



# *The Compassionate Friends*

## *Quad City Area Chapter*

### Supporting Family After a Child Dies

September 2019

Volume XXXII Number 7

Dear Compassionate Friends,

**Our daughter** lived for four months before succumbing to her multiple health challenges. Her side of the closet was filled with pink, purple, ruffles, and lace in a variety of sizes. The bedroom she shared with her brother held the changing table as well as baby toys and wall art, gifts from well wishing family and friends. My mother stayed with us for a few days after the funeral rituals were completed. She offered to help pack away all the clothes and baby paraphernalia. I acquiesced, thinking it made sense to return the now no longer shared room to a pre-baby state. Since I was the one who usually organized rooms and closets, packing away things such as out of season or outgrown clothes, I did not anticipate Jerry's dismay to return home and discover that my mom and I had removed the tangible signs of our baby girl from our home. We worked through this painful mistake on my part, but it was a reminder that while we were each processing our grief in our own way, the choices we made also impacted the other. The article, "Rooms and Things," in this month's newsletter shares additional thoughts on things we should think about as we deal with our deceased child's belongings. We encourage you to talk as a family, listen to each other, take it slow, stop when you've had enough, do what works for those who live in your home as together, you navigate this journey of grief.

*Sincerely,*

*Jerry and Carol Webb*



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## Rooms and Things

How many people have suggested to you in subtle and not so subtle ways that you'd be better off if you'd only go ahead and get rid of your child's things and redo the room? You see, they think that the holding on to these things is morbid. These people, who have never suffered the loss of one of their children, really do not understand that you have to do your grief work, and whether you do this sad task now or later really doesn't affect the length nor depth of your pain.

Some parents need to make the changes and decisions about personal belongings as soon as possible after the death. Having the chore ahead of them is more painful than the doing. These parents are advised, however, to go slowly when disposing of belongings. It may seem to you, also, that not seeing or having anything around to remind you of your dead child will somehow make your pain less. Later, though, when your grief has softened, you may find you need that special something, but by then it's too late.

On the other hand, you may try to keep everything, and it may take many months and several acts of sorting through the belongings at intervals before you're able to decide on just the special things you want to keep as mementos. As time goes by, you will be able to let go of the less important things without it ripping you to pieces. Not everything will forever have the same value for you. You may change in how you



feel and find that it comforts instead of hurts to see your subsequent child wearing some of the baby's clothes, or that catching a glimpse of an old familiar shirt on one of your teenagers brings a warm feeling.

Whether you've made changes or haven't been able to make changes, it's okay. There is no rule about when you do it, so don't let well-meaning friends or relatives make you feel guilty because your needs don't meet their timetables. Even though there is no rule about when you do it, we do suggest that you have as a goal eventually making the changes; otherwise the room and things become a shrine, and if you have surviving children or a spouse they may find it very difficult to live in this atmosphere forevermore. If they could be honest with you, many would tell you they don't want their dead sibling closed up in his or her room, as though their dying was something for which they're being punished. Instead, bring the record player and records into the den, or use the backpack and tent or whatever, because it comforts them to feel that their sibling has once again become a part of the family and not relegated to "the room."

I don't think I know of anyone who hasn't kept some belongings of their dead child, so that must be normal. What we learn after the death is that life is tenuous at best, and rather than hanging on to unchanged rooms, try to value the important people who are left in this life, be they family or friends, and savor them along with the memories of your dead child. For when all is said and done, those memories are truly the important part of what you have left of your child. That's a truth that doesn't need changing.

## Recovery – The Ultimate Goal for Every Bereaved Parent

When we are in the deepest throes of our grief, the thought of recovery, of feeling better, of experiencing joy, or of even being comfortable, are completely alien to us.

We don't believe we will ever again experience any of these states. Because parental grief is so intense and lasts so long, we are so bogged down in our misery that we are certain we will feel like this for the rest of our lives. Add to that the fact that recovery from our grief is so painfully slow, and we become certain that we will never feel good again.

Well, contrary to what you believe, you will not always feel as you do now; you can look forward to being able to think about and talk about your child without intense pain. There will always be a sense of loss and regret that your child is not with you, but you can go on to live a comfortable life with the reality that your child is not alive. That reality will be very much a part of your life, but it will not be so deeply painful. Recovery from the death of a child is a very long, painful and psychologically complicated process, but it CAN HAPPEN. It should be the ultimate goal of every parent in TCF.

