



*The Compassionate Friends*  
*Quad City Area Chapter*  
Supporting Family After a Child Dies

**February 2016**

**Volume XXIV, Number 2**

Dear Compassionate Friends,

**Shortly** after our daughter died, a friend offered their vacation home in Central Missouri for us to have a family get away. We packed up our surviving three-year-old son and escaped south. We spent time outside (as spring was just beginning there), took him to the zoo, played in the park, read books while he played with an assortment of Fisher Price toys left in the cottage, slept together, snuggling warmly during the chilly nights. We had run away from home and it was good for all of us. Our grief was still waiting for us when we returned home a week later, but for a little while we were an anonymous family savoring time together with no expectations or demands, denying the pain of our loss. This month's newsletter includes an article about a sabbatical from grief. One of the definitions of sabbatical is a time out. Like taking a break from some strenuous physical or mental task, a sabbatical can allow us to catch our breath, briefly rest our soul, prepare ourselves for the onslaught of physical or emotional work that still lies before us.

When our grandson was desperately ill five years ago, I found that the times I was consumed with the demands and needs of the active preschoolers in my classroom were "sabbatical" minutes that I could give my mind and heart a rest from the clamor of fear over his situation. Grief work takes a long time and is probably never completely finished. There are still moments that my heart squeezes tight and my eyes tear as I think about what could have been if our daughter had not died and what we have missed because she did. But it is OK to run away occasionally whether it is to the woods, a vacation spot nearby or far away, a book, hard physical labor in the yard, an hour in the shower (whatever works for you). Give yourself some time out (a sabbatical) to just be and rest before you once again shoulder your burden and continue on with your grief journey.

*Sincerely,*  
*Jerry and Carol Webb*

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## Chalkboard reflections

GIVE SORROW WORDS; THE GRIEF THAT DOES NOT SPEAK WHISPERS THE O'ER-FRAUGHT HEART AND BIDS IT BREAK.

WILLIAM SHAKESPEARE

EVERY CHILD CHANGES THE LIVES OF HIS OR HER PARENTS. CHILDREN SHOW US NEW WAYS TO LOVE, NEW THINGS TO FIND JOY IN, AND NEW WAYS TO LOOK AT THE WORLD. A PART OF EACH CHILD'S LEGACY IS THAT THE CHANGES HE OR SHE BROUGHT TO A FAMILY CONTINUE AFTER THE CHILD'S DEATH. THE MEMORIES OF JOYFUL MOMENTS YOU SPENT WITH YOUR CHILD AND THE LOVE YOU SHARED WILL LIVE ON AND ALWAYS BE PART OF YOU.

HEALING HEARTS OF WNY

But grief is a walk alone. Others can be there, and listen. But you will walk alone down your own path, at your own pace, with your sheared-off pain, your raw wounds, your denial, anger, and bitter loss. You'll come to your own peace, hopefully, but it will be on your own, in your own time.

Cathy Lamb

THE HARDEST THING I'VE EVER HAD TO HEAR WAS THAT MY CHILD DIED. THE HARDEST THING I'LL EVER HAVE TO DO IS TO LIVE EVERYDAY SINCE THAT MOMENT.

**The Compassionate Friends** is a nonprofit, self-help organization offering friendship and support to families who have experienced the death of a child. Founded in England in 1969, the first U.S. chapter was organized in 1972. Since then, 635 chapters have been established. The current Quad City Chapter was formed in 1987.

### TCF National Office

P.O. Box 3696

Oak Brook, Illinois 60522-3696

Toll Free (877)969-0010

TCF National Web site —

[www.compassionatefriends.org](http://www.compassionatefriends.org)

<http://www.quadcitytcf.org>

### Mission Statement

The mission of The Compassionate Friends Quad City Area Chapter is when a child dies at any age, the family suffers intense pain and may feel hopeless and isolated. The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.

### Vision Statement

The vision statement of The Compassionate Friends is that everyone who needs us will find us, and everyone who finds us will be helped.

