



The Compassionate Friends

Topeka Chapter

Supporting Family After a Child Dies

Published Bimonthly by The Topeka TCF Chapter

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NEWSLETTER - Volume 2, Issue No. 1
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www.compassionatefriends.org

Topeka TCF Chapter Website:
www.tcftopeka.org

January ~ February 2017
Editor: Susan Chan
3448 S.W. Mission Ave.
Topeka, KS 66614-3629
(785) 272-4895

JANUARY MEETING

Monday, January 23, 2017
Most Pure Heart of Mary Church
3601 S.W. 17th St., Topeka, KS
7:00 - 8:30 p.m.

The New Me: How Has My Loss Changed Me? - The death of our beloved child, grandchild or sibling has a profound impact on who we are now. How have our attitudes about life and our purpose in it changed? Does our deceased loved one still influence how we make decisions in our day to day lives? Many bereaved people find that their priorities about what is and is not important to them have changed following the death. Some people find comfort in keeping to the same patterns in their lives, while others seek and reach out for new expressions and experiences. We will talk about how our lives have been impacted, and thus changed forever, by the loss of our loved ones.

FEBRUARY MEETING

Monday, February 27, 2017
Most Pure Heart of Mary Church
3601 S.W. 17th St., Topeka, KS
7:00 - 8:30 p.m.

Know Me, Know My Child - This meeting offers each of us an opportunity to share something about our child, grandchild or sibling. Plan to bring a story, a poem, some music, a piece of clothing, a book, a photograph, or a toy--anything that you would like to share that relates to your loved one. In our group we understand the importance of remembering and being able to talk about our children in a loving and supportive atmosphere of acceptance and non-judgement. As we get to know each other, let's also get to know each child's story, their likes and dislikes, their favorite thing to eat, whatever you would like to share.

Meetings are always held on the fourth Monday of each month unless otherwise noted. Listen to radio & TV for cancellations due to severe weather conditions.

This newsletter is sponsored by:

Hank & Cathy Harman in loving memory of their son Shawn M. Hatfield who was born on January 11th

Tom & Debbie Schuetz in loving memory of their son Evan Michael Schuetz who was born on January 23rd

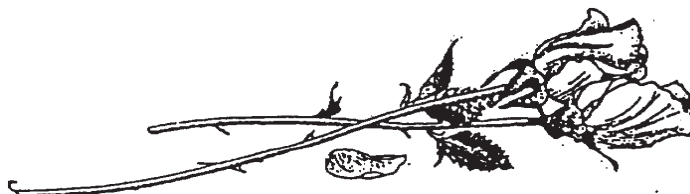


Marty & Debbie Tyson in loving memory of their son Brendon Toler who died on January 18th

Todd & Kathleen Williams in loving memory of Baby Boy Williams who was born and died on February 23rd

The Compassionate Friends is a self-help organization offering friendship and understanding to bereaved parents. The purposes are to promote and aid parents in the positive resolution of the grief experience following the death of a child of any age, from any cause; and to foster the physical and emotional health of all bereaved parents, grandparents and surviving siblings.

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We Need Not Walk Alone

From the Newsletter Editor

Dear Compassionate Friends Family,

Welcome to 2017. I hope this will be a year of hope and healing for you as you navigate the sometimes uneven path of your grief journey. I understand that for those of you who are newly bereaved, each day may be a struggle. Even for those of us farther down the road on our grief journey, there will be times when memory and overwhelming love may overtake us and temporarily slow our progress toward healing. I know it is very difficult to be patient when all you want to do is get away from the pain and the anguish. But, unfortunately, there is no quick nor easy way *around* grief...there is only the path *through* grief; the pain, the anger and tears as you allow yourself to integrate what has happened to you and allow yourself to feel and process the pain. I know when I was very new in my grief following the death of my daughter Rachael, I didn't believe those who told me it wouldn't always hurt that bad and that I would learn to enjoy my life again. But as I did my grief work and allowed myself to process all the myriad of emotions grief can encompass, I began to realize that I could indeed start to let go of the pain without being disloyal to Rachael or forgetting her and the love I will always have for her. Letting go of the pain doesn't ever mean letting go of the love. I hope you can allow yourself to both grieve and also move towards a place of healing and remembrance as we start moving through this new year.

