



The Compassionate Friends

Quad City Area Chapter
Supporting Family After a Child Dies



1830 6th Avenue
Moline, Illinois 61265

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Rock Island, Illinois

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

You are not alone in your grief.



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Supporting Family After a Child Dies

December 2015

Volume XXVIII, Number 10

Dear Compassionate Friends,

Thanksgiving Day marks what would have been our daughter's 32nd birthday. In our hearts she remains a tiny, dark-haired baby. Loved, cherished, missed. Since 1988 we have invested our time and money in reaching out to other bereaved families through Compassionate Friends. We attended our first meeting thinking that perhaps we could be an encouragement to another family who was journeying through the darkness of grief. We started the newsletter because we saw that not all families could attend a group meeting or find one helpful, but we believed the things we were learning about grief were worth being shared beyond the monthly meetings. Those first newsletters were funded by a handful of bereaved parents who wanted to reach out to other grieving moms and dads.

Recently Bill Steinhauser sent out the following note to the group of people who work together to make this newsletter happen. "While getting the newsletter out ten times a year is considerable work and is labor intensive, it has evolved into a tripartite task with the Webbs on for writing, content, and maintaining the mailing list; Laurie and me on for set-up, proofing, and printing; and Doug, Barb, and an array of mailing elves doing the post office preparations. It is a great testament to team work, but even more, it is a very touching tribute to the lives of the children we lost -- whose lives live on through us to help other parents who have suffered the same terrible grief and need to heal. There are moments I can almost see Anna, Abby, Maggie, Brad, and others doing these tasks alongside us."

Why do we and others give to Compassionate Friends? Because our children live on as we share and care about other bereaved families; because we believe our children would be pleased knowing that their lives (short as they may have been) are making a difference in the world; because we who have been walking this path for many years can offer hope and healing to those who follow behind us; because with each of the many tasks necessary to this organization undertaken, and each love gift given to make these happen, we honor our children; because we have found hope and healing as we have cared for others.

Simon Stephens, founder of The Compassionate Friends sums it up: "The Compassionate Friends is about transforming the pain of grief into the elixir of hope. It takes people out of the isolation society imposes on the bereaved and lets them express their grief naturally. With the shedding of tears, healing comes. And the newly bereaved get to see people who have survived and are learning to live and love again."

Even if you have never attended a regular TCF meeting, we encourage you to join us for the Candlelight Service on December 3rd. We believe you will find there both hope and healing.

Jerry and Carol Webb

CHALKBOARD REFLECTIONS

The reality is that we don't forget, move on, and have closure, but rather we honor, we remember, and incorporate our deceased children and siblings into our lives in a new way. In fact, keeping memories of your loved one alive in your mind and heart is an important part of your healing journey.

Harriet Schiff - *The Bereaved Parent*

When I grieve, when I stand by others as they grieve, even in the midst of seemingly unbearable sorrow, grief becomes a way to honor life - a way to cling to every fleeting, precious moment of joy.

Cortney Davis, Nurse Practitioner

Time has proven that in caring and sharing comes healing.

Grief work is like winding a ball of string. You start with an end and wind and wind. Then the ball slips through your fingers and rolls across the floor; some of your work is undone but not all. You pick it up and start over again, but never do you have to begin again at the end of the string. The ball never completely unwinds. You've made some progress. From TCF/ Evansville, Indiana Newsletter

The Compassionate Friends

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Supporting Family After a Child Dies

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

Mission Statement

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

Vision Statement

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

<http://www.quadcitytcf.org>

CANDLELIGHT MEMORIAL SERVICE

Thursday, December 3, 2015
at 6:30 p.m.
Bethel Assembly of God Church
3535 38th Avenue
Rock Island, Illinois

The Chapter's Candlelight Memorial Service is for bereaved parents, grandparents, and siblings who would like to have his or her child(ren) remembered on this night. You may bring your own candle or use one we have. Please bring a picture of your child to the service as well. All family members are invited. A time of fellowship will follow the service.

If you cannot attend and would like a candle lit in your child's memory, please complete and return this form to Doug Scott, c/o Bethany for Children & Families, 1830 6th Avenue, Moline, Illinois 61265.



