



The Compassionate Friends

Quad City Area Chapter

Supporting Family After a Child Dies

January-February 2026

Volume XXXIV, Number 1

Dear Compassionate Friends,

During our meals in December, Jerry and I worked through a set of questions about various topics related to the holiday season. One question was, "What Christmas would I like to revisit so I could take photographs?" I recalled Anna's only Christmas when she was a patient in a neonatal intermediate care unit. We spent the day with her, but had not thought to bring the camera. Our only picture from that day is a fuzzy black and white taken by the hospital Polaroid camera. That memory led to sharing other aspects of that holiday, including opening thoughtfully chosen gifts from family as tears streamed down my face, the snowstorm which kept us away from the hospital on Christmas Eve, Mike giving the baby Jesus from the nativity a ride on his newly gifted Tonka toy motorcycle. Memories are treasured gifts even when accompanied by the sadness of loss. Even though Anna was a living presence in our lives for only a few months, many years ago, we treasure the memory of her laughter, her winsome, crooked smile, watching her sleep peacefully in Carol's arms snuggled in her warm blanket, or her comfortably snuggled on Jerry's chest as he slept in the recliner. Moments of hope and joy interspersed with fear and uncertainty. A few peaceful ordinary days together as a family of four. Loving friends standing beside us in the hard times and celebrating with us when things were calm. All these years later some memories bring a gentle smile, while others bring momentary tears. The people in our lives who remember Anna are few. We are grateful to still have each other to share together the sorrow and joy of being Anna's parents. She will always be a part of who we are.

"There's this place in me where your fingerprints still rest, your kisses still linger and your whispers softly echo. It's the place where a part of you will forever be a part of me."

-Unknown

Sincerely,
Carol and Jerry Webb

"Should Haves" and Regrets

There were things we could have done after David's death, like have a special service of celebration. But we didn't. I've never regretted that decision, nor any of the others.

Thankfully, we made a commitment to each other to live with our decisions and not regret what we should or could have done.

Jim Nelson, in loving memory of
his son, David

The hardest part of missing you is I can't stop my mind from thinking about all the things YOU would be doing now if YOU were here right now.

Crystal80 Facebook post

Sometimes we may dwell on the decisions we made around the time of our loved one's death, about what we could have or should have done, playing out each new scenario in our minds. We think the endless possibilities represent mysteries we can never solve.

Yet regardless of whether our decisions were ultimately the best choices or not, spending hours berating ourselves about the past is not helpful. Our regrets prevent us from living in the present, and may prolong our grieving and intensify the sadness of our loss. We need to forgive ourselves for any decisions or actions we regret, and let go of them.

I will be kind and forgiving to myself. The choices I made were the best possible decisions I could make at the time.

Johannesburg TCF Chapter
Newsletter

There is nothing that can replace the absence of someone dear to us, and one should not even attempt to do so. One must simply hold out and endure it. At first that sounds very hard, but at the same time it is also a great comfort. For to the extent the emptiness truly remains unfilled, one remains connected to the other person through it. It is wrong to say that God fills the emptiness. God in no way fills it but much more leaves it precisely unfilled and thus helps us preserve—even in pain—the authentic relationship. Furthermore, the more beautiful and full the remembrances, the more difficult the separation. But gratitude transforms the torment of memory into silent joy. One bears what was lovely in the past not as a thorn but as a precious gift deep within, a hidden treasure of which one can always be certain.

Dietrich Boenhoffer

There will be Days

There will be days when your grief is deep and consuming, dark and lonely.

I hope you find refuge in supportive friends, family, and counselors on the days when you most need someone to sit beside you in that darkness.

There will be days when your grief is a bit more subtle and silent, content with buzzing in the background instead of being center stage.

I hope you don't feel guilty for the days when this allows you to feel joy or hope. These days are so deeply important as you move forward at your own pace.

There will be days when your grief turns on a dime, demanding different things from you moment to moment, giving you emotional whiplash as you try and keep up.

