



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
November 10th
December 8th

Weather cancellations will be posted on WDAY, KVLV, KFGO and the Fargo Forum online at www.inforum.com!

Dates to Remember

Mom's meeting - 7 pm on November 17th
@ Denny's
Annual Worldwide Candle lighting -
December 11th at 7 p.m. local time
Angel Of Hope Memorial December 6th
at 7 pm

LOVE GIFTS

Brenda Kluth in memory of her son,
Brandon W.T. Kluth
Neil & Kathleen Prochnow in memory of
their son, Reed Joel Prochnow
Clara & Richard Elless in memory of
their daughter, Tari Elless Heller
Tom & Cheryl Boyle in memory of
their son, Rusty Boyle
Jerry & Yvonne Nelson in memory of
their son, Kyle Nelson
Sheryl Cvijanovich in memory of her
son, Matt Cvijanovich
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

“Volunteers do not necessarily have the time; they just have the heart.”
- Elizabeth Andrew

Thank you to our current volunteers, most of whom have been volunteering for many years. We would like to extend an invitation to anyone else who would like to volunteer. Most of our Board positions should be turned over every few years. There are many ways to volunteer, both big and small. We are especially looking for volunteers to help with our initial contact process and with meeting facilitation. Please contact Kara (701-261-0668) or Sheryl (701-540-3287) if you're interested in helping out.

In order to give our current volunteers a little bit of a respite we will be moving to quarterly chapter meetings next year. Our upcoming meetings will be as follows:

November 10, 2022 - To be determined
December 8, 2022 - Candle Lighting
March 9, 2023 - Bring a Memento
June 8, 2023 - Balloon Release
September 14, 2023 - To be determined
December 14, 2023 - Candle Lighting

The Mom's group meeting and the newsletter will remain monthly for 2023.

Thank you.

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 4th Thursday of the month at 7 pm at the Denny's restaurant, 4437 13th Ave SW, Fargo. However, due to Thanksgiving, this month the meeting will be on Thursday, November 17th at 7 p.m. 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. For more information, please contact Sheryl at 701-540-3287 or visit our website at www.tcffargomoorhead.org.

The holiday period is an especially difficult time for bereaved parents and particularly for the newly bereaved. The holidays, which have been our happiest times with our children, are a time when the changes that tragedy has made in our lives are most evident. As we gather our emotional forces to make a happy day for surviving children, grandparents and other family members, it can be a very difficult time. It helps to know that you will find the holidays less difficult than your fear of them and you will find some of your happy memories, too. Our children live on in our memories and in the many happy holidays now past. We hope that during this period you can find some happy times to remember and to cherish. We were fortunate to have had these Wonderful children as long as we did, and we will have our memories of the good times they enjoyed. The pain of loss will always be there. We share that, and we have a special concern for those who are having their first holidays without their children. There will be hard times and sad days. Without grief, there would be nothing. In that grief there are some wonderful memories to cherish. We will be with you in spirit. You are not alone....

~Dayton Robinson, TCF/Tuscaloosa, AL

WHAT? TEN YEARS AND YOU AREN'T OVER IT YET

To this statement I reply, "I've gotten over the death of my child, but I haven't gone over it all yet. Perhaps I won't ever." There are still deep places in my heart that need to be touched. And sometimes my newly bereaved compassionate friends touch these recesses of my soul. I'm glad when they do because one more thread of my torn tapestry is thus whetted; one more thread can be woven again. This is what I still get from Compassionate Friends meetings. What do I give back? My fellow participants tell me it is important for me to be there beside them, to listen, to speak their child's name, to connect one experience to another. It is being alive; it is sharing stories which by themselves may not make sense, but which, in the context of the meeting, carry our children right back here among us. When I say I, or my, I really mean us—the veteran bereaved parents who still participate and facilitate TCF meetings. We represent hope and love to the newly bereaved. To the newly bereaved, hope can be insult. Our most significant hopes have been savagely shattered. We are advised by well-meaning family and friends to have hope for the future. How, I ask you? When the veteran bereaved parent comes to a meeting, he is the hope for the newly bereaved. He has survived!

