



# 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

## 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, August 19

#### "Sibling Panel"

A panel of our chapter siblings will share feelings and answer questions to help parents open communication with and gain insight into their surviving child(ren).

### Monday, September 16

#### "Making Room in our Home & Heart"

Su-Yoon Ko is a professional who specializes in bereavement organizing. She will talk about different ways to define clutter along with ideas on how to navigate the belongings of our child/grandchild/sibling.

### Sunday, September 29

#### "Walk to Remember"

See page 3 for details of this popular, special event for family and friends.

### Monday, October 21

#### "Moving From Loss to Legacy"

Mitch Carmody, grief educator & bereaved dad, will inspire and encourage us to grieve our loss, reclaim the future and participate in life again. Let our loved one's legacy live on through us and they will live forever.

## 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. 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 Chapter Website: [tcfmpls.org](http://tcfmpls.org)



Our Local Chapter Is On Facebook.

Join our Minneapolis Chapter's private Facebook community online: [TcfMpls](http://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

[TCFUSA National Facebook Page](http://TCFUSA National Facebook Page)  
[www.facebook.com/TCFUSA](http://www.facebook.com/TCFUSA)

**MINNEAPOLIS CHAPTER INFO****TELEPHONE:** (612) 444-1301**EMAIL:** [tcf.mpls@gmail.com](mailto:tcf.mpls@gmail.com)**Minneapolis Chapter Leader**

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Pat Reller

**Co-Librarians**

Tasha Feigh &amp; 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, Oct. 11.

**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 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

**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

**Upcoming Meetings Guest Speakers****AUGUST 19 - Sibling Panel for Parents—To Better Understand Surviving Siblings**

A panel of siblings from our Minneapolis chapter will share their feelings and answer questions in a quest to help parents and siblings reopen the door to communication. Parents and grandparents will be able to ask questions that they only wish they could ask their surviving child(ren). Listening to a panel of siblings gives parents and grandparents an inside look at what their surviving child(ren) may be thinking and feeling. Also, Maggie will share highlights from the 42nd National Conference in Philadelphia.

**SEPTEMBER 16 - Su-Yoon Ko, "Making Room in Our Home & Heart"**

Su-Yoon Ko is a professional organizer and feng shui practitioner whose work specializing in bereavement organizing naturally led her to becoming a certified End-of-Life Douala and Advance Care Planner.

"We want to help you honor and remember your loved one, while letting go of the need to hold on to every object, especially if they do not fit you or your life's goals. I can't imagine your loved one would want to burden you with something you don't use or love."

In her talk, Su-Yoon will explore different ways to define clutter, along with ideas on how to navigate the belongings of our deceased child, grandchild, or sibling. Keep in mind: There is no right or wrong for when or how to let things go; it depends on what is right for you. A good place to start...give yourself permission to let thing go.

[www.DeclutteringKey.com](http://www.DeclutteringKey.com)    [www.facebook.com/AmethystLightEOL](http://www.facebook.com/AmethystLightEOL)

**OCTOBER 21 - Mitch Carmody, "Moving From Loss to Legacy"**

Mitch's son Kelly died from a brain tumor in 1987, and 2 years before that, Mitch's twin sister and her two young sons died in a car accident.

As bereaved dad and sibling, Mitch has dedicated his life to serving the bereaved and helping those lost find hope, and those in the dark find light. A Grief Educator, Author, and Artist, Mitch is the author of *Letters to My Son*, he hosts his own radio show "Grief Chat," and he created the YouTube channel, Mr. Heartlight which supports grievers around the world. All this for those who grieve and mourn; for those who have lost all hope, or feel stuck in their life; who seek to become an intentional survivor; and for those who want to leave a legacy of love.

With his insight, Mitch will encourage us to substantiate our child, grandchild, and sibling's life by the way we live ours. This will let their legacy live on through us and they will live forever. This not only keeps our loved one alive, it heals our heart.

[www.heartlightstudios.net](http://www.heartlightstudios.net)

**TCF NATIONAL OFFICE**

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

Cathy Seehuettter: (612) 991-9954

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Those who have **SUFFERED**  
**UNDERSTAND SUFFERING**

and therefore

extend their hand.

