



The Compassionate Friends
Minneapolis Chapter
Supporting Family After a Child Dies

8701 36th Ave N
New Hope, MN 55427

IMPORTANT MEETING CHANGE

We are offering monthly ZOOM meetings. We have to plan month by month. Please watch your emails and our Facebook page for updates. We are hosting virtual meetings, similar to our in-person monthly meeting format. After the large group portion, we divide into small group breakouts (with a separate siblings group). See Page 2 for ZOOM instructions.

Monday, November 16 — via ZOOM
“Handling the Holidays”

Make a plan for navigating the holidays while grieving, coupled with pandemic restrictions and isolation. Seasoned grievers will share what helped them in their early years of grief.

Monday, December 21
“Candle Lighting Remembrance”

Join us for our annual special remembrance program which takes the place of our regular meeting. We are planning for the program to be held at our regular meeting place in New Hope. Changes to the program will be made incorporating health guidelines. Sign-in begins at 6:30 pm. Program begins at 7:00 pm. See page 3 for details.

Monday, January 18 — via Zoom
“Hope for the New Year”

Beginning a new year offers a new perspective, with the possibility of renewed hope.

When Meeting In Person

We meet 7:00–8:30 pm on the third Monday of each month.

St. Joseph Parish Community
8701 36th Ave N., New Hope, MN

Bereaved Sibling Group Meeting

A bereaved sibling facilitates the group. Siblings (14+) meet separately, but at the same location/time as our Chapter meeting.

We Need Not Walk Alone

The Compassionate Friends is a self-help organization offering friendship, understanding, and hope to bereaved families. Anyone who has experienced the death of a child at any age, from any cause, is welcome. Our meetings give parents the opportunity to talk about their child and feelings as they go through the grieving process. Our meetings are also open to grandparents, older siblings, and extended family. There are no membership dues. There is no religious affiliation.

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

The Secret of TCF's Success is Simple: As seasoned grievers reach out to the newly bereaved, energy that has been directed inward begins to flow outward, and both are helped to heal.

To Our New Members: Coming to your first meeting is the hardest thing to do. But, you have nothing to lose, and much to gain. Try not to judge your first meeting as to whether or not TCF will work for you. The second, third, or fourth meeting might be the time you find the right person...or just the right words spoken that will help you in your grief work.

To Our Members Further Down the ‘Grief Road’: We need your encouragement and your support. Each meeting, we have new parents. Think back, what would it have been like for you at your first meeting if there had not been any TCF “veterans” to welcome you and share your grief?

About Our Meetings: Please don't stay away from a meeting because the scheduled topic does not interest you. At each meeting there will be time to discuss and share whatever is on your mind. We welcome your participation, but it is not required.

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TCF's Vision...

That everyone who needs us will find us and everyone who finds us will be helped.

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Special Events Co-coordinators
Mary Jo Peterson & Monica Colberg

Sibling Facilitator
Maggie Bauer

Steering Committee Meetings
Held quarterly to plan events and Chapter direction. Next meeting: January 8.

TCF NATIONAL OFFICE

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www.compassionatefriends.org

Facebook: www.facebook.com/TCFUSA

Twitter: <https://twitter.com/TCFofUSA>

REGIONAL COORDINATOR

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Those who have SUFFERED

UNDERSTAND SUFFERING

and therefore



Articles printed in this newsletter reflect the author's personal views, and not necessarily the opinion of the newsletter editor or The Compassionate Friends.

Resources

Visit our Chapter Website:
tcfmpls.org

Our Local Chapter Is On Facebook.



Join our Minneapolis Chapter's private Facebook community online: [TCF Mpls](https://www.facebook.com/TCFMpls)

Or log onto Facebook and search:
TCF Mpls

www.facebook.com/groups/TCFMpls

National Organization Resources may be found by visiting:
www.compassionatefriends.org

Click "Find Support" tab.

- National Magazine, *We Need Not Walk Alone*®
- Online Grief-Related Webinar Series
- Online Support Community
- Facebook Closed (Private) Groups
[TCF/USA National Facebook Page](https://www.facebook.com/TCFUSA)
www.facebook.com/TCFUSA

Chapter Locator tool is available on TCF National Website

[Find Chapter Here](#)

compassionatefriends.org

Instructions for ZOOM Monthly Meeting



Zoom is fairly easy to use, and operates on many devices/platforms. Attend using Windows, MacOS, and Android and iOS mobile phones and tablets.

