



The Compassionate Friends

Minneapolis Chapter

Supporting Family After a Child Dies

8701 36th Ave N

New Hope, MN 55427

NOW OFFERING MONTHLY ZOOM MEETINGS

Our Zoom virtual meetings follow our in-person meeting format for parents, and siblings (14+). After the large group we divide into small groups (with a separate siblings group). Contact us for ZOOM help.

Monday, May 17 — via ZOOM "We All Grieve Differently"

Often, we wonder why people don't understand our grief. Often, we don't understand someone else's grief. Parents don't grieve the same, nor do siblings, or grandparents. Why do we expect them all to grieve like we do? This discussion will allow us to better understand not only our own grief but that of others.

Monday, June 21 — via Zoom "Then and Now"

Time and grieving changes a person's perspective. Questions asked in the first year, with the same questions asked years later will elicit different responses. That is the measure of healing one sees with time. TCF presenters will show how hurting parents and siblings heal in time. Members will add their reflections or thoughts during the presentation and later in small groups.

Monday, July 19 — In Person "Love Notes, Bubbles & Ice Cream Sundaes"

Members and family are invited to our uplifting, annual event. Details on Page 3. Held in-person at our regular meeting place, St Joseph Parish, New 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.*

MINNEAPOLIS CHAPTER INFO**TELEPHONE:** (612) 444-1301**EMAIL:** tcf.mpls@gmail.com**Minneapolis Chapter Leader**
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Terri & Tom Lindfors

Webmaster

Lisa Gross Crees

Facebook Page Administrator

Lisa Gross Crees

Hospitality Coordinator*WELCOME to the team!* Vickie Hackel**Donor Appreciation**

Pat Reller

Co-Librarians

Tasha Feigh & Mary Feigh

Special Events Co-coordinators

Mary Jo Peterson & Monica Colberg

Sibling Loss Facilitator

Maggie Bauer

Steering Committee Meetings

Held quarterly to plan events and Chapter direction. Next meeting: July 9.

TCF NATIONAL OFFICE

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E-mail:nationaloffice@compassionatefriends.orgwww.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**Minneapolis 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/groups/TCFMpls)

Or log onto Facebook and search: TCF Mpls

www.facebook.com/groups/TCFMpls**Chapter Locator tool is available on TCF National Website**[Locate Chapter Here](#) www.compassionatefriends.org**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**Uniting Grieving Hearts****Across Our Communities****44th National Conference****Presented Virtually July 16-18, 2021**

Save the Date! The popular annual TCF National Conference is filled with healing workshops, keynote speakers, and more. Last year, the three-day National Conference was held virtually. It gave thousands the opportunity to gather and connect as a community with support to find renewed hope. Even though we'd rather be in person, attending virtually offers the benefit of no travel or hotel expense. Details are coming soon, including presenters, workshop topics, and online registration instructions & fees. Watch our website, Facebook page, and email for updates as they become available.

TCF National Conference Scholarships

Our Minneapolis chapter wants to strengthen connects between our members and The Compassionate Friends national organization. The Minneapolis Chapter is offering scholarships to chapter members to attend the virtual 2021 National Conference "Uniting Grieving Hearts Across Our Communities." TCF Minneapolis Chapter will reimburse the registration fee (amount TBA) for up to 10 individuals (one per family). To apply for a scholarship, register for the conference (registration will open soon) and send a copy of the receipt by email to: tcf.mpls@gmail.com. Any questions, call the Mpls. Chapter at (612) 444-1301.

Now Accepting Online Donations

The Compassionate Friends, Minneapolis Chapter is a non-profit that operates solely on donations from its members. Our chapter is grateful for the many generous members who help us continue our outreach, so families who have experienced the death of a child, grandchild or sibling need not walk alone. To all who donate, whether the amount is large or small, we are very thankful.

Typically, our donations are mostly received during our meetings and special events, but with the current COVID-19 environment it has made in-person giving difficult. I set up two methods for online donations; PayPal and Venmo. I am pleased to see members using them for contributions.

Find our TCF Minneapolis Chapter on both **PayPal** and **Venmo** by using **@TCFMpls**. Apps are available for download on mobile devices. If you have any questions on how to utilize either, please email me at: jjordan176@yahoo.com.



