



# 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, May 15

**“When We Love Deeply,  
We Grieve Deeply”**

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

Guest speaker Kelly Grosklags will talk about the deep grief we feel after losing someone we love, while honoring all grief. We will learn what secondary losses are and how they can be just as difficult to experience. See Kelly’s bio on page 3.

#### Monday, June 19

**“Zentangle**

**Zen-Doodle—Doodling”**

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

Zentangle® is a combination of no-pressure drawing (structured doodling), meditation and mindfulness. It’s relaxing and relieves stress in a creative non-verbal way. Lauren’s mom, Dawn, will draw us into this “Zen” calm experience.

#### Monday, July 17

**“Love Notes, Buckets o’ Blooms  
& Sundae Scoops”**

#### IN-PERSON EVENT

Members, family, and friends are invited to our uplifting, annual summer event. Held in-person at our regular meeting place, St Joseph Parish, New Hope. Details on Page 3.

## 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)

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**Donor Appreciation**  
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**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: July 14.

## 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](http://www.facebook.com/TCFUSA)

*Twitter:* <https://twitter.com/TCFofUSA>

## REGIONAL COORDINATOR

Cathy Seehuetter: (612) 991-9954

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Those who have **SUFFERED**  
**UNDERSTAND SUFFERING**  
and therefore



*extend their hand.*



~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)



**TCF 46th National Conference**  
Denver, CO – July 7-9, 2023

*Don't Delay! Make plans to join us!*

Every summer, bereaved parents, grandparents, and siblings come together at TCF's annual National Conference and find a community of people who truly understand and who get it.

Conference offerings include over 100 workshops covering a multitude of topics, keynote speakers, sharing sessions, musical performances and more. This opportunity for connection and education provides valuable support whether you're grieving a recent loss or are a long-time griever.

Make plans to set aside the July 7-9 weekend to spend time focused on your loved one, sharing memories and stories. Join others who find this a helpful, heart-warming experience.

**Early Bird Registration Rate ends May 31 at midnight (MST)**

Special rates available for College Students, Youth, and Military Conference Summary, Agenda, Registration Fees and details, and Hotel Reservations (room block with discount rates) info is available by clicking on [Event Page](#) or visiting the website:

<https://web.cvent.com/event/dd24dcf5-a727-460a-b45d-62d9697da091/summary>

**Minneapolis Chapter National Conference Scholarships**

Our Chapter leadership strongly believes in the benefits of attending The Compassionate Friends National Conference. The Minneapolis Chapter is offering scholarships to our parent/grandparent/sibling members to attend the 2023 National Conference in Denver, CO. The scholarship award is \$280 per recipient; this amount will cover Adult Early Bird Conference Registration fee. This special registration rate ends May 31. Beginning June 1 the Adult Registration rate is \$310; the scholarship remains \$280. A limited number of scholarships are available to parent/grandparent/sibling members of the Minneapolis Chapter. After attending the conference, scholarship recipients are asked to share their experience at a future chapter meeting or in the newsletter.

To apply for a scholarship, register online for the conference, at the [Event Page](#), and email a copy of your receipt to: [tcf.mpls@gmail.com](mailto:tcf.mpls@gmail.com).

Any questions: email, or call/text the Mpls. Chapter at (612) 444-1301.



## Pink Notes, Bucket o' Blooms, & Sundae Scoops

In-Person Event – July 17, 2023

TCF Minneapolis Chapter  
invites you to our summer ritual.

Bring friends and extended family to write notes to the ones we love. We will say our children, grandchildren, and siblings names and select flowers that remind us of them. We will eat ice cream sundaes and watch bubbles fly around us. This is our time with family and friends to remember our loved ones who are not with us physically but remain ooh-so-close in our thoughts.

Bright pink notes will carry our special message to our loved ones. Participants may bring their love notes home or leave them to be recycled. Eventually that composted material will be transferred to a Minneapolis bee & butterfly-friendly community garden. Those urban garden flowers provide much needed pollinator habitat for the butterflies around us.

- In-Person event from **7-8 pm on Monday, July 17, 2023** at our usual meeting place:  
**St. Joseph Parish - 8701 36th Ave N - New Hope MN 55427**
- This event will take place Rain or Shine!
- The Chapter will provide everything. The event is free, but donations are always appreciated.
- Ice cream sundaes will be made to order and served by chapter members.
- We encourage healthy practices, such as staying home if you are sick. You are welcome to take health precautions as you choose to, including wearing a mask.