I hope you are gentle with yourself on these days. Your heart is looking for ways to process a love that has changed due to loss (a love that is still present, but in a different way). That is a lot of work on a weary soul.

There will be days when your grief softens enough to allow your mind to wander in memories, to rejoice in remembering, to allow the light to trickle into the most painful spaces.

And on those days, I hope you let the comfort wrap around you like a warm sweater. I hope you let the light in and feel it surrounding you.

Because grief will bring about many different kinds of days.

May we take them one day at a time, one moment at a time, and make room for the tension that it brings.

Liz Newman
TCF Greater New Orleans



**Much like the nature
of an ocean, grief
flows in waves.**

**Sometimes you can
predict the impact or
even see the wave
coming from a
distance.**

**Other times it can
blindside you,
knocking you clean off
your feet.**

TCF Johannesburg

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

A complimentary issue of the National Newsletter is sent to bereaved families who contact the office at The Compassionate Friends, Inc., P.O. Box 46, Wheaton, IL 60187 (877)969-0010.

email:

NationalOffice@compassionatefriends.org

Website: www.compassionatefriends.org

Visit the **sibling resource** page at 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 (<http://www.quadcitytcf.org>).

TCF National Office

P.O. Box 46

Wheaton, IL 60187

Toll Free (877)969-0010

TCF National Website:

www.compassionatefriends.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.

Prepare for a Grief Anniversary

The nature of a calendar is that it is cyclical. For instance, this post is first running on October 15, and next year there will be an October 15, and the year after that. This is true for every day except leap days, but even those come around eventually too.

We celebrate happy anniversaries, but life isn't all happiness. We remember some days with more pain than others.

I was reminded of this a few years ago when looking at Mary Katherine Ham's Instagram account. This journalist and commentator is known for many things, but in addition to her professional work, she's shared a lot about losing her first husband. He died in a bicycle accident in September 2015, leaving her with one little girl and another on the way.

In an Instagram reel, she said that "The thing about losing someone on a particular day, or a traumatic event on a particular day if you have one in your life, as you're bound to at some point, is that the calendar is going to come back around," she noted. "When that happens, be prepared for it."

She went on to say, "You know the date is coming, you know you're dreading it, at least early on in your grief, and you should set up a situation for yourself." Mary Katherine planned a nice lunch with several friends on her grief anniversary as a way to make sure she had something on the day to look forward to, instead of just dreading the day.

I think this is an incredibly wise idea. The calendar does come back around again. Every year, we note the anniversary of all the days that shaped us. And yes, over time, some of the grief

changes form. Mary Katherine Ham remarried a few years ago and so the shape of the grief is different than it was in the first year. But still, whatever shape it takes, it will always be there. You are highly unlikely to forget the date. Not everyone in your life will remember it as you will, and you can't always count on other people to observe it and take care of you. You need to take care of yourself.

So if you've got a grief anniversary in your life, think about what truly makes you happy. What could you plan into your life for that day so that you will feel loved? What will make you feel like there are still good things in this world? Reach out to your friends. Your closest ones will welcome the opportunity to help on that grief anniversary. They may want to help, they just probably don't know what to do.

Think about things that make you smile.

What would you genuinely enjoy?

Get one or two of these things on the calendar.

What this can do is temper some of the dread the day might otherwise conjure up. There will be something on that day to look forward to. You won't be alone if you don't want to be. Life can be tough, especially if you are grieving. But figuring out how to spend your grief anniversary in a way that will make you feel taken care of is one of the best gifts you can give yourself. Then you can continue to show up for the other people in your life.



Laura Vandercam

vanderhacks@substack.com

The Things I Have Learned About Grief Since the Death of My Child

Grief is not an event, it is a process. It does not have a distinct finish line. It takes each person a different amount of time to do their grief work – each person’s journey is as unique as their fingerprints.

Grief is unique for each person because of the relationship they had with the child who has died. That relationship was also unique. It is different for a father, different for a mother, different for a surviving sibling.

