



## The Compassionate Friends

Minneapolis Chapter

Supporting Family After a Child Dies

8701 36th Ave N

New Hope, MN 55427

### Meeting Schedule

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

St. Joseph Parish Community  
8701 36th Ave N  
New Hope, MN 55427

### Bereaved Sibling Group Meeting

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

### Monday, November 19

#### "Handling the Holidays"

Holidays can magnify our loss. The work and pain of grief doesn't take a vacation. Sometimes the anticipation is worse than the actual day. Seasoned griever's will share ideas, and together we'll explore options and make a plan to survive.

### Monday, December 17

#### "Candle Lighting Program"

Join us for our annual, special remembrance program which takes the place of our regular meeting. Sign-in begins at 6 pm. See page 3 for details.

### Monday, January 21

#### "Choice Points In Your Grief"

(Topic based on an article by bereaved parent, Darcie Sims, PhD.) Early in grief, basic choices allow us to function in spite of being in a fog. As grief progresses, our choices become more complex. Can we choose to remember joy before pain; let go of sorrow to make room for love; remember their life, not just the death?

## We Need Not Walk Alone

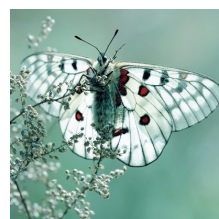
The Compassionate Friends is a self-help organization offering friendship, understanding, and hope to bereaved families. Anyone who has experienced the death of a child at any age, from any cause, is welcome. Our meetings give parents the opportunity to talk about their child and feelings as they go 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's 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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## Resources

Visit our newly launched  
Chapter Website :  
[tcfmpls.org](http://tcfmpls.org)



Our Local  
Chapter Is  
On Facebook.

Join our Minneapolis Chapter's private Facebook community online: [TCF Mpls](https://www.facebook.com/groups/TCFMpls)  
Or log onto Facebook and search:  
TCF Mpls

[www.facebook.com/groups/TCFMpls](http://www.facebook.com/groups/TCFMpls)

**National Organization Resources**  
may be found by visiting:

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

Click "Find Support" tab.

- National Magazine, *We Need Not Walk Alone®*
- Monthly E-Newsletter
- Online Grief-Related Webinar Series
- Online Support Community
- Facebook Closed (Private) Groups  
[TCF/USA National Facebook Page](https://www.facebook.com/TCFUSA)  
[www.facebook.com/TCFUSA](https://www.facebook.com/TCFUSA)

**MINNEAPOLIS CHAPTER INFO****TELEPHONE:** (612) 444-1301**EMAIL:** [tcf.mpls@gmail.com](mailto:tcf.mpls@gmail.com)**Minneapolis Chapter Leader**  
Monica Colberg**Treasurer**  
John Jordan**Newsletter Editor & Co-Leader**  
Gloria Jordan  
[tcf.mpls.editor@gmail.com](mailto:tcf.mpls.editor@gmail.com)**Database Coordinator**  
Mary Jo Peterson**Webmaster**  
*Position Open***Facebook Page Administrator**  
Lisa Gross Crees**Hospitality Coordinator**  
Gail Hokemeier**Donor Appreciation**  
Pat Reller**Co-Librarians**  
Tasha Feigh & Mary Feigh**Special Events Coordinator**  
Carol Hawk**Sibling Facilitator**  
Maggie Bauer**Steering Committee Meetings**  
Held quarterly to plan events and Chapter direction. Next meeting: Friday, January 11.**TCF NATIONAL OFFICE**

Toll Free: 1-877-969-0010

*E-mail:*  
[nationaloffice@compassionatefriends.org](mailto:nationaloffice@compassionatefriends.org)[www.compassionatefriends.org](http://www.compassionatefriends.org)*Facebook:* [www.facebook.com/TCFUSA](https://www.facebook.com/TCFUSA)*Twitter:* <https://twitter.com/TCFofUSA>**REGIONAL COORDINATOR**

Cathy Seehuetter: (612) 991-9954

Email: [seehuettercathy@yahoo.com](mailto:seehuettercathy@yahoo.com)

Articles printed in this newsletter reflect the author's personal views, and not necessarily the opinion of the newsletter editor or The Compassionate Friends.