There is a wide variation in time for recovery, just as there is a wide variation in our grief experiences. How long it will take each of us to reach this point of being comfortable is impossible to predict, and different for each of us. I think much of the timing has to do with how effectively we have faced and worked through our grief. Because I did not grieve in a healthy way for many years after Arthur was killed, I had to begin to grieve properly six years after Arthur's death. It has taken me ten years to reach a point where I feel no pain at the thought that Arthur is dead. My daughter,



also a bereaved parent, had the support of TCF and reached a comfortable point in a much shorter time.

I know that what I have said is hard to believe. For that reason I would suggest that you accept this with blind faith for the time being. Then when the pain becomes more devastating than usual, think of what I have said. Think of it as a rope hanging out there for you to grab on to. Think of it as a rope of hope. Recovery is the end of this terrible journey.

Margaret Gerner — TCF/St. Louis, MO

**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 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

<p><b>TCF Online Support Community</b></p>	<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>
<p><b>TCF's Grief Related Webinars</b></p>	<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>
<p><b>TCF National Magazine</b></p>	<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>
<p><b>Grief Materials</b></p>	<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>
<p><b>Amazon.com</b></p>	<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>
<p><b>Previous Newsletter Editions</b></p>	<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>
<p><b>Alive Alone</b></p>	<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>
<p><b>Bereaved Parents' Magazine</b></p>	<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>
<p><b>Our Newsletter</b></p>	<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. Include your full name, your location, and your reason for interest.</p>

## The Bereaved Runner

When I began running in June 1982, my 17 year old daughter, Dawn, was both pleased and amused. She was pleased because old Dad, who a year earlier had kicked a three-packs-a-day cigarette habit, was trying another step toward good health. She was amused because old Dad, at age 38, was flabby and out of shape and wheezed like a faulty steam engine when he ran.

Dawn, who skied, played soccer, and ran the hurdles on her school track team, worked out with me a couple of times that summer. She cruised effortlessly



at my side, gazing discretely into the distance in an attempt to conceal the smile provoked by my chug-chug-chug breathing. To encourage my efforts, she joined me in signing up for a community footrace that would be run on Labor Day. We would challenge each other at 3.1 miles.

On August 22, 15 days before the race, Dawn died in a vehicle accident.

I almost quit running. I had lost 14 pounds in the two months since I had started, and I was in better physical condition than I had experienced in 20 years, but the idea of pulling on shorts and jogging through the sunshine seemed ludicrous. Considering the cold, dark state of my mind and heart, every time I thought of the Labor Day race, I went into an emotional tailspin. I had intended to run that race with Dawn. The organizers had an entrant's number and a souvenir T-shirt reserved for her. She would never wear either.

Eventually I realized that Dawn would have been disappointed and upset to think she had caused me to abandon running in general and the Labor Day race in particular. She had wanted me to run. She would want me to run still.

So I forced myself out of the house to trudge through the August sunshine, and a peculiar thing happened. As I ran, I sensed that Dawn was there with me, watching me move along, smiling. I felt a warm tingle across my shoulders, as if her arm were gently hugging me. I spoke to her silently, in my mind, and I suspected she could hear me; she was listening. I vowed I would continue running.

I ran in the Labor Day race, wearing Dawn's entry number. Her mother took the souvenir T-shirt as a keepsake.

Since then I have competed in forty more races, at distances from one mile to a marathon. I no longer wheeze when I run, and I've even managed to win a few ribbons. But the racing competition is far from the most important aspect of my running. More importantly, running has provided me with an emotional release and time to be alone.

If you have lost a child, you are in for more than a few bad days – days when you snarl at customers and co-workers, days when the hubbub of your surviving family's life beats on you like a fist, days when the darkness of despair enfolds you like a moonless night, days when you feel like throwing back your head and cutting loose with an ear-ravaging scream. Screaming may be good therapy of a sort, but often it's not acceptable socially. Exercise is.

Many evenings since Dawn's death I have returned home with my pulse racing and my teeth clenched after a day of struggling simultaneously to keep up with my job and swim against a tide of

## Hope for the Day

depression. Most evenings I pulled on my running gear, hit the road for two or three miles, and came back feeling purged, cleaned out, far more relaxed.

Every time I ran, I took a few minutes to think about Dawn, and how I was dealing with her death. I was alone, with no distractions but the pounding of my feet, and I could focus on her and my feelings. I tried to coach myself a bit, inch myself toward the light. That done, I often moved on to report silently to her about what I've been doing lately, about what I thought of the weather, how my conditioning was going, what her younger brothers were up to. Frequently, I sensed she was nearby, cruising at my elbow, listening. I believe a few daily minutes spent this way helped me avoid the classic grieving father's error of forcing my child's death out of my mind, which virtually guarantees that suppressed feelings will surface and wreak emotional havoc.

