



# The Compassionate Friends

Quad City Area Chapter

Supporting Family After a Child Dies

March 2020

Volume XXXIII Number 3

Dear Compassionate Friends,

**On February 14,** a friend from our past died in Maryland. We met Bill and Veta at our church when our oldest son was a toddler, and I was expecting our daughter. I have two very strong memories of this kind woman. In March of 1984, we were in the emergency room of Lutheran Hospital. Our daughter was critically ill and needed the life sustaining resources available in Iowa City. She seemed so close to death that I would have preferred Anna stay at the local hospital where I believed she would receive more compassionate care. Jerry felt strongly that we needed to give her every chance. It was winter and our Veta and Bill had come to be with us at the hospital. She was wearing a warm wool coat with a big fur collar. I remembered her holding me tightly while they readied the ambulance. I sobbed out my fear and grief into the soft fur. Her loving embrace comforted me and filled me with the strength I needed at that moment. A few years after Anna's death, I arrived at the church on Mother's Day and went to the organ to get things ready for the morning service. On the organ, in a bud vase, was a beautiful pink rosebud. Mother's Day is hard for bereaved moms and the sight of that lovely token of remembrance caused a waterfall of tears. Later Veta told me she had placed the flower there. To have my child's life acknowledged a number of years after her loss was a precious gift. Over the years I have felt blessed when someone has taken the time to let me know they too remember Anna. I will write Veta's family this week. I pray that hearing about ways their mom shared her love with us will be an encouragement to them in their grief. We need not walk alone.

Sincerely,  
Carol and Jerry Webb

## Inside

Love Gifts	
Understanding My Bananas	2
Writing as a Way of Healing	3
Facebook and TCF About TCF	4
TCF National Newsletter	
Printed Resources for Grieving Parents & Siblings	5
A Broken Heart Doesn't Show	6
Mind Games	7
Just for Today	
Support Groups for Grieving Parents & Siblings	8
Sharing Sweet Memories of Love 43rd TCF National Conference	9
Contact the Editors	
Finding Spring Again	10
Notables	11



# 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 Boyce-Steinhauser and Bill Steinhauser, in memory of Anna Webb, daughter of Carol and Jerry Webb.

**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.**

## Understanding My Bananas

A bereaved mom posted a picture of her beautiful little girl, happily munching on a banana. Under the picture the mom had written that eight months after losing her little girl, she and her surviving children were finally able to go to the food store to buy bananas again. She went on to describe how traumatic the experience was; that people who have not lost a child can't understand how challenging it can be to face your fears, to walk into a store and buy bananas – the whole time thinking of your child's love of bananas and that now she wasn't here to enjoy them. She said it ripped to the core of her soul, reducing her to tears. Her simple words had a profound effect on me. I knew just how she felt. Having been crushed with the anguish and heartache of losing our children, little ordinary day-to-day things like bananas can bring us to our knees.

I wrote back to the mother and said I was so sorry she lost her beautiful little girl; that I understand how she felt because I have my bananas too. The bereaved mother wrote back and thanked me for truly understanding when so many people do not.

As grieving parents we all have our triggers – or bananas, if you will. Every time I see a Mini Cooper car or a young pretty woman with long light brown hair wearing a certain brand name of clothing, or hear a certain song on the radio, my heart breaks, and these are just a few examples.

All bereaved parents have them. Realizing and understanding these triggers will help you prepare for those times when you're faced with your own bananas.

The dictionary's definition of a trigger is an event that precipitated other events. It is my hope that the day will come for each of us that when confronted with our own bananas, we can instead smile and be comforted with the exquisite and beautiful memories of our beloved children as they envelope us in their love.

Louise Lagerman, Houston, Texas

## Writing as a Way of Healing

Creative activities like drawing, painting, and listening to or performing music can help to reduce stress during difficult times. What you may not know is that writing can reduce anxiety and boost resilience, too. Writing your thoughts in a journal—for example, about how you’re feeling, what you’re hoping for, or any thoughts that you’re holding inside—can help relieve some of your worries.

