



# The Compassionate Friends

## Fargo/Moorhead Area Chapter

### Supporting Family After a Child Dies

TCF's National Office  
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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 14th  
August 11th

#### Dates to Remember

Mom's meeting - 7 pm on July 28th @ Denny's  
TCF FM Chapter's 16th Annual Walk to Remember - July 30, 2022 at Trollwood Park  
45<sup>th</sup> TCF National Conference August 5-7, 2022 in Houston, TX

#### LOVE GIFTS

Linda Bartsch in memory of her son, Brent M Bartsch  
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.

#### Memories

Memories are flowers growing in the heart, flowers picked on happy days that time arranges in bouquets to warm the heart in tender ways by feelings they impart. Memories are pictures taken through the years, pictures of a smiling face, a happy time, a favorite place. These pleasures time cannot erase, they are kept as souvenirs.

~ Laura Rogers, TCF/Northfield, NJ

#### 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 July 28th. For more information please contact Sheryl at 701-540-3287 or visit our website at [www.tcffargomoorhead.org](http://www.tcffargomoorhead.org).

#### Wondering

When I look upon a star,  
I pause to wonder how you are.  
I know you are the brightest star  
Shinning so bright  
Trying to let me know  
You're walking  
On those streets of gold.  
Sharing them with other angels there in Heaven  
And you are home in your permanent place.  
Miss you and love you forever.

~ Mary Gonda, TCF/Space Coast, FL



## *Fargo Chapter's 16th Annual WALK TO REMEMBER*

Please join us for our annual Walk to Remember on July 30, 2022.

This year our Walk to Remember event will be different than most of the previous years as we are unable to have it at our normal location of Oak Grove Park due to construction. We are finalizing our schedule of activities for the event so please watch our website and our Facebook page for more information.

Things to know for our Walk to Remember for 2022:

There will be no balloon release because Trollwood Park is in the flight paths for Hector International Airport. Instead we will send bubbles to the heavens. The bubbles will be provided.

There will be a butterfly release.

There will be a speaker

There will be a crafts available for the kids and adults. We will have supplies and basic instruction to create some simple items.

Trollwood Park has 3 play areas and a basketball court near the main shelter.

There will be a catered lunch of sandwiches/subs and chips.

Please feel free to bring a dessert to share with everyone.

There will be a silent auction again this year.

If you would like to volunteer to help out or if you have any questions, please check our FaceBook page or contact:

Kara or Paul Bailey (Chapter Leader) – 701-491-0364, email – [baileysfive@msn.com](mailto:baileysfive@msn.com)

Sheryl Cvijanovich – 701-540-3287, email – [sherylc13@msn.com](mailto:sherylc13@msn.com) or email – [tcf1313@gmail.com](mailto:tcf1313@gmail.com)

### **SHARED THOUGHTS ON SETTING YOUR OWN PACE FOR GRIEVING**

When we are in our early stages of grief, it can be a relief to see the summer's flurry of activities end. Picnics, family vacations, gatherings with happy children that once were such special times, can bring additional agony after the loss of a child or sibling. Watching other families, who have not lost one of its members, can cause us to fantasize, what could have been for us.

When we feel so all encompassed with grief, it is hard to imagine that we can one day enjoy life again. Our life seems so irrevocably changed. When we first begin our journey of grief, and pain permeates every part of our being, the road appears so dark and endless. We so desperately need someone to appreciate what we are experiencing and to understand we have been immobilized by our loss. It is normal for those around us, who have not experienced such a loss to want us to "snap back" to our old self. What they cannot appreciate is that all of our reactions are normal. Our fast paced society does not allow us proper time for grieving. It is healthy to cry, and talk about the deceased. It isn't time alone that heals; it is primarily the grief work. And we can only have a healthy, healing grief process when we move at our own pace. Some need to spend more time than others on particular aspects of grief. The age of the deceased, the relationship you had with them, the cause of death and a long list of circumstances can create varying intensity of pain in different areas of grief. Each person in grief has to make their own path. We all hurt to the depth of our capacity, but each path to recovery is unique. It is very helpful to have someone who is non-judgmental with whom we can express our concerns. Putting our thoughts into words can bring healing.

