



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 20 “The Ripple Effect of Loss”

HYBRID (In-person & Zoom) MEETING

During this meeting, John will look at how our loss can affect many aspects of our lives, and potentially create unexpected secondary losses. Then he will delve deeper into Compounding Grief, also known as Cumulative Grief, which can further complicate the ripple effects of our loss.

Monday, June 17 “Power of Storytelling & Connection”

HYBRID (In-person & Zoom) MEETING

Storytelling & sharing may help soften the loneliness and isolation that often accompanies grief. Even though we may be thinking of our loved ones all the time, we may be reluctant to share our stories out loud. Perhaps we feel pressure to get over our grief and move on. Allowing ourselves to share and be honest about how we feel, provides validation, connection, & healing.

Monday, July 15 “Pink Notes, Blooms, & Scoops”

IN PERSON EVENT (No Zoom)

Members, family, and friends are invited to our uplifting summer event. Held in-person at our 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.

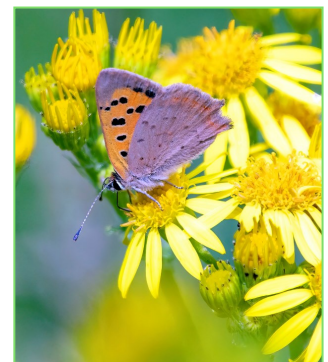
To Our New Members: Coming to your first meeting is the hardest thing to do. But, you have nothing to lose, and much to gain. Try not to judge your first meeting as to whether or not TCF will work for you. The second, third, or fourth meeting might be the time you find the right person...or just the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

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Special Events Co-coordinators
Vickie Hackel & Monica Colberg

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Steering Committee Meetings
Held quarterly to plan events and Chapter direction. Next meeting: July 19.

TCF NATIONAL OFFICE

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Those who have SUFFERED
UNDERSTAND SUFFERING
and therefore



extend their hand.

The
Compassionate
Friends
Supporting Family After a Child Dies

~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

Minneapolis Chapter Website:
tcfmpls.org

MPLS Chapter Is On Facebook:



Join our Minneapolis Chapter's private Facebook community online:
[TCF Mpls](#)

Or log onto Facebook and search:
TCF Mpls
www.facebook.com/groups/TCFMpls

National Organization Website:
www.compassionatefriends.org

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

- **Online Grief-Related Webinars**
- **Online Support Communities**
- **National Magazine, *We Need Not Walk Alone*®**
- **Facebook Closed (Private) Groups**

[TCF/USA National Facebook Page](#)
www.facebook.com/TCFUSA



TCF 47th NATIONAL CONFERENCE 2024
◆ New Orleans, LA ◆

Make Plans to Join Us!
TCF National Conference
New Orleans—July 12-14, 2024

Every summer, bereaved parents, grandparents, and siblings come together and find a gathering 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.

Set aside the July 12-14 weekend to spend time focused on your loved one, sharing memories and stories. Join others for a helpful, heart-warming experience.

Early Bird Registration Rate ends May 20 at midnight (CDT).

Conference Summary, Agenda, Registration Fees and Hotel Reservations (room block with discount rates) info is available by clicking on [Event Page](#) or visiting [/web.cvent.com/event/7d8e2551-9719-41d0-b9d6-bb483a84fe71/summary](http://web.cvent.com/event/7d8e2551-9719-41d0-b9d6-bb483a84fe71/summary)

Culver's
Welcome to delicious.®

Dine to Donate
June 4, 2024 4 pm – 8 pm
Plymouth — 494 / Bass Lake Rd.
6175 Quinwood Lane N. Plymouth, MN
Supporting the Minneapolis Chapter of TCF

We're excited to partner with **Culver's** using their "Dine to Donate" program. 15% of their net sales during our event at their Quinwood Ln, Plymouth location will be donated to our Minneapolis Chapter.

We encourage you to spread the word and invite friends, family, co-workers, (basically everyone) to join us for dinner and/or a treat on **Tuesday, JUNE 4 from 4 pm–8 pm**. The more people who dine, the more our Chapter earns! All customer sales in the dining room as well as the drive-through will count towards our grand total. Who knew donating could be so tasty and satisfying. Save the date and make plans to join us! We need your help to make our fundraiser a huge success!