# A Sabbatical from Grief

I am certain that each of you reading this newsletter this month would like to take a sabbatical from your grief.

How well I remember those first years of bereavement when our sixteen year old daughter, Rhonda, died. I would have given anything in this world, including my own life to have had her alive, healthy, and happy and not to be doing my grief work.

Grief work is the most difficult work we will ever have to do in our lives. It is physically taxing to our bodies, it devastates us psychologically and we are not ourselves socially.

We would like to take a sabbatical or "vacation" from our grief. We can take "mini-vacations" from our grief by allowing humor into our lives. A few brief moments of laughter gives us some respite from the horrible feelings of grief. Attending a funny movie, reading a funny book or listening to a joke are some simple means of giving you a "short sabbatical."

Sometimes our work keeps our mind busy for a short time and this is a form of a sabbatical.

A good walk or exercise in the sunshine, working on the lawn or in the garden are also means of a "mini vacation" from our grief.

Plan an evening out this spring and summer with a friend or family members. It might be watching a softball game, attending a movie, taking a picnic, going swimming, a drive through the country, shopping trip, or a weekend trip to another area. These are opportunities for each of us to take a short sabbatical from our grief. We take our sadness with us but it helps to "lighten the load of grief" with diversions once in awhile. Having something to look forward to is also very important during our grieving process.

Rodney and I recently took a "sabbatical" from Alive Alone. We left the frigid, snowy, and blowing winds of northern Ohio for the sunny, warm,

tropical climate of Hawaii. We vacationed three weeks and split our time between Waikiki Beach in Honolulu, Hawaii, and Malaea Bay, Maui. This is not only close to paradise but it is such an awesome, God created, blissful and restful place to replenish our body, mind, and soul. Basking in the warmth of the warm sunshine, walking the sandy beach and feeling the sand ooze between our toes, stepping into the azure warm waters of the Pacific, eating the cuisine of the islands, shopping in boutiques, visiting with dear friends, sightseeing in areas that we had not visited when we had been to this tropical paradise previously, and just getting some much needed rest and relaxation was truly a much needed sabbatical.

Even though we thoroughly enjoyed the vacation from grief work and working with those of you like ourselves, who have endured the ultimate loss of our only child/all children, we wish Rhonda could have been with us. Rhonda would NOW be the age we were when she died. As "time marches on" and we are nearing our "golden years" we are even sadder, at times, to realize what Rhonda missed in life on this earth. Oh yes, we know her heavenly home is far greater than anything we experience on this earth but that does not lessen our loneliness for her. We OFTEN wonder what career would she have chosen for her live? Would she be married? Where would she be living? How many children would she have had and who would they have been?

Yes, taking a "sabbatical" from grief work is replenishing to each of us and we need to take the time to do so. Our wish and suggestion is that each of you find "your sabbatical" no matter how big or small that will assist you on your grief journey. Take time for yourself and try to find some small measure of enjoyment that will replenish your mind, body and soul.

**Kay Bevington, Van Wert, Ohio  
ALIVE ALONE, Spring 2007**

# DONATE

## Love Gifts

As parents and other family members find healing and hope within the group or from the newsletter, they often wish to make a **Love Gift to help with the work of our chapter**. This is a meaningful way to remember a beloved child.

### *Thank you to:*

**Dave and Karen Olson in memory of their daughter, Carrie**

**Steve and Cindy Schrock in memory of their son, Jonathon**

**Bill and Laurie Steinhauser, in memory of their daughter, Maggie**

**Love gifts are used to provide postage for the newsletter and mailings** to newly bereaved families. Some of the love gifts are used for materials to share with first time attendees at our meetings or to purchase books for our library. Our thanks to the many families who provide love gifts so that the work of reaching out to bereaved parents and families can continue.