It takes all the strength we can muster up to get our lives back together again. In our early stages of grief, we cannot fathom ever leading a full life, laughing, being productive, or being a functional human being again. It is normal to feel our life is over. As we progress in our grief, and much healing has taken place, it is also normal for the intensity of our emotions to lessen, even though our grief may be a lifelong process. We learn to live without our loved one being physically among us. That does not mean our loved one is not with us in our memory. The memories will always be a part of our being. We will always be the same to each other. Our love does not diminish as our grieving progresses, we remember the good times and put away the thoughts of "I wish I had", or "I should have". The pain softens and our memories are our most prized possession.

It takes a lot of mountain climbing to reach the valley in grief. It cannot be rushed; no one can do it for us.

I hope all the brilliant colors of fall can form a rainbow for you, and give you hope.

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

### **I'M TIRED OF BEING STRONG**

"Forgive me Lord, but I'm tired of being some of the things I've tried so hard to be ... I'm tired of being so capable, so efficient. I'm tired of the compliment, 'You are such a strong person, I admire your strength'. I'm tired of being considered so patient and understanding that people dump their troubles on me. I'm tired of being so cheerful. I want to be free to be cross and complain and not get a 'buck up, old chap' routine. I'm tired of being considered so independent, so strong. Sometimes, at least sometimes, Lord, I want to be weak and helpless, able to lean on somebody, able to cry and be comforted. Lord, I guess there are just times when I want to be a child again, running to climb on my mother's lap."

~ Marjorie Holmes "Hold Me Up a Little"

## 10 Hard Facts About Grief:

1. Some things are beyond our control.
2. There are consequences to being mortal.
3. It's supposed to hurt.
4. Life will never be the same.
5. The rest of the world doesn't share our grief.
6. People will say dumb things.
7. Friends and family will disappoint us.
8. We have to be assertive.
9. Decisions still have to be made.
10. There is no time frame and no road map for grief.

~ Author unknown

## A Day

A laugh a day keeps the heart pumping.

A tear a day keeps the mind clear.

A smile a day gives joy to others.

A hug a day gives the hopeless hope.

A thought a day brings loved ones near.

A memory a day brings you closer to me.

Laughter, tears, smiles, hugs stitched with  
thoughts and memories—

They're all in my days without you.

~ Pam Burden, TCF/Augusta, GA

I have to believe

That you still exist

Somewhere,

That you still watch me

Sometimes

That you still love me

Somehow.

I have to believe that life has meaning

Somehow

That I am useful here

Sometimes,

That I make small differences

Somewhere.

I have to believe that I need to stay here

For some time,

That all this teaches me

Something,

So that I can meet you again

Somewhere.

~ Ann Thorp

## YOU WILL

You will live. Although you feel like you are dying. You will laugh once again. Although you feel that emotion is lost forever. You will think clearly again. Although you feel very confused most of the time.

You will celebrate your child's life. Although now you are enveloped in the whys and ifs of your child's death. You will somehow work your way through this rough work called grieving.

Although today you feel you are slipping backwards. You will find love, understanding and caring with The Compassionate Friends.

Although today you are lonely, isolated and withdrawn. Choose the **You Will**. I did, and it is helping with that large hole in my heart.

~ Carol J., TCF/Fort Lauderdale, FL

## A Grandparent's Point of View

The death of a child is the most tragic thing that can happen to anyone. It affects so many lives – family, friends, and even strangers.

I lost my grandchild through death, and only a grandparent can understand the love a grandparent has for a grandchild and the loss that is felt when the child dies. For a grandparent, it is a double loss. Not only is your grandchild gone, but you also watch your child die each day. The smile that was always on her face is no longer there.

The hurt is so deep and the questions so many. You feel helpless as a parent. You can't kiss the hurt away as you did when she was a child. You have no answers for her questions, for you don't understand the many feelings that you are experiencing yourself. Each day you hope and pray for a little ray of sunshine to show on her face. You search for a little something to say or do that will comfort her. It seems that there is no end to the suffering.

As time goes slowly by, the healing process begins. In time, a ray of hope will show on her face and a smile will make her eyes light up again. She will turn to you for what little comfort you can give her. There will always be a part of you that is gone, but in time you can learn to live with the part that is still here.

~ Ruth Eaton, TCF/Savannah, GA

## LOGIC VERSUS EMOTION

I was thinking recently about how our emotions play such a strong part in how we feel. After my daughter's death (2002), a few people pointed out to me that I shouldn't feel guilty about something I couldn't change. Their advice was logical. But humans aren't like Mr. Spock on Star Trek. You remember that Mr. Spock would frequently chide Captain Kirk for doing something illogical, something based on his feelings.

