



# 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, February 17

**“Mandala—A Mindful Activity Invites Calm, Reduced Stress & Anxiety”**

#### HYBRID (In-person & Zoom) MEETING

Creating Mandalas calms the mind and relaxes the body. It helps improve focus and concentration while using the creative part of the mind. Mandalas can be used as a tool for inner healing and stress relief, while not requiring any art skills.

#### Monday, March 17

**“Coping with Guilt During Bereavement Dealing with If-Only’s & I Should’ve’s”**

#### HYBRID (In-person & Zoom) MEETING

Don’t miss this meeting with Guest Speaker Bob Baugher, Ph.D., retired professor of psychology and death education. He will share his insight into many aspects and types of guilt, and introduce coping skills.

#### Monday, April 21

**“People Say the Darndest Things”**

#### HYBRID (In-person & Zoom) MEETING

Share the outrageous, hurtful, and sometimes shake-our-head absurd (almost laughable) comments directed to us during our grief. Develop responses to misguided or thoughtless comments made in an attempt to acknowledge our grief.

## 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](mailto:tcf.mpls@gmail.com)**Minneapolis Chapter Leader**  
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Jan Kocur**Donor Appreciation**  
Pat Reller**Lending Library**  
David Benson**Special Events Coordinator**  
Gloria Jordan**Sibling Loss Facilitator**  
Maggie Bauer**Steering Members At Large**  
John Jordan, Terri Lindfors,  
Jon & Ruth Larson**Steering Committee Meetings**  
Held quarterly to plan events and Chapter direction. Next meeting: April 11.**TCF NATIONAL OFFICE**

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Those 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](http://www.compassionatefriends.org)

**Minneapolis Chapter Website:**  
[tcfmpls.org](http://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](http://www.facebook.com/groups/TCFMpls)

**National Organization Website:**  
[www.compassionatefriends.org](http://www.compassionatefriends.org)

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

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

## Bob Baugher, Ph.D. Guest Speaker — March 17th Meeting "Coping with Guilt During Bereavement"



Don't miss this meeting with Guest Speaker Bob Baugher, retired professor of psychology and death education. Sharing his insight into many types of guilt, he will offer practical coping skills. Chapter members attending TCF National Conferences appreciate and enjoy his keynote speeches and workshops offering practical guidance with a touch of humor, while exuding hope and comfort.

Bob Baugher, Ph.D., is a recently retired Psychology Professor from Highline College in Des Moines, Washington where he taught courses in Psychology and Death Education. As a trainer for LivingWorks he has trained more than 1,500 people in suicide intervention. He has given more than 900 workshops on grief and loss. In addition, he is the professional advisor to the South King County Chapter of The Compassionate Friends. He earned a certificate in Thanatology from the Association for Death Education and Counseling. Bob has written more than 100 articles and seven books on the bereavement process. We are excited to have him speak at our upcoming March meeting!

**A Different Kind of Grief****Coping with Grief after a Substance Use Related Death**

March 5th - April 9th

Wednesday Evenings 7 pm - 8:30 pm

FREE 6-week Series via ZOOM

To Register, Email: [info@bdgc.us](mailto:info@bdgc.us)

(Registration is required — Deadline is March 3rd)

The turmoil before and after an addiction-related death of a loved one may have a different effect on each family member or friend.

The group coaching support differs from traditional grief support because the focus is the trauma and stigma that often results from this kind of death. There is a specifically focused educational curriculum for each session.

This is a no-cost series hosted by Brighter Days Family Grief Center HIPAA compliant Zoom platform. All facilitators have experienced the death of a loved one from substance use disorder and have been trained through

Recovering u – Hope for Those Impacted by Addiction.

Coaching • Education • Advocacy

## Love Gifts

There are no dues or fees to belong to The Compassionate Friends. Our non-profit TCF Chapter is supported solely by donations. We rely on these contributions, "Love Gifts,"

for the costs associated with the Chapter, e.g., meeting supplies and rent, outreach materials, books, fees for our website and Zoom, newsletter printing & postage, annual events refreshments & supplies, wish list, and more.