**If you would like to send a love gift**, please send it to our treasurer, Michelle Curtis, 18163 241 Avenue, Bettendorf, Iowa, 52722. Checks can be made out to *The Compassionate Friends*. **Your gifts are tax deductible.**

**National TCF** has a new Facebook page, **TCF - Loss to Suicide**. This page is open to parents, grandparents, and siblings who have lost loved ones to suicide. There is no good way to lose a loved one; different causes create specific pain that can be eased by sharing with another experiencing a similar loss. Co-moderators, Cathy Seehuetter and Donna Adams, welcome you to this special closed page.

**TCF's Facebook Page** is a proven support area for bereaved family members to come and talk about their grief. Stop by and visit with some of our more than 120,000 Facebook members.



Please join our TCF/USA Facebook family. Tell us about your child, sibling, grandchild, or other loved one and find support in the words and concern of others. Check out the Discussion Boards! Every day we also provide thought provoking questions, grief quotes, and links to grief stories, as well as TCF news, such as updates on the National Conference, Worldwide Candle Lighting, and other TCF programs.

### **Closed Facebook Groups**

The Compassionate Friends offers several closed Facebook groups to connect with other bereaved parents, grandparents, and siblings. The groups supply support, encouragement, and friendship.

**TCF - Loss to Substance Related Causes**

**TCF - Loss to Suicide**

**TCF - Loss to Homicide**

**TCF - Loss to a Drunk/Impaired Driver**

**TCF - Loss to Cancer**

**TCF - Infant and Toddler Loss**

**TCF - Loss to Miscarriage or Stillbirth**

**TCF - Sibling Loss to Substance Related Causes**

**TCF - Sounds of the Siblings (for bereaved siblings)**

**TCF - Loss of a Grandchild**

## Printed Resources for Grieving Parents & Siblings

<b>TCF Online Support Community</b>	<p>TCF's national website offers "virtual chapters" through an Online Support Community (live chats). This program was established to encourage connecting and sharing among parents, grandparents, and siblings (over the age of 18) grieving the death of a child. The sessions last an hour and have trained moderators present. For more information, visit <a href="http://www.compassionatefriends.org">www.compassionatefriends.org</a> and click "Online Support" in the "Resources" column.</p>
<b>TCF's Grief Related Webinars</b>	<p>Held monthly, the webinars are on various grief topics with well-known experts in the field. To reserve a seat for the next webinar (or to view the previous month's webinar), go to <a href="http://www.compassionatefriends.org/News_Events/Special-Events/Webinars.aspx">http://www.compassionatefriends.org/News_Events/Special-Events/Webinars.aspx</a>. Webinars are being archived in TCF's Webinar Library, accessible from the webinar page.</p>
<b>TCF National Magazine</b>	<p><i>We Need Not Walk Alone</i> is available to read online without charge. Go to <a href="http://www.compassionatefriends.org">www.compassionatefriends.org</a> and review the options at the top of the page. <b>TCF e-newsletter</b> is also available from the National Office -- to subscribe to the e-newsletter, visit the TCF National Website home page and click on the Register for TCF e-newsletter link.</p>
<b>Grief Materials</b>	<p>Looking for a particular grief book? Look no further than the Centering Corporation, the official recommended grief resource center of The Compassionate Friends. With the largest selection of grief-related resources in the United States, Centering Corporation will probably have just about anything you're looking for—or they'll be able to tell you where to find it. Call Centering Corporation for a catalog at 402.553.1200 or visit their website at <a href="http://www.centering.org">www.centering.org</a>. When ordering, be sure to mention you are with The Compassionate Friends and all shipping charges will be waived.</p>
<b>Our Newsletter</b>	<p>For parents who have experienced the death or deaths of multiple birth children during pregnancy, at birth, in infancy, or in childhood, contact Jean Kollantai at P.O. Box 91377, Anchorage, AK 99509.</p>
<b>Amazon.com</b>	<p>When making a purchase from Amazon.com enter through the link on the home page of TCF national website and a portion of the purchase price is donated to further the mission of TCF. This donation applies to all purchases made at Amazon.com.</p>
<b>Previous Newsletter Editions</b>	<p><b>Looking</b> for more articles or previous copies of this newsletter? Go to <a href="http://www.bethany-qc.org">www.bethany-qc.org</a> for copies of the last several years of The Quad City Chapter of TCF-QC Chapter Newsletter in Adobe Acrobat format.</p>
<b>Alive Alone</b>	<p>A newsletter for bereaved parents whose only or all children are deceased. A self-help network and publication to promote healing and communication can be reached at <a href="http://www.alivealone.org">www.alivealone.org</a> or <a href="mailto:alivealone@bright.net">alivealone@bright.net</a>.</p>
<b>Bereaved Parents" Magazine</b>	<p>Online articles and poems. Reminder emails are sent notifying readers when new issues are available. <a href="http://www.bereavedparentsusa.org/BP_NatlNews.htm">http://www.bereavedparentsusa.org/BP_NatlNews.htm</a>.</p>
<b>Our Newsletter</b>	<p>Published one to three times per year, when there is content to make a balanced issue. It usually contains 30 pages of personal stories and updates, poetry, subsequent birth announcements, and any new topical articles and information. Currently it is being distributed electronically (PDF), but a printout is available to anyone without email access. To request a sample copy, please email Jean Kollantai, <a href="mailto:climb@climb-support.org">climb@climb-support.org</a>. Include your full name, your location, and your reason for interest.</p>