No, we humans are filled with emotional feelings. It's one of the things that separates us from animals. Even though someone might tell me not to linger in sadness or to feel guilty about my daughter's death because it wouldn't change what happened, I still had both feelings. Even though my logic might tell me to shrug off these unpleasant feelings, I couldn't, at least not for some time. And that's the point. Clear thinking, logical human beings are still subject to powerful emotions, even though those emotions will seem illogical to some people.

Do understand that strong feelings of sadness, loss, and guilt are normal after the death of a child, and at some point logic will allow those feelings to lessen. As our logical minds begin to prevail, we may seek positive ways to remember our child (scholarship funds, charitable donations, etc.) and we may seek positive ways of changing ourselves into better people. At this point our logical minds will push us in a constructive direction and we will feel better. So don't worry excessively about those strong, emotional feelings after the death of your child they're perfectly "logical".

~ David Haddock

## A Solitary Journey

Grief is a solitary journey. No one but you knows the gaping hole left in your life when someone you know has died. And no one but you can mourn the silence that was once filled with laughter and song. It is the nature of love and of death to touch every person in a totally unique way. Comfort comes from knowing that people have made the same journey. And solace comes from understanding how others have learned to sing again.

Helen Steiner Rice, TCF/Pasco County, FL



## OUR BELOVED CHILDREN REMEMBERED BIRTHDAYS



| <b>CHILD</b>                       | <b>PARENTS</b>                                 |
|------------------------------------|--|
| SANDRA DIANE CASELLA .....         | 54 ..... RICHARD & DIANE MACGREGOR             |
| ANNE CLEMENSON .....               | 65 ..... MARVIN & DOROTHY CLEMENSON            |
| AARON DEUTSCHER .....              | 45 ..... LYNN & DONNA MICKELSON (In-Laws)      |
| BABY DEUTSCHER .....               | 10 ..... LYNN & DONNA MICKELSON (Grandparents) |
| JUSTIN L DIETRICH.....             | 37 ..... TRACY & CAROL DIETRICH                |
| WHYLIX EDWIN DITCH .....           | 3 ..... LANCE & TASHARA DITCH                  |
| HOLLY KAY ELLESTAD.....            | 47 ..... WENDY BLAKENSHIP (Sister)             |
| RACHEL ELIZABETH ELLINGSON.....    | 40 ..... PATRICIA & ERIC MONSON                |
| JARAD NILLES .....                 | 38 ..... CAROLYN NILLES                        |
| ZANDYN LARRY MALHEIM OLAFSON ..... | 12 ..... BILLY OLAFSON & SHANDRA MALHEIM       |
| NATE OLSBY .....                   | 38 ..... NANCY DODD                            |
| MATTHEW ALLEN OLSON .....          | 47 ..... RICHARD & LINDA OLSON                 |
| LOGAN F RINKE.....                 | 32 ..... PAULINE RINKE                         |
| SHERYL ANN TOBAR .....             | 58 ..... ANGIE SCHLICHT                        |
| AUSTIN WAYNE WAGAR .....           | 27 ..... JAMIE & SCOTT OLSON                   |

