



The Compassionate Friends

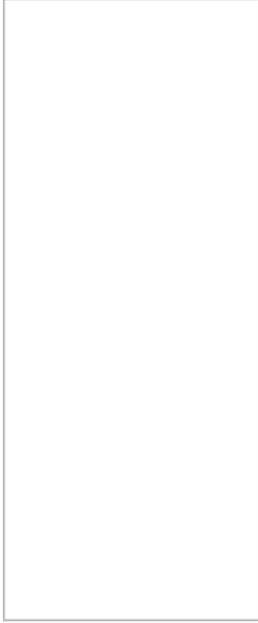
Quad City Area Chapter
Supporting Family After a Child Dies



1830 6th Avenue
Moline, Illinois 61265

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

You are not alone in your grief.



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

June, July, and August 2015

Volume XXVIII, Number 6

Dear Compassionate Friends,

Everyone grieves differently. Not wrong; just different. Sometimes husbands and wives forget that. We have been unified in so many other ways in our marriage that we forget we will grieve as individuals not as couples.

Following the death of our daughter, we also lost two babies to miscarriage. I was devastated by the first prenatal loss, shocked and hurt by what seemed like a betrayal of my expectation of the happiness I thought we deserved. Hadn't we already suffered enough? But Jerry did not seem to me to be impacted at all. I felt very alone in my grief. When the second baby died, I was at a different place emotionally and spiritually than I had been a few months before and so coped differently. But Jerry was filled with a deep dark anger at God and the perceived unfairness of our situation. His anger created a wedge in our relationship, and it took time and a lot of deep conversation over many months for us to work through the resulting pain.

One mother shared that she did not think her husband was grieving at all for their daughter who had died. As it turned out he was pulling his tractor off to the side of the field and crying out his grief and anguish alone in the cab. The article "Understanding the Situation of Grieving Fathers," may overgeneralize the differences between how men and women grieve, but we think it is useful to highlight that while being a couple joins us, our grief may pull us apart. We need to be patient with each other and keep in mind that in most instances our individual ways of grieving are not wrong, just different.

Sincerely, Jerry and Carol Webb

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Understanding the Situation of Grieving Fathers

Grieving fathers respond to the sad event very differently - and sometimes in a way that puzzles mothers, as many don't show their grief.

To all grieving mothers: this is very common, not necessarily a need to worry and can have many, often several causes.

- Fathers often see themselves as providers, emotionally stronger, and take on the role of holding the "family ship" above water when everything else is falling apart.
- Men are used to dealing with their emotions in a different way.
- Many grieving fathers need to return to work soon after the sad event and function there. A father's grieving, sadly, often doesn't find acceptance at work.
- A father's relationship to his child is often very different to a mother-child relationship. Especially, if the child died before birth, fathers have fewer and less tangible memories.

Different Ways to Deal With Parental Grief

Grieving mothers very often	Grieving fathers very often
<ul style="list-style-type: none"> • need to talk 	<ul style="list-style-type: none"> • don't want to talk
<ul style="list-style-type: none"> • cry a lot and seek out support groups 	<ul style="list-style-type: none"> • hide their pain and make it up on their own
<ul style="list-style-type: none"> • ask the same questions again and again, hoping to find understanding 	<ul style="list-style-type: none"> • don't know what else to answer, wishing they could fix things
<ul style="list-style-type: none"> • read books on grief and write to sort out the pain 	<ul style="list-style-type: none"> • disappear in the shed not to be seen again
<ul style="list-style-type: none"> • feel he should grieve her way 	<ul style="list-style-type: none"> • need space to grieve his way
<ul style="list-style-type: none"> • seek understanding and hugs to feel close 	<ul style="list-style-type: none"> • look for closeness in sexual intimacy
<ul style="list-style-type: none"> • have the impression their partners don't grieve 	<ul style="list-style-type: none"> • feel their spouses needs professional help after 6 months

Even though every father's grieving is unique, knowing about the above tendencies helped us a lot. It didn't only help me understand my partner's reactions much better, it also gave me some ideas about how I could try to cope with my grief.

