



# 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, August 19

##### “National Conference Highlights & Retiring Leader, Monica C. Appreciation”

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

Members who attended the recent Nat'l Conference will share tools and insights acquired. We'll also thank Monica for her years of service to our chapter leadership.

#### Monday, September 16

##### “Healing Powers of Nature”

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

Natural surroundings may help provide a path towards healing, peace, solitude, and distraction from our pain.

#### Sunday, October 13

##### “Walk to Remember and Fundraiser”

##### IN-PERSON EVENT

Members, family, and friends are invited to our annual Walk Fundraiser. See Page 3 for this popular Sunday noon event. Held at a lovely park near our meeting space.

#### Monday, October 21

##### “Holidays & Significant Days”

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

Handling grief may be a challenge during special dates and holidays. Sometimes anticipation is worse than the actual day. We'll explore ideas & options that may help you navigate these days.

## We Need Not Walk Alone

**The Compassionate Friends** is a self-help organization offering friendship, understanding, and hope to bereaved families. Anyone who has experienced the death of a child at any age, from any cause, is welcome. Our meetings give parents the opportunity to talk about their child and feelings as they go through the grieving process. Our meetings are also open to grandparents, older siblings, and extended family. There are no membership dues. There is no religious affiliation.

When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. **The Mission** of The Compassionate Friends is to provide highly personal comfort, hope, and support to every family experiencing the death of a son or daughter, a brother or sister, or a grandchild, and helps others better assist the grieving family.

**The Secret of TCF's Success is Simple:** As seasoned grievers reach out to the newly bereaved, energy that has been directed inward begins to flow outward, and both are helped to heal.

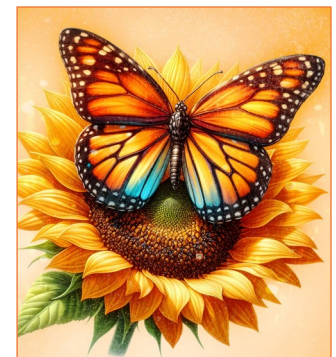
**To Our New Members:** Coming to your first meeting is the hardest thing to do. But, you have nothing to lose, and much to gain. Try not to judge your first meeting as to whether or not TCF will work for you. The second, third, or fourth meeting might be the time you find the right person...or just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

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

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

### Inside This Issue:

Chapter and National Contact Info	2
Reflections on Chapter Leadership	2
Walk to Remember & Fundraiser	3
Minneapolis Leadership Transition	3
Autumn Tears	4
Remembrance Dates: Aug.-Sept.-Oct.	5-6
Sweeter Side of Memories	7
To Our Surviving Children	7



### TCF's Vision...

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

**MINNEAPOLIS CHAPTER INFO****TELEPHONE:** (612) 444-1301**EMAIL:** [tcf.mpls@gmail.com](mailto:tcf.mpls@gmail.com)**Minneapolis Chapter Leader**  
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Tom Lindfors**Newsletter Editor**  
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Lisa Gross Crees**Facebook Page Administrator**  
Lisa Gross Crees**Hospitality Coordinator**  
Jan Kocur**Donor Appreciation**  
Pat Reller**Lending Library**  
David Benson**Special Events Coordinator**  
Gloria Jordan**Sibling Loss Facilitator**  
Maggie Bauer**Steering Members At Large**  
John Jordan, Terri Lindfors,  
Jon & Ruth Larson,**Steering Committee Meetings**  
Held quarterly to plan events and Chapter direction. Next meeting: October 11**TCF NATIONAL OFFICE**

1-877-969-0010

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Those who have SUFFERED  
UNDERSTAND SUFFERING  
and therefore



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

**RESOURCES**

**Chapter Locator Tool** available on TCF National Website  
[Locate Chapter Here](http://www.compassionatefriends.org) [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](https://www.facebook.com/groups/TCFMpls)

Or log onto Facebook and search:  
TCF Mpls

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

**National Organization Website:**  
[www.compassionatefriends.org](http://www.compassionatefriends.org)

There are several options under "Resources" and "Find Support"

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

**Reflections on Chapter Leadership**

The chapter leader in my first years in TCF used to say that we were all train wrecks when we joined this club that nobody wants to join. That is how I felt. But why would I join a room full of train wrecks? I did not understand those meetings were the bedrock to steady myself after losing my son Art in 2004.