## ANNIVERSARIES

| <b>CHILD</b>                       | <b>PARENTS</b>                                 |
|------------------------------------|--|
| JESSICA MARIE BALSTER .....        | 6 ..... CARRIE BALSTER                         |
| BRENT M BARTSCH.....               | 7 ..... LINDA BARTSCH                          |
| KASIE JOANN BERG .....             | 2 ..... KIMBERLY FOLSTROM                      |
| HALLIE CLARE BJELLAND .....        | 17 ..... ANDY & RHONDA BJELLAND                |
| ZANE SHANNON BUCHHOLZ .....        | 5 ..... STEPHANIE DETZEN                       |
| AARON DEUTSCHER .....              | 10 ..... LYNN & DONNA MICKELSON (In-Laws)      |
| ALLISON DEUTSCHER .....            | 10 ..... LYNN & DONNA MICKELSON                |
| BABY DEUTSCHER .....               | 10 ..... LYNN & DONNA MICKELSON (Grandparents) |
| BRIELLE DEUTSCHER.....             | 10 ..... LYNN & DONNA MICKELSON (Grandparents) |
| JESS R FORD .....                  | 2 ..... SHELLEY FORD                           |
| MARC T HENDERSON.....              | 4 ..... TOM & LINDA HENDERSON                  |
| CLEO CAROL JORGENSEN .....         | 4 ..... FRAN LEINGANG                          |
| SUE ELLEN LARSON.....              | 40 ..... DALE & MARILYN LARSON                 |
| JAYME ELIZABETH LASSLE .....       | 12 ..... SHERRY LASSLE                         |
| MICHAEL L LIVDAHL.....             | 9 ..... ROBERT & TANYA LIVDAHL                 |
| ZANDYN LARRY MALHEIM OLAFSON ..... | 12 ..... BILLY OLAFSON & SHANDRA MALHEIM       |
| NATE OLSBY .....                   | 5 ..... NANCY DODD                             |
| KENT ALAN PETERSON .....           | 3 ..... DEWAYNE PETERSON                       |
| RAND LOREN PIERSALL.....           | 8 ..... PERSYS PIERSALL                        |
| ANNIKA LORRAINE QUALLEY .....      | 8 ..... RHONDA & MICHAEL QUALLEY               |
| CHAD MICHAEL RINNELS.....          | 2 ..... MIKE & CHERYL RINNELS                  |
| NICHOLAS J SADEK.....              | 17 ..... JOHN & TAMMY SADEK                    |
| DOUG E SCHENCK .....               | 18 ..... HAROLD & IRENE SCHENCK                |
| JENNIFER SCHUMACHER.....           | 4 ..... ANTHONY & LORETTA SCHUMACHER           |
| ADAM JOSEPH SNYDER.....            | 9 ..... ANNE SNYDER                            |
| ERIK ANTHONY TORTORICE.....        | 2 ..... ANTHONY & EILEEN TORTORICE             |
| TRACY ANN WATELAND .....           | 29 ..... PAT WATELAND                          |
| MATTHEW ALLEN WINTER.....          | 9 ..... CAROL & DAN WINTER                     |

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

## Ten Healing Rights for Grieving Children

**Author's note: This "bill of rights" for grieving children is intended to empower them to help themselves heal – and to help direct the adults in their lives to be supportive as well.**

Someone you love has died. You are probably having many hurtful and scary thoughts and feelings right now. Together those thoughts and feelings are called grief, which is a normal (though really difficult) thing everyone goes through after someone they love has died.

The following ten rights will help you understand your grief and eventually feel better about life again. Use the ideas that make sense to you. Post this list on your refrigerator or on your bedroom door or wall. Re-reading it often will help you stay on track as you move toward healing from your loss. You might also ask the grown-ups in your life to read this list so they will remember to help you in the best way they can.

- 1. I have the right to have my own unique feelings about the death.** I may feel mad, sad, or lonely. I may feel scared or relieved. I may feel numb or sometimes not anything at all. No One will feel exactly like I do.
- 2. I have the right to talk about my grief whenever I feel like talking.** When I need to talk, I will find someone who will listen to me and love me. When I don't want to talk about it, that's okay, too.
- 3. I have the right to show my feelings of grief in my own way.** When they are hurting, some kids like to play so they'll feel better for awhile. I can play or laugh, too. I might also get mad and scream. This does not mean I am bad, it just means I have scary feelings that I need help with.
- 4. I have the right to need other people to help me with my grief, especially grown-ups who care about me.** Mostly I need them to pay attention to what I am feeling and saying and to love me no matter what.
- 5. I have the right to get upset about normal, everyday problems.** I might feel grumpy and have trouble getting along with others sometimes.
- 6. I have the right to have "griefbursts."** Griefbursts are sudden, unexpected feelings of sadness that just hit me sometimes – even long after the death. These feelings can be very strong and even scary. When this happens, I might feel afraid to be alone.
- 7. I have the right to use my beliefs about my God to help me deal with my feelings of grief.** Praying might make me feel better and somehow closer to the person who died.
- 8. I have the right to try to figure out why the person I loved died.** But it's okay if I don't find an answer. "Why" questions about life and death are the hardest questions in the world.
- 9. I have the right to think and talk about my memories of the person who died.** Sometimes those memories will be happy, and sometimes they might be sad. Either way, these memories help me keep alive my love for the person who died.
- 10. I have the right to move toward and feel my grief and, over time, to heal.** I'll go on to live a happy life, but the life and death of the person who died will always be a part of me. I'll always miss this special person.

