



The Compassionate Friends

Minneapolis Chapter

Supporting Family After a Child Dies

8701 36th Ave N

New Hope, MN 55427

IMPORTANT MEETING CHANGE

Now offering monthly ZOOM meetings.

We are hosting virtual meetings, similar to our in-person monthly meeting format, for parents, and siblings (14+). After the large group portion, we divide into small group breakouts (with a separate siblings group). Contact us for ZOOM instructions. Please watch your emails and our Facebook page for updates regarding hosting in-person meetings again.

Monday, February 15 — via ZOOM
"Companions in Grief"

Many people credit "pet therapy" with helping cope with grief. Animals provide unconditional love and non-judgmental support. Caring for companions with fur, fins, or feathers may offer a welcome, purposeful distraction.

Monday, March 15 — via Zoom
"Healing Powers of Nature"

Connecting with nature can have a healing quality. Our natural surroundings provide us a path towards some peace, solitude and distraction from our pain.

Monday, April 19 — via Zoom
"Moving Through Grief"

When you are grieving, the physical and emotional pain can stop you in your tracks. In this meeting, we will share some ideas to incorporate more movement into our lives to help us in our grief journey.

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

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Tasha Feigh & Mary FeighSpecial Events Co-coordinators
Mary Jo Peterson & Monica ColbergSibling Facilitator
Maggie BauerSteering Committee Meetings
Held quarterly to plan events and Chapter direction. Next meeting: April 9.

TCF NATIONAL OFFICE

Toll Free: 1-877-969-0010

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REGIONAL COORDINATOR

Cathy Seehuetter: (612) 991-9954

Email: seehuettercathy@yahoo.comThose 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
[Find Chapter Here](https://www.compassionatefriends.org) 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

2021 TCF National Conference

Typically, a National Conference is held during the summer. This popular annual event is filled with healing workshops, keynote speakers, and more. Last year, the National Conference was held virtually. While not ideal, it gave thousands the opportunity to be surrounded online with support to find renewed hope. Options are being explored for 2021. Watch for updates on our website, Facebook, and newsletter.

Mailing List Database Housekeeping

For all update requests, EMAIL: tcf.mpls.editor@gmail.com

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Save a Tree & Postage

If you receive this newsletter in the mail, and would be ok with it arriving instead via email, please let us know.



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If no longer interested and would like to stop receiving our newsletter, please email a request.

Now Accepting Online Donations

The Compassionate Friends is a non-profit that operates primarily on the donations given by its members. The Minneapolis Chapter of TCF has been very fortunate for the many generous members who help us pay our bills and allow us to continue our outreach growth. These donations provide us the ability to be there for anyone who has a need for the valuable resources we offer, so that everyone who has 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 received during our meetings and special events but with the current COVID-19 environment it has made giving difficult for some. Prior to our December Candle Lighting Ceremony, I set up two methods for online donations. One is with PayPal and the other with Venmo. I was pleased to see several donations use them as a means for year-end contributions.



Find our TCF Minneapolis Chapter on both **PayPal** and **Venmo** by using **@TCFMpls**.



I will continue to keep these two online resources for donations going as a convenience for our members. If you have any questions on how to utilize either please let me know at jjordan176@yahoo.com.

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

Take a Moment to Breathe

Be kind to yourself
 Respect your body
 Engage with others
 Allow emotions to ebb and flow
 Take life one minute at a time
 Honor your loved one
 Examine your expectations

Resolving to Care for Ourselves

We all approach the New Year very differently. Many cannot wait for the year our child or sibling died to pass, while others feel it separates them further from that person. But, the one thing most newly bereaved agree on, is that they are glad the holidays are over. For some the anticipation was far greater than the holiday itself. When pain and stress control our lives it is very difficult to be optimistic.