The strength I found in TCF meetings to recreate my life came from service to others. I watched the leader and members whom I admire work magic as they talked with newer members. I wanted to be like them.

I planned to stay in the background of the TCF leadership circle. I had organizational skills to offer and pushed myself to say yes to new endeavors.

The chapter needed a treasurer. I could do that. Journaling was my favorite tool in grief recovery. The newsletter editor asked for articles. I could do that.

Our co-leader, Mary Weiss, suddenly had a cancer diagnosis and died within a few months. Carol Hawk, my chapter leader and mentor, asked me to co-lead. Could I do that? I could never fill Mary's shoes. I paused, thought it through, and said yes.

Volunteer work in the Minneapolis TCF Chapter nourished my empty soul. The national conferences astonished me with powerful sessions and courageous parents who explained how they fashioned their new normal lives. I heard strong sibling voices at the conferences that prompted me to support the sibling component in our chapter.

Carol taught me to lean on our steering committee. When she stepped away from the chapter leader position in 2017, I took on that role.

Steering committee meetings gave space to hear how we were on our grief journeys. We shared healing times. We created monthly meeting topics for seasoned griever and new members based on our grief experiences. We tried our best to comfort and listen as we were comforted in early years.

It has been an honor to be of service to the TCF Minneapolis chapter. These years have lifted me. I am ever grateful for it.

My time has come to step away as chapter lead. The Steering Committee has done its job and selected a new leader. On to the next era for TCF Minneapolis!

Monica Colberg  
Art's Mom

Former TCF Minneapolis Chapter Leader

**Join us at our AUGUST 19 meeting to thank Monica and celebrate her nearly 18 years of dedicated service to our chapter and grief community.**

## Minneapolis Chapter

October 13, 2024



**Bassett Creek Park**  
5609 32nd Ave N, Crystal  
- Check-in Begins at Noon -

Mark your calendar for **Sunday, October 13** for our annual Minneapolis Chapter Walk to Remember. We walk to remember our children, siblings, and grandchildren who have died. Please invite family and friends to join us.

We will meet at beautiful **Bassett Creek Community Park in Crystal**, (same park as last year). The picnic shelter address is **5609 32nd Ave N**, between Douglas Dr N and Hwy 100.

**Walk Location Directions: IMPORTANT - DO NOT** use the park entrance on 32nd Ave N near the ballfield. Turn south off 32nd Ave N onto Welcome Ave., then turn right off Welcome Ave, to the parking area near the playground.

Meet at the picnic shelter near the parking lot, just down the trail. (Be aware that the pavement is uneven. Watch your step!)

**Check-in begins at Noon; the Walk starts at 12:30 pm.** It's about a one-mile stroll around the pond on an asphalt trail. Participants can repeat the jaunt as many times as you wish.

This is our **Chapter's annual Fundraiser**. There is no fee to walk. We do appreciate donations to sustain the chapter. We are a recognized 501(c)(3) organization; all donations may be tax deductible. Funds received support our chapter's many activities that assist families after the death of a child, grandchild, or sibling.

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

We will carry the names of our children, grandchildren and siblings on bibs provided by the chapter. Markers will be available to create and personalize your bib.

If you are unable to join us, please submit their name, and we will be honored to include them on a bib (email your child, grandchild, or sibling's name to [tcf.mpls@gmail.com](mailto:tcf.mpls@gmail.com)).

## Minneapolis Leadership Transition

Beginning with volunteering as Treasurer, then adding Co-leader to her duties, and most recently, our Chapter Leader, Monica Colberg is retiring from years of chapter leadership. Gloria Jordan has been Co-leader alongside Monica since 2017. Gloria will assume the Chapter Leader position.