One of the things that happens. To us as we experience grief and participate in The Compassionate Friends sharing groups is that we become more philosophical. We are forced by the grief we experience to examine all aspects of life. And by choice and need we listen to and learn about our fellow bereaved participants. We begin to understand more about life. When we share these insights with the newly bereaved, their tunnel of darkness and their confusion is lightened. Come on, participate!

~ Marcel Kopp, TCF/Boston, MA

THANKSGIVING

You may ask, "What do I have to be thankful for now that my child is dead?" After the death of a child, where is the joy in a day off from work? What pleasure can we derive from sitting around a table when someone is missing, and an uttered prayer of thanksgiving echoes hollow in our hearts?

Maybe we have been concentrating on the loss which has brought the overwhelming sorrow of death, and have forgotten the complete joy of life. When I remember laughing brown eyes, a mischievous grin, a scraped knee that Mommy could fix, a new word learned, even the memory of the realization that I had a baby boy, I have a great deal to be thankful for. I had 1 1/2 years of a dream come true, and I'm truly thankful I had my child.

Sure, the agony of grief, the anguish of losing my precious child to death, the torture of wanting to see that child grow and mature and the pain of never knowing, rips me up.

There is no Thanksgiving in entertaining these thoughts, so this month I am going to concentrate on the Living of my child, the Life that brought me so much joy. In this I am thankful that Evan was born, thankful that he lived, thankful that even for those short 30 months—I lived them too. Even so, as he lived once, I live now and want a productive life.

I am thankful I have come that far in my grief work to know I want to live and remember the good times without sorrow. And, I am thankful for my husband, who stood by me during the rough times. The husband who is the father of the child of our love. In him I have found my child, in our marriage I have found love, and that love taught us how to love that child. I am also thankful for you, my real friends—Compassionate Friends.

~ Edie Kaplan, TCF/Ft. Lauderdale, FL
In Memory of my son, Evan

SNOW

Every snowflake that falls is unique and has its own individual design. There are beautiful patterns in each snowflake and even the tiniest of flakes have their own markings. These patterns change again and again even after the flake touches the ground. Each snowflake is a cause for wonder, each flake is one of a kind. No two are exactly alike. Like the snowflake, our beautiful children were each unique and special; some we only dreamed about and some danced upon the earth. They filled our lives with wonder and transformed our world. We held them too briefly, but we will hold them in our hearts forever. We shall remember them always. At this time of remembering, it may help to reflect upon how our lives have been enriched by the love we have given and the love we have received from our children. Our children leave treasures behind that time can never take away.

~ Denise Falzon, TCF/Lake Area, MI
In loving memory of her son, Brian Falzon

Thankful vs. Thankless

This is the time of year when many bereaved parents start saying out loud what newly bereaved parents have been thinking for weeks and weeks—"I really am dreading the holidays." And why not? When your grief is so new, you haven't had the necessary time to accept life as it is for you now.

On the other hand, there are those of us who have had that necessary time and the proper support who are able to observe the holidays in a less painful way. We have kept some of the old traditions that warm our hearts and thrown out those that are either too painful or meaningless now. We have created a life that doesn't include someone who was a vital part of who and what we were. We're different now, doing different things because losing a child forces you into that position if you are to survive in an emotionally healthy way.

The words *thankful* and *thankless* follow one another in my dictionary; so close together in a book, yet so far apart in meaning. When you think about it, the difference between the two words is *full* and *less*. Though those of us who have had more time do, like the more newly bereaved, have less in the way of family, our lives still do have a fullness because we have learned to be thankful and appreciate that which we have left in the way of people and memories—more so than we ever thought possible.

As you approach this Thanksgiving, if you haven't yet been able to make your adjustment, I hope you will feel what you must for now because whatever you are feeling is okay. It isn't until you have reached the place in your grief where the ability to make good choices returns to your life that you can make some important changes in how you approach the holidays.

I hope the transition from thankless to thankful will be soon in coming for you, for that will mean some peace has returned to your life. Above all, I do wish you peace during this holiday season. I wish you more of the same in the new year.

~ Mary Cleckley

Who could have known the exquisite difference your brief life would make upon mine? Who could have known a tiny baby would show me the beauty of a sunrise, or the wonder of a rainbow, or the pain of a tear? Who could have known an innocent child would take away my fear of death, and point me in the direction of heaven? Who could have known that you would succeed where so many others have failed?