John P Jordan
Carson's Dad and Chapter Treasurer
TCF Minneapolis MN

Ice Cream, Bubbles, and Notes to Our Loved Ones

In-Person Event – July 19, 2021

TCF Minneapolis Chapter invites you to an environmentally healthy summer ritual. Bring friends and extended family members to write notes to the ones we love. We will say their names and place the notes together. We will eat ice cream sundaes and watch bubbles fly around us. This is our time to see family and friends remembering our children and siblings who are not with us physically but remain always in our hearts.

The notes will be recycled after the program. Eventually that composted material will be transferred to a Minneapolis bee and butterfly friendly community garden. Those urban garden flowers provide much needed pollinator habitat for the butterflies around us.

This will be an In-Person event from 7:00pm to 8:00pm on Monday, July 19, 2021 at our usual meeting place:

St. Joseph Parish – 8701 36th Ave North – New Hope MN 55427

All pandemic health precautions, procedures and safety protocols will be followed.

- This event will take place Rain or Shine!
- The Chapter will provide everything. The event is free, but donations are appreciated at suggested rate, \$5 per adult.
- Ice cream sundaes will be prepared and served by masked and gloved event committee members.
- Face coverings are required. If you don't have one, we will provide one. Recommended for all over the age of 2.
- Maintain 6-foot physical distancing from people not in your household, upon arrival and throughout the event.
- Use Hand Sanitizer station upon entering the building.
- Bathrooms will be disinfected between use.
- Please stay home if you are sick.

RSVP with your name and number attending. Extended family is invited. Email tcf.mpls@gmail.com, or call or text our chapter phone line, (612) 444-1301, to RSVP or ask any questions you may have. Please respond by July 14th.

Leader's Corner

In March 2021 TCF Minneapolis Chapter member Terri Lindfors presented a meeting topic on the healing power of nature. In advance of that she asked Steering Committee members to send her examples of how they found solace in nature on their grief journeys. My Starry Night story (below) was written in response to her request. Terri and Tom are new to the chapter leadership group where upcoming monthly topics are planned. Terri's awareness of nature in her grief journey motivated me to examine where I experienced that. I reconnected with memories long forgotten. The friends we meet in TCF offer "new-to-me" perspectives on grieving. Seasoned griever assist new families as they arrive in TCF. New members in time return the favor.

Art's Mom and Chapter Leader,
TCF Minneapolis MN

Starry Night

My Dad was a navigator in World War II. He enjoyed viewing the stars. He taught his children about the constellations. My son Art was 3 years old when Dad died. He could not show his grandson the stars. I took that on.

When Art was 5 years old, he and I dressed for the cold and stood in our back yard in the winter, while the trees are bare, to catch the best view of the night sky. I talked with Art about the Big Dipper, the Little Dipper and I pointed to the North Star. I gave him children's books on the night sky.

I bought him glow in the dark stars at the Science Museum gift shop. He climbed to the top of his bunk bed and stuck the stars on the ceiling. He spelled "Art's World" on the ceiling with careening comets, planets and stars.

I often found him on the top bunk adding more constellations. We would shine flashlights on them to brighten the stars and then turn off the bedroom lights. Art fell asleep under their star glow. Those stars are still on the ceiling in my home.

When he was 7, Art had a science project on the stars. We bunched up on a frozen February night and headed outside. Light pollution was beginning to be an issue but we persisted. We stood in the backyard facing East, looking for constellations. A tiny cluster of stars became visible above the horizon the longer we watched. We found those stars again on other winter nights.

One evening, after pointing to the tiny cluster, I told Art about the astronomy course I had taken. I had tried but failed to find the name of that cluster.

"Maybe that cluster of stars is unnamed," I said, "not yet discovered by the scientists. We should name it."

He liked the idea. We tried a couple of different names and then I asked, "Shall we call them Art's Stars?" He liked that. Thereafter we looked for Art's Stars, best seen in our backyard in February.

My son died when he was 20. During the first winter without Art I found those stars and cried uncontrollably. I did not look for them again for years.

Now when I see them, I talk to my son quietly. All that energy that was my son Art is somewhere in this universe. He could be there, swirling around those stars. While my body and mind are quiet, staring into the starry night, sometimes those sweet conversations we had under the stars return whisper soft, back to me.