John Jordan took over Treasurer duties in 2017 from Monica. Tom Lindfors has volunteered to step into duties as Treasurer. John will assist Tom during the transition as Deputy Treasurer and continue running Zoom operations.

## Leader's Corner

I recognized myself in the face of that father. He was past his first year and well into the second one. This year of profound sorrow was no better and perhaps worse.

He was in the crowd of TCF members at a monthly meeting. I asked how long it's been since he lost that child. He responded openly.

Time after time in those early grief years I needed to talk, talk, talk about my child. He shared his grief. This was his fourth TCF meeting. Our conversation was honest. I said perhaps next month's topic would be more beneficial. He responded that this one was actually where he should be. It took two minutes. It was unsettling, unfinished. But hopefully, our TCF chapter helped him.

That father is 15 months into his grief journey and I am at 20 years. I found hope again during TCF conversations.

It takes a while. Hang in there. We are here. We know that journey.

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

## Literary Perspectives

### **Remembering: The Death of a Child**

by Robert Thompson MD

I opened this book from our library to **CHAPTER ONE, THE CALL**. I knew this would be significant for me, as I remembered getting "The Call" myself when my son died. Robert Thompson describes in detail the whole process of being interrupted at work that his wife was calling, realizing that something significant must be up, thinking of various problems that it might be (none of them nearly so significant as what it turned out to be), the exact words that she used in telling him that their son had died. "Paul's been in an accident...she pauses...and he's been killed!"

This book is arranged into three sections: The Death of a Child; Support and Healing; and Some Peaceful Memories. I feel that Robert Thompson does a nice job of describing his experiences through each of these three stages.

I was planning on including website resources that address different ways in which we parents have been informed of the sudden unexpected death of a child. However, in searching the web I was not finding such resources. Someone should collect such stories to share.

For me "The Call" was from my son's wife. She said, "there's been an accident...Abe didn't make it." Those words haunt me. At times of deep howling grief, I repeat those words over and over and over, engulfed in the wild edge of sorrow.

Oh, and my phrase "the wild edge of sorrow" is from the title of a book that I am donating to our library, [The Wild Edge of Sorrow: Rituals of Renewal and the Sacred Work of Grief](#). In this book psychotherapist Francis Weller introduces the five gates of grief as he explores how we move through the waters of grief and loss in a culture so fundamentally detached from the needs of the soul.

David Benson, Librarian TCF Minneapolis, MN

## The Group

I tell myself I no longer need the group and yet I still remain.  
 I tell myself I'm over the grief and yet I still feel the pain.  
 I tell myself no one can possibly know how I feel,  
 and then that caring voice from across the table says,  
 "We'll give you time to heal."  
 I tell myself I can't possibly contribute anything worthwhile,  
 by coming to this place.  
 And then I see the pain and suffering on each new member's face.  
 I tell myself if something that you say in group tonight,  
 helps even one person in any way, then your coming here is not a  
 loss but a tremendous gain in-deed.  
 I tell myself stop listening to the voice inside who doubts.  
 I tell myself it's the other voice who knows  
 what the group is all about.  
 I tell myself I still need the group; I can't deny it's true.  
 I tell myself that's quite all right,  
 because the group still needs me too.

Allison Nevarez  
 TCF Orange County, CA

## Autumn Tears

We look back on September and we realize that somehow we made it through those dreaded first days of school. Whether it was the anticipation or the actual days that were the worst, we survived. We used our faith, our support systems or just plain hard work and made it over yet another hurdle. We watched small children heading for their first day of kindergarten, listened to excited teenagers talk of high school and heard stories of children leaving home to attend post-secondary school. Somehow we rode the waves of grief and found ourselves ashore again.

As these waves subside, new ones will build as we head into the holidays that speak of, and to, children. Halloween will soon approach and for some, painful memories. Thanksgiving arrives to exemplify family and togetherness, and Christmas looms ahead. These special days are forever reminders of our loss—the costumes we'll never sew, the empty chair at turkey dinner, the fun and magic we'll never share with someone we love. Forever reminders that our child has died.

