



# THE COMPASSIONATE FRIENDS

## Door County Chapter

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

Volume 14, Issue 3

SUMMER 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  
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COORDINATORS FOR THE NEWLY BEREAVED: KAREN DUTIL AND LESLIE CROSS  
COLUMNIST AND LIBRARIAN : KAREN DUTIL - 837-7133

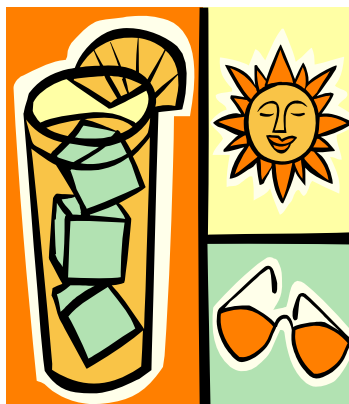
### WHAT IS THE COMPASSIONATE FRIENDS?

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

Summers have always been hard for me. Heat and humidity remind me of my childhood in pre-air-conditioned Chicago—summers with the fear of polio, my mother's depressions and attempted suicide, my husband's deterioration and death from a brain tumor, Susan's bone marrow transplant which ironically cured her cancer and destroyed her immune system. I don't remember the summer of 1984, the months when David contemplated suicide, I guess. Sometimes I wonder why I didn't notice anything but have never found any reasonable answers to those questions. As August approaches I sleep poorly and feel "out of sorts" and have flashbacks. It usually takes me a week or two to figure it out; then I remember to process and write in my journal, to face the demons from my past and to grieve again.

This year I'm starting early to focus on healing, vowing to appreciate each day, and to mourn whenever I need to. One of my methods is to consciously remember and write about other memories. It is not about replacing the difficult times with the good times, but to look at them from a different perspective.

The summers of my childhood included visiting the family farm in Iowa. There were family reunions with four generations of relatives who farmed the land in Iowa and Wisconsin, huge amounts of incredible food, interesting and sometimes scary farm animals. After bedtime my sister and I would listen at the floor registers to the adults, always hoping that they would say something of interest, alas, we only heard talk of corn and milk production and prices. Lake Michigan was an easy bike ride from my house so that's where our friends gathered to sun, swim in the icy water, but mostly to hang out.. Evanston had incredible 4<sup>th</sup> of July celebrations which went from dawn to past dusk with fireworks in late evening.

I loved the summer when I graduated from the University of Michigan and a month later our daughter, Laura, was born. It's hard to believe that I've been a mom for almost fifty years. Then there were the wonderful summers when we moved to our cottage for three months and fished, swam, grew our own vegetables and lived in our bathing suits. Six of my eight grandchildren were born during the summer—the gift that keeps right on giving.

Today, as I rock on the porch of my 140 year old farm house, the lilac scented breeze surrounds me as do the memories of seventy-one years. There have been many summer blessings and some very difficult times and I guess that's just the way life is.

*i can still recall our last summer  
it was baltimore  
chemotherapy  
our last summer*

*i can still recall  
your last summer  
grasping on to life  
trying to get you to  
susan's wedding*

*i cannot recall  
your last summer  
1984  
your last summer  
did i not see you  
distracted by the charm  
of noah's birth*

*for all life's a chance  
like last summer  
trying our last dance  
living for the day  
worries far away  
like all summers*

*sometimes i think of times gone by  
and other times of what's ahead  
and i wonder  
if any one will recall  
my first summer  
or others not at all*

*karen dutil 6/09 (with apologies to  
Mama Mia and Abba)*





### Advice for Summer Healing

Whether you are newly bereaved or you have been on this journey a long time, the change of seasons and the

thoughts of coming "events" are hard but it is how you approach them that matters most.

How will we handle vacation this year? How can we go on vacation without our child? How can I possibly have a good vacation without my child? Why would I want to go on vacation without my child? These are some of the questions we ask ourselves either knowingly or unconsciously and the answers are as vast as the way we grieve.