Positive Parenting Skills

The Compassionate Friends

Quad City Area Chapter
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Mission Statement

The mission of The

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.

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.

TCF National Office

P.O. Box 3696
Oak Brook, Illinois 60522-3696
Toll Free (877)969-0010
TCF National Web site —

www.compassionatefriends.org

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.



Continued from page 9

feel pain, but to share it with my family. I do not hesitate to call my parents, or show up at their doorstep when I am desperately missing Carl, or grieving the loss of our unrealized future. I desperately want Carl to know my daughter; to be an uncle to her as just as much as I desperately desire to be an aunt to the children he will never have. Grief is not only missing what was, but missing what would have been.

I am grateful to my father for showing me I am not alone in my grief. Only time can lessen the pain of grief, but my pain is more bear-able when I share my grief. I have grown up with the knowledge of people who believe real men don't cry. Maybe they haven't lost a son. Maybe they haven't had a chance to be an example to the daughters who share their grief. As General Schwarzkopf said in an interview with Barbara Walters when asked if he was afraid to cry, "I'm afraid of any person who won't cry."



Regional Conference
October 2-4, 2015
"Hope and Healing for Our Broken
Hearts"
Kahler Grand Hotel, Rochester, MN

Speakers will be Mitch Carmody, author and bereaved dad and sibling; Alan Pedersen, Executive Director of TCF and bereaved dad; Dr. Heidi Horsley, TCF National Board Member and Executive Director of Open to Hope and bereaved sibling; and Glen Lord, vice president of the TCF Board of Directors, "The Grief Toolbox," and bereaved dad. A special Friday night program with Carla Blowey of *Dreaming Kevin* and Mitch Carmody of *Letters to My Son* will focus on signs from our children and dream work.

More information is available on the national chapter's website. We will also have information available at our local chapter as well. More updates will follow as the event gets closer.

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

The Compassionate Friends Sounds of the Siblings (for bereaved siblings)

TCF - Loss of a Grandchild

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.

If you prefer to receive this newsletter via email.

Our Newsletter is 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.

CHALKBOARD REFLECTIONS

WHEN one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us.
Helen Keller

Parents and grandparents newly in grief ask me, "Will it ever get better? Will the grief ever end?" My answer is, "It will get better. But the grief won't end. Instead it'll become different." That's how it ought to be. Our children and grandchildren mattered. We loved and still love them. It isn't natural for us to go on with our lives as if they hadn't existed.

David Morrell

Today I was reminded of you...
Taken back to a special place in time...And as I thought of you, a certain sort of sadness filled my heart... Even though the memories we have are beautiful and thinking back on them fills my heart with joy, my eyes also swell with tears because we are so far apart and I miss you very much.

Debbie Avery - TCF, Cincinnati

We each move forward toward hope at a different rate and in a different way. This is not about meeting the expectations of others; this is a personal journey toward peace and hope. It is your journey.

Annette Mennen Baldwin

Grief is a roller coaster, not a series of stages....Like many roller coasters, the ride tends to be rougher in the beginning, the lows may be deeper and longer. The difficult periods should be less intense and shorter as time goes by, but it takes time to work through a loss.

Hospice Foundation of America

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:

Diane Stock, in memory of her granddaughter, Claire.

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.



On January 19, 1996, my life was forever changed when my

brother, Carl, died. I will never forget the moment a family friend called me out of my chemistry class to give me the awful news of Carl's death. Time stood still as I listened in disbelief as I was told how he was found at the bottom of a radio tower. Those few endless minutes triggered a series of painful recollections and realizations which surface from time to time in quiet moments as well surfacing suddenly at inopportune times. Such painful recollections do not occur as frequently today as they did in the days and weeks following his death. Others who have walked through the early days of grief and those currently walking amidst the swirling haze of early grief know the continual bombardment of pain and memories as the permanence of loss is painfully realized.

