



# *The Compassionate Friends*

*Quad City Area Chapter*

Supporting Family After a Child Dies

## **June, July, August 2016**

**Volume XXIX, Number 6**

Dear Compassionate Friends,

**I dislike** getting haircuts. Mind you it is not the haircut itself, but the forced conversation that usually comes with it. Nowadays, it is usually a female-barber/stylist doing the cutting, and she feels compelled to converse. Normally, the standard starter questions are, "What do you do for a living?" "Did you just come from work?" Do you have plans for the evening/weekend/upcoming holiday?" — the usuals. This stylist, new to me, led off with, "Do you have kids?" "Yes." "How many?" "Four." I had hoped that single word answers might signal that I was one of those guys who didn't need small talk to get through a 15 minute haircut. "How old are they?" I answered, "My sons are 24, 22, and 18. My daughter was six years old when she died 11 years ago." To her credit, the stylist missed not a beat before saying, "I'm sorry for your loss." We both retreated into our thoughts. For me though it was recalling a cold Sunday in 2005 when I took Maggie to this same place to get her hair cut. The stylist then was wonderful with her. (Maggie could be a handful if she didn't think she was being listened to.) Together they decided upon a cut that, when done, Maggie flaunted the whole day long. It made her feel beautiful and so grown-up, so that when the two of us next did the grocery shopping for the week, she pushed the cart and later nudged me aside in order to show me how to do the self-check-out at WalMart. On the following Thursday, Laurie and I cradled our daughter as life support was withdrawn, and Maggie quietly (the only thing she ever did quietly) died. Life can change so quickly.

Precious recollections, even in the midst of a haircut, are what make Father's Day, like Mother's Day, significant. Memories of the children we have lost, no matter how old or young they were, regardless of how long we had them close to us, are gifts that are invaluable, sometimes equally painful and joyous. They evidence how enduring is our love for them, transcending even death and inhabiting the soul that is within each one of us. And so we remember.

*Sincerely,*

*Bill and Laurie Steinhauer*

The next newsletter is in September



## Chalkboard reflections

I have been trying to make the best of grief and am just beginning to learn to allow it to make the best of me.

Barbara Lazear Ascher

A GREATER LOVE COMES FROM YOUR DEEPEST PAIN AND THERE'S POWER IN THAT LOVE TO HELP YOU RISE AGAIN.

FROM "A LITTLE FARTHER DOWN THE ROAD" BY ALAN PEDERSEN

*Every day loss parents move mountains in honor of their children gone too soon. They start movements, change laws, spearhead crusades of tireless activism. Why? In the hope that even just one parent could be spared from joining the club. If you've ever wondered who some of the greatest world changers are, hang out with a few bereaved parents and watch how they live, see what they do in a day, a week, a lifetime. Watch how they alchemize their grief into a force to be reckoned with, watch how they turn tragedy into transformation, loss into legacy.*

Angela Miller

THE REALITY IS THAT YOU LIVE IN A NEW REALITY, WHERE A PIECE OF YOUR HEART AND A PART OF YOUR FAMILY IS MISSING. THERE IS STILL LIFE AND JOY, AND LOVE AND LAUGHTER, BUT THERE IS ALSO AN INSURMOUNTABLE OCEAN OF GRIEF THAT YOU WILL BE NAVIGATING FOR THE REST OF YOUR LIFE.

TESSA B.

How many days like these must come and go before my solitary grieving finds an end?

And if my grieving finds an end, some day – Will I have any feelings left at all?

Sascha Wagner

The best thing any father can do for himself and for others around him is to reach out for help and to know it is not a sign of "weakness"; it's a sign of courage, courage to face these feelings head on. There is no time frame for healing after such a loss. Some days your emotions will win, but gradually over time it will dawn on you that you are winning this battle and a new you is starting to emerge. Maybe the new you will be someone you don't recognize, but in time you will realize this is the new you and you will learn to live with this person.

