



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

**February 2020**

Volume XXXIII Number 2

Dear Compassionate Friends,

**Jerry** and our younger son are making a hobby of going to National Park service sites. The week after Christmas we took a meandering route to visit family in Texas, visiting seven NPS sites along our way. One of these was the Lincoln home in Springfield Illinois. Mary Todd Lincoln has been much maligned by historians. Perhaps her reputation is well deserved. By all accounts she had a difficult temperament. But when we look at the grief she endured, perhaps we should take a more forgiving attitude toward her. Their second child, Edward died at the age of four. Their third son, Willie died at age 12 while Lincoln was president. Their youngest child, Tad died suddenly at the age of 18 only six years after her husband was brutally assassinated at Ford Theatre while she was holding his hand. This woman endured a lot of grief, and in these times, social mores dictated a level of stoicism and calm that Mary was not able to maintain. So many losses and so few healthy outlets a Victorian era lady could use to process her grief. According to one article I read, the grief process was especially tough for women. Widows were required to embody grief. They were expected to mourn their husbands for at least two years and children for at least a year - cloaked in dark clothing and isolated from society. Every detail of their lives was dictated by social pressure to live in a state of never-ending grief. No wonder Mary Lincoln had a hard time maintaining her equanimity.

Sandi Caplan writes in the book *Grief's Courageous Journey: A Workbook*, "Grief is not an illness nor a pathological condition, but rather a highly personal and

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# Love Gifts



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

Thanks to:

**Laurie and Bill Steinhauser, on the 15th anniversary of their daughter Maggie's, passing.**

**Donations** 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 donation or love gift, please send it or to our Chapter Treasurer, Doug Scott, 6550 Madison Street, Davenport, Iowa, 52806. Checks should be made out to *The Compassionate Friends*. Your gifts are tax deductible.**

**That black bag** of sorrow is hard to bear. It's hard to bear because not everyone understands your grief. They did at first. They did at the funeral. They did at the graveside. But they don't now; they don't understand. Grief lingers. As silently as a cloud slides between you and the afternoon sun, memories drift between you and joy, leaving you in a chilly shadow. No warning. No notice. Just a whiff of the cologne he wore or a verse of the song she loved, and you are saying good-bye all over again. Why won't the sorrow leave you alone? Because you buried more than a person. You buried some of yourself. Wasn't it John Donne who said, "Any man's death diminishes me"? It's as if the human race resides on a huge trampoline. The movements of one can be felt by all, and the closer the relationship, the more profound the exit. When someone you love dies, it affects you...Why does grief linger? Because you are dealing with more than memories — you are dealing with **unlived tomorrows**. You're not just battling sorrow — you're battling disappointment. You're also battling anger. It may be on the surface. It may be subterranean. It may be a flame. It may be a blowtorch. But anger lives in sorrow's house. Anger at self. Anger at life. Anger at the military or the hospital or the highway system. But most of all, anger at God. Anger that takes the form of the three-letter question — why? Why him? Why her? Why now? Why us? You and I both know I can't answer that question. Only God knows the reasons behind His actions. But here is a key truth on which we can stand. God is a good God. We must begin here. Though we don't understand His actions, we can **trust His heart**.

**From *Hope*, Max Lucado**

## Am I Going Crazy?

Your grieving heart...No, you're not going crazy. And you are also not alone in feeling like you are "losing it." When you think about the overwhelming loss you've experienced, it is indeed a miracle that you don't lose your sanity! But there's a safety net built into the wondrous grief cycle that somehow keeps you safe in the storm. You will survive this, sanity intact, and eventually go on to reclaim your life and some degree of joy, despite your loss. There are many ways in which grief can touch you—physically, mentally, emotionally and spiritually. It's an all-encompassing thing, you know? You need to understand that there are a wide range of "grief symptoms," and you may wonder what is "normal" and what is not. Rest assured that almost ANY symptom you might have, although it would be considered alarming otherwise, is perfectly normal during grieving.

[www.recover-from-grief.com](http://www.recover-from-grief.com)

## In Time

When we grieve and hurt, we seem to be more aware of everyone's shortcomings, mistakes, and limitations.

When we grieve and hurt, we seem to be less capable of forgiveness and understanding.

When we grieve and hurt, we must try to realize that feelings of anger and bitter frustration are natural.

We must also recognize that most of this angry sensitivity is temporary.

In time, we will rediscover our ability to understand and forgive many people, not only others in the world around us, but also ourselves.

The important words here are "IN TIME."