## When a Grandchild Dies

No one expects to outlive their own children, much less experience the loss of a much loved, much

wanted grandchild. It is so difficult to raise a family, see your children do the same and see the cycle broken in this out-of-order way. No one is prepared for the grief that follows. As a grandparent, you have a double grief. You grieve for your grandchild who has died, as well as for your own child who is now a bereaved parent. You not only feel your own pain and sadness, but also feel helpless and frustrated at not being able to help your bereaved child.

It helps to remember that there is no timetable for grief. Don't expect too much of your child, his or her spouse or of yourself. At first, no one believes it. When the reality "hits," everyone feels even more devastated. It is important to consider your needs as well as those of your bereaved child. Acknowledging and working on your grief will help you and, indirectly, your grieving child.

Don't be surprised if at first you can't reach out to your grieving child. Remember that you are grieving. Be patient with yourself. Eventually you may be able to talk, listen and help. If you find that you can't help specifically with the grief, you can send cards, tell them that you could love them, etc. Explain that you wish that you be of more help but that you don't know what to do.

### *Suggestions for Helping Yourself and Your Grieving Child (the Parents)*

- Read about grief. It is important to understand what you and your child are experiencing.
- It helps to be open and share your feelings. Your openness sets a good example for your child. Share the good memories and the good days as well as the pain of grief and the bad days.
- Talk about your dead grandchild. Mention his or her name.
- Find someone with whom you can talk freely – a friend, support group member,

clergy or counselor.

- Be available to LISTEN frequently to your child. Respect your child's way of handling the pain and expressing the grief. Don't tell your child how he or she should react.
- At special times (anniversary of death, holidays) write and/or call your bereaved child. Mention that you realize what day it is. You are calling to say you love them, and you wish that you could take some of their pain away.
- When adults are grieving, the child's siblings often feel neglected – plus they don't understand the grief that they themselves are experiencing. Try to spend extra time with your other bereaved grandchildren, offering to listen and reminding them that they are very important and much loved.
- If possible offer to take surviving grandchildren for an afternoon or a day; help with practical matters such as preparing food, doing laundry, shopping; spend time alone with your child.
- Most of us need hugs, even if we don't recognize that we do. It helps to hug and hold your child if you both are comfortable doing so.
- Allow yourself and encourage your child to cry when needed. Crying offers relief.
- Let the family know that you care, that you love them.
- Hold on to HOPE that eventually you all will enjoy life again. Offer HOPE to your grieving child and family.