**RSVP with your name and number of attendees.**

**Extended family and friends are warmly invited.**

Email [tcf.mpls@gmail.com](mailto:tcf.mpls@gmail.com); or Call or Text our chapter phone, (612) 444-1301, to RSVP or ask any questions you may have.  
**PLEASE RESPOND BY JULY 12.**

### Monday, May 15–Meeting Guest Speaker

Kelly Grosklags (LICSW, BCD, Fellowship in Grief Counseling) is the founder of "Conversations with Kelly," an intimate forum that minimizes suffering and honors grief, and helps transform loss into hope. As a national speaker, her engagements explore grief and loss as well as hope, resilience, and peace.

Kelly's childhood encounter with trauma and grief, coupled with a life-long passion for building communities of healing, motivates her to help others discover their inner strength.

Kelly Grosklags created Conversations with Kelly (CWK) for a powerful purpose: to alleviate the suffering of those experiencing deep loss. For more information and to listen to a selection of her podcasts, visit [ConversationsWithKelly.com](http://ConversationsWithKelly.com).

*Hope is a bridge we can lay  
over any crossing.*

## Leader's Corner

Our quarterly newsletter is an outreach effort from the Minneapolis chapter of The Compassionate Friends to you. We are a mix of new members and seasoned griever who have the long view following the death of our loved ones. At our chapter meeting we talk quite a bit about hope. Look for messages of hope and healing in this newsletter.

There is no door to our meeting space as you walk through the hallway. People will welcome you with care and smiles and help you sign in as you attend in person for the first time. If you find us on Zoom, you will be one click away from meeting us for the first time.

Give us three meetings to decide whether this is where you want to be on your grief journey. We will see you take your first steps into The Compassionate Friends meeting. We will ease your way to finding hope with loss.

Monica Colberg  
Art's Mom and TCF Minneapolis Chapter Leader

## Literary Perspectives

We at The Compassionate Friends all share a special grief that comes with losing a child. At the same time the specific circumstances of our loss can be very impactful. We may not always have someone in our group with similar circumstances. This is where books can come in as a helpful adjunct to our group. With this in mind I will review three books aimed at specific needs. I have a couple of books on losing a child early and a children's book about grief that can be helpful for young siblings.

*Holding On to Love After You've Lost a Baby* by Gary Chapman and Candy McVicar, and *An Empty Cradle, A Full Heart: Reflections for Mothers and Fathers after Miscarriage, Stillbirth, or Infant Death* by Christine O'Keefe Lafser are the two books about losing a child early. They both address the painful specifics of losing one so young. They also talk about mothers and fathers in this grief.

*Holding On to Love...* addresses men and women in grief and loving your mate in the midst of grief. *An Empty Cradle, A Full Heart...* has reflections for mothers, reflections for fathers, and reflections for mothers and fathers together. This book uses bible verses that offer comfort to those of that tradition.

The children's book I mentioned above is *Maybe Tomorrow?* by Charlotte Agell (Author) and Ana Ramírez González (Illustrator). It is for K thru 2nd grades, but it can touch adults as well. It seems effective at handling grief for these youngsters. Although it is not aimed specially at sibling loss, it seems to me that it can be beneficial for parents helping young children with this loss.

Chapter Librarian, Davie Benson

## Summer

Summer in Michigan can warm the heart and heat the body. There are soft silky nights spent viewing dots of light in the heavens. Beaches, barbecues, baseball, family reunions, fireworks, carnivals and cool drinks make the summer a special time of the year for a Midwesterner eager to shed winter's coat. School's out while vacations blend together for happy times. Even blue skies push the gray away in the peninsula state begging us to view, if not experience, the outdoors.

Someone is not there in their normal place and the season of the year will never change that fact. Determination to make "things" better is a laudable, though often quite challenging goal. Having a good time between spring and fall may be a difficult task when a good day may be a notable achievement. The simple act of attempting to have fun may be a simple, innocent act of honoring our child's memory. Every month seems to bring specific special thoughts and those fun times may bring along some unwanted baggage of sad moments that will never go away, but they will become more manageable, more easily carried.