We must try to face the New Year with the thought that we will not always be in this much pain. As difficult as it is for us to believe, the pain does soften. One day you will find a tolerable life again. It will not be the same as it was, but in many ways our lives can be richer, for we don't fret over the trivial things we used to. We have learned the real values in life. January is the time of year we struggle to put all our trying events behind us, and begin the year with new expectations. Unfortunately, that does not apply to our grief. We cannot "get on with our life" until we have spent sufficient time resolving our grief.

All too often, we choose to repress the most painful emotions. They are too difficult to share with others, and we feel too fragile to deal with them. Once unresolved issues become delayed grief, it can be very damaging, and much harder to resolve.

Perhaps, one of our New Year resolutions should be allowing ourselves freedom to grieve. We need to take time to read, attend meetings, phone a friend, cry, walk, eat healthier, and in general remove our name from the bottom of the list of people to care for. We need to place ourselves at the top of the list, making ourselves number one. We cannot always be a reservoir of strength; this may be the time to let others care for us.

We can't expect this to be a good year if our grief is fresh. But, we should expect good things as well as bad. We have survived the impossible ordeal of the death and funeral. We have learned to take one day at a time, and not to set our expectations too high. If a good day comes, cherish it. Many times we have problems with the most important ingredient of recovery, and that is to learn to laugh and be happy again. We feel guilty for that moment of pleasure, and sometimes even feel it disrespectful. This is not a sign of forgetting, or a lack of love, it is a very healthy sign of hope.

Marie Hofmockel,
 TCF Valley Forge, PA

Leader's Corner

The end of a tough COVID year and prospects for a COVID vaccination do little to quell the shock and pain that members new to TCF experience. In this fast changing world of restrictions and isolation, TCF has adapted and held steadfast to helping whoever finds us, to lighten their grief journeys with a balm of hope.

Reach for us when you need us. We will reach back to you. We will be your friends in the worst of times. My January New Year's wish for you is peaceful calming hope for the future.

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

Care Card Club

The Minneapolis TCF Chapter has formed a Care Card Club. We will send cards to those in our group who face tough times. Despite our deepest pain, life goes on and sometimes we encounter a wrench in the works. A greeting from TCF members might make the day run smoother.

If you know someone in our chapter who could use a little sunshine, please contact Monica Colberg, TCF Chapter Leader at 612 444-1301. We will send a card or some other gesture with kind thoughts included from all of us. The friendships formed in our chapter are worth investing in greeting cards. It is the least we can do. Let us know how we can help.

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



*You will lose someone you can't live without,
 and your heart will be badly broken,
 and the bad news is that you never
 completely get over the loss of your beloved.*

But this is also the good news.

*They live forever in your broken heart
 that doesn't seal back up.*

*And you come through.
 It's like having a broken leg
 that never heals perfectly—that still hurts
 when the weather gets cold,
 but you learn to dance with the limp.*

Anne Lamott

Depression and Suicide



I often struggle to think about what I am going to write each quarter and this one is no different. But I have decided that this month I am going to concentrate on those individuals who for whatever reason leave this world by their own hand.

As you all know through my writing that both my boys died by suicide and it has been a long journey through the dark days and the pain. However, I have come out the other end with a greater understanding of what it must have been like for them to have gotten to that place in time and how the choice they made ended their lives.

TCF has had many calls recently from very distressed parents who have had a child die this way, so this is why I want to speak to you all this quarter about suicide as it is relevant. In the initial stages for many it is difficult to discuss this as they see it as a stigma and are afraid their child will be looked upon in a detrimental way. Suicide is not a palatable word is it? But it is what it is and although many think it is not what anyone should do, it does happen and it happened to many TCF families.

Having a mental illness is not for the faint hearted and must be a very difficult illness to deal with. Depression and suicide work hand in hand but depression can be helped. So as parents dealing with the death of a loved one due to this, it is scary and undeniably difficult to come to terms with. However, please do not mistake depression as a bad thing, as it is real, just as real as someone having cancer, heart disease, diabetes or a broken leg, but depression and harmful thoughts cannot be seen and if you cannot touch it, see it or recognize it, how can it be treated?

