



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, November 20

“Finding Gratitude When Grieving”

HYBRID (In-person & Zoom) MEETING

When grieving, it can be difficult to find things to be grateful for. Acknowledging the small steps forward can be beneficial. Expressing gratitude can be one way to help in the healing process. We are here to say thank you for showing up.

Monday, December 18

“Candle Lighting Remembrance”

HYBRID (In-person & Zoom) MEETING

Join us for this special evening, including a program, live music, candle lighting, and memorial slideshow. Our annual CL takes the place of our monthly meeting. Sign-in at 6:15 pm. Option to Live Stream online via YouTube. See page 3 for info.

Monday, January 15

“Bringing Light to Winter Gloom”

HYBRID (In-person & Zoom) MEETING

January sneaks up and leaves us without a sense of direction. The reasons for our gloom may be a natural part of this journey through grief. This period allows us to “hibernate” for a time; it serves its purpose. Be patient with yourself and remember this might be the time to explore the emptiness of our gloom and find our next steps.

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.

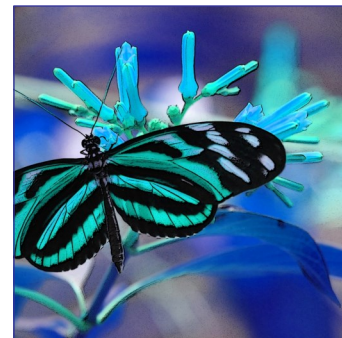
To Our New Members: Coming to your first meeting is the hardest thing to do. But, you have nothing to lose, and much to gain. Try not to judge your first meeting as to whether or not TCF will work for you. The second, third, or fourth meeting might be the time you find the right person...or just the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

Inside This Issue:

Chapter and National Contact Info	2
Virtual Bereavement Support Event	2
Remembrance Candle Lighting Dec. 18	3
Love Gifts	3
Winter Wallowing	4
Remembrance Dates	5-6
For That, I Am Thankful	7
I Am Your Sister and Always Will Be	7



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**
*Jan Kocur Thanks for joining the team!***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: January 12.**TCF NATIONAL OFFICE**

Toll Free: 1-877-969-0010

E-mail:
nationaloffice@compassionatefriends.org
www.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**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.orgThere 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**TCF Virtual Bereavement Support Event****Receive Valuable Grief Support From the Comfort of Your Home**Please join us **Saturday, November 11, 2023** for TCF Virtual Bereavement Support Event. This online event is designed especially for bereaved parents, siblings, and grandparents to receive support and helpful information from others who understand. **Registration Fee:** \$125.00

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.

12 Workshops covering topics such as:

- Grief and Anger
- Loss to Suicide
- Loss to Substance Use
- 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 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.

The Compassionate Friends
**Worldwide
Candle Lighting**

Join us December 10, 2023

"...that their light may always shine."

On Sunday, December 10, light a candle in your home at 7 p.m., and join the wave of light circling the globe remembering all children, siblings, and grandchildren who have left too soon.

We light these candles in the winternight
Reminding our world of grief and loss.
We are a part of love, in tender league
With grievers everywhere a part of us.

sasha

Minneapolis Chapter Candle Lighting Program

December 18, 2023

Sign-in at 6:15 p.m. — Program begins 7:00 p.m.

Our chapter's annual Remembrance Candle Lighting program is Monday, December 18 at St. Joseph Parish, 8701 36th Ave. N, New Hope.

We encourage you to join us in person; there may be the option to watch a live stream of the program via YouTube. We will update you of the status, and if that option is available we will email the YouTube link and post it on the TCF Minneapolis Chapter's private Facebook page.

This event takes the place of the monthly chapter meeting. It begins earlier than the regular meeting. Parents, grandparents, siblings, family & friends are encouraged to join us.

Please **RSVP** in advance! Email tcf.mpls@gmail.com with your name and number attending in your group.

The church where we meet practices COVID-19 health and safety protocols. Consider wearing a mask based on your personal preference and if not vaccinated for COVID-19. Please stay home if you feel sick.