Dana Gensler, TCF/South Central, KY
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You'll Excuse Me

You'll excuse me if the bounce is gone from my step. Or the depth of my laughter has changed. Issues that were once monumental now seem so insignificant.

Please excuse me if I don't commiserate that your car needs repair or the faucet leaks; my focus on life has forever changed.

You'll excuse me if my spirit seems lost during holidays of any kind. They are now days "to hear," rather than days to share and enjoy.

You'll pardon me if I bring you down or make you feel discomfort, and I'll pardon you for not understanding that my life will never be the same; that although I'll survive, there will always be sorrow.

~ Joan Fischer, TCF/Nassau County Chapter, NY

November Again

Leaves are turning the shades of autumn,
Then falling, one by one, to the misted ground below.
Summer flowers have faded and died,
The sun hides behind dark and dreary clouds.
It is November again.

Was it so long ago that this month brought warm
Thoughts of THANKSGIVING together?
The smell of wood burning, walks in the nippy air?
This is the month you left us
And all the warm glow of November went with you.
All that remains are the chrysanthemums
Planted in a special memorial garden for you
Ready to burst into beautiful shades of yellow and orange.
They symbolize one more year without you
But our love has not diminished.

~ Pat Dodge, TCF/Sacramento, CA

GRIEF FOLLOWS NO SCHEDULE

Society has a tendency to limit the time of mourning that is considered acceptable. That time may be 3 days, 3 weeks, or 3 months. But sooner or later the grieving person gets the message that it is time to stop grieving and start living. People become uncomfortable with the grieving person. They grow weary of hearing of the pain over and over. This is natural. People not in grief don't want to be reminded of death. They want to get back to their lives and happier thoughts. The grieving person, however, needs to tell their story over and over. There is no timetable for grief. Each person grieves in his or her own way and takes the time needed to resolve the grief.

What then is the grieving process? Grief counselors state that raw grief (uncontrolled sobbing at least once a day) may last months. This is the time of overwhelming emotions. The grieving person has sleeplessness, loss of appetite or overeating, often physical pain in the stomach or heart area, inability to concentrate, feelings of confusion, numbness or anger.

Later, and the time will vary from person to person, the heaviness of grief will lessen. There will still be difficult days, sometimes for no reason at all, but there will also be some "good" days. This is the time for "reinvesting" where the grieving person begins to build a new life. Sadness still continues and there may be crying, but more and more energy is devoted to getting on with living. That shift is one that happens naturally and cannot be forced. The timetable of grief is an individual one, requiring love and patience.

~The Bear House Chronicles, The Dougy Center, Portland OR



OUR BELOVED CHILDREN REMEMBERED

My apologies for missing a birthday in last month's newsletter

TYLER ROURKE RICHARDSON.....26..... JENNIFER RICHARDSON SMITH

BIRTHDAYS

CHILD

PARENTS

OLIVIA MAE BUTH.....	24.....	TIM & MELANIE BUTH
MATTHEW ISAAC CVIJANOVICH.....	41.....	SHERYL CVIJANOVICH
STEVEN "HERMAN" FESKE.....	64.....	ROSEMARY FESKE
JOHN CHARLES FRISCH.....	60.....	ARLEEN FRISCH
RYAN P GOERTZ.....	44.....	JAMES & CHERI GOERTZ
COLE HALLAND.....	37.....	STEVEN & JOAN HALLAND
KYLE KASSMAN.....	37.....	TOM & NANCY KASSMAN
KAMMI THORLAKSON LELAND.....	48.....	LYNDA & SVEN MICKELS
BENJAMIN MERCK.....	19.....	MARK & LINDA MERCK
MARK ANTHONY MORATIS.....	61.....	WALTER & MARGARET MORATIS
DENNIS JAMES MULDOON, JR.....	55.....	PATRICIA MULDOON
RYAN DEAN NELSON.....	42.....	BECKY NELSON
BRANDON NILES.....	27.....	MARY & MARK TUTTLE
KENT ALAN PETERSON.....	62.....	DEWAYNE PETERSON
REED JOEL PROCHNOW.....	47.....	NEIL & KATHLEEN PROCHNOW
THERESA JANE RICHTER.....	49.....	RONALD & SUE OLSON
CHLOE GRACE RONGEN.....	11.....	CONNIE & BARRY RONGEN (Grandparents)
ANDREW SADEK.....	29.....	JOHN & TAMMY SADEK
TYLER JAMES THOEMKE.....	31.....	JAMIE & SHERI THOEMKE