You simply click on the link in the emailed Meeting Confirmation you receive from us and follow the on-screen instructions. You can also call in with a phone, using the phone number on the Confirmation email we send. The meeting ID number and password will also be in the email.

- Step-by-step installation guides for are readily available on the ZOOM.us website, along with tutorials for attending a meeting.
- Here is a link to ZOOM's instructions: [JOIN A ZOOM MEETING](#) Included in the article is a link to attend a practice meeting (don't worry; you'll be the only participant).
- A meeting invite will be emailed to our members. **IMPORTANT:** if you are not on our newsletter EMAIL distribution list, you need to email tcf.mpls@gmail.com to request a Zoom meeting invite.
- Next, to maintain our members privacy, you will need to Register in advance for the meeting before attending. Simply click on the link included in our invite email.
- Then, a follow-up Confirmation email will be sent with the meeting link, meeting ID and password you will use to attend. It is important that you do not share this info with others.

Looking forward to seeing or hearing you at our virtual meeting.



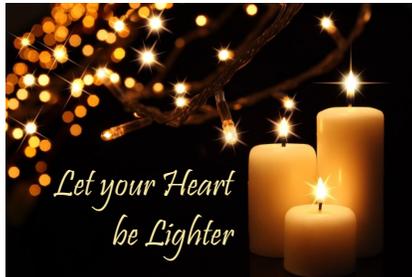
GIVE THE GIFT OF TIME

Helping hands needed! Would you be willing to spend two hours a few times a year helping prepare our newsletter for mailing? Every 3 months, three pairs of hands help fold, seal, stamp, and label our quarterly newsletter for members who are unable to receive it via email. We're done in less than two hours. We usually work on it at the church (meeting location). Email our newsletter editor, Gloria, tcf.mpls.editor@gmail.com with questions, or to say YES! THANK YOU!

Minneapolis Chapter Remembrance Candle Lighting

Monday, December 21, 2020

Sign-in begins 6:30 p.m. Program begins 7:00 p.m.



Our chapter's annual remembrance candle lighting program is **Monday, December 21** at our regular meeting location, St. Joseph Parish 8701 36th Ave. N New Hope

This event takes the place of our regular chapter meeting. Parents, siblings, grandparents, family & friends are invited to join us.

The church where we meet already practices COVID-19 health and safety protocols. The compassionate staff is eager to assist at our largest annual event honoring our children/grandchildren/siblings.

We need you to **RSVP** in advance. Email us at tcf.mpls@gmail.com with your name and number attending in your group. Everyone needs to wear a mask to enter the church building. Unfortunately, because of COVID restrictions this year, we are unable to offer food and refreshments.

At 6:30 pm participants may sign-in at the front door of the church. A free-will offering will be appreciated to help offset program costs. Ornaments are provided (one per family) which we will personalize with your child's name. You may take it home as a memento of the evening.

The remembrance program begins at 7:00 p.m. with beautiful live music performed by parents, friends and families in our bereaved community. Readings by TCF members will be followed by families individually lighting flameless candles in memory of our children, grandchildren, and siblings. The evening will conclude with our photo slideshow presentation of our loved ones who have left too soon.

To include your child/grandchild/sibling's photograph in the slideshow, please email Mary Jo Peterson at mjpsew@aol.com and reference their name and attach a photo. Send a high quality .jpg for best results. **The DEADLINE is December 6**. You DO NOT need to send us a photo of your child if you have already sent one in previous years; we still have it.

If you would like to participate in the program by reading a poem or prose, email Gloria at tcf.mpls.editor@gmail.com with your name, your loved one's name, and the title and author of your selection. **The DEADLINE is December 6 to be included in the program.**

If the TCF chapter needs to postpone the event due to severe weather or COVID-19 changes, we will post a notice on our TCF chapter Facebook page and announce the change on channel KARE11 TV.



On Sunday, December 13, bereaved families everywhere have the opportunity to remember their children so that their lights may always shine!

