



THE COMPASSIONATE FRIENDS

Door County Chapter

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

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Winter 2010

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

I wish you all a peaceful gentle new year whether you are newly bereaved or your loss has been experienced for years. My own life is good right now and the following poem reflects my mood.

*snow falls gently
on the cedars of my home
constructed
long ago when
women with long skirts
cooked and tended their children
in this place i love
the wind whistled a song
of sorrow then
as now
for those who died too soon*

*croup, pneumonia,
diphtheria, appendicitis
the grim reaper of long ago
has put on a new disguise
but still hangs out*

*my beloved children were lost
to suicide
and cancer
and grief transported me
to an old house
built of hope*

*i touch the walls
scarred by axe
and feel the solid floors beneath my feet
and occasionally find
a needle
in the hay stack
of my life*

*while i wonder
and ponder upon
the healing
of
my soul*



*if someone asked
and no one has
of course
to identify the worst years
of my seventy-two
i would choose
or maybe it was chosen for me
1984 and 1993
and i would name them
david
and susan*

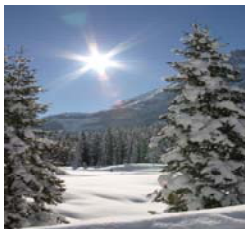
*which was harder
david's death
an amputation
without anesthesia
or susan's bone marrow transplant
is it easier to listen to the screaming pain
of your living child
or to experience death*

*or maybe to live on
after the loss
every day
writing, writing, writing
forever
the worst betrayal was that
of hope
who hung around too long*

*this morning as the blue moon set
i gathered my children close
the ones who live
and those who have passed
and all the memories
babies, children, hideous teens
adults
a kaleidoscope of
treasures*

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.



Poem About Light

You can try to strangle light:
use your hands and think
you've found the throat of it,
but you haven't.

You could use a rope or a garrote
or a telephone cord,
but the light, amorphous, implacable
will make a fool of you in the end.

You could make it your mission
to shut it out forever,
to crouch in the dark,
the blinds pulled tight---

still, in the morning,
a gleaming little ray will betray you, poking
its optimistic finger
through a corner of the blind,
and then more light,
clever, nifty, impossible,
spilling out from the crevices
warming the shade.

This is the stubborn sun,
choosing to rise
like it did yesterday,
like it will tomorrow.
You have nothing to do with it.
The sun makes its own history;
light has its own way.

Written by Kathleen Sheeder Bonanno,
after the murder of her daughter
(submitted by Karen Dutil)

THE HOLIDAYS ARE BEHIND US

It is the New Year. The holidays are behind us. We did with them what we could. Whether they were a time of sorrow, a time of joy, or a combination of both, they are now a part of our memories. In a strange way, as a memory in our hearts and in our minds, our child's place is there among all the other memories of the season. There is hurt along with the memory, but also thankfulness for the memory.

Now we look out at the winter landscape. The earth is cold, the land sharply defined. Yet underneath the hard crust, the energy and warmth of our earth is guarding and providing life to all that grows. We may personally know the coldness and hardness of a grief so fresh that we feel numb - a grief so hurtful that our body feels physically hard, our throats tight from tears shed or unshed, our chests banded tightly by our mourning heart.

If we are not now experiencing this, our memories recollect so easily those early days. Yet, as we live these days, like the earth from which we receive our sustenance, we too, in our searchings, find places of warmth and change and love and growth deep within. Let our hearts and minds dwell in these places and be armed and renewed by them, and let us have the courage and love to share them with our loved ones, to talk about even that first dim shape of new hope or of new acceptance or of new understanding or of new love.

These are the new roots, born of our love for our child, that are forming and stirring within, gathering strength so that our lives, at the right time, can blossom once again and be fruitful in a new and deep way.

Marie Andres | TCF So. MD Chap., MD 3



For the New Year

Instead of the old kind of New Year's Resolutions we used to make and break, let's make some this year and really try to keep them.