When I sat by my thirteen-year-old daughter’s hospital bedside for nearly one year, I was overwhelmed by her multitude of diagnoses and life-threatening conditions. Seeing my daughter in pain and suffering from the after effects of chemotherapy, surgeries, and radiation treatments was devastating. Somehow, I had to stay strong for my daughter during the day, but when night approached, I couldn’t abate my fears.

So, I picked up my pen and wrote in a journal that a friend had given to me. I wrote of my anxiety, my trepidations, my hopes, and of her small victories. Writing allowed me to shed some of the unbearable burdens that I was carrying and mark some positive milestones. And after my child’s death, when I was in a maelstrom of grief, expressing my devastation through writing gave me a measure of relief and whispers of hope that I would recover one day.

I do understand that any activity when you are mourning can seem overwhelming, but it’s worth a try to write for even ten to fifteen minutes a day. Not only did writing lift some of my burdens, there is a growing body of evidence that writing about a medical trauma can improve a person’s physical and psychological outcomes.

If you are writing in a journal for the first time, you may want some guidance about how to begin. Writing prompts like these can help:

- Just Write! Put pen to paper and write. Write anything. Don’t lift your hand off the paper. If you need to write “just write” over and over, do so. Before too long, your thoughts will emerge and you’ll write them down.
- Who gives you comfort and support?
- Have family, friends, and/or your community supported you in ways that you couldn’t have imagined before?
  - What do you do to find some comfort and strength? Examples to consider: write in a journal, walk with a friend, listen to music, go to a movie.
- What new activities do you think will help you to cope? Examples might be attending support groups, therapy with pets, reading.
- If you could have more support, what would it be?
- If you have a few more free hours in a week, what would you do?
- Have you grown (emotionally, creatively, spiritually) after your child’s death? If so, how?
- What important life lessons have emerged after the death of your child?
  - Writing has the potential to help you to cope better during the most stressful times and during the grieving process. It should be noted, however, that writing is not a substitute for counseling; rather, it can be a valuable addition to counseling.
- At the beginning of this new year, try something new. Pick up your pen and write—and help yourself at the same time, too.



Faith Fuller Wilcox  
[www.faithwilcoxnarratives.com](http://www.faithwilcoxnarratives.com)

**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>

## A Broken Heart Doesn't Show

"We are the walking wounded. Our lives are seemingly normal for those looking at us from the outside, but we know differently – for a broken heart doesn't show from the outside," said a participant in my grief support group. It is true that life continues following the death of a loved one. Groceries still need to be bought and clothes laundered. Jobs require our attendance and our attention. Little league games, dance recitals, graduations and weddings still take place. For those grieving, it takes enormous effort to participate in these rituals of life. The daily "got-to-dos" and the occasional "special event" all beckon to us at a time when we would rather just curl up until the world begins to make sense again.

So how can you function when your heart is not in it? How can you find a way to care if you eat a hot meal or just make a bowl of cold cereal for dinner?

The bigger question is – How can you be anything but involved with life? It calls to you each day. It urges you to get up and be a part of it. Not in spite of your grief, but because of it. The only way to journey through grief is to get up each day and see what the Universe brings your way.

We are social beings by nature, so staying home hibernating does not help us to feel better. Our emotional pain does not diminish if we become a recluse, nor can we sleep our pain away. When we are out in the world doing our "normal" routine that has now become anything but normal, it allows us to reach out to others for help and understanding. It allows us to remember our loved one and how they were a part of

this schedule and, how in some ways, still are.

Distraction can be a wonderful tool when mourning a loss. Staying busy can keep you from thinking too much about what has changed in your life and you may even catch yourself having a laugh or two with others. Used skillfully, distraction can bring you into the present moment where healing can take place. So much of grief is looking back with regret or forward with fear. It is only when we are truly present that we can get a bit of relief from the overwhelming emotional pain.

Working, shopping, even ironing can help you regroup and realign. However, too much dis-



trraction that does not allow you the time and space to grieve is not healthy either. You must find a balance between time to get quiet and remember and time for busyness.

This may not be easy, but the world still calls to you. There are things to do and people to meet and somehow you need to find the inner strength to get out and be a part of it all. While others may not understand why you seem distant or sad, for your heart is unseen, being with others is still the best salve for your hidden wound. Remember the immortal words of Robert Frost, "In three words I can sum up everything I've learned about life: it goes on." It does... and so will you.

