevented Aaron's death. She brought me up short when she asked what I could have done differently. She told me we had done the best we could with the knowledge and tools we had and I realized she was right. It was very healing to realize we could not have done anything differently. All our love and determination and prayers could not keep Aaron from dying.

We have tried to be the best parents we can. Perhaps you had a strained relationship with your child or sibling and he chose to end his life. Now you are suffering tremendous guilt; feeling that somehow those hard feelings contributed to your child's death. Perhaps you are angry at your child for choices he made that led to his death, whether it was drinking and driving, taking too much medication or not seeking help for his depression. Families love each other, but sometimes bad choices, mental illness or depression, failed expectations or even just differences in personality or circumstances can strain those family relationships. Perhaps you feel you should have known how much your child or sibling was suffering and taken further steps to get them medical or psychiatric help. Maybe that help would not have been welcomed or done any good. Perhaps your child gave you no clue at all how deeply he was suffering-it doesn't seem to make a difference in our feelings that we should have known somehow.

Again, now try to pull up a happy time or memory of your child and give it a positive spin. Did your child always make time to spend with a particular family member? Did your child adore your chocolate chip cookies and you always seemed to have some freshly baked when you knew he was coming over? Do you remember the first time your child said "mama" or "dada"? These memories can make us miss our child even more, but can help us remember what made them special.

Please remember it will not always hurt this badly. Time does soften and heal the pain. I remember a Compassionate Friend saying after her daughter died, for a long time her broken heart hurt so badly she often looked down and was surprised to see that she did not have a big hole where her heart used to be. In time you will remember many more of the happy memories and less of the bad ones. You will always love and miss your child-that will never change. Now try to forgive yourself, your child or anyone else you think might have contributed to his death.

I wish you a quiet, soft place in the midst of the hustle and bustle of the holiday season to find serenity, forgiveness and "the peace that passes all understanding". Above all, I wish you loving memories to soften the pain and heal your broken heart.

In friendship,  
~ Nadine Boyd

### As the Holidays Approach

When the holidays are fast approaching, we who are bereaved always have mixed emotions about having a nice holiday when our child or loved one is no longer with us. We wonder if we will ever be as happy and if we can ever again celebrate the holidays or any meaningful family occasion, especially the first birthday, first thanksgiving, or first Christmas since our loss. We try to look ahead to how we are going to feel when the time arrives, but it is usually not as hard as we had anticipated. Still, the occasion may not be as enjoyable as we'd like it to be or as we remember it from the past.

I would like to offer a few ideas for what we can do to make our holidays a little better. Consider buying gifts for less fortunate children, adopting a child/family at Christmas time, or inviting a lonely person to share your holiday meal. Make your child's favorite foods and discuss your loved one as you share the meal. Some people like to volunteer to serve holiday dinners for the homeless. Some bereaved parents want to visit familiar places their child loved to go, while others want to travel where their child had never been.

Several of our Compassionate Friends members put a small Christmas tree at the cemetery and decorate the graves with Christmas flowers and/or a grave blanket. Making a grave blanket is very fulfilling; we did that for 10 years after our daughter Teresa died. Attending a candle light program is a wonderful way to honor your child or loved one.

These suggestions are things we feel we can still do for our child, but they are not reserved for bereaved parents only. All of them can be done for any member of a family or a friend who has died. After someone dies we must keep going and doing things that lift us up. We can't always try to please any people who feel we should act in a certain manner.

~ Jackie Wesley, TCF/East Central Indiana

I do not ask that you forget your dear departed. I want you to remember. I only ask that you remember more than the moment of death, more than the funeral, more than the house of mourning. REMEMBER LIFE! Remember the whole, not the final page of it.

~Rabbi Maurice Davis, TCF/Baltimore, MD

## **THE HOLIDAY SEASON:**

Getting through the holidays can be a difficult task for bereaved parents. We as bereaved parents need to handle the holidays in a way that we feel is best for ourselves and our families.

