



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.

Bereaved Siblings Hybrid Meeting

A bereaved sibling facilitates the group. Siblings (14+) meet at the same time and place (in-person & Zoom) as our Chapter meeting, but break into their own group for support & conversation.

Monday, August 14

“National Conference Highlights”

HYBRID (In-person & Zoom) MEETING

Members who attended the recent TCF National Conference will inspire hope as they share tools and insights acquired.

Monday, September 18

“Elevator Speeches”

HYBRID (In-person & Zoom) MEETING

Everybody gets asked questions like, “How many kids do you have?” or “Do you have any brothers or sisters?”. We’ll share ideas how to respond and honor your missing loved ones with a short “Elevator Speech” to control the narrative.

Sunday, October 8

“Walk to Remember and Fundraiser”

IN-PERSON EVENT

Members, family, and friends are invited to our annual Walk. Details on Page 3 for this popular Sunday noon event. Held at a lovely park near our meeting space.

Monday, October 16

“Holidays & Significant Days”

HYBRID (In-person & Zoom) MEETING

Grief work doesn’t take a vacation. The challenge is how to manage the pain. Sometimes anticipation is worse than the actual day. We’ll explore ideas & options that may help you navigate these days.

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.

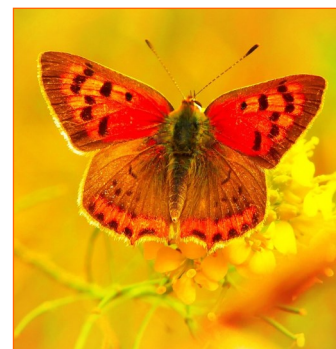
The Secret of TCF’s Success is Simple: As seasoned grievers reach out to the newly bereaved, energy that has been directed inward begins to flow outward, and both are helped to heal.

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**
Monica Colberg**Treasurer**
John Jordan**Newsletter Editor & Co-Leader**
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tcf.mpls.editor@gmail.com**Database Coordinators**
Terri & Tom Lindfors**Webmaster**
Lisa Gross Crees**Facebook Page Administrator**
Lisa Gross Crees**Hospitality Coordinator**
Vickie Hackel**Donor Appreciation**
Pat Reller**Lending Library**
David Benson**Special Events Co-coordinators**
Vickie Hackel & Monica Colberg**Sibling Loss Facilitator**
Maggie Bauer**Steering Committee Meetings**
Held quarterly to plan events and Chapter direction. Next meeting: October 13.**TCF NATIONAL OFFICE**

Toll Free: 1-877-969-0010

E-mail:
nationaloffice@compassionatefriends.orgwww.compassionatefriends.org**Facebook:** www.facebook.com/TCFUSA**Twitter:** <https://twitter.com/TCFofUSA>**REGIONAL COORDINATOR**

Cathy Seehueter: (612) 991-9954

Email: seehuetercathy@yahoo.comThose who have **SUFFERED**
UNDERSTAND SUFFERING

and therefore

*extend their hand.*

The Compassionate Friends
Supporting Family After a Child Dies

~Patti Smith

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 Mplswww.facebook.com/groups/TCFMpls**National Organization Website:**
www.compassionatefriends.org

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

- **Online Grief-Related Webinar Series**
- **Online Support Communities**
- **National Magazine, *We Need Not Walk Alone*®**
- **Facebook Closed (Private) Groups**

TCF/USA National Facebook Page
www.facebook.com/TCFUSA*Save the Date!***47th National Conference**
New Orleans, LA – July 12-14, 2024**Virtual Bereavement Support Event****Receive Valuable Grief Support From the Comfort of Your Home**

Please join us on November 11, 2023 for The Compassionate Friends Virtual Bereavement Support Event. This online event is specifically designed for bereaved parents, siblings, and grandparents to receive care, support, and helpful information from others who understand.

Special Discounted Opening Rate: \$99.00 *until October 8, 2023***Regular Registration Fee:** \$125.00 *after October 8, 2023*

This virtual gathering will include workshops across a variety of grief topics, plus recordings of our Keynote Presentations from TCF's 46th National Conference in Denver that was held this past summer.