Nancy Weil

South Suburban Chapter Newsletter

July - August 2012,

Evergreen Park, Illinois

## Mind Games

Mind games — it can happen anywhere, anytime. Driving along the highway, I think: suppose, just suppose, I turn my head quickly, will you suddenly be sitting next to me? Will you be humming along to a song that was a particular favorite of yours? I swear I can hear you. I want so much to hear you singing loudly and a bit off-key again.

Or perhaps I'm in the supermarket and I see someone with long, blond hair— is it you? My heart thumps. I want so badly for it to be you. People glance at me strangely and I realize I am standing in the middle of the aisle weeping. Even the special foods you loved can reduce me to tears. I'm tempted to buy your favorites and prepare them for when you come home for supper.

At night when I climb into bed, I scrunch over toward the middle, this gives you room to sit next to me the way you would after coming home from a late date. My senses are alive with you. I can smell your special perfume and feel your long, slender fingers with the pearl ring Daddy gave you for graduation. I can hear your laughter. I will you to stay with me until I fall asleep.

Then there are the times when I consciously call out your name in the silence of the house. My mind knows there will be no response, but in my heart I hear you answer  
Continued on page 9

## Just for Today

**Just for today** I will try to live through the next 24 hours and not expect to get over my child's death, but instead learn to live with it just one day at a time.

**Just for today** I will remember my child's life, not his death, and bask in the comfort of all those treasured days and moments we shared.

**Just for today** I will forgive all the family and friends who didn't help or comfort me the way I needed them to. They truly did not know how.

**Just for today** I will smile no matter how much I hurt on the inside, for maybe my heart will soften and I will begin to heal.

**Just for today** I will free myself from my self-inflicted burden of guilt, for deep in my heart I know if there was anything in this world I could have done to save my child from death, I would have done it.

**Just for today** I will honor my child's memory by doing something with another child because I know that would have made my own child proud.

**Just for today** I will allow myself to be happy, for I know that I am not deserting my child by living on.

**Just for today** I will remember that even death cannot take away the special love we shared.

**Just for today** I will accept that I did not die when my child did, my life did go on, and I am the only one who makes that life worthwhile once more.

**Just for today.**

Vicki Tushingham



## Support Groups for Grieving Parents & Siblings

### The Compassionate Friends, Quad City Chapter Meeting Thursday, March 26, 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, April 23, 2020, at 6:30 p.m.**

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

<b>The Compassionate Friends of Muscatine</b>	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> .
<b>Rick's House of Hope</b>	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> .
<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>♥ 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:shoearthb4@gmail.com">shoearthb4@gmail.com</a></li> <li>♥ Judy Delvechio 563.349.8895 <a href="mailto:delvecchiojudy@hotmail.com">delvecchiojudy@hotmail.com</a></li> </ul> 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.

Continued from page 7  
me and for that split moment you are there at the top of the stairs as surely as I am at the bottom.

Barbara.. .Barbara.. . Barbara... Your name is a litany.

I suppose that behavior could be considered quite strange. What does one make of it? Weeping in supermarkets, calling to one who is not here. Oh, but in that fraction of a second when one feels one's loved one close, that feeling, although bittersweet, soothes and comforts a splintered heart.

Mind games...it can happen anywhere, anytime.

**Bunny Placco**

**TCF/Greater Providence, Rhode Island**

# THERE WILL ALWAYS BE A PROFOUND SENSE OF LOSS FOR WHAT COULD HAVE BEEN.



Nancy Friedlande

## 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).



# FINDING SPRING AGAIN

It is the end of February, which means we are nearing the end of what has often been a brutal winter. While gazing at the mountains of snow piled high in my front yard and the foot-long icicles hanging from my roof, it is hard to imagine that spring will ever come. We have endured bitter cold winds that have chilled us to the bone and treacherous roads that we have cautiously traveled. The days have been long and dark and often free of sunlight. No matter how long you have been a native of the Upper Midwest, I know we all will be glad when it comes to an end.