Please consider making a "Love Gift" to our Chapter honoring your child, grandchild or sibling on their special days or during the holidays. Donations may be mailed to: The Compassionate Friends 8701 36th Ave N, New Hope, MN 55427

We are very grateful to the following members, and family and friends for Love Gifts received in the past several months honoring their loved ones.

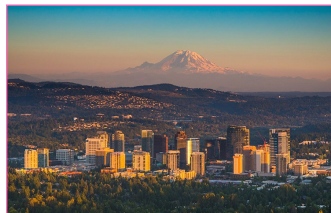


### Donation In Memory Of: By TCF Member/Family

Paul & John	Kelly Barrett
Kerry	Julie Bartell
Chris	Maggie Bauer
Christopher	Bruce & Mary Bauer
David Lindgren	Janet & Jeff Bowers
Kristin Reller	Sue Byrnes
Alex	Tom & Julie Cahoy
Luke	Jason & Amy Crotteau
Luke	Carolyn Crotteau
Kristin Reller	Matt Cummins
Matt, Dan, Carolyn, Zakery	Barb Demsky
Lauren	Peter & Dawn Duwenhoegger
Mark Frain	Donna Frain
Lisa Marie	Ronald Hall
Jack & Kevin	Jan Kocur
Kendra	Tom & Terri Lindfors
Mark	Bev London
Kaare	Kristi Patterson
Steffanie & Karla	Kevin & Sue Quick
Ron Reinert	Sharon Reinert
Kristin	Pat Reller
Shayde Erin Rudenick	Stephen Rudenick
Evelyn Charlotte	Jeff Sevaldson
David Andrew Twigg	Selma Twigg

## Save the Date!

**TCF 48th  
National Conference  
Bellevue, WA  
July 13-15, 2025**



Attending a TCF National Conference provides a connection with bereaved parents, grandparents and siblings who have traveled down the same unfortunate path.

Our conference is a place for bereaved families to find community and hope, while learning and sharing with others. Lifelong friendships are often made meeting others who truly understand the painful loss of a child, sibling, or grandchild. Registration details coming soon.

## Leadership Corner

Reflecting on our upcoming April 21 meeting topic, "People Say the Darndest Things," I have thought about why people might say hurtful things to grieving people, such comments as "Haven't you moved on from that yet?" or "Well, at least you still have other children."

One thing has occurred to me. I wonder if the fact that a loved one could die challenges people's denial of their own mortality so strongly in some cases that a psychological defense comes up automatically without thinking. The first of these defends by pushing your grief into the past and thus, can be denied. The second defends by minimizing the loss by denying the value of our relationship and accompanying grief, so mortality can be denied.

Davie Benson  
Abe's Dad

Chapter Librarian and Steering Committee Member  
TCF Minneapolis, MN

## Literary Perspectives

*The Grieving Garden, Living with the Death of a Child*  
Suzanne Redfern and Susan K Gilbert

This book contains responses by grieving parents to various questions. Our authors Redfern and Gilbert, both grieving parents, developed a set of questions in the following six parts or categories: Hanging On, Seeking Support, Redefining Home, Looking Within, Grasping the Silver Cord, and Reaching Out. They offered each of the twenty-two parents a set of questions within each category for them to talk about their respective experiences.

To give you an idea of the questions, I will use the category "Looking Within" as an example. In this category are the following question areas: Setting Out, Fighting Despair, Pondering Your Identity, Feeling Indifferent to Life, Battling Guilt, Working with Anger, and Taking Stock. The first and last of these are present in each of the categories listed in my first paragraph. "Setting Out" establishes the context for the category while "Taking Stock" provides our authors' reflections on the parents' responses to the questions in said category. Thus, we have a well-structured book that at the same time provides a wide range of experiences.