**From *Hope Bereaved Handbook*, available from  
HOPE FOR BEREAVED, 1342 Lancaster Avenue,  
Syracuse, NY 13210**



# The Angel of Hope Memorial Garden

5001 34<sup>th</sup> Avenue, Moline, Illinois, 61265



**I**n the Quad Cities, in the Moline Memorial Cemetery, the Angel of Hope Memorial Garden has taken form. After four years of planning and fundraising the Memorial Garden is **close to being completed**. The wing-shaped planters rise from the earth flanking the two sides of the central circle. The last phase of construction was finished this past December, and the **final push** is underway to obtain the Angel. The final cost to purchase and install the Angel is \$16,800, and **only \$2,000 remains to be raised** before reaching that goal.

***We are making a final appeal to bring this very special angel to the Quad Cities. You can help create a place of solace for bereaved parents, grandparents and siblings throughout the Quad City Area.***

In the area before the angel lie the inscribed bricks that spell out the names of local children who have died before their time, remembered by parents, siblings, grandparents, and relatives who daily live with the absence of a loved child. These stones are available to parents, siblings, and families who would like to remember a deceased child, adult-child, sibling, niece, nephew, or grandchild. **The order form** is found on the TCF website. Please go to <http://www.quadcitytcf.org> to download the order form.

# Support Groups for Grieving Parents & Siblings

## The Compassionate Friends, Quad City Chapter Monthly meeting: Thursday, February 25, 2016 at 6:30 pm at Bethany for Children & Families

1830 6th Avenue, Moline, Illinois

Please call Doug Scott (563.370.1041) for information and directions.

TCF website: <http://www.quadcitytcf.org>.

Next month's meeting: March 24, 2016 at 6:30 pm

<b>The Compassionate Friends of Muscatine</b>	Meets the second Sunday of each month at 2:00 at the George M. Wittich-Lewis Funeral Home, 2907 Mulberry, Muscatine, Iowa. Chapter Leaders are Linda and Bill McCracken. You can call them at 563.260.3626 for directions or information, or contact them at <a href="mailto:linmac67@machlink.com">linmac67@machlink.com</a> .
<b>Rick's House of Hope</b>	This is a community resource for children and adolescents dealing with grief. There is no fee for services. Groups meet on Monday and Tuesday nights. The group for 14 year olds and older meets Sunday from 3:00 pm until 5:00 pm. All meetings are held at 5022 Northwest Boulevard, Davenport, Iowa 52806. For more information, call Emily Gordon, Program Director, at 563.324.9580, or <a href="mailto:egordon@rhoh.org">egordon@rhoh.org</a> or go to <a href="http://www.rhoh.org">www.rhoh.org</a> .
<b>MJL Foundation Suicide Grief Support (DeWitt)</b>	A peer group for suicide grief support meets on the third Friday of every month, 6:00 pm to 7:30 pm at the Frances Banta Waggner Library, 505 10th Street, DeWitt, Iowa 54742. Contact Betsy Loehr, 563.843.3655 or at <a href="mailto:there.is.hope@hotmail.com">there.is.hope@hotmail.com</a> — <a href="http://www.mjlfoundation.org">http://www.mjlfoundation.org</a> .
<b>MJL Foundation Suicide Grief Support (Fulton)</b>	Survivors of Suicide Support Group Meets on the second Monday of each month in Fulton, Illinois, at the Second Reformed Church, 703 - 14th Avenue, Fulton, Illinois 61252, from 7:00 pm-8:30 pm. Contact Laura Wessels, 815.589.3425, or <a href="mailto:laura@secondreformedchurch.net">laura@secondreformedchurch.net</a> .
<b>SHARE</b>	A support group for parents who have lost a child through miscarriage, stillbirth, or early infant death. SHARE meets the third Thursday at 6:30 pm in the Adler Room #1 in the lower level of Genesis Heart Institute, 1236 East Rusholme Street, Davenport, Iowa. Questions? Contact Chalyn Fornero-Green at 309.373.2568, or <a href="mailto:chalyn@shareqc.com">chalyn@shareqc.com</a> or <a href="http://www.shareqc.com">www.shareqc.com</a> .
<b>Loving Listeners</b>	If you need someone who understands and will listen, feel free to call or email (if address is given): <ul style="list-style-type: none"> <li>♥ Kay Miller 309.738.4915</li> <li>♥ Kirby White 563.271.5908 <a href="mailto:kombo100@msn.com">kombo100@msn.com</a></li> <li>♥ Doug Scott 563.370.1041 <a href="mailto:doug.scott@mchsi.com">doug.scott@mchsi.com</a></li> <li>♥ Rosemary Shoemaker 309.945.6738 <a href="mailto:shoeartb3@mchsi.com">shoeartb3@mchsi.com</a></li> <li>♥ Judy Delvechio 563.349.8895 <a href="mailto:delvecchiojudy@hotmail.com">delvecchiojudy@hotmail.com</a></li> <li>♥ Gina Glassford 309.517.3664 <a href="mailto:citrgrs@gmail.com">citrgrs@gmail.com</a></li> </ul> Kay, Kirby, Doug, Rosemary, Judy, and Gina are willing to take calls from bereaved parents, grandparents, or siblings who want to talk to someone who cares that they don't feel alone.