Many in society still look down on mental health. Yes, I would rather my children were with me but they are not and what I am trying to convey is that suicide (although very traumatic for those dealing with its affects) is a plea for help and a way of releasing the person's pain. Without more information those suffering believe it is the only way to be rid of this emotional pain.

My memories of losing my first child in those initial weeks, months and even years are imprinted on my mind never to be forgotten, as the pain stayed with me for such a long time. I found that I could not sit still and wanted desperately to find out why, so I bought book after book looking for answers not only to why this had happened but where was the spirit of that beautiful soul? It surely had not gone completely. I found solace in the literature and it took me on a path of self discovery which changed my life. I am blessed that I found The Compassionate Friends as it helped me to heal from the very deep emotional pain and has supported me to find a place where I am at peace with the death of both my children. I realized that I could not change what had happened even though I had done so much to help both my boys when they were alive. Hopefully from what I had learned and gone through I could be of some help to my fellow bereaved and so it all began, and here I am many years later working as a volunteer in the organization. I will be eternally grateful for the support I was given and I hope I have been able to support those who came after me in some way.

Grief is a very personal journey and so unique in so many ways, but in other ways the same. This may sound contradictory, but when as bereaved parents we gather together at our peer support group meetings, we hear and understand many things that others discuss and this brings us a sense of belonging. For many they do not need that belonging but for others the sense of sharing is important and strong, and this is when your healing begins. Through sharing with others no matter the cause of your child's death, it supports you in the knowledge that you are understood and although the rest of the community thinks that there is a time limit on

your healing you are accepted by your fellow bereaved and encouraged to speak your child's name whenever you need to. This creates a safe place to be, with a feeling of complete understanding.

All the people I have shared with in TCF are still part of my life even although I do not see many of them anymore. They are there with a warm hug, a word of hope, a way to manage my grief or have sat with me and listened. Those people never leave you as they are the ones who helped you on your journey and those are the ones who encouraged and nurtured you. When I am down, and let me assure you I do get down sometimes, I remember something one of those people said to me and it brings me joy as I realize I did hear them and they are still by my side.

I would encourage those of you who have been afraid to take that initial step towards TCF to put your foot forward, it will be a challenge and no doubt difficult but it will have results which will stand you in good stead and help with the healing process. You may be with TCF for a short time or a long time but you will find friendship and support which will be with you forever.

Please be kind to yourselves, give yourself a pat on the back for the courage you all have, understand that others have no idea what any of you are going through, and always remember the love you all have for your precious child will keep you strong.

Love and Blessings

Alison Flanagan (Mother of Roddy and Aidan)
Lovingly lifted from Reflections newsletter,
TCF, Western Australia

Come Sit With Me

Come sit with me awhile and
let me hold your hand,
I understand your sorrow and
know you need a friend.

I understand the pain that
lies within your heart,
I have felt the silent screams
that tear you all apart.

I know about the sleepless nights
that last so very long,
I understand the emptiness when
you hear that special song.

Come share with me your memories
and let me be your friend,
you can cry, laugh or say nothing at all,
And I will understand.

Come sit with me my friend,
I'll try to help you through.
I understand my friend,
for I have been there too.

Judy Peckinpugh
TCF Inland Empire, CA

Our Children Remembered...on Their Birthdays

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



February

CHILD		MEMBER
Kimberly		Donna W.
J. D.		Cathy Bailly
Ian Stevens		Kristine & Dale DeWitt
Steven Eric Hanson		Meg Hanson
Elyse Mary Stern		Robin Stern
Corey Fetzter-Londer		Cheryl Fetzter
Charlotte		Jon & Angie Downing
Brandon	sibling	Maya Lawrence
Brandon		Melanie Lawrence-Smith
Brianna Hager	grandchild	Marge & Paul Modell
Alice		Suzanna Bess & Carrie Johnson
Christopher Bormann		Susan Bormann
Claire Richards		Gail Manning & David Richards
Benjamin		Todd & Debbie Huberty
Troy Perron		Gin Johnson
Michael Gebhard		Allan & Evelyn Gebhard
Noah Tweed		Dennis & Sandee Tweed
Kevin Williams		Shirley Williams
Kevin Williams	sibling	Kim and Ken Williams
Amanda		Dave & Deb Nordgaard
Lori Jensen		Christine Jensen
Harriet		Stephen & Fiona Burgdorf
Christopher		Mary & Bruce Bauer
Chris	sibling	Maggie Bauer
Aiden		Mary Sullivan
Paul Just		Kelly Barrett
Paul Just	sibling	Sarah Barrett

