



The Compassionate Friends

Minneapolis Chapter

Supporting Family After a Child Dies

8701 36th Ave N
New Hope, MN 55427

MEETING SCHEDULE

OFFERING HYBRID MONTHLY MEETINGS

ATTEND IN-PERSON OR VIA ZOOM

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

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

Via Zoom: To Register, use the link emailed a few days prior to each meeting.

Sibling Loss Hybrid Meeting

Bereaved Siblings (16+) meet at the same time and place (in-person & Zoom) as our Chapter meeting, but break into their own group for support & conversation.

Monday, May 18

“Meaningful Memorials”

HYBRID (In-person & Zoom) MEETING

There are many ideas for honoring our children, siblings, and grandchildren. Meaningful memories evolve easily into meaningful memorials. Whether in private or public, big or small ways, it helps to keep our ‘s loved one’s memory alive. We’d like to hear about the special things you have created or done. Bring a sample or photo if you have one.

Monday, June 15

“Bucket o’ Blooms”

HYBRID (In-person & Zoom) MEETING

We’ll pick a fresh flower from a bucket of blooms and share why that flower reminds us of our child. This is a favorite activity that provides an opportunity to share our child, sibling, or grandchild’s name.

Monday, July 20

“Notes, Bubbles, & Scoops”

IN-PERSON EVENT (NO ZOOM)

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

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, grandparents, and siblings. 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**
Gloria Jordan**Treasurer**
Tom Lindfors**Newsletter Editor**
Gloria Jordan
tcf.mpls.editor@gmail.com**Database Coordinator**
*Position Open***Webmaster**
Lisa Gross Crees**Facebook Page Administrator**
Lisa Gross Crees**Hospitality Coordinator**
Jan Kocur**Meeting Greeters**
Jon & Ruth Larson**ZOOM Coordinator**
John Jordan**Donor Appreciation**
Pat Reller**Lending Library**
David Benson**Special Events Coordinator**
Gloria Jordan**Sibling Loss Facilitator**
*Position Open***Steering Member At Large**
Terri Lindfors**STEERING COMMITTEE MEETINGS**
Held quarterly to plan events and Chapter direction. **Next meeting: JULY 10.****TCF NATIONAL OFFICE**1-877-969-0010
nationaloffice@compassionatefriends.org
www.compassionatefriends.org
www.facebook.com/TCFUSA
<https://twitter.com/TCFofUSA>**REGIONAL COORDINATOR**Cathy Seehueter: (612) 991-9954
Email: seehuetercathy@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**Chapter Locator Tool** available on TCF National Website
[Locate Chapter Here](#) www.compassionatefriends.org**Minneapolis Chapter Website:**
tcfmpls.org**MPLS Chapter Is On Facebook:**Join our Minneapolis Chapter's private Facebook community online:
[TCF Mpls](#)Or log onto Facebook and search:
TCF Mpls
www.facebook.com/groups/TCFMpls**National Organization Website:**
www.compassionatefriends.org

There are several options under "Resources" and "Find Support"

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

Donating Through Qualified Charitable Distributions (QCD)

Some of our members choose to support The Compassionate Friends-Minneapolis Chapter by making donations using Qualified Charitable Distributions (QCD) from their Individual Retirement Accounts (IRAs).

What is a Qualified Charitable Distribution (QCD)?

A Qualified Charitable Distribution (QCD) is a way for individuals to donate directly from their IRA to a qualified charity, such as The Compassionate Friends-Minneapolis Chapter, which holds 501(c)(3) non-profit status. This method of giving enables donors to contribute funds directly to a qualifying non-profit without withdrawing them first.

Who Can Use a QCD?

Individuals who are age 70½ or older can take advantage of QCDs. By transferring funds directly from an IRA to a qualified charity, donors can choose to fulfill part or all of their Required Minimum Distribution (RMD) for the donation.

Benefits of Donating Through a QCD

- Donations made via QCD count toward your Required Minimum Distribution (RMD).
- Since the funds go directly from the IRA to the charity, the donated amount may reduce your taxable income.
- Your contribution of any amount will have a meaningful impact on our Chapter's mission and activities funded solely by donations.

Next Steps

Before making a QCD, please consult your financial advisor to determine if this option is appropriate for your situation and to ensure that all IRS requirements are met.

If you are interested in helping further our cause, we encourage you to consider donating to The Compassionate Friends-Minneapolis Chapter through a Qualified Charitable Distribution from your IRA.

