



The Compassionate Friends

Minneapolis Chapter

Supporting Family After a Child Dies

8701 36th Ave N

New Hope, MN 55427

Meeting Schedule

NOW 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—Register using the link emailed to you a few days prior to each meeting.

Bereaved Siblings Hybrid Meeting

A bereaved sibling facilitates the group. Siblings (14+) meet separately, but at the same time as our Chapter meeting.

See the article on page 3 for more details on our new Hybrid meeting structure.

Monday, August 16

“Together At Last”

HYBRID (In-person & Zoom) MEETING

We will look back on grieving while isolated with COVID-19 restrictions. How did we all get through this?

Monday, September 20

“People Say the Darndest Things”

HYBRID (In-person & Zoom) MEETING

Share and practice how to respond to misguided or thoughtless comments made in an attempt to acknowledge your grief.

Sunday, September 26

“Walk to Remember”

Bassett Creek Park, Crystal

See page 3 for details of this popular, special event for family and friends. It's also our annual fundraiser.

Monday, October 18

“From Loss to Legacy”

HYBRID (In-person & Zoom) MEETING

A mother's account of grief, recovery and legacy for the daughter murdered at the hands of her husband. See the mother's article on page 4, along with bringing awareness to Domestic Violence.

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 griever reach out to the newly bereaved, energy that has been directed inward begins to flow outward, and both are helped to heal.

To Our New Members: Coming to your first meeting is the hardest thing to do. But, you have nothing to lose, and much to gain. Try not to judge your first meeting as to whether or not TCF will work for you. The second, third, or fourth meeting might be the time you find the right person...or just the right words spoken that will help you in your grief work.

To Our Members Further Down the 'Grief Road': We need your encouragement and your support. Each meeting, we have new parents. Think back, what would it have been like for you at your first meeting if there had not been any TCF “veterans” to welcome you and share your grief?

About Our Meetings: Please don't stay away from a meeting because the scheduled topic does not interest you. At each meeting there will be time to discuss and share whatever is on your mind. We welcome your participation, but it is not required.

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TCF's Vision...

That everyone who needs us will find us and everyone who finds us will be helped.

MINNEAPOLIS CHAPTER INFO**TELEPHONE:** (612) 444-1301**EMAIL:** tcf.mpls@gmail.com**Minneapolis Chapter Leader**
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Terri & Tom Lindfors**Webmaster**
Lisa Gross Crees**Facebook Page Administrator**
Lisa Gross Crees**Hospitality Coordinator**
WELCOME to the team! Vickie Hackel**Donor Appreciation**
Pat Reller**Co-Librarians**
*OPEN***Special Events Co-coordinators**
Mary Jo Peterson & Monica Colberg**Sibling Loss Facilitator**
Maggie Bauer**Steering Committee Meetings**
Held quarterly to plan events and Chapter direction. Next meeting: October 8.**TCF NATIONAL OFFICE**

Toll Free: 1-877-969-0010

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nationaloffice@compassionatefriends.orgwww.compassionatefriends.org*Facebook:* www.facebook.com/TCFUSA*Twitter:* <https://twitter.com/TCFofUSA>**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](#)
Or log onto Facebook and search:
TCF Mpls
www.facebook.com/groups/TCFMpls

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](#)
www.facebook.com/TCFUSA

Chapter Locator tool is available on TCF National Website
[Locate Chapter Here](#) www.compassionatefriends.org**LOVE GIFTS**

There are no dues to belong to The Compassionate Friends. We appreciate all donations (Love Gifts), regardless of amount. They provide the basics like rent, supplies, printing/postage, and our "wish list" items.

We appreciate your support of our chapter! We now accept donations online via the **Venmo** app; find us by using **@TCFMpls**. Thank you for the following Love Gifts received over the last few months.