March

CHILD		MEMBER
David Nelson		Jill Harrison
Zachary		Darcie Rummel
Renee		Pat & Roy Schulz
Adam		Kathryn & Waters
Harry Richards		Winnie Visco
John Michael Morgan	sibling	Jane Morgan
Christopher		Lynnette Orkin
Bridgette		Tom Twining
David		Christiane Robbins
David	sibling	Gabrielle Robbins
Robby Andrew Wallenberg Bragg		Linda Wallenberg
Murdoch		Cory Crust
Michael		Laura Bottenfield
Caleb		Paul & Perla Morley
Ashley Cochran		Lisa Cochran
Alexander		Susan & Ed Herrmann
Murdoch		Nicole Crust

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.

April

CHILD		MEMBER
Samantha		Julie & John Bangsund
Chad Goodspeed	sibling	Brenna Goodspeed
Chad Goodspeed		Betty Udseth
Ashley		Michon Jenkin and Randy Segal
Peter		Eric Strommen
Michael		Jean Shilinski
Matthew		Stephen & Carol Hawk
Stefanie		Jayne Darling
Andy		Debbie Stifter
Seth		Lynn Argetsinger & Roger Friedell
Aaron Ginsberg	sibling	Leonora Ginsberg
Cristian		Sara & John Schmidt
Cora		Danielle Grinsel
Abe		David Benson
Mark Frain		Donna Frain
Mark Frain	sibling	Michael & Terri Frain



Roses On The Snow

*What is the point of laying eight
yellow roses on the February snow?*

*What was the point with seven of them last year?
And when there were six the year before?*

*What about the others back to the very first two
dropped on the snow six years ago?*

*What's the point in leaving rosebuds to freeze and
turn brown atop the wintry glaze sealing her grave?*

*The bushy arms of a stern cedar
overhead can't protect them.*

*The fall of a soft hill only funnels winter's icy winds
more cruelly across such fragile flowers.*

*And despite warm promises from
daylight's westerly sun,*

Nightfall's mortal chill always gets its way.

*Why indeed keep an annual birth date with
the florist just to abandon a handful of
teardrop roses on the February snow?*

*Because while the trees will fail,
and the hills and sun alike,
a father's tears care forever.*

*And like roses on the snow,
they die only in form, never in Spirit.*

Gary Grant
TCF, Piedmont, VA

Our Beloved Children...in Our Hearts Always

especially during the Remembrance Month of their death.



February

CHILD		MEMBER
James		Samantha & Michael Wallad
Kelly Ann		Theresa Nichols
Tommy		Sheryl Hutton
David Nelson		Jill Harrison
Sarah Tilman		Cathie Tilman
Zachariah Paul Benjamin Muonio		Michael & Anita Muonio
Mitch	sibling	Rachel Shapiro
Ben Freidson	sibling	Debe Fefferman
Benjamin Freidson	sibling	Jenne Freidson
Brandon		Melanie Lawrence-Smith
Brandon	sibling	Maya Lawrence
Michael Gebhard		Allan & Evelyn Gebhard
Alice		Suzanna Bess & Carrie Johnson
Jeremy Klein	sibling	Jeanne Klein
Jeremy Klein		Chris Klein
Matthew		Mary Curtis
Allisa Feldman		Harley & Elayne Feldman
Elsey Kirabo		Mary Jo & Winston Peterson
Ben Hansen	sibling	Taylor Gotta
Ben		Karen & Gary Hansen
Christopher		Judi Callas
Sadie Hanson		Dani Hanson
Alex		Chuck & Trudi Campbell
Persephonee		Chris & Amee Banks
Christopher		Lynnette Orkin
Thomas Scott		Dianne & Bill Jeffery

