

The Compassionate Friends

Fargo/Moorhead Area Chapter

Supporting Family After a Child Dies

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The F-M Area Chapter of The Compassionate Friends meets the 2nd Thursday of each month at 7 p.m. at
FAITH LUTHERAN CHURCH
127 2ND AVE E
WEST FARGO, ND
Please enter on the west side. Our meeting is in the Fellowship Hall - lower level, west side.

Upcoming Meetings

July 11th
August 8th

Dates to Remember

Mom's meeting - 7 pm on July 25th @ Fry'n Pan
TCF National Conference July 19 - 21, 2019 in Philadelphia, PA
TCF FM Chapter's 13th Annual Walk to Remember - July 27, 2019

"While both joy and sorrow are fleeting, and often intertwined, love has the power to overcome both. And love can last forever." ~ Deb Plouse Fulton

Each of us has a
Self-regulating time clock inside.
Don't rush or push yourself or others.
Go at your own pace.
~ Darcie Sims

Our Mom's group generally meets on the 4th Thursday of the month at 7 pm at the Fry'n' Pan restaurant, 300 Main Ave, 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 July 25th. For more information please contact Sheryl at 701-540-3287 or sherylc13@msn.com.

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 GIFTS

Lyle & Barbs Hansen in memory of their son, Tim Hansen
Pauline & Tim Rinke in memory of their son, Logan Rinke
Lynn & Donna Mickelson in memory of their daughter, Allison Deutscher; son-in-law, Aaron Deutscher; granddaughter, Brielle Faith Deutscher and unborn Baby Deutscher
Jim, Shawn, Alex and Elinah Miller in memory of Orin Larson, Mike Knudson and John Knudsvig
Don & Linda Bartsch in memory of their son, Brent Bartsch, in honor of Mia Ang
Persys Piersall in memory of her son, Rand L Piersall
Pat & Denny Wateland in memory of their daughter, Tracy Ann Wateland
Sherry Lassel in memory of her daughter, Jayme Lassel
Dan & Carol Winter in memory of their son, Matthew Allen Winter
Sharon Wateland in memory of her niece/godchild, Tracy Ann Wateland

We are deeply grateful for the LOVE GIFTS given this month. Our chapter and all chapters are financed solely through your Love Gifts. Donations make this newsletter, postage, books, tapes, etc. possible. Thank you for your tax-deductible gifts.

"In grief, nothing 'stays put'. One keeps emerging from a phase, but it always recurs. Round and round. Everything repeats. Am I going in circles, or dare I hope I'm on a spiral? But if a spiral, am I going up or down?"

~ C.S. Lewis: A Grief Observed

Tracy Ann,
If I could have given you just one thing in life it would
have been the ability to see yourself as we did. Then you
would have known how much you were loved, how
capable you were and how much you had to look forward
to in life. Instead we mourn your loss. Angels took you,
but in our hearts, you will stay!!
Love you Angel Girl!!
Auntie

~ Sharon Wateland, Fargo, ND
Written in memory of her niece, Tracy Ann Wateland

VALLEY OF THE BUTTERFLIES

There is a green, sun drenched valley --
Light with the scent of clover and lilacs -- Where the
butterflies dance.
Leaping and swooping, they reflect colors of every
hue and dimension.
There are Monarchs and Skippers, Swallowtails and
delicate spring Azures. Each dances its unique pattern
Of flits, circles and dives.
Stretching its fragile wings toward the clouds Or
brushing its feet on the succulent grass.
There are no roads, paths, or gates To broach the
valley's entrance;
Yet it is visited often in thoughts and dreams.
Every parent who has sent forth a child
And vainly waited for its return
Comes seeking in the Valley of the Butterflies
And there finds a beautiful spirit, Stretching its wings
to the clouds
And brushing its feet on the grass
Dancing in swoops, flits and dives,
Drying its dewy wings in the warm sunshine of
forever.

~ Marcia Augi, TCF/Trenton, NJ

FIREWORKS

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

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

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

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

ON BUTTERFLY WINGS

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

In silence they appear like messengers of love,
Bringing hope and comfort from heaven above.
These beautiful butterflies so graceful in flight,
Transport us from darkness to color and light.
So when choosing a symbol to help grieving parents cope,
What more than a butterfly could best symbolize hope.
Our hearts stand in awe and hope from within us springs.
As our hearts take flight - On Butterfly Wings.

