



# 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 17, Issue 1

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### 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 MINISTRY DOOR COUNTY MEDICAL CENTER, 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  
 NEWSLETTER MAILING COORDINATOR: BECKY TREMBLE - 825-1339  
 SPECIAL EVENTS AND PUBLICITY COORDINATOR - CAROL MOELLENBERNDT - 743-3476  
 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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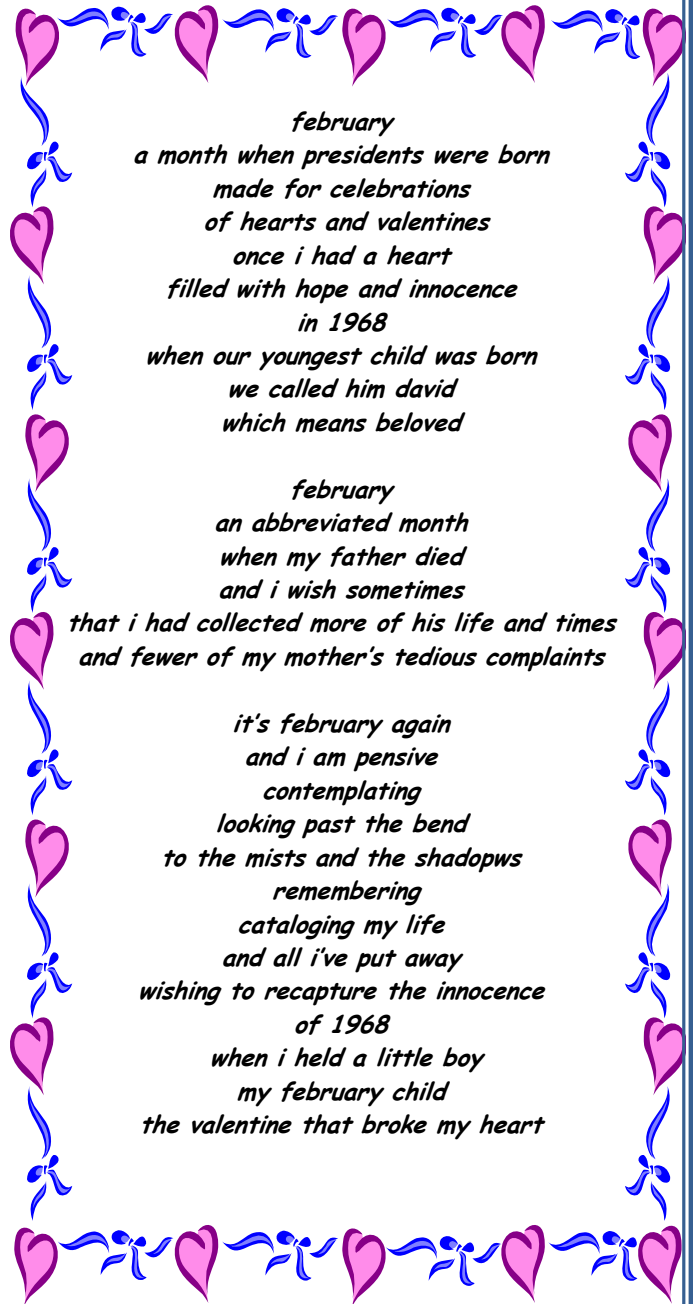
## A MESSAGE FROM KAREN

*This is from a novel called Bonnie from a series by Iris Johansson. Bonnie was taken and killed at the age of seven. Throughout the series she "visits" her mother as he mother tries to find the killer and Bonnie's remains. Since I am always looking for signs, this spoke to me. Both help me to find meaning in my losses.*

- *Bonnie to her mom, "You have a wonderful soul. It's deep and strong, like a clear powerful river. It sweeps everyone along and makes them feel safe, as if they know they're headed in the right direction."*
- *Bonnie to her mom, "It was my time to go."*
- *Her mom, "Seven years old?"*
- *Bonnie, "Years don't make a difference, I was ready." She said gently, "You kept me safe, you gave me love, you made my stay beautiful. In the end, that's all there is Mama. No regrets, just the love."*