Child's Name: _____

Date of Birth: _____ Date of Death: _____

Parents' Names: _____

You are welcome to bring a favorite finger-food, help with set up at 5:30 p.m. or help with the clean up after the service.

If you have any questions or want more information, please call Doug Scott at 563.370.1041.

If you would like to make a love gift to TCF in memory of your child, you may do so at the service or by sending your contribution to our treasurers, Larry and Joyce Molitor, P.O. Box 191, Cordova, Illinois 61242. Checks should be made out to *The Compassionate Friends*. Your gifts are tax deductible.

I Wish I Never Received This Newsletter

On February 15, 2005, my six year-old daughter, Maggie, suffered an intracranial hemorrhage while at kindergarten at Saint Paul's School in Davenport. She died two days later in Iowa City, cradled in our arms as life support was withdrawn.

About a month after Maggie died, in retrieving the daily mail from our roadside mailbox, I read the cover of a newsletter sent to Laurie and me. *"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."*

I sat at the curb and wept. The stark declaration that we were now eligible to receive a newsletter and be part of a group I had never heard of drove home the reality of our life. We were the parents of a child who died, and forever we would carry this terrible sorrow. I wished we never received that newsletter. I wished my daughter was still alive and would come running around from the backyard looking for me. But those wishes were never going to become reality.

Sometime later, I read that newsletter. Laurie and I went to a

monthly meeting a couple of times. That December we went to our first candle lighting service. But it was the newsletter that always spoke to my heart, that helped me, that was the impetus for me to read dozens of books by other parents whose children had died. Each month I read this newsletter and the articles written or chosen by Jerry and Carol Webb, and each month I heal a little bit more – yet still wish I never received this newsletter in the first place.

This is why Laurie and I donate to this local chapter of The Compassionate Friends – because as much as we wish we were not eligible to be part of it, we are –and we have healed better from the loss of our daughter because of it.

If you wish you never received this newsletter in the first place, yet read it because it helps you take the next breath, start another day, and recognize you are not alone in your grief, would you please help the chapter with a contribution? Sadly, other parents will join us. They too will need this wisdom and the words of this newsletter to help them go on.

Bill Steinhauser, TCF/Quad-Cities

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

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

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

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

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



Dealing with grief at Christmas

Amid the joy of Christmas, there is

another side of the Christmas story that is often overlooked. Not everyone was thrilled to learn of the coming of the long-awaited Messiah. Jesus especially was not welcomed by King Herod, who could not stand the thought of anyone competing for his royal position.

Feeling threatened, Herod ordered a massacre of all baby boys under two years of age. If you listened carefully to the sounds of that first Christmas, you could hear soldiers' threats, babies' cries, and young mothers wailing in desperation. Grief collided with the good news of Christmas.

Some years, celebrating Christmas is tough. When my father died in October 1993, that Christmas was different. A loved

one was missing at the table. There was one less gift to wrap. The family still gathered, and, through tears, we still had Christmas. We had each other, we had our Savior, and we were thankful that my father was in heaven, but the pain was very real.

Sadness and gladness met head on that Christmas, and sadness often won. This Christmas may be tough for you. This may be the first year you've had to face the holidays since losing a loved one. Christmas will be different. What do we need to be aware of as we face the season?

Dr. Alan D. Wolfelt of the University of Colorado medical school wrote:

1. Love does not end with death. Holidays may result in a renewed sense of personal grief, a feeling of loss unlike that experienced in the routine of daily living. All around you the sounds, sights and smells trigger memories of the loved one.



2. Talk about your grief. Don't be afraid to express your feelings of grief. Ignoring your grief won't make the pain go away and talking about it openly often makes you feel better.
3. Be tolerant of your physical and psychological limits. Feelings of loss will probably leave you fatigued. Your energy level may naturally slow you down. Respect what your body and mind are telling you.
4. Eliminate unnecessary stress. Don't overextend yourself. Avoid isolating yourself, but be sure to recognize the need to have special time for yourself. Don't take on more than you can do and don't set expectations too high.
5. Mention the name of the person who has died. If you are able to talk candidly, other people are more likely to recognize your need to remember that special person who was an important part of your life.
6. Plan ahead. Decide the family traditions you want to continue and the new ones you would like to begin following the death of a loved one. Structure your holiday time. This will help you anticipate activities.
7. Embrace your treasure of memories. Memories are one of the best legacies that exist after the death of someone loved. And holidays always make you think about times past. Instead of ignoring these memories, share them with family and friends. As someone said, "God gave us memories so we might have roses in December."
8. I'm adding this suggestion. Make spiritual preparation, even when you don't feel like being spiritual. Focusing on the birth of Jesus can bring comfort because we are reminded that God is with us. Let God minister to you and bring you comfort.