Monica Colberg
Art's Mom
TCF Minneapolis MN



Natalie Hackel

Dedicated to the One We Love

My daughter, Natalie, beautiful inside and out. We miss her dearly and I'm grateful for the years she was with us! The love and beautiful memories will fill my heart forever. Vickie

Editor's Note: We appreciate Vickie Hackel for her donation towards the printing & mailing of our newsletter, and are happy to dedicate this issue to her vibrant daughter, Natalie. (See page 4 for Natalie's poem.)

A Poem for Natalie



Blades of grass dance in the breeze.
Spring's hands wrap around it
Like a blanket fresh out of the dryer.
Every blade of grass matters to the Sun.
Meanwhile, clouds gather.

Although you may not see it,
the sun is still shining.

The first drop of rain.
Winds howl.

The blade of grass remains strong.
What at first appears...beautiful soon
becomes too much for the blade of grass,
like a butterfly with a torn wing.
Winds rise and swirl with anger—the
onset of the perfect storm.

Heavy does the rain fall now.

Eddies in the water.

Then, as if plucked from its roots,
the blade of grass is swiftly carried
down a winding stream,
slowly at first, then faster and faster
like a sled down a snowy hill.
The birds sing their battle cry.

Although you may not see it,
the sun is still shining.

The blade of grass albeit young and strong,
beautiful and delicate,
is carried away by the stream...

To a superlative plot,
full of the greenest grass fathomable.
Flowers, trees and the Sun,
as bright as you have ever seen,
to a place only for the blades of grass
that belong to the Sun.

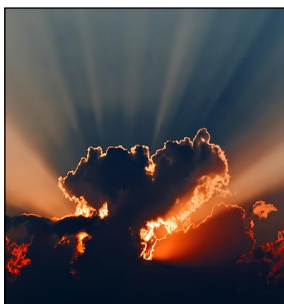
And there it will stay and replant itself.
And the rain can never wash it away.

More grass will come to join it.
And the sun will always shine
and the flowers will always bloom,
for that blade of grass is back where it belongs.

And it will receive its nourishment
where the sun is always shining
although you may not see it,
the sun is always shining
its perpetual rays, casting its
omnipotent warmth and love
over all of the grass that
belongs to Him.

Fight the good fight,

Becky Haller (Natalie's cousin)
Written in honor of Natalie Hackel



Mother's Day

As I write this, I am very much aware that Mother's Day is coming soon. That will be an undoubtedly difficult day in countless homes. For all the thousands of mothers who will be glowing with a radiant kind of pride and happiness at cemeteries where the sweet clear notes of a single spring bird perched nearby float over our heads and seem surely to have been intended as divine comfort for a heart full to breaking. You will hear of yellow roses being sent to a small church "in memory of..." and a cherished story of a kind and sensitive friend who sent a single rose that first Mother's Day "in remembrance."

Always we struggle with the eternal questions—how does life in fairness extract from us the life of a beloved child in exchange for a clear bird call in a spring-green cemetery, a slender vase of yellow rosebuds or even the kindness and sensitivity of a friend who remembered our loneliness and pain on that day? Where is the fairness and justice in such barter?

The answer comes back again and again—life does not always bargain fairly. We are surrounded from birth to death by those things which we cannot keep, but which enrich, ennoble and endow our lives with a fore taste of Heaven because we have been privileged to behold, to experience, to wrap our arms around the joyous and beautiful.

Can we bottle the fragrance of an April morning or the splendor of a winter's sunset and take it home with us to place it on our fireplace mantle? Can we grasp and hold the blithesome charm of childhood's laughter? Can we capture within cupped hands the beauty and richness of a rainbow? Can we pluck the glitter of a million stars on a summer night or place in an alabaster box the glow and tenderness of love?

No, we cannot. But to those who have been given the splendor, the blithesome charm, the glory, the glitter, the tenderness and the love of a child who has departed, someday the pain will speak to you of enrichment, the compassion for others, of deeper sensitivity to the world around you, of a deeper joy for having known a deeper pain. Your child will not have left you completely, as you thought. But rather, you will find him in that first clear, sweet bird call, in those yellow rosebuds, in giving and receiving, and in the tissue-wrapped memories that you have forever in your heart.