**SURROUNDING AREA ADDITIONAL CHAPTERS****The St. Paul Chapter**

Meets at Beaver Lake Lutheran Church at 2280 Stillwater Ave. in Maplewood.  
Second Thursday each month, 7 pm.  
Sandy, (651) 528-6073  
Cathy, (612) 991-9954

**The Rockford Chapter**

Meets at Our Father's Lutheran Church at 3900 Gilbert Ave SE.  
Fourth Tuesday of each month, 7 pm.  
Sandy, (763) 843-8685

**The Monticello Chapter**

Meets at St. Henry's Catholic Church at 1001 7<sup>th</sup> St. E in Monticello.  
Second Monday of the month, 7 pm.  
Beth Hill, (763) 295-3610.

**The South of the River Chapter**

Meets at Shepherd of the Valley Lutheran Church at 12650 Johnny Cake Ridge Rd., Apple Valley.  
Third Tuesday each month, 7 pm.  
Sue, (952) 797-6346

## Grateful Friends

In the depth of our grief, it's sometimes difficult to raise our eyes with gratitude. Among our family of Compassionate Friends-Mpls., there's many reasons to be grateful...The newly bereaved who muster the energy and courage to find us and attend a meeting, and to those further along who return to offer encouragement. Monica personifies compassion as she welcomes the bereaved with steadfast grace. Maggie creates a safe, inclusive space for siblings. Gail arrives early to make coffee. John's diligence in managing our finances. Gloria shares her creative talents. Mary Jo efficiently manages our database. Lisa moderates our Facebook group, and tackled the task of creating a new website. Carol organizes our special events. Mary and Tasha maintain our lending library. Pat makes sure our donors are thanked. Members bring refreshments to our meetings, help set up, and stay after to clean up at meetings and events. Our Chapter members donate funds to aid our chapter's mission. The Steering Committee gives of their time and talents to keep our chapter a hopeful, healing place. The many more individuals not mentioned by name. We appreciate all of you; we are truly grateful.



**NEWSLETTER EDITOR:** Our Chapter is seeking a volunteer Editor for our quarterly newsletter. This opportunity provides a valuable and rewarding service to our Chapter by being a lifeline to members who can't make it to a meeting, but need the reassurance they are not walking alone.

We currently use Microsoft Publisher, but other apps could get the job done. There is a database of articles and poems, and other chapter's newsletters, to draw from (think copy/paste). If needed, I will tutor, be a reference tool, and walk alongside you until you feel comfortable, for as little or long as it takes. For more info, please email our current Newsletter Editor, Gloria Jordan, [tcf.mpls.editor@gmail.com](mailto:tcf.mpls.editor@gmail.com).

## TCF's Vision...

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

## Minneapolis Chapter Remembrance Candle Lighting

**Monday, December 17, 2018**

**Social Hour begins at 6:00 pm; Program begins 7:00 p.m.**

Our chapter's annual remembrance candle lighting program is **Monday, December 17** at our regular meeting location, St. Joseph Parish, 8701 36th Ave. N, New Hope. This event takes the place of our regular Chapter Meeting. Parents, siblings, grandparents, extended family, and friends are invited to join us.

The evening begins at 6:00 pm with sign-in at the front door; social time begins with refreshments, apple cider and coffee until 7:00 pm. A free-will offering will be appreciated to help offset the costs. Ornaments are provided (one per family) which we will personalize with your child's name. You may hang it on the memory tree and afterwards, take home as a memento.



The remembrance candle lighting program begins at 7:00 pm with beautiful music as well as readings by our members, followed by lighting of candles in remembrance of our children, grandchildren, and siblings. The evening will conclude with our photo presentation.

To include your child/grandchild/sibling's photograph in the presentation, please email a photograph to Steve at [sch2450@hotmail.com](mailto:sch2450@hotmail.com). Send a high quality .jpg for best results. **The DEADLINE is December 1**. You DO NOT need to send us a photo of your child if you have already sent one in previous years; we still have it.