Your grief journey will be guided by many things besides the relationship you had with the child who died. It will be influenced by your past life experiences (including previous losses); your religious beliefs, your socio-economic status, your physical health, the availability of a support network, and, in many cases, the cause of the death itself.

People want you to be “over it” way sooner than you can ever imagine that as a remote possibility. They don’t seem to understand that this is not the flu and we don’t get “over it,” we learn to integrate it into the fabric of our lives. People want us to be back to our “old selves again” but what they don’t realize is that we will never be the same people we were before our child died. One of our tasks as we make our grief journey is to redefine who we are in this new reality that we did not choose.

Grief is not a predictable journey and sometimes feels as though we are on a roller coaster. One day we may feel somewhat stronger and feel we

are making progress, the next day we may crash and burn. Grief is sometimes like winding a ball of yarn – you wind and wind on it and sometimes drop it and it unravels before you – then it is time to start winding it up again. Grief can be like that. It is unrealistic to think that things will be “normal” again because they won’t be the “normal” we have always known. It will be part of our job to define our “new normal” – an existence without that child’s physical presence.

It is important to remember that as we grieve, we must also mourn the death of our child. The two words are usually used interchangeably, but they mean different things. Grief is on the inside – what we are feeling inside. Mourning is “grief gone public” – in other words how we are allowed to express our grief outside of ourselves.

We have a great need to tell and retell our story far longer than many people are willing to listen to us. We need to find safe places to tell our story and continue to talk about our child. This is probably one of the greatest values of a TCF Chapter. Being part of a TCF Chapter also helps to validate what we are feeling and helps to make us feel less alone.

Pain is part of the grief process and cannot be ignored or “gotten around” if we are to heal. You must integrate and process the pain to get to the other side of it – to the place where healing can start taking place.

There is a Buddhist saying...

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After One Year, What I Want to Know is... How do I go on From Here?

Many heads always nod in agreement when the question is asked at a Compassionate Friends meeting. Is that your question too? It has been over a year since your child has died. In your own way you have met and survived those special days, holidays, his or her birthday and all the events you had anticipated sharing with your child, at least once. Now what? Where do you go from here? Life is going on around you, yet your own life may seem at a standstill. It has had a drastic and traumatic change.

A tug-o-war wages within your mind and body. Part of you wants to hang on tight to the life you knew when your family was whole. But after a year of grieving and crying for your child, you realize that life as you knew it is no more. The separation death has brought is daily becoming more real.

If you are at this point in your grief, you know how it is. We are weary and tired from the constant effort and energy it takes to keep moving ahead each day. Possibly we find ourselves putting up a false front and saying "okay," "fine," when people ask how we are doing, because we think they feel that's how we should be by now. We remember a year ago, when we looked ahead to this time thinking we would be back to normal, our grief somehow healed and resolved. Now we often seem to be two different people. A person living with the burden of the loss of

our child and the emotions, depth of sorrow and pain which only another bereaved parent can understand; and at the same time a person going through the motions of living in the normal world of everyday work, activities, friends, and problems, which we often are tempted to let go on without us. A feeling of panic isn't uncommon, yet you must have developed some survivor skills if you have come this far.

How do we get out of there and go on without leaving the life of our child behind? Some helpful words might be slowly, carefully, patiently, and prayerfully, accepting ourselves as we are, and truthfully facing our feelings. Our own son was killed 18 months ago by a hit-and-run driver. If you were to peel back my outer shell right now and expose my thoughts, you would see that loving, exciting seventeen-year-old we shared so many good times with and my wish to have him here on his 19th birthday this month. You would see my desire to know more about heaven and God's plan for eternal life, a deep loneliness, fatigue and many unanswered questions. It's strange. I have apprehension as I move back into life, yet a real fear of staying emotionally where I am.