Time for Newsletter Renewal - It is now time to let us know whether or not you wish to continue to receive our bi-monthly newsletter. There is a **yellow form** in this newsletter that allows you to let us know your wishes on this. The form also offers you the opportunity to send in a Love Gift or sponsor a newsletter in loving memory of your child, grandchild or sibling. Because we are not allowed to charge any dues or fees to participate in our support group meetings, receive our newsletter, access our Chapter website (tcftopeka.org) or attend any of our Memorial Events, we rely on donations to help fund our expenses such as the printing and postage for mailing this newsletter. We hope you will be able to help us out this year so we may continue to reach out and offer hope and support to bereaved families in northeast Kansas.

The yellow form needs to be returned **by March 1, 2017** in order for you to continue to receive the newsletter through the remainder of 2017. The only exception is for those families who suffered their loss in the second half of 2016 and thus far in 2017. The yellow form also offers you the option of receiving the newsletter electronically via email. If you choose this option, be sure to print your email address **clearly** on the yellow form and also let us know if you change email addresses during the coming year.

Dillions Community Rewards Program Helps Fund Chapter Expenses - A REMINDER - Have you signed up for the Dillions Community Rewards Program yet? If not, we encourage you to do so as it really helps to bring income into our Chapter to help meet expenses. The more participants we have, the more income we can generate. I encourage you to go to www.dillions.com/community-rewards and click on "Register" at the top of the page. When you enroll you will be asked to designate which charity your wish to support. The Topeka Compassionate Friends Chapter NPO number is 65403. Once you have done so and have a Dillions Shopper's Card, every time you make a purchase at Dillions a portion of your total will be donated to the Topeka TCF Chapter. Participating in this program **costs you nothing** and **does not affect your fuel points** for gasoline purchases. If you need assistance in setting up your account, call toll-free at 1-800-576-4377 and select Option 3.

New College Age Support Resource - There is a new nonprofit organization called Actively Moving Forward dedicated to supporting your adults grieving the illness or death of a loved one. The organization accomplishes its mission by creating Actively Moving Forward Campus Chapters on college campuses nationwide that connect and empower grieving college students to support one another and participate in community service in memory of their deceased loved ones, raising awareness about the needs of grieving young adults. You can check it out at www.activelymovingforward.org

Another online resource for grieving siblings is called "Fire in My Heart, Ice in My Veins" where teenagers can share their stories, illustrations, help items and other information through this online journal. You can check it out at <http://fireinmyheartjournal.com/> This site is under the auspices of Centering Corporation of Omaha, NE. There is also a Fire in My Heart, Ice in My Veins Facebook page.

Until next time, be gentle with yourself and let the healing happen. Remember, You Need Not Walk Alone

~ Susan Chan, Rachael's Mom

The Tide Recedes

*The tide recedes,
But leaves behind
Bright seashells on the sand.
The sun goes down,
But gentle warmth
Still lingers on the land.*

*The music stops,
And yet it echoes on
In sweet refrains....
For every joy that passes
Something beautiful remains.*

~author unknown



Love Gifts

**Your Love Gifts Help Spread
the Message of Hope & Healing ~ Won't You Help Today?**

What is a Love Gift? A Love Gift is a gift of money (or books, etc.) to The Compassionate Friends. It is usually in memory of a child, grandchild or sibling who has died, but it may be from individuals who wish to honor a relative or friend who has died, a gift of thanks that their children are alive, or simply a gift from someone who wants to help. The Compassionate Friends charges *no individual dues* or fees and depends on such Love Gifts to meet the Chapter's expenses, including the printing and mailing of this newsletter. **When you make a donation, make sure to check to see if your employer may have a "matching gifts" program** as this could double the amount of your donation. If you are not sure whether your company has such a program, check with your Personnel Department. This month we thank:

♥ *The Congregation of Potwin Presbyterian Church in support of the work of the Topeka TCF Chapter*

♥ *Thomas and Debbie Schuetz in loving memory of their son Evan Michael Schuetz who was born on January 23rd*

♥ *Jackie Tomes in loving memory of her son Jeremy James Tomes*

♥ *Damon and Collene Tucker in loving memory of their siblings Dave Tucker, Arlene Holly, Carol Sperou,
Lawrence Versaw and Wayne Versaw.*

♥ *Marty and Debbie Tyson in loving memory of their son Brandon Toler who died on January 18th*