To survive when these events and anniversary days come around let's find time to think of the good memories we have—the announcement of our long-awaited pregnancy at Thanksgiving dinner, the look of excitement on our son's first Halloween night, the vision of our daughter helping prepare the turkey dinner. These holidays will always be reminders that our child died. Let us also make them reminders that our child lived! They left us memories more precious than any others to hold and celebrate!

Penny Young  
 TCF Powell River, British Columbia



## Another Halloween

Sips of cider, pungent with brown sticks of cinnamon, foretell the swift approach of fall. Another autumn, when the winds of change return the memories of Halloweens long past—devils, bunnies, pirates, gypsies, cowboys, too, and astronauts and bums and clowns—I made the costumes each fall for my two sons and also for my daughter.

My daughter had not yet outgrown her love of Halloween the fall before she died. Though she was 25, she claimed the season as her own to execute a harmless prank on me, her mother—oh, maybe not for me alone, but rather planned to share the fun with all her friends.

Well—she became a nun. Her habit, black and white, was quite authentic. Her face was scrubbed and saintly free of rouge or gloss. Instead of oxfords, on her feet she wore a pair of disco-demi-boots. Unlikely, yes—but black! She kept her normal stride (quite brisk and long) while walking through the hallowed halls of my office after class. She entered; but I, completely unaware of who she was, said, "May I help you?" Only when she laughed did I look again and recognize her cherub face. Then I laughed too, and laughing, told the story several times to others. One colleague laughed and added later, "Yes, I saw her too, and said to my companion, "Can you believe the shoes that nun is wearing?"

And so I'll bet that she'll be up to her old tricks again this Halloween. And I'll be listening. The roar of heavenly laughter makes for wonderful imagining.

Shirley Ottman  
 TCF North Texas, Denton, TX

## Her Name Sings My Soul

The mention of my child's name  
 May bring tears to my eyes,  
 But it never fails to bring  
 Music to my ears.  
 If you are really my friend,  
 Let me hear the beautiful music  
 of her name.  
 It soothes my broken heart  
 And sings to my soul.

*borrowed from TCF Western Australia*

*Source: Daddys with Angels. We began as a group for grieving fathers and men, but other family members asked to join us. We now also have a group for Families with Angels (dads and other male family members and siblings under 18). We have experienced and live with the harsh pain of loss and we hope we can bring others comfort. Search for us on Facebook or [www.daddyswithangels.org](http://www.daddyswithangels.org). Hugs to you all and floaty kisses to all your angels.*



# Our Children Remembered...on Their Birthdays

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

## August

CHILD		MEMBER
Jennifer Blethen	sibling	Melissa Blethen
Ron Reinert		Sharon Reinert
David Andrew Twigg		Selma Twigg
Kristin Reller	sibling	Anthony & Kayla Reller
Kristin Reller		Pat & Don Reller
John Benz		LuAnn Yerks & Mike Benz
Alexis	sibling	Brandon Jensen
Alexis Whitney		Sandie Jensen
Ben Hansen	sibling	Taylor Gotta
Ben		Karen & Gary Hansen
Hailey		Michelle Chamlin
Sheryl Ann Heggem		Ron & Julia Laabs
Sheryl Ann Heggem	sibling	Sharlene Wimpfheimer
Michael James Lewis		Joanne Lewis
Archer		Kara Amorosi
Keeden	grandchild	Stacey Smith
Tommy		Sheryl Hutton
Dan Lewis		Chris & Bob Lewis
Steffanie Quick	sibling	Matthew Quick
Steffanie Quick	grandchild	Jan Quick
Steffanie		Kevin & Sue Quick
JD	sibling	Anna Heebl
Kate		Scott & Lisa Fronek
Juli Elisabeth	sibling	Melissa Myers and Michael Crees
Juli Elisabeth		Lisa & Steve Crees
Kyle		Mary Jappe
Mackenzie Ndujwe Nnantah		Korina Hackert
Melissa Roeser		Marilyn & Steve Dahlmeier
Matthew		Sue Reid & Mark Schmidt
Shay	sibling	Kira, Andrew, & Benjamin McSherry
Shay		Meagan McSherry
Joseph Daniel Muonio		Michael & Anita Muonio
Melissa Marie Vomhof		John & Ruth Vomhof
Anthony Howe Jr.		Fahlon Tiller