On suicide

## When A Life Breaks ...

After suicide, the first commandment is kindness, both toward the life that has broken and toward ourselves. We need to beware of using against ourselves some preconceived notions about suicide.

If our child has taken his or her own life, many people feel compelled to comment that the dead sufferer should not have hurt THAT much. Moreover, the religious community removes grace, the social community judges character, the medical community pronounces insanity. If the concept of unbearable pain is admitted at all, we are told that either (1) the suicide's faith was weak, or (2) her/his expectations were immodest, or (3) she/he was mean and selfish. It must have been a weakling who said: Every person has his or her breaking point - right? WRONG!

The truth is that most of us have wondered about ending it all – because life does SEEM unmanageable at times. And we acknowledge the possibility that life IS unmanageable for long stretches. Who is to say that we are always obliged or able to meet an overwhelming darkness with the strength and/or the will of a heroic super saint? We are all vulnerable, we can all feel lost and frightened and without hope. It is arrogant to assume that everyone is equipped to overcome even the most extreme challenge (whether real or imaginary) with fortitude, mastery and success.

Some of us are angry after suicide has happened close to us. Most of us are incredibly hurt and helpless. We feel betrayed, we feel abandoned, even

punished. We often blame ourselves for some carelessness, some omission, some selfishness, some cruelty, which caused that fatal break of life.... It can be a long time before there comes a small and unexpected comfort when reality reminds us that the suicide was, as it were, bigger than life.

Western society has little love for those who take their own life, nor for those who are left behind. But we CAN cross the boundaries of misguided opinion, and we can try to see beyond the camouflage of traditional superstitions.

Yes, the first (though not the easiest) commandment is kindness. Be good to yourself. Give love and honor to that memory of that broken life.

**Sascha Wagner, from *The Sorrow and the Light*  
(Sascha's daughter, Eve, died of suicide)**



**Please contact the editors, Jerry and Carol Webb, Box 71, Cordova, Illinois 61242:**

**If** you read or write an article or poem which might be helpful to other bereaved parents and would like to share it.

**If** you move and would like to continue receiving the newsletter, send us your new address.

**If** you know someone you think would benefit from receiving the newsletter, send his/her/their name and address.

**If** you prefer to no longer receive the newsletter or if you prefer to receive this newsletter via email.



## Grieving the Loss of a Child

The parent-child bond is one of the most meaningful relationships a person will experience. Parents who have lost a child can often feel that a part of them has died. The despair and pain that follow a child's death is thought by many to exceed all other experiences. Parents are simply not supposed to outlive their children and no parent is prepared for a child's death.