## MORE from Karen



*february  
a month when presidents were born  
made for celebrations  
of hearts and valentines  
once i had a heart  
filled with hope and innocence  
in 1968  
when our youngest child was born  
we called him david  
which means beloved*

*february  
an abbreviated month  
when my father died  
and i wish sometimes  
that i had collected more of his life and times  
and fewer of my mother's tedious complaints*

*it's february again  
and i am pensive  
contemplating  
looking past the bend  
to the mists and the shadopws  
remembering  
cataloging my life  
and all i've put away  
wishing to recapture the innocence  
of 1968  
when i held a little boy  
my february child  
the valentine that broke my heart*

**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.

## An Unexpected and Mysterious Gift by Kari Fitzgerald Brandt

As we walked into T. Ashwell's restaurant my memory of you and that special night replayed again.

You turned easily towards me on the swivel stool and your face lit into a dazzling smile. Sparkling earrings peeked out from behind your newly-cut rich, brown hair; it was cute, short and sassy. You were dressed to the nines in a shimmery gray, strapless dress with a soft black, crocheted covering. We were there to celebrate your father's birthday...all ten of us! What a proud and happy woman I was with my four handsome sons, four lovely daughters and my faithful man.

Island minstrel and our friend since before you were born, Dan Hansen, was there, too; as usual, playing and also warmly greeting patrons with his smile. As his hands glided over the piano keys, the air was filled with his original melodies and other familiar tunes made more special by his unique touch.

We sat at a large table on the porch and the soft candle-light illuminated each precious face, but your countenance was more bright than anyone's. I could not take my eyes off of you. I felt almost embarrassed; it was as if I was ignoring everyone else, but it seemed your night to shine, and you did!

As the rain fell softly on the roof and the earthy fragrance of the rain-freshened soil and foliage wafted through the screens, the aromas of gourmet food swirling in the air and the ringing of laughter as you told tales altogether filled my senses. You were recounting humorous little tales from Al Johnson's; there was "the oatmeal pot" and "the huge underwear--flushed down a toilet by a customer--that clogged the entire sewer system!" I laughed so hard tears rolled down my cheeks as I gasped for air and clung to my aching stomach. On and on the stories went as your face, hands, and voice accented all the details, and sent all of us into bouts of hysterical laughter. It's a good thing we were on the end of the porch.

After some tumultuous times during your teen years, it was so good to see you sitting by your father in our cozy corner. You two shared each other's food

while you said, "Mmmm!", after each bite. You laughed and teased each other with obvious mutual affection; tender moments which I have etched in my memory.

After dinner, you walked towards me-- your classy high heels echoed on the wood floors. You took my hands, squeezed them in yours and said, "Oh, Mom, thank you so much for this night. I had such a nice time!"; then you started to cry. Tears filled my own eyes as I looked into yours and said, "I love you my sweet daughter!" "I love you too, Mom", you replied. We smiled at each other through tear-glistened eyes and embraced; then you turned and I watched you walk away, leaving me with a sense of bewilderment.

The next day I spent pondering-- remembering the evening--and shared with your father how alive and shining you were. Early the day after that we were bludgeoned with the horrific news that you were gone. A car crash claimed your young life; you were torn from us-- just like that.

I wanted to find a simile to express what "torn from our lives" felt like. Four years went by as I searched for the words, but nothing came. Absentmindedly, I again asked silently for the right words on the morning of what would have been your 24th birthday. I had lost track of time and didn't realize it was April 28th. The answer finally came clear in my heart and mind; there was nothing that could compare with that kind of anguish. There was no "easy" way to express what your sudden death meant. The loss of someone so much loved is the deepest kind of suffering anyone experiences, but, despite that intense pain, I realized, too, that through it all we had found something greater--even life-giving.