Light a candle in your home at 7:00 pm, and join the wave of light circling the globe, time zone to time zone, remembering all children, siblings and grandchildren who have left too soon.

You are invited to post a message in the Remembrance Book which will be available at TCF's national website,

compassionatefriends.org. The Remembrance Book will be open to post a message Tuesday, December 1st, through Monday, December 14th. Photos can be posted on TCF Worldwide Candle Lighting Facebook page.

Leader's Corner

Sometimes the bright joy we had with our children and siblings is reflected back to us by those around us. A friend surprised me recently when she contributed to my son's memorial scholarship fund. The scholarship was created 16 years ago. Doris never met my son Art. She only knew him through stories I shared and an annual fundraiser we held in his memory. I was stunned and humbled at the unexpected generosity.

In early grief I talked about my son's death. Gradually I started describing him as he lived. As we season in grief we become the storytellers of our children and siblings' lives. In TCF I lean in to hear stories of those we honor. Sorrow is often mixed with laughter when someone recalls a sweet time with their loved one. Every once in a while, those stories bounce back to us, brightly, as friends and family remember our children and siblings. They remind us our missing loved ones are still in the mix of daily life. That is a treasure beyond measure.

Monica Colberg,
Art's Mom and Chapter Leader, TCF Minneapolis MN

Love Gifts

There are no dues to belong to The Compassionate Friends. We appreciate all donations (Love Gifts), regardless of amount. They provide the basics like supplies, rent, printing/postage, and items on our "wish list."

Thank you for the following Love Gifts received over the last few months. We appreciate your support of our chapter!

Donation In Memory of: by TCF Member:

Joseph Engles	Deb & Paul Barland
Chris	Maggie Bauer
Christopher	Mary & Bruce Bauer
David Lindgren	Jeff & Jan Bowers
Luke	Amy & Jason Crotteau
Kristin Reller	Matthew W William Cummins
Melissa Roeser	Marilyn & Steve Dahlmeier
Daniel Nelson	Michele Dooley
Lauren	Dawn & Peter Duwenhoegger
Missy and Corey	Mary Feigh
Leon Harwood	Antonia (Flipper) Filipiak
Mark Frain	Donna Frain
Kristin Reller	Kathleen & David George
Natalie	Vickie Hackel
Matthew (Matt)	Stephen & Carol Hawk
Carissa Hayen	Linda Hayen
Andrea	Joan & Martin Leeper
Andrea	Stephanie Leeper
Vincent	Jeff Lewis
Kendra	Tom & Terri Lindfors
Mark	Bev London
Daniel	Audrey Nelson
Daniel	Dan & Chevis Peso
Tim	Rozanne & John Puhek
April Jo	Jody Reick
Ron Reinert	Sharon Reinert
Kristin Reller	Pat & Don Reller
Shayde Erin Rudenick	Steve Rudenick
Gregory Sather	Nancy Sather
Evelyn Charlotte	Jeff & Jenny Sevaldson
Natalie Perry Smead	Pete Smead
David Andrew Twigg	Selma Twigg
Keith Rosenwinkel	Wanda VonHoltum
Caitlin Louise Higgins	Jeffrey Weihe

Just Flow with the Season and Take Care of Yourself

We're well into November and it's almost time to take the "January pill". After Tricia died I decided I'd invent a pill you could take the week before Thanksgiving and when you came to, it would be January! I'm still working on the invention. In the meantime, I know many of you are already dreading the approaching holidays.

The true spirit and meaning of Thanksgiving and Christmas are not necessarily exemplified by some of our "traditions". You are re-evaluating many aspects of your life, so let this also apply to the coming holidays. You will not always feel as you do now. You will find joy in holiday activities, but maybe not in all the things you once thought so very important.

Flow with the season and with your sadness, knowing strength will come as you work with what you can do without overtaxing yourself. Resolve to be as generous with your energy as you can, and as selfish as you have to be to protect the emerging person you will become as a result of your loss. This person can be truly beautiful and loving because of what you have learned through grief.

You will miss your child; no magic potion can wipe the pain away. Enjoy what you can—you deserve some pleasure. And may some measure of peace overtake you before this year ends.