For my family it wasn't a question of whether or not to go on vacation the following summer (we lost our son in December 2001) but it became a question of why shouldn't we go? We had vacationed at the same place for 18 years and we started thinking about all the good times we had at the "pond" over those years.

For us it became a desire to "go back" and visit the place where our son had been happy and felt safe and secure - a place where we could go and feel close to our son because we know how much he loved it there.

It was hard that first year and even the next as we looked for him everywhere. We chose to have a different campsite than we normally used that first year, but the next we moved back to our favorite campsite - it just felt right. As hard as it was to return to the pond there was and is a peaceful feeling that comes to us there as we allow all of the good memories to invade our waking moments, and we open our hearts and head to those memories knowing that our son had been there and it was one of his favorite places to be....

As you make plans for this summer, whatever they are, know that you have to do what feels right to you - there is no right or wrong. If you can, open your hearts and follow it and let those stored memories carry you through.

~Lovingly lifted from TCF North Shore Boston  
Editor, Cindi Bolivar



### *The Day That Changed the World*

*By Iris Morgenstern*

*New York, NY*

*A day like any other, then...  
Suddenly...out of nowhere,  
Nineteen armed hijackers  
Sought to wreak death and destruction  
And to bring America to her knees.*

*In New York City, the earth erupted  
In a giant convulsion of pain and terror.  
Where once a bastion of liberty stood,  
The lofty, majestic Twin Towers of the World Trade  
Center*

*Collapsed in a cataclysmic avalanche.  
Grey smoke billowed upward toward the heavens.  
Ashes and twisted pieces of steel rained down.  
Burning ruins were heaped atop innocent souls.*

*In Washington, DC, a portion of the Pentagon  
-America's symbol of military strength -  
Fell to the ground, taking the lives of many  
victims.*

*Brave, heroic passengers aboard a fourth hijacked  
plane*

*Did battle with their captors  
In an effort to avert another tragedy.  
One can only speculate  
As to whether the U.S. Capitol or the White  
House  
Was to be the next target.*

*These wanton attacks against humanity  
Have caused horrific heartache.  
But we will not be dismayed.  
For as the legendary Phoenix of old  
Rose from its own ashes,  
More glorious than before,  
We, too, shall remain undaunted,  
Resolute...strong...indomitable in spirit.  
Out of the darkness will come a new Light.  
A beacon of Hope and faith will guide us.  
Infinite justice and enduring freedom shall  
prevail.*

~From *Bereavement Magazine*, Jan/Feb 2002

## HOW IT ALL BEGAN



Coventry, England in 1969, following the deaths of two young boys, Billy Henderson and Kenneth Lawley, the previous spring. Billy and Kenneth had died just three days apart in the Coventry and Warwickshire Hospital where Rev. Simon Stephens was Assistant to the Chaplain. Simon mentioned Billy's death to Iris and Joe Lawley, and the Lawleys decided to send flowers to Billy's funeral. They signed the card simply, "Kenneth's parents," realizing that the Hendersons would know who they were. Bill and Joan Henderson then invited the Lawleys over for tea, and an immediate bond was formed as the two couples spoke freely about their boys, sharing their memories and the dreams that had died with Billy and Kenneth. They continued to get together regularly, and young Rev. Stephens, then only 23, encouraged them to invite other newly bereaved parents to join them. In 1969 another grieving mother accepted their invitation to meet with Simon and the two couples. They decided to organize as a self-help group and actively begin reaching out to newly bereaved parents in their community. Because the word "compassionate" kept coming up, this new organization was called "The Society of the Compassionate Friends."

Simon became a chaplain in the British Royal Navy in the 70's. He was met by bereaved parents at ports around the world, and he helped them to develop their own chapters. TCF had become well-known through U.K. and U.S.A. editions of such magazines as *Time* and *Good Housekeeping*. Paula and Arnold Shamres of Florida read Simon's interview in *Time Magazine* and invited him to visit them in Florida and speak to bereaved parents there. He did, and the Shamres subsequently founded the first U.S. chapter in 1972. Word of the organization spread rapidly through interest generated by the Phil Donahue Show and the columns of *Dear Abby* and *Ann Landers*.