Mary Wildman,
TCF Moro, IL



Our Children Remembered...on Their Birthdays

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

May

CHILD	MEMBER
Chad	Joyce Rubin
Carson Thomas Jordan	Gloria & John Jordan
Logan Bruns	Julie & Paul Kingsbury
Justin Thillman	Sarah Tieszen
Mitch sibling	Rachel Shapiro
Ross Alvin Joseph Stenerson	Barbara Stenerson
Julie Marie Olson Topp	Barbara Olson
Noah David Muonio	Michael & Anita Muonio
Gregory	Mary & Tom Sincheff
Eric Brodin	Judy & Buck Brodin
Adam	Rhoda Michaelynn
Sawyer James Tate	Robert & Joy Tate
Steve Hokemeir	Gail Hokemeir
Jenna Rietmulder	Jay & Holli Rietmulder
Kaare	Kristi Patterson
Alec Smith sibling	Alexis, Jamisen & Brittany
Alec Smith	Nicole Smith-Holt & James Holt Jr.
Scott Tuma	Shirley Tuma
Kameron	Dawn Gurule
Michael Habte	Debra Hudson
Nick sibling	Alyssa Kroll
Jean Claude Wishard sibling	Danielle Wishard-Tudor
Eric Lindquist	Bruce Lindquist
Nicholas	Bernadette Bernardini
Payton Tripp granddaughter	Janet & Richard Tripp
Rob	Mary Quade
Lisa	Carol Sorensen
Matthew	Mary Curtis
Natalie Hackel	Vickie Hackel
John Pecnik sibling	Jeanne Klein

June

CHILD	MEMBER
Thomas Scott	Dianne & Bill Jeffery
Carolyn Ann Bedford	Barbara & Robert Demsky
Ben Alden	Mary & John Alden
Tyler Russell Hill	Sheryl & Allen Hill
Abigail	Eric & Sam Zander
Alex	Chuck & Trudi Campbell
Mark	Bev London
Tina	Cynthia Wong
Vincent	Jeff Lewis
Allisa Feldman	Harley & Elayne Feldman
Katie	Fern & Dave Sanders
Thor Eide	Susan Nokleby
Zachary	Melanie & Craig Thielke
Victor Genis	Argimiro Delgado
Derek	Darwyn & Mary Tri
Ben Freidson sibling	Debe Fefferman
Benjamin Freidson sibling	Jenne Freidson
Drew	Judy Pehrson

July

CHILD	MEMBER
Daniel Hinschberger sibling	Anna & Todd Lundblad
Daniel Hinschberger	Linda Schaeffer
Elsey Kirabo	Mary Jo & Winston Peterson
Alex	Lisa Welke
Spencer Johnson	Ann Perry
Sam Abron-Yeager	Tarsha Davis
Grant	Greg & Stephanie Dosser
Andrew John terSteege	Leon & Kathryn terSteege
Kinsley	Farynn Kimmes
Kendra	Tom & Terri Lindfors
Kendra sibling	Cole Lindfors
Bruce	Judith Richart
Paul	Char & Rich Myklebust
Jory Day-Monroe sibling	Seaira Garcia
Jory Day-Monroe grandson	Mary Klingelhoets
Andrea	Joan & Martin Leeper
Cynthia	Liz Keller
Arthur Colberg nephew	Marcia & Craig Benham
Arthur Colberg	Monica Colberg
Arthur Colberg sibling	Jessica & Brandon Schultz
Persephonee	Chris & Amee Banks
Dawn Ankney	Sharon & Gregory Maidment
Kerry	Julie Bartell
Jonathan Townsend	Kelly Townsend
Danny	Georgie Waulk
Sadie Hanson	Dani Hanson
Shayde Erin Rudenick	Steve Rudenick
Gretchen	Susan and Dave Windschitl
Krista Monyhan	Dave & Tricia Hanson
Zachary	Connie Theis
Brian	Julia Malmgren
Dylan Colbath	Lisa Colbath
Tony	Tina Mehok
Ryan Trunzo	Scott Wagner & Paula Trunzo

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.

Grief Work

Grief Work is like winding a ball of string. You start with an end and wind and wind. Then the ball slips through your fingers and rolls across the floor;

Some of your work is undone, but not all. You pick it up and start over again, but never do you have to begin again at the end of the string.

The ball never completely unwinds; you've made some progress.

Lovingly lifted from
TCF Evansville, IN newsletter



Our Beloved Children...in Our Hearts Always

especially during the Remembrance Month of their death.