1. Let's not try to imagine the future ~ take one day at a time.
2. Allow yourself time to cry, both alone, and with your loved ones.
3. Don't shut out other family members from your thoughts and feelings. Share these difficult times. You may all become closer for it.
4. Try to be realistic about your expectations of yourself, your spouse, other family members and friends. Each one of us is an entity, therefore different. So, how can there be perfect understanding?
5. When a good day comes, relish it, don't feel guilty and don't be discouraged because it doesn't last; it will come again and multiply.
6. Take care of your health. Even though the mind might not care, a sick body will only compound your troubles. Drink lots of water and take stress-type multivitamins, rest (even if you don't sleep), and get moderate exercise. Help your body heal as well as your mind.
7. Share your feelings with other Compassionate Friends and let them share with you. As you find you are caring about the pain of others, you are starting to come out of your shell - a very healthy sign. I know following these won't be easy, but what has been? It's worth a try, don't you think? Nothing to lose and perhaps much to gain.

Mary Ehmann,
TCF, Valley Forge, PA

Carrying Memories into the New Year

*With the church bells' ringing the new year enters
echoing the days of yesteryear
memories of happiness the smiles of our children
the sunlight within each face
Who will remember these dear ones far from our yearning arms
Who remembers all they were the way she danced, the hat he wore
With the old year gone, will they no longer be known?
We will remember them, each one
We will hold them in our hearts as we carry memories into this new year.
We will allow the memories to make us laugh, to make us sing.
Their lives will fill the air as the church bells ring.*

Alice J. Wisler

My First Five Years as an Only Child

I've been without my brother for five years. I guess the hard part is over now. Sometimes I think I have aged 30 years in the past five. In a strange way, these past five years have been the best and worst years of my life. I have accomplished the many things of a typical young adult learning to drive, graduating from high school, going to college, and starting a career. Every one of my accomplishments has been clouded by the fact that my brother George is not here to share each milestone, and is not achieving any more milestones for himself. He was cheated of so many things. He will never graduate, get married, have children or travel. He will never grow old, and I will never have a brother to grow old with. I'll never have nieces and nephews.

The sibling relationship, usually the longest relationship of one's life, has been cut short for us. In these five years, although I have learned to accept that he is not coming back, the difficult part is dealing with it day by day. My relationship with George ended just when we started to become friends. The childish fights and other annoyances of having a big brother were changing to real conversations and to having an occasional ally.

I am angry about all the things that we have missed and all the things that will never be, and I guess I always will be. Five years heals a lot of wounds, but the hurt will always be there, no matter how many years pass. In these past five years, I have been forced to grow up too fast. I have been forced into a new outlook on life. I have felt lonely and alone. I now realize that I will never be the same person as before. Maybe I am a better person because of what I have been through. Five years ago I never thought I would survive, but I am still here dealing with it every day. I don't know what the next five years will bring, but at least I have made it this far.

--Kristin Steiner. TCF. Staten Island, NY

ETERNITY

Eternity. Seems like forever. Maybe it is forever. At least that's how long it seems since my brother, Sean, died. Eternity also has another meaning for me. Eternity is the cologne that Sean used to wear. Everytime I even catch a scent of it I turned around looking for Sean. For the first two years after Sean died, everytime I smelled Eternity I began to cry. Then I realized that, cologne smells differently on each person.

After those first two years, I would smell it and not recognize it. I would like the cologne that someone would have on and I would ask them what it was. For a while it seemed as though everyone I asked wore Eternity. After several times of asking and being upset by the answer, I just stopped asking. My husband and I have been married for 4 ½ years and he is still not permitted to wear Eternity.

I was at work one day about a year ago and I smelled a delicious smell. I followed it all around the building. I never did find the source of the smell. I comforted myself by thinking that Sean was there telling me he was alright. I had been having a hard time and missing him terribly. About a week later, the smell returned and it was right outside my office door! I quickly turned the corner and there was a salesman that worked with me. I asked him the old question, "What cologne are you wearing?" His answer, "Eternity." The smell was identical to how it smelled on Sean.

I have never obsessed about something, but I guess I have about Sean's cologne. I began to think about how strange it was that someone who would only live for nineteen years would wear a cologne called "Eternity." Then I had a wonderful thought. What if by wearing Eternity, Sean was telling us that's how long he would love us and how long he would be with us? Maybe my husband will get a bottle of Eternity for Christmas this year.

