



THE COMPASSIONATE FRIENDS

Door County Chapter

P.O. Box 193, Sturgeon Bay, WI 54235
1-800-589-2669 (Voice Mail) www.doorcountytcf.org

Volume 14, Issue 4

FALL 2009

WOULD YOU LIKE TO RECEIVE THIS NEWSLETTER BY E-MAIL?? PLEASE SEE PAGE 10.

THE FOLLOWING BEREAVED PARENTS ARE EAGER LISTENERS AND HAVE GRACIOUSLY VOLUNTEERED THEIR TIME AND "EARS" FOR YOU:

- GARY KIRACOFE -854-9801 (LOSS OF PRESCHOOL CHILDREN)
- LYNN MAGGLE -743-5707 (LOSS OF CHILDREN AGES 7-13)
- BOB MOELLENBERNDT - 743-3476 (LOSSES FROM ACCIDENT)
- KAREN DUTIL - 837-7133 (LOSSES FROM SUICIDE AND CANCER)
- SANDY GREENWOOD - 746-9313 (LOSSES FROM MOTORCYCLE & AUTO ACCIDENT)
- SUE WARREN - 743-8029 (INFANT, STILLBORN DEATH AND MISCARRIAGE)

THE DOOR COUNTY CHAPTER MEETINGS ARE THE SECOND THURSDAY OF EACH MONTH, AT DOOR COUNTY MEMORIAL HOSPITAL, CONFERENCE ROOM #3, LOWER LEVEL. WE MEET FROM 7PM TO 9PM.

CHAPTER LEADER: DAWN SANDUSKY -854-9801
 CHAPTER TREASURER: BOB MOELLENBERNDT - 743-3476
 NEWSLETTER EDITOR: SANDY GREENWOOD -746-9313
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 COORDINATORS FOR THE NEWLY BEREAVED: KAREN DUTIL AND LESLIE CROSS
 COLUMNIST AND LIBRARIAN : KAREN DUTIL - 837-7133
 FUND RAISING COORDINATOR: GARY KIRACOFE - 854-9801

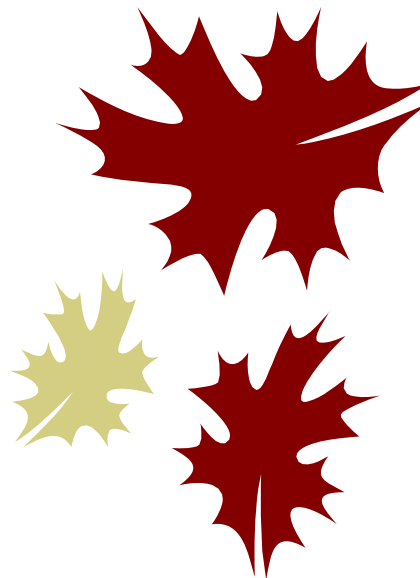
WHAT IS THE COMPASSIONATE FRIENDS?

The Compassionate Friends is a not-for-profit self-help organization composed of bereaved parents, siblings, and grandparents. We offer friendship and understanding to those who have experienced the death of a child, sibling, or grandchild. Our meetings give parents an opportunity to talk about their child and about their feelings as they go through the grieving process.

The purpose of this support group is to assist each other in the positive resolution of the grief experienced upon the death of a child and to support our efforts to achieve physical and emotional health.

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A MESSAGE FROM KAREN

"Try to remember when it was September when no one wept except the willow." A line from an old song making me wander back to the olden days, the last hours of my old life, to the autumn twenty-five years ago. Two months before, the birth of our first grand child had ushered in a wonderful new phase in our lives. Our future was filled with promise and hope.

It all changed on September 28, a brilliant warm sunny day when I came home to find David, our youngest, dead in the garage.

The next nine years brought an onslaught of loss, illness, and death and left us without half of our nuclear family. Those years were an exercise in patience. We learned the impossible chores of surviving, grieving, and rebuilding. We mourned the loss of our family members, our hopes, and our dreams that now would never come to pass. It is said that when we are broken, sometimes the broken places become stronger when they heal.