There are many things that bereaved parents can do to help ease the pain of the holiday season. Below are some suggestions that we thought may be helpful for you:

1. **PLAN** to be with people you enjoy.
2. **VISIT** the cemetery and take a Christmas tree to the grave. Decorate it with popcorn or food for the birds.
3. **DO SOMETHING** for someone else. Give a gift or make a donation in memory of your child. This can help to keep their memory alive.
4. **INCLUDE YOUR CHILD IN CONVERSATIONS** -- once others realize that you are comfortable talking about your child, they can relate stories that will add to your memories of him or her.
5. **DON'T BE AFRAID TO MAKE CHANGES** It really can make things less painful. Change the time you open packages, or when the holiday meal is served.
6. **KEEP IN MIND THE FEELINGS** of our other children and family members. Let your needs be known to others and try to understand their needs as well.
7. **MOST IMPORTANT**, it is pointless to pretend that everything is the same as it was. As you accept your loss, give yourself the necessary time for grieving during the holidays.
8. **TAKE ONE DAY AT A TIME**. Be realistic, and realize that we all need to set limits to do those things which are meaningful to ourselves and our families.

Author Unknown

## **A LETTER TO MY FAMILY AND FRIENDS**

Thank you for not expecting too much from me this holiday season. It will be our first Christmas without our child and I have all I can do coping with the "spirit" of the holiday on the radio, TV, in the newspapers and stores. We do not feel joyous and trying to pretend this Christmas is going to be like the last will be impossible because we are missing one.

Our family traditions will be too painful for us to continue this year. Please understand this and maybe some Christmas in the future we will have these traditions again.

Please allow me to talk about my child, if I feel a need. Don't be uncomfortable with my tears. My heart is breaking and the tears are a way of letting out my sadness.

I plan to do something special in memory of my child. Please recognize my need to do this in order to keep our memories alive. My fear is not that I'll forget, but that you will.

Please don't criticize me if I do something that you don't think is normal. I'm a different person now and it may take a long time before this different person reaches an acceptance of my child's death.

As I survive the stages of grief, I will need your patience and support, especially during these holiday times and the "special" days throughout the year.

Thank you for not expecting too much from me this holiday season.

Love, A bereaved parent, Madison, WI

Time does not really heal a broken heart; it only teaches a person how to live with it.

~ A. L. Sheppard, Jr., Fort Worth

## **I KNOW YOU ARE LISTENING TO ME WHEN:**

- \* You come quietly into my private world and let me be.
- \* You really try to understand me even when I am not making sense.
- \* You grasp my point even when it is against your sincere convictions.
- \* You realize that the hour I took from you has left you a bit tired and drained.
- \* You allow me the dignity of making my own decisions even though you think they may be wrong.
- \* You do not take my problem from me but allow me to deal with it in my own way.
- \* You hold back from giving me a word of "good advice".
- \* You do not offer me religious solace when you sense I am not ready for it.
- \* You give me enough room to discover for myself what is really going on.
- \* You accept my gift of gratitude by telling me how it makes you feel good by being helpful.

~ Glen Crawford, TCF/Perth, West Australia

## **HERE COME THE HOLIDAYS**

Here they come closer everyday. No magic wand to keep them away. As much as we'd like to go to sleep and hope when we awaken, they'd be over, nothing will stop them. The Holidays, they are inevitable.

For many, this will be a first. For others, two, maybe three years and for some of us "veterans," five, ten or more years. There are some things that may help you cope in the days ahead.

Many bereaved parents feel pressured to adhere to the traditions of years past. If you choose not to send cards, shop, bake, entertain or whatever, do not feel guilty. Take care of yourself, do only what you feel you can handle no matter how much or how little. Shop through the catalogs. Buy goodies instead of baking if you want, make calls to the people important in your life. Some people have found getting away temporarily helps. Maybe only immediate family will make you more comfortable. Light a candle for your child, fill their stocking with letters, love notes, poems, etc. Most of all, do not use the little energy you have trying to make things as they were when your child was with you. Talk about your child to your family and friends who really care.

For those of us who walked through the lonely tunnel of grief and are able to experience joy and happiness once more, reach out to those who need us so desperately. Take the hand of the newly bereaved, let them know you care. Attend a meeting and seek out that person that needs your hug. Tell them "you've got a friend." By helping others, offering that spark of hope for the future will certainly aid our own healing powers.

Our lives are changed forever, a part of us never to be completely whole again. Yet, with the passage of time, friendship and love, we find ourselves actually looking forward to tomorrow and feel the peace and hope for the future.