One of the questions in "Redefining Home" particularly resonated with me. It asked parents to complete the sentence regarding Over Protecting Surviving Children: "Having lost one child. It wouldn't be surprising if we..." One parent talked about asking her surviving daughter several questions when that daughter first announced her engagement. These questions were all about this parent's loss and fear, and not about rational guidance of a parent for an adult child. Her surviving daughter finally helped the two of them out of this saying, "Mother, I am going to be OK and so are you." A beautiful connecting in grief and hope followed for mother and daughter.

Davie Benson  
Librarian  
TCF Minneapolis, MN



## Precious Valentine Memories

The lace has grown yellow with age. The edges are tattered and the glue that held the pieces together has long dried up, leaving only a slight stain on the faded red paper. It is much smaller than I remembered. Perhaps time has caused it to shrink. It seems so fragile, resting here in my palm. The words have nearly faded and even the heavy crayon marks have lost their luster over the years. There's a smudge of unknown origin on the back, near where the paper was rubbed dangerously thin by the uncounted erasure marks. The name is barely legible, the pencil lines so weak that only the mind can read the letters.

I found it the other day, while doing one of those winter chores: cleaning closets. It's nearly 25 degrees below zero outside and it seemed like a good idea to clear away some of the trappings of a thousand years.

February is a middle-of-winter month and most of us have fewer choices in this month than in any other. For those of us here in the Great North, it is either shovel the walk or clean the closets, and it's warmer in the closet (although not by much!) So, armed with a dust rag, trash bag and the radio, I opened the door and slipped in...not really about what I might find. I thought I was just going to clean the closet.

But, that first box sent me spinning. I found things I hadn't even remembered I'd lost! I finally found the holiday gift bought for my sister last year and then so carefully had hid away. I found snow boots and sand pails, a beach towel, three old paperbacks, a pile of magazines (all saved because I wanted to clip something "important").

I found shoelaces for shoes no longer "alive" and several other things that had once been alive. I found a half a chocolate-covered cherry and part of a deck of cards. It was quite a treasure box, filled with junk that once had had some meaning to someone, maybe even me.

I sorted through the coats and clothes, painfully aware that "someday" would probably not arrive in my life-time. The too-short hemline and the too-small waist would not be mine again. I packed those things away, mindless of the hours and the drifting snow outside the windows.

When I found the box of scrapbooks, I sat down, now that the closet had some actual floor space. I touched the bindings, not quite sure I possessed the courage required to open the pages. The phone rang and forced me away from that decision. I left the closet and did not return until now.

That's when I found the old paper Valentine, tucked away between the pages of a life lived long ago. As I held that once sticky, but now only stained, piece of construction paper, I felt a connection with other valentines, in other life-times. I heard a whisper of another voice: my own mother's exclamation over my offered gift. It blended with my voice, speaking across the generations of children bringing home paper messages of love. OH! I had forgotten THAT...it had become lost in the pain of losing you.

It was a peaceful hour in that closet, listening to the sounds of my life, lived long ago and now remembered through the pages of the scrapbooks. I found my own laughter and

that of my friend, joining the laughter of my own children, seeking the laughter of tomorrow's bearers of paper hearts. Time does pass on. Generations of hearts have been delivered and received. Generations of love have been shared just as generations of hurt have been endured. It felt timeless in the closet...as if when I opened the door, the giver of this Valentine would still be waiting!

Perhaps that is exactly what is happening, perhaps the engineers of all of our hurts and happiness are still waiting—waiting for us to claim that love and bring their light back into being. There were so many years when I could not bear this exchanging of paper hearts! There were so many years when I counted FIRST what was missing, never realizing that in the measuring of my losses, I was truly losing what I did have.

The snow had drifted deep across the yard: only the tips of my flamingos' knit-capped, covered heads are visible in the white. But my vision has been cleared somewhat this afternoon by a visit in the closet where I found a memory that no length of time could fade. The lace is faded, the edges tattered, but the heart always remembers, and through the tears, the sounds of love given and received echo back to me.



So now, this little paper message from both my past and my future sits on my dresser, reminding me each morning to make room for the happy memories as well as the hard ones.