My early days of grief brought me home for a week away from my new existence as a college freshman which seemed suddenly so distant. While home for the week I sought to escape my thoughts by watching television, such brief respites from my intense pain were not only necessary, but few and far between. As I walked into the den, I caught my father sitting on the edge of the couch in the grip of his own painful moment of grief. I could see him facing the stark realization that his son would never again walk through the door, ask to go deep sea fishing, try to weasel a couple of

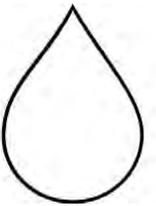
Real Men Do Cry

by Carrie Kears

bucks before rushing out the door. I sat quietly down beside him, not quite knowing if he would be receptive or embarrassed by my presence. I slipped an arm up over his shoulders which began to shake silently before my arm could even come to rest. The silent shakes of his shoulders gave way to heart wrenching, gut churning, whole body sobs. I reached up across his chest to grasp his opposite shoulder and lowered my cheek onto the shoulder nearest me; feeling his tears fall across my forearm. I couldn't tell you how long we sat there sharing our tears, our pain.

It was the first time I had ever seen my father truly break down, the first time I witnessed something more than a single stoic tear trickle down his cheek. As I look back on the experience I recognize it as a turning point in our relationship. His intense pain did not create for me a greater burden in my grief. I was not frightened. My world did not cave in because my father allowed me to see him grieve. In all honestly, my world was enriched because my father not only allowed me to see him grieve, he allowed me to grieve with him, beside him in a moment which laid the foundation of our current relationship. His actions let me know it is alright for me to allow myself to

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Support Groups for Grieving Parents & Siblings

The Compassionate Friends, Quad City Chapter

Upcoming Meetings:

Thursday, June 25, 2015, at 6:30 pm at

Bethany for Children & Families, 1830 6th Avenue, Moline, Illinois

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

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

The next meetings are July 23, and August 27, 2015, at 6:30 pm.

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 Delvecchio 563.349.8895 delvecchiojudy@hotmail.com <p>Kay, Kirby, Doug, Rosemary, and Judy, and are willing to take calls from bereaved parents, grandparents, or siblings who want to talk to someone who cares that they don't feel alone.</p>

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.
Understanding Suicide	ASAP (Awareness, Support, Action, Prevention): A confidential group that meets biweekly to serve individuals who have contemplated or attempted suicide and those coping with the suicide of a loved one. Christian Care, 2209 3rd Avenue, Rock Island – first and third Wednesdays, 4:00-5:30 pm.
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 .

The Angel of Hope Memorial Garden

5001 34th Avenue, Moline, Illinois, 61265



In the Quad Cities, in the Moline Memorial Cemetery, the Angel of Hope Memorial Garden takes form. Phase One has concluded and Phase Two has initiated. The angel winged-shaped planters rise from the earth flanking the two sides of the central circle. **There in time to come, the Quad Cities' Angel of Hope will one day stand.** In the area before the angel lie inscribed bricks that spell out the names of local children who have died before their time, remembered by parents, siblings, grandparents, and relatives who daily live with the absence of a loved child.

What has been missing in the ministry and mission of The Compassionate Friends here in the Quad Cities is a place of solace that has only the affiliation of a shared and common loss where grieving parents from our two state area can come to remember who they have lost. This is the vision of and need for the Angel of Hope Memorial Garden. It is a place that grieving Iowa and Illinois parents can sit in communion with other grieving parents who alone can say, *"I know how you feel, I also have lost a child."*

The memorial has areas with designated paving stones that are suitable for inscription. These stones are available to parents, siblings, and families who would like to remember a deceased child, adult-child, sibling, niece, nephew, or grandchild. **The order form is found on page 7** or go to the TCF website, <http://www.quadcitytcf.org> and download the order form.

Angel of Hope Order Form

Name		
Address		
City, State, Zip		
Email address		
Telephone		
4"x 8" brick	\$100	Inscription limits: 15 characters per line (including spaces & punctuation), 1 to 3 lines
8"x 8" brick	\$200	Inscription limits: 15 characters per line (including spaces & punctuation), 1 to 6 lines

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

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

Please call 309.736.6601 with questions or for more information.
 Mail your complete form to: Angel of Hope Memorial Garden, c/o Bethany for Children & Families, 1830 6th Avenue, Moline, Illinois 61265