My greatest challenge has been learning to let go of the hard memories so that I can cherish the sweet ones from my old life and to live each day as it comes. As the old song says, "And if you remember that kind of September, then follow.. where life leads.

*you are slipping away
despite my tears
which could fill oceans, seas
and the sky
your absence has become
my life
and still i mourn
though my work is done
according to the gospel
of grief*

*the seasons turn
marking the autumns when you died
the winters of your births
the summers when you laughed
and spring
when i am supposed
to have
hope*

*how strange in 2009
that i live
when you do not
that i'd be here and you would not
that i have two
instead of four*

except

*for the crisscross of time
and memory
where our paths connect*



Please consider submitting an article or poem for our newsletter. Whether you would like to tell us about your child, about your feelings, or just submit something you have read somewhere else that you found helpful or meaningful, the newsletter is for you and your input is most welcome. Contact your editor, or bring your article or poem to a meeting and give it to the facilitator and we'll see that it gets published.

Testimonials about how TCF has helped you are always needed. It does not have to be lengthy; a paragraph or two would be just fine. It is important to let people know that TCF exists and that it is helpful to those who have suffered the loss of a child, grandchild or sibling.



THE KEEPSAKE OF THE HEART

We each have a picture
of someone we treasure -
We take it out often,
and always with pleasure -
Perhaps for a moment,
perhaps for all day -
Then carefully, lovingly,
tuck it away . . .
It could be a photo,
but often it's not -
It may be no more
than a wonderful thought -
The kind that brought happiness
right from the start,
And that's always nearby
for it's kept in the heart.

by Emily Matthews

(submitted by Becky Tremble)



Autumn

In the fall

When amber leaves are shed,
Softly—silently
Like tears that wait to flow,
I watch and grieve.
My heart beats sadly in the fall;
'Tis then I miss you most of all.

*Lily de Lauder
TCF Van Nuys, CA*

Check out our newly updated website at
www.doorcountytcf.org.

Halloween

It is here, this day of merriment and children's
pleasure.
Gremlins and goblins
and ghosties at the door
of your house.
And the other children
come to the door of your mind.
Faces out of the past,
small ghosts with sweet, painted faces.
They do not shout.
Those children
who no longer march laughing
on cold Halloween night,
they stand at the door of your mind-
and you will let them in,
so that you can give them
the small gifts of Halloween-
a smile and a tear.



WINTERSUN by Sascha

After October

and if there be a perfect month,
for me, it is October...
with days and nights like laughing fauns,
with mornings bright and sober.
when wind will dance in sudden glee
to do the autumn-sweeping
or cloud and fog and wistful rain
can move a heart to weeping.
and in October you were born,
four days before November...
and four years later you were gone,
my little son, my only son,
I love you.
and remember. . .

sascha

A NEW NORMAL

~By Andre Parhamovich

On the day my life changed forever, I learned that my beautiful little girl had been killed in Iraq. Andi wasn't a soldier. She had gone to Iraq to teach its elected officials the principles of democracy and human rights.

Andi came into this world walking to the beat of her own drum; she possessed a spirit of determination in everything she did, from scoring goals on the soccer field or runs on the softball field to reading as many books as she could in one night. That same spirit of determination followed her throughout her entire life as she felt a sense of responsibility to make this world a better place. She pursued a career in communications and public relations because she thought it to be a good medium to bring certain issues to light. She was diligent in remaining committed to one day bring forth some sort of social change. Andi did not support the war in Iraq, but she believed she could use her skills and knowledge to create something positive out of a war she felt was unjust and unnecessary. She felt a desire to help improve others' lives. She was only 28 years old when insurgents ambushed and killed her after leaving a political party training session.

My little girl and the love of Michael Hastings' life was dead. Michael was working as a foreign correspondent for *Newsweek* magazine in Baghdad. He and Andi had a plan to elope in Paris, France, near Valentine's Day in February 2007. After her death, Michael recounted the story of their tragic relationship in a book he wrote called *I Lost My Love in Baghdad*. Proceeds from the book are donated to the Andi Foundation.

