



# The Compassionate Friends

Quad City Area Chapter

Supporting Family After a Child Dies

Volume XXXI **February 2018**

Number 2

Dear Compassionate Friends,

**A**fter 43 years in the Quad City area, we moved to Michigan last August. We are getting involved in a new church and have made some new friends. As we share the particulars about who we are, I feel an internal tension about whether or not to mention Anna.

We are the parents of three children, although for the purpose of surface conversations, we are the parents of two sons. Recently I was taking a walk with someone we have been getting to know for several months. I commented that the six-year age difference between our boys made it somewhat like raising two only children. Then I casually continued that we had three children, but the daughter in the middle had died as a baby. What a special blessing that instead of an uncomfortable silence, this new friend wanted to know more. How old was she? How did she die? What was her name? And then she listened attentively as I shared about Anna. On the TCF Facebook feed someone commented, "When someone really listens...even asks questions...about my daughter...gone now 5 years, I thank them profusely. They don't know what a gift they have given."

No matter how long it has been since our child has died, they live on in our hearts. They are a part of our family. Their memory is a precious treasure to savor and continue to share.

Sincerely,  
Jerry & Carol Webb

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## Just Beyond the Thawing Point

I gaze on the snow-covered landscape, and remember. Trees bend under the ice, and long, lonely stretches of snow show no prints—no sign of human habitation. Power lines literally snap in the record-breaking freezing temperatures and we are without electricity—sometimes for seconds, sometimes for hours. Schools have been closed down, stores are closed...a state of emergency.

I gaze on the snow-covered landscape, and remember: a feeling as desolate and lonely five years ago when our little girl died. Even though the world somehow seemed to go on around me, I did not. My life stopped for a while in a wintry grief-shocked silence, and I was only slightly conscious of the machinations of humankind. The schools did not close. The roads were still open. And after long periods of blankness, the TV shows were still the same. Even though my heart was frozen, the world seemed to revolve on its own accord, unaware of the tortured soul of one grieving mother.

I gaze on the snow-covered landscape, and remember. This expanse of utter desolation will cease. There will come a thawing-out

time when the world will go on, and the rhythm of life will pick up again. In the deep depths of grief I couldn't imagine a day of sunshine and warmth, but it happened. I fought it for a while, but I once again became



a part of life. My thawing-out time came, and my eyes opened to the wonders of the world around us. My mind accepted the presence of other human beings who cared, others who were

hurting. And after a *long* period of mourning, I even came to a certain acceptance of our daughter's death.

When we let grief do its work, we see a melting down of barriers and roadblocks that stand in the way of our healing. When we allow ourselves to feel the pain as well as the love, there will come a moment when we begin to realize that life does go on. Our life. Our new life. Hold on, dear friends. Life without that precious child does exist—just beyond the thawing point.

Dana Gensler, TCF/South Central Kentucky

### Incongruities

Thoughts of you can  
bring a smile to my face  
....and tears to my eyes.  
Memories of you tug at my heart  
filling it with love  
...and longing.  
I feel so thankful  
for having had you in my life  
...and yet so sad that you are gone.  
I'm comforted by the sense of your presence surrounding me at times  
...while loneliness overwhelms me.  
My life is filled with incongruities;  
they assure me I am healing  
...and that I never will.

Gayle Block – TCF/Baytown, Texas

**Those that have not experienced the death of a child, grandchild, or sibling** probably wouldn't understand the depth of longing for your child. The deep sadness of not being able to hold your child or watch them as they grow and experience life. Those of us that are on this journey are bonded together, no matter your occupation, skin color, religion or your geographic location. Our hearts are joined as we share not only our children but also our grief journey. We don't know each other . . . but we do.

Karen Cantrell, Frankfort, Kentucky TCF

## I Said I Could Not Do It, But I Did!

Exactly 8:05 a.m., Friday, July 9, 1971, was the last time I looked at my eight-year-old daughter with her eyes open. I walked beside her as they rolled her down the hall to the elevator that would take her down to the operating room for her simple, routine tonsillectomy. At exactly 1:30 that afternoon, I was told she was dead. I said then I could not live a day without her. I just could not do it.

**BUT I DID.**

During the drive home, I said I would never be able to walk in that house without her.

**BUT I DID.**

As I walked in that empty house, someone quickly ran and shut her door—the door to her room where she kept all the things she loved. The room where she played and slept. I said I could never go in there again. I said I could not do it.

**BUT I DID.**

When they said, “Come, let’s go to the funeral, the Rosary, the Mass,” I said I could not do it.

