



# 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  
PO Box 10686  
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[www.tcffargomoorhead.org](http://www.tcffargomoorhead.org)  
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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

**Meetings for 2023 will be quarterly instead of monthly**

**Next Meeting & Topic**  
March 9, 2023 - Bring a Memento

Weather cancellations will be posted on WDAY, KVLV, KFGO and the Fargo Forum online at [www.inforum.com!](http://www.inforum.com!)

#### Dates to Remember

Mom's meeting - 7 pm on January 26th @ Denny's

#### LOVE GIFTS

Paul & Kara Bailey in memory of their son, Nicholas Bailey  
DeWayne Peterson in memory of his children, Kent Peterson and Sheri Peterson Bjorgan  
Sandra Holbrook in memory of her son, Bradley "Brad" Holbrook  
Dan & Carol Winter in memory of their son, Matthew Allen Winter  
Suzie & Jim Hill in memory of their son, Jonathan 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.

#### 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 at 7 pm at the Denny's restaurant, 4437 13th Ave SW, 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 January 26th. For more information, please contact Sheryl at 701-540-3287 or visit our website at [www.tcffargomoorhead.org](http://www.tcffargomoorhead.org).

#### Holiday Angels that were not listed in December's Newsletter

##### Given By

##### In Memory of

DAN & CAROL WINTER .....	MATTHEW ALLEN WINTER
JOHN & MARY TOBOLT .....	SCOTT ANTONY TOBOLT
KELLY SANDER .....	CONNER SANDER
BLAKE & CHRISTINA DAHLBERG .....	RILEY DAHLBERG
ROSEMARY FESKE .....	STEVEN 'HERMAN' FESKE
.....	VICKY HOLWEGER
BILL & LOIS SCHAFFER .....	ERIC SCHAFFER
DARLENE SIMONSON .....	WANDA HAGEN
LEE & LUANNE SCALLON .....	JESSE DANIEL SCALLON
HAROLD & IRENE SCHENCK .....	DOUG SCHENCK

## NEWSLETTER BY EMAIL

We are asking, would you please receive your newsletter by email. We do not want to remove anyone from our newsletter mailing list who is benefitting from receiving it. We hope it is a help to you while going through your grief, giving you better understanding of your feelings and letting you know “We need not walk alone”.

We consider this an important function of our program. If you have email, would you consider receiving your newsletter in email format. You will receive your copy earlier if you opt to receive it by email. If you wish to receive your newsletter by email, please email Nancy Teeuwen at [fmtnwlrtr@live.com](mailto:fmtnwlrtr@live.com) with your full name and your child’s name. **Note:** If you are already receiving the newsletter by email, no action is required.

### New Year's Wishes for Bereaved Parents

**To the newly bereaved:**

We wish you patience with yourselves in the painful weeks, months, even years ahead.

**To the bereaved sibling:**

We wish you and your parents a new understanding of each other's needs and the beginnings of good communication.

**To those who are single parents:**

We wish you the inner resources we know you will need to cope, often alone, with your loss.

**To those experiencing marital difficulties after the death of your child:**

We wish you a special willingness and ability to communicate with each other.

**To those who have suffered the death of more than one child:**

We wish you the endurance you will need to fight your way back to a meaningful life once again.

**To those of you who have suffered the death of an only child or of all your children:**

We offer you our eternal gratitude for serving as such an inspiration to the rest of us.

**To those of you who are plagued with guilt:**

We wish you the reassurance that you did the very best you could under the circumstances, and that your child knew that.

**To those of you who are deeply depressed:**

We wish you the first steps out of the “valley of the shadows.”

**To all fathers and those of you unable to cry:**

We wish you healing tears and the ability to express your grief.

**To those of you who are exhausted from grieving:**

We wish you the strength to face just one more hour, just one more day.

**To all others with special needs that we have not mentioned:**

We wish you the understanding you need and the reassurance that you are loved.

~ Joe Rousseau, Former TCF President

### SEASONED GRIEF

There used to be a point to summing up a year just past  
not as a personal accomplishment but as a reflection.  
Leaving previous hurts behind was welcomed and the sensible thing to do.  
I thought I was getting wiser as I was getting older.