The Compassionate Friends was incorporated in the United States as a non-profit organization in 1978.

In 1989 The Compassionate Friends of Great Britain dedicated a plaque commemorating the founding of the organization, at the Coventry and Warwickshire Hospital where TCF had begun. The plaque was unveiled by their patron, Countess Mountbatten, herself a bereaved parent.

Then in November, 1994 Queen Elizabeth presented Iris Lawley with a medal, The Most Excellent Order of the British Empire, in recognition of her work on behalf of TCF.

There are now Compassionate Friends chapters in every state in the United States—almost 600 altogether—and hundreds of chapters in Canada, Great Britain and other countries throughout the world. In the United States, chapters are open to all bereaved siblings and other family members who are grieving the death of a child of any age, from any cause.

### AS I REMEMBER HIM

Whenever I answer an email from a newly bereaved sibling, I say "My twin brother Alan passed away of AIDS on June 25<sup>th</sup>, 1992. There isn't a day in which I don't think of him." The greatest joy in my life was being Alan's twin brother. The worst time since Alan's death was turning 40. As the ninth anniversary approached last year I was very anxious. I had thought I was doing much better and couldn't understand why I was unable to decide what I should do. Afterward, I was nervous, as I am each year between June and August, our birthday month, but last year was worse. As my birthday neared I realized that would be my first "milestone" birthday without Alan. I decided I wanted to go to Philly, Alan's town. To me it would be easier than being with all of the family, all except Alan. I had figured out my family was planning a surprise party. One morning before work I became physically sick. Even though I had survived without Alan for nine years I now realized that I couldn't continue without help. Twice a week for the two weeks before my birthday I received counseling. I had decided I would have a birthday party if I could make the guest list. It turns out everyone I would have wanted was already invited. Many didn't speak of Alan but they could see his picture button while speaking to me. Thoughts of Alan were never far and as I walked the last friend to his car I realized that it was an enjoyable day but each milestone would be an adjustment. As I approach my 41<sup>st</sup> birthday, the tenth without Alan, I have had his initials put on my car's license plate. Each trip to a diner, I order Jell-O after a meal; each new state I visit I get a miniature license plate with his name. I gave his clothes to friends and charity, designed his headstone and developed a program for his memorial service. I started a scholarship, created an AIDS quilt, web page and a backyard garden. I devoted a room, Alan's room", with posters and artiled by and about him.

I donate items for AIDS and TCF auctions, write articles and volunteer for TCF, all in Alan's memory. As long as I live I will continue to find ways to honor his memory as I remember him.

Daniel Yoffee  
August 4, 2002



### SUMMERS WITH DAVID

Summertime always seems to be so full of activity and family time for me. It holds many dates which are significant to me, one of which is June 22, my older brother, David's birthday. He would have been 34 this year. July also holds some significant dates to remember - July 1 is my son's birthday (he'll be only 3 this year...), and July 19<sup>th</sup> is my wedding anniversary - seven years this July 19<sup>th</sup>. It is so difficult to recognize how quickly time passes. I tend to get caught up in the daily activities and responsibilities that I hold as a wife and parent. But occasionally, I pause as I look at my own children playing, to remember summers with my brother, David. I remember being old enough that in the summer, our parents wouldn't enforce a bedtime. And then David and I would stay up and play Monopoly until we couldn't stay awake any longer. Those games would go on for days -sometimes I'd be winning and other times he'd be winning. I still have that Monopoly set. I also remember visiting my Grandparents, and how David loved to sleep in the bedroom in basement. That room always did feel a bit creepy to me, and I couldn't understand how he'd want to be down there. But David like the solitude, I think. I also find it hard to believe that so much of my life has passed without David's immediate physical presence in my life. I wonder what he would be like now, at age 34. What would he do for a living?

(continued on page 6)

What would he have become? Would he have his own family?

Looking back at my own wedding, I am thankful we included David in the ceremony by placing the groomsmen in the "missing man" formation - skipping a place in the line of them where David would have stood.