ANNIVERSARIES

CHILD

PARENTS

BRIAN BJERKEN.....	16.....	DENNIS & SHIRLEY BJERKEN
RILEY MARK DAHLBERG.....	16.....	BLAKE & CHRISTINA DAHLBERG
HEIDI HELLAND.....	11.....	JOHN & TERRI HELLAND
TARI ELLESS HELLER.....	15.....	RICHARD & CLARE ELLESS
TRAVIS SCOTT KOENIG.....	2.....	LAUREL KOENIG
JESSE ANDREW KOLNES.....	5.....	LEOBA KOLNES
LANNIE LEE KORNELIUS.....	15.....	LEROY & DONNA KORNELIUS
ERIC C LARSON.....	20.....	CRAIG & BARB LARSON
BENJAMIN MERCK.....	3.....	MARK & LINDA MERCK
KYLE NELSON.....	8.....	JERRY & YVONNE NELSON
CHLOE GRACE RONGEN.....	11.....	CONNIE & BARRY RONGEN (Grandparents)
JUSTIN DONALD RUEDIGER.....	4.....	STEVE & CARISSA HAUGEN

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.

In order to have your child's name published in our newsletter, we are required to have written permission. This can be done by completing the permission form on page 7 or by giving a love gift.

SIBLING PAGE

A GENTLE BREEZE

A gentle breeze descended onto the world, changing the atmosphere. He would flow through the house, around the block, throughout the neighborhood--through my heart. A gentle breeze, he changed many lives. On a hot day, he was a cool breeze, making the worst heat less intense.

He was a gentle breeze; a constant breeze; a breeze that made the lives of those he knew a little bit better. This breeze was a kind one, not one of destruction. A breeze such as this, as good as this, should remain endless.

But one cold night, a different wind came along and overpowered our gentle breeze. This wind was one of destruction, thriving on pain, torment and grief.

The gentle breeze that had captured my heart and soul was fading away, until ... stillness. Nothing moved. Time stood still. Heaviness was now taking the place of my gentle breeze. The new wind raged in me, forcing upon me everything it thrived on. That cold night, my gentle breeze died, leaving me with a tormenting storm of emotions and feelings. A storm that welled up grief and a devastating sense of loss in my heart.

My environment is so hostile, yet so very still. A gentle breeze, such as the one I had grown to love and rely on, comes only once. How I long to feel the gentle breeze again, teasing me with his spontaneity. How I long for the gentle breeze to be there for me on those hot, summer days that seem so heavy and endless. This breeze will always occupy a special place in my memory. The breeze I long for so much is a part of me.

This gentle breeze is my brother, Shannon.

Bereavement Magazine - (888)604-4673 (HOPE)

www.bereavementmag.org - November/December 1989

BIG SISTER, LITTLE BROTHER...

We grew up together-
big sister, little brother.
I took care of you,
until you were old enough to
care for yourself.
Though you didn't say it,
I knew you loved me.
We played in the sunlight, you and I.
Remember the games of
'Mother-May-I' and 'Hide and Seek'?
Sure we had our fights,
all siblings do,
but through it all we never lost
our love for each other.
Now you're gone.
I'll never see you again,
except the memories
of those sunny days.
You will forever be sixteen-
far too young to die.
You had your whole life to live.
I'll always grieve, but I must go on.
Still, without you,
I play alone in the shadows.
Author unknown ~ TCF/MI

I CAN'T REMEMBER

I don't remember his face, although I have seen many pictures. I don't remember his eyes, although I've heard about them. I don't remember his laugh, although they tell me I heard it a lot. I don't remember much; I was only thirteen months old.

I do remember his love. I still feel his love. I know he is always with me, watching over me and protecting me. He is my big brother, the one that died eleven years ago.