## September

CHILD		MEMBER
Barrett Ugland		Renee Forst
Nick Harter		Brian & Sandy Harter
Tom Williams		Keri Williams
Dale DeStono		Nancy & Bob DeSteno
Ty'rah White	grandchild	Shenna Galloway
Anne Maclin		Alan Maclin
Anne Maclin		Jeanne Maclin
Kelsey Eberle		Roxanne & Terry Eberle
Brooklyn		Carrie Roderick
David Lindgren		Jeff & Jan Bowers
David Lindgren	sibling	Tony and Adam Lindgren
Weston		Lisa Koch
Rachel Anne		Pam Dugdale
Ethan		Tom Lang
Yoeni		Roberto Falcon
Brooke	sibling	Paige LaSota
Brooke		James & Lisa LaSota
Jaden Dallas Dalton		Karren Gray

## September (continued)

CHILD		MEMBER
Calob		Jessica Bartram
Mark		Tim & Ann Bremer
Jesi		Pat & Sue Harding
Abigail Grace		Tom & Christina Monroe
Sullivan	grandchild	Bev Lind
Sullivan		Jamie & Tyler Peek
Rob Anderson		Sandy Cikotte-Anderson
Isaac		Renieri Banegas & Anna Kokesh
Tracy Greenwood	sibling	Tanya Broten
Tim		Rozanne & John Puhek
Keith Demry		Char Fonville
Jason McCarthy	grandchild	Ken & MaryLou Theisen

## October

CHILD		MEMBER
Tyler Herman		Michael Herman
Maia	grandchild	Beth Hansen
Dani		Wendy Poulsen
Carissa Hayen		Linda Hayen
Alanna		Annamarie Hill
Jen		Karen & Gary Gross
Zofia		Josh & Zabrina Schultz
Alicia Marie Queen-Wilson		Queen Wilson
Scott		Harriet Lodermeier
Scott	sibling	Cori Plehal
Matthew Robert Demsky		Barbara Demsky
Alyssa		Rich & Dori Beattie
Caitlin Louise Higgins		Jeffrey Weihe
Calder		Peter DeMaio & Ashley Heerema
Molly		Pat, Charlie & Tyler Brown
Hunter		Sandra Lawver
Levi Blaukopf		Lauren Cody Bach
Cole Linnell		Jean Thurmer
Corey	sibling	Tasha Feigh
Corey		Mary Feigh
Hunter		Sue Aguilar
Gregory Sather	sibling	Eric & Sather
Gregory Sather		Nancy Sather
Gregory Sather	sibling	Joelle & Paul Valentini
Jordan		Leslie Holt
Allison	sibling	Andrew Bailey
Allison		Miriam Porter
Henri		Colisa Lemal

\*\*\*\*\*  
 ★  
 ★ **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.



### August

CHILD		MEMBER
David		Elayne Lipp
Eric		Greg Pulles
Rob		Mary Quade
Noah David Muonio		Michael & Anita Muonio
Natalie Perry Smead		Karen Prieto & Pete Smead
Lindsay	sibling	Ana Nikol Peduk
Ty'rah White	grandchild	Shenna Galloway
Chad		Joyce Rubin
Kameron		Dawn Gurule
Keeden	grandchild	Stacey Smith
Kevin Kocur		Jan Kocur
Isaac		Reniery Banegas & Anna Kokesh
Gretchen		Susan and Dave Windschitl
Anthony Howe Jr.		Fahlon Tiller
Chris	sibling	Maggie Bauer
Christopher		Mary & Bruce Bauer
Everett Rachko	cousin	Mollie Freese
Everett	nephew	Mary Jane Kronberg
Everett	sibling	Allie Rachko
Everett		Charla Rachko
Bryan Michael		Bonnie & Mike Maloney
Yoeni		Roberto Falcon
Sheryl Ann Heggem		Ron & Julia Laabs
Sheryl Ann Heggem	sibling	Sharlene Wimpfheimer