Elizabeth B. Estes
TCF Augusta, GA
In Memory of Tricia

Holiday Healing

It's been almost two years now, another holiday season rolls around. The second Thanksgiving without you is this week. It's just a stupid day, a day where people eat Turkey and watch football, why should I care?

There is no one to visit me this year; there is no one here who cares. The numbness is creeping in. The pain so deep, I can't breathe, I can't think, I can't stand it. All day long I think of you, but why? Why is today any different than any other day?

Is it holiday traditions lost? Is it knowing millions of parents everywhere will be with their children this week but I won't be with you? Is it remembering the closeness and laughter on this day throughout the years? Why do the tears fill my eyes and my heart hurt so?

Maybe somewhere deep down inside I am asking myself what am I thankful for and this question is so very hard since you are gone. When someone first told me to be thankful for the years I spent with you or to be thankful I had you in my life I wanted to punch them and scream leave me alone you don't understand!

But now I understand because I am eternally grateful for those years. Today almost two years since you left this place, my second Thanksgiving without you here I am thankful for all the love we shared. I am thankful for the gift of Motherhood you each gave me, the greatest gift of all.

On the good days now, which two years since you left this place there are more good days than not, but on the good days, I can't begin to count how many things I am thankful for. But if I had to pick just one thing on Thursday as I say my prayers, I would have to say I am most grateful for each day I spend with both of you tucked safely in my heart!

Deana L. Martin

In Memory of my children, Amanda Suzanne Mills and Logan Robert Mills

Some Suggestions for Thanksgiving

Throughout our lives, expectations of things to come are based upon past experiences. If, in the past, you had set a glorious table and were the perfect host or hostess, it is very possible that friends and family will expect more of the same this year. They may not be aware that you are not looking toward the holidays with a fun and games attitude. They probably do not know that in anticipation of Thanksgiving, Christmas and Hanukkah, you may feel anxiety and fear. They are probably thinking this year will be different and some sadness will accompany it, but I don't think they are aware of your anguish, especially if it's been "awhile."

I would like to suggest to you that in fairness to yourself you need to be honest about your feelings and, just as important, you need to communicate these feelings to those around you. I really don't think it is necessary for you to believe that because you set a tradition and always made the turkey, fried the latkes, and always had the family over, you need to feel obligated to do it again this year. Perhaps you would like to tell everyone:

- Someone else will have to do dinner this year.
- You want to make dinner in your home, but you need lots of help because you don't have the energy to do it.
- You want to go to the parties, but you are afraid you may break down and cry and you want them to know in advance this is really okay.
- You want to tell them it's okay to talk about your child. Not to, makes it very uncomfortable.

The list goes on, but the point is that to pretend everything is "just fine" is a lie, and that's not fair to you or to the people who you love.

Diane Zarnkoff
TCF, Simi Valley, CA



Our Children Remembered...on Their Birthdays

Loved...Missed...Forever in Our Hearts



November

CHILD		MEMBER
Andrew	sibling	Tiana Schwandt
Luke	sibling	Carolyn Crotteau
Luke		Amy & Jason Crotteau
JoAnna		Aron & Ruth Wilterding
Lauren		Dawn & Peter Duwenhoegger
Yaya		Ron Garber
Nathan Scott Weidner		Amanda Weidner
Alex		Kathy Simanek
Barry Allan Beal		Carol Beal
Hallie		Todd & Kathy Brown
Sarah Tilman		Cathie Tilman
Kelly Ann		Theresa Nichols
Sullivan		Holly Holmes
Campbell		Jenner Johnson
Andrew		Jim & Sue Senger
Keith Rosenwinkel		Wanda VonHoltum
Brandon	sibling	Kathryn Demars
Brandon		Pamela & Patrick Demars
Michael DeBruin		Mary & Bob DeBruin
Everett	sibling	Allie Rachko
Everett		Charla Rachko
Leon Harwood		Antonia (Flipper) Filipiak
Tucker		Dana & Kevin O'Brien