But I don't remember much. That is what hurts more than anything, not knowing a big part of me. They say I act and talk like him - but I don't remember. I know some day I will remember - it will be a glorious day. The day I will meet my big brother.

~ Kelly Castellon, Walnut Creek CA

To My Sister

Not long ago

In fact, just the other day.

I saw a young girl

Who looked my way.

I glanced several times

As she stood by my side.

It sent cold chills

Up and down my spine.

Her eyes just like yours

Danced and sparkled in the light.

Bold and fearless they showed

No evidence of fright.

Her smile was friendly.

Anybody could see

She was a special friend

Like you used to be.

As I watched her leave

Dragging her feet and shuffling away,

I could remember when

You walked the same way.

This was a special

And extraordinary day.

When out of the blue

This girl came my way.

Once again I was reminded

Of the never-ending sorrow

That is with me today

And every tomorrow.

I wish I could tell the driver

That chose to drive drunk that day,

The pain, sorrow, and anguish

That never goes away.

Although I try to remember

You're in a place far better than I

Still there's so many things to tell you.

Most of all.

"I love you and goodbye"

-by Lori Zimmer, MADDvocate, summer 1992

How Will I Get Through The Holidays? **12 Ideas For Those Whose Loved One Has Died**

Accept the likelihood of your pain.

When you're facing your first holiday without the one who has been so close to you, a good starting point with this awareness; chances are it will be a painful time. You may wonder how you will ever make it through. It is equally important not to decide in advance that the approaching holidays will necessarily be horrendous. While it may have its difficult moments, the approaching holiday time does not have to be an absolute catastrophe. More often than not, people report that the experience itself did not turn out to be as trying as they feared. Chances are good that can be your experience, too. Yes, you will probably feel pain. Yes, you may wish this year's calendar would skip over November and December. But, no, it does not have to be awful. There are things you can do to help.

Feel whatever it is you feel.

You may be learning what many others have learned; some people will try to hurry you through your grief, Some may insist on continually cheering you up. Others may give you advice about what you should and shouldn't do or about how you should or shouldn't feel. Whatever else you do this holiday time, do your best to claim your own feelings. As much as you are able, own up to the fact that something terribly important has happened in your life, this naturally causes a reaction within you.

Express your emotions.

Acknowledging your feelings to yourself is one step, but another step is just as important; you must find a release for what is going on inside of you. There are many different ways to express yourself. Search for what is best for you. Some cry long and hard, and others cry hardly at all. People are different that way. Some prefer to talk a lot, and others tend to be more quiet. Some like to write, while others keep their hands busy in different ways. The secret for your best means of expression is simple: be yourself. Whatever method you choose, find a way to allow your feelings to move from within yourself to outside yourself. You'll feel better. You'll learn more. You'll gain perspective. And you'll be placing yourself squarely on the path that leads towards healing.

Plan ahead.

Perhaps the most practical advice is this; plan your day before it arrives. Realizing that this year's holidays, and maybe several year's holidays will not unfold the way you wish, you can make plans to do the best you can with circumstances you face. You can prepare yourself to deal with what you think will be the more difficult situations. You can give thought to how you will cope with those parts of your celebration that are especially emotional, or how you will handle those tasks or roles that were the special responsibility of your loved one. You can ask others to help you, both in thinking about what you'll do and in carrying out your ideas. When planning ahead, make decisions for the immediate holiday period only. You don't need to decide about the years ahead. And whatever you do, plan tentatively. You haven't been through this particular holiday while experiencing this particular loss. Give yourself the freedom to change your plans as you go.

Take charge where you can.

There is much in your life that has moved beyond your command. Yet there are some actions that you can take and some decisions that you can make that are within your authority. If the death you've experienced isn't too recent, this may be a good time to evaluate the holiday traditions you've established through the years. It might make sense to change your holiday meal routine, by dining out at a restaurant rather than at home, or by having the main meal in another's home, or by planning a new menu. Changes might be made in how holiday decorations are done. Or how gifts are given out, or when, or where. Take charge in little ways and you'll find they're not so little — they're very important.

Turn to others for support.