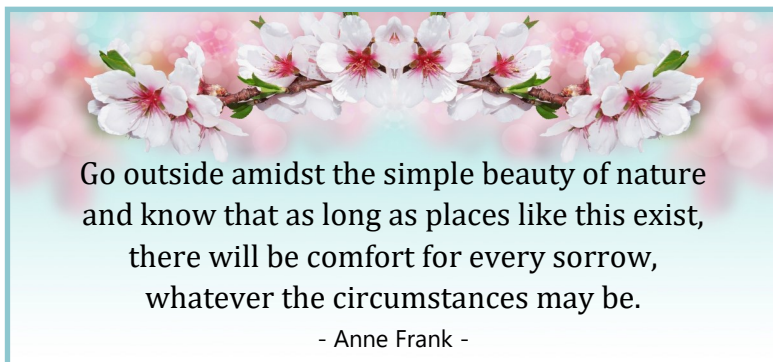
It seems that if we keep busy sometimes "things" get better even if it's only for a little while. An idle mind is the devil's workshop is another one of those phrases that seem to finally have some meaning for the bereaved. Find something, anything, to occupy the mind and the heart will most likely follow, if only briefly. If there is no time to think then there is no time for heartache, and this fragile formula may work on occasion to soothe the soul, providing rare relief from the staggering, stunning, seemingly endless pain.

Other times it is just too overwhelming, too exhausting to keep one step ahead of the darkness that reality has inflicted. We are transported back to when "things" were different, normal, better, so briefly we let go of hope and that is ok, it happens. The fight for survival is not easy but it is possible. The struggle may be measured by where we have been, how far we have come, as well as where we are. Congratulate yourself for making it this far. We may share many similarities, but no one knows your hard road better than you.

I think that our son Brian is having the best summer of all. That is what I choose to think, choose to know, choose to feel. So when I close my eyes tonight I will remember fireworks and sparklers of the past, the amusement parks yet to be visited. The happy faces of yesterday's memories will visit while dreaming of the hugs of tomorrow in that most beautiful perfect summer, that someday forever summer, together.

Pat O'Donnell

*After the accidental death of their 18-yr-old son Brian, Pat eventually served as a chapter leader, a member of the national TCF Board of Directors, and co-chair with his wife for the National Conference in Dearborn, MI. Posted on [compassionatefriends.org](http://compassionatefriends.org) BLOGS*



## Though I Can't Be With You

He always remembered Mother's Day  
With his special cards and flowers.  
No matter how far away he'd be  
There was this special bond of ours.  
The card that means the most.

Because it says what's in his heart  
Remembering Mom on Mother's Day  
Though many miles apart.  
It says that many miles between two people  
Can draw them closer in their heart.  
These passing days can deepen special feelings,  
Even though we are apart.  
I feel his presence all the time,  
Especially on Mother's Day.  
Reading framed words upon the wall,  
Feeling what he had to say.  
It hurts to know that he's not here  
to share this Mother's Day,  
Though I find some consolation  
In what he had to say  
As I read those words all over again,  
Showing his deep love so true.  
Wishing his mother the best on Mother's Day,  
"Though I can't be with you."

Phyllis Coleman, TCF, W. Jefferson, OH

## A Father's Prayer

I am a man, God, and I have been taught that I should be strong and show no weakness. My wife needs me to be strong; I cannot and must not be weak and lean on her. It is only with you that I can be honest, Lord, and even with you I am ashamed to admit it, but I want to cry. I can feel the tears securely dammed up behind eyes that want to burst. There is a voice in me that shouts, **Be strong! Be a man! Show no weakness! Shed no tears!** But there is another voice inside that speaks softly and somehow I feel it is your voice, Father. Is it you who tells me that I am also a feeling human being who can cry if I need to? Is it your voice that tells me that maybe my wife needs the tenderness of my tears *more* than she needs the strength of my muscles?

You are right, Lord, as always. My wife needs to see my grief. She needs to feel the dampness of my tears and know the aching in my heart. Then, just as we became one to create life, we become one in our grief which mourns this death. I think I understand, Lord. It is in *sharing* the awful pain of my grief that I become an even stronger man. It is in sharing my tears that I share my true strength. Oh, God, help me to communicate my deepest and most sensitive feelings to my wife so we may become whole together.