Dr. David L. Chancey, Pastor,
McDonough Road Baptist Church

DONATE

Love Gifts

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

Thank you to:

Kenneth and Sandra Keller in memory of their son, Adrian
Matthew and Tracy Lindaman in memory of their son, Jack
Linda Young in memory of her daughter, Michelle

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

If you would like to send a love gift, please send it to our treasurers, Larry and Joyce Molitor, P.O. Box 191, Cordova, Illinois 61242. Checks can be made out to *The Compassionate Friends*. **Your gifts are tax deductible.**

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

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

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

Closed Facebook Groups

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

- TCF - Loss to Substance Related Causes**
- TCF - Loss to Suicide**
- TCF - Loss to Homicide**
- TCF - Loss to a Drunk/Impaired Driver**
- TCF - Loss to Cancer**
- TCF - Infant and Toddler Loss**
- TCF - Loss to Miscarriage or Stillbirth**
- TCF - Sibling Loss to Substance Related Causes**
- TCF - Sounds of the Siblings (for bereaved siblings)**
- TCF - Loss of a Grandchild**



As a reflection back on the past 13 (Wow! Has it really been that long?!) Christmases, I would like to share some ways that I have handled the holidays, as well as some additional thoughts. This time of the year is bittersweet for me now, as opposed to the first Christmas without my older brother, David. That was the worst.

At any rate, I can handle November and December much better now. I suppose I've learned a little along the way, and gained strength each year. Nonetheless, the anniversary of his death always gets to me. Unfortunately, it falls between Thanksgiving and Christmas on December 9th. Here's my list of suggestions for honoring a sibling whom you have lost, and on simply making it through yourself:

- ♥ Hang that stocking. Go ahead. Put up your sibling's stocking. It isn't as though your brother or sister never existed, and isn't still a part of your life.
- ♥ Write a poem or letter to your sibling and put it in the stocking. Put up a tree, or continue with your holiday traditions. Yes, this is VERY difficult. But for most of our siblings, this was their favorite time of year. Celebrate how blessed you have been to have had your sister or brother for holidays past.
- ♥ Decorate the way THEY would have wanted to, instead of the way you would do it.
- ♥ Create a "memory" box. This is simply a

A Holiday To Do List:

box of belongings from your sibling, or pictures of your sibling, etc. Wrap it in festive holiday paper, and put it under your tree if you have one.

- ♥ Buy a gift for your sibling. Maybe it is something they truly would have wanted for the holidays, maybe it's something the two of you would have enjoyed together or gotten a good laugh out of. This can be VERY therapeutic.
- ♥ Go somewhere that your sibling would have wanted to go—the beach, a movie they would have liked, a favorite restaurant, wherever. "Share" this time with your sibling. This is also good on their birthday. Celebrate that they had a life and that they are a part of yours!
- ♥ Bake a favorite holiday goody of your sibling's.
- ♥ Get together with your family and cry (and LAUGH – it's OK to do this) at some great family memories from years past that involved your sibling. Share thoughts on great places you may have visited for the holidays, or anecdotes of you and your sibling trying to peek at what your gifts were ahead of time.
- ♥ Put together a photo album of your sibling. This could be of your sibling's life in general, or of a specific subject, like the sport your sibling played, or holidays past.
- ♥ Give your album to your parents. Cry (and LAUGH!) at the pictures and the memories they generate.



I hope that you are blessed this holiday season, and that my suggestions are helpful. Please know that the holidays get easier with time, and that you WILL make it through, even though it may seem impossible.