**BUT I DID.**

For months that followed, I just knew my life would never be the same, and it wasn’t. All the things I said I could not do did get done. All

the life I said I could not live did get lived. Differently, but I did live. Now comes today—16 years later. I have to admit, I had to look it up to be sure. Sixteen years! Palmer Ann would have been 24 years old. I had to stop and think about that, too.

I stood before her portrait today and stared a long, long time, and yes, I remembered the pain with total recall of July 9, 1971. I reached out, touching what’s left of my memory of her and I offered up a prayer of thanksgiving to God—a prayer of gratitude, for giving me such a beautiful eight years with a lovely daughter, and most of all, the opportunity to be able to stand there and realize that I had said I could not do it, but I did.

**YES I DID.**

And each month when I come to a Compassionate Friends meeting with you, the new member, I share the pain that I know you are feeling—that hopelessness of the future. I smile to myself, because inside I know a secret—you will be okay. You will touch again, love again, laugh again, and live again.

After all, I said I could not do it, but I did and...

**YOU WILL, TOO!**

Betz Crump  
TCF/Fort Lauderdale, Florida



**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

<b>TCF Online Support Community</b>	<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>
<b>TCF's Grief Related Webinars</b>	<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>
<b>TCF National Magazine</b>	<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>
<b>Grief Materials</b>	<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>
<b>Amazon.com</b>	<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>
<b>Previous Newsletter Editions</b>	<p>Looking for more articles or previous copies of this newsletter? Go to <b>www.bethany-qc.org</b> for copies of the last several years of The Quad City Chapter of TCF-QC Chapter Newsletter in Adobe Acrobat format.</p>
<b>Alive Alone</b>	<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>
<b>Bereaved Parents' Magazine</b>	<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>
<b>Our Newsletter</b>	<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, <a href="mailto:climb@climb-support.org">climb@climb-support.org</a>. Include your full name, your location, and your reason for interest.</p>

**You probably** heard the expression “Some days are diamonds, some days are stones”.

When you are grieving, there is no question that some days are more difficult than others. Many people don't realize that grief comes and goes. Let me illustrate. If you get a sore throat, it is painful for a few days; then the discomfort diminishes till it gradually disappears.

Grief does not work in a similar way, though many people seem to think it will. When someone dies, people expect that your “pain level” will be very high in the first few days, over the funeral, or at worst for a few weeks. But often at first we feel quite numb. People confuse numbness with strength and expect the pain of grief to ease and diminish soon after, just as in the case of a sore throat. Not so! Sometimes a few weeks after the event, the pain is more intense. When the numbness wears off, we often feel worse rather than better.

Grief is like a roller coaster...one day can be a good day, and the very next day a rotten day, followed by a better day, and then...well, you get the picture. We feel better for a while, and then find ourselves back in the depths of despair. Just when we think we are getting over it, we are hit by another wave of grief, and we suffer what seems a devastating setback.

Certain days are more significant than others inasmuch as they remind us more specifically of the person who died. These can be especially difficult...Sundays often represent family days; anniversaries; holidays such as Christmas and others when the person's absence is felt. The person's birthday for example can be a hard day, as you think back on special parties that were held, gifts you gave

them...a birthday after someone's death is usually not a happy one. But it can also be difficult on YOUR birthday, as you realize that they are not there to participate in your celebration.

You will be able to identify many occasions on which you miss your loved one, for the list is long. Think of all the days in particular throughout the year that could be hard because you miss the person: Valentine's day, Mother's day, Father's day, Easter, the first day of spring, or the opening of the football or sport season; the first weekend at the cottage or trailer; the summer holidays; Christmas. Then add all the special occasions like weddings, family get-togethers, and weekends. These can be difficult because they remind us of better days when the person was here, as compared to THIS day where they are not.

When you don't seem to be “getting over it” or when it feels like you are getting worse than better, it can be discouraging to those who do not understand the process. But may I remind you, grief comes and goes. Some people call these experiences “Grief Attacks.” I call them TUGs, for they are Temporary Upsurges in Grief.

There are so many triggers, usually simple everyday things: being in a familiar restaurant you frequented with your loved one; the scent of an aftershave or perfume; hearing a song on the radio that was special. So many things that remind us of the person who has died and each one has the potential to suddenly compel us to miss them again.

What can we do about such difficult days? Firstly, it is important not to regard them as “set-backs” for as tough as they may be, they are actually an invitation to come to terms with our loss a little more. Continued on page 7

# LOVE NEVER GOES AWAY

By Darcie D. Sims

“Why does it hurt so much? Why is this grief so incapacitating? If only the hurt weren’t so crushing.” Sounds familiar? All of us have known hurts before, but none of our previous “ouchies” can compare with the hurt we feel. Nothing can touch the pain of burying a child.