~ Faye McCord, TCF/Jackson, MS
In loving memory of my son, Lane McCord

REFLECTIONS IN SAND AND TIMES

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

Suicide

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

It's Been a Year

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

Each day spent with you was a
blessing...
Every moment without you is
wrong.
A year has dragged by since you
left here
A time full of anguish and pain..
I've gone through these days
heavy-hearted
Living life down on memory lane.

I remember you as a small baby
With your blonde hair and great
Big blue eyes..
And I think of the years that I
rocked you to sleep
Singing sweet soothing lullabies.
My arms are now aching and
empty
The rocker is pushed out of sight
But I'm still singing all of our
lullabies
In case you are listening tonight.
~ Sally Milaca, TCF/Syosset, NY
In memory of her daughter, Tracey,
on the first anniversary of her death.
1967 - 1994

The Long Forever

You left us so quickly;
there were no goodbyes.
How long this forever,
your death and our lives.
The sadness, the anger,
the loneliness of three,
preferring four always,
how small, this new we.

Genesse Bourdeau Gentry

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

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

~ His Holiness the Dalai Lama

My Turn

by Gregg Williams

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

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

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

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

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

Grief Is Not...

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

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

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

Author unknown

**OUR BELOVED CHILDREN REMEMBERED
BIRTHDAYS**

CHILD	PARENTS
SANDRA DIANE CASELLA.....	51.....		RICHARD & DIANE MACGREGOR
CARTER CASEY.....	19.....		CARL CASEY
ANNE CLEMENSON.....	62.....		MARVIN & DOROTHY CLEMENSON
AARON DEUTSCHER.....	42.....		LYNN & DONNA MICKELSON (In-Laws)
BABY DEUTSCHER.....	7.....		LYNN & DONNA MICKELSON (Grandparents)
JUSTIN L DIETRICH.....	34.....		TRACY & CAROL DIETRICH
HOLLY KAY ELLESTAD.....	44.....		WENDY BLAKENSHIP (Sister)
ALEXANDER DANIEL HIRN.....	22.....		BEVERLY HIRN
JARAD NILLES.....	35.....		RALPH & CAROLYN NILLES
ZANDYN LARRY MALHEIM OLAFSON.....	9.....		BILLY OLAFSON & SHANDRA MALHEIM
NATE OLSBY.....	35.....		NANCY DODD
JUSTIN OLSON.....	31.....		CHERIE HARLAND & BILL BARTHOLOMAUS
MATTHEW ALLEN OLSON.....	44.....		DICK & LINDA OLSON
LOGAN F RINKE.....	29.....		TIM & PAULINE RINKE
AUSTIN WAYNE WAGAR.....	24.....		JAMIE & SCOTT OLSON

ANNIVERSARIES

CHILD	PARENTS
JESSICA MARIE BALSTER.....	3.....		CARRIE BALSTER
BRENT M BARTSCH.....	4.....		DON & LINDA BARTSCH
AKSEL JAMES BIRCH.....	8.....		STACY & AARON BIRCH
HALLIE CLARE BJELLAND.....	14.....		ANDY & RHONDA BJELLAND
ZANE SHANNON BUCHHOLZ.....	2.....		STEPHANIE DETZEN
CARTER CASEY.....	2.....		CARL CASEY
AARON DEUTSCHER.....	7.....		LYNN & DONNA MICKELSON (In-Laws)
ALLISON DEUTSCHER.....	7.....		LYNN & DONNA MICKELSON
BABY DEUTSCHER.....	7.....		LYNN & DONNA MICKELSON (Grandparents)
BRIELLE DEUTSCHER.....	7.....		LYNN & DONNA MICKELSON (Grandparents)
TABATHA HUNTER.....	14.....		RORY & KAREN HUNTER
DEBORAH CHERYL KYLLO.....	4.....		B MICHAEL & GENEVA KNUDSON
SUE ELLEN LARSON.....	37.....		DALE & MARILYN LARSON
JAYME ELIZABETH LASSLE.....	9.....		SHERRY LASSLE
MICHAEL L LIVDAHL.....	6.....		ROBERT & TANYA LIVDAHL
ZANDYN LARRY MALHEIM OLAFSON.....	9.....		BILLY OLAFSON & SHANDRA MALHEIM
NATE OLSBY.....	2.....		NANCY DODD
RAND LOREN PIERSALL.....	5.....		PERSYS PIERSALL
ANNIKA LORRAINE QUALLEY.....	5.....		RHONDA & MICHAEL QUALLEY
ANNIKA LORRAINE QUALLEY.....	5.....		MARLYS KESSEL (Great Grandmother)
NICHOLAS J SADEK.....	14.....		JOHN & TAMMY SADEK
DOUG E SCHENCK.....	15.....		HAROLD & IRENE SCHENCK
JENNIFER SCHUMACHER.....	1.....		ANTHONY & LORETTA SCHUMACHER
ALBERT C "SONNY" SKAR.....	3.....		DARLENE SKAR
ADAM JOSEPH SNYDER.....	6.....		ANNE SNYDER
TRACY ANN WATELAND.....	26.....		DENNIS & PAT WATELAND
TRACY ANN WATELAND.....	26.....		SHARON WATELAND (godmother)
MATTHEW ALLEN WINTER.....	6.....		CAROL & DAN WINTER