Pink Notes, Bucket o' Blooms, & Sundae Scoops

In-Person Event – July 15, 2024

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 15, 2024** at our meeting location: **St. Joseph Parish - 8701 36th Ave N - New Hope**
- This event will take place Rain or Shine!
- The Chapter will provide everything. The event is free, but donations are always appreciated.
- Made to order Ice Cream Sundaes will be served.

RSVP by JULY 12 with your name and number attending.

Family and friends are warmly invited.

Email tcf.mpls@gmail.com; or Call or Text our chapter phone, (612) 444-1301, to RSVP or ask any questions.

Family's First Conference Provides Meaningful Experience for All

Our family lost an incredible person on December 13, 2021. Matthew, our son and brother, left us unexpectedly in his sleep, four days shy of his 28th birthday. Matthew has two sisters, and he also left behind the love of his life, his fiancée Julia. Matthew and Julia were to be married on July 14th last summer. Instead, my wife Betsy, our daughter Camille and I attended our first TCF National Conference.

We found the conference to be a beautiful, loving, sad, intense, hopeful, difficult, caring event. Betsy, Camille and I all gained from our experience, and we talked about getting to New Orleans in 2024 as soon as the event ended. We are hopeful that our older daughter Carmen can also attend.

For Betsy and I, the conference provided some healing and hope. They are busy days, filled with a variety of sessions where speakers talk about their loss, and their path to hope and joy again. While the days are filled, the conference leaders and speakers make it crystal clear that the time is each of ours. Do as you wish. On the second day last year, I simply went outside and sat for an hour. I needed some alone time. You do what is good for you.

Each session provides a nugget or two for attendees to possibly take back home with them. Something to think about, lean on or maybe even do something. The ability to meet and hug so many other people in this club is another benefit to attending.

For our daughter Camille, the conference was beyond

meaningful. She finally could be who she is now. We become somewhat different people when we lose a child, sibling, or grandchild. We hold in a lot to protect those that don't understand. Camille met some of her "sibs" that she zooms with weekly, and it was wonderful. She met many other sibs as well.

I was struck by the outpouring of love the sibs have for each other, their ability to lift each other up, and their "driving force" that emanated throughout the event. For me to see Camille in the grand ballroom with her sibs, and to listen to her words late at night, was both painful and comforting. Painful because she needs to rely on her new sibs to carry her through her life, rather than spend her life with Matthew, but comforting knowing that she will be okay for the very same reason.

One of my favorite sessions in Denver was the Sib panel, where the room was filled with parents who were given the opportunity to ask the panel any questions they desired. I could see, hear and feel the emotions of the sibs as they discussed their collective losses, their relationships with their parents, and as they gave their advice to us on how to live with our kids that we still have here on earth.

2023 was our first year attending the National Conference, but it won't be our last. We will be in New Orleans, sizzling hot as it may be, because we need to be there.

Leader's Corner

Ever been in a group of like-minded, heart-connected folk that make your heart sing?

That was me last week during our chapter planning event held offsite in a rural setting. Our agenda was packed. They were focused, engaged, and responsive to each other's input. I paused writing notes to take in the group dynamic. It was as sweet as raspberry sauce on a chocolate brownie with vanilla ice cream!

These are the residual effects of life in a TCF chapter leadership group. Bravo, team! We topped it off with a walk through a pasture with big horses and a friendly black lab. Just beyond that were the new spring cow babies and their moms.

Each of us has experienced life-changing loss and heart-wrenching sorrow. And yet, that TCF Steering Committee event has joyously brightened my day every day since then.

To our new chapter members, hold on to TCF. Joy is still found ahead.



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

Tim Koch, Matthew's Dad, TCF Minneapolis, MN.

Courage – A Surprise – An Understanding

Attendance Requirement: Courage

I don't think I am unique. I did NOT want to attend a meeting of The 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. We, my son and I, 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

The 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 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 who attend 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?

The Compassionate Friends is here to help—to listen, to suggest, to understand. If you handle your grief well, you do not need The 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

*One day
we will remember
how lucky we were
to have known their love,
with wonder, not grief.
Elizabeth Postle*

The Storm of Grief

It comes like a huge thunderbolt—shocking and deafening you to all else around you. Suddenly the world that had been so bright is black and desolate. There seems to be no hope.

The tears come like torrential rains. The winds of reality come and you are torn by the pains and fears caused by the storm. Even when the tears stop for a while, the dark clouds loom over you, threatening you with more tears and more pain.