If you are a bereaved parent, try to get some exercise. It can be running, or it can be something else – swimming, aerobic dancing, bicycling, hiking. Grief work can be exhausting, and many days you may feel unable to walk across the room, let alone run or dance or bike yourself into a sweat. But make an effort. Exercise can fight tension and depression in more ways than one. I'm living, and running, proof.

Dave Jordan TCF/Portland,  
Oregon

Coming out of the cave of grief is not an easy thing to do! It takes courage and so much strength just to take a peek into the world again. It's much easier to retreat from all of life and go into hiding following loss.

Even the lingering darkness of the grief cave feels secure in its odd kind of way because it shelters us from all those things we're afraid of losing again: love, peace, joy, friends, and the shelter from pain. Yet, deep within our heart, there is always an unrest nudging us to move forward and begin to feel life once again!



I like to call the nudging from within “hope.” Hope resides in the heart of everyone, and even when all hope seems to be lost, it isn't! Hope is alive and waiting for just the right moment to ignite into a powerful flame that will show us the way to living once again!

If you've been hiding out in your personal grief cave, maybe it's time for you to emerge. Take that first courageous step outside and look for the sunshine! It's there, and has been waiting for you all of the time! Do it! Take courage today! Allow your seed of hope to grow. **Allow this day to be the first day of your walk back into life after loss. “Taking the first step is always the hardest. You can do it! Take a deep breath, look straight ahead, and do it!”**

Clara Hinton is the *Silent Grief* site founder/author, speaker, workshop leader. (Visit <http://www.silentgrief.com> for articles, resources, message boards, and additional support for healing through loss. Also visit [www.clarahinton.com](http://www.clarahinton.com) for information about Grief Relief, Resiliency, and a free weekly subscription to *Weekly Focus*.)

## Support Groups for Grieving Parents & Siblings

### The Compassionate Friends, Quad City Chapter

The next regular monthly meeting is

**Thursday, September 26, 2019 at 6:30 pm**

**at Bethany for Children & Families,**

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

Please call 309.736.6601 for information and directions.

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

Next month's meeting is held on **October 24, 2019.**

<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:shoearb4@gmail.com">shoearb4@gmail.com</a></li> <li>♥ Judy Delvecchio 563.349.8895 <a href="mailto:delvecchiojudy@hotmail.com">delvecchiojudy@hotmail.com</a></li> </ul> 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.

# 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.

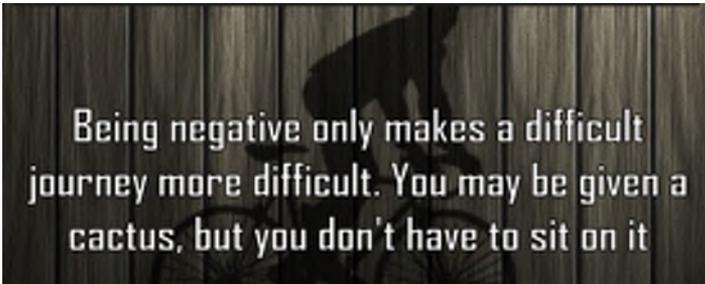


Thanks to:

**William & Diane Stock**, in memory of their granddaughter, **Claire Glassford**.

**Carol Watters**, in memory of **Bob Watters**.

**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.**



## 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

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



## **Tabloids**

The line in the grocery store was long that day, leaving plenty of time to scan the magazines positioned near the checkout counter to catch the attention of restless, impatient customers. "Flatten Your Tummy," "Lose 40 Pounds in 30 Minutes with Our Amazing New Diet," "Eat Prune Pits for a Healthy Sex Life," and on and on.

I thought about parents in grief. And I know the response most of us have in the early weeks, months and years of grief: What does it matter? Why should I be concerned about health? Life takes on a different meaning after a child dies. We feel like we will never again care if our tummies are flat and our muscles are strong.

If there had been an article on the rack that day about getting up when I'm not sure if I can walk, drinking water when I cannot even swallow, breathing in and out without sighing, waking up or going to sleep without flashbacks, staying silent when my heart wants to scream... I would have bought it.

Alice Monroe

## **Not Well ... But That's Okay**

Since our daughter died 2½ years ago, we have spent a great deal of time plodding along from day to day, and waiting. Waiting for what?

With all the reading we had done, and the counseling we'd had, we were sure it was just a matter of time until we were emotionally well again.