We found arms to embrace us; ears to hear us; tears shed with us; generosity to cover us; words to comfort us--all of this and more through people who loved us. Most of all we experienced the great love of the God of the Universe, and we came to know better--more personally--the comfort and healing power of Jesus Christ.

(continued on page 4)

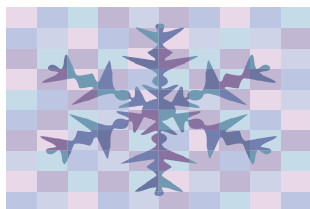
*(An Unexpected and Mysterious Gift, continued from page 3.)*

We were changed as He brought us through the tragedy of your loss, and challenged to live life differently--more conscious of the fleeting moments; more thoughtful and understanding of others suffering; more concerned and committed to overcome wrong with good; more forgiving when we've been hurt; more loving when we didn't feel like it. As we drew close to God, we became more in tune with His Spirit abiding in us. He brought beauty from our ashes, as He promised in His Word. We have found--without really looking for it--the ability to live and love better.

It is hard to believe that it's been almost five years since you left us. I am so thankful for that last night with you, and for the love showered on us from God, family, friends and acquaintances. I gratefully carry all these gifts in my heart, as I remember you with tears and pain, with joy and laughter.

You are missed every single day. ♥

*Kari Fitzgerald Brandt is a Door County native; born in Sister Bay and raised on the family farm in Ellison Bay. She is the mother of eight and very skilled at many things; gardening, baking and cooking, to name a few. She's also an artist and writer, and is a published author.*



## A BEGINNING

One day you wake up and realize you must have survived it because you are still here, alive and breathing. But you don't remember the infinitely small steps and decisions you took to get there. Your only awareness is that you have shed miles of tears on what seems to be an endless road of sorrow. One day, one glorious day, you wake up and feel your skin tingle again and you forget just for an instant that, your heart is broken .... And it is a beginning.

*Susan Borrowman TCF/Kingston, ON*

The following was submitted by Evelyn Augsburg:

This was on a plaque given to me by my grandson and his wife. In loving memory of my son, Lee Weborg, who passed away on November 19, 2010:

### I'm Free

Don't grieve for me, for now I'm free.  
I'm following the path God has made for me.  
I took his hand when I heard him call,  
I turned my back and left it all.

I could not stay another day  
To laugh, to love, to work, or play.  
Tasks left undone must stay that way.  
I found that peace at the close of the day.

If my parting has left a void,  
Then fill it with remembered joys.  
A friendship shared, a laugh, a kiss,  
Oh yes, these things I too will miss.

Be not burdened with times of sorrow,  
I wish you the sunshine of tomorrow.  
My life has been full, I've savored much,  
Good friends, good times, a loved one's touch.

Perhaps my time seemed all too brief,  
Don't lengthen it now with undue grief.  
Lift up your hearts and peace to thee,  
God wanted me now. He set me free.



### THE ONE LEFT BEHIND

When my younger brother died by suicide, it was an indescribable loss that shattered my family. It is a loss that we all continue to struggle with even today. My parents had two children, a son and a daughter and in an instant there was only one. You might remember me, I'm the one left behind.

I'm the one who after my brother's death tried to hide the pain I felt from my parents even though inside my heart was breaking. I didn't want to burden them with how I was feeling because I knew they too were struggling with their own loss. I'm the one who couldn't be around friends for a long time because it hurt too much to see them with their siblings, their families intact. I felt the heavy burden of guilt because I was alive and my brother was dead. I became the constant reminder to my parents of the son who was no longer with them every time they looked at me. I could see it in their eyes. I knew it pained them and it made me feel even worse about myself.

Grief can be all consuming and my mother's sole focus was on the child she had lost. I listened as my mother talked of everything that she missed about my brother and I missed all these things too. I wanted so much for her to see that she was also missing out on me. I needed her to still be my mother. My father struggled to express any emotion, never openly discussing my brother or his death. And over time he distanced himself from me, becoming more like an acquaintance than family. Years on and he still cannot talk about my brother, his son; perhaps in time that may change.