~Patti Smith



The  
Compassionate  
Friends  
Supporting Family After a Child Dies

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

# Minneapolis Chapter



Sunday, September 29, 2019

Bassett Creek Park, Crystal MN

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

Mark your calendar for **Sunday, September 29** for our annual Chapter Walk to Remember. We walk to remember our children, siblings, and grandchildren who have died. Invite extended family and friends to join us.

This is our **Chapter's annual fund raiser**. There is no fee to walk, but donations are appreciated. We are a recognized 501(c)(3) organization; all donations are tax deductible. Funds received are used to support our chapter's many activities that assist families after the death of a child.

Join us at beautiful **Bassett Creek Community Park in Crystal**, (same park as last year). The official park address is 6001 32nd Ave. N, between Douglas Dr. N and Hwy 100. See our **Walk location instructions** below:

**WALK LOCATION INSTRUCTIONS: IMPORTANT** - Do NOT use the park entrance off 32nd Ave N. near the ballfield. Turn south off 32nd Ave N. onto Welcome Ave., then turn right, towards the parking area off Welcome Ave., near the playground. Meet at the picnic shelter near the parking lot, just down the asphalt trail.

**Check-in begins at Noon**; we'll start the walk at 12:30. It's just a quick, less than 1-mile jaunt around the pond on an asphalt trail, but we can go around as many times as you want.

Invite family and friends to join us for friendship and healing. It's heart-warming to see a family wearing matching t-shirts; others brought balloons pinned to their shirts that "lifted" their shoulders. This scenic venue offers free parking, picnic shelters, disc golf, volleyball, a memorial garden with benches, a new playground area, dog park, and more.

We will carry the names of our children on bibs provided by the chapter. If you are unable to join us, please submit your child's name and someone will be honored to carry your child with us on our walk (email your child's name to [tcf.mpls@gmail.com](mailto:tcf.mpls@gmail.com)).



## TCF Regional Conferences

Visit [compassionatefriends.org/events](http://compassionatefriends.org/events) for registration details

**Deep in the Heart of Hope**  
Houston, TX

October 4-6, 2019  
Norris Conference Center  
Houston CityCentre  
Houston, TX 77024  
\$50/person For all Sharing Sessions and Workshops  
\$25 For Candle Lighting Dinner  
\$25 For Walk to Remember

**Memories of Love, Melodies of Hope**  
Nashville, TN

October 18, 2019 @ 12:00 PM - October 19 @ 5:30 PM  
Conference: Christ Church Nashville  
Sleeping Rooms: Four Points Sheraton—Brentwood  
\$95/person includes speakers and workshops as well as Dinner and Candle Lighting on Friday; and Continental Breakfast and Lunch on Saturday.

## Leader's Corner

### Grief Gifts

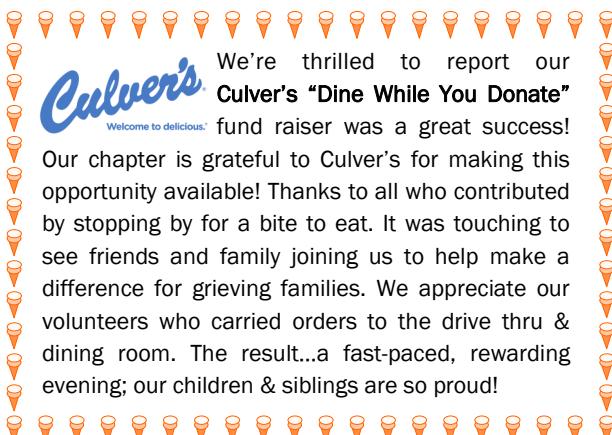
Casseroles and cards and gifts arrive in abundance in early grief. I remember opening a small box to find a wind chime of shells strung under a circle of wood. I was still dumbstruck in grief and wondered why anyone would think that shells could ever help me? I hung the wind chime in the front porch. Years later, I still look at it, still touch it.

After the harshest waves of grief subside, there comes the moment to reconcile the gift of our child's life against the backdrop of deep grief.

My child is a gift to me to this day. My love for him remains. His love for me remains. Those are the gifts that Compassionate Friends assured me would be there along the grief journey. They were right.