The Compassionate Friends - Minneapolis Chapter #1301
EIN 41-1415886The Compassionate Friends - Mpls Chapter
8701 36th Ave N New Hope MN 55427



Pink Notes & Sundae Scoops

In-Person Event

July 20, 2026 — 7:00 pm

TCF Minneapolis Chapter Summer Ritual

Join us in person for this annual special summer evening. Invite friends and extended family to help us celebrate the ones we love! We'll write notes to our children, grandchildren, and siblings. We will say their names with bubbles dancing around us, and enjoy ice cream sundaes, scooped and made to your order. This is our time with family and friends to remember our loved ones who are not with us physically but remain ooh-so-close in our thoughts.

Bright pink notes will carry our special messages to our loved ones. Participants may bring their love notes home or leave them to be recycled. Eventually the pink notes will become composted material for a pollinator garden. Beauty can be found all around us if we know where to look. Butterflies, Bees and Hummingbirds will benefit. Your written messages will live on in nature.

In-Person event from **7-8 pm on Monday, July 20, 2026** at our meeting location:

St. Joseph Parish - 8701 36th Ave N - New Hope

- This event will take place Rain or Shine!
- The Chapter will provide everything. The event is free, but donations are always appreciated.
- Made to order Ice Cream Sundaes will be served. Please let us know if you have any dietary restrictions.

RSVP by JULY 16 with your name and number attending. Family and friends are warmly invited.

To RSVP or ask any questions:

Email tcf.mpls@gmail.com;

or Text our chapter phone, (612) 444-1301.



49th TCF NATIONAL CONFERENCE

Anchored in Love... Harboring Hope Together

for bereaved families to find community and hope

July 2 - 5, 2026

Hilton Baltimore Inner Harbor, Baltimore, MD

Early Bird Registration Rate: \$285 (ends 5/20 midnight EDT)

Includes: Keynote Dinner, Luncheon, Candle Lighting, Workshops, Sharing Sessions, Activity Rooms, Performances, Sibling Sunday

Options of Walk to Remember & Sign, Conference Memento, Conference T-Shirt, Sibling (21+) Friday Night Event

Click: [For Conference Details and to Register](#)

<https://web.cvent.com/event/36f26c9b-1670-4309-bfb4-29624f5f7544/websitePage:645d57e4-75eb-4769-b2c0-f201a0bfc6ce>

Literary Perspectives

For those navigating the unimaginable grief following the loss of a child, finding resources that truly resonate can be a lifeline. We are pleased to feature ***When a Child Dies: A Guide for Bereaved Parents*** by Claire Aagaard, a deeply personal and compassionate resource published in 2022.

About the Book and the Author: Claire Aagaard wrote this guide drawing from her own heartbreaking experience: the loss of her beloved son, Luke, who died in a tragic accident at the age of 28. Aagaard, a journalist, uses her clear and empathetic voice to tackle the immense and complex terrain of child loss, creating a book that feels both comprehensive and intimately supportive. It is not an academic text but a gentle companion written by someone who truly understands the journey.

Understanding the Grief: Aagaard structures the book to address the many facets of parental bereavement. In the chapter titled "The Loss" she tackles the core theme of the distinct, all-encompassing nature of this particular grief. A key section explores "How a child's age impacts your grief." The book acknowledges that losing an infant, a teenager, or an adult child presents unique layers of sorrow, unmet potential, and shattered dreams. Aagaard validates that while the grief is universal, the experience is also profoundly specific, depending on whether you are mourning a life just begun or a future relationship with an adult son or daughter.

Navigating the Details: The complexity of grief is often amplified by the specifics of the loss. The chapter "Circumstances" directly addresses the difficult question "Does how it happened make a difference?" Aagaard thoughtfully explores the added trauma that can accompany deaths due to accident, illness, suicide, or violence. She provides space for bereaved parents to recognize and validate how the manner of death can introduce complications like guilt, anger, or societal judgment, affirming that all parents are entitled to their grief regardless of the circumstances.

Facing Holidays & Special Events: A Time of "Firsts":

As a special holiday or event approaches, many face the painful reality of celebrating without their child. Aagaard dedicates a crucial section in the chapter to handling holidays. She offers practical and heartfelt guidance on navigating these emotionally charged times. She emphasizes the importance of personal choice—whether to create new traditions, honor the child with specific rituals, or choose to step back entirely. Her advice centers on permission: permission to grieve, to feel joy, and permission to do whatever feels right for your family as you integrate your child's memory into the season.