At 6:15 p.m. participants may sign in at the front door of the church. The chapter will provide light appetizers and refreshments prior to the program. Bring your family's favorite cookies or bars to share if you wish.

A free-will offering is appreciated to help offset program costs. Memory Keepsakes are provided which we will personalize with your loved one's name. Please take it home as a memento of this special evening.

The remembrance program begins at 7:00 p.m. with beautiful live music performed by parents and friends in our bereaved community. Readings by TCF members will be followed by families lighting flameless candles in memory of our siblings and children and grandchildren. The evening will conclude with a photo slideshow of our loved ones.

To include your child, grandchild or sibling's photograph in the slideshow, please email Gloria Jordan at tcf.mpls@gmail.com. Provide their name as you wish it to appear on the slide, and the year of their birth and year of death. Attach a photo as a .jpg or .png file format. The **DEADLINE is December 5**. Do not send a photo if you sent one last year; we have it.

Want to participate by reading a poem or prose? Email Gloria at tcf.mpls@gmail.com with your name and your loved one's name. Include a copy of the reading with title and author of your selection. The **DEADLINE is December 5** to be included in the program.

If severe weather occurs, we will post a change of date for the event on our TCF Minneapolis chapter Facebook page at www.facebook.com/groups/TCFMpls and announce the December postponement on Channel KARE11 TV.



Leader's Corner

Joy floats along, finds a heart and resides comfortably. Laughter bubbles out as we share time with those around us. Joy elevates us.

Following the death of loved ones, joy is devastatingly silent.

We are lost. We are miles away from joy.

As I walked in to my first TCF meeting I openly acknowledged the death of my child. I saw people smiling in the room. I was not even close to where they were emotionally.

Those people surrounded me, comforted me, and listened to wails of grief for hours, months, years.

I smiled again. That is the power of a TCF chapter. We are living proof that joy returns and resides comfortably again in a heart, despite a hole.

To our TCF members, I hope your healing journey mingles with joy.

Monica Colberg
Art's Mom

TCF Minneapolis, MN Chapter Leader

Love Gifts



There are no dues or fees to belong to The Compassionate Friends. Donations (known as "Love Gifts") fund our Chapter's basics like rent, meeting supplies, outreach material, newsletter printing/postage, special events, and help fulfill our "wish list."

The Chapter Leadership greatly appreciates all donations in support of our chapter's mission.

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

Donation In Memory Of: By TCF Member/Family

Natalie	Lisa Anderson
TCF Siblings	Maggie Bauer
Christopher	Mary Bauer
David Lindgren	Jeffrey & Janet Bowers
Juli	Lisa Crees
Luke	Jason & Amy Crotteau
Leon Harwood	Flipper Filipiak
Mark Frain	Donna Frain
Natalie	Nancy Joy
Matthew	Tim & Betsy Koch
Jack & Kevin	Jan Kocur
Kendra	Tom & Terri Lindfors
Steffanie & Karla	Kevin & Sue Quick
Alex	Sandra Reem
Kristin Reller	Don & Pat Reller
Kristin Reller	Rosemarie and James Ryan
David Andrew Twigg	Selma Twigg

Light a candle for hope, for remembrance.

No matter where you are, light a candle for love,
it is the greatest light of all.

Darcie Sims



Winter Wallowing

Though winter seems to have more than its share of less than wondrous days, occasionally we have an especially down day.

Some days aren't too bad. They start out kind of slowly, like a reluctant first grader, but gather momentum as the hours flow by. Some days get a jump-start on me. By the time I hit the shower, I'm functioning without feeling, so much like those early foggy days of grief. Those are the days when hot cocoa and a bowl of steaming oatmeal are the only way to fly. A hot breakfast will make most days seem almost civilized.

Winter days sometimes bring more than cold rain or gloom, and for those days, more than chocolate is needed. Even the sound of the radio is too cheerful a beginning, and shoveling snow or dashing through rain puddles is not the ideal aerobic exercise. It only serves to remind me of my lost youth.