~Lois TenEyck, TCF/Minneapolis, MN

## **RIVER OF TEARS**

Four years gone, my tears still flow making a river who's rapids I know. Tossing my heart with grief, sorrow, regret looking to heaven my heart won't forget those Tears of Joy, of Pride, of Loss. Crystal Rivulets are prayers, they strengthen the bridge to the Gate of eternity on God's Heavenly Ridge

~ Rose Cote, TCF/Valley Forge, PA

## OUR BELOVED CHILDREN REMEMBERED *BIRTHDAYS*

CHILD		PARENTS
RYAN TODD AASEN.....	27	TODD & ADELE AASEN
NICOLE ANNE BLILIE.....	31	SCOTT & RUTH BLILIE
JODIE BREND.....	51	DORIS RHEAULT
ZANE SHANNON BUCHHOLZ .....	60	STEPHANIE DETZEN
CHLOE LOVE CONN .....	72	JEROD & STACY CONN
STEVEN DUANE COOK.....	84	SHARON COOK
SARAH FRANCES GUNDERSON .....	34	JEROME & RAMONA GUNDERSON
DAVID WILLIAM HALLMAN.....	32	LYNETTE MYROLD
KARL HELFTER.....	50	MARK & HELLA HELFTER
JESSE ANDREW KOLNES .....	35	LEOBA KOLNES
TONY MILLER .....	32	SHAWN & JIM MILLER
CHARLES "CHUCK" NELSON .....	65	REVENIA NELSON
CONNER SANDER.....	25	KELLY SANDER
JOSE DANIEL SAUVAGEAU.....	24	MARY BJERKE
GREGORY SEARS.....	33	LORI & JERRY BRADY
GREGORY SEARS.....	33	PERSYS PIERSALL (Grandmother)
JANESSA "JAYE" NICOLE SMITH .....	40	KEITH & MARY GOHDES
TRACY ANN WATELAND.....	49	DENNIS & PAT WATELAND
TRACY ANN WATELAND.....	49	SHARON WATELAND (godmother)

## *ANNIVERSARIES*

CHILD		PARENTS
CALVIN JACOB ARMBRUST.....	1	DAN & SHELLY ARMBRUST
CALVIN JACOB ARMBRUST.....	1	KIM ARMBRUST
RENEE ANN BERNIER.....	3	KENNETH & PATRICIA BERNIER
NICOLE ANNE BLILIE.....	13	SCOTT & RUTH BLILIE
KARI RAE BORGEN .....	14	JOHN & KELLY BORGEN
JAMES DANIEL DEPLAZES .....	1	DAVID DEPLAZES
JULIE M ERICKSON .....	6	JANET ERICKSON
RYAN P GOERTZ.....	4	JAMES & CHERI GOERTZ
SARAH FRANCES GUNDERSON .....	8	JEROME & RAMONA GUNDERSON
DAVID WILLIAM HALLMAN.....	27	LYNETTE MYROLD
TAMARA JO "TAMMY" HINES .....	2	SHARON COOK
SCOTT JAGER .....	1	BEVERLY JAGER
BRANDON NILES .....	2	MARY & MARK TUTTLE
MICHAEL "MIKE" ROY NORBY .....	3	LAROY NORBY
JONATHAN LEVI POITRA.....	10	SUZIE & JAMES HILL
CHERYL L SAMSON .....	9	HENRY (DUKE) & PATRICIA SAMSON
BERNARD "BERNIE" WATELAND.....	11	SHARON WATELAND (sister)
PAIGE WIGHTMAN .....	4	DAVID & MICHELLE WIGHTMAN
MELINDA JOY WINTERROTH .....	1	MONTY & JOANNE WINTERROTH

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.