Most passersby can't help you through the storm because they have never been caught in one like it—and some don't seem to care. There are a few who will reach out their hand and try to pull you from the storm, but the storm must be endured. And then there are the special ones—the ones who are willing to walk with you through the storm. Usually these are people who have been there before and know the storm can be survived.

After a time, the torrential rains turn to slow showers, and then the showers come less often. But the clouds don't go away. The sadness and pain remain, but they become more bearable.

Eventually, as the clouds begin to part, there may even be a rainbow—a sign of hope. And as the sun begins to shine a little more, flowers of memory will be enjoyed. I don't think the showers will ever end, but I believe, as they get farther apart, the sky will get bluer; we will see more rainbows; and the flowers will bloom more and more.

Perhaps it is even good to have a shower now and then—to cleanse our souls and to revive those special flowers of memory.

Mary Jo Pierce, TCF Tuscaloosa, AL

The Promise

Your birth brought me starshine, the moon and the sun;
My wishes, dreams gathered round my little one.

My life became sacred, full of promise and light,
All wrapped in the child who brought love at first sight.

The years of your living filled with laughter and tears,
Excitement, adventure, some boredom, some fears,

But ended too quickly, ahead of its time.

The loss so horrendous, such heartbreak was mine.

But from the beginning, one thought rose so clear;
Never would your death erase the years that you were here.

I would not be defeated or diminished by your death;
I would hang on, learn to conquer, if it took my every breath.

For if your death destroyed my life,
Made both our lives a waste,
'twould deny your life's meaning and all the love you gave.

I vowed that years of sadness
Would change, with work and grace,
To years of happiness, even joy, in which you'd have a place.

Memories of you, like shining stars
In the patterns of my soul,
Are beacons flashing light and love, and with them I am whole.

In your honor I live my life, now living it for two.
Through all my life, you will too.

From *Stars in the Deepest Night*
Genesse Bourdeau Gentry, TCF Marin County, CA

Our Children Remembered...on Their Birthdays

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



May

CHILD	MEMBER
Chad	Joyce Rubin
Carson Thomas Jordan	Gloria & John Jordan
Logan Bruns	Julie & Paul Kingsbury
Jamie	Elaine Hedin
Christina (Tina)	Carol Omlie
Tina	Anne Kjeksrud
Ross Alvin Joseph Stenerson	Barbara Stenerson
Julie Marie Olson Topp	Barbara Olson
Noah David Muonio	Michael & Anita Muonio
Tim	Jerry & Cindy Vincent
Gregory	Mary & Tom Sincheff
Eric Brodin	Judy & Buck Brodin
Adam	Rhoda Michaelynn
Sawyer James Tate	Robert & Joy Tate
Austin Henning	Parker Radmaker
Steve Hokemeir	Gail Hokemeir
Jenna Rietmulder	Jay & Holli Rietmulder
Kaare	Kristi Patterson
Alec Smith	Alexis, Brittany, & Jamisen Holt
Alec Smith	James & Nicole Smith-Holt
Scott Tuma	Shirley Tuma
Kameron	Dawn Gurule
Nick	Alyssa Kroll
Jean Claude Wishard	Danielle Wishard-Tudor
Regal	Georgia Blues
Regal	Marty Bragg
Payton Tripp	Janet & Richard Tripp
Ben	Rachel Poleke
Rob	Mary Quade
Matthew	Mary Curtis
Natalie	Vickie Hackel
Gavin	Nancy Toohey

June

CHILD	MEMBER
Kellie	Beckie Lillehei
Carolyn Ann Bedford	Barbara Demsky
Ben Alden	Mary & John Alden
Tracer Rustad	Nancy Buffington
Ashley Beard	Emily Beard
Ashley Beard	Tim & Wendy Beard
Mark	Bev London
Tina	Cynthia Wong
Vincent	Jeff Lewis
Allisa Feldman	Harley & Elayne Feldman
Thor Eide	Susan Nokleby
Zachary	Melanie & Craig Thielke
Sky	Traci
Victor Genis	Argimiro Delgado
Alex	Julie & Tom Cahoy
Alex Cahoy	Raychel & Hannah Benson-Cahoy
Ben Cahn	Jeff & Laurie Cahn
Ben Cahn	David Cahn
Ben Freidson	Debe and Jenne
Dan	Deb Sholl
Jeffrey	Deb Decker