Yet most of us have discovered that the sun still comes up. We still have to function. We did not die when our child did, even though we wished we could have, so...we are stuck with this pain, this grief, and what do we do with it? Surely we can’t live like THIS forever!

There are no magic formulas for surviving grief. There are a few recognized patterns for grief, but even those are only guidelines. What we do know is that the emptiness will never go away. It will become tolerable and livable...some day.

TIME...the longest word in our grief. We used to measure TIME by the steps of our child...the first word, first tooth, first date, first car...now we don’t have that measure any more. All we have is TIME, and it only seems to make the hurt worse.

So what do we do? Give ourselves

TIME...to hurt, to grieve, to cry. TIME to choke, to scream. TIME to be “crazy” and TIME to remember. Be nice to yourself! Don’t measure your progress through grief against anyone else’s. Be your own timekeeper.

Don’t push. Eventually you will find the hours and days of grief have turned to minutes and then moments...but don’t expect them to go away. We will always hurt. You don’t get over grief...it only becomes tolerable and livable. Change your focus a bit. Instead of dwelling on how much you lost, try thinking of how much you had. Try letting good memories come over you as easily as the awful ones do. We didn’t lose our child...HE [SHE] DIED. We don’t lose the love that flowed between us...it still flows, but differently now.

Does it help to know that if we didn’t love so very much, it would not hurt so badly? Grief is the price we pay for love. And as much as it hurts, I’m very glad I loved. Don’t let death cast ugly shadows, but rather warm memories of the loving times you shared. Even though death comes, LOVE NEVER GOES AWAY!

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continued from page 6, You Probably...

But when we ask ourselves, as much as I will miss the person, what can I do on that noteworthy day to commemorate their death and celebrate their life? How can I make that day meaningful though difficult? This gives us some measure of control.

You only have one of two choices when it comes to grief at difficult times. Do you let the day control you, or do you control the day? Either we allow the grief to dominate us, or we try to control it. By doing something...anything...to acknowledge our sadness that they are no longer here while at the same time celebrating the fact that they WERE here, will make a difference.

Remember, the choice is that you can shed tears that they have gone, or you can smile because they have lived. Or maybe you can do both at the same time. Be prepared for difficult days, anticipate them and prepare for them, and then do what you can to make it a fitting day to remember.

Dr. Bill Webster

## Support Groups for Grieving Parents & Siblings

### The Compassionate Friends, Quad City Chapter

**February 22, 2018, at 6:30 pm at**

**Bethany for Children & Families,**

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

**The next regular monthly meeting is Thursday, March 22, 2018,**

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

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

**Inclement Weather:** The winter season is upon us now with unpredictable weather. If the weather is severe the night of our meetings, please use good judgment before venturing out. Listen to local TV and radio stations or check cancellations online. If most school activities and other events are cancelled, we will not meet. You can check the website or call Doug Scott (563.370.1041) to double check if the meeting has been cancelled.

<b>The Compassionate Friends of Muscatine</b>	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 <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, still-birth, 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:shoearthb3@mchsi.com">shoearthb3@mchsi.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:

**Roger and Connie Kahler, in memory of their daughter, Paige Amy Kahler.**

**Pamela and Jeffrey Shoultz, in memory of their son, Jacob Shoultz, and Thomas Shoultz.**

**Mary Thompson, in memory of her son, Craig.**

**Laurie Boyce-Steinhauser and Bill Steinhauser, in memory of their daughter, Maggie, who would have been 19 this year.**

**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.**

**41st TCF National Conference July 27, - July 29, 2018** - The Compassionate Friends is pleased to announce that St. Louis, Missouri, will be the site of the 41st TCF National Conference on July 27-29, 2018. "Gateway to Hope and Healing" is the theme of this event, which promises more of this year's great National Conference experience. The 2018 Conference will be held at the Marriott St. Louis Grand Hotel. Details will be posted on the national website as well as on the [TCF/USA Facebook Page](#) as they become available. Plan to come and be a part of this heart-warming experience.

## 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, send us your new address.

**If** you know someone you think would benefit from receiving the

newsletter, send his/her/their name and address.

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

Please contact:

**Jerry and Carol Webb**

390 Arbor Ridge, Benton Harbor, Michigan, 49022

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



## **It's Okay to Grieve**

The death of a child is a reluctant and drastic amputation, without anesthesia. The pain cannot be described, and no scale can measure the loss. We despise the truth that the death cannot be reversed and, somehow, our dear one returned. Such hurt! It's okay to grieve.