December

CHILD		MEMBER
Joshua		Brenda Kise
Scott	sibling	Suzie Berzins
Scott		Stephen Berzins
Scott		Cathy Drexel
Daniel Nelson	sibling	Michele Dooley
Daniel		Audrey Nelson
Michelle Franta	sibling	Jeff & Melia Liedman
Michelle Marie Franta		Lynn & Stan Liedman
Jeremy Klein	sibling	Jeanne Klein
Jeremy Klein		Chris Klein
James	grandson	Marge & Chuck Thurston
Monica Marie Collins	sibling	Gladys Williamson
Diandre Hodges Jr		Diandre Hodges
Mark		Ruth Shaddrick
Natalie Perry Smead		Karen Prieto & Pete Smead
Daniel Christian Demsky		Barbara & Robert Demsky
Wilder		Tea Lee
Vanessa Marie		Maureen Voltin
Joseph		Kim Corkins
Troy		Gloria Gaspar
John Alden		Mary & John Alden
Juliette		Nancy Kilhan

January

CHILD		MEMBER
James		Samantha & Michael Wallad
Tara		Seth & Angela Engman
Allyson		Roger Graphenteen
Evelyn Charlotte		Jeff & Jenny Sevaldson
Bryan		Mike & Bonnie Maloney
Dan		Jon & Ruth Larson
Ann Halverson		Carol Just
Alex		Frank Commers
Joseph Engles		Deb & Paul Barland
Amia		Adrienne Pelleg
Zachariah Paul Benjamin Muonio		Michael & Anita Muonio
Grace		Katie & Charlie Heitzig
Kyle		Lynda Kubousek
Daniel		Dan & Chevis Peso
Brenden		Tammy Sperr
Nicole Jean Gallery		Janna Gallery
Cody		Dave & Jennifer Perna
Adrian		John & Stephanie Merfeld
Ann Longton-McNamara		Barbara & Richard McNamara
Krystie Anna		Rick Karl & Bruce Steiger
Kali		Peg & Roger Mann
Kelly Hyatt		Maureen Hyatt
Lisa Marie Hall		Ron & Ursula Hall
Missy	sibling	Mary Feigh & Tasha Feigh
Michael		Paul & Geney Sween
Michael	sibling	Terry Sween

Winter Memories

The days are getting colder,
and the first snow's not too far off.
It used to be so pretty
gently falling from aloft.
But the snow won't be as pretty,
as it gathers on the ground,
'cause there'll be a snowman missing,
my son is not around.
The playing children's laughter,
used to be a special song,
but this year will be different,
without my son to sing along.
The song has lost its music,
and it'll be just another day,
as I gaze down from my window
and watch the children play.
But the snow will again be pretty,
in a far off distant time,
and we'll build snowmen together
and we'll never look behind.
For now, I'll remain with memories,
and the melting snow will fade,
but he builds snowmen to his heart's content,
because he now lives where snow is made.



Jeremiah Sundown
TCF, Nashville, TN

Birthday Month

Birthdays are given special recognition at our meetings.
During your child's birthday month, you are invited to bring
a photo to our Zoom meeting and share during introductions.

Our Beloved Children...in Our Hearts Always

especially during the Remembrance Month of their death.



November

CHILD	MEMBER
Gregory	Mary & Tom Sincheff
Michael	Paul & Geney Sween
Michael	sibling Terry Sween
Jen	Karen & Gary Gross
Alicia Marie Queen-Wilson	Queen Wilson
Joshua	Brenda Kise
Zachary	Darcie Rummel
Thor Eide	Susan Nokleby
Payton Tripp	grandchild Janet & Richard Tripp
Nick Harter	Brian & Sandy Harter
Joseph	Kim Corkins
Matthew Robert Demsky	Barbara & Robert Demsky
Andy	Debbie Stifter
Machael Greeman	Marijo Greeman
Charlotte Jean	grandchild Jean Umezu
Harry Richards	Winnie Visco
Hailey	Michelle Chamlin
David	Christiane Robbins
David	sibling Gabrielle Robbins