Kelly Farley

## SEE, by Steven Curtis Chapman (in memory of his daughter Maria)

Right now all I can taste are bitter tears  
And right now all I can see are clouds of sorrow  
From the other side of all this pain  
Is that you I hear?  
Laughing loud and calling out to me?

Saying see, it's everything you said that it would be  
And even better than you would believe  
And I'm counting down the days until you're here with me  
And finally you'll see.

But right now all I can say is, "Lord, how long?"  
Before You come and take away this aching  
This night of weeping seems to have no end  
But when the morning light breaks through  
We'll open up our eyes and we will see.

It's everything He said that it would be  
And even better than we would believe  
And He's counting down the days till He says, "Come with me"  
And finally

He'll wipe every tear from our eyes  
And make everything new  
Just like He promised.

Wait and see  
Just wait and see  
Wait and see.

And I'm counting down the days until I see  
It's everything He said that it would be  
And even better than we would believe  
And I'm counting down the days till He says, "Come with me"  
And finally  
We'll see.



**Please contact the editors, Jerry and Carol Webb, Box 71, Cordova, Illinois 61242, 309.654.2727,**

**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.



## 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.

### Thanks to:

**Graham and Joyce Eatwell**, in memory of their daughter,  
**Megan DeBord-Stuckey** Norville  
**Bill and Laurie Steinhauser**, in memory of Isaiah Maca  
**Jeff and Donna Merideth**

**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</p>

Two years have now passed but I still remember that day like

it was yesterday. If you are reading this, then you have probably lived that day, too. It may have been slightly different—but still the same. Even though there was a bunch of relatives and friends in the waiting room with me, it was like I was completely alone. I had been called to the hospital less than an hour before. There had been a car accident. My wife was injured but not in danger. But no one would tell me anything about my 8 year-old Stephanie or 5 year-old Stephen who were riding in the car with her. I had been led to a waiting room, hoping for word from the emergency room doctor. The minutes seemed like hours.

Then the doctor came in. Stephanie was in critical condition and would be flown to Children’s Hospital. But they were unable to revive my precious Stephen. The words echoed over and over in my brain. “Your son has died.” The shock and the grief struck me at the same time. I had expected them to come in and tell me the kids were injured but would be just fine thanks to the excellent efforts of everyone involved. After all, that’s the way it always happens on “Rescue 911.” But that wasn’t the way it happened this time! I only half remember being led back to my wife where I broke the news to her.

A moment later when I had been led into the corridor, someone asked me if I wanted to see my son. I don’t even remember my response—just walking down the hallway, a nurse on each side holding my arms. All I could take were little half steps. My legs had no strength. Through the tears I could see all the

## **There’s No Law Against Grieving--Even for Men**

nurses and hospital personnel stop everything they were

doing and stare at us. Apparently they hadn’t seen a grieving father before. Finally we reached the emergency room at the end of what seemed like the longest corridor in the world. The door swung open and I spotted my son lying on a table at the far end of the room. I was helped to him and then left alone.

Waves of grief overcame me as I looked at Stephen’s sweet face, laying there as if asleep. And the realization that I would never hear his laugh, I would never see him smile, I would never feel his kiss again. After a few minutes a nurse came back and told me I would have to go because my daughter was being loaded into the helicopter and I should give her some words of encouragement, even though she might not be able to hear me. I did that and I was driven to Children’s Hospital where Stephanie died later that night. The grief that I felt was so intense. The shock was incredible. This couldn’t be happening. Both of my children were dead. I remember the newspaper reporter who showed up at my house the next day. I had gone home to get some clean clothes and take a shower. On my way into the house she approached me. We sat on the porch and both cried and grieved as I related to her the story of the wonderful life I had spent with my children. This reporter never once stared at me with that critical look that I have seen from others. If translated into words, it would be “Men don’t cry.”

So often men are not allowed by society to grieve. They have to be strong for their wife and their remaining family. How many bereaved mothers have told me

that “He holds it all in. He never cries. He never talks about our dead child.” They want me to meet their husband because maybe I can get him to understand it’s okay to open up and feel grief.