## **It's Okay to Cry.**

Tears release the flood of sorrow, of missing and of love. Tears relieve the brute force of hurting, enabling us to level off and continue our cruise along the stream of life. ☑It's okay to cry.

## **It's Okay to Heal.**

We do not need to prove we love our child. As the months pass, we are slowly able to move around with less outward grieving each day. We need not feel guilty, for this is not an indication that we love less. It does mean that, although we don't like it, we are learning to accept death. It's a healthy sign of healing. It's okay to heal.

## **It's Okay to Laugh.**

Laughter is not a sign of less grief. Laughter is not a sign of less love. It's a sign that many of our thoughts and memories are happy ones. It's a sign that we know our dear one would have us laugh. It's okay to laugh.

Patricia Lufty Nevitt, TCF/Austin, Texas

**Grief and Anger** - At a recent chapter meeting, we discussed anger in our grief. Many experience anger after their child or loved one dies. A description of anger is: "A feeling of rage, and emotional agitation to what is viewed as unfair, unjust and sometimes even shameful."

When we are angry, we need a target. Sometimes the target may be God. (He understands.) Some may even feel anger at their child or loved one, thinking, "How could he/she leave me like this? Why? Doesn't he/she know I'm in hurting and in pain?" Some people are angry at the doctors, some at the funeral directors, some even feel anger toward themselves, thinking they could have done something to prevent the death.

We may even be angry at our spouse. He/She may not grieve the same way, and we may misunderstand their feelings that are just as deep as our own. Maybe our clergyman is not as compassionate as we believe he should be, or maybe he was not available to us at all.

We are angry because we feel abandoned and that life is unfair. We also feel very alone and no longer in control of our emotions. We may also think nothing will ever be the same, and it won't. But as time goes on, it does get somewhat easier as you work through your grief.

We all try at times to not let this anger show to others, but suppressing it can only lead to sickness and withdrawal. Masking anger will often hurt the ones around you and may even drive them away from you.

You may even risk losing your closest support system. Dealing with your anger and admitting it and also seeking help from others who have experienced this feeling is always the healthy thing to do. Personally, talking has been the best help for me. Attending a Compassionate Friends meeting and talking to others who have "been there" has helped many.

Jackie Wesley.

TCF/East Central Indiana and Miami-Whitewater Chapters

## **SECOND YEAR**

Why is my grief different in the second year? Why do I feel so much more empty in the second year?

Why do I cry more, again, in the second year? Is it because I am more alone and the world has moved on?

Has the world forgotten that you ever lived?

Is it because I realize "with my heart" that you are not coming back?

That forever is a long time?

Is it because all of the "firsts" are over and I must move on?

Why is my grief different in the second year? Because, my child, you are still gone.

Eleanor Oberle/TCF

in memory of her son Dan Oberle

# Reflections Board

*With winter tumbling  
snow - the roses silent and  
the water ice.*

*With trees so barren that  
your mind refuses to  
picture leaves and green  
and even blossoms  
can you remember, can  
you feel again, that  
spring did come from  
winter, every year?*

*Sascha Wagner*

*My precious child,  
Since we cannot grow  
together here on this Earth, I  
will live this life for us both.  
If for nothing else than to  
honor you.*

*May I always remember to  
speak love and show kindness  
to others. This is my promise  
to you, sweet one.*

*Carly Marie Dudley*

*If you know someone who  
has lost a child and you're  
afraid to mention them because  
you think you might make  
them sad by reminding them  
that they died, they didn't  
forget they died. You're not  
reminding them. What you're  
reminding them of is that you  
remember that they lived, and  
that's a great, great gift.  
Elizabeth Edwards.*

It has been said, "time  
heals all wounds." I do  
not agree. The wounds  
remain. In time, the mind,  
protecting its sanity, covers  
them with scar tissue and the  
pain lessens. But it is never  
gone.

Rose Kennedy

Some people think that the grief from child loss will continue to grow less acute until it finally goes away. That's one of the biggest myths of grief ever believed. The grief of child loss doesn't ever go away, but it is ever-changing like the tides. All in the same day the grief can swell to the size of the mountain and then shrink back out to the sea leaving you with a sense of momentary calm. That's just how this kind of devastating grief of child-loss works!

From the Muscatine, IA TCF Newsletter

*Wounds don't heal the way  
you want them to; they heal  
the way they need to. It  
takes time for wounds to  
fade into scars. It takes  
time for the process of  
healing to take place. Give  
yourself that time. Give  
yourself that grace. Be  
gentle with your wounds.  
Be gentle with your heart.  
You deserve to heal.  
Dele Olanubi*



## *The Compassionate Friends*

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



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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.***