Even before I open my eyes, I can often sense it just might be one of *those days*. They can mean only one thing to those of us who are struggling through the snowy landscape of The Valley of Grief. Those days are for *wallowing*.

I do not want to get up and be cheerful. I don't even want to get up; who cares about being cheerful? I do not want to eat right (give me chocolate and fat and calories on those days), and I definitely don't want to do anything that might make me feel better! Feeling better is not what I have in mind for the wallowing days of winter.

When a wallowing day hits, all I want to do is hide. I want to stay in bed drawing the covers over my head, snuggling down deep under the quilt, and pretending today isn't happening. And I don't want the radio, the television, the calendar, or anyone to tell me differently.

I don't want a cheery phone call. I don't want a sympathetic hand on my shoulder or an understanding nod of the head either. I don't want anyone to even acknowledge me. I want to be left alone. On the wallowing days, I just want silence and aloneness—the only source of comfort on a wallowing day.

Too many people will try to talk us out of our wallowing mood, but when I'm in one, that is exactly what I don't want. I want to wallow. I want to grieve. I want to cry and yell and worry and hate. I want to have a temper tantrum and throw things (although I rarely do either). I want to come to a complete stop on my journey and sit down on the curb and cry. Too many people want to love us out of our pain, and I don't even want them to touch me!

It is terribly hard to see someone you love in such distress, but sometimes I think we just might need a day or two of wallowing. It's not so bad, this wandering around in the gloom of the past if we can allow ourselves permission to do so. If we could just relax into the despair we might find it not as bad as we feared.

It is the fear that makes those days so much worse than they really are. We add guilt to our gloom and bring along the anger and impatience of grief to create an even worse day for ourselves. We "should" all over ourselves, almost as punishment for not having a good day. "I should be better by now," and "I shouldn't be feeling this way anymore." Who says so?

The rest of the world might say so, but as long as we are breathing, there will be more than a few of those days

waiting for us, waiting to catch us off guard. Just as we are getting settled into a really good wallow, here comes someone to shake us out of our mood. Somebody calls, or we get a note in the mail: "Just thinking of you and wishing you a good day" is enough to make us sick! I want to wallow, please. Not often, but sometimes it is the only thing to do.

We can wallow with the scrapbooks or with the radio playing "The Song." We can wallow with cookies, or carrots (you've got to be kidding!). We can wallow with our memories or with a movie. We can wallow alone or, as a special treat, with a friend. Wallowing with a friend is truly one of life's little perks.

Wallowing doesn't mean getting lost in the gloom or sinking into despair. It doesn't mean thinking of driving a little too fast or standing a little too close to the edge. It doesn't mean finding the pills or drowning in the bottle. In fact, all of those things keep us from wallowing, just as surely as does the sympathetic but poorly timed pat on the hand.

What we need on wallowing days is understanding, acknowledgment, tolerance, patience, and to be left alone. Sometimes the grief—the pain—is simply too much to bear in the company of others, and I run out of energy to make sure you are okay in the presence of my pain. Sometimes I just have to run headlong into the hurt, embracing it all, because it is all I think I have left of my love. Sometimes wallowing can be the door to sanity as I face squarely the intensity of my pain.

Love sometimes hurts, and to deny that is to deny the joy of being loved. We can't have only half a picture. We need all sides and all dimensions in order to fully understand and embrace the life we are living. Knowing we are alive when our loved one is not is perhaps one of the most difficult steps to be taken in The Valley—to forgive ourselves for living when our loved ones did not live is truly worth a moment or two of wallowing. Since grief is the price we pay for love, and I have been billed for my affections, please allow me the space to repay the debt.

Wallowing is neither dangerous nor easy, but sometimes it is necessary to get in touch with the pain and the despair so we can breathe through it to find the light. Wallowing does not allow for shields or the wearing of a mask. When one wallows, one goes straight into the hurt, claiming it all. Sometimes I just have to indulge my sadness and embrace my pain so I can learn to live beyond it. That's when we can begin to let the joy of our loved one's life begin to take the place of the hurt and pain of their death.