On the day my life changed forever—when it was shattered by the grenade that killed my daughter—I knew that I would never be the same. I knew that every remaining day of my life would be filled with sadness and pain. I wish I could say, two years later, that I'm learning to accept Andi's death. But I can't and never will. What I am learning, however, is how to find small comforts that soften the sadness that permeates my soul.

When your life is so irreparably changed by a loved one's death, it helps to create what I call a "New Normal" for yourself. There are mornings when my "new normal" means simply getting through the day, just "living to live."

As part of the new normal, I cry more on the "inside" now than I do on the "outside". Thus, a father's "quiet tears". The only problem with these "inner tears" is that no one on the outside can hear me. I feel that tears are important, for they help me "rinse" sadness from my soul. So I pray to God each day the following prayer: "Please do not forget me, God. As I travel through loneliness and sadness each day, help me to do this in a positive way."

When I need to comfort myself, I walk through the lakeside park where I used to take Andi to play. Sometimes I'll sit on a bench and talk to her, as though she's still alive. After one of my "Andi conversations", I felt something I'd never experienced before—a feeling of complete serenity and contentment. My wife, Vicki, says that it was Andi giving me a hug. I'd like to believe it was her saying, "Don't be sad, Dad, I'm fine."

Vicki has found some solace in her work as a nurse and in our grandchildren and friends she calls her "Angels of Comfort". My sons have turned to their music—Cory on his drums and Chris with his guitar. My oldest daughter, Marci, has found strength in her husband and her daughters, Abby and Kayla, the nieces Andi loved. All of us have found a positive way to remember Andi in the Andi Foundation, which provides scholarships to women who aspire, like her, to help the world.

Yet I know that, even though we have gotten better at grieving, my family and I will always be among the "walking wounded". As I wrote in the following poem:

*Grief is like wearing invisible clothing.
No one else can see it, and only I can feel it.
Some days it is heavy, some days it is light.
But I know it will be with me for the rest of my life*

If you are grieving the loss of someone you love, try to create "a new normal". Whatever your "new normal" is, it may help you to find at least small comforts in your pain. ♥

Andre and his wife, Vicki, live in Painesville, Ohio, where he has been a teacher of physical education and a coach for 32 years with the Painesville City local schools.

From *We Need Not Walk Alone*, Summer 2009

KENNY

~By Candice Wilson

It's been one year since I've seen him. Since I've touched him. Since I smelled his sweaty boy smell that I love so much. Since I hugged his warm, hard body. He wasn't supposed to leave me. At least, not yet anyway. He was supposed to grow up, and be my older brother who took care of me. He was supposed to graduate from high school and college, get married, and have kids. Why would God take him away from me when I needed him most? I was going to be a lowly freshman starting high school that year. Just like a fish at the bottom of the food chain. At least I would have my brother to tell me where all my classes were and to bring me lunch from Panda Express. At least, I thought I would. He was going to be the all-powerful junior. That was the year he would decide what college he wanted to go to and what major he wanted. That also would have been his first year playing varsity football. And I would be cheering him on and screaming his name in the stands just like everybody else. He was loved and cherished by anyone who came to know him. It was hard not to love him. Nobody would have guessed that his life would be taken from him that fateful day in August. If only he hadn't gone to practice that day. If only we'd been on vacation instead like we were planning in the beginning. If only I had got to say something to him that morning before he left. If only . . . I know that we are going to be reunited in the future. There's not one day that goes by that I don't think of him. He will never be forgotten, and I don't think of this as an end, but a beginning. So thank you, Kenny, and I love you. ♥

Candice is a sophomore at Beckman High School in Irving, California. Her brother, Kenny, died of heat stroke the first day of football practice August 17, 2007. He was 16 years old.