This is the hope seasoned grievers give new members who have found their way to our circle of friends. They see us healed, or certainly, in better shape than they are. We see their first moments of healing. Grief gifts shared, one to another. Pass it on.

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



Our chapter is grateful to Culver's for making this opportunity available! Thanks to all who contributed by stopping by for a bite to eat. It was touching to see friends and family joining us to help make a difference for grieving families. We appreciate our volunteers who carried orders to the drive thru & dining room. The result...a fast-paced, rewarding evening; our children & siblings are so proud!

## Creative Giving

Generally, most Workplace Giving Campaigns ramp up in the fall and run anytime from late August through November. Employees may designate a gift to a specific 501(c)(3) through easy payroll deductions.

If you choose to donate to our Chapter using this method, make sure you list our full name & address:  
**"Compassionate Friends, Minneapolis Chapter 1301"**

11905 53rd Ave N., Plymouth, MN 55442

Here's some workplace campaigns our members are using to contribute to our TCF Minneapolis Chapter:

**Greater Twin Cities United Way** — Direct questions to [donorchoice@gtcuw.org](mailto:donorchoice@gtcuw.org)

and **Community Shares of MN**.

More ideas...Ask your employer if they will match donations made to us by employees.

Don't forget to shop using **AMAZON SMILES**; designate **The Compassionate Friends of Minneapolis**.

Thank you for any support of our Minneapolis Chapter.

## Living Life is Still an Effort

My husband's family held a reunion in July. We planned to attend and told the family to count on us. But when it came time to buy the tickets and make a commitment, I found I couldn't do it. I simply did not want to deal with the hassles of travelling, leaving home, getting out of my daily rhythm.

I am a different person since my child died. I am a different person than I was six months after my child died. And, I will be a different person in another year.

I find that I am evolving; my basic personality is still intact, most of my mind works well enough, my perception of life, love, people and events is probably heightened but fairly unchanged. Still I am a different person.

Now I work at living my life. I make myself do the things that I once took for granted...such as getting dressed each day, going to work, handling a number of responsibilities I have chosen to accept. I make myself laugh at silly jokes. Sometimes I even have to force myself to really listen to others. I am surprised when I laugh spontaneously, smile for no particular reason or say something "prophetic." What is going on here? Who am I? Why has the joy of life disappeared?

I believe I have found the answer to these questions and even to questions I haven't yet asked. It lies in the nature of losing one's child to death. Initially we work very hard to maintain sanity. Gradually we expand the boundaries of our lives. Carefully we add events, people, responsibilities and simple enjoyment. But our progress is measured in months and years, not days and weeks.

My awakening to this new reality came at a meeting of The Compassionate Friends. It has been rekindled at each meeting since then. I learn about myself by observing others. I note the change in their voice, their body language, their perspective. I see the sorrow in each parent. I see parents whose children have been gone for many years still weep openly and later talk about a special event they are planning. Then I see parents whose loss was recent yet they appear to be normal, controlled and sociable on many levels and they suddenly and mysteriously crumble before my eyes.

That's the journey. We set our own limits as to what is acceptable for us. Over time we shift from minimalist boundaries to a good representation of the person we once were. We have major setbacks: birthdays, holidays, death anniversaries. We sob, we scream, we withdraw. But we do go on. With the help of our Compassionate Friends, we move forward and are supported when we suffer a setback. We each deal with the many facets of our grief. We learn from others. We teach others. We grow from the dialogue. Our kindred spirits bring questions, answers and peace.

Who am I today? A fairly well-balanced mother of one beautiful child who no longer is alive. I am where I should be. When will I stop evolving? Probably never.

Annette Mennen Baldwin,  
In memory of my son, Todd Mennen  
TCF Katy, TX



## A Father's View of The Compassionate Friends: Courage, Surprise, an Understanding

### **Attendance Requirement: Courage.**

I don't think I am unique. I did not want to attend a meeting of Compassionate Friends. I was coerced by my wife. It was subtle but effective. My son, on the other hand, made a devil's deal; he agreed to go to the next meeting in exchange for a favor—his debt some weeks away. The thought of discussing death nauseates me. We, my son and I, had made a bad deal.

### **The Meeting: A Surprise.**

I was surprised to find I was not the only man to have lost a child. There was a reality to that recognition. My loss, not unlike yours, is a personal matter. No one can tell me how I feel or how I ought to feel. Yet, the group never made me feel guilty about my selfishness; they understood.