As long as wallowing doesn't get to be a way of life, we're safe to indulge ourselves once in a while. As long as I don't find myself contemplating the height of the bridge or the depth of the valley, then I can allow a day or two of wallowing, especially in the winter when the snow piles deep and the wind brings only a bitter tune.

Wallowing—a moment of reflected pain that speaks so truly of the depth of love. If we had not loved, we would not despair. Sometimes it brings tears, but always it brings memory, and memory isn't such a bad place to dwell in the winter time.

By the late Darcie Sims, PhD
Bereaved Mother

Our Children Remembered...on Their Birthdays

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



November

CHILD		MEMBER
Andrew	sibling	TianaSchwandt
Luke	grandchild	Carolyn Crotteau
Luke		Amy & Jason Crotteau
Lauren		Dawn & Peter Duwenhoegger
Yaya		Ron Garber
Nathan Scott Weidner		Amanda Weidner
Barry Allan Beal		Carol Beal
Hallie		Todd & Kathy Brown
Sarah Tilman		Cathie Tilman
Sullivan		Holly Holmes
Campbell		Jenner Johnson
Keith Rosenwinkel		Wanda VonHoltum
Brandon	sibing	Kathryn Demars
Brandon		Pamela & Patrick Demars
Michael DeBruin		Mary & Bob DeBruin
Everett Rachko	cousin	Mollie Freese
Everett	nephew	Mary Jane Kronberg
Everett	sibling	Allie Rachko
Everett		Charla Rachko
Leon Harwood		Antonia (Flipper) Filipiak
Tucker		Dana & Kevin O'Brien

December

CHILD		MEMBER
Joshua		Brenda Kise
Scott	sibling	Suzie Berzins
Scott		Stephen Berzins
Scott		Cathy Drexel
Daniel Nelson	sibling	Michele Dooley
Daniel		Audrey Nelson
Michelle Franta	sibling	Jeff & Melia Liedman
Michelle Marie Franta		Lynn & Stan Liedman
Jeremy Klein		Chris Klein
Cole Haakana		Carrie Haakana
Conner Box-Lindholm		Stacey Lindholm
Lily	grandchild	Jill Maust
Mark Andersen		Ruth Shaddrick
Natalie Perry Smead		Karen Prieto & Pete Smead
Daniel Christian Demsky		Barbara Demsky
Penelope Wender Thompson	grandchild	Brenda Thompson
Penny		Hayley Wender
Penny		Patrick Thompson
Matthew	sibling	Carmen and Camille Koch
Matthew		Tim & Betsy Koch
Brent LaMere	sibling	Jennifer LaMere
Brent LaMere		Daniel & Debra LaMere
Wilder		Tea Lee
Cherpree		Dawn Boesch
Vanessa Marie		Maureen Voltin
Joseph		Kim Corkins
Leo	grandchild	Rod Monroe
John Alden		Mary & John Alden
Juliette		Nancy Kilhan
Lindsay	sibling	Ana (Kol) Nikol Peduk

January

CHILD		MEMBER
Allyson		Roger Graphenteen
Evelyn Charlotte		Jeff & Jenny Sevaldson
Henry		Helen & Chris Taylor
Bryan Michael		Bonnie & Mike Maloney
Anne		Carol Just
Dan	sibling	Michael Larson
Dan		Ruth & Jon Larson
Machael Greeman		Marijo Greeman
Alex		Frank Commers
Joseph Engles		Deb Barland
Amia		Adrienne Pelleg
Zachariah Paul Benjamin Muonio		Michael & Anita Muonio
Kevin Kocur		Jan Kocur
Grace		Katie & Charlie Heitzig
Kyle		Lynda Kubousek
Traci		Cathy Maccoux
Traci	sibling	Olivia Maccoux
Madeline May		Lisa & Mark Orfield
Daniel		Dan & Chevis Peso
Brenden		Tammy Sperr
Nicole Jean Gallery		Janna Gallery
Cody		Dave & Jennifer Perna
Ann Longton-McNamara		Barbara & Richard McNamara
Kali		Peg & Roger Mann
Jack Kocur	sibling	Kayla Kocur
Jack Kocur	grandchild	Jan Kocur
Jack Kocur		Shelly & Kent Kocur
Kelly Hyatt		Maureen Hyatt
Missy	sibing	Tasha Feigh
Missy		Mary Feigh
Lars	sibling	Anne Kjeksrud
Lars		Carol Omlie

***** * 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.

Hannukkah Thoughts



At this season of lights, we remember the light you brought into our lives:

The light of your laughter,
The light of your wit and intelligence,
The light of your love.