From *We Need Not Walk Alone*, Summer 2009

I Am Your Sister and Always Will Be

"I am your sister and always will be." That's how Susie signed her cards to me. After a while, she shortened it to, "I am..." And of course I knew the rest of it Susie was two and one-half years younger than I. She was alive one evening talking on the phone to Mom about the Oscars and to Dad about moving. The next day she was found. Whatever it was--it ended her life and changed mine forever. There was a wonderful side of my sister that I didn't pay enough attention to. She was a kind and loving person, always ready to shelter lost animals and lost souls. When she was in a good mood, her smiles warmed my heart. Yet I spent most of my life wishing that things were different: wishing that she thought more of herself, wishing that she would take my advice, wishing that she were happier, wishing that we could accept each other. Now, for two years, I've done nothing but wish she were here so we could have another chance to work at our relationship. Now, I wish that I had been able to give her my unconditional love & support. (She needed it and deserved it.) Now, I wish that I could have been with her that night so she would not have been alone. Now, I wish that I would have held her in my arms and told her how very much I loved her. Because, Susie, I am your sister and always will be.

-Michele Walters, TCF, Baltimore, MD



EVERYTHING IS A FIRST

Everything is a first. Many moments must be faced. There are the first holidays, the first anniversary, the first birthday. Thoughts about my brother Dave will always be with us. It's never more than a sentence away from me - NEVER! The ordinary cannot be ordinary. A certain phrase, a look, or an article of clothing can trigger thoughts and emotions. The joy of my senior year in college was interrupted by sad reality. FORGET? How is this possible? The days and months following my brother's death were filled with grief. Flowers and food were everywhere - love and concern were translated into strength that kept me moving one step at a time. People don't know what to say - nothing is NORMAL. Tragedy has brought a seriousness to my life. Thoughts about the meaning of life and the unimportance of a lot of things I have previously found important are circulating in my mind. I think about my own funeral now. When will it be? Tomorrow, next week, next year, before or after my parents? There are good days and bad days. I am learning to deal with all this. People ask me "How are you?" Here is my answer: "I am mad that Dave died at the age of 17. I am angry that my parents have to go through this. I am confused about my role in the family. I am jealous of other families. I am sad. I am fearful about the future. I am hopeful things will get better. I am courageous. I think about my brother every day. I will be strong."

*Lisa Ann Jones,
TCF, Avoca, PA*

We can only be said to be alive in those moments when our hearts are conscious of our treasures.

Thornton Wilder



THE COMPASSIONATE FRIENDS INTERNET SIBLING RESOURCES:

Sibling Chat

This chat is available for adult and teen siblings to share concerns and feelings. Sunday, Monday, Wednesday and Thursday evenings: 6pm PST, 7pm MST, 8pm CST and 9pm EST. Saturday evenings 7pm PST, 8pm CST, 9pm CST & 10pm EST.

<http://www.compassionatefriends.org/Chat/chatentrances.shtml>.

Sibling Forum (a discussion board for bereaved siblings).

In many areas of the country there aren't any TCF Siblings groups available. The Sibling Forum, available online, where siblings from all over can share, help each other cope with the unique grief of losing a brother or sister. Siblings will be able to ask questions, make a comment or leave a thought for other siblings to respond to. **This isn't a public board; interested siblings will need to request the password from**

TCFsiblingrep@compassionatefriends.org

TCF Sibling Pen Pal Program: This program is offered for bereaved siblings of any age, wishing to meet other siblings with similar interests, hobbies and whose sibling may have had a similar cause of death. This is an email list of bereaved siblings for The Compassionate Friends that offers one more avenue to communicate with others who are walking the same path of grief. It is a most rewarding method for our Compassionate Friends to extend the bonds of friendship that we all need so much to help with the heartache of grief. **Please email the TCF sibling representative for URL.**

Please visit

<http://www.compassionatefriends.org> and click on the Sibling Resources link to view more resources.

Daniel P. Yoffee, Sibling Representative

E-Mail TCFsiblingrep@compassionatefriends.org

LOVE GIFTS

Love gifts are tax deductible donations made to the chapter, in memory of our children or from people who want to help in the work of The Compassionate Friends.

Dr. George and Pamela Sandusky in memory of Victoria Kiracofe.



WE GRATEFULLY ACCEPT THESE GIFTS WITH THE KNOWLEDGE THAT OUR CHILDREN ARE
WARMLY REMEMBERED
THANK YOU, THANK YOU, THANK YOU!!