**Sacha Wagner, from  
*The Sorrow and the Light***

## Guidelines for Grieving Couples

Realize the death of your child will hurt more than you imagined. It will rearrange your life and world view. Your relationship with your partner will be stretched. There are some things you can do to reduce strain on your relationship. You and your partner will grieve differently. Let go of the assumption that you "ought" to do it alike. Respectfully make room for each other's style. Realize you cannot meet all your partner's needs. You have limits. You are both overextended. Do seek appropriate outside support when you need it. Focus on what you need. Let go of trying to get your partner to do something different about his or her own grief. Grief takes its time and is not very predictable. Let go of trying to conform to anybody else's idea of how you ought to be doing. Women, if you don't see "Dad" grieving in ways you recognize, stay clear of the trap of deciding this means he doesn't care about the baby (or you) very much. Ask him what he does with his sadness and sense of helplessness. Remember, you both hurt. You will both feel it and show it in different ways. Men, if your partner needs to talk about the baby, and her grief is more than you can absorb, encourage her to find additional places to talk. Show her you care in other ways. Keep clear of the trap of thinking you aren't doing it "right." Let go of trying to get her "through it" easier or faster. Remember other parents have survived this much pain. Life will be meaningful again. Keep remembering, life will become meaningful again.

**from "Coping with infant or fetal loss:  
The Couple's Healing Process" by Gilbert  
and Smart**

**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. Recently added groups include Men in Grief; Loss to Long Term Illness; Loss of a Step Child; Loss of a Child with Special Needs.

## 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

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

Visit the **sibling resource** page at

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

It is also available to read online without charge.

**e-Newsletter Now**

**Available!** An e-Newsletter is now available from the National Office! The monthly e-Newsletter contains notes and happenings of interest to all TCFers. To subscribe to the e-Newsletter, visit the TCF National Website home page and click on the Register for TCF e-Newsletter Link. This newsletter is available to everyone.



## About The Compassionate Friends

**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 that 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.

## 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>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>Looking 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="https://bereavedparentsusa.org">https://bereavedparentsusa.org</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 at <a href="mailto:climb@climb-support.org">climb@climb-support.org</a>. Include your full name, your location, and your reason for interest.</p>

# Snowflakes

Have you ever stood outside, with your head tilted back and your mouth open wide, trying to catch a snowflake? Snowflakes fall everywhere, on your hair, your chin, your eyelashes, even your nose, and some even manage to land on the very tip of your tongue, only to vanish before you can really get a taste.

Each snowflake is a completely different design and pattern. No two are ever created exactly the

same. It is a mystery that continues to delight “snow catchers” everywhere. There are very few things that can be so lovely, so delicate, so perfect, so different and yet disappear so

quickly, never to be reproduced in exactly the same pattern again.

Sometimes it seems as though people are like that, too. Those we love are so lovely, so delicate, so perfect, so different—and they disappeared too quickly, too.

Each of us is as unique as those childhood snowflakes. We each have a unique look, sound, smell, touch. We are cut from unique patterns, assembled in an endless variety of shapes, styles, combinations. We look, sound, talk, think, and act differently than anyone else. There are no identical matches just as there are no perfectly identical snowflakes.

We know this, but when it comes to grieving, we demand that everyone grieve the same way. Some of us will talk our

way through the iciness of our grief while others prefer more solitude. Some want to read everything they can about grief while others wish to submerge themselves in work. Some cry endlessly while others never shed tears. We are as unique as snowflakes drifting from the sky.

There is no right or wrong way to grieve, although there are some ways that are a bit less dramatic. Just as the snowflakes find their way to their destination, so too, will each of us find our own way through

grief. Frozen hearts and numb minds do, eventually, thaw. Icy memories that chill to the bone can grow warmer as we begin to move through our grief.

Whatever hurt we are carrying begins to weave itself into our very being, and

eventually it becomes a part of our history. We begin to become the sum total of all of our experiences. Our unique patterns begin to reflect our unique journeys.

We carry souvenirs of our hurts, each stored away until time to add them to the next hurt, thus piling up one hurt after another, all to be carried forever in our being. These hurts leave scars, some big, some small, but all significant in their pain. Each scar must have a place in our being. We become a carefully organized mass of layers, as delicate and intricate and individual as a snowflake.

Sometimes, especially in the early months and even years of grief, all we can remember is the pain and horribleness of our loved one’s death. Pain seems to overshadow everything.

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# There's a New Man in Town

My son is dead. The moment I was told my son died in an auto accident, there was a new man in town. The old man would find a way to fix “it” or at least make “it” better. The new man couldn't fix a thing. Oh, he could make arrangements, settle accounts, acknowledge condolences as though he were really there, but the new man was far off, living in a protective shell hardened by disbelief and shock. Yes, he did things, but he didn't feel in the old ways; he was far off being reborn.