Traci Morlock | BP/USA Bereaved Sibling | St. Louis, MO



SIBLING PAGE (continued)

THE BITTER TEARS OF LOVE LOST

Peter Smith, age 15; sibling to Gregory Smith

Because of my status in society
I can look below to poverty
and realize no matter how frustrated I get,
I will always be very lucky to have a family
who loves and cares for me.
But still the tears roll down my face
and my cheeks are forever stained
because I know as long as I live
my heart will always be pained.
I was left in shock, pain, and fear,
left with your unspoken words which I will never hear
But in my days of sorrow when I feel that I will fall
I can only repeat the phrase to myself,
"It is better to have loved and lost than to never have
loved at all."



Q & A For Siblings

I can't concentrate. I can't think and I can't remember a thing. I think I am losing my mind.

You have not lost your mind, although it may feel that way. Your mind is probably just overloaded. Not only do you have to continue to go through your daily routine, but your mind is flooded with thoughts and feelings for your brother or sister. This is temporary. Your memory and concentration will return.

Suddenly my parents expect me to parent them. I just can't handle it.

This is truly one of the most unfair positions your grief puts you in. Try to share these feelings with your parents. Hopefully you will be better able to understand one another.

Resources for Siblings

The national organization of TCF has resources for siblings. Visit the online Sibling Resources Page at www.compassionatefriends.org

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.

Wayne and Seanne Layton in memory of Victoria Kiracofe
Brenda Shufelt in memory of Erin Shufelt and Victoria Kiracofe
Adam and Jaclyn Kiracofe in honor of Victoria Kiracofe
Sandra Greenwood in memory of John and David Greenwood
Violet Schartner in memory of Paul S. D. Schartner
Albert Kiracofe in memory of Victoria Kiracofe
Lancing and Swanee Gerdmann in memory of Evan Gerdmann
John and Netta Hanlin in memory of Stacey Dvorak
Mary Fulwiler in memory of Brian Geurts
Lawrence and Katie Hartl in memory of Larry (Bear) Hartl
Jan and Sue Sixel in memory of Justin Sixel
Becky and Dennis Tremble in memory of Troy Tremble
Harlan and Patricia Bauldry in memory of Keith Bauldry
Loyd and Rita Heraly in memory of Brian A. Heraly
Richard and Tammy Briggs in memory of Amber Kay Briggs
Leslie and Russ Cross in memory of Jeff Cross
Jane Sandusky in memory of Victoria Kiracofe
Bob and Carol Moellenberndt in memory of Anton Moellenberndt



**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

REBIRTH

I am emerging from an ocean of grief,
From the sorrow of many deaths,
From the inevitability of tragedy,
From the losing of love,
From the terrible triumph of destruction.
I am seeing the living that is to be lived,
The laughter that is to be laughed,
The joy that is to be enjoyed,
The loving that is to be accomplished.
I am learning at last
The tremendous triumph of life.

-- Marjorie Pizer in *To You the Living*

(Gently lifted from "Soundbites", a free, five-day-a-week e-mail ministry begun in 1999 in memory of Dustin Wilkinson, 1982-1998. Rev. Dave Wilkinson is founder and editor.)

OUR CHILDREN REMEMBERED

Anniversaries and birthdays are difficult for bereaved parents. In the days ahead may we lovingly remember these children and send our prayers, love and support to their parents. This quarter's newsletter will cover the months of January through March. If your child is not mentioned and you would like them mentioned in the winter newsletter next year, please contact Sandy Greenwood at 746-9313 or sgreenwood@dcwis.com. (Our National Office has asked us to discontinue publishing the year of birth and anniversary dates of our children because they could be used to commit identity theft.)

