



The Compassionate Friends

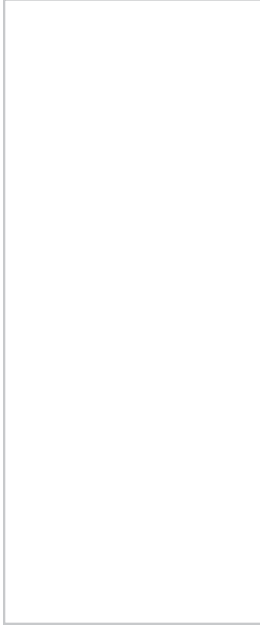
Quad City Area Chapter
Supporting Family After a Child Dies



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.



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November 2014

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Dear Compassionate Friends,

Recently I was involved in a rambling conversation with several people about pets. One of the men shared the sadness he felt as he held his cat of many years while it was euthanized. "I did not know I could feel so sad, he said. I know it is not the same as having a child die, but I think it was pretty close." I left. I guess it is not possible to imagine the life altering, agony of the loss of your child, a grief that impacts your life forever, if you haven't experienced it.

In our Marriage Encounter talks there is a section where we share how we might feel if our spouse were to die. I have often thought that we are naïve to think we have any clue as to the feelings we would experience at the death of our helpmate, friend, lover. The wife of long time Marriage Encounter friends died suddenly this week. In response to an email we sent, the husband responded, "This hurts much worse than I could have imagined." I am pretty sure we cannot imagine the long journey of grief he is beginning any more than those whose child has not died can truly know the relentless, mixture of feelings that surround us for years as we process our grief. Bereaved parents often express how difficult the holidays can be. Part of this is because the holidays usually center around family, and there is a huge hole in each of our families. But part of it is because well meaning friends and family members may have lots of advice for how we could or should be moving on. In their desire to say something, they say words that assault us and unwittingly cause us pain. It is a hard thing to do, but we must try to remember that they act from ignorance. If your child has not died you cannot begin to know how that feels and each bereaved parent is going to experience and process their grief in different ways. Try to extend a little extra grace to your family and friends this holiday season. And if you need to, leave.

Sincerely, Jerry and Carol Webb



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CHALKBOARD REFLECTIONS

Three notes left at the Angel monument in Salt Lake City

I miss you so much. I think of you every day. I know you are happy and free and it won't be long until we meet again. Until then, stay with me.

I need the strength of your beautiful spirit. I love you more than I could ever express in words, I'm doing my best at life but it's hard sometimes. I know you will be waiting for me, I love you -forever, Mom

In loving memory of our babies. We love and miss you. Please, angel, guard over our two loved ones.

I love and miss you very much! Happy Easter. I hope you got a new dress where you are. I think of you often; especially lately. I will always love you. No more tears until we meet again. Love, Mom

In remembering our children, in sharing with each other, in supporting each other, we ease our pain, we share each step, we help smooth the road, and we serve as witnesses to the fact that we can make it beyond grief as we support each other.

Roy Peterson,
Past National President TCF

CANDLELIGHT MEMORIAL SERVICE

Tuesday, December 9, 2014
at 7:00 P.M.
Bethel Assembly of God Church
3535 38th Ave., Rock Island, IL

The Chapter's Candlelight Memorial Service is for every bereaved parent who would like to have his or her child(ren) remembered at the candle lighting ceremony. You may light a candle in memory of your child. (Please 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. A time of fellowship will follow the service.

If you cannot attend and would like a candle lighted in your child's memory, please complete and return this form or call Doug & Barb Scott (**563.370.1041**) so the appropriate number of candles are on hand.

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 6:00 pm, or clean up afterwards.

Please send to: **Doug & Barb Scott**
c/o Bethany for Children & Families,
1830 6th Avenue, Moline, Illinois 61265

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.



Coping with Grief: Winter Blues

When the weather gets colder and the days get shorter, we often find ourselves feeling low. Some people call this the **Winter Blues**. When you are grieving, those blues can feel overwhelming. Grief itself is hard to cope with, and cold winds and longer nights can make those feelings seem more intense. Here are a few ideas that may help you cope with the Winter Blues:

♥ Winter only lasts a few months. Use this time to reflect on your relationship with the person who died. Sometimes in our efforts to deny our loss, we rob ourselves of precious memories.