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



Fargo Chapter's 13th Annual WALK TO REMEMBER

WHAT: 13th Annual Walk to Remember and Potluck

WHEN: Saturday, July 27, 2019 at 10:30 a.m.

WHERE: South Shelter at Oak Grove Park (shelter #1)

The Compassionate Friends of Fargo-Mhd will hold its 13th Annual Walk to Remember, on Saturday July 27, 2019 at the south shelter at Oak Grove Park, 124 N Terrace in Fargo.

The Walk will begin at 10:30 a.m. and will walk from Oak Grove Park to the Angel of Hope statue in Island Park and then back to Oak Grove Park. We will have a balloon release at Island Park, please bring a balloon if you would like to participate in the release.

We will also be having a butterfly release. Butterflies will be provided by TCF. For those who prefer to walk one-way, rides from Island park back to Oak Grove will be provided. There will be a potluck lunch following the walk and we ask that you please favorite dish to share. There will be outlets for crock pots. If your dish needs to be kept cold, PLEASE BRING IT IN A COOLER so we can keep it cold while we are on the walk.

Walk to Remember T-shirts will be available with a suggested donation of \$5.00 per shirt.

We ask that you please PRE-REGISTER beforehand, but we will have a registration table at the Walk from 9:45 a.m. to 10:15 a.m. We will need your name, number of walkers & your loved ones name.

Pre-Registration – www.tcffargomoorhead.org or you can text Kara at 701-261-0668

**Please bring a picture (no bigger than 5x7 please) or a small memory item to hang up during the walk. Please remember to grab it when you leave.

**This year we will be holding a jar raffle with the proceeds going towards printing our TCF monthly newsletter.

**We will be having face painting for the kids

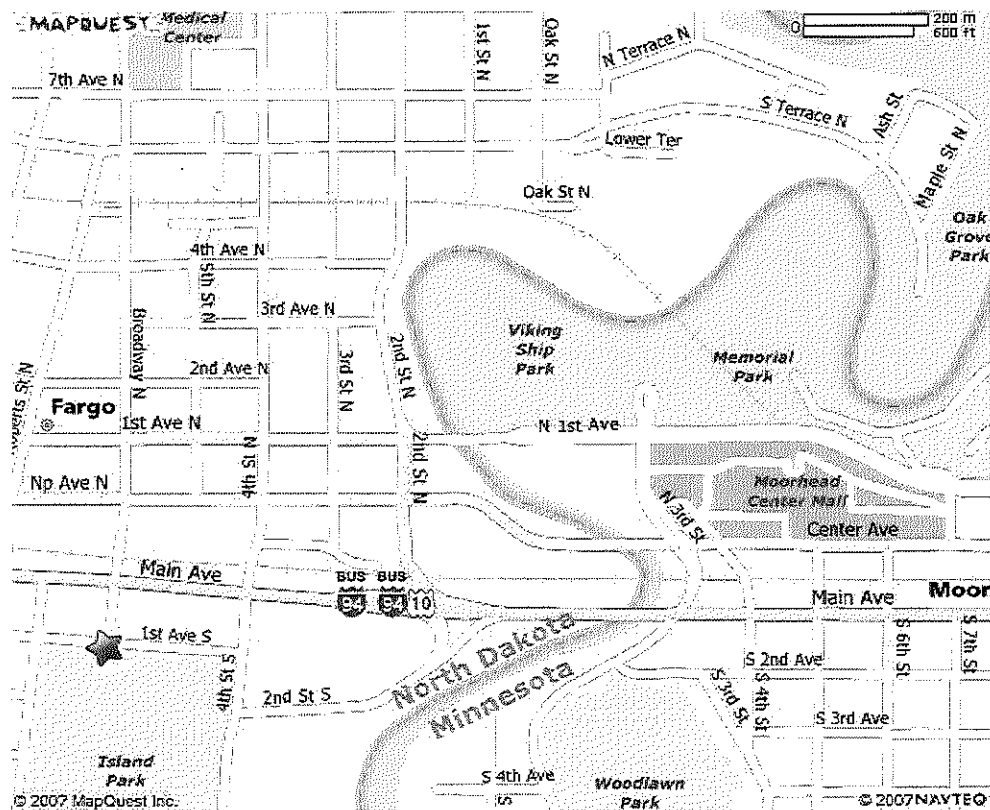
If you have any questions, please contact:

Kara Bailey (Chapter Leader) 701-261-0668

Lori Wiger (Co Chapter Leader) 701-781-3931

Sheryl Cvijanovich 701-540-3287, email sherylc13@msn.com

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



Everyone is welcome to join us; everyone has someone to remember that has been lost.

The total walk is about 3 miles round trip.

SIBLING PAGE

On Sibling Grief from a Grieving Sibling

I am a surviving sibling. Fifteen months ago I was not even familiar with the term...now I am one! How am I doing? What are the guidelines to measure my progress? Why can't I remember when I was told of my brother's death...or the days following the accident for that matter? Did I go crazy? Was it yesterday, or was it over a year ago? Did I laugh just today when I never thought I would laugh again? What is this peaceful feeling that I feel from time to time? Is it healing?

Lee, 29, was my little brother. I remember trying to alternately protect or tease him, make him laugh or make him cry. He was like having a real live baby doll to play with since I was 10 years older than he. (Our Mother said he was the cleanest little boy in the neighborhood. I guess having 3 older sisters is the reason for that!!!)

How can I explain the pain I felt on learning of his accident. I wanted to go to him right away to see that he was OK, but our cousin, Judy, said that wasn't possible. I guess that was when I was told that he was dead...but I don't remember that. I only remember screaming.

When was it that I began to heal? Probably at the same time that I thought I was going totally, certifiably crazy! Then, someone told me about The Compassionate Friends and what they did. I wondered if they could help me but doubted that they could. After all, how could they understand how much I hurt at having lost my precious baby brother or how close we had always been and how he always helped me. Why should they even care about me? But, you know what...they did help. With the help and support of this group of wonderful caring people, I am alive today and working toward a fruitful life. I will never be the same as I was before June 18, 1992, but I truly believe I have become a better person.

While Lee's life taught me so much, his death taught me some invaluable lessons. I have learned to become more aware of life and my own mortality and am more attuned to other needs. I no longer take anything for granted. I miss him terribly but take solace in the belief that he is happy in his new world and that one day we will be reunited.

Sibling grief takes a tremendous amount of time and work. Sometimes just thinking of my brother, looking at his picture, or hearing his favorite song, "God Bless America," reduces me to a teary mess. Sometimes these same things make me smile. But, I am surviving and have developed a new perspective on life. I am closer to and cherish my family more than ever and realize how very important they are. I am dedicated to helping other surviving siblings work through their grief. I pray daily for peace, not only for myself and my family, but for everyone making this journey through grief.

One thing that I have found to be most helpful during the past fifteen months of grief work has been to talk about and to be honest about my feelings. I encourage siblings (and parents) to try to hook up with a support group such as The Compassionate Friends to talk out your feelings and concerns. After all, we've already paid an extremely high price to join this group...the life of our loved one...so why not take advantage of what they have to offer.

You may even find yourself helping someone else (even though you might not believe that now.)

~ Sunday Lee Stanton, Wyoming Valley, PA

Questions/Answers from Bereaved Siblings

Why am I so mad at my sister for dying? She left me alone. I know it wasn't her fault, but I feel so guilty for being angry.