### September

CHILD		MEMBER
Dani		Wendy Poulsen
Dylan Colbath		Lisa Colbath
Gavin		Nancy Toohey
Matthew		Stephen & Carol Hawk
Penelope Wender Thompson	grandchild	Brenda Thompson
Penny		Hayley Wender
Jackson		Kellie Nielson
Brooklyn		Carrie Roderick
Jeffrey		Deb Decker
Aiden		Mary Sullivan
Sam Abron-Yeager		Tarsha Davis
Hunter		Sandra Lawver
Alex		Frank Commers
Adam		Kathryn Waters
Daniel Nelson	sibling	Michele Dooley
Daniel		Audrey Nelson
John Benz		LuAnn Yerks & Mike Benz
Scott	sibling	Suzie Berzins
Scott		Stephen Berzins
Scott		Cathy Drexel
Benjamin		Todd & Debbie Huberty
Danny		Georgie Waulk
Dan	sibling	Michael Larson
Dan		Ruth & Jon Larson
Henry		Helen & Chris Taylor
Aaron Ginsberg	sibling	Leonora Ginsberg
Dawn Ankney		Sharon & Gregory Maidment

### October

CHILD		MEMBER
Brendan Dow		Maggie Dow
Derek		Darwyn & Mary Tri
Carolyn Ann Bedford		Barbara Demsky
Kyle		Mary Jappe
Nick	sibling	Alyssa Kroll
Dale DeStono		Nancy & Bob DeSteno
Sean		Angel Peterson
Troy Perron		Gin Johnson
Christopher		Barb Teed
Kirk	sibling	Ben Folen
Kirk Folen		Susan Folen
Maia	grandchild	Beth Hansen
Aaron Carlton		Kristi Strom
Sawyer James Tate		Robert & Joy Tate
Tyler Herman		Michael Herman
Kelly Hyatt		Maureen Hyatt
Mark		Tim & Ann Bremer
Jean Claude Wishard	sibling	Danielle Wishard-Tudor
Maggie Grace	grandchild	Jean Umezu

### Heaven's Fishing Hole

For years, the riverbank was where  
Your soul felt most at peace  
Your heart was most content when there  
With the fish and the geese  
But then, your spirit came to rest  
Where angels chose to roam  
And once equipped with ten pound test  
You made yourself at home.

The sky became your deep blue sea  
The clouds became your shore  
And there, for all eternity  
You sat with friends galore  
Each angel was a fisherman  
Who had traded his pole  
For golden wings and a game plan  
At Heaven's Fishing Hole.

The tales you told about each catch  
Its stature and its girth  
Will live in memories unmatched  
As days pass here on earth  
Until we meet again, one day  
Upon God's golden sand  
We'll picture you, no other way  
Than with a pole in hand.

Arleen Simmonds, TCF Kamloops B.C.  
*In loving memory of Kenneth Bruce Simmonds.  
He went fishing for the last time on the  
banks of the Thompson River.*

## Sweeter Side of Memories

With summer winding down, this time of year may be loaded with bittersweet memories, from a family vacation, shopping for school clothes and supplies, wandering the State Fair, a confident teen going off to college, to the excitement of a kindergartner boarding the bus for the first time.

Over time, the bitter taste of my memories has faded, creating space for sweeter ones. As a new student enrolled in the school of grief, walking through the aisles of a department store made me suck in my breath. Now, I smile in amusement thinking of Carson's jr. high back-to-school clothes-shopping criteria: black and a dislike of horizontal stripes.