## 2020 Holiday Angels



### Given By:

### In Memory of:

SHERYL CVIJANOVICH  
 LEROY & DONNA KORNELIUS  
 LARRY & LOIS GANGNES  
 MARY & KEITH GOHDES  
 DEB WAYMAN  
 DENNIS & SHIRLEY BJERKEN  
 JOE LEGGIO  
 ANTHONY & KAREL VARRIANO  
 RICHARD & LINDA OLSON  
 DEAN & JEANNIE LAMB  
 MARK & HELLA HELFTER & LORAIN FLEEMAN  
  
 NANCY & JOHN TEEUWEN  
  
 LINDA & MARK MERCK  
  
 LORETTA KEISACKER  
 SCOTT & RUTH BLILIE  
 DEWAYNE PETERSON  
  
 LOYSE PORTER  
 ANGELINE STEICHEN  
 SHERRY LASSLE  
 PAULINE RINKE  
 MICHAEL & RHONDA QUALLEY  
 CLARE & RICHARD ELLESS  
 PHILIP & OPAL M BACHMEIER  
 BLAKE & CHRISTINA DAHLBERG  
 JERRY & AMY NOESKE  
 CRAIG & DEANNA BRAUN  
 ROSEMARY FESKE  
  
 SHARON COOK  
  
 BECKY NELSON  
 ANTHONY & LORETTA SCHUMACHER  
 LINDA & TOM HENDERSON  
 TOM & LEAH TVEDT  
 FR. RAY COURTRIGHT  
 MARY TOBOLT  
 DARLENE SIMONSON  
 NEIL & KATHLEEN PROCHNOW & FAMILY  
 LEE & LUANNE SCALLON  
 RUSSELL & SHARON LALUM  
 BRENDA KLUTH  
 LUELLA KLEINGARTNER  
 CONNIE & BARRY RONGEN  
 TODD & ADELE AASEN

MATT CVIJANOVICH  
 KELLY BOYES  
 LANNIE LEE KORNELIUS  
 BRENT M GANGNES  
 JANESSA SMITH  
 HEATHER WREN  
 BRIAN BJERKEN  
 ANNIE PAGE LEGGIO  
 CHAD VARRIANO  
 MATTHEW ALLEN OLSON  
 CAITLIN POSCH  
 DAVID HELFTER  
 KARL HELFTER  
 BRANDI ROSE IRENE TEEUWEN  
 BABY MORKASSEL  
 CARTER OLSON  
 BENJAMIN MERCK  
 ZACHARY COLE  
 CARLA RAE TRUITT  
 NICOLE ANNE BLILIE  
 KENT PETERSON  
 SHERI BJORGEN  
 KEVIN DILLENBURG  
 BARBARA COSSETTE  
 JAYME LASSLE  
 LOGAN RINKE  
 ANNIKA L QUALLEY  
 TARI ELLESS HELLER  
 STEVEN M BACHMEIER  
 RILEY DAHLBERG  
 SAMUEL JEROME NOESKE  
 ANDREW HOWARD BRAUN  
 STEVE FESKE  
 VICKY HOLWEGER  
 TAMMY JO HINES  
 STEVEN DUANE COOK  
 RYAN DEAN NELSON  
 JENNIFER SCHUMACHER  
 MARC HENDERSON  
 DANE ADAM TVEDT  
 BABY CARTER KLINGER  
 SCOTT ANTHONY TOBOLT  
 WANDA HAGEN  
 REED JOEL PROCHNOW  
 JESSE DANIEL SCALLON  
 CARMEN LALUM  
 BRANDON KLUTH  
 DAVID KLEINGARTNER  
 CHLOE GRACE RONGEN  
 JOSEPH "JOEY" DARRIN BETTS  
 RYAN TODD AASEN



## 2020 Holiday Angels



### Given By:

### In Memory of:

DIANE FENSKE  
 CHARLES, SANDRA, KIARA, & MATTHEW  
 KLINKHAMMER  
 SCOTT & JAMIE OLSON  
 JOAN & STEVE HALLAND  
 KEITH & SANDRA KISER  
 GLENNIS OLSON  
 BILL & LOIS SCHAFER  
 PAT SAMSON