Norman Hagley, TCF, Palestine, TX

# Our Children Remembered...on Their Birthdays

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



## May

CHILD	MEMBER
Rykess "Rye" Ford	sibling Zaquoya Tinsley
Karson Kent Janssen	sibling Kennedy Janssen
Chad	Joyce Rubin
Carson Thomas Jordan	Gloria & John Jordan
Logan Bruns	Julie & Paul Kingsbury
Justin Thillman	Sarah Tieszen
Mitch	sibling Rachel Shapiro
Ross Alvin Joseph Stenerson	Barbara Stenerson
Julie Marie Olson Topp	Barbara Olson
Noah David Muonio	Michael & Anita Muonio
Gregory	Mary & Tom Sincheff
Eric Brodin	Judy & Buck Brodin
Adam	Rhoda Michaelynn
Sawyer James Tate	Robert & Joy Tate
Steve Hokemeir	Gail Hokemeir
Jenna Rietmulder	Jay & Holli Rietmulder
Kaare	Kristi Patterson
Alec Smith	sibling Alexis, Jamisen, Brittany Holt
Alec Smith	Nicole Smith-Holt & James Holt Jr.
Scott Tuma	Shirley Tuma
Kameron	Dawn Gurule
Michael Habte	Debra Hudson
Nick	sibling Alyssa Kroll
Jean Claude Wishard	sibling Danielle Wishard-Tudor
Payton Tripp	grandchild Janet & Richard Tripp
Rob	Mary Quade
Matthew	Mary Curtis
Natalie	Vickie Hackel
John Pecnik	sibling Jeanne Klein
Gavin	Nancy Toohey

## June

CHILD	MEMBER
Carolyn Ann Bedford	Barbara Demsky
Ben Alden	Mary & John Alden
Tracer Rustad	Nancy Buffington
Abigail	Eric & Sam Zander
Mark	Bev London
Tina	Cynthia Wong
Vincent	Jeff Lewis
Nedra Kay Michael	John & Linda Michael
Allisa Feldman	Harley & Elayne Feldman
Katie	Fern & Dave Sanders
Thor Eide	Susan Nokleby
Zachary	Melanie & Craig Thielke
Victor Genis	Argimiro Delgado
Alex Cahoy	sibling Raychel & Hannah Benson-Cahoy
Alex	Julie & Tom Cahoy
Derek	Darwyn & Mary Tri
Ben Freidson	sibling Debe Fefferman & Jenne Freidson
Dan	Deb Sholl

## July

CHILD	MEMBER
Daniel Hinschberger	sibling Anna & Todd Lundblad
Daniel Hinschberger	Linda Schaeffer
Elsey Kirabo	Mary Jo & Winston Peterson
David Adam Kronick	Micki Herman Kay
Alex	Lisa Welke
Spencer Johnson	Ann Perry
Sam Abron-Yeager	Tarsha Davis
Brendan Dow	Maggie Dow
Grant	Greg & Stephanie Dosser
Andrew John terSteege	Leon & Kathryn terSteege
Kinsley	Farynn Kimmes
Kendra	Tom & Terri, & Cole Lindfors
Bruce	Judith Richart
Paul	Char & Rich Myklebust
Jory Day-Monroe	sibling Seaira Garcia
Jory Day-Monroe	grandchild Mary Klingelhoets
Andrea	Joan & Martin Leeper
Cynthia	Liz Keller
Arthur Colberg	nephew Marcia & Craig Benham
Arthur Colberg	Monica Colberg
Arthur Colberg	sibling Jessica & Brandon Schultz
Persephonee	Chris & Amee Banks
Dawn Ankney	Sharon & Gregory Maidment
Kerry	Julie Bartell
Jonathan Townsend	Kelly Townsend
Danny	Georgie Waulk
Sadie Hanson	Dani Hanson
Shayde Erin Rudenick	Steve Rudenick
Gretchen	Susan and Dave Windschitl
Krista Monyhan	Dave & Tricia Hanson
Zachary	Connie Theis
Brian	Julia Malmgren
Dylan Colbath	Lisa Colbath
Tony	Tina Mehok
Alex	Sandra Reem
Ryan Trunzo	Scott Wagner & Paula Trunzo
Jamison	Brian Brooks

## Someday

Someday, it won't hurt so bad and I'll be able to smile again,

Someday, the tears won't flow quite as freely whenever I think of what might have been,

Someday, the answers to "why" and "what if" won't be quite as important,

Someday, I'll be able to use what your death has taught me to help others with their grief,

Someday, I'll be healed enough to celebrate your life as much as I now dwell on your death,

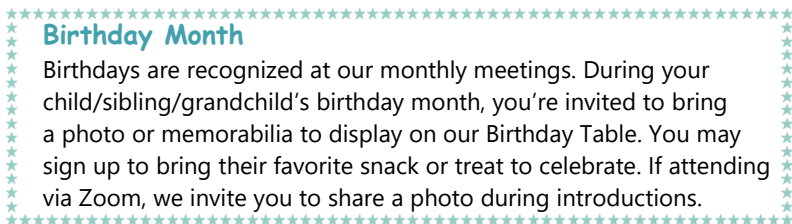
And someday, maybe tomorrow, I'll learn to accept the things I cannot change...