If you would like to participate in the program by reading a poem or prose, email Gloria at [tcf.mpls.editor@gmail.com](mailto:tcf.mpls.editor@gmail.com) with your name, the title and author of your selection. **The DEADLINE is December 1 to be included in the program.**

This is our largest event honoring our children, siblings, and grandchildren. We would appreciate your help! If you are able, come early to set up or stay after to help clean up. You may donate your family's favorite sweet or savory finger foods, fruit or veggie tray, crackers or cheese, cookies, bars, or apple cider. To lend a hand, sign up at our November 19 meeting or call Carol at 763-542-8528.

If we need to postpone due to severe weather, we will post a notice on our Chapter Facebook page and channel KARE11.

## Angel of Hope



Each year on December 6th at 7:00 pm a candle lighting memorial is held at the Maple Grove Angel of Hope statue. The public is invited to attend this short, simple, secular outdoor ceremony in memory of children who died at any age. Candles will be provided. Attendees are invited to bring a white flower to leave at the

base. Afterwards, hot drinks and treats will be served across the street inside the Childhood Center. Participants are encouraged to arrive early and car pool as parking is limited. Additional parking is available across the street at the Arbor View Early Childhood Center, 9401 Fernbrook Lane and at the Grove Christian Center, 14320 93rd Ave N. For more information contact Maple Grove Parks & Rec. Dept. at 763-494-6504.

## Leader's Corner

Last month at the TCF chapter meeting I heard parents and siblings sharing funny stories about their children/brother/sister. We laughed out loud with them. Their joy was contagious.

Twice last week I cried for my son. Maybe this week I will count the times that I smiled remembering my son. At some point in my grief journey a smile came forward from a memory. Those moments are worth acknowledging. Sorrow is here to stay. As a seasoned griever, I found that joy can be counted as well.

For those tender newer members of our group, I hope you can recall a sweet moment with your child or siblings). Then share with us. Joy is contagious.

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



Sunday, December 9 at 7pm TCF Worldwide Candle Lighting unites family and friends around the globe in lighting candles for one hour to honor the memories of our children, siblings, and grandchildren. As candles are lit at 7 pm local time, hundreds of thousands of persons honor the memory of all children

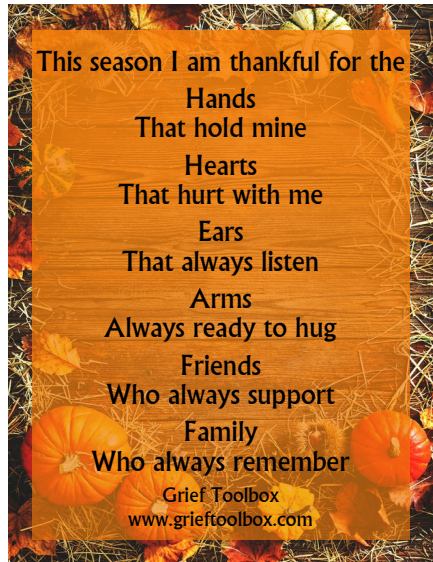
gone too soon. You are invited to post a message in the Remembrance Book which will be available during the event at TCF's national website, [compassionatefriends.org](http://compassionatefriends.org).

## 42nd TCF NATIONAL CONFERENCE

Save the date for next year's TCF National Conference in Philadelphia. Join other bereaved parents, siblings, and grandparents who have found this to be a heart-warming, hopeful experience.







## Shared Thoughts on Thanksgiving

Thanksgiving is the beginning of our holiday season. This once joyous time can become a horrendous anticipation for us. This is the season we like all our children and siblings gathered around us. We enjoy the togetherness, for it is a time to be thankful for each of our family members. We find it difficult for such a large piece to be missing from our family circle.