The length of a child's life does not determine the size of the loss. Parents are intimately involved in the daily lives of young children, and their child's death changes every aspect of family life, often leaving an enormous emptiness. Parents may be less involved in the everyday lives of older children and adolescents, but death at this age occurs just when children are beginning to reach their potential and become independent individuals. When an adult child dies, parents not only lose a child, but often a close friend, a link to grandchildren, and an irreplaceable source of emotional and practical support. Parents who lose an only child also lose their identity as parents, and perhaps the possibility of grandchildren.

When any child dies, parents grieve the loss of possibilities and all of the hopes and dreams they had for their child. They grieve the potential that will never be realized and the experiences they will never share. When a child dies, a part of the future dies along with them.

From Healing Hearts of WNY

*Grieving the death of a child is the most agonizing condition of life. The pain of bringing them into the world is barely a whisper compared to the labor of letting them go. Making the necessary adjustments seems next to impossible, and in some ways, we probably never adjust completely. But time, once again, plays the master here — there will come a gradual diminishing of the pain, or at the very least, we learn more creative ways of coping with our own grief in any given situation.*

*Diana Gender — JCF/Rockfield, NJ*



## PULL EACH OTHER TO THE LIGHT

No one likes the darkness. The darkness adds no merit and no depth to the amount of love that we have. Grief doesn't have to exist only in the darkness. Grief will last as long as love does, but grief can be felt in the light. Grief can coexist with joy. Grief can be a slow, lifelong mending. Grief doesn't have to be always associated with anger and constant pain. Grief can sometimes feel more like a constant melody, sometimes loud, and sometimes, the soothing tune of love that follows you through your days.

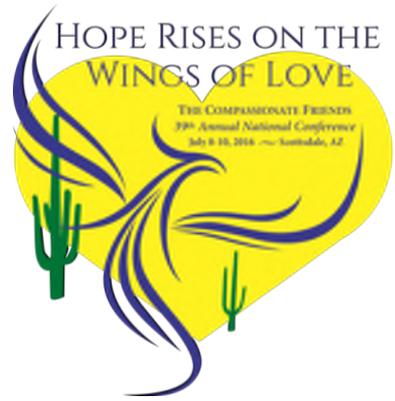
There is something to be said about sitting together in the darkness, but if you ask me, I don't want to stay there; I don't like the darkness that much. I would rather pull each other to the light, hand-in-hand, even in the face of brokenness, even in the face of fear, even in the face of apathy and depression, because even when our hearts are laid waste, the light is where we belong, we sometimes just need a little help finding our way.

That's why we have each other. We need to pull each other to the light. This doesn't mean that we act like the pain doesn't exist. That's called being numb. But in the light, like a flower opens in the sun's warmth and nourishment, the light can make a broken heart come alive, shedding the frost, shedding the numb from the winter's cold, and blossoming, even if it hurts sometimes, and even if it's hard, it's also beautiful.

Pull each other to the light.

Lexie Behrendt, *BP-USA Newsletter*  
bereavedparentsusa.org

## SAVE THE DATE!!



Scottsdale, Arizona, will be the site of the 39th TCF National Conference on July 8-10, 2016. "Hope Rises on the Wings of Love" is the theme of this year's event. The 2016 Conference will be held at the Fairmont Scottsdale Princess. We'll keep you updated with details as they become available. Plan to come and be part of this heartwarming experience.





## *The Compassionate Friends*

*Quad City Area Chapter*  
Supporting Family After a Child Dies



1830 6th Avenue  
Moline, Illinois 61265

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**T**o those who are receiving our newsletter for the first time, we wish you were not eligible to belong to this group, but we want you to know that your family and you have many friends. We who have received love and compassion from others in our time of deep sorrow now wish to offer the same support and understanding to you. Please know we understand, we care, and we want to help.

***You are not alone in your grief.***