When a Child Dies is a testament to enduring love and a guide for navigating the dark landscape of loss. We encourage our members to explore this comforting and insightful resource.

This book is currently available through the Hennepin County Library System. Please check the library catalog for branch availability and to place a hold.

Davie Benson
Abe's Dad and Chapter Librarian
TCF Minneapolis, MN

To Grieving Women on Mother's Day

The stores are filled and decorated with balloons, cards, cakes and flowers all preparing to wish mothers a Happy Mother's Day. The soft music commercials are airing with loving embraces of mothers and sons and mothers and daughters.

Restaurants have their brunch menus perfectly designed to cater and celebrate the lovely moms who make the world go round. The calendar has the date permanently marked on your phone, your planner, your hanging calendar... and everywhere you go.

Advertisements, flyers, emails, mail, coupons, are at every turn reminding everyone that this Sunday is Mother's Day.

And there you are, physically present to witness all of these festive pieces, but in another dimension trying to protect your soul. A mother who has lost their son or daughter. Or a woman wishing she could conceive a child but cannot. Or a woman who has lost their mother. Or a woman who is battling an illness just hoping to survive another year for their child. Or a woman who has given up their child in hopes that the child could have a better life with another family. Or a woman who has lost their partner or spouse and is spending this Mother's Day without them.

Or even someone like me — a mother who is watching her own mother grieve her other child (my brother). I'm also a widow who loved a man who is no longer with us...and now his mother has lost her only child. Or anyone who isn't "happy" on Mother's Day for any reason.

I see you.

I recognize your pain.

I have compassion and empathy for you and your journey.

I wish you a gentle Mother's Day this Sunday.

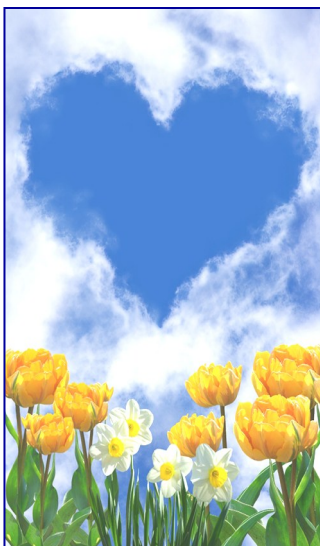
I wish you sweet memories of the son or daughter that you have lost. I wish you peace on this day and all days to come. I wish you to know and feel all the love you gave to your son or daughter.

I wish the universe to give you a sign, this Sunday, that you are and will always be a tremendous mother. I wish for all of your friends and family and strangers to acknowledge the love that still remains for your son or daughter that will always, always, always be there in your heart.

I wish you a gentle Mother's Day this Sunday, and every day to come.

By Karen Peloquin

From the Bereaved Parents National Newsletter, *A Journey Together*
www.bereavedparentsusa.org



Spring

This is no ordinary spring at all.
It dances on with unbecoming weather:
now more like winter than December was,
and then again as soft as early summer...

This is no ordinary spring at all.
It meets your heart with unexpected dangers:
now with the loneliest of memories,
and then again with unforgotten laughter...

This is no ordinary spring at all.
This is like life itself, a changing season.

Accept the wintertime of grief,
and then reach for the
hope of summer and of healing.

Sascha

A Father's Grief

In silent disbelief
I read those granite words
that tell a soldier's tale
and how valiantly he served.

Monuments to freedom
standing straight and tall
they represent men willing
to sacrifice it all.

I stand as tears fill my eyes
and pain chokes out my heart
so proud that you were willing
to go and do your part.

And though I do have pride
in the battles that you won
it gives me little comfort
for I have lost my son.

Rest peacefully, my son
your battles now are through.
Look down on me from Heaven
and remember I love you.

Ron Howard

TCF Coeur d'Alene, ID

May Time Soften Your Pain

In times of darkness, love sees...
In times of silence, love hears...
In times of doubt, love hopes...
In times of sorrow, love heals...
And in all times, love remembers.
May time soften the pain
Until all that remains
Is the warmth of the memories
And the love.

Author Unknown



Let us not forget our Military Personnel who died while serving in the armed forces. Memorial Day is the day to remember with gratitude and pride all those who served and died for our country and our freedom. May your day be filled with memories and peace.