I had "lost" that Valentine from so long ago, but the bearer of that most precious gift of love has NOT been lost to me. Our loved ones die, but the love we share between us can NEVER BE DESTROYED. Love continues past all change and becomes the memory trace that guides the human spirit. Love isn't enough, but without it, the world grows cold and frozen, and the sidewalks never get shoveled and the closets never get cleaned, and the memories get lost in the confusion of pain not healing.

Go find a Valentine, clean a closet, rummage through a drawer, search for some tangible evidence that, indeed, your love DID LIVE—and what a sweet treat that will be!

Darcie D. Sims, Ph.D., CHT, CT, GMS

*We fondly remember Darcie Sims who died suddenly in February of 2014. Darcie was a bereaved parent, grief management specialist, and certified thanatologist. She authored many books on grief including "Why Are the Casseroles Always Tuna?" and "If I Could Just See Hope."*

**And then it happens, from a bitter sky, a timid sun strides to his silent battle against the gray and hostile universe. It changes ice to roses, sky to song. And then it happens that your heart recalls some distant joy, gladness from the past. A slender light, then larger, braver, until your mind returns to hope and peace.**

**Let memories be beauty in your life,  
like song and roses in the winter sun.**

Sasha, from Wintersun





# Our Children Remembered...on Their Birthdays

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

## February

CHILD	MEMBER
Kimberly	Donna W.
J. D.	Cathy Bailly
Brian Johnson	Jane Johnson
Elyse Mary Stern	Robin Stern
Michael Stephen Kronick	Mick Herman Kay
Charlotte	Jon & Angie Downing
Max Williams	sibling
Brandon	sibling
Brandon	Marion Williams
Christopher Bormann	Maya Lawrence
Claire Richards	Melanie Lawrence-Smith
Benjamin	Susan Bormann
Troy Perron	Gail Manning & David Richards
Noah Tweed	Todd & Debbie Huberty
Kevin Williams	Shirley Williams
Kevin Williams	sibling
Amanda	Kim and Ken Williams
Lori Jensen	Dave & Deb Nordgaard
Harriet	Christine Jensen
Chris	sibling
Christopher	Stephen & Fiona Burgdorf
Aiden	Maggie Bauer
Scott	Mary & Bruce Bauer
Paul Just	sibling
Paul Just	Mary Sullivan
	Mary Blumb
	Sarah Barrett
	Kelly Barrett

## March

CHILD	MEMBER
David Nelson	Jill Harrison
Zachary	Darcie Rummel
Adam	Kathryn & Waters
Harry Richards	Winnie Visco
Aaron Carlton	Kristi Strom
Lori Spurgeon	sibling
Drew Johnson	Kristi Kling
Emma	Bonnie Johnson
Michael	sibling
John Michael Morgan	brother
David	sibling
David	Jeronimo Garza
Robby Andrew Wallenberg Bragg	Annie Wallace
Michael	Jane Morgan
Caleb	Gabrielle Robbins
Alexander	Christiane Robbins
Murdoch	Linda Wallenberg
Murdoch	Laura Bottenfield
	Paul & Perla Morley
	Susan & Ed Herrmann
	Nicole Crust
	Cory Crust

## April

CHILD	MEMBER
Samantha	Julie & John Bangsund
Chad Goodspeed	Betty Udseth
Ashley	Michon Jenkin & Randy Segal
Peter	Eric Strommen
Michael	Jean Shilinski
Matthew	Stephen & Carol Hawk
Stefanie	Jayne Darling
Aaron Ginsberg	sibling
Cristian	Leonora Ginsberg
Kirk	sibling
Kirk Folen	Sara & John Schmidt
Abe	Ben Folen
Luka Koski	great-grandchild
Mark Frain	sibling
Mark Frain	Susan Folen
	David Benson
	Kate Brady
	Michael & Terri Frain
	Donna Frain

## Grief Reminds Me

Grief reminds me...  
 To love more openly  
 To express more freely  
 To feel more deeply  
 To live more fully

Grief reminds me...  
 Of all that I have lost  
 And all that I still have  
 Of all that I was  
 And all that I can be

Grief reminds me...  
 The memories made  
 The memories still to make  
 Of what has been done  
 Of what is left to do

Grief reminds me...  
 That Love Never Dies

Tanya Lord  
[grieftoolbox.com](http://grieftoolbox.com)



\*\*\*\*\*  
**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.