If you would like to give a Love Gift, please send your donation to
"The Compassionate Friends"
P.O. Box 193, Sturgeon Bay, WI 54235

"To the Parent of a Child Who Has Taken His/Her Life"

(Following are excerpts from this article)

On February 19, 1977, our 20-year old son Mitch shot himself in his bedroom of our home with two revolvers. He was determined not to fail in the last act of his life. Apparently he felt he had failed to reach the goals of perfection he set up for himself. I believe he saw his death as a release from failure, loneliness, and hopelessness. It is easy and natural to blame yourself, your spouse, or anyone else at this time, but to do so is destructive and helps no one. Be careful not to blame in an effort to explain why this happened. It is hard to help your other children with their pain when your own is so enormous. But they need to know that it wasn't their fault, and it wasn't anything that they said or didn't say to their sibling that caused his or her death.

It is important to experience the pain and get it out. People release their emotions in different ways. Crying is helpful and necessary. Sometimes it is helpful to talk about how you feel to your spouse or a friend. I believe that in tragedy, you have to hurt and allow yourself to hurt, without judgment, in order to someday get beyond the intensity of the pain. I believe there is no easy way to go around grief. To be with your feelings, to make no apologies for your emotions, is a very necessary part of the process. One day you will begin to feel healing. I can grow with this tragedy and survive, or I can go down with it and destroy my own life. I have chosen to survive.

--By Iris Bolton, a nationally known TCF speaker, author of My Son, My Son, founder of Atlanta, GA TCF Chapter and Executive Director of THE LINK Counseling Center.

OUR CHILDREN REMEMBERED

This page is dedicated to the memories of our children's birth dates and the date they died. This quarter's newsletter will cover the months of October through December. If your child is not mentioned and you would like them mentioned in the summer newsletter next year, please contact Bob Moellenberndt at 743-3476.

JESSICA ANDRINGA
Born October 1
Daughter of Carol Krueger

DAVID GREENWOOD
Died October 3
Son of Sandy Greenwood

MATTHEW MAC DONALD
Born October 6
Son of Tom and Barb MacDonald

ANTON MOELLENBERNDT
Born October 8
Son of Carol and Bob Moellenberndt

PHILIP SUNSTROM
Born October 8
Son of Lois Sunstrom

GEORGE "KEN" STONEBURNER
Died October 10
Son of Chuck and Judy Dams

AMBER BRIGGS
Born October 16
Daughter of Richard and Tammy Briggs

BRIAN ALLEN HERALY
Died October 19
Son of Rita and Loyd Heraly

MOLLIE MARIE HANSEN
Born October 28
Died October 28
Daughter of Heidi Gossen
Granddaughter of Randy and Cathy Gossen

ERIN SHUFELT
Died October 30
Daughter of Brenda and John Shufelt

LOUIS A. GRIESE
Died October 31
Son of Sue and Jim Frihart

VICTORIA KIRACOFE
Born October 31
Daughter of Dawn and Gary Kiracofe

SUSAN SUNSTROM
Born October 31
Died October 31
Daughter of Lois Sunstrom

KAREN SCHLEY
Died November 1
Daughter of Jon and Ann Schley

LUKE MADDEN
Died November 6
Son of Mike and Barbara Madden

SUSAN PREISSNER
Born November 9
Died November 16
Daughter of Karen Dutil

JEFFREY CROSS
Born November 11
Died November 30
Son of Leslie and Russell Cross

AUSTIN SCUDDER
Born November 14
Son of Jessica Viste

ALAYA SERAFICO
Born November 20
Daughter of Karen Redelin
Daughter and Stepdaughter of Jeffery and Mary Serafico

MICHAEL MOWERS
Died November 21
Son of Pat and Cathy Mowers

KEVIN JOHNSON
Died November 26
Son of Ann Johnson

ROBERT A. GOODMAN III
Born December 1
Son of Linda Goodman

SONYA WIEGAND
Died December 9
Daughter of Maria and William Gerl

BRETT MICHAEL JAUQUET
Died December 9
Son of Jeff and Cheryl Jauquet

CHRISTOPHER SIMON
Born December 10
Son and step-son of Terry and Darlene Simon
Son of Mary White