December

CHILD	MEMBER
Yaya	Ron Garber
Lisa Marie Hall	Ron & Ursula Hall
Brian Joseph Henry	Janine Jordan
Andrew	sibling Tiana Schwandt
James	grandchild Marge & Chuck Thurston
Nathan Scott Weidner	Amanda Weidner
Rachel Anne	Pam Dugdale
Carson Thomas Jordan	Gloria & John Jordan
Michael John Blesi	Carolyn Blesi
Kristin Reller	sibling Anthony Reller
Kristin Reller	Pat & Don Reller
Sullivan	grandchild Bev Lind
Sullivan	Jamie & Tyler Peek
Diandre Hodges Jr	Diandre Hodges
Cody	Dave & Jennifer Perna
Tara	Seth & Angela Engman
Kali	Peg & Roger Mann
Jennifer Blethen	sibling Melissa Blethen
Brandon	sibling Kathryn Demars
Brandon	Pamela & Patrick Demars
Drew	Judy Pehrson
Cora	Danielle Grinsel
Allison	sibling Andrew Bailey
Allison	Ralph Bailey & Miriam Porter

January

CHILD	MEMBER
Caitlin Louise Higgins	Jeffrey Weihe
Frank	Mary Weber
Christopher Bormann	Susan Bormann
Alyssa	Rich & Dori Beattie
Grace	Katie & Charlie Heitzig
Monica Marie Collins	sibling Gladys Williamson
Eric Brodin	Judy & Buck Brodin
Katie	Fern & Dave Sanders
Evelyn Charlotte	Jeff & Jenny Sevaldson
Mark Frain	brother-in-law Michael & Terri Frain
Mark Frain	Donna Frain
Scott	sibling Katie Murray
Stefanie	Jayne Darling
Cristian	Sara & John Schmidt
Keith Demry	Char Fonville
J. D.	Cathy Bailly
Ian Stevens	Kristine & Dale DeWitt
Zachary James	grandchild Don & Georgia Govednik
Lawrence	Karen & Dave Philbin
Eric Lindquist	Bruce Lindquist
Tina	Cynthia Wong
Ethan	Tom Lang
Steven Eric Hanson	Meg Hanson

Snowflakes white as angel's wings
Flutter softly to the ground
Giving a hush to the world
As the memories abound

I remember walking with you
As the snow softly fell
Feeling the magic of your love
Getting caught up in your spell

Snow wasn't something to shovel,
To dread or slow you down
Snow held promise of fun
Not a reason to worry or frown

Snowflakes white as your angel wings
Flutter softly to the ground
Reminding me in my sorrow
That you will always be around

Tanya Lord



*Those we love can never be
more than a thought away...
for as long as there's a memory,
they live in our hearts to stay.*

November People

Upon receiving my November TCF newsletter, I look under “Our Children Loved and Remembered” and sure enough, there we are, the November People. We are the parents and loved ones of the 85 children who were either born or died in November, those children who range in age from newborn to toddler to elementary-school age, to preteens and teens, to young adults and adults. And just think, those are the children whose parents and loved ones are in contact with TCF in Springfield. It’s mind-boggling to think of all those November people in other TCF chapters, and all those November people spread out across our country and the world.

Some of you I know personally, some of you I “know of,” and some of you I feel I “should know,” simply because we have been listed together as the *November People* in the newsletter for so many years. I am drawn in spirit to those of you whose “day” is the same as mine, November 6th.

My husband, Arlen, and I have been November People for 14 years now. On that first November 6, the day of Tony’s death early in the morning, I went out and picked roses beneath Tony’s bedroom window. Because Tony had been sick for so long with a malignant brain tumor, and because he, and we, had suffered so much, there was a definite feeling of relief that it was finally “over”.

By the first anniversary of his death, the feelings of relief and peace had disappeared, replaced by the most “God awful” sadness and actual physical hurting one could ever bear. Slowly, each November 6 got a little better. For many years we could tell you what we did on November 6, two years after Tony’s death, five years after Tony’s death. The first few years we took off work and just “got the heck out of here”. We would go anywhere.

As the years passed and our little trips became less healing, we found we preferred to just stay home and perhaps eat out that day. For the last couple of years or so we haven’t even gone out to eat, but just go about our “business as usual”, except for the fact, of course, that it isn’t “business as usual” at all. I do not believe that day will ever be a usual day. I have found it important and even helpful, to always mention to Tony’s little brother (who was born after Tony died) that this is the day of his brother’s death. This year we observed the anniversary by doing basically nothing. Both Arlen and I remarked to each other that we felt sad and empty. There were no tears, no expressions of terrible sadness, just emptiness. Yet, because I was exhausted the day after, I know it was an emotionally draining day!