NATHAN ANDERSON  
  
 ALEXANDER BRENT KLINKHAMMER  
 AUSTIN WAYNE WAGAR  
 COLE HALLAND  
 CORDELL ALAN KISER  
 JAMIE CLIFFORD OLSON  
 ERIC JOHN SCHAFER  
 HD 'DUKE' SAMSON  
 CHERYL SAMSON  
 CHRIS SAMSON  
 JOHN FRISCH  
 CALVIN ARMBRUST  
 ERIC C LARSON  
 DAVID WILLIAM HALLMAN  
 KYLE QUITTSCHREIBER  
 SARAH F GUNDERSON  
 CHARLES NELSON  
 JOSE SAUVAGEAU  
 KRISTOPHER WEISS  
 JAYSON P HAUGEN  
 WILLIAM "BILL" COWDEN  
 KEVIN SCOTT COWDEN  
 ROBIN VIGDAL HOSLER  
 ERIK HINZPETER  
 RYAN GOERTZ  
 MATTHEW WINTER  
 ADYSON JEAN KNUDSEN  
 JARED NILLES  
 MATTHEW J GAFFNEY  
 AARON DEUTSCHER  
 ALLISON DEUTSCHER  
 BRIELLE DEUTSCHER  
 UNBORN BABY DEUTSCHER  
 MATT HOLLAND  
 TRACY ANN WATELAND  
 CORA WAGNER  
 DANA KEBLAR  
 FRED FINCH  
 ISAAC ENGELSTAD  
 DERRICK DENNIS JACOBS  
 JON POITRA  
 CALVIN ARMBRUST  
 NICK BAILEY

ARLEEN FRISCH  
 DAN & SHELLY ARMBRUST  
 CRAIG & BARB LARSON  
 LYNETTE MYROLD  
 KEVIN & KATHY QUITTSCHREIBER  
 JEROME & RAMONA GUNDERSON  
 REVENIA NELSON  
 MARY BJERKE  
 HERMAN & RENNAE WEISS  
 PAULETTE J HAUGEN  
 WALTER & KARIE COWDEN

LEANN & JOHN RINDT  
 JIM & CHERI GOERTZ  
 DAN & CAROL WINTER  
 JIM & KATHY FREICHEL  
 CAROLYN NILLES  
 ANNE & JERRY BARBEE  
 LYNN & DONNA MICKELSON

CHAD & RHONDA HOLLAND  
 PAT & DENNY WATELAND  
 DONNA WAGNER  
 DEBBY & DAVID FACEY

SETH & DEVI ENGELSTAD  
 TROY & DENISE JACOBS  
 JIM & SUZIE HILL  
 KIM ARMBRUST  
 PAUL & KARA BAILEY

HANSON-RUNSVOLD FUNERAL HOME  
 KORSMO FUNERAL HOME

HAPPY HOLIDAYS FROM THE FARGO/MOORHEAD CHAPTER  
 OF THE COMPASSIONATE FRIENDS



Sue

Tracy - Kelsey

David - Annie

Amy - Eric - Gail

Joseph - Reed – Ryan

Dana - Sheri - Matthew

Nathan - Brent - Brandi - Benjamin

Eric - Tyler - Scott - David - Nancy

Doug - David - Matthew - Hallie - Nicholas

Robin - Michelle - Andrew - Riley - Brian - Kari

David - Joseph – Matthew - Lannie

Tari - Nicole - Mary-Alice - Michael - Bruce

Roy - Zayne - Gregory - Nicholas - Dane - Cole

Zandyn - Jayme - Jonathan - Amelia - Steven

Heather - Heidi - Chloe - Cheryl - Sandra - Jarad

Alexander - Konnie - Dylan - Allison - Baby Deutscher

Brielle - Aaron - Austin - Cordell - Jamie - Sarah - Michael - Adam

Matthew - John - Nathan - Kyle - Andrew - Bill - Ashley

Rand - Annika - Adyson - Kyle - Julie - Eric - Katie - Matthew

Todd - Carmen - Logan - Brent - Tony - Brandon - Karl - Ryan

Anne - Matthew - Kent - Paul - Sonny - Jessica - Jacob - Jose - Ashley

Paul - Kevin - Gregory - Ryan - Paige - Carla - Chad - Carson - Alexander

Melody - Spencer - Jeffrey - Jayson - Vicky - Alexander - Jessica - Chloe - Hazel

Carter - Nate - Zane - Samuel - David - Reagan - Theresa - Jesse - Renee - Mike - Jesse - Derrick

Teresa - Olivia - Jessy - Steven - Justin - Herman - Kevin - Nicholas - Wesley - Joey - Holly

Chuck - Travis - Issac - Jennifer - Marc - Josh - Donna - Micah - Kristopher - Kyle - Davin - Pamela - John