The holiday time, when emotions naturally run high and memories are especially strong, is a difficult time to be entirely alone. People who are bereaved can benefit greatly from the support and assistance of people who understand and care. Don't forget that often these people not only want to help, but they need to help. Be straightforward about what you think will assist you and what won't. Express your wishes, even if it's only to one other person. Word has a way of traveling. If it feels affirming to hear your friends speak the name of your loved one, let them know. If hugs feel good, say so. Or show it by hugging others first.

Be gentle with yourself.

One of the best things you can do is treat yourself lovingly. The holiday season has stresses and demands all its own. Add the extreme strain bereavement may cause and overload easily becomes a problem. Give yourself plenty of time to rest. Avoid committing yourself to doing more than you have the physical and psychological energy to handle. Accept invitations that feel right and kindly decline those that don't. Pace yourself on your "good" days and do what feels right. Give yourself lots of latitude on your "bad" days and accept that most people in grief have their full share of these times. There's no reason to feel guilty about having such days. They simple go with the territory. And the territory is grief.

Remember to remember.

You may feel comfort in finding specific ways to link yourself with the one who died. Some people create a small remembrance area in their home. You might choose to honor your loved one with a ritual of remembrance. Talking about your life together or looking at photographs or home movies may be a bittersweet experience. Remembering your loved one is a way of insuring that the past does not remain only in the past. It lives on still, in you and in others. One final point about remembering to remember is this; you may not feel up to it this year. That's not uncommon for someone new to grief. If that's the case for you, don't force yourself. You'll know when the time is right.

Search out and count your blessings.

Remain as open as you are able to what you have to appreciate and to what may be given you during the coming holiday season. One secret to handling the holidays is to stay in the present moment as much as possible. Savor what there is to savor, however small. Accept the warmth that is yours to receive, however fleeting. Cry if tears are near, then let them pass and see what else you will feel.

And don't be afraid to laugh. There can be humor in both what you remember and in the events of these passing days themselves. Enjoy any laughter that flows. You won't be desecrating the memory of your loved one. You'll be consecrating what he or she has brought to your life, and you'll be doing your own mending at the same time.

Do something for others.

It only makes sense that people in grief can become centered on themselves. Their loss feels so overwhelming and the tasks facing them seem so demanding, they focus their attention almost exclusively on what has happened and how it affects them. Perhaps you have experienced that yourself. Early in the grief process, such a response is to be expected. Yet after a while it is helpful to place some of your attention outside yourself. One way of doing that is by doing something for others. Even if your grief weighs you down, you do not have to remain incapacitated by your loss. You can reach out and offer something of what you have and who you are. even if it feels like it is only a little.

Give voice to your soul.

A time of grief is a time for your soul. Anytime you suffer a serious loss, the spiritual side of you will be a part of whatever happens. You may not use words like "soul" or "spirit". You may not refer to the vocabulary or the beliefs of a particular faith. But some inner part of you is still involved, a part of you that is other than your body, or your mind or your feelings. Consider making room in your days for the expression of your soul. Depending upon what feels natural, this might mean times of prayer, or quiet meditation, or reading spiritual books, or talking with a religious professional. Learn how others have responded when their cries of grief and crisis of faith occurred simultaneously. And realize the answers you seek may not be mysteriously hidden far away. They may be waiting for you patiently, deep inside. You don't need to chase after them. All you need to do is sit still.

Harbor hope.

No one likes to grieve. Yet it is the very act of grieving that leads you back to life. It is only by allowing yourself to feel bad that you can finally come to feel good again. But until that feeling recurs, what can you do? Among other things, you can hope. You can hope that you will integrate this loss into your life, so that you are growing wiser as well as older, and so that you are more prepared to face other losses in your life, which will inevitably follow. Never forget that this is one of the most powerful tools you have. With hope, you can be yourself again. And with hope, you can find a way to carry with you the one you so miss and the one you so love.

How Will I Get Through The Holidays, by James E. Miller.
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“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.

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: _____

(Signature) Date: _____

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.)

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

NON-PROFIT
U.S. POSTAGE PAID
PERMIT #1625
FARGO, ND

RETURN SERVICE REQUESTED



**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 Cvijanovich701-540-3287	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 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 for a period of 18 months.