Main Session Presentations by:

- Donna Goodrich
- Sadria Strong
- Bob Baugher
- Nathan Peterson

12 Workshops covering topics such as:

- Grief and Anger
- Loss to Suicide
- Continuing Bonds
- Loss to a Substance Related Cause
- Grief of a Parent
- Grandparent Grief
- Sibling Loss

***** Register Here For the Live Event *****

You will have access to a recording of the full day for 90 days following the event, so you may listen to additional sessions that you missed or listen a second time to ones you particularly enjoyed.

If you are not able to attend the Virtual Grief Support Event on November 11, 2023, you may still register for our event and have access to the recordings of all of the presentations until February 9, 2024.

Minneapolis Chapter



October 8, 2023

**Bassett Creek Park
6001 32nd Ave N, Crystal**

Check-in begins at Noon; Walk begins 12:30 pm

Mark your calendar for **Sunday, October 8** for our annual Minneapolis Chapter Walk to Remember. We walk to remember our children, siblings, and grandchildren who have died. Please invite extended family and friends to join us.

Join us at beautiful **Bassett Creek Community Park in Crystal**, (same park as last year). The official park address is **6001 32nd Ave. N**, between Douglas Dr. N and Hwy 100.

WALK LOCATION INSTRUCTIONS:

IMPORTANT - DO NOT use the park entrance off 32nd Ave N. near the ballfield. Turn south off 32nd Ave N. onto Welcome Ave., turn right towards the parking area off Welcome Ave., near the playground.

Be aware that the pavement is uneven in the parking lot. Watch your step!

Meet at the picnic shelter near the parking lot, just down the trail.

Check-in begins at Noon; we'll start the Walk at 12:30 pm.

It's about a one-mile jaunt around the pond on an asphalt trail.

Participants can repeat the jog as many times as you wish.

This is our **Chapter's annual fund raiser**. There is no fee to walk. We do appreciate donations to sustain the chapter. We are a recognized 501(c)(3) organization; all donations are tax deductible. Funds received support our chapter's many activities that assist families after the death of a child, grandchild or sibling.

Invite family and friends to join us for friendship and healing. It's heartwarming to see a family wearing matching t-shirts or ladybug wings; others brought balloons pinned to their shirts that "lifted" their shoulders. This scenic venue offers free parking, picnic shelters, disc golf, a memorial garden with benches, a new playground area, dog park, and more.

We will carry the names of our children, grandchildren and siblings on bibs provided by the chapter. Markers will be available to create and personalize your bib.

If you are unable to join us, please submit their name, and someone will be honored to carry your loved one with us on our walk (email your child's, grandchild's, or sibling's name to tcf.mpls@gmail.com).

Online Donations Accepted

The Compassionate Friends is a non-profit that operates solely on donations. Our chapter is grateful for the many generous donors who help us continue our outreach so families experiencing 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.

Most donations are received during our special events. Safe and secure online donations may be made using PayPal and Venmo. Apps are available for download on mobile devices. Find our TCF Minneapolis Chapter on both PayPal and Venmo by using @TCFMpls. If you have questions on how to use, please email me at: jjordan176@yahoo.com.

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

Leader's Corner

Talking to the Moon

The moon was my conduit to speak with my son on the anniversary of his death. This is my 19th year of grieving for that 20-year-old who was almost 21.

I was emotionally wobbly as the anniversary date approached. I counted down the hours when he was still alive that day and cried. It hadn't happened yet.

I was restless. Nothing felt right during the day into the evening. Outside the summer garden was blooming. It was exceedingly hot but the evening was cool. I sat on the backyard steps and found the bright half-moon. My son Art and I had often looked up together into the night sky. Thousands of generations before us looked up at night. For whatever reason, my mood turned hopeful.

I talked with Art. Asked him where he was. Had a few private words with him about dying since I was older now and "You know, Art, everyone dies."

I told my son how I have changed since his death. It took years but I am more confident now. I find joy helping others. I am profoundly grateful for Grandma years with my daughter and her spouse's children.

I still love my son every day into the night.