May the time not be different when the memory of these lights will illuminate our hearts and our minds and eradicate the darkness therein.

Stephanie Hesse
TCF Rockland Co., NY

Our Beloved Children...in Our Hearts Always

especially during the Remembrance Month of their death.



November

CHILD		MEMBER
Gregory		Mary & Tom Sincheff
Tracer Rustad		Nancy Buffington
Brent LaMere	sibling	Jennifer LaMere
Brent LaMere		Daniel & Debra LaMere
Nedra Kay Michael		John & Linda Michael
Jen		Karen & Gary Gross
Alicia Marie Queen-Wilson		Queen Wilson
Karson Kent Janssen	sibling	Kennedy Janssen
Joshua		Brenda Kise
Zachary		Darcie Rummel (Turner)
Thor Eide		Susan Nokleby
Madeline May		Lisa & Mark Orfield
Kinsley		Farynn Kimmes
Payton Tripp	grandchild	Janet & Richard Tripp
Nick Harter		Brian & Sandy Harter
Joseph		Kim Corkins
Matthew Robert Demsky		Barbara Demsky
Machael Greeman		Marijo Greeman
Christina (Tina)	sibling	Anne Kjeksrud
Christina (Tina)		Carol Omlie
Charlotte Jean	grandchild	Jean Umezu
Harry Richards		Winnie Visco
Hailey		Michelle Chamlin
David	sibling	Gabrielle Robbins
David		Christiane Robbins

December

CHILD		MEMBER
Yaya		Ron Garber
Rob Anderson		Sandy Cikotte-Anderson
Andrew	sibling	Tiana Schwandt
Cole Haakana		Carrie Haakana
Nathan Scott Weidner		Amanda Weidner
Rachel Anne		Pam Dugdale
Lily	grandchild	Jill Maust
Matthew	sibling	Carmen & Camille Koch
Matthew		Tim & Betsy Koch
Carson Thomas Jordan		Gloria & John Jordan
Michael John Blesi		Carolyn Blesi
Kristin Reller	sibling	Anthony & Kayla Reller
Kristin Reller		Pat & Don Reller
Sullivan	other	Cathy Dunn
Sullivan	grandson	Bev Lind
Sullivan		Jamie & Tyler Peek
Mackenzie Ndujwe Nnantah		Korina Hackert
Jennifer		Nancy Slobodzian
Cody		Dave & Jennifer Perna
Kali		Peg & Roger Mann
Jennifer Blethen	sibling	Melissa Blethen
Brandon	sibling	Kathryn Demars
Brandon		Pamela & Patrick Demars
Allison	sibling	Andrew Bailey
Allison		Miriam Porter

January

CHILD		MEMBER
Caitlin Louise Higgins		Jeffrey Weihe
Christopher Bormann		Susan Bormann
Alyssa		Rich & Dori Beattie
Traci		Cathy Maccoux
Traci	sibling	Olivia Maccoux
Grace		Katie & Charlie Heitzig
Tom Williams		Keri Williams
Eric Brodin		Judy & Buck Brodin
Katie		Fern & Dave Sanders
Evelyn Charlotte		Jeff & Jenny Sevaldson
Mark Frain	sibling	Michael & Terri Frain
Mark Frain		Donna Frain
Brian		Deb Bergland
Kellie		Beckie Lillehei
Stefanie		Jayne Darling
Dan		Deb Sholl
Cristian		Sara & John Schmidt
Keith Demry		Char Fonville
J. D.		Cathy Bailly
Alanna (A-lay-a)		Annamarie Hill
Tina		Cynthia Wong
Jamison		Brian Brooks
JD	sibling	Anna HeebI
Ethan		Tom Lang