♥ Reach out to friends or family when you can. Often our isolation is worse because we do not allow ourselves time with others. You are not alone. There are many other people going through a similar experience. Although your relationship with your loved one is special, other people can understand. Take the risk to ask someone over for coffee or tea. Share with them.

♥ Take time to look through picture albums. Gather family to share stories. Make a new tradition during the dreary months of winter for family to gather for an evening of remembering. The holidays are over, and the pressure is off. Maybe other people are feeling the same way and are afraid to talk about it.

♥ Try a grief support group. Sometimes all we need is to know other people hear us and understand. A group can help you to know you are normal.

♥ Read . . . favorite stories, comedies, novels, or information about grief to understand your own reactions better. Somehow reading about such topics helps

us know we are not alone. You can look for grief materials in your local library, church, or local TCF chapter.

♥ Take good care of yourself. Eat right, rest, and pamper your body. This goes for any season. Your body is under a tremendous amount of stress in adjusting to your loss.

♥ Since grief affects us physically, paying attention to our bodies is important. Whether you prefer to do things alone or with others, physical activity helps. Taking a walk, doing simple aerobics, indoor swimming, playing racquetball or other activities can help you keep your body ready for the continued adjustment to loss. Feeling better physically can make a difference.

♥ If you feel sad and need to cry, know that is a normal reaction. You are not weak if you need to show your emotions.

♥ Write a letter to your loved one. Sometimes we need to communicate with them. Going to the cemetery is okay and normal. If the weather prevents that, a letter can be very helpful. Remember that you will survive this loss. The pain and ache can seem like it will last forever. The intensity will lessen in time, although you will always remember your loved one. Time does not necessarily "heal" all wounds, but it can help us adjust to the change. Take it minute by minute . . . then day by day.

From TCF Newsletter, Pittsburgh, PA
Shared by TCF/Lawrenceville, GA



Helpful Tip #5 for Getting Through the Holidays When You're Grieving or Lonely...

If you find that you are going to be by yourself on Thanksgiving and you don't want to be, then take action steps to help yourself. Seek out others that are alone and go out to a restaurant or have a potluck dinner. If you haven't had time to plan ahead, spur of the moment things can work out better than planned things sometimes. Perhaps you know of people who are shut-ins or are in a convalescent home who would love to have visitors. Help out a family you know that has someone at home that has special needs. The best way to not feel bad is to do something to help someone else. You help yourself in the process. You might find that you like doing these things so much you create a new tradition!



from *Hope for the Broken Hearted*

Quad City Chapter Announcements

The November meeting of The Compassionate Friends will be held on November 20th at 6:30 pm at Bethany for Children & Families, 1830 6th Avenue, Moline, Illinois.

**The annual
Candlelight Memorial
Service in memory of
our deceased children
will be held on
Tuesday, December 9,
2014, at Bethel
Assembly of God
Church, 3535 38th
Ave., Rock Island, IL
at 7:00 p.m.**

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.



Support Groups for Grieving Parents & Siblings

The Compassionate Friends, Quad City Chapter

Upcoming Meetings:

Thursday, November 20th at 6:30 pm

Bethany for Children & Families 1830 6th Avenue, Moline, Illinois 61265

Located two blocks east of the I-74 exit at 7th Avenue — turn right at 18th Street.

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

December 9, 2014 at 7:00 pm — Candle Lighting Service at Bethel Assembly of God Church, 3535 38th Avenue, Rock Island, Illinois. **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	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 - 9:00 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): 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 shoearb3@mchsi.com Judy Delvechio 563-349-8895 delvecchiojudy@hotmail.com Michelle Curtis 309-644-0486 Kay, Kirby, Doug, Rosemary, Judy, and Michelle 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.
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

“In the shadow of the snow-clad Wasatch range in Salt Lake City, a statue of a dove-winged angel stands watch over a cemetery. Though it rises above tombstones, it marks no burial. Though it claims no body, it itself is claimed by thousands. The angel's face is that of a child's. Its arms raised as a child to be lifted. On its wings are HOPE. “

Here 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.



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 9** or go to the TCF website, <http://www.quadcitiestcf.org> and download the order form.