Donation In Memory of: by TCF Member:

Joseph Engles	Deb & Paul Barland
Paul Just	Kelly Barrett
Barry Allan Beal	Carol Beal
Nicholas	Bernadette Bernardini
David Lindgren	Jeff & Jan Bowers
Arthur Colberg	Monica Colberg
Juli Elisabeth	Lisa & Steve Crees
Carolyn Ann Bedford	Barbara & Robert Demsky
Lauren	Dawn Duwenhoegger
Mark Frain	Donna Frain
Kinsley	Farynn Kimmes
Jory Day-Monroe	Mary Klingelhoets
Michelle Marie Franta	Lynn & Stan Liedman
Dan	Ruth & Jon Larson
Andrea	Martin & Leeper
Mark	Bev London
Kendra	Tom & Terri Lindfors
Rachel	Debra Merchant
Madeline May	Lisa & Mark Orfield
Chris Bauer	Benjamin Pladsen
Tim	Rozanne & John Puhek
Claire Richards	Gail Manning & David Richards
Alex	Sandra Reem
Shayde Erin Rudenick	Steve Rudenick
Gregory Sather	Nancy Sather
Arthur Colberg	Jessica & Brandon Schultz
Payton Tripp	Janet & Richard Tripp
Gregory Sather	Joelle & Paul Valentini
Kevin Williams	Shirley Williams

Minneapolis Chapter



September 26, 2021

Bassett Creek Park
6001 32nd Ave N, Crystal

Check-in begins at Noon; Walk begins 12:30 p.m.

Mark your calendar for **Sunday, September 26** 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.

COVID-19 safety protocols in effect at time of our walk will be followed. There's plenty of room to stay physically distanced.

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. 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**. It's just a quick, less than 1-mile jaunt around the pond on an asphalt trail, but we can go around as many times as you want.

This is our **Chapter's annual fund raiser**. There is no fee to walk, but donations are appreciated. We are a recognized 501(c)(3) organization; all donations are tax deductible. Funds received are used to 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, volleyball, 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.

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).

In-Person Meetings Again

After a long space on the calendar filled with Zoom meetings, the Minneapolis Chapter of The Compassionate Friends is returning to in-person monthly meetings with an added twist. We meet at St. Joseph Parish Community at 8701 36th Ave North in New Hope, Minnesota on the third Monday of the month from 7:00pm to 8:30pm. We will follow the church's COVID protocols in effect at time of meeting (masks are recommended, appropriate distancing, hand sanitation, etc.). These will be clearly identified as you enter the church. Bring masks, please. Some will be provided on site if you need them.

We will also offer a hybrid meeting format to accommodate those who wish to remain connected and attend our monthly meetings via Zoom. The Steering Committee is working on our enlightened tech approach. You will see this at the August meeting and we ask for your understanding as we navigate the new format. This is the new us, the club no one wants to join. We welcome you with open arms again, at last.

Leader's Corner

After the chapter held the July Remembrance ceremony with soap bubbles, loves notes and ice cream sundaes, I brought home lots of bright pink paper love notes. Participants had their choice of writing paper. They could write a note on flying wish paper that would alight with flame and fly into the air. Or they could select pink paper to pen a note to their loved ones. They could take their notes home or offer them to be composted for a community garden in Minneapolis.

I thought of all that life energy those children shared with their parents and siblings. The writers of those notes poured their love into those words. And then they released them to a TCF block club leader who is a gardener.

I made a bed of grape vines in my composter and sprinkled bright pink shredded notes on top. I added another layer of grape vines, tucked them in and closed the lid.

I will tend to those notes. Every now and then I will add coffee grounds and spent flowers, lawn clippings and fallen fall foliage. In time the pink notes will turn to black gold, a nourishing composted energy perfect for new buds in the spring. It is a circle of life. There are so many circles of life and death around us. I hope we all find renewal in our circle of TCF friends.

Art's Mom and Chapter Leader,
TCF Minneapolis MN

Dedicated to the One We Love



My beautiful daughter, Madeline May

Editor's Note: We appreciate Lisa O. for her donation towards the printing & mailing of our newsletter, and are happy to dedicate this issue to her daughter, Madeline. (See page 4 for Lisa's article bringing awareness to Domestic Violence. Lisa will be sharing her journey of loss to legacy with us at the October 18 meeting.)