With new years clean and full of possibilities, becoming another person seemed simple,  
another chance at getting it right, like a redemption, being forgiven for  
having blundered or been found wanting.

But death changed everything, without permission.  
Resolutions, made sincerely and broken quickly, offended my need to hold on to the past,  
to rewind life, fast backwards, so I could capture what I had lost.

Still, time went on, regardless of my pleas.  
And when exhaustion set in, as eventually it must,  
I understood there would be another future,  
not the one I thought I had the right to expect  
but one where I dared carry hope in my heart again.

~ Eva Lager, TCF/Perth Western Australia  
From We Need Not Walk Alone, Spring 1999 Issue

## The New Year

With the holidays past, we're off on another 365 now. Some of you, I know, wonder if you can make it. That's such an enormous amount of time to contemplate all at once, isn't it? You may have some of your "firsts" coming in the months ahead, and the normal impulse seems to be to lump all those days together and start dreading them concurrently, like a prisoner serving several life sentences.

It's possible to do it that way, but that's the hard way. Getting through this day may take all the energy you can muster. Why try to handle March or May or July (or whenever your special days are) now? You can't really, and you end up by the trying only defeating yourself in your effort to effectively survive this day. When this day is past, March or May or July will still be there, trying to defeat your tomorrow - but only if you let them!

Get past this day - and tomorrow and tomorrow and tomorrow. By the time March, May or July gets here you will have improved your coping skills. You can better handle your special days with more practice.

I encourage you to know you can and will be better. Use this New Year constructively to facilitate that end, and utilize the help that is available to you through your compassionate friends.

~ Mary Cleckly, TCF/Atlanta GA

## THANKS

Thanks to the friend who did know the right words to say: "There is a group in town who might help you."

Thanks to the parent who somehow found the courage to call that phone number and find out about "that group"

Thanks to the Mother who went to that first meeting knowing that it would really hurt to talk - and talked.

Thanks to the Dad who said, after that first meeting, he could never come back - but did.

Thanks to the parent who, at the fifth meeting, put her arms around a "new one" and said: "They can really help."

Thanks to the Mom who, for the first time, was able to bake cookies for her "compassionate friends."

Thanks to the homemaker who could never talk in front of people - who became a facilitator.

Thanks to the six-foot father who cried in front of the other men - and didn't say he was sorry.

Because of you we will be able to help someone we don't even know - next month.

~ John DeBoer, TCF/Greater Omaha Chapter, NE

## *Someday There*

Somewhere I dream to be  
Somewhere just over there  
Somewhere a place for me  
I've already paid my fare

Someday I'll take my flight  
Someday up to the light  
Someday I'll arrive and be  
Someday There, in Eternity  
~ Donald Moyers, TCF/Galveston County, TX

"I will not say, do now weep, for not all tears are an evil."

~ J.R.R. Tolkien

## RESOLUTIONS FOR BEREAVED PARENTS:

I will grieve as much and for as long as I feel like grieving, and that I will not let others put a time table on my grief.

I will grieve in whatever way I feel like grieving, and I will ignore those who try to tell me what I should or should not be feeling and how I should or should not be behaving.

I will cry whenever and wherever I feel like crying, and I will not hold back my tears just because someone else feels I should be "brave" or "getting better" or "healing by now."

I will talk about my child as often as I want to, and that I will not let others turn me off just because they can't deal with their own feelings.

I will not expect family and friends to know how I feel, understanding that one who has not lost a child cannot possibly know how it feels.

I will not blame myself for my child's death, and I will constantly remind myself that I did the best job of parenting I could possibly have done. But when feelings of guilt are overwhelming, I will remind myself that this is a normal part of the grief process and it will pass.

I will not be afraid or ashamed to seek professional help if I feel it is necessary.

I will commune with my child at least once a day in whatever way feels comfortable and natural to me, and that I won't feel compelled to explain this communication to others or to justify or even discuss it with them.