Christmas Memories

When snowflakes dance on winter winds
 And colored lights shine Christmas cheer,
 When children's laughter fills the air
 And family gathers from far and near,
 I try to celebrate with them
 And not let my hurting show,
 But the empty spaces within my heart,
 At this season, seems to grow
 'Till oftentimes it fills the days
 And many night-times too,
 With aching thoughts and memories
 Of Christmases I spent with you.
 Yes, memories do hurt, it's true
 But I have this feeling too.
 I'm so glad I hold these memories,
 For with them I hold part of you.
 So for now I'll wipe away the tears
 And join with loved ones dear
 To celebrate this Christmas time,
 For I know that, in my heart, you're here.

Arden Lansing,
 TCF Monmouth County, NJ

For That, I Am Thankful

It doesn't seem to get any better ~
but it doesn't get any worse either.
For that, I am thankful.

There are no more pictures
to be taken ~
but there are memories
to be cherished.
For that, I am thankful.

There is a missing chair
at the table ~
but the circle of family gathers close.
For that, I am thankful.

The turkey is smaller ~
but there is still stuffing.
For that, I am thankful.

The days are shorter ~
but the nights are softer.
For that, I am thankful.

The pain is still there ~
but it lasts only moments.
For that, I am thankful.

The calendar still turns,
the holidays still appear
and they still cost too much ~
but I am still here.
For that, I am thankful.

The room is still empty,
the soul still aches ~
but the heart remembers.
For that, I am thankful.

The guests still come,
the dishes pile up ~
but the dishwasher still works.
For that, I am thankful.

The name is still missing,
the words still unspoken ~
but the silence is shared.
For that, I am thankful.

The snow still falls,
the sled still waits, ~
and the spirit still wants to.
For that, I am thankful.

Happy
Giving Thanks



The stillness remains ~
but the sadness is smaller.
For that, I am thankful.

The moment is gone ~
but the love is forever.
For that, I am blessed.

For that, I am grateful.

Love was once (and still is)
a part of my being.
For that, I am living.

I am living ~
and for that, I am thankful.

May your holidays be filled with
reasons to be thankful.
Having loved and having been
loved is perhaps the most
wondrous reason of all.

The late Darcie D. Sims,
PhD, Bereaved Mom

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. 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.

All I Want for Christmas

What?

You ask me what I want for Christmas?

I want this constant pain and hurting to go away.

I want this anger locked up inside to go away.

I want the pain and suffering I see my family
go through every day to go away.

I want this hole in my stomach and this hole
where my whole heart once was to be filled.

I want the happiness and joy I once had
to come back.

I want the last three months to do over.

I want my brother back,

Treena Mohrbutter,
TCF Evestevan, SK CA

I Am Your Sister and Always Will Be

"I am your sister and always will be." That's how Susie signed her cards to me. After a while, she shortened it to, "I am..." And of course I knew the rest of it. Susie was two and one-half years younger than I. She was alive one evening talking on the phone to Mom about the Oscars and to Dad about moving. The next day she was found. Whatever it was—it ended her life and changed mine forever.

There was a wonderful side of my sister that I didn't pay enough attention to. She was a kind and loving person, always ready to shelter lost animals and lost souls. When she was in a good mood, her smiles warmed my heart. Yet I spent most of my life wishing that things were different: wishing that she thought more of herself, wishing that she would take my advice, wishing that she were happier, wishing that we could accept each other.

Now, for two years, I've done nothing but wish she were here so we could have another chance to work at our relationship. Now, I wish that I had been able to give her my unconditional love and support. (She needed it and deserved it.) Now, I wish that I could have been with her that night so she would not have been alone. Now, I wish that I would have held her in my arms and told her how very much I loved her. Because, Susie, I am your sister and always will be.

Michele Walters
TCF Baltimore, MD
(In Memory of My Sister, Susie)



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.

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