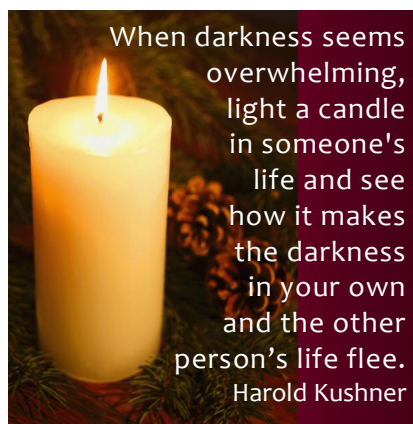
We suggest you try to discuss your plans with your immediate family, your spouse and children. It not only

makes them feel part of the family, but it also removes the tremendous burden of making all the decisions from your shoulders. This also sends the message you know they are hurting; by acknowledging their pain, you open up the door of communication.

You have to decide what is best for your family. You may choose to keep it traditional, or make changes. These changes can be temporary or permanent. It may help to talk about what things you were doing just for the sake of tradition. If they aren't meaningful, and are painful, you may choose to drop them. Some find it helpful to go away; others want to be home. Some have found it very peaceful to devote time to helping others. There are many organizations who need help to serve a meal to others who have no one to spend the holiday with. It is a way of bringing the love for your child or sibling to life. For some, it is impossible to give thanks when your grief is very fresh; this is normal for many. Allow yourself to cry, and grieve, if that is all you are capable of this year. In time you will be able to think beyond your pain; don't feel guilty for something you cannot do. Remember it helps others to feel good, when they can do small physical chores for us; if you are in need of their help, ask for it.

We can't avoid Thanksgiving, and sometimes we even feel a little guilty for not being thankful for what we have left. Our overwhelming grief crowds out our appreciation of what we have. We are human, and it is normal to lament our loss. Perhaps this is the season to enumerate, and be thankful, for friends and family who have helped us through these devastating times. We all wanted more time, but we must remember our pain is so very great because we were given someone very special to share a segment of our life with. For this we are thankful. We also are very thankful for all the friends and support we have in The Compassionate Friends. Your sharing with us has got us through many holidays and given us strength and healing from having passed through another painful event. Each passing event tells us we can survive, and doing our grief work softens our pain. We wish you peace of mind and love, as you remember your child or sibling this Thanksgiving.

Marie Hofmockel,  
TCF, Valley Forge, PA

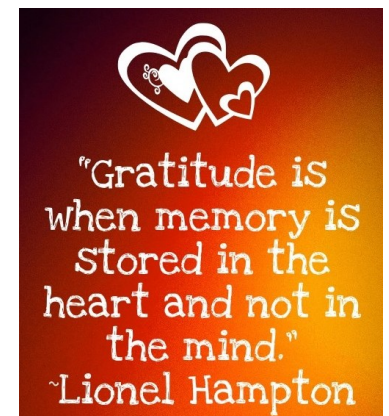


## Holiday Thoughts

For those who think that Christmas and Chanukah are just nice days to give and get presents, bereaved parents have another message. Mixed with the joy is the knowledge of sadness. With the hope of birth comes the threat of death. We should not try to cover up our sadness in front of people, for we have a lesson to teach them.

But the holidays have a lesson for us, too. Yes, there is death. Yes, there is great bitterness in life. There is darkness. But there is hope. There is birth. There is light. In a society which works so hard to deny death, perhaps only bereaved parents and a few others can truly understand the depths of these holidays.

Dennis Klass  
TCF St. Louis, MO



## Blessings and Burdens

As our feelings of loss and pain mingle with celebration, our memories are at once the burden and the blessing of this season, a cause for loving tears and a cause for aching smiles. When memories of winter's past come to mind, many of us can find a light behind the tears. Images and sounds that are stored inside emerge in our mind with familiar clarity and evergreen tenderness,

But there are those among us who have no holiday memories because their infants did not live long enough to see their first season of lights. These griever have few memories to give them solace today, and we can only tell them that we are deeply aware of this special part of their grief.