After October

and if there be a perfect month,
for me, it is October...
with days and nights
like laughing fauns,
with mornings bright and sober.
when wind will dance in sudden glee
to do the autumn-sweeping,
or cloud and fog and wistful rain
can move a heart to weeping.
and in October You were born,
four days before November...
and four years later you were gone,

my little son, my only son,
I love you.
and remember. . .

sascha



My Old Friend Grief

My old friend Grief is back. He comes to visit me once in awhile to remind me that I am still a broken man. Surely there has been much healing since my son died six years ago, and surely I have adjusted to a world without him. But the truth is, we never completely heal, we never totally adjust. Such is the nature of the loss that no matter how much life has been experienced, the heart of the bereaved will never be the same. It's as though a part of us dies with the person we lose through death.

And so my old friend Grief drops in to say "Hello." Sometimes he enters through the door of my memory. I'll hear a song or smell a fragrance. I'll look at a picture and I'll remember how it used to be. Sometimes it brings a smile to my face...sometimes a tear. One may say that remembrance is unhealthy...that we shouldn't dwell on thoughts that make us sad. Yet the opposite is true. Grief revisited is Grief acknowledged and Grief confronted is Grief resolved. But if Grief is resolved, why do we feel a sense of loss when we least expect it? Because healing doesn't mean forgetting and moving on with life doesn't mean that we don't take a part of our lost love with us. Of course the intensity of the pain decreases over time if we allow Grief to visit from time to time.

Sometimes my old friend Grief sneaks up on me. It's as though the ones we have lost are determined not to be forgotten. My old friend Grief doesn't get in the way of living. He just wants to come along and chat sometimes.

Grief has taught me a few things about living I wouldn't have learned on my own. He has taught me that if I try to deny the reality of loss, I end up having to deny life altogether. Old Grief has taught me that I can survive great loss and although my world is different, it's still my world and I must live in it.

My old friend Grief has taught me that the loss of a loved one doesn't mean the permanence of death. My friend will be back again and again to remind me to confront my new reality and to gain through loss and pain.

Adolfo Quesda,
TCF, Colorado

My Beautiful Daughter, Madeline May

On November 17, 2018 my precious daughter Madeline tragically passed away of domestic abuse in her home in Brookfield, Wisconsin. She was just 10 days away from getting away from the abuser and starting over and moving home with us here in Edina, MN. He had previously attempted strangulation just 7 weeks prior, and had a restraining order and an ankle GPS monitoring cuff put on. She had a new job in Stillwater and was looking forward to being safe here and starting a new life in Minnesota with myself, her step-father Mark, her sister Marlena and 2 brothers Maxwell and Manning. Her estranged husband illegitimately removed his monitoring cuff that evening and tragically took her life.

The trial was scheduled for April 2020. However, because of Covid the new date was September 2020 in Waukesha Wisconsin county courthouse. It was a very difficult and exhausting long 10 days. Finally, on October 16, 2020 he was sentenced to life in prison with no chance of parole on all nine counts against him. We now had justice for my daughter Madeline's tragic death and murder.

Justice does not get her back, nor alleviate this horrendous experience in my life. No words or verdict can describe the hurt she had endured, and the hurt now in me. She is forever a part of me that is gone forever. I miss her every second of the day, with every breath I take, with every beat of my heart. She continues in making me so very proud in being her Mother. She is my first child, my first experience of unconditional love!

My love for her is never ending!

Help in sharing awareness of domestic abuse!

Lisa Orfield
TCF Mpls, MN

Editor's Note: At our October 18 meeting, "From Loss to Legacy," Lisa will share how she honors her daughter, Madeline, while moving thru grief towards recovery, and bringing awareness to domestic violence.



OCTOBER IS

domestic violence
awareness month

Ever since 1987, October has been the month where domestic violence and its victims are observed. The purple ribbon is used for a number of other important causes, but it's also in honor of domestic violence victims and support for the growing awareness.