Darin - Dennis - Justin - Thomas - Brandon - Tammy - Rachel - Timothy - Suzette - Sheryl - Robert

Amanda - Conner - Laurie - Caitlin - Dillon - Jodie - Kammi - Alivia - Derek - Johnny - Erik - Kent - Whylix

Cora - Kevin - John - Bonzo - Darren

Wanda - Barbara - Benjamin

James - Calvin

Melinda - Scott

Jaye - Larissa

Corey - Steven

Kasie – Douglas

“Commitment to life and living for yourself, spouse and family, and commitment to your child’s memory are four choices you must make. Each one requires perseverance and patience. Failure to make these commitments will extend the tragedy by increasing the loss.”

~ Nancy Hogan

## HELP FOR THE HOLIDAYS

### YOU ARE NOT ALONE

Holidays are often difficult for anyone who has experienced the death of someone loved. Rather than times of family togetherness, sharing and thanksgiving, holidays can bring feelings of sadness, loss and emptiness.

### LOVE DOES NOT END WITH DEATH

Since love does not end with death, holidays may result in a renewed sense of personal grief – a feeling of loss unlike that experienced in the routine of daily living. Society encourages you to join in the holiday spirit, but all around you the sounds, sights and smells trigger memories of the one you love who has died.

No simple guidelines exist that will take away the hurt you are feeling. We hope, however, the following suggestions will help you better cope with your grief during this joyful, yet painful, time of the year. As you read through this, remember that by being tolerant and compassionate with yourself, you will continue to heal in your personal grief experience.

### TALK ABOUT YOUR GRIEF

During the holiday season, don't be afraid to express your feelings of grief. Ignoring your grief won't make the pain go away and talking about it openly often makes you feel better. Find caring friends and relatives who will listen – without judging you. They will help make you feel understood.

### ELIMINATE UNNECESSARY STRESS

You may already feel stressed so don't over-extend yourself. Avoid isolating yourself, but be sure to recognize the need to have special time for yourself. Realize also that merely "keeping busy" won't distract you from your grief. Experience suggests that it only increases stress and postpones the need to talk out thoughts and feelings related to your grief.

### BE WITH SUPPORTIVE, COMFORTING PEOPLE

Identify those friends and relatives who understand that the holiday season can increase your sense of loss and who will allow you to talk openly about your feelings. Find those persons who encourage you to be yourself and accept your feelings both happy and sad.

### MENTION THE NAME OF THE PERSON WHO HAD DIED

Include the person's name in your holiday conversation. If you are able to talk candidly, other people are more likely to recognize your need to remember that special person who was an important part of your life.

### DO WHAT IS RIGHT FOR YOU DURING THE HOLIDAYS

Well-meaning friends and family often try to prescribe what is good for you during the holidays. Instead of going along with their plans, focus on what you personally want to do. Discuss your wishes with a caring, trusted friend. Talking about these wishes will help you to clarify what it is you want to do during the holidays. As you become aware of your needs, share them with your friends and family.

### BE TOLERANT OF YOUR PHYSICAL OR PSYCHOLOGICAL LIMITS

Feelings of loss will probably leave you fatigued. Your low energy level may naturally slow you down. Respect what your body and mind are telling you and lower your own expectations about being at your peak during the holiday season.

### EXPRESS YOUR FAITH

During the holidays, you may find a renewed sense of faith or discover a new set of beliefs. Associate with people who understand and respect your need to talk about these beliefs. If your faith is important, you may want to attend a holiday service or special religious ceremony.

### EMBRACE YOUR TREASURE OF MEMORIES

Memories are one of the legacies that exit after the death of someone loved. And holidays always make you think about times past. Instead of ignoring these memories, share them with your family and friends. Keep in mind that memories are tinged with both happiness and sadness. If your memories bring laughter, smile. If your memories bring sadness, then it's all right to cry. Memories that were made in love – no one can ever take them away from you.

### RENEW YOUR RESOURCES FOR LIVING

Spend time thinking about the meaning and purpose of your life. The death of one loved creates opportunities for taking inventory of your life – past, present and future. The combination of a holiday and a loss naturally results in looking inward and assessing your individual situation. Make the best use of this time to define the positive things in life that surround you.