Amy Baker Ferry,
TCF/Heart of Florida Chapter
In loving memory of my brother, David

Support Groups for Grieving Parents & Siblings

The Compassionate Friends, Quad City Chapter

Upcoming: Candle-Lighting Service

Thursday, December 3, 2015, at 6:30 pm at

Bethel Assembly of God Church

3535 38th Avenue, Rock Island, Illinois

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

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

The next regular meeting is January 21, 2016, at 6:30 pm at 1830 6th Avenue, Moline, Illinois

The Compassionate Friends of Muscatine	Meets the second Sunday of each month at 2:00 at the George M. Wittich-Lewis Funeral Home, 2907 Mulberry, Muscatine, Iowa. Chapter Leaders are Linda and Bill McCracken. You can call them at 563.260.3626 for directions or information, or contact them at linmac67@machlink.com .
Rick's House of Hope	This is a community resource for children and adolescents dealing with grief. There is no fee for services. Groups meet on Monday and Tuesday nights. The group for 14 year olds and older meets Sunday from 3:00 pm until 5:00 pm. All meetings are held at 5022 Northwest Boulevard, Davenport, Iowa 52806. For more information, call Emily Gordon, Program Director at 563.324.9580, or egordon@rhoh.org or go to www.rhoh.org .
MJL Foundation Suicide Grief Support (DeWitt)	A peer group for suicide grief support meets on the third Friday of every month, 6:00 pm to 7:30 pm at the Frances Banta Waggner Library, 505 10th Street, DeWitt, Iowa 54742. Contact Betsy Loehr, 563.843.3655 or at there.is.hope@hotmail.com — http://www.mjlfoundation.org .
MJL Foundation Suicide Grief Support (Fulton)	Survivors of Suicide Support Group Meets on second Monday of each month in Fulton, Illinois, at the Second Reformed Church, 703 - 14th Avenue, Fulton, Illinois 61252, from 7:00 pm-8:30 pm. Contact: Laura Wessels, 815.589.3425 or laura@secondreformedchurch.net .
SHARE	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 chalyn@shareqc.com or www.shareqc.com .
Loving Listeners	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"> ♥ Kay Miller 309.738.4915 ♥ Kirby White 563.271.5908 kombo100@msn.com ♥ Doug Scott 563.370.1041 doug.scott@mchsi.com ♥ Rosemary Shoemaker 309.945.6738 shoearth3@mchsi.com ♥ Judy Delvechio 563.349.8895 delvechiojudy@hotmail.com ♥ Gina Glassford 309.517.3664 citrgs@gmail.com Kay, Kirby, Doug, Rosemary, Judy, and Gina are willing to take calls from bereaved parents, grandparents, or siblings who want to talk to someone who cares that they don't feel alone.

Printed Resources for Grieving Parents & Siblings

TCF Online Support Community	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.
TCF's Grief Related Webinars	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 http://www.compassionatefriends.org/News_Events/Special-Events/Webinars.aspx . Webinars are being archived in TCF's Webinar Library, accessible from the webinar page.
TCF National Magazine	<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.
Grief Materials	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.
Our Newsletter	For parents who have experienced the death or deaths of multiple birth children during pregnancy, at birth, in infancy, or in childhood, contact Jean Kollantai at P.O. Box 91377, Anchorage, AK 99509.
Amazon.com	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.
Previous Newsletter Editions	Looking for more articles or previous copies of this newsletter? Go to www.bethany-qc.org for copies of the last several years of The Quad City Chapter of TCF-QC Chapter Newsletter in Adobe Acrobat format.
Alive Alone	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 .
Bereaved Parents' Magazine	Online articles and poems. Reminder emails are sent notifying readers when new issues are available. http://www.bereavedparentsusa.org/BP_NatlNews.htm .
Our Newsletter	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, climb@climb-support.org . Include your full name, your location, and your reason for interest.

CHANUKAH THOUGHTS



After the first year
The pain changes from a crushing weight
To a wickedly cutting edge.
Time speeds up from a grinding plodding
To a more normal routine.
And sometimes you forget (for a moment)
That your whole life was destroyed—just
last year.