Our Children Remembered...on Their Birthdays

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



May

CHILD	MEMBER
Chad	Joyce Rubin
Carson Thomas Jordan	Gloria & John Jordan
Jamie	Elaine Hedin
Tina	sibling Anne Kjeksrud
Christina (Tina)	Carol Omlie
Kelly	sibling Corey Frank
Katie	Chris Thorson
Ross Alvin Joseph Stenerson	Barbara Stenerson
Julie Marie Olson Topp	Barbara Olson
Sidney Nevils Jr.	Sidney Nevils
Noah David Muonio	Michael & Anita Muonio
Tim	Jerry & Cindy Vincent
John (Jack)	Jacqui Washtock
Gregory	Mary & Tom Sincheff
Eric Brodin	Judy & Buck Brodin
Adam	Rhoda Michaelynn
Sawyer James Tate	Robert & Joy Tate
Austin Henning	sibling Parker Radmaker
Steve Hokemeir	Gail Hokemeir
Kate	Debra & Bently Preece
Kaare	Kristi Patterson
Molly Hunt	Ona Rygh
Alec Smith	sibling Alexis, Jamisen Holt
Alec Smith	sibling Brittany Smith
Alec Smith	Nicole Smith-Holt & James Holt
Scott Tuma	Shirley Tuma
Kameron	Dawn Gurule
Bridgette	Scott & Sylvia Lee
Nick	sibling Alyssa Kroll
Konnor	sibling Tyler and Tanner Loomis
Konnor	Jeff & Jill Loomis
Jean Claude Wishard	sibling Danielle Wishard-Tudor
Regal	sibling Georgia Blues
Regal	Marty Bragg
Payton Tripp	grandchild Janet & Richard Tripp
Ben	sibling Rachel Poleke
Rob	Mary Quade
Matthew	Mary Curtis
Natalie	Vickie Hackel
Gavin	Nancy Toohey
Tim	Janet & David Sandford

June

CHILD	MEMBER
Kellie	Beckie Lillehei
Carolyn Ann Bedford	Barbara Demsky
Ben Alden	Mary & John Alden
Tracer Rustad	Nancy Buffington
Alyssa DoGonda	sibling Katie Grage
Ashley Beard	sibling Emily Key
Ashley Beard	Tim & Wendy Beard
Mark	Bev London
Tina	Cynthia Wong
Vincent	Jeff Lewis
Thor Eide	Susan Nokleby
Zachary	Melanie & Craig Thielke
Tommy	sibling Rebecca Shult

June (continued)

CHILD	MEMBER
Astraea	Marcus Stombaugh
Alex Cahoy	sibling Raychel & Hannah Benson-Cahoy
Alex	Julie & Tom Cahoy
Ben Cahn	sibling David Cahn
Ben Cahn	Jeff & Laurie Cahn
Ben Freidson	sibling Debe Fefferman & Jenne Freidson
Dan	Deb Sholl
Jeffrey	Deb Decker

July

CHILD	MEMBER
Daniel Hirschberger	sibling Anna & Todd Lundblad
Daniel Hirschberger	Linda Schaeffer
Elsy Kirabo	Mary Jo & Winston Peterson
David Adam Kronick	Micki Herman Kay
kynnzleigh Christopher	Megan Leigh
Sam Abron-Yeager	Tarsha Davis
Tanner	Matt & Carla Regel
Brendan Dow	Maggie Dow
Grant	Greg & Stephanie Dosser
Greg Seliski	Patti Seliski
Greg Seliski	Raymond Seliski
Keira	Patrick Duffy
Andrew John terSteege	Leon & Kathryn terSteege
Peter	Kathy Sullivan
Kendra	Tom & Terri Lindfors
Kendra	sibling Cole Lindfors
Jory Day-Monroe	sibling Seaira Garcia
Jory Day-Monroe	grandson Mary Klingelhoets
Vince	Eric & Carrie Donarski
Andrea	Joan & Martin Leeper
Cynthia	Liz Keller
Arthur Colberg	Monica Colberg
Arthur Colberg	sibling Jessica & Brandon Schultz
Persephonee	Chris & Amee Banks
Dawn Ankney	Sharon & Gregory Maidment
Kerry	Julie Bartell
Sadie Hanson	Dani Hanson
Shayde Erin Rudenick	Steve Rudenick
Gretchen	Susan and Dave Windschitl
Dylan Colbath	Lisa Colbath
Bradley Martinez	Bradley Martinez
Garrett LaHay	Mary & Jeff LaHay
Ken Pflapsen	sibling Gloria Jordan
Tony	Tina Mehok
Alex	Sandra Reem

 * **Birthday Month** *
 * Birthdays are recognized at our monthly meetings. *
 * During your child/sibling/grandchild's birthday month, *
 * you're invited to bring a photo or memorabilia to display *
 * on our Birthday Table. You may sign up to bring their *
 * favorite snack or treat to celebrate. If attending via Zoom, *
 * we invite you to share a photo during introductions. *
 * *****

Our Beloved Children...in Our Hearts Always

especially during the Remembrance Month of their death.