May

CHILD		MEMBER
Logan Bruns		Julie & Paul Kingsbury
Caleb		Paul & Perla Morley
Samantha		Julie & John Bangsund
Mark Andersen		Ruth Shaddrick
Natalie Hackel		Vickie Hackel
Hunter		Sue Aguilar
Vanessa Marie		Maureen Voltin
Joseph Engles		Deb & Paul Barland
Robby Andrew Wallenberg Bragg		Linda Wallenberg
David Lindgren		Jeff & Jan Bowers
David Lindgren	sibling	Adam Lindgren
David Lindgren	sibling	Tony Lindgren
Ashley Cochran		Lisa Cochran
Carissa Hayen		Linda Hayen
Scott Tuma		Shirley Tuma
Michael		Laura Bottenfield
Lori Jensen		Christine Jensen
Weston		Lisa Koch
Melissa Marie Vomhof		John & Ruth Vomhof
Julie Marie Olson Topp		Barbara Olson
Arthur Colberg	nephew	Marcia & Craig Benham
Arthur Colberg		Monica Colberg
Arthur Colberg	sibling	Jessica & Brandon Schultz
Kerry		Julie Bartell

June

CHILD		MEMBER
Alex		Kathy Simanek
Daniel Christian Demsky		Barbara & Robert Demsky
Grant		Greg & Stephanie Dosser
Ron Reinert		Sharon Reinert
David		Derwood Twigg
David Andrew Twigg		Selma Twigg
Andrea		Joan & Martin Leeper
JoAnna		Aron & Ruth Wilterding
Krystie Anna	care giver	Patty Beaudry
Krystie Anna		Rick Karl & Bruce Steiger
Ryan Trunzo		Scott Wagner & Paula Trunzo
Zachary		Melanie & Craig Thielke
Dan Lewis		Chris & Bob Lewis
Timothy		Rony & Christine Muzik
Tim		Rozanne & John Puhek
Ashley		Michon Jenkin & Randy Segal
Leon Harwood		Antonia (Flipper) Filipiak
Corey Fetzer-Londer		Cheryl Fetzer
Alec Smith	sibling	Alexis, Jamisen & Brittany
Alec Smith		Nicole Smith-Holt & James Holt Jr.
Daniel		Dan & Chevis Peso
Justin Thillman		Sarah Tieszen
Tyler Russell Hill		Sheryl & Allen Hill
Kelsey Eberle		Roxanne & Terry Eberle

July

CHILD		MEMBER
Amia		Adrienne Pelleg
Tucker		Dana & Kevin O'Brien
Charlotte		Jon & Angie Downing
Claire Richards		Gail Manning & David Richards
Krista Monyhan		Dave & Tricia Hanson
Michael		Jean Shilinski
Peter		Eric Strommen
Allyson		Roger Graphenteen
Adrian		John & Stephanie Merfeld
Archer		Kara Amorosi
Adam		Rhoda Michaelynn
Steve Hokemeir		Gail Hokemeir
Rhiley		Mike Henneman
Kate		Scott & Lisa Fronek
Murdoch		Cory Crust
Murdoch		Nicole Crust
Andrew John terSteege		Leon & Kathryn terSteege
Barry Allan Beal		Carol Beal
David		Joan Robson
Chad Goodspeed	sibling	Brenna Goodspeed
Chad Goodspeed		Betty Udseth
Luke		Amy & Jason Crotteau
Luke	sibling	Carolyn Crotteau
Harriet		Stephen & Fiona Burgdorf
Victor Genis		Argimiro Delgado
Michael DeBruin		Mary & Bob DeBruin
Selene		Deborah Anderson
Selene Anderson	sibling	Elizabeth Anderson
Jason McCarthy	grandson	Ken & MaryLou Theisen
Brian		Julia Malmgren
Kaare		Kristi Patterson
Alexander		Susan & Ed Herrmann

Nature's Solace

Look for me in nature, now that I am gone,
in all the paler gentler hues
beneath a morning sun:
The softer breezes passing by and
pressed grass beneath your feet.
The smaller flowers on slender stems
with perfumes fresh and sweet.

Look for me in nature, now that I am gone,
in all the evenings pearling that
spread with the setting sun:
The whispered hush of eventide that
dims to first starlight's gleam.
And I am but a breath away,
if you close your eyes and dream.

Sheila, TCF England



Do Real Men Attend Meetings?