I was fortunate that I grew up in a family where it was okay to let my feelings show. If I was beaten up by the school bully, my father and mother let me know it was okay to cry. When the first person I was really close to died, my grandmother, no one told me it wasn’t alright to grieve.

And this upbringing stuck with me. If I’m in a store and Bette Midler’s song “God is Watching Us From a Distance” (Stephen’s favorite tune to sing) comes on, I’ve given myself permission to cry, right then and there. If I read a poem that touches me, I’ve given myself permission to let it all out. And if I hear about the death of another child, I’ve given myself permission to feel my grief all over again.

The only thing bad about men grieving is that society looks down on us because we are not “strong.” After losing both my children, I really don’t care what society thinks. Only a small percent of them have had a child die, and they understand my feelings. The rest of them don’t. And, God willing, they never will.

If you are a man and having a hard time allowing yourself to grieve, look at your inner being. Are you better because you haven’t grieved? Or are you worse? Have your feelings of frustration from not grieving affected your relationship with your spouse or remaining children?

Our deceased children would, no doubt want us to accomplish something

meaningful with our lives. They would want us to go on living. Maybe it is time to grieve so that we can move forward with our lives.

**Wayne Loder,  
TCF/Lakes Area, Michigan  
In Memory of my daughter and son,  
Stephanie and Stephen Loder**



### To My Husband

My love, these past few months  
Seem to have paralyzed us  
In pain and anguish  
And I know, in that state,  
The flow of communication becomes  
stilted.

The love we are and share,  
Is forever, darling.  
But I realize that you have felt,  
As have I, a separateness in our grief.

It’s all right, you know, dear.  
I guess it is the nature of a loss so  
devastating  
That no matter how we try  
To comfort one another  
Along the strange path of grieving  
We sometimes feel so alone.

We have done marvelously we, my  
love,  
Talked, cried, remembered our son  
With tears and smiles,  
I know we will laugh again,  
My dearest beloved,  
We will laugh again—I promise.

**Molly Murphy**



# Support Groups for Grieving Parents & Siblings

**The Compassionate Friends, Quad City Chapter**  
**Monthly meeting: Thursday, June 23, 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 months' meeting: July 28, 2016 and August 25, 2016 at 6:30 pm**

<p><b>The Compassionate Friends of Muscatine</b></p>	<p>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>.</p>
<p><b>Rick's House of Hope</b></p>	<p>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>.</p>
<p><b>MJL Foundation Suicide Grief Support (DeWitt)</b></p>	<p>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 Waggnor 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>.</p>
<p><b>MJL Foundation Suicide Grief Support (Fulton)</b></p>	<p>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>.</p>
<p><b>SHARE</b></p>	<p>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>.</p>
<p><b>Loving Listeners</b></p>	<p>If you need someone who understands and will listen, feel free to call or email (if address is given):</p> <ul style="list-style-type: none"> <li>♥ Kay Miller 309.738.4915</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:shoearthb3@mchsi.com">shoearthb3@mchsi.com</a></li> <li>♥ Judy Delvecchio 563.349.8895 <a href="mailto:delvecchiojudy@hotmail.com">delvecchiojudy@hotmail.com</a></li> </ul> <p>Kay, Doug, Rosemary, and Judy 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.</p>

## Child Loss often Makes a Father Feel Like a Failure

Men go through all kinds of identity changes when they experience the loss of a child, especially a child who is older and has lived long enough to create established memories with his father. A man identifies himself by mainly two things: the job he has and the family he has. When a child is taken away by death, a man suddenly loses the largest, most important part of his identity and a real crisis situation has been created, not just for the father, but also for the role the father plays with the family. Fathers love to feel needed, and they love to feel like they are the one responsible for the happiness of the entire family.