After the first year you start to remember
the good times.
You can tell a funny story about your child
And save the crying for later.
But sometimes it seems like you're the
only one left who mourns.
"What's the matter wit you anyway?"
"It's been a whole year."

After the first year
Your child seems a little closer
And yet still so far away.
Miracle of miracles, you haven't forgotten
how he walks, his voice, the shape of
his head, or the solid warmth of
his fingers curving around yours.
Those memories ambush you at many
unlikely moments and tear you apart.

After the first year
Your heart begins to thaw.
You remember that you once loved your
surviving children
And you love them again.
You remember that life use to hold joy.
And you rediscover some small enjoyment
in living.
You learn to piece your life back together
In a different pattern.

After the first year
You pick up your burdens and go on.
Amazingly you have survived a blow
more painful than anything you
ever imagined.
Even though you wish you had died too,
It slowly dawns on you that
you must still live
Because after the first year,
Comes the second year.
Liz Ford, TCF/Madison, Wisconsin

At this season of lights,
we remember the light you brought into our
lives:
The light of your laughter
The light of your wit and intelligence
The light of your love.
May the time not be distant
when the memory of these lights
will illumine our hearts and minds
and eradicate the darkness therein.

Stephanie Hesse,
TCF/Rockland County, New York
and North Palm Beach, Florida

I Know

I know that his pain has passed
Except for how it lives in my memory.

I know that denying sadness denies healing.

I know that I may never resolve all the issues
surrounding his death.

I know I may hear his voice and see him in the
shadows.

I know the remedies for grief are time, courage, and
love.

I know that grieving takes just as long as it takes -
it is a process and it may never truly end,
but it will always change.

These things I know- I just wish I didn't!

Bonnie L. Sobbray
In loving memory of her son, William L. Huff

A Prayer For Christmas Without your Baby

God of compassion, there is such a hole in my heart!
Today should be a day of joy, but I feel only emptiness
and loss.

I see the presents piled under the tree and yet I long
only for the precious gift of my child. I hear the joy and
laughter of those around me and yet I feel so alone. I
read the story of Your Son's birth – of the gifts of gold,
frankincense and myrrh brought by the magi – and yet
I can offer you only my tears and broken heart.

Dearest Lord, send Your Son to me as You sent him to
the world that first Christmas. When the celebration and hope of this season
seem far away and the grief and sorrow overwhelm, help me to remember that
You are here.

Help me find comfort in remembering that You sent Your Son to be with me in
my deepest sorrows. Heal my broken heart through His mercy and grace.
Console me, Lord. Comfort me, grieve with me, care for me in my sadness and
above all show me your love. Amen. www.elizabethministry.com



As the Holidays Approach

When the holidays are fast approaching,
we who are bereaved always have mixed
emotions about having a nice holiday
when our child or loved one is no longer
with us. We wonder if we will ever be as
happy and if we can ever again celebrate
the holidays or any meaningful family
occasion, especially the first birthday, first
Thanksgiving, or first Christmas since our
loss. We try to look ahead to how we are
going to feel when the time arrives, but it
is usually not as hard as we had
anticipated.

Still, the occasion may not be as enjoyable
as we'd like it to be or as we remember it
from the past.

I would like to offer a few ideas for what
we can do to make our holidays a little
better. Consider buying gifts for less
fortunate children, adopting a child/family
at Christmas time, or inviting a lonely
person to share your holiday meal. Make
your child's favorite foods and discuss

your loved one as you share the meal.
Some people like to volunteer to serve
holiday dinners for the homeless. Some
bereaved parents want to visit familiar
places their child loved to go, while others
want to travel where their child had never
been. Several of our Compassionate
Friends members put a small Christmas
tree at the cemetery and decorate the
graves with Christmas flowers and/or a
grave blanket. Making a grave blanket is
very fulfilling; we did that for 10 years
after our daughter Teresa died. Attending
a Candlelight program is a wonderful way
to honor your child or loved one.
These suggestions are things we feel we
can still do for our child, but they are not
reserved for bereaved parents only. All of
them can be done for any member of a
family or a friend who has died. After
someone dies we must keep going and
doing things that lift us up.

Jackie Wesley,
TCF/East Central Indiana and
Miami-Whitewater Chapters