My wife's grief would bring the new man back, at least for a while. There was no fixing her, just acknowledgment of the hurt and pain and helplessness we both felt. I was there for her as she was there for me, and we bonded in our grief at depths we did not know existed. My son did not die to make our marriage better or worse, and his death did not change what it fundamentally was and is. There is however a new level where we meet to hurt and heal together.



When a baby is born, there are pain and tears followed by profound joy. If that baby dies before his parents, there is pain and tears and a longing for peace. No man can anticipate the number of tears that will flow during his rebirth. The half hour drive to work each morning was a time of nothing but tears and pain and guardian angels to provide safety for myself and those around me. The new man was every bit the good driver the old man was, but he wasn't there, he was far off being reborn in those unstoppable tears. Peace was nowhere to be found.

I am not going in to detail the many ways I think I have changed. Believe me, I have changed and so have you, fellow bereaved father. I cannot believe my son died to make me a better man. I do believe that my son's death shocked me into holding dear all that was always precious to me with the new knowledge that “it” can all end in an instant, and neither the old man nor the new man can ever fix “it.”

The protective shell is fading away and real peace is finding its way into my heart and soul.

But the shell will never be completely gone and the peace will never blend into complacency. We are new men with new priorities and new things to do.

This does not mean we abandon all that was of the old man; the newness is in our attitudes and understanding and acceptance of vulnerability.

**Dave Simone – TCF/Tampa, Florida**

## Support Groups for Grieving Parents & Siblings

### The Compassionate Friends, Quad City Chapter Meeting

**Thursday, February 27, 2020, at 6:30 p.m.**

1830 6th Avenue, Moline, Illinois

Please call 309.736.6601 for information and directions.

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

Next month's meeting is held on **Thursday, March 26, 2020, at 6:30 p.m.**

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

<p><b>The Compassionate Friends of Muscatine</b></p>	<p>Meets the second Sunday of each month at 2:00 at the George M. Wittch-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>Rick's House of Hope serves children, ages 3-18, and family members from the Quad Cities and nearby counties. We serve those with grief, loss, or trauma issues. Death of a loved one and divorce are common; however, any sort of traumatic event or family change would fit our criteria, such as: bullying, teen dating victimization/harassment, crime victims, and other needs. At this time, Rick's has a Holiday Healing group for children experiencing loss on Tuesday nights 5:30-7:00 until the Christmas holiday. The continuous groups are Family Together for all members of the family on Wednesday nights 5:00-7:00 pm and a Teen Night on Thursdays 5:00-7:30 pm. All meetings are held at 5022 Northwest Boulevard, Davenport, Iowa 52806 and are free. Rick's House of Hope also does individual counseling/therapy. For more information, contact Lynne Miller, Program Manager, at <a href="mailto:millerl@verafrenchmhc.org">millerl@verafrenchmhc.org</a> or go to <a href="http://www.rhoh.org">www.rhoh.org</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>♥ 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:shoearb4@gmail.com">shoearb4@gmail.com</a></li> <li>♥ Judy Delvecchio 563.349.8895 <a href="mailto:delvecchiojudy@hotmail.com">delvecchiojudy@hotmail.com</a></li> </ul> <p>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>

## What Did Your Child Leave You?

I recently attended a workshop called “Living with Loss.” One exercise was to write an “ethical will” that is an accounting of the intangibles a loved one has left behind. I’d like to share what I believe my infant son left me. He proved to me that a life truly is fragile, and I will handle it now more carefully. My children yet to come will benefit from my having had, and lost, Michael. He taught me that not all problems in life are monumental, and that I must remember to put things in perspective. He allowed me to reassess my spiritual beliefs. I need to do this from time to time in my life, and that is all right because there is a loving, caring God and he is with me no matter what. He showed me that each individual, in some way, leaves a mark in this world, or



moves someone, regardless of how long his life is, or how short. He gave me a reason and a need to help other people. He reminded me to show and tell the people I love how I feel about them as often and as openly as I can.

Linda Worth, TCF/Bremerton, Washington

### Sharing Sweet Memories of Love

#### 43<sup>rd</sup> TCF National Conference, July 24-26, 2020, Atlanta, Georgia

The Compassionate Friends National Conference is a weekend spent surrounded by other bereaved parents, grandparents and siblings. It is a place where hope grows and friendships are made with others who truly understand. With inspirational keynote speakers, abundant workshops for everyone’s wants and needs, and a remembrance candle lighting program culminating with the annual Walk to Remember, this time of healing and hope is the gift we give ourselves. Join us as together we remember and share the everlasting love we have for our precious children, siblings, and grandchildren. Details are on the national website as well as on our [TCF/USA Facebook Page](#). Plan to come and be a part of this heartwarming experience.