March

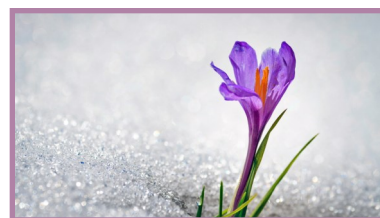
CHILD		MEMBER
Abigail Grace		Tom & Christina Monroe
Missy		Mary Feigh
Missy	sibling	Tasha Feigh
Juli Elisabeth		Lisa & Steve Crees
Juli Elisabeth	sibling	Melissa Myers & Michael Crees
Juliette		Nancy Kilhan
Sullivan		Holly Holmes
Campbell		Jenner Johnson
Jory Day-Monroe	sibling	Seaira Garcia
Jory Day-Monroe	grandchild	Mary Klingelhoets
John Alden		Mary John Alden
Keith Rosenwinkel		Wanda VonHoltum
Jaden Dallas Dalton		Karren Gray
Michelle Marie Franta		Lynn & Stan Liedman
Michelle Franta	sibling	Jeff & Melia Liedman
Ben Alden		Mary & John Alden
Kendra		Tom & Terri Lindfors
Kendra	sibling	Cole Lindfors
Matthew		Sue Reid & Mark Schmidt
Kyle		Lynda Kubousek
Brenden		Tammy Sperr
Shayde Erin Rudenick		Steve Rudenick
Melissa Roeser		Marilyn & Steve Dahlmeier
Nicole Jean Gallery		Janna Gallery
Lauren		Nancy Riesgraf
Paul		Pilar & Steve Hoenack
Kimberly		Donna W.

March (continued)

CHILD		MEMBER
Grayson Jett		Brian & Jennifer Jett
Lauren		Dawn & Peter Duwenhoegger
Ross Alvin Joseph Stenerson		Barbara Stenerson
Barrett Ugland		Renee Forst
Gregory Sather		Nancy Sather
Gregory Sather	sibling	Eric Sather
Gregory Sather	sibling	Joelle & Paul Valentini
Brianna Hager	grandchild	Marge & Paul Modell
Lawrence	sibling	Fern & Dave Sanders
Scott		Harriet Lodermeier
Scott	sibling	Cori Plehal
Daniel Hinschberger	sibling	Anna & Todd Lundblad
Daniel Hinschberger		Linda Schaeffer
Jordan		Leslie Holt
John Michael Morgan	sibling	Jane Morgan
Mandy		Don & Connie Lundholm
Elyse Mary Stern		Robin Stern

April

CHILD		MEMBER
Zachary		Connie Theis
Abe		David Benson
John Pecnik	sibling	Jeanne Klein
Spencer Johnson		Ann Perry
Jesi		Pat & Sue Harding
Noah Tweed		Dennis & Sandee Tweed
Michael Habte		Debra Hudson
Jenna Rietmulder		Jay & Holli Rietmulder
Paul Just		Kelly Barrett
Paul Just	sibling	Sarah Barrett
Molly		Pat, Charlie & Tyler Brown
Michael James Lewis		Joanne Lewis
Joseph Daniel Muonio		Michael & Anita Muonio
Calob		Jessica Bartram
Kevin Williams		Shirley Williams
Kevin Williams	sibling	Kim and Ken Williams
Vincent		Jeff Lewis
Sarah		Jane Ramerth & Marc Friedman
Amanda		Dave & Deb Nordgaard
Cynthia		Liz Keller
Anne		Carol Just
Javi		Renee & Ricardo Moron
Tracy Greenwood	sibling	Tanya Broten
Tony		Tina Mehok
Hallie		Todd & Kathy Brown
Dominic		Aaron Cepeda
Corey		Mary Feigh





Nemo's Vigil

My son, Todd had two dogs in his life that were bonded solely to him. The first was a poodle who was with him from age five until age 21. Todd was always her person. Todd loved that dog.