### PLAN AHEAD FOR FAMILY GATHERINGS

Decide the family traditions you want to continue and the new ones you would like to begin following the death of someone loved. Structure your holiday time. This will help you anticipate activities, rather than just reacting to whatever happens. Getting caught off guard can create feelings of panic, fear and anxiety during a time of the year when your feelings of grief are already heightened. As you make your plans, however, leave room to change them if you feel it is appropriate.

### AS YOU APPROACH THE HOLIDAYS, REMEMBER: GRIEF IS BOTH A NECESSITY AND A PRIVILEGE

It comes as a result of giving and receiving love. Don't let anyone take your grief away. Love yourself. Be patient with yourself. And allow yourself to be surrounded by loving and caring people

~ Dr. Alan Wolfelt

When someone you love becomes a memory, the memory becomes a treasure.

~Author Unknown

## SANTA LOST A CHILD

Santa lost a child.  
You can see it in his eyes.  
There's a spot of deep dark wisdom there.  
Behind the krinkling brightly twinkling hides the tender  
sadness of a long lost love.

Santa lost his only child.  
You can see it in his hands.  
They are soft and sure when he holds a young first born.  
They are folded firmly with respect when he counsels an only  
on what the future may bring.

Santa lost a daughter.  
You can see it in how he is with girls.  
He beams bright with glee as he beholds the princess in each,  
the pretty one who will live long ... and healthy ... and  
happily ever after.  
May theirs be the dreams that come true.

It was well before the days of yore when Santa was just a  
mortal man, when his soulmate Jess could bear but a single  
child, when that child blossomed into a practically perfect  
little girl, when that cherished little girl had just turned  
nine.  
That's when the illness took its wretched hold and reduced her  
to a wisp.  
And, on a cold gray day, she blew away in the wind.

Santa lost a child, his only child, his darling daughter, the love  
of his life.  
Now you know why Santa and his wife forsook the mortal  
world.  
And now you know why Santa loves every child as if each  
were his very own.

~ R. M. Mebane

## THE RED RIBBON

One tradition we started last year was tying a big red ribbon around the tree in front of our house. This was our "Bryan" decoration. It was there to tell the world (or at least a little bit of it that drove down Morningside Drive) that we were thinking of our son. The neighbors, of course, asked us why we had hung this big red ribbon on our front tree. It was kind of an odd decoration, in kind of an odd location. Well, we explained it to one neighbor and they explained it to another. . .and so on. Soon, many of the front trees on Morningside Drive were decorated with big red ribbons. It gave me a very heartwarming feeling to drive home each day and see these ribbons. They told me that the neighborhood was thinking about us and thinking about Bryan.

~ Cindy Fisher, TCF/Cincinnati, OH

## Hope as a Goal

Hope for a healed future and a new normal life is difficult to see in the shadow of the loss of a child. Hope is always present in our lives but must be sought, perhaps as a goal. Don't ever give up hope that your pain will subside and that someday a peaceful feeling will take its place. This attainment of peace does not happen overnight, unfortunately. Keep sight of your goal and someday it will be a reality.

~ Janet Sonnen, TCF/Salem, OR

## On a Night in December

As days moved on towards winter, and trees were going bare,  
we were faced with shopping malls where carols filled the air.  
And thoughts all turned to loved ones,  
those present, and those not.  
For us, whose lives were drained of light,  
it was solace that we sought.

And so began a journey  
of candles round the earth  
bringing light to darkness  
and honoring the worth  
of children held so dear to us  
but never to grow old,  
whose lives filled our life tapestries,  
with threads of finest gold.

Now we gather on this night  
and watch the candles burn  
see their pictures, say their names  
one by one, in turn.

And our children, brothers, sisters,  
for whom we gather here,  
let us know, in the candles glow,  
that they are always near.

Their light will still surrounds us;  
their love will always flow.  
As we leave may we remember,  
that this is ever so.