### February

CHILD		MEMBER
Ben		Linda Wallace
Ben	sibling	Annie Wallace
Astraea		Marcus Stombaugh
Tommy		Sheryl Hutton
Alex		Sandra Reem
David Nelson		Jill Harrison
Sarah Tilman		Cathie Tilman
Zachariah Paul Benjamin Muonio		Michael & Anita Muonio
Ben Freidson	sibing	Debe Fefferman
Benjamin Freidson	sibling	Jenne Freidson
Brian Johnson		Jane Johnson
Brandon	sibling	Maya Lawrence
Brandon		Melanie Lawrence-Smith
Jeremy Klein		Chris Klein
Matthew		Mary Curtis
Ashley Beard	sibling	Emily Beard
Ashley Beard		Tim & Wendy Beard
Eleyse Kirabo		Mary Jo & Winston Peterson
Ben Hansen	sibling	Taylor Gotta
Ben		Karen & Gary Hansen
Amy	grandchild	Roxy Clark
Scott		Mary Blumb
Sadie Hanson		Dani Hanson
Persephonee		Chris & Ameer Banks

### March

CHILD		MEMBER
daughter		Barb Colby
Abigail Grace		Tom & Christina Monroe
Missy	sibling	Tasha Feigh
Missy		Mary Feigh
Juli Elisabeth	sibling	Melissa Myers & Michael Crees
Juli Elisabeth		Lisa & Steve Crees
Juliette		Nancy Kilhan
Campbell		Jenner Johnson
Lori Spurgeon	sibling	Kristi Kling
Corey		Nancy & John Poland
Jory Day-Monroe	sibling	Seaira Garcia
Jory Day-Monroe	grandchild	Mary Klingelhoets
Steffanie Quick	grandchild	Jan Quick
Steffanie Quick	sibling	Matthew Quick
Steffanie		Kevin & Sue Quick
John Alden		Mary & John Alden
Keith Rosenwinkel		Wanda VonHoltum
Jaden Dallas Dalton		Karren Gray
Michelle Franta	sibling	Jeff & Melia Liedman
Michelle Marie Franta		Lynn & Stan Liedman
Ben Alden		Mary & John Alden
Kendra		Tom & Terri Lindfors
Kendra	sibling	Cole Lindfors
Ryan		Renee Torbenson
Matthew		Sue Reid & Mark Schmidt
Kyle		Lynda Kubousek
Cole Linnell		Jean Thurmer

### March (continued)

CHILD		MEMBER
Brenden		Tammy Sperr
Shayde Erin Rudenick		Steve Rudenick
Ben Rueben		Melissa Fischer
Mikey		Colleen Gillespie
Melissa Roeser		Marilyn & Steve Dahlmeier
Nicole Jean Gallery		Janna Gallery
Michael		Linda Wallace
Michael	sibling	Annie Wallace
Lauren		Dawn & Peter Duwenhoegger
Michael Stephen Kronick		Micki Herman Kay
Ross Alvin Joseph Stenerson		Barbara Stenerson
Barrett Ugland		Renee Forst
Gregory Sather		Nancy Sather
Scott		Harriet Lodermeier
Shay	sibling	Benjamin, Kira, Andrew M.
Shay		Meagan McSherry
Tom	sibling	Chuck Oberg
Daniel Hirschberger	sibling	Anna & Todd Lundblad
Daniel Hirschberger		Linda Schaeffer
Jordan		Leslie Holt
John Michael Morgan	sibling	Jane Morgan
Elyse Mary Stern		Robin Stern