May

CHILD		MEMBER
Caleb		Paul & Perla Morley
Emma		Jeronimo Garza
Samantha		Julie & John Bangsund
Jessica		Teresa Kohman
Mark Andersen		Ruth Shaddrick
Natalie		Vickie Hackel
Hunter		Sue Aguilar
Peter Laverty	sibling	Thomas Laverty
Vanessa Marie		Maureen Voltin
Joseph Engles		Deb Barland
Sidney Nevils Jr.		Sidney Nevils
Henri		Colisa Lemal
Anne Maclin		Alan Maclin
Anne Maclin		Jeanne Maclin
Robby Andrew Wallenberg Bragg		Linda Wallenberg
David Lindgren		Janet & Jeff Bowers
David Lindgren	sibling	Tony Lindgren
Carissa Hayen		Linda Hayen
David Adam Kronick		Micki Herman Kay
Levi Blaukopf		Lauren Cody Bach
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		Monica Colberg
Arthur Colberg	sibling	Jessica & Brandon Schultz
Kerry		Julie Bartell

June

CHILD		MEMBER
Alex Cahoy	sibling	Raychel & Hannah Benson-Cahoy
Alex		Julie & Tom Cahoy
Tanner		Matt & Carla Regel
Daniel Christian Demsky		Barbara Demsky
Grant		Greg & Stephanie Dosser
Ron Reinert		Sharon Reinert
David Andrew Twigg		Selma Twigg
Andrea		Joan & Martin Leeper
Zofia		Josh & Zabrina Schultz
Leo	grandchild	Rod Monroe
Dan Lewis		Chris & Bob Lewis
Tim		Rozanne & John Puhek
Ashley		(Randy Segal) Michon Jenkin
Leon Harwood		Antonia (Flipper) Filipiak
Austin Henning		Parker Radmaker
Max Williams	sibling	Marion Wiliams
Alec Smith	sibling	Alexis and Jamisen Holt
Alec Smith	sibling	Brittany Smith
Alec Smith		Nicole Smith-Holt
Daniel		Dan & Chevis Peso
Kelsey Eberle		Roxanne & Terry Eberle

July

CHILD		MEMBER
Johnny Selmo		Wendy Selmo
Son		Paula Werner
John (Jack)		Jacqui Washtock
Amia		Adrienne Pelleg
Tucker		Dana & Kevin O'Brien
Keira		Patrick Duffy
Jamie		Elaine Hedin
Jack Kocur	grandchild	Jan Kocur
Jack Kocur	sibling	Kayla Kocur
Jack Kocur		Shelly & Kent Kocur
Charlotte		Jon & Angie Downing
Claire Richards		Gail Manning & David Richards
Peter		Kathy Sullivan
Peter		Eric Strommen
Allyson		Roger Graphenteen
Archer		Kara Amorosi
Adam		Rhoda Michaelynn
Konnor	sibling	Tyler and Tanner Loomis
Konnor		Jeff & Jill Loomis
Steve Hokemeir		Gail Hokemeir
Kate		Scott & Lisa Fronck
Thomas Shult & Melissa Shult		Ona Rygh
Molly	sibling	Rebecca Shult
Murdoch		Cory Crust
Murdoch		Nicole Crust
Andrew John terSteege		Leon & Kathryn terSteege
Barry Allan Beal		Carol Beal
Lars	sibling	Anne Kjeksrud
Lars		Carol Omlie
Chad Goodspeed		Betty Udseth
Luke	grandchild	Carolyn Crotteau
Luke		Amy & Jason Crotteau
Harriet		Stephen & Fiona Burgdorf
Calder		Peter DeMaio & Ashley Heerema
Michael DeBruin		Mary & Bob DeBruin
Jason McCarthy	grandchild	Ken & MaryLou Theisen
Tim		Jerry & Cindy Vincent
Kaare		Kristi Patterson
Alexander		Susan & Ed Herrmann
Cherpre		Dawn Boesch

Seasonal Change

As spring begins, I find myself wishing that things would just stay the same. More change means more time without my son, more sunny days he will not get to experience, and more time since I have seen him. But, the world keeps blooming, as if everything is okay.

