



The Compassionate Friends

Quad City Area Chapter

Supporting Family After a Child Dies

Volume XXXI

December 2018

Number 10

Dear Compassionate Friends,

Today is our daughter Anna's birthday. She would have been 35 years old today. How could that possibly be? In our minds and hearts she is forever a tiny, dark haired baby, in a cozy sleeper with a winning smile. Her only Christmas on earth was spent in the neonatal ICU in Iowa City. We celebrated with my parents and her brother that morning, then trekked to Iowa City to cuddle her and make some quiet Christmas memories. Earlier we had opened her gifts with the rest of the family gifts and cried quietly because already we knew her future was uncertain.

As the years go by there are fewer people in our life who knew her or even remember she is part of our family history. We will be decorating the house this week and in some strategic places will be special reminders of her that have meaning only for her parents – a tree with a dozen special ornaments, a tiny embroidered stocking purchased when we knew we would have a new baby coming for Christmas, and the cuddly baby doll her uncle and aunt gave her for her first Christmas.

We will never know how our lives would have been different if she had lived, but we know that even her four short months of life had a significant impact on our family, our marriage, they way we have lived our lives.



We remember her with joy and deep gratitude for her life.

Sincerely,
Jerry & Carol Webb



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ANNUAL CANDLE LIGHT MEMORIAL SERVICE

Thursday, December 6, 2017
at 7:00 p.m.

Angel of Hope Memorial Garden
Moline Memorial Park Cemetery
5001 34th Avenue, Moline, Illinois

The Chapter's Annual Candle Light Memorial Service is for every bereaved parent who would like to have his or her child(ren) remembered. You may light a candle in memory of your child. (You can bring a favorite candle or one will be provided. You can also bring a photo of your child to place with the candle.) All family members are invited.

If you cannot attend and would like a candle lighted in your child's memory, please complete and return this form to Doug Scott, 6550 Madison Street, Davenport, IA 52806, or email Doug at QuadCityTCF@gmail.com.



Child's Name: _____

Parents' Names: _____

The Angel of Hope Memorial Garden

5001 34th Avenue, Moline, Illinois, 61265



Where I'm From

- I'm an Army brat from Fort Campbell Kentucky.
- From very young parents in Clarksville, Tennessee, to the firehouses of Chicago and a small house filled with lots of kids and a funny mom always welcoming.
- I am Benedictine-trained.
- I am from Immaculate Conception and Resurrection and St. Ferdinand and St. Juliana and St. Scholastica and St. Celestine and St. Ladislaus and St. Pascal and St. Celestine again. My blood type is B-Catholic.
- I am from a happy family with a loving husband and three happy children.
- I am from loss and loss and loss and loss and loss and now I am from a family with a loving husband and one living child.
- I am from Ireland and now Mexico.
- I am from a house filled with six children under ten with two who always want the same toys.
- I survived a hurricane. My family came and rescued me.
- I am from a family who left a famine and moved across the ocean to die in the Civil War. I am from a family that was in the United States when it became the United States, who fought in the War of 1812, who founded Kansas City, and whose great, great, great, great grandfather was scalped.
- At least I don't have to worry about getting scalped.
- I am from courage.

Kim Hagerty, Chicago

Kim's daughter, Beth, died 32 years ago at the age of six. Kim's son, Patrick, died two years ago at the age of 31, leaving a daughter-in-law and two young sons. Kim and her husband have one living daughter, Kelly.

Chapter Leadership to

Change

After serving as this chapter's leader for four years, I must regretfully step down. I have had some very serious health issues, as most of you know, that have impacted my life. As a result, my physicians have stressed that I need to scale back my commitments and workload to give my body a chance to heal. Unfortunately, continuing as Chapter Leader is no longer an option for me. I am hoping that someone will hear the call to serve, as Chapter Leader, like I did. I feel that by answering that call, I was able to honor Abby's memory. I will be available to help the new leader get settled into the role. This will be effective at the close of the candle lighting ceremony on December 6, 2018. I would like to thank everyone related to The Compassionate Friends for all the support you gave me and Barb as we mourned the loss of Abby over the last six years. I feel honored and blessed to have been given the opportunity to lead this group and to be a voice for Abby and all of our children.



Abby's Dad,
Doug Scott

(Questions? Interested, but want to learn more? Call Doug at 563-370-1041 or email him at quadcityTCF@gmail.com)



TCF's Facebook Page is a proven support area for bereaved family members to come and talk about their grief. Stop by and visit with some of our more than 120,000 Facebook members. **Please join our TCF/USA Facebook family.** Tell us about your child, sibling, grandchild, or other loved one and find support in the words and concern of others. **Check out the Discussion Boards!** Every day we also provide thought provoking questions, grief quotes, and links to grief stories, as well as TCF news such as updates on the National Conference, Worldwide Candle Lighting, and other TCF programs.