Amy Ferry Baker,  
The Heart of Florida Chapter,  
Longwood, Florida



### Get Well Soon Poem

By Sibling Alyssa Flora

I know our loss is very great  
but I'm sure many people can relate  
I know it's hard to say good-bye  
don't hold back your tears!  
It's okay to cry  
Just hold my hand and we will stand up high  
We will gather strength from one another  
hugging and holding each other  
we will find each other and together  
we will be once again, a family

By Alyssa Flora, age 13  
In memory of her brother Bryson, age 9  
From [www.compassionatefriends.org](http://www.compassionatefriends.org)

\*\*\*\*\*

The greatest testament to our siblings is our attempt to live full and productive lives again. To see the world through their eyes, let their laughter rise up through our bellies and hold the world they knew tenderly in our hands. The belief that we will all be together again someday proves to be a source of strength to many.

*Excerpted from an essay by Susan Silverman Green, Brentwood/Santa Monica TCF*



### 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](mailto: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](mailto: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.

Violet Schartner in memory of her son Paul S. D. Schartner

National Honor Society at Southern Door High School in memory of Justin Sixel

Terry and Darlene Simon in memory of their son and step-son, Christopher Simon



**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

### July 4th—"Freedom" for Bereaved Parents?

July 4th . . . Independence Day . . .

A day most Americans celebrate their freedom. For bereaved parents, unfortunately, freedom of the body is far different than freedom of the mind.

Before our children died we knew we had the freedom to...

watch them take their first step.

listen for their first word.

watch them step onto the school bus for the first time.

watch them go on their first date.

watch them graduate.

watch them walk down the aisle to be married.

see our grandchildren be born.

**For bereaved parents these freedoms are gone forever.**

Why did we have to lose these freedoms?

Sometimes we lose these freedoms because the world has the wrong priorities.

Sometimes we lose them because people abuse their freedoms.

What freedoms must be changed?

...the freedom of cancer to strike our children

...the freedom of a drunk driver to be put back on the road with a slap on the wrist

...the freedom of AIDS and other diseases to run rampant

...the freedom of criminals students to obtain guns and kill their classmates

...the freedom of drivers to ignore the speed limits with impunity

...**and on and on and on.**

When these freedoms are exercised and we are unable to stop them, the deaths of our children destroy our freedom to pursue happiness in our lives. Our country, of the people, by the people, and for the people, must wake up to the fact that freedom is a fragile commodity. As bereaved parents, we have become a living testimony to this fact.

Wayne Loder

Lakes Area MI TCF Chapter



## 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 July through September. 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.

### AMBER BRIGGS

Died July 2  
Daughter of Richard and Tammy Briggs

### MICHAEL JENNERJOHN

Died July 4  
Son of Ray and Ellen Jennerjohn

### PAUL VANDERMEUSE

Born July 8  
Son of Mae and Julius Vandermeuse

### TROY TREMBLE

Died July 16  
Son of Becky and Dennis Tremble

### DAVE SHANNON

Born July 16  
Died August 16  
Son of Marilyn and Russ Shannon,  
Brother of Linda Caramico