### **The Result: An Understanding.**

Compassionate Friends is not an efficient organization. There are no systems, no quick easy cures. Grief is a catharsis. Most of what you hear here you will dismiss; it will not apply to you. But, there are nuggets—small ideas you will want to try or things you will want to think about. Some you will try. Many you will discard. Only a few will help the pain. These, you will treasure. Your friends and associates may try to understand your grief and try to help. They can do neither. They don't understand. The people at the meetings do understand. And they try to help.

My son felt he had gained little from the meeting. Yet, he left feeling he had helped someone else deal with his grief. What a marvelous satisfaction for a 15-year-old.

What's in it for you? Compassionate Friends is here to help—to listen, to suggest, to understand. If you handle your grief well, you do not need Compassionate Friends. But we need you. Your approach or method of dealing with grief could help one or more of us. Please share it.

Bob Watts  
TCF Stamford, CT

*It has been said, time heals all wounds.  
I do not agree. The wounds remain.  
In time, the mind, protecting its sanity,  
covers them with scar tissue  
and the pain lessens.  
But it is never gone.*

-Rose Kennedy



## Our Children Remembered...on Their Birthdays

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



### August

CHILD	MEMBER
Rhiley	Mike Henneman
Ron Reinert	Sharon Reinert
Mark Richard Peterson	Todd & Helen Peterson
Dennis Michael Person	Don & Georgia Govednik
Frank	Mary Weber
David	Derwood Twigg
David Andrew Twigg	Selma Twigg
Kristin Reller (sibling)	Anthony Reller
Kristin Reller	Pat & Don Reller
Ben Hansen (sibling)	Taylor Gotta
Ben	Karen & Gary Hansen
Sheryl Ann Haggem	Ron & Julia Laabs
Sheryl Ann Heggem (sibling)	Sharlene Wimpfheimer
Michael James Lewis	Joanne Lewis
Selene Anderson (sibling)	Elizabeth Anderson
Selene	Deborah Anderson
Archer	Kara Amorosi
Tommy	Sheryl Hutton
Dan Lewis	Chris & Bob Lewis
Zachary James Govednik (Grandson)	Don & Georgia Govednik
Antonio	Jeffrey Demeules
Kate	Scott & Lisa Fronek
Juli Elisabeth	Lisa & Steve Crees
Juli Elisabeth (sibling)	Melissa, and Michael Crees
Melissa Roeser	Marilyn & Steve Dahlmeier
David	Joan Robson
Timothy	Rony & Christine Muzik
Lauren	Nancy Riesgraf
Sarah	Jane Ramerth & Marc Friedman
Joseph Daniel Muonio	Michael & Anita Muonio
Lana Celinda Johnson	Eldon & Penny Johnson
Lawrence	Karen & Dave Philbin
Melissa Marie Vomhof	John & Ruth Vomhof

### September

CHILD	MEMBER
Barrett Ugland	Renee Forst
Nick Harter	Brian & Sandy Harter
Kelsey Eberle	Roxanne & Terry Eberle
Brooklyn	Carrie Roderick
David Lindgren	Jeff & Jan Bowers
David Lindgren (sibling)	Adam, and Tony Lindgren
Rachel Anne	Pam Dugdale
Ethan	Tom Lang
Yoeni	Roberto Falcon
Jaden Dallas Dalton	Karren Gray
Calob	Jessica Bartram
Mark	Tim & Ann Bremer
Scott (sibling)	Katie Murray
Abigail Grace	Tom & Christina Monroe
Jeanne Platt	Steve & Anne Platt
Sullivan grandson	Bev Lind
Sullivan	Jamie & Tyler Peek
Paul Daniel Quinn	Joy Hansen
Tim	Rozanne & John Puhek
Keith Demry	Char Fonville
Jason McCarthy (Grandson)	Ken & MaryLou Theisen

### October

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

### Birthday Table

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.



### Seasons Pass

At least a month before the seasons changed  
We saw a leaf from the maple fall  
Fluttering down for no apparent reason  
On a still day when it seemed nothing moved at all.  
  