Those moments in the moonlight calmed me and I recognized what I had just done. I sought intentional time to grieve and acknowledge the tears that mark the end of one grief year and the beginning of another. I learned this through TCF meetings. Once those tears were spent, I felt better.

To all who read this, I wish you time to find your loved ones as you look upon the sky.

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

i love you past the moon
and miss you
beyond the stars
JmStorm

Helping Is Healing

A TCF meeting is the place to come for compassion, friendship, coping skills, understanding, hope, and more. Many bereaved parents, grandparents and siblings recall a special person they met, or the welcoming, accepting environment they encountered at their first meeting. Some seasoned grievers stay active in the chapter, or return to monthly meetings, to reach out to the newly bereaved with encouragement and support—grateful for the same encouragement and support they experienced in their early grief.

“Helping is Healing” is a phrase often said and easily understood by chapter members who assist in any way, big or small, behind the scenes or with their presence. We’re grateful to all who get involved!

In this series, we get to know our Minneapolis Chapter’s Steering Committee members as they reflect on their volunteer participation within our chapter.

Terri shares a heartfelt testimony to her strength as a grieving mom. She manages to put one foot in front of the other on this path, showing others an example of hope and healing, stopping along the way to lend a hand and cradle a tender heart. Perhaps it will inspire and encourage you, when you are ready, to share hope with others.

Evolution of My Grief

Like many walking our path, I never envisioned attending a grief support group. At first, it was very overwhelming to hear about other losses and heartbreak people have endured. I left for a time and then returned at my husband’s urging. Although I didn’t believe it at the time, I recall someone saying to me that “over time, the intense pain will soften.” I hung on to those words.

The days, weeks and years went on. Now at 7+ years on this journey, I see that time doesn’t completely heal our pain, but our grief evolves. I started completely shattered, took a moment at a time, a minute at a time, a day at a time and so on... until one day I found myself moving again, feeling a little lighter, and eventually even laughing, and sharing more memories of my daughter’s life than the reason for her passing.

My grief has evolved. My time spent at our TCF Chapter has evolved. I really don’t recall much about how I started lending a hand at our TCF Chapter; it happened in tiny pieces. I started bringing treats, hugging someone else newer to their grief, sharing sadness, anger, confusion, regret, experiences, and later, happy memories and hopeful moments with others.

A few things I learned over the past 7 years:

My love for my beautiful daughter, Kendra will never fade away.

We have many gifts that Kendra shared with us during our time together.

Sadness and tears still overwhelm me, yet I still find moments of joy in this life.

Helping others helps me cope with my own grief, gives me purpose, provides an emotional bond to others who understand, and brings to light new ways to live on this journey.

I am not sure how my grief will evolve in years 8 and onward; I am not there yet. In the meantime, I am grateful for the many rewards of my Compassionate Friends – support, compassion, hugs, and personal connection to others who understand.

Terri Lindfors, in honor of Kendra

Wings Take Flight

Feathered bodies pass demurely,
Webbed feet paddle furiously,
Perfect patterns forming in their Wake.

All is well, my friends, the Geese;
I, like you, with poise and peace
Glide on the surface of this Grief.

If my feet stop, will I drown?
Will onlookers rush in from all around
As so they gawked at my little child?

Honk! Honk! I want to say
Make a noise! Do something
My feelings to betray.

Let not my feathers unruffled remain
While wrestling the waters of boundless pain
That webbed foot could never dare contain.

The water is cold...Could I be so bold?

Feathers unfold
For stories untold
As weeping,
Wings take Flight.

I wrote this poem while on retreat after the death of my daughter. I was struggling with the vast deception of my outward composure—the graceful gliding through social circumstances achieved only by “furious paddling” on the inside, as I grappled with the vast body of water that was my grief. Grief completely surrounded me; it was an entire lake much larger than myself, a lake in which I swam tirelessly in order to keep from drowning.

Eventually, I remembered my wings. I remembered there is always the sky. Ultimately, this poem is about moving on in the midst of grief. Even as we remain weeping, we must, at some point, spread our wings-dripping with the waters of grief, our tears-and open ourselves to new flight, new stories of hope and healing in our lives. For a goose, the water will always be there; thus so the grief for me. But I have my wings, too. And the sky.