David LeFevre

Died January 1

Son of David and Mary Lee LeFevre

MICHAEL MOWERS

Born January 26

Son of Cathy and Patrick Mowers

Cody Cochart

Born January 28

Son of Lynda Cochart

Debra LaLuzerne

Died January 29

Daughter of Carol and the late Gerald Dart

Robert Goodman, III

Died January 30

Son of Linda Goodman

Brett Jauquet

Born February 5

Son of Jeff and Cheryl Jauquet

Albert Klansky

Born January 10

Died February 6

Son of Jean Klansky

David Dutil

Born February 10

Son of Karen Dutil

Emma Bacon

Born February 16

Daughter of Helen Bacon

Karen Schley

Born February 27

Daughter of Jon and Ann Schley

Bart Thiry

Born March 4

Died January 2

Son of Dale and Rachel Thiry

David Greenwood

Born March 4

Son of Sandy Greenwood

Adam Schultz

Born March 8

Son of Lester and Sherry Schultz

Jared Janquet

Born March 11

Died January 4

Son of Linda and Wayne Janquet

Mark Zahn

Died March 10

Son of Arnold and Debra Zahn

Keith Bauldry

Died March 13

Son of Harlan and Patricia Bauldry

Laura Wessel

Born March 17,

Died February 21

Daughter of Sharon and Tim Wessel

David Sunstrom

Born and died March 20

Son of Lois Sunstrom





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

GRANDPARENT'S REMEMBRANCE TAKING STOCK

Happy New Year!!! "How can it ever be again?" "How will I ever make it through another year of this torment?" When we are hurting and so terribly depressed it is hard to see any good in our New Year, but we must try.

First, we must hold on tightly to the idea that we will not always be this miserable. That we will someday feel good again. This is almost impossible to believe but even when we don't believe it, we must tell ourselves over and over again that it is true, **BECAUSE IT IS!** Many parents whose children have died some years in the past will attest to this. Remember also, no one can suffer indefinitely as you are suffering right now.

Second, we must face the New Year with the knowledge that this year offers us a **CHOICE**. Whether we will be on our way to healing by this time next year, or still be in the pit of intense grief. We must remind ourselves that if we choose to be on the way to healing by the following year we must work to get there. And that work entails allowing ourselves to go through our grief, to cry, to be angry, to talk about our feelings of guilt, and do whatever is necessary to move toward healing.

Third, we must look for good in our lives and find reasons to go on, and accept the fact that our continued suffering will not bring our child back. Many of us have other children and a spouse for whom we must go on. **More** importantly, we have our own lives that must be lived. Most of us know that our dead children would want us to go on! No, this coming year may not be a happy one, but it can be a constructive one. Through our grief we can grow and become more understanding, loving, compassionate and aware of the real values in life. **LET US NOT WASTE THIS NEW YEAR!**

Margaret Gerner , Bereaved Mother and Bereaved Grandmother , St. Louis, MO

Your vote can help TCF win up to \$1 million

You can help The Compassionate Friends in a big way with little effort! Recently The Compassionate Friends won \$25,000 in the Chase Community Giving program, where 500,000 smaller nonprofits were eligible for \$25,000 awards to be given to the top 100 charities based on the number of votes they received from members, friends, and family.

Next comes the second round January 15-22, 2010. The top vote-getter among the 100 nonprofits qualifying in Round 1 will receive a \$1 million grant. Yes, that's right, \$1 million. The five runners-up will each receive a \$100,000 grant. We are aiming squarely at the \$1 million top award.

All nonprofits are experiencing drops in their donations (thousands of charities have dissolved) and the kind of award available in this contest can provide TCF the funding it needs to improve and add programs and work toward its vision that "Everyone who needs us will find us, and everyone who finds us will be helped."

Voting in the Chase Community Giving \$5 million program is done entirely on Facebook. Even if you're not already on Facebook, you can easily join, cast your vote, and then, as you wish, either use or deactivate your account. For more information on this tremendous opportunity to help our organization and bereaved families just like yours, please visit our national website at www.compassionatefriends.org for updated information.

We are depending upon votes from our members and TCF members across the country to succeed. Your vote is important and we hope you'll also ask relatives and friends to vote!



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.

UPCOMING MEETINGS OF DOOR COUNTY CHAPTER OF THE COMPASSIONATE FRIENDS:

- January 14 - Ask It Basket
- February 11 - Video, "Remember Me"
- March 11 - Guest Speaker - Patricia Poole, "Communicating After Death"

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

Email rmoellen@doorpi.net

FREE VIDEO - IF YOU ARE INTERESTED IN LEARNING MORE ABOUT THE COMPASSIONATE FRIENDS AND THEIR MEETINGS, CALL FOR YOUR FREE VIDEO AT 1-800-589-2669.