BENJAMIN BERG
Born December 12
Died December 14
Son of Gerry and Jane Berg

CODY COCHART
Died December 13
Son of Lynda Cochart

LAWRENCE HARTL, JR.
Died December 16
Son of Katie and Lawrence Hartl

KATIE DUFEK
Born December 21
Daughter of Dan and Laurie Dufek

EVAN GERDMANN
Died December 15
Son of Lancing and Swanee Gerdman

CILEY COCHART
Born December 27
Died December 29
Daughter of Lynda Cochart

TROY TREMBLE
Born December 27
Son of Becky and Dennis Tremble

BRADLEY VERDEGAN
Died: December 27
Son of Dan and Nancy Verdegan

MARVIN PIES
Born December 29
Died December 30
Son of Dean and Betty Pies





A support group for families who have experienced the death of a child.

Meets the 2nd Thursday of each month at 7:00 p.m. at Door County Memorial Hospital Conference Room #3 800-589-2669
National website: www.compassionatefriends.org



5000509660

This ad sponsored in memory of Anton Moellenberndt 1974-1993

HELP US GET THE WORD OUT about The Compassionate Friends of Door County and at the same time remember your child/children. You can choose the date for the placement of your ad. It will appear in the obituary section of The Door County Advocate.

Cost is \$50.00 per ad.

The reserve your date send a photo along with a check made out to "The Compassionate Friends". Your photograph will be returned. You may e-mail a digital photo to dawn@scrimshanders.com

Your name: _____

Address: _____

Phone: _____

Your child's/children's name(s) and dates:

Send photo, check and this form to:
The Compassionate Friends of Door County
P.O. Box 268
Ephraim, WI 54211

Call Dawn Sandusky at 920-854-9801 with any questions.

GRANDPARENT CORNER

We lost our grandson Matthew in an accidental drowning. He had just turned seven years old. I don't know of any words that can describe the pain and emptiness we feel. You always think that you will have years of playing with your grandchildren and getting to know them and then something like this comes along and you wonder WHY? Matthew was our first grandchild and the apple of our eyes. Kirsten and Mike (Matthew's Mum and Pop) are dealing with it better, it seems, than we have. We live miles apart...but I try to be there for them whenever they need us. They say they don't talk much about Matthew. I have asked and Kirsten says "Oh we do but mostly it is Matthew's sister (Sarah) that talks about him." She is 6 years old now but was only 2 when he drowned. Sarah tells her parents that she sees and talks to him...Which I truly believe she does. She wonders what he is doing in heaven and if he misses her. We find her innocence and curiosity so very welcome and gain much comfort in listening to her tell us her stories!

We now have 8 grandchildren with Matthew being the first and oldest. He will always remain in our hearts and minds. We regret that we did not spend more time with him. A word of advice...spend as much time as you can with the grandkids and *always* tell them how much you love them. Be a big part of their lives. Although you are grieving too, try to be there for your bereaved children and help them as much as you can. They are parents and their loss is much deeper. If you can get them to talk of the child, please do. Although painful now, in the long run, it will really help them. Hugs.

Danette Jones
TCF - Auckland



COMING EVENTS

Newly Bereaved Meeting

THERE WILL BE A MEETING FOR THE NEWLY BEREAVED on Thursday, October 22nd, at 7pm, at the United Methodist Church, 836 Michigan Street, Sturgeon Bay. As always, it is open to anyone who would like to come and learn about The Compassionate Friends and what goes on at our meetings. If you plan to come, call Carol at 743-3476.

GriefShare Video Seminars

Beginning Mondays at 6:30pm, September 14 at St. Peter's Evangelical Lutheran Church, 108 W. Maple St., Sturgeon Bay, and continuing for 13 sessions. You are welcome to begin attending at any session, so you do not have to attend in sequence. Each session contains a video seminar and group discussion. For more information call 920-743-4431, ext. 161.

ARISE, a five week bereavement program will be offered starting September 29th. Call Susan Johnson at 743-5566 or email susan.johnson@ministryhealth.org.

UNITY HOSPISE will also be offering a grief education series in September. Call 743-6440 to register.