July

CHILD	MEMBER
Daniel Hinschberger	sibling Anna & Todd Lundblad
Daniel Hinschberger	Linda Schaeffer
Elsy Kirabo	Mary Jo & Winston Peterson
David Adam Kronick	Micki Herman Kay
Tanner	Matt & Carla Regel
Brendan Dow	Maggie Dow
Grant	Greg & Stephanie Dosser
Keira	Patrick Duffy
Andrew John terSteege	Leon & Kathryn terSteege
Peter	Kathy Sullivan
Kinsley	Farynn Kimmes
Kendra	sibling Cole Lindfors
Kendra	Tom & Terri Lindfors
Jory Day-Monroe	sister Seaira Garcia
Jory Day-Monroe	grandson 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 & Ameer Banks
Kerry	Julie Bartell
Danny	Georgie Waulk
Sadie Hanson	Dani Hanson
Shayde Erin Rudenick	Steve Rudenick
Gretchen	Susan and Dave Windschitl
Dylan Colbath	Lisa Colbath
Tony	Tina Mehok
Alex	Sandra Reem
Ryan Trunzo	Scott Wagner & Paula Trunzo

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
Logan Bruns		Julie & Paul Kingsbury
Caleb		Paul & Perla Morley
Emma		Jeronimo Garza
Samantha		Julie & John Bangsund
Jessica		Teresa Kohman
Mark Andersen		Ruth Shaddrick
Natalie		Vickie Hackel
Hunter		Sue Aguilar
Peter Laverty	sibling	Thomas Laverty
Vanessa Marie		Maureen Voltin
Joseph Engles		Deb Barland
Henri		Colisa Lemal
Robby Andrew Wallenberg Bragg		Linda Wallenberg
David Lindgren		Jeff & Jan Bowers
David Lindgren	sibling	Tony and Adam 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		Monica Colberg
Arthur Colberg	nephew	Marcia & Craig Benham
Arthur Colberg	sibling	Jessica & Brandon Schultz
Kerry		Julie Bartell

June

CHILD		MEMBER
Alex		Julie & Tom Cahoy
Alex Cahoy	sibling	Raychel & Hannah Benson-Cahoy
Tanner		Matt & Carla Regel
Daniel Christian Demsky		Barbara Demsky
Grant		Greg & Stephanie Dosser
Ron Reinert		Sharon Reinert
David Andrew Twigg		Selma Twigg
Andrea		Joan & Martin Leeper
Zofia		Josh & Zabrina Schultz
Ryan Trunzo		Scott Wagner & Paula Trunzo
Zachary		Melanie & Craig Thielke
Leo	grandchild	Rod Monroe
Dan Lewis		Chris & Bob Lewis
Tim		Rozanne & John Puhek
Ashley		Randy Segal & Michon Jenkin
Leon Harwood		Antonia (Flipper) Filipia k
Austin Henning	sibling	Parker Radmaker
Max Williams	sibling	Marion Williams
Alec Smith	sibling	Alexis, Brittany, & Jamisen Holt
Alec Smith		James & Nicole Smith-Holt
Daniel		Dan & Chevis Peso
Kelsey Eberle		Roxanne & Terry Eberle

July

CHILD		MEMBER
Amia		Adrienne Pelleg
Tucker		Dana & Kevin O'Brien
Keira		Patrick Duffy
Jack Kocur		Shelly & Kent Kocur
Jack Kocur	grandchild	Jan Kocur
Jack Kocur	sibling	Kayla Kocur
Jamie		Elaine Hedin
Charlotte		Jon & Angie Downing
Claire Richards		Gail Manning & David Richards
Peter		Kathy Sullivan
Michael		Jean Shilinski
Peter		Eric Strommen
Allyson		Roger Graphenteen
Archer		Kara Amorosi
Adam		Rhoda Michaelyenn
Steve Hokemeir		Gail Hokemeir
Kate		Scott & Lisa Fronek
Murdoch		Nicole Crust
Murdoch		Cory Crust
Andrew John terSteege		Leon & Kathryn terSteege
Barry Allan Beal		Carol Beal
Lars	sibling	Anne Kjeksrud
Lars		Carol Omlie
Chad Goodspeed		Betty Udseth
Luke	grandchild	Amy & Jason Crotteau
Luke		Carolyn Crotteau
Harriet		Stephen & Fiona Burgdorf
Victor Genis		Argimiro Delgado
Calder		Peter DeMaio & Ashley Heerema
Michael DeBruin		Mary & Bob DeBruin
Jason McCarthy	grandchild	Ken & MaryLou Theisen
Tim		Jerry & Cindy Vincent
Kaare		Kristi Patterson
Alexander		Susan & Ed Herrmann
Cherpree		Dawn Boesch

Father's Day

As the day approaches, I wonder how I will react.