#### Contact the Editors

**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, please send us your new address. Because we send the newsletter bulk rate, the post office will not forward it.

**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.

#### Please contact:

**Jerry and Carol Webb**

390 Arbor Ridge, Benton Harbor, Michigan, 49022

or email [CarolynPWebb@gmail.com](mailto:CarolynPWebb@gmail.com).



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These shadows seem to make every day harder and in winter, the shadows seem longer, deeper, darker. The snowflakes seem small, less beautiful. The magic of winter's decorations only leaves us cold and barren. If we begin as frozen beings, the journey through grief becomes a process of thawing. And each of us will defrost in a pattern as unique and individual as the snowflakes that drift across the windowpane, leaving little icy streaks of memory on the heart.

So, be patient with yourself this winter season. Recognize your own unique emotions and hurts, and learn to identify the tracings of your own snowflakes of grief. You will survive these winter days and this winter season. You will begin to defrost eventually, and it will be far less painful if you will begin to cherish your differences rather than use them as weapons and yardsticks of judgment.

**Darcie Sims**

## Continued from page 1

normal response to life-changing events, a natural process that can lead to healing and personal growth. The transition through this difficult time is the courageous journey." We are grateful for those who walked beside us, without judgment during our own dark journey of grief. We are appreciative of resources that helped us process and share our feelings. We are glad we live in a time when society's norms do not dictate that we stay stuck in our grief. The last line of the Credo of the Compassionate Friends reads, "We reach out to each other in love to share the pain as well as the joy, share the anger as well as the peace, share the faith as well as the doubts, and help each other to grieve as well as to grow. We Need Not Walk Alone."

*Sincerely,  
Carol and Jerry Webb*

## The Gift of Grief

Death takes away. That's all there is to it. But Grief gives back. By experiencing it, we are not simply eroded by pain. Rather, we become larger human beings, more aware, more compassionate, and more able to help ourselves.

Grief is a powerful alchemy. It plunges us into sorrow and forces us to face the finiteness of life, the mightiness of death, and the meaning of our existence on this earth. It does more than enable us to change; it demands it.

The way we change is up to you, and it is possible to be forever bowed by grief. But it is also possible to be enlarged, to find new direction, and to allow the memory of the beloved person we have lost to live on within us, not as a monument to misery but as a source of strength, love, and inspiration. By acting on our grief, we can eventually find ourselves a place of peace and purposefulness. It is my belief that all grievers, no matter how intense their pain, no matter how rough the terrain across which they must travel ... can eventually find that place within their hearts.

**TCF/Inland Empire, San Bernardino, California**

## Notables

Healing from losing this precious child has shaped my life in ways I never could have expected. It has been a long, arduous journey but ultimately one of rebirth and regeneration. I remember attending a meeting of grieving parents early on in the process and hearing that the final stage of healing comes when you can reach out and help someone else. I wanted some of that final phase peace; an end to the pain and sadness that pervaded every waking moment. This became my goal – to get to that place of helping others with their grief journeys.

Connie Bowman

Grieving is a normal process, but is also unique to each individual. Seek help if you feel stuck. Locate a support group if you need to discuss and vent your feelings to people who understand in a non-judgmental environment. Reach out to your church community and compassionate people. Consider GriefShare, Stephen Ministry, individual counseling, online grief groups, or other support programs. Connect with family members and close friends. Don't go through grief alone. Seek help from the Lord.

[Elliesway.org](http://Elliesway.org)

There are no goodbyes for us. Wherever you are, you will always be in my heart.

Mahatma Ghandi

LIFE IS A GIFT FROM GOD. OUR CHILDREN, FAMILY, FRIENDS, NEIGHBORS, AND STRANGERS ARE ALL GIFTS TO BE SAVORED. ALTHOUGH SOME DAYS MAY BE FULL OF HARDSHIP AND SADNESS, EACH BREATH, HEARTBEAT, AND THOUGHT ILLUSTRATES THE BEAUTIFUL GIFT OF LIFE. KEEP THE POSITIVE MEMORIES ALIVE AND THANK GOD FOR THE BLESSINGS IN YOUR PAST, PRESENT, AND FUTURE.

ELLIESWAY.ORG

THE REACTIONS OF GRIEF ARE NOT LIKE A RECIPE WITH GIVEN INGREDIENTS AND CERTAIN RESULTS; EACH PERSON MOURNS IN A DIFFERENT WAY.  
TCF/PORTLAND, OREGON  
NEWSLETTER



## *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.