I will try to eat, sleep and exercise every day in order to give my body strength it will need to help me cope with my grief.

I will know that I am not losing my mind and I will remind myself that loss of memory, feelings of disorientation, lack of energy and a sense of vulnerability are all normal parts of the grief process. I know that I will heal, even though it will take a long time.

I will let myself heal and not feel guilty about feeling better.

I will remind myself that the grief process is circuitous - that is, I will not make steady upward progress. And when I find myself slipping back into the old moods of despair and depression, I will tell myself that "slipping backward" is also a normal part of the grief process and these moods, too, will pass.

I will try to be happy about something for some part of every day, knowing that at first, I may have to force myself to think cheerful thoughts so eventually they can become a habit.

I will reach out at times and try to help someone else, knowing that helping others will help me to get over my depression. Even though my child is dead, I will opt for life, knowing that is what my child would want me to do.

~ Nancy A. Mower, TCF/Honolulu, HI

## To Start a New Year

If I can concentrate on the moral and spiritual side of the holidays

I can make it through.

If I can absorb the love and warmth that was the beginning

I can give love back.

If I can share the grief and love that is in me through these holidays

I can start a new year.

~ Tom Spray, TCF/Ventura, CA

## OUR BELOVED CHILDREN REMEMBERED *BIRTHDAYS*

CHILD		PARENTS
NICHOLAS LEE BAILEY .....	30.....	PAUL & KARA BAILEY
BROOKE BASSINGTHWAITE .....	33.....	RENAE BASSINGTHWAITE
KONNIE JEAN CHAFFEE.....	50.....	MARK & JEAN CHAFFEE
NANCY PRATT COASH.....	64.....	PATRICIA PRATT
WILLIAM "BILL" COWDEN .....	56.....	WALTER & KARIE COWDEN
BRIELLE DEUTSCHER .....	12.....	LYNN & DONNA MICKELSON (Grandparents)
JESSICA DONAHUE .....	34.....	SHANNON & TIM DENNISON
ERIK HINZPETER.....	43.....	JOHN & LEANN RINDT
MATTHEW R HOLLAND .....	27.....	CHAD & RHONDA HOLLAND
DANA DAWN KEBLAR .....	45.....	DEBORAH FACEY
MICHAEL L LIVDAHL.....	29.....	ROBERT & TANYA LIVDAHL
TANNER ORVIK.....	23.....	KIRSTEN ORVIK
CHAD MICHAEL RINNELS .....	48.....	MIKE & CHERYL RINNELS
MATTHEW ALLEN WINTER.....	36.....	CAROL & DAN WINTER

## *ANNIVERSARIES*

CHILD		PARENTS
NATHAN ANDERSON.....	22.....	DIANE & JAY FENSKE
SHERI PETERSON BJORGAN.....	23.....	DEWAYNE PETERSON
HARPER DEKKER BLAKE .....	1.....	JADEN & MENDI BLAKE
ANDREW HOWARD BRAUN .....	17.....	CRAIG & DEANNA BRAUN
OLIVIA MAE BUTH.....	5.....	TIM & MELANIE BUTH
SANDRA DIANE CASELLA.....	11.....	RICHARD & DIANE MACGREGOR
MATTHEW ISAAC CVIJANOVICH.....	18.....	SHERYL CVIJANOVICH
JAKE EDMUND DAVIS.....	2.....	ED DAVIS
JESSICA DONAHUE .....	4.....	SHANNON & TIM DENNISON
RACHEL ELIZABETH ELLINGSON .....	4.....	PATRICIA & ERIC MONSON
NATHANIEL "NATE" HAALAND .....	2.....	SUSAN PETRY
MATTHEW R HOLLAND .....	8.....	CHAD & RHONDA HOLLAND
DERRICK DENNIS JACOBS.....	5.....	TROY & DENISE JACOBS
ELIJAH ORVIK.....	1.....	KIRSTEN ORVIK
TANNER ORVIK.....	23.....	KIRSTEN ORVIK
JESSE DANIEL SCALLON .....	5.....	LEE & LUANNE SCALLON
ERIC JOHN SCHAFER .....	8.....	BILL & LOIS SCHAFER
JANESSA "JAYE" NICOLE SMITH.....	3.....	KEITH & MARY GOHDES
SHERYL ANN TOBAR.....	4.....	ANGIE SCHLICHT
CARLA RAE TRUITT .....	6.....	LORETTA KEISACKER
LARISSA UNGER.....	3.....	JON & CYNTHIA UNGER