Yes, it is hard to go on because no one can do it for us. The great effort it takes to get out of bed on time in the morning, to plan ahead

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The Angel of Hope Monument, located at the Moline Memorial Cemetery, 5001 34th Avenue in Moline, Illinois, offers grieving parents a way to honor the child who has died. The brick apron in front of the Angel of Hope statue is paved with bricks honoring those offspring who have passed. If you would like to purchase a brick, the order form is on the next page with instructions.

Angel of Hope Memorial Brick Order Form

Name			
Address			
City, State, Zip			
Email Address			
Telephone			
4" x 8" Brick	\$100	Inscription Limits: 13 characters per line (including spaces and punctuation) 1 to 3 lines.	
8" x 8" Brick	\$200	Inscription Limits: 13 Characters per line (including spaces and punctuation, 1 to 6 lines.	

Inscription on a 4" x 8" brick (print):

Inscription on 8" x 8" brick (print):

Call (309)781.9074 with questions or for more information.
 Make checks payable to "Angel of Hope Memorial Garden."
 Please mail your completed order form to:
 Angel of Hope Memorial Garden
 c/o Christie Hoffman, 11618 6th Street, Milan, Illinois 61264

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for dinner and to make the best of each new day must come from within each of us. Now is a good time to take inventory of our resources. Do you have your health, home, husband, other children, other family members, friends, a job, faith in God? Do you have talents which you have neglected or something you always wanted to do which could be developed?

Making an appointment for health or dental check-ups; deciding to lose those pounds you gained through frustrated eating; planning some special times with your family; initiating contact with old friends, and rebuilding relationships; releasing new energy into your job; taking time to seriously study your faith; enrolling in a class to learn something new may be the boost you need. Do you have strengths of understanding love, caring, listening? No doubt you have already reached out to help someone else in their need or grief because you know how that kind of love has helped you.

Last summer, a "Things to do" list evolved out of my own frustration of not being able to budge or take even one step forward. Each day I tried to accomplish at least one small task from this list. As I saw little bits of progress, my attitude and depression began to lift. I kept my list very simple thinking of those things which would encourage me to succeed in areas I was weak, such as house work, planning meals and meeting the needs of my family; yet allowing me time for a quiet half hour by

myself, going out to dinner with my husband, taking a walk, a bike ride or playing the piano and being available to care for others in a helpful way, especially other bereaved families. Of course, some days are still hard, but over the months my ability to move ahead has gradually increased. If you are stuck in one spot and the obstacles ahead seem too big, I encourage you to make a list of your own to fit your own lifestyle, talents and strengths. Our life is still worthwhile even as we continue to work through our grief.

Phyllis Sewell, TCF, Van Nuys, CA



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“In order to heal, you have to lean into the pain.” While grief and pain are inevitable in most people’s lives, misery is optional. I am sure you have heard the expression, “We cannot change the wind, only the direction of our sails.”

Remember that letting go of the pain does not mean letting go of the love you had for your child. That love will remain with you always.

I think at some point each of us must make a conscious decision to heal. We must decide whether or not we want to become bitter or better. I believe each of us has the tools within us to heal, but we must listen to our inner voice to tell us how to proceed.

Everyone seems to have an explanation for why this happened to you. It is a characteristic of our society that we want to be problem solvers, so people often feel they have to provide us with some kind of explanation. I haven’t met a bereaved parent yet who felt there was a reasonable and acceptable explanation for why their child had to die.

I also think we need to be selfish as we grieve. By this I mean we must be good to ourselves, be patient with ourselves, look to what we need to do to move forward. Sometimes we get so busy caring for and nurturing others, we neglect to nurture ourselves. Remember, the word grief means “to carry a heavy burden.”

We need to be open to the help others can provide. This is not a

journey we need to make alone. Let people help you. Ask for help when you need it. Asking for help is not a sign of weakness, but an acknowledgement that you want to heal.

**Susan Chan, Rachael’s Mom,
TCF Topeka, KS**

The Beautiful Name of Parent

People often ask why there is not a word for someone who has lost a child. For me the answer is quite simple; I am and always will be a parent. The death of our child does not take that precious title away from any of us. Nothing and no one can ever change the fact that we are parents. We gave life to, nurtured and raised our children for however long or short their lives were. “Parent” is a living word. It is an eternal word.