Sascha Wagner,  
Wintersun

# Our Children Remembered...on Their Birthdays

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



### November

CHILD	MEMBER
Andrew sibling	Tiana Schwandt
Luke	Amy & Jason Crotteau
JoAnna	Aron & Ruth Wilterding
Lauren	Dawn & Peter Duwenhoeffer
Nathan Scott Weidner	Amanda Weidner
Alex	Kathy Simanek
Barry Allan Beal	Carol Beal
Hallie	Todd & Kathy Brown
Sarah Tilman	Cathie Tilman
Kelly Ann	Theresa Nichols
Sullivan	Holly Holmes
Campbell	Jenner Johnson
Andrew	Jim & Sue Senger
Keith Rosenwinkel	Wanda VonHoltum
Brandon	Pamela & Patrick Demars
Brandon sibling	Kathryn Demars
Michael DeBruin	Mary & Bob DeBruin
Leon Harwood	Antonia (Flipper) Filipiak
Tucker	Dana & Kevin O'Brien

### December

CHILD	MEMBER
Joshua Rise	Brenda Rise
Scott	Stephen Berzins
Scott sibling	Suzie 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 sibling	Jeanne Klein
Jeremy Klein	Chris Klein
James grandson	Marge & Chuck Thurston
Monica Marie Collins sibling	Gladys Williamson
Diandre Hodges Jr	Diandre Hodges
Natalie Perry Smead	Karen Prieto & Pete Smead
Daniel Christian Demsky	Barbara & Robert Demsky
Wilder	Tea Lee
Ashton Faye Anderson	Scott & Sharon Anderson
Vanessa Marie	Maureen Voltin
Joseph	Kim Corkins
Troy	Gloria Gaspar
John Alden	Mary & John Alden
Juliette	Nancy Kilhan

\*\*\*\*\*

**Birthday Table**

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Birthdays are given special recognition at our monthly meetings. During your child's birthday month, you are invited to bring photos and memorabilia to share and display on our Birthday Table. Some like to sign up to bring a favorite snack or treat (even birthday cake) to celebrate the birthday of their child.

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### January

CHILD	MEMBER
Allyson	Roger Graphenteen
Grayson Jett	Brian & Jennifer Jett
Machael Greeman	Marijo Greeman
Alex	Frank Commers
Joseph Engles	Deb & Paul Barland
Amia	Adrienne Pelleg
Zachariah Paul Benjamin Muonio	Michael & Anita Muonio
Grace	Katie & Charlie Heitzig
Kyle	Lynda Kubousek
Daniel	Dan & Chevis Peso
Brenden	Tammy Sperr
Nicole Jean Gallery	Janna Gallery
Cody	Dave & Jennifer Perna
Adrian	John & Stephanie Merfeld
Ann Longton-McNamara	Barbara & Richard McNamara
Krystie Anna care giver	Patty Beaudry
Krystie Anna	Rick Karl & Bruce Steiger
Kali	Peg & Roger Mann
Kelly Hyatt	Maureen Hyatt
Lisa Marie Hall	Ron & Ursula Hall
Missy	Mary Feigh
Missy sibling	Tasha Feigh

### OUR CHILDREN

I like to think that they are encircling us,  
Sunlight in their hair,  
Starlight in their eyes,  
Holding hands in love.  
The older ones nurturing the younger,  
Helping them to grow.  
I like to think that they are one,  
As we are ONE,  
A family of love!

Gloria Grant  
TCF, Miami, FL



## Our Beloved Children...in Our Hearts Always

especially during the Remembrance Month of their death.



### November

CHILD	MEMBER
Payton Tripp granddaughter	Janet & Richard Tripp
Gregory	Mary & Tom Sincheff
Jen	Karen & Gary Gross
Alicia Marie Queen-Wilson	Queen Wilson
Joshua Rise	Brenda Rise
Zachary	Darcie Rummel
Thor Eide	Susan Nokleby
Luke	Wendy Lemke
Nick Harter	Brian & Sandy Harter
Joseph	Kim Corkins
Matthew Robert Demsky	Barbara & Robert Demsky
Andy	Debbie Stifter
Machael Greeman	Marijo Greeman
Harry Richards	Winnie Visco
David	Christiane Robbins
David sibling	Gabrielle Robbins