~ Alan D. Wolfelt, Ph.D.

*Dr. Wolfelt is a clinical thanatologist and director of the Center for Loss and Life Transition, in Fort Collins, Colorado. This article is reprinted with permission from Bereavement Magazine, 8133 Telegraph Drive, Colorado Springs, CO 80920-7169, [719] 282-1850.*

## Why ?

When my sister died, I asked what every surviving sibling most likely asks himself: Why? For quite awhile this question gave me something to strive for, a purpose to fight for. But what I soon realized was that there was no use in asking. That question is irrelevant; the point is moot. It no longer matters why she died. The fact remains that she died, and there is nothing I can do to change that, including finding the answer to "why?" There is no such answer.

If perchance God would speak to me, would that change anything? If he would say, "Trey, I took your sister because I want her up here in Heaven," what would that mean to me? I still lost her. I would still question God's decision. What it comes down to, however, and although it is hard, we who have lost a sibling must accept the fact that they are now gone. Put aside the fact of why or how they died, and remember that they once lived and they will always be alive in your memory and heart. Bypass the question of why they died, and instead concentrate on how we should now live. Remember, they would have wanted it that way.

~ Trey Martin, TCF/ Hardin County, OH  
From *This Healing Journey—An Anthology for Bereaved Siblings*

## BOYS

Boys

bats, both winged and wood  
bugs, beehives dinosaurs  
balls of every size, color  
some hard, some soft  
bikes, big wheels then ten speeds  
baseball cards and bubble gum  
barber hair cuts  
Bert and Ernie lunch boxes  
Batman and Robin, G-I Joe  
but butterflies  
cannon balls into the pool  
jack knives, and belly flops  
sun burns, sneakers  
and lost towels  
buck teeth, then braces  
bait, worms or bacon  
burps and farts black-eyes, blisters,  
bruises and scabs but butterflies  
and then always good-byes.  
Taddy Dawson, TCF/Valley Forge, PA

## MY FRIEND

At one time you were my world.  
As the years passed us by, you were my brother, my friend.  
The older we grew, the closer we drew.  
We lived our lives and suffered many sorrows, together.  
But to suffer this one alone, I just don't know.  
You made your own rules, you conquered the world, and more-- Heaven's door.  
The world will forever be a little emptier, a little colder, and yet Heaven is so much richer.  
Blessed God, please watch over my friend until I can join him; we'll all join him soon.  
I love you still, my friend.

~ Lori Boyle, TCF/Wellsville, NY



## **TCF "Online Support Community" Offers Opportunity for Grief Sharing**

The Compassionate Friends 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](http://www.compassionatefriends.org), select "Find Support" and click "Online Support" in the Online Community column.

|            |   |   |  |
|------------|---|---|--|
| <b>MON</b> | Parents/Grandparents/Siblings<br>9 am     | First-Time Chatter Orientation<br>8:45 pm | Parents/Grandparents/Siblings<br>9 pm    |
| <b>TUE</b> | First-Time Chatter Orientation<br>7:45 pm | Bereaved Less than Three<br>Years - 8 pm  | Bereaved More than Three<br>Years - 8 pm |
| <b>WED</b> | Parents/Grandparents/Siblings<br>9 am     | Parents/Grandparents/Siblings<br>8 pm     |  |
| <b>THU</b> | No Surviving Children<br>7 pm             | Parents/Grandparents/Siblings<br>8 pm     |  |
| <b>FRI</b> | Parents/Grandparents/Siblings<br>9 am     | Pregnancy/Infant Loss<br>7 pm             | Parents/Grandparents/Siblings<br>8 pm    |
| <b>SAT</b> | Parents/Grandparents/Siblings<br>8 pm     |   |  |
| <b>SUN</b> | Suicide Loss<br>7 pm                      | Parents/Grandparents/Siblings<br>8 pm     |  |

### **FAMILY TIES**

Every time a new person is added to the family by birth, marriage, adoption, etc., everyone begins to readjust and reorganize to new roles they must assume. Husband and wife work out the give and take necessary to establish a family system. Mothers and fathers find new roles when children enter the picture, and adjust their sleeping, eating, loving, working and being. Brothers and sisters truly learn what sharing and change are all about when a new member is added.