But for today...I think I'll just be sad.

Steven L. Channing, TCF, Winnipeg, MB

### \*\*\*\*\* \* 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.



### May

CHILD		MEMBER
Regal		Marty Bragg
Logan Bruns		Julie & Paul Kingsbury
Caleb		Paul & Perla Morley
Samantha		Julie & John Bangsund
Mark Andersen		Ruth Shaddrick
Natalie		Vickie Hackel
Hunter		Sue Aguilar
Peter Laverty	sibling	ThomasLaverty
Vanessa Marie		Maureen Voltin
Joseph Engles		Deb Barland
Robby Andrew Wallenberg Bragg		Linda Wallenberg
David Lindgren		Janet & Jeff Bowers
David Lindgren	sibling	Adam, and Tony Lindgren
Carissa Hayen		Linda Hayen
David Adam Kronick		Micki Herman Kay
Levi Blaukopf		Lauren Cody Bach
Scott Tuma		Shirley Tuma
Michael		Laura Bottenfield
Lori Jensen		Christine Jensen
Weston		Lisa Koch
Melissa Marie Vomhof		John & Ruth Vomhof
Julie Marie Olson Topp		Barbara Olson
Arthur Colberg	nephew	Marcia & Craig Benham
Arthur Colberg		Monica Colberg
Arthur Colberg	sibling	Jessica & Brandon Schultz
Kerry		Julie Bartell

### June

CHILD		MEMBER
Alex Cahoy	sibling	Raychel & Hannah Benson-Cahoy
Alex		Julie & Tom Cahoy
Daniel Christian Demsky		Barbara Demsky
Grant		Greg & Stephanie Dosser
Ron Reinert		Sharon Reinert
David Andrew Twigg		Selma Twigg
Andrea		Joan & Martin Leeper
Ryan Trunzo		Scott Wagner & Paula Trunzo
Zachary		Melanie & Craig Thielke
Leo	grandchild	Rod Monroe
Dan Lewis		Chris & Bob Lewis
Tim		Rozanne & John Puhek
Ashley		Michon Jenkin & Randy Segal
Leon Harwood		Antonia (Flipper) Filipiak
Alec Smith	sibling	Alexis, Jamisen, Brittany Holt
Alec Smith		Nicole Smith-Holt & James Holt Jr.
Daniel		Dan & Chevis Peso
Justin Thillman		Sarah Tieszen
Kelsey Eberle		Roxanne & Terry Eberle



### July

CHILD		MEMBER
Peter		Kathy Sullivan
Ryless "Rye" Ford	sibling	Zaquoya Tinsley
Amia		Adrienne Pelleg
Tucker		Dana & Kevin O'Brien
Jack Kocur	grandchild	Jan Kocur
Jack Kocur	sibling	Kayla Kocur
Jack Kocur		Shelly & Kent Kocur
Charlotte		Jon & Angie Downing
Claire Richards		Gail Manning & David Richards
Michael		Jean Shilinski
Peter		Eric Strommen
Allyson		Roger Graphenteen
Archer		Kara Amorosi
Adam		Rhoda Michaelynn
Steve Hokemeir		Gail Hokemeir
Kate		Scott & Lisa Fronck
Murdoch		Cory Crust
Murdoch		Nicole Crust
Andrew John terSteege		Leon & Kathryn terSteege
Barry Allan Beal		Carol Beal
David		Joan Robson
Chad Goodspeed	sibling	Brenna Goodspeed
Chad Goodspeed		Betty Udseth
Luke		Amy & Jason Crotteau
Luke	grandchild	Carolyn Crotteau
Harriet		Stephen & Fiona Burgdorf
Victor Genis		Argimiro Delgado
Calder		Peter DeMaio & Ashley Heerema
Michael DeBruin		Mary & Bob DeBruin
Jason McCarthy	grandson	Ken & MaryLou Theisen
Kaare		Kristi Patterson
Alexander		Susan & Ed Herrmann
Cherpre		Dawn Boesch

### Papa, Remember Yesterday?

That's what he'd say to me  
when a happy memory came to his mind.  
Yesterday was anytime in the past...  
A day, a week or a month behind.  
It didn't matter to him; it was all yesterday.  
Last night, last Easter, when Santa came.  
A sweet rush of happy memories from better days.  
For him they were all the same.  
His concept of time was different than ours,  
He wasn't here that long.  
Just three years of changing seasons...  
I know why his memories were strong.  
Now it's my turn to remember the past,  
To cherish the days gone by.  
Like him—I will smile about yesterday.  
For his sake and mine, I will try...  
Papa, remember yesterday.