CANDLELIGHTING CEREMONY

BE SURE TO MARK DECEMBER 13, 2009, ON YOUR CALENDAR. We will be holding our Holiday Candlelighting at United Methodist Church in Sturgeon Bay. Detailed information will be coming in our Holiday Newsletter.



WOULD YOU LIKE TO RECEIVE THIS NEWSLETTER BY EMAIL?

For convenience and also for saving postage and paper, the Door County Chapter of The Compassionate Friends is sending this newsletter by email. If you would like to receive this newsletter by email in the future, please notify the editor at sgreenwood@dcwis.com. If you would like to be added (or deleted) from The Compassionate Friends mailing list, you may either email me or call our voice mail at 1-800-589-2669.

- **SOS Survivors of Suicide** group meets in Door County on the fourth Tuesday of every month. The time is 6:30 to 8:00 pm at JAK's Place, 820 Egg Harbor Rd. in Sturgeon Bay. For more information call Becky at 920-825-1339 or Marlys at 920-743-6162..
- **SOS Survivors of Suicide** group meets in Green Bay on the second Monday of the month from 7pm to 8:45. It is located at the Bellin Hospital Annex Building, 2020 S. Webster, Green Bay. For information call Jonna Bostedt at 920-437-7527.
- **PAILS of Door County (Pregnancy and Infant Loss Support)** is a support group. For information all our voice mail at 1-800-589-2669 and leave a message.
- **There is a Compassionate Friends group in Green Bay** meeting on the third Thursday of the month at First United Methodist Church, 501 Howe Street. Call Rev. Dave Wilkinson at 920-437-9252 for information.
- **There is a Compassionate Friends group in Kewaunee County.** Their meetings are temporarily on hold. For information, call Dorothy Konop at 920-863-8003, or email at tdkonop@theglobalnet.net.

WE WELCOME A NEW CHAPTER: TCF OF ONEIDA, WISCONSIN. They meet the 3rd Tuesday of each month, 6:30pm at Parish Hall, 2937 Freedom Rd. For information contact Jean at 920-469-4135.

UPCOMING MEETINGS OF DOOR COUNTY CHAPTER OF THE COMPASSIONATE FRIENDS:

- October 8 - Suicide: 25 years later
- November 12 - Help for the Holidays
- December 13, Sunday - Candlelighting Ceremony
- January 14 - Video: Rebuilding a Life

IF A MEETING IS CANCELLED DUE TO WEATHER, IT WILL BE ACCOUNCED ON WDOR, AND THEN WE WILL MEET AT THE SAME TIME THE FOLLOWING THURSDAY.

An Invitation . . .

Every bereaved parent at some time on the long and desperate journey through grief needs to meet someone else who is treading or has trodden the same path. We all long to know how others have coped, and if our feelings are normal for what we are going through.

We therefore warmly and lovingly invite any grieving parent, grandparent or sibling to join us at our monthly meetings. It does take courage to attend that first meeting (we remember our first meeting) but we believe you will find comfort and support when you attend.

To those of you who are newly bereaved and are receiving this newsletter for the first time, we wish to extend our sympathy and warmly hold out our hands in friendship. At our monthly meetings we offer each other support through gentle discussions, occasional presentations, a lending library and resource materials. We have loving listeners to take your call if you need someone to talk to. However we can help, we are here.

We welcome new members. We are truly sorry for the circumstances that made you eligible for our support group, but we are here to share your grief.

Attending your first meeting takes courage. But those who attend find a comforting network of support that only other bereaved families can give. Please try attending at least 3 meetings before deciding if it is beneficial for you.

FOR YOUR INFORMATION:

The National Office of The Compassionate Friends mailing address is:

P.O. Box 3696, Oak Brook, IL 60522-3696

National Office toll free number is (877)969-0246

National Office e-mail is nationaloffice@compassionatefriends.org

Compassionate Friends web address is www.compassionatefriends.org

Regional Coordinator is Jim Staniforth, Telephone (608)835-7493

Do you know of someone else who would like this newsletter? Please let us know!

P.O. Box 193, Sturgeon Bay, WI 54235

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