Our children would want us to remember that we are their parents now and forever. They would want the name of “parent” that was bestowed on us at their birth to live on in our hearts. We are still actively parenting our children. We continue to bring life to our children by loving them now and forever. There is not and should never be a word to signify the endless love of a parent.

**Janet G. Reyes
TCF Alamo Area Chapter, TX**

Support Groups for Grieving Parents & Siblings

The Compassionate Friends, Quad City Chapter Meetings
are held on the **fourth Thursday** of each month,
at the **Moline Police Department Headquarters,**
1640 6th Avenue, in Moline, Illinois.

The January Chapter meeting will be held on
Thursday, January 22, 2026 at 6:30 pm
February's meeting is on February 26, 2026 at 6:30 pm.

The Compassionate Friends of Muscatine	Meets the second Sunday of each month at 2:00 at the Snyder and Hallenbaugh Funeral Home, 2907 Mulberry, Muscatine, Iowa. Tom Summit can be contacted at 563.506.0103.
Rick's House of Hope	Rick's House of Hope serves children, ages three to 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. The continuous groups are Family Together for all members of the family on Wednesday nights from 5:00-7:00 p.m. and a Teen Night on Thursdays from 5:00-7:30 p.m. All meetings are held at 852 Middle Road (Vera French), in Bettendorf, Iowa, and are free. Rick's House of Hope also does individual counseling/therapy. For more information, contact Lynne Miller, Program Manager, at millerl@verafrenchmhc.org or go to www.rhoh.org .
SHARE	A support group for parents who have lost a child through miscarriage, stillbirth, or early infant death. SHARE meets the third Tuesday at 6:30 p.m. 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 chalyn@shareqc.com or www.shareqc.com .
Phone Support	If you need someone who understands and will listen, feel free to call or email: <ul style="list-style-type: none"> ♥ Doug Scott, 563.370.1041, dns0826@gmail.com ♥ Rosemary Shoemaker, 309.945.6738, shoearthb4@gmail.com ♥ Judy Delvechio, 563.349.8895, delvechiodjudy@hotmail.com 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.

Printed Resources for Grieving Parents & Siblings

TCF Online Support Community	<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 www.compassionatefriends.org and click "Online Support" in the "Resources" column.</p>
TCF's Grief Related Resources	<p>There are resources on elements of grief with well-known experts in the field. To view the resources, go to https://www.opentohope.com/tv/.</p>
TCF National Magazine	<p><i>We Need Not Walk Alone</i> is available to read online without charge. Go to www.compassionatefriends.org and review the options at the top of the page. TCF e-Newsletter 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>
Grief Materials	<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 www.centering.org. When ordering, be sure to mention you are with The Compassionate Friends and all shipping charges will be waived.</p>
Amazon.com	<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>
Previous Newsletter Editions	<p>Looking for more articles or previous copies of this newsletter? Go to the Quad City Chapter of The Compassionate Friends for previous versions of the Newsletter in Adobe Acrobat format. www.quadcitytcf.org</p>
Alive Alone	<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 www.alivealone.org or alivealone@bright.net.</p>
Bereaved Parents' Magazine	<p>Online articles and poems. Reminder emails are sent notifying readers when new issues are available. https://bereavedparentsusa.org.</p>
Our Newsletter	<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 climb@climb-support.org. Include your full name, your location, and your reason for interest.</p>

REFLECTIONS ON A NEW YEAR

We begin a new year, one that many of us enter with reluctance. After all, it means another year away from our child and another year to be lived without the physical presence of the one we have lost. Apprehensive about any new challenges that we may be called upon to face in our broken condition, we call out, "Wait, I'm not ready yet!"

The death of our child changed the course of our life; nothing will be the same again. But it also has shaped us into who we are today. And it will continue to do so as we learn to incorporate this loss into who we are to become.