Domestic Violence (also known as Intimate Partner Violence) is not limited to physical abuse; it encompasses numerous tactics that may include coercive behaviors to establish and maintain power and control, emotional and physiological manipulation, financial abuse, sexual assault and threatening to harm children, other loved ones or the family pet. Many injuries may not be easily visible. Domestic violence is a silent epidemic that thrives in environments of secrecy and shame. Domestic violence is usually done in secret, but let's shout it from the rooftops... **Awareness + Action = Social Change**

National Resource Center on Domestic Violence

www.nrcdv.org/awareness

Violence Free Minnesota

www.vfmn.org/

Our Children Remembered...on Their Birthdays

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



August

CHILD		MEMBER
Jennifer Blethen	sibling	Melissa Blethen
Rhiley		Mike Henneman
Ron Reinert		Sharon Reinert
David		Derwood Twigg
David Andrew Twigg		Selma Twigg
Kristin Reller	sibling	Anthony Reller
Kristin Reller		Pat & Don Reller
John Benz		Mike Benz & LuAnn Yerks
Ben Hansen	sibling	Taylor Gotta
Ben		Karen & Gary Hansen
Hailey		Michelle Chamlin
Sheryl Ann Heggem		Ron & Julia Laabs
Sheryl Ann Heggem	sibling	Sharlene Wimpfheimer
Michael James Lewis		Joanne Lewis
Selene Anderson	sibling	Elizabeth Anderson
Selene		Deborah Anderson
Archer		Kara Amorosi
Keeden	grandchild	Stacey Smith
Tommy		Sheryl Hutton
Dan Lewis		Chris & Bob Lewis
Steffanie Quick	sibling	Matthew Quick
Steffanie Quick	grandchild	Jan Quick
Steffanie Quick		Kevin & Sue Quick
Antonio		Jeffrey Demeules
Kate		Scott & Lisa Fronek
Juli Elisabeth	sibling	Melissa Myers and Michael Crees
Juli Elisabeth		Lisa & Steve Crees
Mackenzie Ndujwe Nnantah		Korina Hackert
Melissa Roeser		Marilyn & Steve Dahlmeier
Matthew		Sue Reid & Mark Schmidt
David		Joan Robson
Paul		Pilar & Steve Hoenack
Timothy		Rony & Christine Muzik
Sarah		Jane Ramerth & Marc Friedman
Joseph Daniel Muonio		Michael & Anita Muonio
Lawrence		Karen & Dave Philbin
Anthony Howe Jr.		Fahlon Tiller

September

CHILD		MEMBER
Barrett Ugland		Renee Forst
Nick Harter		Brian & Sandy Harter
Ty'rah White	grandchild	Shenna Galloway
Kelsey Eberle		Roxanne & Terry Eberle
Brooklyn		Carrie Roderick
David Lindgren		Jeff & Jan Bowers
David Lindgren	sibling	Adam, Tony Lindgren
Weston		Lisa Koch
Rachel Anne		Pam Dugdale
Ethan		Tom Lang
Yoeni		Roberto Falcon
Jaden Dallas Dalton		Karren Gray
Calob		Jessica Bartram
Mark		Tim & Ann Bremer
Jesi		Pat & Sue Harding
Scott	sibling	Katie Murray

September (continued)

CHILD		MEMBER
Abigail Grace		Tom & Christina Monroe
Jeanne Platt		Steve & Anne Platt
Sullivan	grandchild	Bev Lind
Sullivan		Jamie & Tyler Peek
Paul Daniel Quinn		Joy Hansen
Isaac		Renier Banegas & Anna Kokesh
Tracy Greenwood	sibling	Tanya Broten
Tim		Rozanne & John Puhek
Keith Demry		Char Fonville
Jason McCarthy	grandchild	Ken & MaryLou Theisen