Closed Facebook Groups: The Compassionate Friends offers several closed Facebook groups to connect with other bereaved parents, grandparents, and siblings. The groups supply support, encouragement, and friendship. Recently added groups include Men in Grief; Loss to Long Term Illness; Loss of a Step Child; Loss of a Child with Special Needs.

The Compassionate Friends National Newsletter

One complimentary copy is sent to bereaved families who contact the national office: The Compassionate Friends, Inc., P.O. Box 3696, Oak Brook, IL 60522-3696 (877)969-0010.

email:

NationalOffice@compassionatefriends.org

Website: www.compassionatefriends.org

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.

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.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

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.
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. https://bereavedparentsusa.org
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. Include your full name, your location, and your reason for interest.

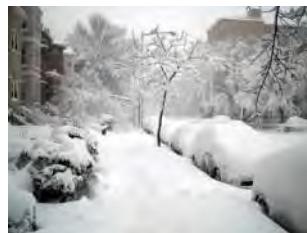
How To Remember a Loved One at the Holidays

Holidays can create feelings of dread and anxiety in those who are bereaved. The clichéd images of family togetherness and the often unrealistic expectations of a season filled with picture perfect, joyful gatherings can cause tremendous stress for those who are not grieving – let alone those in the midst of the painful, isolating experience of loss. How does one celebrate the holidays when a loved one is so sorely missed? Creating new rituals and new traditions that pay tribute to the memory of the deceased is one way to survive, and perhaps even embrace, the holidays when a loved one has died. Here are some suggestions of what you can do.

- ♥ Decorate a wreath with pictures and items that were loved by the person who died and place the wreath at his or her grave.
- ♥ Wrap a favorite keepsake of the deceased or a framed picture of your loved one, and give it as a gift to another grieving family member.
- ♥ Tell the stories behind the ornaments on the Christmas tree and the role your loved one played in making those memories. Create a special ornament labeled with the name of the deceased and hang it on the tree.
- ♥ Decorate a candle and light it at meal time in memory of your loved one. If you celebrate Chanukah,
- recall a memory of the deceased on each of the eight nights that you light the Menorah.
- ♥ Make a book of pictures and memorabilia about the deceased to give or simply to share with one another. This is a good activity for children as well.
- ♥ Make a donation to a favorite charity in the person's honor. Create a scholarship to keep the memory of the deceased alive and announce it at a holiday gathering of family and friends.
- ♥ Purchase a holiday book – perhaps a favorite of the deceased – and donate it to your local library or school. Ask your librarian to place a label in the front cover inscribed, "in memory of (your loved one's name)."
- ♥ Bring your loved one's favorite food to share at a holiday dinner. Mention their name in the blessing over the food or propose a toast to their memory.
- ♥ Share anecdotes and favorite stories about the person who died. Sometimes others need permission to talk about the deceased. Let them know you would rather keep the memory of your loved one alive than pretend nothing has changed.
- ♥ Encourage grieving children to draw pictures and create gifts inspired by their memories of the deceased to give to other family members.
- ♥ Decorate and hang a cut-out star in your home with your hopes and

When We Remember

When the snow falls, and silence drifts in white across the earth, we remember their joy, the glad cries that broke the hush of fresh winter.



When the family gathers, caught in wonderment around the Thanksgiving table or the holiday tree, we remember their excitement, the anticipation that was impossible to contain.

When the sun sets, and Christmas lights sparkle and shine to challenge the night, we remember their tired but glowing faces, alight in a thrill of happiness that made our day.

When we remember, we feel afresh that brightness, that energy, and we smile . . . and we cry, for what was, for what can never be.

In our remembering, we are the vessels of yesterday, the bearers of the light, the victims of the dark.

And in our remembering, we are parents, hurting, healing, gathering our strength and our passion to live once more, to destroy an endless night with the sun and starlit joys of the past, forging our memories into the promise of a new and different dawn, a re-investment in life itself, even without our child. For we have loved, love still, and have been loved in turn.

Our memories tell us, our intellect compels us, ultimately, to answer our child's love with our own unending love, showing through the quality and commitment of our own lives that both loves have enriched us beyond measure.

May the holidays, for all their sorrow and all their

pain, help each of us to build anew our lives, using our joys from the past to create a new day, where sorrow, though never gone, no longer governs our every waking hour.

Don Hackett, TCF, South Shore Chapter, Hingham, MA

Continued from page 6

dreams for the future. Thinking about tomorrow is part of your healing.