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

## Healing the Bereaved Child

Support groups help bereaved kids by:

\*Countering the sense of isolation many bereaved children experience in our shame-based, mourning-avoiding culture.

\*Providing emotional, physical and spiritual support in a safe, non-judgmental environment.

\*Allowing them to explore their many thoughts and feelings about grief in a way that helps them be compassionate with themselves.

\*Encouraging members to not only receive support and understanding for themselves, but also to provide help to others. (We know that children do not like to be different from peers and often resist being singled out for purposes of receiving help.)

\*Offering new ways of approaching problems (e. Q. how to respond to the peer who makes fun of the fact that someone in their life has died).

\*Helping them trust in what, for many, seems like an unsafe, uncaring world.

\* Providing a supportive environment that can rekindle their love for life and living. In short, as bereaved children give and receive help, they feel less helpless and are able to discover continued meaning in life. Feeling understood by their peers and effective adult leaders brings down barriers between the bereaved child and the world outside. Our mourning-avoiding culture often invites children to keep their grief internalized and to adopt ways of avoiding the painful, but necessary, work of mourning. Support groups instead foster the experience of trusting and being trusted and have the potential of doing wonders in meeting the needs of bereaved children.

Excerpts from Dr. Alan D. Wolfert Bereavement Magazine  
March/April 98  
Bereavement Publishing, Inc.  
8133 Telegraph Dr  
Colorado Springs, CO 80920

## Grief is Not An Enemy

At my brother's funeral a Lady said "You seem to be doing so well." "No, I'm doing quite poorly thank you." I responded

She did not give up, and said, "Well you don't seem to be upset." I did not want to get into any discussion, but I had acted as if nothing had happened as long as I could and I reacted. "If I were doing so well with my grief I would be over in the corner curled up in a fetal position crying, not standing here acting as though no one had died."

We are doing well with our grief when we are grieving. Somehow we have it backwards. We think people are doing well when they aren't crying. Grief is a process of walking through some painful periods toward learning to cope again.

We do not walk this path without pain and tears. When we are in the most pain we are making the most progress. When the pain is less, we are coasting and resting for the next steps. People need to grieve. Grief is not an enemy to be avoided; it is a healing path to be walked.

~ Doug Manning, From: "The Gift Of Significance"

## This Can't Be

This is still such a shock to me

This really can't be!

I don't want to believe this is real

This is not something that I want to feel!

You just came back, you can't leave for good

If I could change this all...I would.

You were the one that was always there.

You were the one to always care.

Now a picture is the only way to see you.

I really don't know what to do.

You'll always be my big sister,

But life's not the same.

Life without you seems so lame.

No more car rides, no more late nights.

No more singing and no more play fights.

Where are you? You should still be here.

Where are you? I can't find you anywhere.

I need you still you just can't go away.

I need you here, please come back and stay!

Useless to pray you'll come back, you're gone.

God took you with Him to call his own.

But you'll always be present here in our hearts.

You always have been, right from the start.

This is still such a shock to me,

This really can't be!

~ Lilli Pugh, TCF/Houston Northwest, TX

In Memory of my sister, Mandi

## WHEN SIBLINGS ARE GRIEVING

The sibling group of the Acadiana Chapter, Lafayette, LA, has prepared a list of concerns that siblings who are grieving must cope with. These issues and suggestions are relevant not only for parents but for family members, friends, and teachers as well.