October

CHILD		MEMBER
Michelle		Katie Krause
Lily		Leah Cameron
Michael John Blesi		Carolyn Blesi
Carissa Hayen		Linda Hayen
Brian Joseph Henry		Janine Jordan
Jen		Karen & Gary Gross
Alicia Marie Queen-Wilson		Queen Wilson
Scott		Harriet Lodermeier
Scott	sibling	Cori Plehal
Matthew Robert Demsky		Barbara & Robert Demsky
Alyssa		Rich & Dori Beattie
Caitlin Louise Higgins		Jeffrey Weihe
Molly		Pat, Charlie & Tyler Brown
Dominic		Aaron Cepeda
Hunter		Sandra Lawver
Corey		Mary, and Tasha Feigh
Hunter		Sue Aguilar
Gregory Sather	sibling	Eric Sather
Gregory Sather		Nancy Sather
Gregory Sather	sibling	Joelle & Paul Valentini
Jordan		Leslie Holt
Allison	sibling	Andrew Bailey
Allison		Ralph Bailey & Miriam Porter

Birthday Month

Birthdays are given special recognition at our monthly meetings. During your child's birthday month, you are invited to bring a photo or memorabilia to share and display on our Birthday Table. If you're attending via Zoom, share your photo during introductions.



Grief Haiku

A tear shimmers down
Looking out, late summer day
Sunshine missing you

Melissa Anne Schroeter, ©2010
TCF, Rockland County, NY



Our Beloved Children...in Our Hearts Always

especially during the Remembrance Month of their death.

August

CHILD		MEMBER
David		Elayne Lipp
Eric	son in law	Greg Pulles
Rob		Mary Quade
Noah David Muonio		Michael & Anita Muonio
Natalie Perry Smead		Karen Prieto & Pete Smead
Ty'rah White	grandchild	Shenna Galloway
Jeanne Platt		Steve & Anne Platt
Chad		Joyce Rubin
Jonathan Townsend		Kelly Townsend
Kameron		Dawn Gurule
Keeden	grandchild	Stacey Smith
Isaac		Renieri Banegas & Anna Kokesh
Gretchen		Susan and Dave Windschitl
Bruce		Judith Richart
Anthony Howe Jr.		Fahlon Tiller
Lily		Leah Cameron
Chris	sibling	Maggie Bauer
Christopher		Mary & Bruce Bauer
Everett Rachko	cousin	Mollie Freese
Everett	nephew	Mary Jane Kronberg
Everett	sibling	Allie Rachko
Everett		Charla Rachko
Brian		Bonnie & Mike Maloney
Alex		Lisa Welke
Abigail		Eric & Sam Zander
Yoeni		Roberto Falcon
Isaac		Dominique
Sheryl Ann Heggem		Ron & Julia Laabs
Sheryl Ann Heggem	sibling	Sharlene Wimpfheimer

September

CHILD		MEMBER
Dylan Colbath		Lisa Colbath
Matthew		Stephen & Carol Hawk
Jackson		Kellie Nielson
Brooklyn		Carrie Roderick
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
Renee		Pat & Roy Schulz
Dan	sibling	Michael Larson
Dan		Ruth & Jon Larson
Aaron Ginsberg	sibling	Leonora Ginsberg
Dawn Ankney		Sharon & Gregory Maidment

October

CHILD		MEMBER
Derek		Darwyn & Mary Tri
Carolyn Ann Bedford		Barbara & Robert Demsky
Andrew		Jim & Sue Senger
Paul		Char & Rich Myklebust
Nick	sibling	Alyssa Kroll
Wilder		Tea Lee
Michelle		Katie Krause
Troy Perron		Gin Johnson
Paul Daniel Quinn		Joy Hansen
Aaron Carlton		Kristi Strom
Sawyer James Tate		Robert & Joy Tate
Kelly Hyatt		Maureen Hyatt
Mark		Tim & Ann Bremer
Jean Claude Wishard	sibling	Danielle Wishard-Tudor
Maggie Grace	grandchild	Jean Umezu

Measure of My Heart

When I first took the measure
 Of my heart,
 I could not see,
 The light was dim.
 A friend held the lamp while I looked in.
 There was room for someone's sorrow
 And another person's pain
 And plenty of room for other people's tears,
 That fell like rain.
 The depth of my compassion
 Everyone could see.
 But none of it really mattered until
 There was room in my heart
 For me.