At some time everyone is angry at the person who dies.

Anger does not mean you loved them less, it means the loss is so great that you want the terrible pain to end.

I have terrible nightmares. Sometimes I dream I am dying. I can't tell anyone because they will think I am crazy. Am I?

Some grieving people experience intense dreams. Dreams serve as a healthy outlet for the intense feelings during the day. As time goes on and you deal with your feelings, your dreams will become less frightening.

Suddenly my parents expect me to parent them. I just can't handle it.

This is truly one of the most unfair positions your grief puts you in. Try to share these feelings with your parents.

Hopefully you will be better able to understand one another.

All of a sudden, I burst into tears and cannot control crying.

You have the freedom to cry when you need to. Crying is a normal reaction. You may feel embarrassed, but most people will react with sympathy and wish for themselves that they could cry freely. Crying is a natural outlet to grieving.

I can't concentrate. I can't think and I can't remember anything. I think I am losing my mind.

You are not losing your mind, although it may feel that way. Your mind is probably overloaded. Not only do you have to through your daily routine, but your mind is flooded with thoughts and feelings for your brother or sister. This is temporary; your memory and concentration will return over time.

This Healing Journey
An Anthology for Bereaved Siblings

WE WON'T FORGET YOU

We won't forget you.

Every night before we sleep,

We say a little prayer,

In hopes that when we're sent to heaven

We will find you there.

If only you could send a signal,

A bright shining star above, a quiet little whisper,

A laugh or a cry,

A signal of your love.

If only you could be here

To sing and say your cute little rhymes

To be here when we're saddened for you

To help us through our troubling times

To be here when we need a hug,

Or to see your big bright smile shine through.

Not being able to hear your laugh

Just makes us feel so blue.

For anyone else it's hard to understand

Just what we are feeling inside,

But as long as we pray and know you

Here, in our hearts you'll always abide.

~ Rhonda Desormeau, TCF/Prince Albert, SK

(Rhonda lost her youngest sister to leukemia, in 1991, just 1 year after being diagnosed.)

Daffodil Time

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

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

Daffodils

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

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

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

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

~ Tom Crouthamel, TCF/Sarasota, FL

-Reprinted from the Nashville April 2007 Newsletter

WHAT IF?

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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)



"Butterflies are the heaven sent kisses of an angel." ~ Author Unknown

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

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

Butterfly orders should include the child's first and last name (middle name is optional) and the color of the butterfly. Checks should be made payable to TCF of Fargo-Moorhead and the order mailed to PO Box 10686, Fargo, ND 58106.

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

TCF "Online Support Community" Offers Opportunity for Grief Sharing

The Compassionate Friends national website offers "virtual chapters" through an Online Support Community (live chats). This program was established to encourage connecting and sharing among parents, grandparents, and siblings (over the age of 18) grieving the death of a child. The rooms supply support, encouragement, and friendship. The friendly atmosphere encourages conversation among friends; friends who understand the emotions you're experiencing. There are general bereavement sessions as well as more specific sessions.

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

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

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

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

MISSION STATEMENT: When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.

A SINCERE WELCOME TO ALL COMPASSIONATE FRIENDS... We are a nonprofit self-help organization offering friendship and support to families who have experienced the death of a child. We offer group support, understanding and friendship. Our purpose is to promote and aid parents and siblings in the positive resolution of the grief they are experiencing and to foster physical and emotional health. If you have questions or wish to talk directly to a member of the Fargo-Moorhead Compassionate Friends, please call any of the numbers listed.

FARGO-MOORHEAD COMPASSIONATE FRIENDS BOARD

YOU ARE INVITED TO JOIN THE BOARD AT ANY TIME!

Chapter Leader	Paul & Kara Bailey 701-491-0364	Newsletter Editor	Nancy Teeuwen.....701-730-0805
Co-Chapter Leader	Lori Wiger 701-446-7504	Newsletter Database	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 15th to be included in the next month's newsletter. If you wish to give a love gift please complete:

Love gift given in Memory/Honor of _____

Name _____

Address _____

Relationship _____ Born _____ Died _____

NOTE: By giving a love gift, you are giving us permission to include your child(ren) in our monthly birthdays and anniversaries.