My parents dealt with their grief in different ways and as best they could just as I did. It was and still is terribly upsetting that when my brother died my parents drifted away not only from each other, but also from me. I watched the cracks widen in their marriage until there was nothing left. I watched my mother leave only to wonder if she would ever return. She never did.

It is so important for parents to try to understand the isolation felt by their sons or daughters who have lost a sibling. This isolation only becomes magnified when they are forgotten and there is no place for them in their parents' everyday lives. And while all of us will grieve for those no longer with us, we must not lose sight of those who are still here.

**Please remember me, the one left behind, the one that survives.**

*This is lovingly dedicated to all those who are left behind.*

By Jacqueline Cairns, TCF Qld.

<http://www.uq.net.au/tcfbrisbane/SiblingDec07Jan08.htm>



**DO NOT OVER PROTECT ME...LET ME BE ME...**

Dedicated to all the brothers and sisters of The Compassionate Friends.

When you are consumed with grief, don't forget about me.

***Let me be me...***

I grieve too but different from you, I miss my brother/sister, too.

***Let me be me...***

Tell me I can't fix your pain. Don't tell me I won't understand. Please don't overwhelm me with your grief. Just like the real world mine doesn't want to talk about a dead sister/brother.

***Let me be me...***

Tell me often that you love me for being me. Ask me about my goals and dreams for the future.

***Let me be me...***

Don't break my spirit with your grief.

***Let me be me...***

Let me follow my dreams. Now they will include some of my sister's/brother's dreams.

(continued on page 6)

*Let me be me...*

Don't over protect me.

*Let me be me...*

Please don't fill every spare moment I have with basketball, baseball, soccer, music or dance classes, just so you can fill our spare time and fall exhausted into bed at night. I need free time to explore who I am.

*Let me be me...*

Don't forget to continue to teach me to celebrate life. I need to know that through all this pain there is hope...for my future.

*Let me be me...*

As young as I am, please don't overprotect me...Love me, guide me, teach me.

**LET ME BE ME...**

by Colleen  
TCF Saskatoon



### TO MY BROTHER

**Wherever we look you are there.**

**You are the light on the water.**

**You are the blossom on the tree**

**You are thought, and you are a feeling.**

**Wherever we are, you are.**

Written by  
*Martha Dubinsky TCF NY*

### 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.

Patrick Mowers in memory of Michael Mowers  
Violet Schartner in memory of Paul Stanley Dale Schartner  
Richard and Tammy Briggs in memory of Amber Kay Briggs  
Dennis and Becky Tremble in memory of Troy Tremble  
Harlan and Patricia Bauldry in memory of Keith Bauldry  
Larry and Katie Hartl in memory of Larry (Bear) Hartl  
S. Dean Pies, Circuit Court Judge Retired in memory of Attorney Marvin W. Pies  
Dr. George and Pamela Sandusky in memory of Victoria Kiracofe  
John and Katie Voight in memory of Alexis Catherine Voight  
Jane Sandusky in memory of Victoria Kiracofe  
Dr. Gerald and Jane Berg in memory of Benjamin Berg  
Sandra Greenwood in memory of John Greenwood and David Greenwood  
Adam and Jaclyn Kiracofe in memory of Victoria Kiracofe  
Brenda Shufelt in memory of Erin Shufelt and Victoria Kiracofe  
Karen Dutil in memory of Susan Preissner, David Dutil and nephew Andy Boyd



### In This Place

Brave hearts, you are here. You have traveled a dreadful distance. You have come, seeking solace, understanding, hope, threads to patch what death's so cruelly undone.

In this place you can relax and breathe . . . the coats of others' expectations taken off.

Walk into these few hours as into an oasis where draughts of love and memories can be quaffed.

In this place all names can be spoken; In this place each one's story may be told.

We will not be discouraged by your sorrow; In this place ALL feelings, we enfold.

Here laughter does not mean we are forgetting; we do not count how many tears are shed.