We reached down to touch it, to hold it, to know it  
When a gust of wind wrest it from our grasp  
Leaving us wondering why nature, instead of sharing it,  
Chose to steal the leaf away so fast.  
  
Seasons will pass; the maple will surely spawn other offerings  
Over which nature will longer dwell  
But always will we remember that silent spring day  
And the tiny green leaf that fell.

Roshann Parris  
TCF Kansas City, MO

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

especially during the Remembrance Month of their death.



### August

<u>CHILD</u>	<u>MEMBER</u>
Eric (son in law)	Greg Pulles
Rob	Mary Quade
Noah David Muonio	Michael & Anita Muonio
Natalie Perry Smead	Karen Prieto & Pete Smead
Jeanne Platt	Steve & Anne Platt
Jonathan Townsend	Kelly Townsend
Kameron	Dawn Gurule
Gretchen	Susan and Dave Windschitl
Bruce	Judith Richart
Lily	Leah Cameron
Troy	Gloria Gaspar
Christopher	Mary & Bruce Bauer
Chris (sibling)	Maggie Bauer
Alex	Lisa Welke
Abigail	Eric & Sam Zander
Yoeni	Roberto Falcon
Sheryl Ann Haggem	Ron & Julia Laabs
Sheryl Ann Heggem (sibling)	Sharlene Wimpfheimer

### September

<u>CHILD</u>	<u>MEMBER</u>
Dylan Colbath	Lisa Colbath
Matthew (Matt)	Stephen & Carol Hawk
Bridgette	Tom Twining
Dennis Michael Person	Don & Georgia Govednik
Brooklyn	Carrie Roderick
Aiden	Mary Sullivan
Antonio	Jeffrey Demeules
Hunter	Sandra Lawver
Alex	Frank Commers
Adam	Kathryn & Waters
Daniel Nelson (sibling)	Michele Dooley
Daniel	Audrey Nelson
Seth	Lynn & Roger Argetsinger/Friedell
Scott (sibling)	Suzie Berzins
Scott	Stephen Berzins
Scott	Cathy Drexel
Benjamin	Todd & Debbie Huberty
Ann Longton-McNamara	Barbara & Richard McNamara
Danny	Georgie Waulk
Renee	Pat & Roy Schulz
Aaron Ginsberg (sibling)	Leonora Ginsberg
Lisa	Carol Sorensen
Dawn Ankney	Sharon & Gregory Maidment



### TCF's Vision...

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

### October

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

### Halloween—A New Way of Seeing

It's nearly Halloween, this year my view has been affected by what I've seen.

The images of graves don't perturb me, as I find peace at yours on bended knee.

Skeletons don't scare me, your death is the only thing that has disturbed me.

Bats are not a worry as I gaze at the night sky looking for you, birds fly in a flurry.

Witches and ghosts hold no harm, as you are now my Angel protecting me with loving arms.

I don't see a cobweb and scream, I see it more as a catcher for our dreams.

Trick or Treat, well I've faced the trick, I will have the treat when you again I'll meet.

This Halloween I'll eat a piece of pumpkin pie and look for you my love in the sky.

Marie Ste

Lovingly lifted from BP/USA, Coeur d'Alene, ID

Death may have taken you from me  
But death can't take  
my memories of you from me,  
Those wonderful and perfect  
and beautiful memories of you.

Those, thank God, are mine to keep.

I will miss you, love you  
and remember you every single day  
until we meet again.

PB/Blowing Kisses to Heaven

## School Days



The summer is mellowing as the days grow shorter  
 The green on the trees seem to droop, and look a little duller.  
 The lazy days of summer take on a busy hustle  
 As families shop for school, each gets a new book satchel.  
 Soon the quiet streets will be filled as children gather waiting  
 The yellow bus to pick them up. OH! the anticipating.  
 Another teachers face the greet upon their arrival  
 But the same old lessons to be learned, to them seems so trivial.  
 New friends to make, and old ones too  
 Make their days fly past too soon.  
 But back at home a mother weeps for the child that this year misses.  
 No new clothes to buy, no more good-bye hugs and kisses.  
 For her this joyful time just brings on more heartache.  
 Another school year starts, another milestone the child cannot make.  
 So she dries her eyes and tries to go on for the children that remain,  
 But each new start breaks her heart; it's hard to see the gain.  
 So if the yellow school bus brings on tears for you this year  
 Don't forget your Compassionate Friends, we are always standing near.