Todd and his family decided to adopt Nemo in 2000. Nemo is a mixed breed, probably part Blue Healer, part German Shepard. Nobody really knows. Nemo was Todd's dog from the beginning. Todd loved Nemo and took him with him whenever he could. Nemo was the protector and playmate of Todd's children and Todd's loyal companion in life.

Nemo jumped in the car when Todd said "load up" or "let's go." Todd was building a new home for his family, and Nemo always accompanied him to the jobsite. When Todd left home to run errands, Nemo went along with him. At night Nemo would wait at the top of the stairs for Todd to come home. If Todd traveled, Nemo would spend every night at his post until Todd came home.



When Todd died in December of 2002, Nemo's world forever changed. His best friend, his partner in life, his joy, was gone. But Nemo didn't know this. Nemo sat at the top of the stairs and waited as family and friends came to the house after the Memorial Service. Nemo became so confused, so concerned, and yet, he didn't know what had happened. He knew all was in chaos, and he preferred the ordered world of his beloved master, Todd.

Todd never came home. Nemo changed. He no longer interacts with the family. He no longer participates in daily activities or plays with the kids. Nobody asks him to "load up." He simply observes the mounting chaos and distances himself from the family and the menagerie of animals that have been added. Each evening, he sits at the top of the stairs.

It is said that dogs do not understand time. And so, every time the door opens, Nemo perks up and turns his head from side to side and looks. But it's never Todd entering the house.

Nemo drops his weary head on his paws and he waits. Nemo's vigil will continue until he, too, leaves this plane.

Annette Mennen Baldwin
In memory of my son, Todd Mennen
TCF, Katy, TX

Thought For the Day

It is not easy returning to the world of normalcy when your world is so upside down.

It is not easy to stop being a mother or father to your child that has died.

The thought for the day is a word — patience

...patience with yourself who suddenly and powerlessly has been thrown into this horrid nightmare;

...patience with your spouse who always seems to be having an up day when you are having a down day;

...patience with relatives and friends who wish to help but seem to hurt with hollow advice and logical words;

...and patience with time, for it takes time to adjust, and time can move so slowly.

PATIENCE!

Rose Moen
TCF Carmel-Indianapolis, IN

The Jacket

I was heading outside to shovel snow on a cold Minnesota day and needed something warmer than my usual outerwear. I appraised and dismissed several coats in the closet. I reached way back until I found something else. As I pulled it toward the light I recognized it and everything about me slowed down. I had not seen it in years.

It was my son's down jacket. A sweet little everyday memory surfaced with tinges of sorrow as I remembered that moment years ago, when I shopped for that jacket. It was perfect. Just what Art needed for college.

I touched the collar. He had worn it a couple of years.

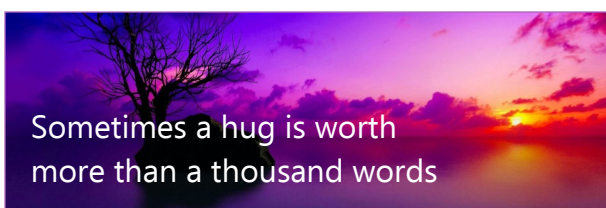
The jacket was in great shape. I stretched one arm into the sleeve, then the other. Took my time reconnecting with all those memories that jacket held for me.

I zipped it up and stood in place, still facing the closet. Somewhere in my brain it registered that standing too long in front of a closet is odd behavior. So be it. Grief appears odd sometimes.

My body heat warmed the jacket and I had a distinct awareness of the sleeves hugging me. It was more than just my arms in that jacket. It was a hug from wherever that boy is now.

I returned to present moment having found the perfect jacket for the day's chores. Time to shovel snow.

Monica Colberg
Art's Mom,
TCF Minneapolis, MN





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.