Our friend, Pat, sent her usual “thoughts”, which she had done every year since Tony’s death. Now that relatives say nothing, Pat’s expression of remembrance has become even more important to us. Somehow it’s nice to know someone outside our immediate family remembers!

Soon it will be December, and we *November People* will have made it through another November, another year. For some it may have been easier this year and for others harder. Some of you remember all the details and swear you’ll never forget a single thing. But time does have a way of dulling the pain, of blunting the edges, of softening the memories. Now, fourteen

years after that first significant November 6, Tony’s illness and death seem so long ago, so far distant, we could easily wonder if it ever happened, if he every was. Yet we don’t ever want it to become just another year, yes we do know it did happen - and yes, he was. He was OUR son - the child of our flesh and love. It was not a dream, nor his illness and death a bad nightmare. It was real, as is evidenced by the fact that everything we think and do in life is colored, is influenced, by Tony, his life and his death. I’d like to believe we are better parents, better friends, better people, because at one time there was a little boy named Tony who was a part of our lives.

If you are a new *November Person*, or December, or any month-of-the-year person, I’d like you to know that it does get easier. Perhaps, in time, you too will be able to remember without all the pain and hurt - with only an “empty” feeling on that date. It will never be just another day though! Why? Because we don’t ever want it to become just another day, for that would mean we had forgotten that child who was such an important part of our lives. We don’t want to forget and we will always be November People and that’s why!

Darrie Diamond
TCF/Springfield, MO

Holiday Thoughts

For those who think that Christmas and Chanukah are just nice days to give and get presents, bereaved parents have another message. Mixed with the joy is the knowledge of sadness. With the hope of birth comes the threat of death. We should not try to cover up our sadness in front of people, for we have a lesson to teach them.

But the holidays have a lesson for us, too. Yes, there is death. Yes, there is great bitterness in life. There is darkness. But there is hope. There is birth. There is light.

In a society which works so hard to deny death, perhaps only bereaved parents and a few others can truly understand the depths of these holidays.

Dennis Klass
TCF St. Louis, MO

*The New Year comes when all the world is ready
for changes, resolutions—great beginnings.*

*For us, to whom that stroke of midnight means a
missing child remembered, for us the new year
comes more like another darkness.*

*But let us not forget that this may be the year
when love and hope and courage find each other
somewhere in the darkness
to lift their voice and speak:*

Let there be Light.



The Compassionate Friends

Minneapolis Chapter
Supporting Family After a Child Dies

c/o St. Joseph Parish
8701 36th Ave N
New Hope MN 55427

The Minneapolis Chapter of The Compassionate Friends operates solely with voluntary donations. While there are no dues or subscription fees, donations to help support our Chapter's efforts are much appreciated. Funds are used for meeting supplies, rent, newsletter printing/postage, and more. Gifts in any amount are appreciated. Please consider a \$10 annual donation if you are receiving a printed, mailed newsletter.

Thank you for your consideration!

Complete and return this form along with your donation to a chapter monthly meeting or mail to our treasurer:

John Jordan, 11905 53rd Ave N, Plymouth, MN 55442

Please make check payable to *The Compassionate Friends Minneapolis*.

Please Print

Name _____

Address _____

City, State, Zip _____

Phone _____

Email _____

Child's Name _____

Birth Date _____

Death Date _____

NO LONGER INTERESTED?

Do you wish to remain on our mailing list and receive our quarterly newsletter?

- Perhaps you aren't able to attend monthly meetings, but wish to continue to be informed of our chapter news and events.

- ♦ Perhaps you find comfort in reading the articles and stories included in the newsletter.

IF THE RENEWAL DATE ON YOUR MAILING LABEL IS HIGHLIGHTED, to remain on our mailing list, DO ONE OF THE FOLLOWING:

Attend an occasional meeting or event, (be sure to sign in)

OR

Email our Database Manager at tcf.mpls@gmail.com

OR

Complete and return the coupon found to the left.