Men are far less verbal than women by nature, and it makes it much more difficult for family members and friends to understand the changes that are taking place with a father when he loses a child. He often feels like a total failure because he was unable to prevent the death or to fix the death once it took place. This is especially true if the child's life was lost due to an illness. Fathers are notorious for fixing things that are broken or in need of repair, and when they cannot fix their child's illness and the end result is death, a father goes through a deep grieving period of feeling tremendous guilt and failure.

A father who loses a child also loses such a large part of his dreams. Fathers don't always openly talk about their dreams of hunting and fishing with their children, or of taking bike rides together, going to ball games together or of tossing a ball in the backyard, but they think about these events all of the time. Fathers of girls daydream about walking their daughter down the aisle and dancing that first dance at the wedding. They dream about taking care of all of their child's hurts, wiping their tears away, and being called "hero" for all of the ways they show their strength to their son or daughter.

Child loss, in a father's eyes, often represents weakness. Men believe fathers are to be strong and in charge, not at a loss for knowing what to do when death turns life upside down. Child loss is such a helpless feeling, and often this is a foreign emotion for fathers who have been immersed in the lives of being a tower of strength for their child.

What is a father to do? How can a father go on and feel whole once again? It takes time to work through the pain of loss. It takes a long time to build back a feeling of belonging as a father. It will often take years for a father to be able to reclaim his identity of a father. It will take lots of working through feelings of failure and loss to feel like a man who can always proudly wear the name father.

Take it a day at a time, a step at a time. Begin by telling yourself over and over that you will always be a father. Nothing can change that – not even death. Remind yourself often that some things cannot be fixed by you. Remember often that lost dreams are part of the pain every parent feels when a child dies. It takes a lot of tears and years to work past the milestone markers of such things as dreams of your child playing ball, driving a car, dating, getting married, and having children. These are not easy dreams to release, but with time you will be able to more vividly remember the times you had with your child than to sorrow over the time you never had. Be patient with yourself! Be kind to yourself! And, when you fall into the emotional pain of feeling like a failure, remind yourself that you will always be a father and nothing can take away that badge of honor, not even death!

Lastly, remind yourself that you will make it! There will be a day when you can say with confidence, "I am a father – always and forever, and I am so thankful for that!"

**Clara Hinton**

# 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 is nearly complete. After years of planning and fundraising, the Memorial Garden will soon **welcome the arrival of the Angel of Hope statue**. The statue has been ordered, and following manufacturing, will be shipped and mounted on its granite base **this September**.

In the area before the angel lie the inscribed bricks that spell out the names of 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.

Please place your order for the memorial bricks soon so that they are in place for the dedication of the completed Memorial Garden which will take place this fall following the placement of the Angel of Hope statue.



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** 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.

## ***We Need Not Walk Alone***

### **The Compassionate Friends National Newsletter**

One complimentary copy is sent to bereaved families who contact the national office.

The Compassionate Friends, Inc., P.O. Box 3696, Oak Brook, IL 60522-3696  
(877)-969-0010

Email: [Nationaloffice@compassionatefriends.org](mailto:Nationaloffice@compassionatefriends.org) Web site:  
[www.compassionatefriends.org](http://www.compassionatefriends.org)

Visit the **sibling resource** page at [www.compassionatefriends.org](http://www.compassionatefriends.org)

Also available to read online without charge

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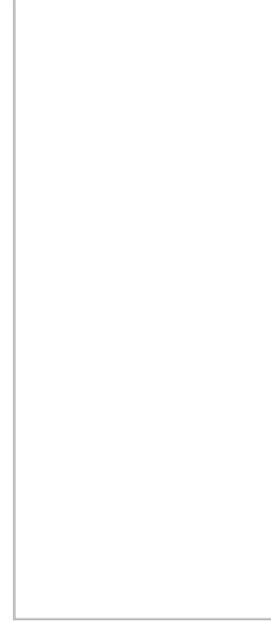
**The Compassionate Friends**  
*Quad City Area Chapter*  
Supporting Family After a Child Dies



**1830 6th Avenue**  
**Moline, Illinois 61265**

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**To** 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.***