Rebecca Goertzel
CF Seattle City

The Anticipation of Spring

Spring is a time for growth and renewal. As a child, teen, and then an adult, I always looked forward to spring with anticipation. The thoughts of green grass, budding trees, and blooming flowers of all varieties and colors were a welcome change from the long cold, dreary Michigan winter.

It was a magical time of year. When I was a child, each member of my family watched anxiously to lay claim to being the first to spot the familiar hop-hop of the returning robin, the first sign that spring was actually here. We could finally take off the gloves, shed our heavy winter coats and boots, and roll down the windows on the car to hear the laughter of children playing outside and smell the fresh mown grass as we'd drive down the road.

That's the way it was for me on the first day of spring 12 years ago. I remarked how beautiful the tulips looked as they danced in the wind. The trees were budding, and there was magic in the air. My kids and I shed our heavy winter coats, flinging them in the backseat, rolled down the windows of the car, and started singing in celebration of the beautiful day we were experiencing. And then . . .

IT happened. Suddenly, undeniably, horrifically—my world, my spring, my life changed.

My 5-year-old son, Stephen, died that first spring day. His 8-year-old sister, Stephanie, my firstborn, died a few hours later, enough past midnight to list the next day on the death certificate. Gone was the laughter, the magic, the beauty of my world.

The springs that followed were no longer filled with anticipation or magic. They were dark and ugly and filled with memories too painful to talk about. I wanted nothing to do with "spring." If H.G. Well's time machine had existed, I would have entered it at the end of winter and fast-forwarded through spring.

As time marched on and one spring followed another, I learned an important lesson in my journey through grief: As much as I wanted to, I couldn't fast forward through the hard spots. I couldn't go around them. I had to go through them slowly, like a dog paddling through water, so I could get to the other side. Somehow doing this taught me to cope, to endure, to face tomorrow and all the first days of spring that followed. It's much like the transformation that takes place when a butterfly emerges from a dark, cold, seemingly lifeless chrysalis.

A few years ago, as winter was drawing to a close and the first day of spring was quickly approaching, I looked out the kitchen window toward the budding pear tree in the backyard and discovered it was full of chirping robins. I smiled and knew that Spring somehow wasn't going to be so bad. It was once again time to enjoy the smells of the season, the beauty of the budding trees, and the magic that the season had to offer. And I knew Stef and Steve would have wanted that for me.

Pat Loder

TCF Lakes Area Chapter, MI

Reprinted from TCF National Magazine, *We Need Not Walk Alone*



Siblings, You Are Welcome Here

The Minneapolis Chapter welcomes bereaved siblings to monthly meetings, where you will have a separate small group for sharing and support in a private space. Meetings are held In-person and via Zoom on the 3rd Monday of each month.

Sibling loss is unique, and those of us navigating the loss of someone we planned to spend a long lifetime alongside understand the heaviness and complex nature of this grief. Your fellow bereaved siblings are here for you. You need not walk alone.

*Hope is the thing with
feathers that perches in the soul
And sings a tune without
words and never stops at all*

Emily Dickenson

I Can Only Imagine

I can only imagine
What our hearts would feel
If that day had never happened
If your death had not been real
I can only imagine
What our eyes would see
If they hadn't shed a million tears
Pleading, Why you? Why not me?
I can only imagine
A happier life
One where all your dreams came true
You fell in love and took a wife
I can only imagine
What a wonderful father you'd be
What names you'd give your children
Would you be anything like me?
I can only imagine
If I'll live to see the day
When the mere thought of you
No longer takes my breath away
I can only imagine
If things had ended differently
A family of four, now a family of three
But the one that's missing should of been me
When our work is done
And our time to go has come
Our arms at last again will hold
Brennan, our beloved son
I can only imagine...

Tom Murphy

TCF Greater Cincinnati - East Chapter, OH
In Memory of my son, Brennan Murphy



The Compassionate Friends

Minneapolis Chapter
Supporting Family After a Child Dies

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

HELP SUPPORT

the Minneapolis Chapter of The Compassionate Friends.
We operate solely with voluntary donations. While there are no dues or
subscription fees, your donations support our Chapter's efforts.
Funds are used for meeting supplies, rent, newsletter printing/postage,
outreach, and more. Gifts in any amount are appreciated.

Thank you for your consideration!

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

The Compassionate Friends, 8701 36th Ave N, New Hope MN 55427

Please make check payable to *The Compassionate Friends—Mpls.*

Please Print

Name _____

Address _____

City, State, Zip _____

Phone _____

Email _____

Child's Name _____

Birth Date _____

Death Date _____

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