### December

CHILD	MEMBER
Lisa Marie Hall	Ron & Ursula Hall
Brian Joseph Henry	Janine Jordan
Andrew sibling	Tiana Schwandt
James grandson	Marge & Chuck Thurston
Nathan Scott Weidner	Amanda Weidner
Rachel Anne	Pam Dugdale
Carson Thomas Jordan	Gloria & John Jordan
Michael John Blesi	Carolyn Blesi
Kristin Reller sibling	Anthony Reller
Kristin Reller	Pat & Don Reller
Jamie Lents	Leslie Elsenpeter
Sullivan grandson	Bev Lind
Sullivan	Jamie & Tyler Peek
Diandre Hodges Jr	Diandre Hodges
Cody	Dave & Jennifer Perna
Rosie DelMain	Cathy Smith
Kali	Peg & Roger Mann
Brandon	Pamela & Patrick Demars
Brandon sibling	Kathryn Demars
Drew	Judy Pehrson
Cora	Danielle Grinsel

### January

CHILD	MEMBER
Caitlin Louise Higgins	Jeffrey Weihe
Frank	Mary Weber
Christopher Bormann	Susan Bormann
Alyssa	Rich & Dori Beattie
Grace	Katie & Charlie Heitzig
Monica Marie Collins sibling	Gladys Williamson
Eric Brodin	Judy & Buck Brodin
Katie	Fern & Dave Sanders
Mark Frain (Brother-in-law)	Michael & Terri Frain
Mark Frain	Donna Frain
Emily	Jae Germond
Scott sibling	Katie Murray
Keith Demry	Char Fonville
J. D.	Cathy Bailly
Ian Stevens	Kristine & Dale DeWitt
Zachary James Govednik grandson	Don & Georgia Govednik
Eric Lindquist	Bruce Lindquist
Tina	Cynthia Wong
Ethan	Tom Lang
Steven Eric Hanson	Meg Hanson



I can not hold your hands today,  
I can not see your smile,  
I can not hear your voices now,  
My children, who are gone.

But I recall your faces still,  
The songs, the talks, the sighs.  
And story times, and winter walks,  
And sharing secret things.

I know you helped my mind to live  
Beyond your time with me.  
You gave me clearer eyes to see –  
You gave me finer ears to hear –  
What living means, what dying means,  
My children, who are gone.

So here it is Thanksgiving Day,  
And you are not with me.  
And while I weep a mother's tears,  
I thank you for the gift you were,  
And all the gifts you gave to me,  
My children, who are gone.

Sascha Wagner  
Wintersun



"Grief's darkness fades in the sunlight of thanksgiving."

— Billy Graham



## Ghosts of Christmas Past

In anticipation of my first Christmas morning, Mamma posed me, freshly scrubbed and curled, before the Christmas tree for my annual holiday photograph. This was the beginning of a lifetime of Christmas celebrations—each one steeped in rituals and traditions built upon those which had gone before. As a child, I delighted in the magical world created in the minds of the very young. We woke to sparkle and glitter, presents stacked high, and bulging stockings. As I grew, the magic of childhood gave way to a different reality and a different joy, but the rituals remained largely un-changed.

Marriage brought family and babies of my own. The photo albums grew and expanded as I made a career of the holidays and the memories they held. Year after year, I lined up the little ones in front of the tree—just as my mother had done before me. Each holiday celebration was an extension of former joys, other times, different places. Importance was placed on building bridges from the past into the present.

Constancy equals comfort and security. Psychologists agree that tradition is important to the development of society and to family structure. Family traditions are healthy and normal. There's only one thing wrong with tradition—it's filled with shoulds. "We should have the tree up before the 15th. We should entertain. We should shop...decorate...send cards. We should be happy..." Tradition creates purpose and connection. Tradition provides roots. But tradition magnifies the pain of our loss.

At our house, we trim the tree the first weekend in December. It's tradition. But the year Alexander died, I didn't feel like trimming the tree at all. When we did do it, as many changes as possible were made in the ritual to help me tolerate the empty space left in his absence. The children receive a new Christmas ornament each year to add to their collections. Someday these ornaments will adorn their own Christmas trees in their own homes. But what about Alex's set? Those three ornaments will never bloom into twenty and will never follow him into adulthood. That first year after Alex's death I bought him one anyway—an angel in flight. Four stockings hang from the mantel. Do I hang Alexander's stocking, or do I put it away forever? The first year, I hung his apart from the others. But every year since, his stocking has hung with the other four. I have five children with five Christmas stockings—and I always will.