Everyone, in fact, becomes a changed individual in this new system. New patterns of trusting and communicating are established. Like the mobile we hang above the crib, the family works toward establishing stability; each part balances the whole.

The family mobile is susceptible to many forces of change; winds from outside and within. But blown and disturbed, each piece moves and sways until eventually the mobile becomes stabilized once again.

When one of the parts is suddenly removed, as in the death of a child, the very core is threatened. Cut off one of the parts of the mobile and it becomes frenzied, looking for stability and lost balance. It sways to and fro, bobbing and weaving, tilting up and down.

When our child dies, we are inevitably faced with this chaos in the system. How can we seek to balance our ship of life when we, as a part of that system, feel pain, confusion and imbalance? If we were the anchor before, we find ourselves adrift, unable to hold in the current. If we were the steering wheel, we begin to spin uncontrollably. The propeller shaft is bent; the spare oar is missing; there aren’t enough life preservers to go around. How do you save the ship – the mobile – the family?

- Recognize the part you as an individual play in the family and work at resolving your own losses.
- Encourage the expressing of feelings in yourself and others. Know that each person grieves in his own way and at his own pace, and give them permission to do so.
- Understand that sometimes a system cannot rebalance without professional help, and seek this help if needed.
- Watch for obsessive behavior in your family, i.e. overprotectiveness, overeating, undereating, alcohol and/or drug abuse, rage and violence, etc., and offer support, sharing and help for the pain – not the behaviors.

How tragic it is when the ultimate loss, the death of a child, leads to an even greater loss; the breakdown of the family, the marriage, the individual. You, as part of the family, can work to make sure this doesn’t happen.

~ Neenan, TCF/Wisconsin

### **The Angels Cry**

Raindrops fall from the heavens, mimicking the tears falling down my cheeks. A torrent of rain is unveiled from the dark clouds above like the shadow on my soul. The angels, too, cry for my loss. Thunder and lightning are unleashed in anguish.

The skies drum out my torment, until at long last I cannot cry anymore — today. The rain slowly tapers off to a gentle sprinkle, as my grief is spent. The clouds part; the sun comes out once more and dries away my tears. A robin lands nearby singing gleefully, reminding us that, with sorrow, there is also joy.

~ Lorraine Bebeau, TCF/St. Albert

**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)

### NEWSLETTER BY EMAIL

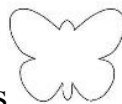
We are asking, would you please receive your newsletter by email. We do not want to remove anyone from our newsletter mailing list who is benefitting from receiving it. We hope it is a help to you while going through your grief, giving you better understanding of your feelings and letting you know "We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



### 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.

### THE PATH

My world lay shattered around me. Gone were the flowers and the sun. The path ahead looked dark and threatening. I heard a voice saying, "You have to travel this path alone."

"I don't want to go down that path. I can't." I protested. "I liked the old path."

"The choice is yours," said the voice, "but you may never go back to the old path. You may stay here at the crossroads where anger and pain will keep you company and wither your spirit. Or, you may runoff into the surrounding woods and pretend you are going somewhere, but you will become disoriented and lost. The only peace is to be found at the end of the path ahead."

"If you have the courage to set forth upon the new path and keep struggling through the storms, you will discover depths in yourself that you never knew existed. If you reach out you will find those who have already traveled this difficult way and are there to support and guide you. Though it seems impossible now, your path will become beautiful again, as will your spirit. You will emerge from the desolation a stronger, wiser, and more compassionate person. Then you too can turn and extend your hand to those who are still on the way."

I made a choice. I picked up the remains of my life -- my aching heart and wounded spirit, my broken dreams and disbelief -- and wrapped them carefully in my blanket of grief. Holding them closely to me, I walked steadfastly ahead into the storm with faith in the promise of peace on the other side.

~ Sharron Cordaro, TCF/Riverside, CA

A boy was flying his kite. He kept adding more spools of string to make it go higher. A woman walked by and said, "you have that kite flying high." And the boy agreed. The woman left and went about her business. On her way back, she looked up toward the kite and said, "I do not see your kite." The boy agreed. She asked, "Then why don't you let go of it?" The boy answered, "I can't. I can still feel it tugging." This is the plight of bereaved parents.

~ TCF of Tilton, GA

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     |
| 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                   |
| 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.