Am I still a father?

I will sit quietly, never allowing friends and family to see how I feel.

I miss my son, but I can't allow myself to "break."

I must remain strong and always be the "rock."

I wish I could just let someone know how much I miss my little angel.

How much I cry and how much I miss hearing, "Dad, I love you."

I am a father, but I wonder, "Will I just pretend, as usual, that it doesn't bother me?"

Remember me, for I hurt, too, on this special day.

Doug Hughes
TCF Tampa, FL

Birthday Card

Some time ago I wandered into a greeting card store. My son's birthday was next month. I scanned the sections, Mother, Father, Son, Daughter, etc., and found a card. The graphics were sweet...tall kid surrounded by friends and family, everybody smiling.

The card text was missing periods. In his youth my son wrote long sentences with no periods. This card was perfect for him! It read:

"There once was a son who was loved by everyone He was gifted and smart With such a big heart. He's the best son you could find" (open the card) "And I'm so glad he's mine! Happy Birthday."

The card came home with me. I read it again and again.

It was an impulse buy. Was this off balance? Am I OK? It cost \$3.29 plus tax. What do I do with it now?

I pushed that hesitation away, opened the card and wrote "Love you, Art," and signed it "Mom." I added the date and wrote "See you sometime. One day."

I tucked it into a dining room drawer full of family cards given and received over many years.

Three years later I found that card as I was looking for another card. This time I smiled and pinned the card to my desk lamp where I see it every day.

I fully accept purchasing a birthday card for my tall, friendly 20-year old son who died 15 years ago.

Readers not familiar with child loss will find this story "absurd." Webster's Dictionary defines it as extremely poor reasoning, ridiculous, nonsense. Compassionate Friends find nothing wrong with a bereaved mom purchasing a card for a son or daughter who died years ago.

Sometimes Compassionate Friends and everyone else live on opposite planets. I can live with that.

Parents love their children. Siblings love their siblings. We will always remember them and honor them, especially on their birthdays.

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

I Want

I used to have rolling hills with birds chirping
Gentle waves against the rocks

I used to have a hot coffee with a good book
Morning drives filled with excitement

Now I have jagged stone with birds crying
Harsh waves on the cliffside edge
Now I have blistering coffee with a forlorn look
Night drives with a somber air

I want a calm breeze on the horizon
Cool water lapping at the shoreline

I want that good morning coffee
Afternoon drives being exquisitely exhausted

Hannah Benson-Cahoy

In memory of my brother Alex Cahoy
TCF Sibling Group Minneapolis, MN

Vacations

Vacation time can be painful for bereaved parents. Caught up with normal demands of making a living or keeping a household going, we have less time to think than we do on vacations, especially the "take it easy" kind-at a hideaway, tucked away somewhere.

In the summers following Tricia's death, I found vacations could bring a special kind of pain. We avoided going to places where we had vacationed with her. At one time, I thought Williamsburg might be off my list forever since we had a very happy time together there. I tried it one summer three years later and found that she walked the cobbled streets with me. Now that nine years have passed and the pain has eased, maybe the happy memories we shared in Williamsburg can heighten the pleasure of another visit there.

For the first few years after Tricia's death, we found fast-paced vacations at places we had never been before, to be the best. The stimulation of new experiences in new places with new people refreshed us and sent us home more ready to pick up our grief work. That is not to say when we did something or saw something that Tricia would have enjoyed, we didn't mention her. We did, but it seemed less painful than at home.

One caution: Do allow enough time for sleep; otherwise, an exhausted body can depress you.

We've said it many times: YOU HAVE TO FIND YOUR OWN WAY, YOUR OWN PEACE. Let vacation time be another try at that; but do give yourself a break in choosing the time and locale where that can best be accomplished. Don't be afraid of change-it can help with your re-evaluation of life.

Elizabeth Estes, TCF Augusta, GA
In Memory of Tricia





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.*

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Name _____

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Child's Name _____

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