1. Don't overprotect us. We are trying to fit back into our lives, and overprotecting us makes it harder.
2. Many feel that being stoical is being strong. Don't hide your grief from us. Show us that you grieve, too, so we will come to you when we are hurting.
3. Information is important. We want to know what has happened or is happening, but we are often afraid to ask for fear of hurting you more than you already hurt. Please give us opportunities to ask questions, and please answer our questions truthfully.
4. We often feel we are being ignored when we are left with other people, especially when these people won't talk to us about what is going on. Parents and family members can help us when they help others to be open.
5. Grief is an individual experience. Sometimes when we are hurting badly, we need to be left alone. Please honor this need.
6. Grief is not a placid experience: it is full of ups and downs. Sometimes we're happy when you are sad. and sometimes we're sad when you are happy. Help us to accept that this is all right.
7. Advice and easy answers to difficult philosophical questions don't help. Don't tell us something just to be saying something. It's all right to tell us that you don't have all the answers.
8. Don't tell us that we won't understand when we ask questions. We understand more than you think we do.

~ The Sibling Group, TCF, Acadiana Chapter, LA

## **I wish someone had told me...**

1. No matter how prepared you think you are for a death, you can never be fully prepared for the loss and the grief.
2. You can plan for death, but death does not always comply with our wishes or plans.
3. "Stop avoiding and be present."
4. "Dying is not like you see on TV or in the movies. It is not peaceful or prepared. You may not have a spiritual or meaningful moment. It's too real."
5. A hospital death is not always a bad death.
6. A home death/hospice death is not always a good death.
7. "There will be pressure from others to move on, even minutes or hours after a death, and this can lead to regrets".
8. "Death is not an emergency. There is always time to step back and take a moment to say goodbye."
9. Death and grief make people uncomfortable, so be prepared for awkward encounters.
10. You will plan the funeral while in a haze. If you aren't happy with the funeral you had, have another memorial service later.
11. When people offer support, take them up on it.
12. People will bring you food because they don't know what else to do. Don't feel bad throwing it away.
13. People will say stupid, hurtful things without even realizing it.
14. People will tell you things that aren't true about your grief.
15. Death brings out the best and the worst in families, so be prepared.
16. There is no such thing as closure.
17. There is no timeline for grieving. You can't rush it. You will grieve, in some form, forever.
18. "There will always be regrets. No matter how much time you had, you'll always want more".
19. Guilt is a normal part of grief.
20. Anger is normal part of grief.
21. "The pain of a loss is a reflection of love, but you never regret loving as hard as you can."
22. Grief can make you question your faith.
23. "Grief doesn't come in five neat stages. It's messy and confusing."
24. Grief makes you feel like you are going crazy.
25. Grief can make you question your life, your purpose, and your goals. And that isn't always a bad thing.
26. We all grieve differently, which can create strain and confusion between family members and friends.
27. "However badly you think it is going to hurt, it's going to be a million times worse".
28. You may find comfort in very unexpected places.
29. "You should go somewhere to debrief after caregiving".
30. "The last 24 hours of their lives will replay in your mind".
31. Trying to protect children from death and the emotions of grief isn't helpful.
32. "It's sometimes necessary to seek out new ways to grieve on your own, find new guidance if the people who are supposed to be supportive simply haven't learned how."
33. "You grieve your past, present, and future with that person".
34. Big life events and milestones will forever be bittersweet.
35. Grief triggers are everywhere. You will see things that remind you of your loved one all over the place, and it may lead to sudden outbursts of emotion.
36. "You lose yourself, your identity, meaning, purpose, values, your trust".
37. Holidays, anniversaries, and birthdays will be hard forever.
38. People will tell you what you should and shouldn't feel, and how you should and shouldn't grieve. Ignore them.
39. "The grief process is about not only mourning the loss, but getting to know yourself as a different person."
40. There is no normal when it comes to grieving.
41. Sometimes it gets worse before it gets better.
42. "It's normal to feel numb after it happens. The tears will come. They come in waves."
43. Grief can make you feel selfish and entitled, and that's okay (at least for a while).
44. Meeting new people, who never knew the person who died, can be hard and sad. But eventually it can be nice to "introduce" them through stories and photographs.
45. The practice of sending thank you notes after a funeral is a cruel and unusual tradition.
46. "People love to judge how you are doing. Watch out for those people."
47. You can't compare grief or compare losses, though people will try.
48. Any loss you grieve is a valid loss, though people will sometimes make you feel otherwise.
49. "Just because you feel pretty good one day it doesn't mean you are cured of your grief."
50. There are many days when you will feel totally and completely alone, whether you are or not.
51. Grief can make you do stupid, crazy things. They may be what you need at the time, but you may regret them later. Cut yourself some slack.
52. Grief can make you a stronger person than you were before.
53. Seeking grief counseling doesn't mean you're crazy or weak.
54. It's okay to cry sometimes.
55. It's okay NOT to cry sometimes.
56. "Time does NOT heal all wounds."
57. "Grief re-writes your address book." Sometimes the people you thought would be there for you aren't, and the people you last expected become your biggest supporters.
58. "You don't get over it, you just get used to it."
59. It is okay to tell people when they are not being helpful.
60. Watch your drinking. Alcohol can quickly become an unhealthy friend.
61. You will have to face your emotions eventually. You can avoid them for a while, but they will catch up with you in the end.
62. Talking isn't the only way to express and process emotions.
63. You will never go back to being your "old self." Grief changes you and you are never the same.
64. Nothing you do in the future will change your love for the person who died. Eventually, you will begin to enjoy life again, date again, have another child, seek new experiences, or whatever. None of these things will diminish your love for the person you lost.