Lisa DeBoer Tuggle
TCF Dunlap, TN

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The Compassionate Friends*

Our Beloved Children...in Our Hearts Always

especially during the Remembrance Month of their death.



August

CHILD		MEMBER
David		Elayne Lipp
Eric		Greg Pulles
Rob		Mary Quade
Noah David Muonio		Michael & Anita Muonio
Natalie Perry Smead		Karen Prieto & Pete Smead
Lindsay	sibling	Ana (Kol) Nikol Peduk
Chad		Joyce Rubin
Jonathan Townsend		Kelly Townsend
Kameron		Dawn Gurule
Keeden	grandchild	Stacey Smith
Kevin Kocur		Jan Kocur
Isaac		Renieri Banegas & Anna Kokesh
Gretchen		Susan and Dave Windschitl
Bruce		Judith Richart
Anthony Howe Jr.		Fahlon Tiller
Christopher		Mary & Bruce Bauer
Chris	sibling	Maggie Bauer
Everett Rachko	cousin	Mollie Freese
Everett	nephew	Mary Jane Kronberg
Everett	sibling	Allie Rachko
Everett		Charla Rachko
Bryan Michael		Bonnie & Mike Maloney
Sheryl Ann Heggem		Ron & Julia Laabs
Sheryl Ann Heggem	sibling	Sharlene Wimpfheimer

September

CHILD		MEMBER
Dani		Wendy Poulsen
Dylan Colbath		Lisa Colbath
Gavin		Nancy Toohey
Matthew (Matt)		Stephen & Carol Hawk
Jackson		Kellie Nielson
Aiden		Mary Sullivan
Sam Abron-Yeager		Tarsha Davis
Antonio		Jeffrey Demeules
Hunter		Sandra Lawver
Alex		Frank Commers
Adam		Kathryn & Waters
Daniel Nelson	sibling	Michele Dooley
Daniel		Audrey Nelson
John Benz		LuAnn Yerks & Mike Benz
Scott	sibling	Suzie Berzins
Scott		Stephen Berzins
Scott		Cathy Drexel
Benjamin		Todd & Debbie Huberty
Ann Longton-McNamara		Barbara & Richard McNamara
Danny		Georgie Waulk
Dan		Ruth & Jon Larson
Dan	sibling	Michael Larson
Henry		Helen & Chris Taylor
Aaron Ginsberg	sibling	Leonora Ginsberg
Dawn Ankney		Sharon & Gregory Maidment

October

CHILD		MEMBER
Brendan Dow		Maggie Dow
Derek		Darwyn & Mary Tri
Carolyn Ann Bedford		Barbara Demsky
Kyle		Mary Jappe
Paul		Char & Rich Myklebust
April Jo	sibling	Jody Rieck
Nick	sibling	Alyssa Kroll
Wilder		Tea Lee
Sean		Angel Peterson
Michelle		Katie Krause
Troy Perron		Gin Johnson
Christopher		Barb Teed
Maia	grandchild	Beth Hansen
Aaron Carlton		Kristi Strom
Sawyer James Tate		Robert & Joy Tate
Tyler Herman		Michael Herman
Mark		Tim & Ann Bremer
Jean Claude Wishard	sibling	Danielle Wishard-Tudor
Maggie Grace	grandchild	Jean Umezu

October Memories

October's here, the air is bright,
 The leaves decked out in fancy dress,
 The clouds in shapes of animals
 Hang in the sky so blue.
 This was our time of year, your favorite.
 How many times did you come in,
 Cheeks glowing, eyes sparkling,
 Smelling of the leaves you jumped through
 As a child and even after you grew up.
 How many times did you say
 "Just smell, just feel the air.
 I love it, crisp,
 With a hint of winter coming."
 Our time, but now only my time.
 Time to dream dreams that won't be.
 Time to wish wishes that can't come true,
 Time to remember & treasure
 each day we had together.
 Time for October's memories.

Arden Lansing
 TCF Northfield, NJ