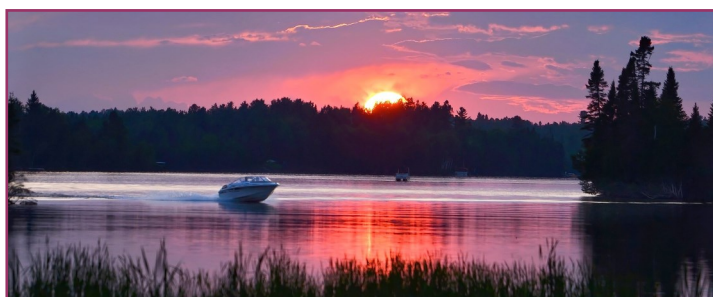
Back then, I had to avert my eyes from the living room window when I heard the rumble of the school bus. This aversion was made worse by Rusty the Wonder Dog trotting to the window, eagerly waiting for Carson to walk down the street. Now, I fondly recall curating the perfect ensemble of school supplies, only to be met with Carson's total lack of enthusiasm for my carefully coordinated purple scissors, purple ruler, purple notebook and, well, you get the idea.

Carson's favorite hand-held video game, "Let's Go Fishing," provided an ideal backseat diversion during lengthy car rides. The memory of its silly "Let's Go Fishing!" voice and amusingly authentic sound effects makes me chuckle.

For my end-of-summer hurrah, I plan to escape to a lake. In Carson's honor, I hope to lure a walleye into the boat, stoke a towering inferno campfire, bask in a purple sunset, and keep vigil for shooting stars.

Ok Mom, step away from the computer—let's go fishing!

Gloria Jordan  
Carson's Mom 4Ever  
TCF Minneapolis, MN



## A Beginning

One day you wake up and realize you must have survived because you are still here, alive and breathing.

But you don't remember the infinitely small steps and decisions you took to get there.

Your only awareness is that you have shed miles of tears on what seems to be an endless road of sorrow.

One day, one glorious day, you wake up and feel your skin tingle again and you forgot just for an instant that your heart is broken...

...and it is a beginning.

Susan Borrowman  
TCF Kingston, ON

## Reflections

With the death of my sister came some painful realizations: that life really isn't always fair or predictable; that sometimes even my best still isn't good enough; and that from the day of her death, the happy events in my life would always be tinged with sadness.

Despite the pain and loss, death has also left me with some valuable lessons and precious gifts. As a result of my sister's death, I have a greater appreciation of life and a greater compassion for those who hurt. I have learned to be a survivor and to have a successful career and productive life in the face of tremendous grief and loss.

I have been gifted with good friends and special people to help me through the rough times. But most of all I have been given the gift of time—time to heal and time to replace those painful memories of death with priceless memories of my sister's life.

Cathy Schanberger  
TCF sibling

## To Our Surviving Children

And you were here with us  
when the darkness came  
You stood and grieved  
And kept yourself alive...

We thank you now.

We have not always honored who you are  
And often did not tend  
Your hidden sorrows...

Forgive us now.

Because you love us well enough to wait  
Until we could return to you  
And know with joy and hope and love  
You are tomorrow...

We celebrate your life.

And while we will remember always,  
always the one,  
the many souls who did not live,  
We see you once again for what you are:

The wealth you are,

The comfort

And the promise...

We thank you now.

~ Sascha Wagner



# The Compassionate Friends

Minneapolis Chapter  
Supporting Family After a Child Dies

c/o St. Joseph Parish  
8701 36th Ave N  
New Hope MN 55427

## HELP SUPPORT

the Minneapolis Chapter of The Compassionate Friends.  
We operate solely with voluntary donations. While there are no dues or subscription fees, your donations support our Chapter's efforts. Funds are used for meeting supplies, rent, newsletter printing/postage, outreach, and more. 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/event or mail to:

**The Compassionate Friends, 8701 36th Ave N, New Hope MN 55427**  
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 \_\_\_\_\_

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