**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. A submitted permission slip is valid for four years from the month received.

Your Name: \_\_\_\_\_

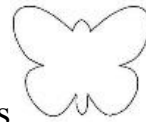
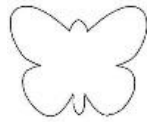
Child's Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

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

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

(Signature)

Please return to: The Compassionate Friends of F-M Area, PO Box 10686, Fargo ND 58106  
(If you have already submitted a permission slip within the past 4 years, 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 four colors (yellow, pink, red 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.

### DRIVING

You know how it is when you are driving: suddenly you realize you've driven several miles, but you don't remember getting there. With grief the miles are years.

Driving is habit. The destination changes; you are to turn left, but you still turn right. When the child in the store calls, “Mom!” I turn the way I always did.

We detour to avoid obstacles.

I drive blocks out of my way to bypass his playground.

If you are old enough, you will see a car like one you owned when you were young, and you will travel back through time.

Yesterday, I saw my child in the passenger seat of a small car approaching a red light. I changed lanes to get a better look. His head was the same, his blue eyes familiar. He was close, but his mother drove him away.

I should have driven forward, but I couldn't. Wiping my eyes, I could see in my rear-view mirror the driver behind me honking his horn, screaming, “What's the matter with you?” The question I was asking myself.

~ Shelly Wagner, The Andrew Poems, 1994.

### Riding the Beast

In grieving the loss of our child, we ride a wild, screaming beast. Suddenly out of nowhere we are forced to mount and ride until the day we reach the end of our own lives. The beast is a frightening, ugly, apocalyptic horse, a raging, unrelenting atomic animal. We cannot get a grip, no matter how we try to cope, rationalize, or pray. We wonder where and how our lives came to be like this. What happened? How is it that one day we are basically OK; we go to bed as we normally do and wake up to a hellish nightmare? How is it that we were going merrily along (more or less) in life - and now, in one fell swoop, we are attached to this beast forever? No matter how much this monster bucks or how high it rears its black mane, we cannot fall off. Occasionally we feel that the animal might quieten, but at any moment it may also try to throw us with a vengeance as (if not more) forceful as before. We know that even as it tries, we cannot be dislodged. We are bound with straps that are as unbreakable as the love that bonds us to our child in the first place; a love forged before our child was conceived. We have no choice; the beast must be ridden just as the work of grief must be done. It is only when we are able to guide the beast to the final stable that we will be reunited with our child and our Creator. Until then, we must continue to ride.

~ John Harris, TCF/Potomac, MD  
His daughter Nichole Ashley Harris, died on in 2002

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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
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

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 for a period of 18 months.