~ P.G. White
 published in Changes magazine, August 1994



Wounded Heart

*"Your broken heart requires at least as much care as a broken bone.
With proper care you can be confident that you will heal.
The same powerful forces that mend a broken bone will heal your
emotional pain, but a wounded heart needs time and proper care to heal."
~Harold Bloomfield, MD~*



If someone fell and broke a leg, people would rush to their aid. They wouldn't stop to even think about it. Yet, when it's our hearts that are broken, few rush to our aid and even fewer understand. At first, we receive the cards and phone calls wishing us well and telling us "if there's anything I can do"...but they soon taper off to a trickle. Then we begin to hear that we must 'get on with our life,' 'we can't let it get us down,' and we're told just how soon we should be 'back to normal'...we're given a deadline of sorts. When we don't follow the acceptable standards for healing, we are thought to 'need help'...the professional kind...and we're told that we are 'in denial'. These same people, who seem to have all of the answers, not only have never experienced the loss of a child but also tend to not want to get too involved...too close to our pain. They would rather stand off to the side until we're back to our old selves...whatever that is! They're uncomfortable when we speak of why our hearts are broken and they don't mention it for fear of reminding us of how our hearts broke in the first place...as if we could ever forget. When they ask us, "How are you"...it's more a greeting than a question. They don't want to hear how we ache inside, how lonely and empty we feel, how desolate we feel. Why...because they can't fix it. They can't make us whole again. And unlike a broken bone that's healed, we will never be as good as new. We will forever be missing a part of what made us the person that we once were. When our child died, so did a part of our heart and where that piece was, now there is nothing...only a gaping hole that nothing and no one can ever fill. Unlike a broken bone, we will not mend in a few weeks...in fact, we will never fully mend. We learn to live without that piece of our hearts...to live with our loss, to survive...one day at a time!

~Jacquelyn M. Comeaux
In Loving Memory of My Angels...Michelle, Jerry & Danny

Happy Heavenly Birthday Lil' Bro



You'd have been 48 years old today; if a distracted driver had not killed you on that fateful October day in 2017. I spent this past weekend celebrating your birthday by trying to change that forever sadness and angst about your ill-fated end. I worked on a more powerful motivational endeavor in your honor instead. I was partially successful as I bagged up 40 trash bags full of litter and roadside debris on Hwy. 7 near where you lost your life. Thanks to MN DOT's amazing Adopt-A-Highway program I enlisted in.

I'm sure you watched with delight from the skies above during some of the mayhem...like when I screamed after a Garter snake snuck up on me, not once, but lucky-me, twice! I also got

quite excited when the Common snapping turtle tried to traverse the road over to me...there was a lot of arms waving to oncoming traffic and yelling to save its life. The impromptu dancing was due to the millions (I swear) of displaced army of ants protesting my removal of their makeshift colonies on debris I bagged up. I called it "the shaking of ants" jig! This was a common encounter. A Tiger Swallowtail butterfly hovered around following me for awhile, and I swear it was sent by you!

The frogs and toads were quite amusing as well, compared to the pesky ticks. Those little buggers, well, they ended the party for us in the emergency room when I couldn't get them outta my boyfriend's rump. The roadways are all clean now again with heavenly serenity. Funny how nature and a day of hard work remind us of the beauty in our intricate circle of life.

I miss you and love you always!

Danielle Wishard-Tudor
TCF Minneapolis MN

Morning Mist

*The morning mist
Lifts from the lake
Mystical it holds
My gaze*

*The unseen loon
Calls out in vain
As I do
When I
Call your name*

*I look for you
In cloudy skies
Seeing shapes
And secret signs
That let me know
Your spirit soars
And travels near*

*I see you
All around me here
In sunset skies
Starry nights
And the wonder
Of a child's eyes*

*An eagle's flight
The morning light
A rainbow's beam
The morning dew
They all make me
Think of you*

*And until
We meet again
I will always
Miss you Ken*

By Kelly Simmonds
TCF/Kamloops
In Loving Memory of Her Brother,
Kenneth Bruce Simmonds





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.