### BRIAN GEURTS

Born July 17  
Son of Mary Fulwiler and Steven Geurts

### ANDY MAGGLE

Born September 15  
Died July 21  
Son of Lynn and Robert Maggle

### EVAN GERDMANN

Born July 22  
Son of Swanee and Lancing Gerdman

### JUSTIN NESBITT

Born July 24  
Son of Dan and the late Rosie Nesbitt

### CHRIS LONGLEY

Born July 25  
Died September 14  
Son of Jane Kasten

### DAVID LE FEVRE

Born July 28  
Son of David and Mary Lee LeFevre

### VICTORIA KIRACOFE

Died July 30  
Daughter of Dawn and Gary Kiracofe

### JENNIFER GILBERT

Born August 8  
Daughter of Randy and Joan Fameree

### JUSTIN SIXEL

Born August 9  
Died July 21  
Son of Jan and Sue Sixel

### JESSICA ANGRINGA

Died August 9  
Daughter of Carol Krueger

### MEGAN DILLON

Born July 2  
Died August 9  
Daughter of Carol Krueger

### EVANGELINE GILBERT

Born August 15  
Granddaughter of Randy and Joan  
Fameree

### KATIE DUFEK

Died August 12  
Daughter of Dan and Laurie Dufek

### KEVIN JOHNSON

Born August 24  
Son of Ann Johnson

### ANTON MOELLENBERNDT

Died August 24  
Son of Carol and Bob Moellenberndt

### BRADLEY VERDEGAN

Born September 4  
Son of Daniel and Nancy Verdegan

### PETER SHANE

Born September 12  
Died July 1  
Son of Ginnie Merigold

### JASON REISDORF

Died September 21  
Son of Ann and Jim Reisdorf

### GEORGE STONEBURNER

Born September 24  
Son of Judy and Chuck Dams

### DAVID DUTIL

Died September 28  
Son of Karen Dutil

### MATTHEW MAC DONALD

Died September 29  
Son of Barb and Tom MacDonald

### ALAYA SERAFICO

Died September 30  
Daughter of Karen Redelin  
Daughter and stepdaughter of Jeff and  
Mary Serafico

### SONYA WIEGAND

Born September 20  
Daughter of Bill and Maria Gerl





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](http://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](mailto: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

### FOR GRIEVING GRANDPARENTS

We are the grieving grandparents, the shepherds of our children's and grandchildren's lives. Our grief is two-fold and at times we feel powerless to help. We seek to comfort our children in the depths of their grief and yet we need the time and space to face our own broken hearts. We have been robbed of the special tender touch a grandparent shares with a grandchild, and we have lost a symbol of our immortality. As we walk by our child's side, we both give and draw strength. We reach into their hearts to comfort them, and when they reach out to us in their distress, we begin the journey to heal together. We continue to be their guardians. We allow traditions to change to accommodate their loss. We support the new ones, which symbolize the small steps on their journey. It is in their healing that our hearts find comfort.

Susan Mackey  
TCF, Rutland, VT

#### Grandparent Resources:

- ♥ *When a Grandchild Dies: What to do, What to Say, How to Cope;* written by Nadine Galinsky
- ♥ *For Bereaved Grandparents,* written by Margaret H. Gerner

**Remember.** If you are ordering items from Amazon.com, enter through [www.compassionatefriends.org](http://www.compassionatefriends.org) and a portion of your purchase will be donated to TCF.



## COMING EVENTS

Unity Hospice is willing to having a five week grief education series in Sturgeon Bay this summer if we can get at least four people together who are willing to commit that amount of time. If this is of interest to you contact Carol at 743-3476.

### 2009 National Conference in Portland

The ever-popular Darcie Sims, who uses her own unique brand of humor as a special type of grief therapy, has been announced as the final keynote speaker at The Compassionate Friends 32nd National Conference in Portland Oregon August 7-9.

Darcie is a bereaved parent, nationally certified grief management specialist, a psychotherapist, and a board certified hypnotherapist. An international speaker on grief, Darcie co-founded Grief, Inc., an international grief consulting firm. She is a well known author, international speaker and was Coping Editor for *Bereavement Magazine* for fifteen years. She currently writes for *Grief Digest*.

Darcie joins: Candy Lightner, the dynamic founder of Mothers Against Drunk Drivers (MADD), Reg and Maggie Green, the parents of Nicholas Green, the seven-year-old American boy who was shot and killed by highway bandits in Italy in 1994, and Michele Longo Eder, author of *Salt in our Blood—The memoir of a Fisherman's Wife*. For more information go to [www.compassionatefriends.org](http://www.compassionatefriends.org).

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**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](mailto: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](mailto:tdkonop@theglobalnet.net).

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UPCOMING MEETINGS OF DOOR COUNTY CHAPTER OF THE COMPASSIONATE FRIENDS:

July 9 - Video "The Rocky Road of Grief"  
August 13 - Remembering Our Children  
September 10 - Suicide - 25 Years Later

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.

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### **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

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Compassionate Friends web address is [www.compassionatefriends.org](http://www.compassionatefriends.org)

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

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