From *Catching the Light – Coming Back to Life after the Death  
of a Child*

~ Genesse Bourdeau Gentry

Written for TCF Marin's 2003 Candle Lighting Service



## COMING UNWRAPPED

We wrap ourselves for the holidays much like the presents we give. The brightly colored paper hides what's within. When people look at us they only see the outside. We promise ourselves we will not come unwrapped. We'll make it through the family celebrations, the church services, and the big occasion. The paper and the ribbon will remain intact. But it is the small thing that manages to untie the bow. The little insignificant moment, the Christmas parade, the search for the tree, the discovered ornament, the special carol, the memory and the paper gets wrenched off. The true Christmas presence shows itself. The inevitable tide of feelings bursts out of the artificially decorated facade. The emotions pour out. The intense anger wells up. The tears are shed and the holidays come. These are as sure as the tides of the sea and the march of time.

Only a compassionate friend, a bereaved parent, knows of what I speak. Yet the answer isn't in fighting or in denying these feelings. We have paid the price. We have the right to grieve. The resolution of our grief is the grieving. Our hope for all who read this letter is that you will make it through the holidays. We cannot make the pain go away, but know there are others who suffer with you.

We have made it, and together will continue on.

~ Hank Hewett, TCF/Scranton, PA

Dare to reach out your hand into the darkness, to pull another hand into the light.

~ Norman B. Rice

**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: \_\_\_\_\_

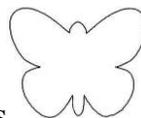
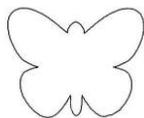
Child's Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Birth Date: \_\_\_\_\_ Death Date: \_\_\_\_\_

Date: \_\_\_\_\_

(Signature)

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



### 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.

### SHARED THOUGHTS ON LOOKING FOR YOUR GIFT

Newly bereaved families often face the holidays with fear and trepidation. Just the fact, holidays continue to go on, can cause outrage. Our sadness is monumental and causes our bodies to resist moving on. We need to be gentle with ourselves; we are going through an emotional rehabilitation. Holidays often renew our grief, even if we are a distance from fresh grief.

We need to selectively choose what traditions are important to our family. If we over commit, we set ourselves up for a letdown when we cannot meet our goals. If you have some traditions that are very important and you are not physically up to doing them, you will find friends and extended family will feel honored if you ask for their help. Most people want to help you get through the holidays, but don't know what to do. Give them the opportunity to feel they are helpful in your healing.

Grieving cannot be put on the shelf until the holidays are over. We need to take time to feel our grief and express our sadness. We also need to take time to try and put a bit of normality in our lives. We must remember it is not disrespectful to laugh. I'm sure our loved one would want us to surround ourselves with caring people who can help us through the holidays. A caring supportive person is one who encourages us to be the best we can be, not one who expects us to be as we used to be.

Our healing will eventually cause our pain to move out and make room for our loved one's memories. We learn to make a new life for ourselves. Holidays get better and we learn how to live again.

We tend to think of life's richest moments as being the joyous, fun filled, carefree days prior to losing our children and siblings. But, as I search for the most meaningful things that have given me strength and a real appreciation for life, they certainly do include the pain, overcoming my despair, losing my son, grandson, and 6 siblings. We cherish the friendships that doesn't always demand a smiling face, and those with the warm touch that says, "share your pain, let me be a part of your grief, don't worry about making us uneasy with tears, we have all been there". Much healing can take place through sharing as we learn to be very honest and courageous with our feelings, which helps us to find hope. Hope helps to restore our love for life and gives us the strength to survive.

This holiday we will all miss our loved ones, who are no longer with us. Though it has been through much pain, you probably have never been so close to your child or sibling or shared such a large part of your life with them. We hope the memories that ache with pain, can also bring you thoughts of love. For those of us who are further removed from our early grief, who can look back and appreciate the strength for our struggle, the compassion from seeing other's pain, wanting to become functional human beings again so we can contribute to making a better world, are gifts our children and siblings have given to us for our survival. These gifts are greater than any fancy bow tied box can contain. Look for your gifts and cherish them.

God Bless,  
~ Marie Hofmockel, TCF/Valley Forge, PA

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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.....701-781-3931	Newsletter Database	Sheryl Cvijanovich ..... 701-540-3287
Secretary	Sheryl Cvijanovich.....701-540-3287	Website Administrator	Sheryl Cvijanovich ..... 701-540-3287
Treasurer	Chuck Klinkhammer .....701-298-2929	Initial Contact	Sheryl Cvijanovich
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.