It has often bothered me that more men and persons of cultural minorities don't attend TCF meetings. I know there are societal and cultural restraints which inhibit many bereaved persons from seeking outside help or support. Being both a man and a member of an ethnic group, I know very well the false pride which often restrains us from admitting we are not as self-sufficient as we want others to believe. We are taught (men in particular) at a young age not to reveal when we are hurt. We must be strong and brave and silent.

Stoic endurance is really not unique in any culture. The British call it "keeping a stiff upper lip." The Japanese call it gaman. Hispanics pride themselves on their ability to aguantar. In the U.S. it is embodied in the Puritan ethic.

When I began attending TCF meetings regularly, I wondered for a long time whether I was a "real man." Was I less macho than my peers? Couldn't I handle my grief in solitary dignity? The answers, I finally decided, were yes, no, and maybe. Maybe I could have adjusted to my son's death all by myself. Maybe I could have shunned the possibilities of self-destructive behavior, drunkenness, drug abuse, wild living, or the unraveling of my family life without TCF. Maybe I could have dealt alone with all the anger, despair, and depression. Fortunately I didn't have to.

I readily admit I wasn't very enthusiastic about going to my first TCF meeting. I imagined a group of people sitting around crying on each other's shoulders, bemoaning their cruel fate. Instead, I found people who were hurting as much as I; who, like me, were angry, who also often felt depressed—but who were working very hard to mend the tattered fabric of their lives! I soon discovered that this was a place where I could talk about my grief and still feel safe about it. Nobody was going to think me less of a man for not getting over my son's death in a few months.

TCF doesn't promise or offer any quick fixes. There are no magic words or formulas to take away your grief. Whatever "magic" takes place, I know now, happens slowly. I don't believe it is possible for a bereaved parent to "forget," but I think TCF's support and understanding help make it easier for us to go on with our lives. We need not become lifelong emotional cripples.

To all of you hurting people who have never attended a TCF meeting, I urge you to give it a try. Attend two or three meetings and see if some of the "magic" doesn't rub off on you. What have you got to lose? You can't hurt any worse than you already have. TCF is for any and all bereaved parents—men and women, minorities and gringos, people of any or no religious faith. The one thing everyone at TCF has in common is the death of a child—and how it feels.

Steve Perez, TCF Denver, CO

Is It Easing?

I heard your name today and my heart did not skip a beat, nor was my mind flooded with the emotion of losing you. I heard your name today and it did not bring back the terrible hurt feelings of when you first left me.

I heard your name today with a calmness that surprised me. Many another child carries your name, and it had been torture hearing it and seeing the smiling faces on those little girls.

But today I knew—I found out—what others in my footsteps found out and tried to tell me. The hurt will ease; but the memories, the love, the good times will never go away.

Phoebe C. Redman
TCF Bradenton, FL

Where Hope Lies

Where does hope lie?

Hope is when you smile again.

Hope is when you laugh and all your tears rolling down your face are not from sadness.

Hope is celebrating the small accomplishments that before your momentous loss would have felt like nothing.

Hope is hearing the birds sing again.

Hope is when you no longer feel overwhelmed by the little stuff or even your every-day routine.

Hope lies in the moment you reach out to a caring friend or family member and ask them to just listen.

There is hope in that piece of your heart that is still able to receive love.

Maggie Bauer

Little sis of beloved brother Christopher
TCF Minneapolis, MN

I Am Spring

I am the beginning.

I am budding promise.

I spill cleansing tears of life

from cloudy vessels

creating muddy puddles

where single cell creatures abide

and splashing children play.

I am new green growth.

I softly flow from winter's barren hand.

On gentle breeze I fly – embracing sorrow.

With compassion, we feather nests

where winged voices sing winter-spring duets.

As frozen ice transforms to playful stream

I whisper truth – life is change.

I am spring.

I bless long, dark wintry days.

I crown mankind's pain

with starry skies in deepest night

lighting solitary paths from sorrow to joy

as the wheel of life turns 'round and 'round.

Carol Clum

(written after attending a workshop presented by John Fox,
author of "Finding What You Didn't Lose" and "Poetic Medicine")



Right now...

Take a *moment*, close your *eyes* and
remember the *smile* of your *child*!

Sascha



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*.

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City, State, Zip	_____
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Child's Name	_____
Birth Date	_____
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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.