About a year ago, I realized the problem in this wait and see approach to this type of grief. We now recognized how much better off (emotionally) we were than in the first year after our daughter's death.

WE ARE NOT WELL...BUT WE ARE OKAY. To be well again would seem to be a denial of her life, and her death. Her death can't be denied, and we certainly don't deny her life. The pain we feel every day reaffirms the place Kishori will always have in our lives. Just as the love I feel for my wife and son are part of who I am, so, too is the pain and sorrow I feel about my daughter, a part of me, and who I want to be!!!

So are we WELL? No, but we are OKAY, and that's enough. We'll never be well again. We'll never forget. WE WILL CONTINUE TO BE OKAY, AND THAT'S OKAY.

Bernie Cloutier  
Amherst, Massachusetts/TCF

## **Grandparents' Remembrance**

We are the grieving grandparents, the shepherds of our children and grandchildren's lives. Our grief is two-fold and at times we feel powerless to help. We seek to comfort our children in the depths of their grief and yet we need the time and space to face our own broken hearts. We have been robbed of the special tender touch a grandparent shares with a grandchild, and we have lost a symbol of our immortality. As we walk by our child's side, we both give and draw strength. We reach into their hearts to comfort them, and when they reach out to us in their distress, we begin the journey to heal together. We continue to be their guardians. We allow traditions to change to accommodate their loss. We support the new ones, which symbolize the small steps on their journey. It is in their healing that our hearts find comfort.

Susan Mackey  
TCF/Rutland, VT

# Notables

*I think when people talk of "getting over" their child's death, they mean getting over the outward manifestations of grief.*

*Certainly, if we have worked through our grief in the years after our child has died, we won't cry constantly. We won't have to express anger or guilt. We will be able to function as we did before she died, but we will not be "over" our memories, or "over" wishing that she were still alive, or "over" the feeling that our family is no longer complete. These and many other thoughts will stay with us as long as we live. They will become a part of the whole of us. The experience of our child's death and the years of grief following will be integrated into our other experiences. Author unknown*

WILL THERE EVER BE A DAY WHEN I WILL BE ABLE TO GO TO A GRADUATION, AN ENGAGEMENT PARTY, A WEDDING, CUT A BIRTHDAY CAKE, SEE A NEPHEW, A NIECE, OR A GRANDCHILD, TOAST A NEW YEAR, HIDE AN EASTER EGG, HANG A CHRISTMAS STOCKING, OR ENJOY A LAZY SUNDAY AFTERNOON WITHOUT REMEMBERING AND WONDERING WHAT MIGHT HAVE BEEN? AND IF THAT DAY EVER COMES, WILL I FEEL BETTER OR WORSE?

KEN FAULK, SCRANTON, PA/TCF

Traversing this path of profound grief will undoubtedly be the most difficult thing you ever have to do in your life!

Unfortunately, there are no magic wands or quick fixes; how could there be? A parent's love for their child is total and unconditional, unlike any other kind of love. Even if we didn't always like their actions or choices, our love for our child never wavered.

Linda Zelik

Trust yourself! You will recover your courage in your own time, at your own pace. Trust yourself!

Sascha Wagner

Losing my son was more than losing a piece of me. My son thought of me as his hero. He said he wanted to be the dad I was for him when he has his own kids. I failed him. I couldn't save him and be the hero he thought I was. The natural instinct to protect ones offspring, runs through virtually every species on earth. And I failed to protect my son. There is nothing I can do now except share his story. We were not able to donate our son's organs in order to save a life, so I donate his story in hopes that it saves a life and someone else can be a hero. The weight of loss never goes away, we just learn how to carry it.

Dan Noordman

[www.whatsyourgrief](http://www.whatsyourgrief)



# *The Compassionate Friends*

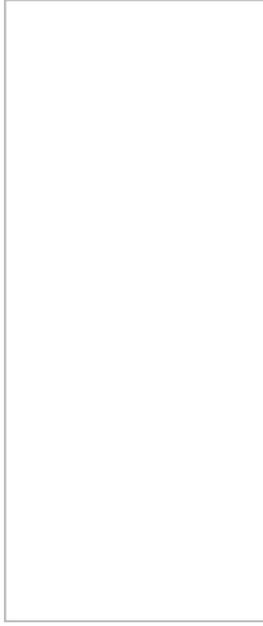
*Quad City Area Chapter*  
Supporting Family After a Child Dies



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

**Nonprofit Org.  
U.S. POSTAGE  
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Permit No.190  
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.