The key to surviving Christmas as a bereaved individual is flexibility and foresight. It's important to plan ahead, and it's important to anticipate the changes you will need to make. Habit is easy, and it does take a little more effort to implement creative change in holiday planning. But change and adjustment are essential for the newly bereaved.

Families can spend so many years following the same patterns and routines that they forget these choices were made because they were right for their moment. But choices made under different circumstances may not be the right choices for the newly bereaved. The early moments of grief demand new rules. Even customs "set in stone" can be bent. Festivities that expend more energy than we have to give can be skipped. Entertaining and socializing can be altered or curtailed altogether. Decisions can be delayed and new plans designed and implemented at the last minute. The bereaved can learn to be creative and flexible in customizing their holiday plans. Traditions bind families and societies tightly to one another. But altering our traditions to suit our current needs makes sense. Each moment, each stage of life, demands its own customs and its own rituals. By building our bridges moment to moment, we link the past and present to the future.

~Joanetta Hendel

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## Gifts of the New Year

Faith that, in spite of the pain of today, I can and will learn to go on, one step at a time, one day at a time, learning to once again truly enjoy the little (and bigger) things that come my way.

Patience when I'm having a bad day, when I seem to take two steps backward and only one forward in learning to cope with the death of my child.

Laughter, which someone said is the best medicine. I believe laughter is a positive source of healing. When I feel good laughing at some silly little thing that comes along, I know another little part of me has healed.

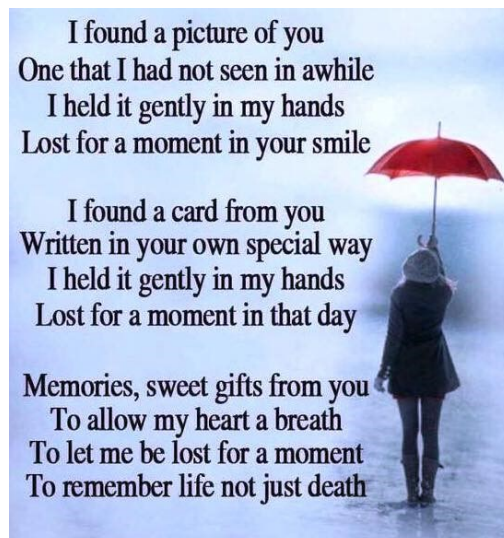
Time: If nothing else, the new year offers the gift of time—time to heal, to learn to cope, to put some wholeness back into lives that seem hopelessly broken.

Won't you join me in opening these gifts? You see, they aren't just mine to receive; they are gifts to be shared by all. You need only reach out and accept them. Each of these gifts can help us go on with our lives.

May the new year bring you all of these gifts and many blessings, but most especially, may you receive the gift of peace.

Audry Cain

TCF, Western New York





# *The Compassionate Friends*

*Minneapolis Chapter*

Supporting Family After a Child Dies

c/o St. Joseph Parish Community

8701 36th Ave N

New Hope MN 55427

The Minneapolis Chapter of The Compassionate Friends operates solely with voluntary donations. The printing and mailing of this newsletter is the largest item in our chapter's budget. While there are no dues or subscription fees, donations to help offset this expense are much appreciated. A \$10 annual donation covers the expense of providing the newsletter to you for a year. Gifts in any amount are appreciated.

Thank you for your consideration!

Complete and return this form along with your donation to a chapter monthly meeting 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?**

We want to make sure everyone who is receiving our newsletter is interested in staying on our mailing list.

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.

To remain on our mailing list, all you need to do is 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](mailto:tcf.mpls@gmail.com)

**OR**

Complete and return the coupon found to the left.

*\*This action is necessary only if your renewal date on your mailing label is highlighted.*

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