## Photo Album

Arthur was almost 21 years old when he died suddenly. My stepdaughter Jess has had many significant life events that her brother Arthur would have celebrated with her; her wedding, the births of their first born son and their second child, a baby girl, and her master's hooding ceremony in education.

Jess has brought her only sibling forward with her. Jess hosts a BBQ every Memorial Day to keep herself busy during the holiday where we lost Art. She placed a candle on a chair in the front row at her wedding. During the ceremony she had my brother read a love story written by her brother Art. He wrote it when he was 10 years old about his first love, a 4<sup>th</sup> grader named Molly.

Arthur's birthday is in July. Eight years after losing Art, my anxiety at another approaching birthday without him was tamped down when Jess asked me to create a photo album. She redirected my restless energy. Jess' three-year-old son was asking questions about Art, the uncle he had never met. Jess realized she needed visual aids to explain who her brother is.

I loved creating that album of my son for my grandson. I sorted through hundreds of family photos. I visualized sitting with my grandson with that photo album telling him all about his Uncle Art.

The album is small book sized. In it are 15 pictures that were coincidentally photographed at the eye level of a three-year-old.

My grandson and I talk about Arthur. They are short, easy question and answer exchanges before the young boy scoots off to other things in his busy life. The whole experience leaves Grandma with the Raspberries (I grow raspberries.) a little breathless and yet beaming.

Photos are very powerful in my family. We hold on to them. We bundle them into albums of significant events. Those photo albums freeze-frame sweet memories from long ago normal days before the great sadness arrived. There is the album from Arthur's funeral that my sister presented me. She took exquisite photos.

New normal life has moments worth celebrating. I pull family, friends and compassionate friends into the picture frame. I record the astonishing happiness in this different, good and sometimes sad life. These new photos are the makings of another album.

Monica Colberg, Art's Mom, TCF Minneapolis Chapter

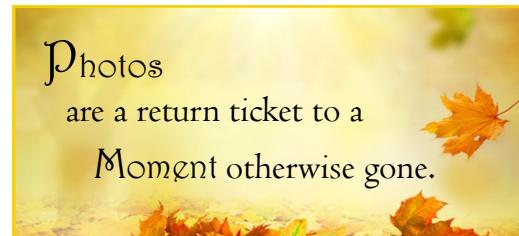
## Going Back to School

Going back to school after the death of your brother or sister is a hard thing to go through. At first there are three groups of people to deal with: people who give you a lot of support, people who don't know what to say, and those who give you weird looks and stay away from you. This lasts for a little while.

After a short time, changes with each group occur. Those who did not know what to say start to speak or begin to talk. Those who kept away stop ignoring you. Those people who gave you a lot of support slowly return to their own affairs. After awhile, everything goes back to normal, and it is over to everyone except you. This is very difficult to accept and makes you feel all the more alone.

After a long while, the shock for you goes away, and it is then that you need the support of your friends, peers and teachers. This month marks the first anniversary of the death of my brother. Most people will have forgotten, and everything is right with the world. But it is not! Certainly not for my mother and me.

Jordan Ely, TCF Albany/Delmar, NY



## The Photo Album of My Mind

The photo album of my mind,  
 Holds treasured thoughts of you,  
 And I can almost see again  
 The things we used to do.

I hear your voice, I see your smile,  
 I feel you close to me.  
 The photo album of my mind  
 Shows how we used to be.

Time may have changed us through the years.

But I will always find,  
 You're just as I remember in  
 The album of my mind.

And, as I turn page after page,  
 Such precious scenes I see,  
 The photo album of my mind  
 Is very dear to me.

It holds the pictures of our past,  
 Like reels of film unwind,  
 I cherish all those photos in  
 The album of my mind.

by Jeanne Losey, Shelbyville, IN



# 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*.

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Phone	<input type="text"/>
Email	<input type="text"/>
Child's Name	<input type="text"/>
Birth Date	<input type="text"/>
Death Date	<input type="text"/>

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Perhaps you aren't able to attend monthly meetings, but wish to continue to be informed of our chapter news and events.

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