Then once you've remembered your loved one, make sure you remember yourself. Take care of yourself. Be gentle. Do what you can do – no more and no less.

If it's too hard to be in the same place where you spent holidays together with your loved one, opt for a change of scenery and go somewhere new. If you can't afford a vacation, go to a restaurant, or to a friend or family member's home that doesn't have painful associations with previous holidays. Although you can't erase thoughts and memories of the deceased, it may help to create a new holiday experience.

**Central Iowa/TCF
Newsletter 12/04**

Support Groups for Grieving Parents & Siblings

The Compassionate Friends, Quad City Chapter

December 6, 2018, at 7:00 pm at

the Angel of Hope Memorial

5001 34th Avenue, Moline, Illinois 61265

The next regular monthly meeting is Thursday, January 24, 2019 at
Bethany for Children & Families,
1830 6th Avenue, Moline, Illinois 61265

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

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

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	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 millerl@verafrenchmh.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 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">♥ Doug Scott 563.370.1041 doug.scott@mchsi.com♥ Rosemary Shoemaker 309.945.6738 shoeartb3@mchsi.com♥ Judy Delvecchio 563.349.8895 delvecchiojudy@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.

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:

Jerry and Cathy Thomas, in memory of our good and faithful son, J.T.

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 leader, Doug Scott, 6550 Madison Street, Davenport, Iowa, 52806. Checks should be made out to *The Compassionate Friends*. Your gifts are tax deductible.

The Website **What's your Grief** has a lot of helpful tips for dealing with grief during the holidays. Here is a link for posts directly related to Holidays and special days.

<https://whatsyourgrief.com/holidays-and-special-days/>

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



To Our Surviving Children

and you were with us
when the darkness came
you stood and grieved
and kept yourself alive
We thank you now.

we have not always
honored who you are
and often did not tend
your hidden sorrows
Forgive us now.

because you loved us
well enough to wit
until we could
return to you and know
with joy and hope and love:
you are tomorrow
We celebrate your life –

and while we well remember always, always
the one, the many souls who did not live,
we see you once again
for what you are:
the wealth you are,
the comfort
and the promise.
We thank you now.

Sascha Wagner



The Gift of Grief

Death takes away. That's all there is to it. But grief gives back. By experiencing it, we are not simply eroded by pain. Rather, we become larger human beings, more compassionate, more aware, more able to help others, more able to help ourselves. Grief is powerful. It plunges us into the depths of sorrow and forces us to face the finiteness of life, the mightiness of death, and the meaning of our existence here on this earth. It does more than enable us to change; it demands it. The way we change is up to us. It is possible to be forever bowed by grief. It is possible to be so afraid of one aspect of it that we become frozen in place, stuck in sorrow, riveted in resentment or remorse, unable to move on.

But it is also possible to be enlarged, to find new direction, and to allow the memory of the beloved person we have lost to live on within us, not as a monument to misery but as a source of strength, love and inspiration. By acting on our grief, we can eventually find within ourselves a place of peace and purposefulness. It is my belief that all grievers, no matter how intense their pain, no matter how rough the terrain across which they must travel, can eventually find that place within their hearts.

Author Unknown

Reflection Board

The grieving process generally takes longer than you ever imagined. Please don't rush this process. Remember, what you are feeling is not only normal, it is necessary. "It's been seven years, and I'm still going through it," says Dr. Larry Crabb, whose brother died in a plane crash. "I don't know if it's a very holy thing to admit, but when someone says, 'Well, it's been a week, a month, a year — Larry, for you it's been seven years. Get a grip. Where's your faith in Christ, for goodness sake?' I get really angry knowing the Lord and His comfort does not take away the ache; instead, it supports you in the middle of the ache. Until I get home to heaven, there's going to be an ache that won't quit. The grieving process for me is not so much a matter of getting rid of the pain, but not being controlled by the pain."

From *Through a Season of Grief*

In three words I can sum up everything I've learned about life: it goes on.

Robert Frost

Grief is like the ocean; it comes in waves, ebbing and flowing. Sometimes the water is calm, and sometimes it is overwhelming. All we can do is learn to swim.

Vicki Harrison

CANDLES

It is not easy to remember... But, easy or not, we know that we will not – and do not want – to forget them. Therefore, we reach out together again, to love our children and to celebrate their memory. Again, we light their special candles, and we say their beloved names. We remember our children who died. They remain forever part of us, and we are richer for having shared their lives, however briefly.

Sascha Wagner



The Compassionate Friends

Quad City Area Chapter
Supporting Family After a Child Dies



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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.