Have you found that you have already begun to live differently? Compassion toward others is more profound. Trivial things are no longer important. Appreciation for life, and those in our lives, is paramount. We're living the same life—differently.

Tragedies, disappointments, and heartaches combine with beauty, love, and joy to fashion our life. These are all a part of life, and our challenge is to incorporate them into our world. The difference that our child's life has had

upon the world continues through us.

So, rather than being fearful of the challenges that lie ahead, perhaps a better question to consider at this time might be: What opportunities will present themselves in the coming year to honor this loss that is already a part of our life?

Our child has become more integrally entwined into our being more than ever before. We bring him or her to every situation that we encounter. How can we make that situation better because of this bond?

The start of a new calendar year is a good time to remember that we are in the midst of life. It is not perfect. Nor is it one that we might have chosen. But, our struggles do not put life "on hold." Rather they are a part of life itself! Our life is ours to make the most of, with many gifts that we can share with others. There is no better time than the present to gather up the pieces and recognize the uniqueness that we each call "me"—a uniqueness made more wonderful because of our child's presence in the life we choose to live.

**Paula Stausiunis Schultz,
in memory of Melissa and Jeff from
the Greater New Orleans TCF Newsletter**

**Let yourself feel good again,
Laugh with friends, have fun.
Living your life to the full is
Not a betrayal of a memory but
Fulfillment of a promise to
Someone who would want only
The best for you.**



By Karen Katafiwsz – from the TCF NZ Newsletter

Sometimes pain shapes you in ways you never expected. It teaches you to be resilient, to rise again even when you're knocked down. The scars you carry are not a sign of weakness—they are proof of your strength.

I had always read the death of a child is the leading cause of divorce. It turns out this is a myth.

An out-of-order death strains a marriage terribly, because it's hard to comfort your spouse when you're in agony yourself. Tragedy can open up fissures in a relationship, but a child's death by itself doesn't split couples up. In our many years of being married, my wife and I have never been closer than we are now. This is because we've walked through together, and are still walking through, the worst thing that can ever happen to parents, bar none. The shared experience of unimaginable grief can yield—sometimes sooner, often later—a sense of having found resilience together. A new chapter in our marriage has arisen from the ashes of our child's death.

David E. Wood – TCF USA

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.

Donations are used for mailings to recently bereaved families, for the materials shared at our meetings, and/or to purchase books for our library. Thank you to the many families who provide love gifts so the work of reaching out to bereaved parents and families can continue.

Thank you to Bill and Laurie Steinhauer on the 27th birthday and 21st anniversary of their beloved daughter, **Maggie**.

If you would like to send a donation or love gift, please send it to the Chapter Treasurer, Laurie Boyce-Steinhauer, 397 West Wachter Road, Galena, Illinois 61036. Checks should be made out to *The Compassionate Friends*. Your gifts are tax deductible.



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 electronic version of the newsletter, please send us your email address. If you know someone you think would benefit from receiving the newsletter, send his/her/their name and email address...

If you prefer to no longer receive the newsletter or if your email address has changed...

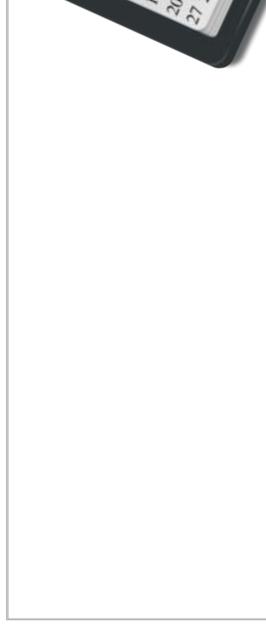
Please contact: Jerry and Carol Webb at 390 Arbor Ridge, Benton Harbor, MI 49022, or email CarolynPWebb@gmail.com or webbjerryd@gmail.com.



The Compassionate Friends

Quad City Area Chapter

Supporting Family After a Child Dies



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.