However, as I described these thoughts about winter, I felt as if I was describing the days of my early grief. At that point, I did not believe that a day would ever come when I would thaw from the chill that had overtaken my body and mind. The bleakness of my existence during those early months after Nina died is almost frightening to remember; it is so difficult to even conceive of that much pain. I was anesthetized from some of its cruelty by the protective blanket of numbness that blessedly shielded me from the gale force of such overpowering sorrow. How could I ever feel spring in my heart again?

Spring had always been my favorite season. The air had a certain freshness to it that I would drink in. Simply put, it always made me feel happy and light of heart. Spring was our reward for surviving the freezing winter months that preceded it. It brought a smile to my face and a bounce to my step.

However, it was the spring of the year where my heart was irretrievably broken. It was during this exquisite season of warm, lilac-scented breezes and sun-kissed mornings where my sweet daughter Nina's life would end.

I wondered if my thoughts about spring would never be the same. Rather

than anticipate with gladness the coming of spring, I dreaded it with the knowledge that it contained the anniversary of her death. The smell of the air and the look to the sky that I once found exhilarating now brought me back to my darkest day. I know that anyone who has lost a loved one to death, no matter the season, understands.

Will spring come again to your life? In the almost six years since Nina died, has it come to mine? Looking back at my description of the winter of "my early grief," I know that I have come a long way from that time of desolation. I have found, especially after the first two years, that with each subsequent spring, I have rediscovered some of the pleasure I used to feel. I have learned that just because I have found things to feel joyful about again; it doesn't mean I am dishonoring my daughter's memory. I now take her along with me in my mind and my heart. I try to retrieve memories of the dandelion bouquets she so carefully gathered and presented to me, the rides to the park in the Radio Flyer, our talks while sunning on the deck, and, of course, shopping for spring clothes! Her favorite pastime! I will always feel tenseness, apprehension and sadness as May 11 draws near, but I no longer hold it against spring.

It is a slow, difficult journey, this grief pathway we travel. It is as treacherous as the roads we maneuvered following the winter storms, never knowing when we will hit an icy patch on the road and be thrown into a tailspin. Yet, we must travel it if we are to find any measure of peace and healing.

Please be patient with yourself as you are working hard to survive this winter in your heart. Trust that spring, though a much different one than the one we knew before our beloved child died, will come again.

With gentle thoughts,

Cathy L. Seehuetter

TCF/St. Paul, MN,

In memory of my daughter, Nina

# Notables

Grieving allows us to heal, to remember with love rather than pain. It is a sorting process. One by one you let go of the things that are gone and you mourn for them. One by one you take hold of the things that have become a part of who you are and build again.

-- Rachel Naomi Remea

GRIEF IS NEITHER AN ILLNESS NOR A PATHOLOGICAL CONDITION, BUT RATHER A HIGHLY PERSONAL AND 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.

SANDI CAPLAN AND GORDON LANG, IN GRIEF'S COURAGEOUS JOURNEY: A WORKBOOK

The road to recovery from grief... is to take time to do things which will enable us to give a renewed meaning to our lives.

That's when our journey through grief becomes a journey of discovering ourselves, our potential, and our resources in the encounter with life. That's when we become BETTER PEOPLE rather than BITTER PEOPLE. In grief no one can take away our love. The call of life is to learn to love ... again.

Seek meaning and a positive outcome for your loss. Your loss will open your eyes to those experiencing loss, giving you the unique ability to provide support and compassion to others. Serve other people. Open your eyes to other's needs and provide comfort. Loving other people will take your mind from your pain and heals your grieving soul more than you realize. Be the rescuer, not the victim. [elliesway.org](http://elliesway.org)

Several miraculous things came out of the experience of losing a child. I learned to trust my inner voice profoundly. I learned to surrender to a much bigger plan than I could ever conceive or in any way control. I learned to accept the help of the many angels that came into my life and then to reach out to others in turn. I learned to embrace whatever joy wants to come in, however fleeting, for it is God's gift to us. I learned that love transcends time and space and our loved ones are never really gone, only in the physical.

Connie Bowman



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



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

**Nonprofit Org.  
U.S. POSTAGE  
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Rock Island, Illinois**

**Return Service Requested**



**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.