Jim Beerman, TCF, Cincinnati, OH

## Helping Is Healing

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

“Helping is Healing” is a phrase often said and easily understood by chapter members who assist in any way, big or small, behind the scenes or with their presence. We’re grateful to all who get involved! Get to know some of our Minneapolis Chapter’s Steering Committee members as they reflect on their volunteer participation within our chapter:

*So grateful for the Minneapolis steering committee for encouraging me to play a bigger role in our TCF Minneapolis chapter. I was finally ready to give back after being seen and heard with my own grief.*

Maggie Bauer, Sibling Loss Facilitator

*I got involved in TCF Minneapolis chapter leadership when I saw in the newsletters that the job of Librarian was open for some time. I wasn't sure if I would be good at it, but I figured that I couldn't be worse than no one.*

*I volunteered and found out it included being on the steering committee. Being on the committee has been a wonderful experience. It is a nice group involvement. The more seasoned members of the committee have mentored my participation, encouraging my contributions. I volunteered during this past year, as I was moving from being a newer griever to a mid-term griever.*

Davie Benson, Librarian

## Trying to Find Purpose Again

*After losing my daughter, Kendra, suddenly at age 20 to a heart condition, it was often hard to find a good reason to get up out of bed, let alone get out the door and join the living. What I thought was so important before no longer provided as much meaning to me. Sure, I had my son and wife to provide reasons to continue on, but not having my daughter with us created a hole so deep it was hard to get out of it.*

*Volunteering at The Compassionate Friends has been a good way for me to honor Kendra and help others in the process. I started out assisting at some of the special events and now I am more involved as a Steering Committee member. I have even spoken in front of our chapter members and talked about things that help me process my grief in hopes it will give others even the smallest nuggets to assist processing their grief a little easier. These experiences have given me the added benefit of talking freely about my girl.*

*Speaking in front of the group may not be up your alley as it can be scary; however, there are many other ways that you can help out within the chapter or in other settings. Like me, you may learn that in the process of helping others, you end up helping yourself and finding purpose in your life again while honoring your loved one.*

Tom Lindfors, Steering Committee Member

## The Decade Difference

In the beginning I didn't know how I was going to survive to the next day, my first thought when I awoke was, oh no my brother is dead. The physical heartache, tears, lethargy, fatigue, loss of concentration—my body even forced me to stop eating gluten and dairy. There was a deep heaviness within me and how I saw the rest of the world. Some days it felt like a depressive cloak over me that I couldn't remove.

As time moved forward, the 22nd, Chris' death day, protruded out in my mind and on every calendar I looked at. The anticipation of another month or year of my brother not being in my physical life. How could this be? Chris has been gone 3 months, 9 months, 4 years, and now 10 years and 9 months to the day.

The difference in a decade—I decided in order for me to move from survival into some form of thriving I had to be a more active participant in my own grief process. I went to local grief coalition meetings. Attended the monthly TCF chapter meetings. I started back in individual therapy. I became certified as a grief specialist and grief educator. I learned the language to help advocate for myself and other grievers too. The difference in a decade—when I felt well enough to give back to the same organizations that had given me compassion, understanding, validation and allowed me to find my voice again in my early YEARS of grief.

Actually, I was able to remove the depressive cloak through being an active participant in my own grief journey. I no longer feel the debilitating heartache because of the death of my brother. Of course, I get sad. Of course, I will miss him to my last breath. This is the difference in my first decade without Chris. It will be interesting to see what my second decade of grieving my brother looks like. I know one thing, he is always within me, encouraging me from beyond.

In honor of Christopher Daniel Bauer who died by suicide August 22nd, 2012

Written by his little sissy,  
Maggie Bauer. April 22nd, 2023  
TCF, Minneapolis, MN

### Sibling Suicide Loss Support

meets via Zoom at 8 pm CST  
4th Monday of the Month

Hosted by Maggie Bauer and Luciana Rossi  
ID: 823 4458 2594 / PW: SIBS  
MBGriefRecovery@outlook.com



# 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)

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Email our Database Manager at [tcf.mpls@gmail.com](mailto:tcf.mpls@gmail.com)

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Complete and return the coupon found to the left.