### April

CHILD		MEMBER
Jordan		Carlos Velazquez
Abe		David Benson
Nicole		Kris Anderson
Jesi		Pat & Sue Harding
Rachel Merchant		Deb Merchant
Noah Tweed		Dennis & Sandee Tweed
Sara Louise		Clarice Sulzbach
Paul Just	sibling	Sarah Barrett
Paul Just		Kelly 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		Kim and Ken Williams
Khari Dixon		Arineith Imani
Vincent		Jeff Lewis
Amanda		Dave & Deb Nordgaard
Cynthia		Liz Keller
Anne		Carol Just
Tracy Greenwood	sibling	Tanya Broten
Conner Box-Lindholm		Stacey Lindholm
Tony		Tina Mehok
Regal	sibling	Georgia Blues
Regal		Marty Bragg
Molly Hunt		Ona Rygh
Alexis	sibling	Brandon Jensen
Alexis Whitney		Sandie Jensen
Corey	sibling	Tasha Feigh
Corey		Mary Feigh

## I Want to Say

I want to say I'm sorry for many reasons left unsaid  
 I want to say I miss you and the life that we once led  
 I want to be forgiven and forgive myself as well  
 I want to hold my head up high and no longer sit and dwell  
 How do you learn to love yourself after perfecting self-hate?  
 I want to shout 'I miss you so' yet knowing I'm too late  
 So much time has already passed but one thing remains  
 The thought of you brings warmth to me  
 and that will never change  
 We all make mistakes in life, Lord knows I've made a few  
 Please know that doesn't change the fact I truly cared for you  
 The love we shared may have been brief,  
 and now it's just our past  
 But the impact that you have left on me will forever last  
 No matter where we go from here,  
 no matter where we've been  
 What I miss most of all, is not my lover, it's my friend.

by Lisa M. Tate

Dedication: In memory of my sister, April

## Memories of Our Children Are Like a Rose

When a child dies our memories are held tightly with lots of pain, just like the tightly folded petals of the rose bud with the many thorns to stick and prick causing pain.

As we talk about our child and share memories with others we begin to open ourselves to healing as the rose petals start to open ever so gradually.

Just as a rose becomes more beautiful as it blooms, so do the memories of our child.

Yes, the thorns are still there and will hurt when touched, but oh how beautiful the rose and oh, how beautiful the memory of our children!

Share the memory of your child so that memory can start to bloom to become as beautiful as the rose.

In memory of Doug.

Julie Timmerman  
 TCF Tulsa, OK

## The Moment You Left Me

The moment I knew that you had died, my heart split in two  
 One side filled with memories, the other died with you.  
 I often lay awake at night, when the world is fast asleep  
 And take a walk down memory lane, with tears upon my cheek.  
 Remembering you is easy, I do it every day  
 But missing you is a heartache, that never goes away.  
 I hold you tightly within my heart, and there you will remain  
 Life has gone on without you, but it will never be the same.

Doug Craven  
 lessons learned in life, inc.



## A Dozen Roses

If I had a dozen roses,  
 I know just what I'd do.  
 I'd give each one a name  
 that reminded me of you.

The first rose I'd name "sunshine"  
 cause you brighten everyday.  
 The second would be "beauty,"  
 the kind that never goes away.

The third rose would be "priceless,"  
 like those hugs you gave to me.  
 I'd name the fourth one "silly"-  
 oh, how funny you could be.

Rose five, of course is "patience,"  
 something you have helped me find.  
 The sixth rose I'd call "memories,"  
 the precious gift you left behind.

The seventh and the eighth rose  
 would for sure be "faith" and "grace."  
 Nine would be "unique" because  
 no one can take your place.

The tenth rose, well, that's easy;  
 I'd simply name it "love."  
 Eleven, I'd call "angel;"  
 I know you're watching from above.

I'd think about that twelfth rose  
 and I'd really take my time.  
 After all, these roses  
 are for you, my Valentine.

I'm sending them to heaven  
 in every color that I know.  
 So number twelve I'll name "forever,"  
 that's how long I will love you so.

By Alan Pedersen

This poem was lovingly written by  
 singer, songwriter, speaker, and former  
 Executive Director of The Compassionate  
 Friends, Alan Pedersen, in memory of  
 his beloved daughter Ashley.



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

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 \_\_\_\_\_

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