Both fuel us, fellow travelers, give us courage, for the long and winding road we see ahead.

And those we love are pleased we are together, smile down on us, and bless this day,  
glad for every tiny step we are taking as they send their light to guide us on our way.

Traveling with us as we journey onward, sending strength for what the miles may bring,  
they are a part of everything we do that matters - in every dance we dance, and every song we sing.

*Genesse Bourdeau Gentry, written 30 July 2004, for those attending their first meeting  
of The Compassionate Friends*

## 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](mailto:sgreenwood@dcwis.com).

### 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

### Alexis Catherine Voight

Died February 24  
Granddaughter of Katie and  
John Voight

### 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

### Mark Zahn

Died March 10  
Son of Arnold and Debra Zahn

### Jared Jauquet

Born March 11  
Died January 4  
Son of Linda and Wayne  
Jauquet

### 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

### Regan Allen

Born and died March 18  
Daughter of Danny and Jamie  
Allen

### David Sunstrom

Born and died March 20  
Son of Lois Sunstrom



### Nathan Wilson

Died March 21  
Son of Cheryl and David Wilson

### Robert Knapp, Jr.

Died March 25  
Son of Matt and Kim Knapp



## 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 chose 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

## Grief is Not...

**Grief is not** about stages you go through and ultimately graduate from. Rather it is a dynamic process of ups and downs, fluctuating with painful and peaceful moments, hours, days, and weeks.

**Grief is not** something you get over. Instead it is an experience that you must go through directly, taking in all of the thoughts, feelings, and behaviors that you encounter along the way.

**Grief is not** time-limited, nor does time heal all wounds. A common misconception is that you grieve for one year and on the anniversary of the loss you will return to "normal." This concept promotes a sense of failure and concern. In reality, grief demands the time it needs. Healing requires active participation in grieving.

*Thomas Ellis, This Thing Called Grief*



## HOPE

My heart has been broken.  
My soul has been crushed.  
My mind has gone to depths I never knew existed.  
Places where only God,  
In his most infinite Love, could understand.  
And even He could not console me at times.  
But I am here on earth,  
For whatever reason I still do not know;  
And I have hope that, in time,  
God will show me the way  
And give rhyme to my reason.  
So I wait in hope for a future  
And a new beginning.

Kathleen Leeper  
TCF Valley Forge, PA

## COMING EVENTS

The next Newly Bereaved Meeting will be Tuesday April 10th, 7pm at Sturgeon Bay United Methodist Church. (836 Michigan Street) Call Carol at 743-3476 if you plan to come, or just stop by. It is time to find out about the organization of The Compassionate Friends, to hear what the meetings are like, and a time for any questions or informal conversation. Refreshments will be available.

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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.

### A BEGINNING

One day you wake up and realize you must have survived it because you are still here, alive and breathing. But you don't remember the infinitely small steps and decisions you took to get there. Your only awareness is that you have shed miles of tears on what seems to be an endless road of sorrow. One day, one glorious day, you wake up and feel your skin tingle again and you forget just for an instant that, your heart is broken .... And it is a beginning.

*Susan Borrowman TCF/Kingston, ON*

- **SOS Survivors of Suicide** group is not presently meeting in Door County. People can contact Marlys Trunkhill at 920-743-6162. She is willing to give individual support and get the group going again if there is interest.
- **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.
- **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.** They meet on the third Tuesday of the month at the Bank of Luxemburg, 100 Old Orchard Ave., Casco, Wisconsin. For further information, call Kathy at 837-2869, Connie at 255-4407, or Dorothy at 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:

- February 9 - Taking Care of Yourself
- March 8 - Support Cards
- April 12 - Our Favorite Media Resources
- May 10 - Helpful Hints
- June 14 - Remembering Our Children

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

National Office e-mail is [nationaloffice@compassionatefriends.org](mailto:nationaloffice@compassionatefriends.org)

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

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

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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](mailto:rmoellen@doorpi.net)

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