Thank you for your gifts which enable us to print this newsletter and reach out to newly bereaved families. Donations are our only source of income and are **tax deductible**. If you would like to sponsor a newsletter, the cost is \$30.00. If we have more than one sponsor, we recognize all of them. If you wish to send a Love Gift, any amount is appreciated. It is whatever you feel you can give. Donations of books that you have found helpful to the Topeka Chapter Library are also greatly appreciated, and it is a nice way to remember your child or other loved one. If you would like to send a Love Gift or a Newsletter Sponsorship, you may do so by sending it to: The Compassionate Friends, c/o Susan Chan, 3448 SW Mission Ave., Topeka, KS 66614-3629. For Newsletter Sponsorships, please indicate which issue you wish to sponsor (Jan/Feb, March/April, May/June, July/August, September/October, or November/December). Makes checks payable to "TCF".

TCF National Office e-mail:
nationaloffice@compassionatefriends.org

Compassionate Friends web address:
www.compassionatefriends.org

Topeka TCF Chapter web and e-mail addresses:
www.tcftopeka.org tcftopeka@gmail.com

Kansas Regional Coordinator:
Marty & Renda Weaver - (785) 823-7191
mweaver@cox.net

CALL FOR PHOTOS

If you would like your loved one's photo included in our TCF Chapter's memorial slide presentation, please do one of the following:

1. If you have computer access and can send a jpg file of your child's photo electronically, please send to: dtucker35@cox.net Be sure to include your loved one's full name, birth and death dates.

2. If you are not able to send a photo file electronically, you may send a photo print (do not send the only copy you have!) so that we may scan it into digital format. Send the photo plus the full name, birth and death dates for your loved one to: Susan Chan, 3448 SW Mission Ave., Topeka, KS 66614-3629. Please include a stamped, self-addressed envelope for return of your photo. We will continue to collect photos throughout the year to add to the slide presentation. *If you have already sent in a photo, you need not resend one.*

3. The Memorial Slide Presentation is a part of our Annual December Candle Lighting Memorial.

Upcoming Events/Dates to Remember

March 15, 2017 - Last date to turn in your Newsletter Renewal Form if you wish to remain on our mailing list through 2017. See the Yellow Newsletter Form in this newsletter, or download the form at www.tcftopeka.org under "Newsletters". Return to the address on the form.

July 28-30, 2017 - The 40th National Compassionate Friends Conference will be held in Orlando, FL. Will include over 100 workshops, keynote speakers, Memorial Candle Lighting Ceremony and the 2017 Walk to Remember. For further information, go to the National TCF website at www.compassionatefriends.org

Our Thanks to: Midland Care Connection for giving us a mailbox and Most Pure Heart of Mary Church for allowing us to meet at their facility. A special Thank You to ProPrint for helping to underwrite the printing cost of this newsletter.

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838 MASSACHUSETTS ST
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785.272.0070

And We Remember.....

Because of the potential for the hurtful crime of identity theft, TCF Chapter Newsletters will now only publish the date of a child's birth or death without listing the year of each event. This is a directive from the National TCF Office to protect all TCF members. Due to space constraints, only those families who remain current on our newsletter mailing list will be included in the We Remember section

Carlie Almond, daughter of Brad and Amy Almond, who was born on February 24th



Brian Lynn Blecha, son of Lynn and Alice Blecha, born February 9th

Monty Brentlinger, son of Don and Carolyn Brentlinger, born February 6th

Rachael Reneé Chan, daughter of Gary & Susan Chan, died March 17th

Cotton Christenson, son of Tracy Christenson, who was born on March 19th

Patrick Cummings, son of Carol Cummings, born March 30th

Wendi Sue Cushing, daughter of Scott and Denise Cushing; sister of Deana and Dylan Cushing, born March 17th

Evan Douglas Epoch, son of Nancy S. Epoch, born March 10th

John Carl Harrington, son of Mary Harrington died March 18th

Jaime M. Harrington, daughter of Mary Harrington, born and died February 3rd

Nason John Hobelman, son of Dee Hobelman, who was born on February 14th



Zachary James Hudec, son of Greg and Liz Hudec, died March 25th

Bradley "Brad" Hurla, son of Mike and Judy Hurla, who died on February 15th

Karen Kay Karnes, daughter of Wilson and Maxine Karnes, born March 2nd

Ben Lake, grandson of Patty Lake, who was born on March 21st

Richard L. "Rick" Linder Jr., son of Richard and Patricia Linder, who died February 15th

Gylmn Guerry Lough, son of Billy D. and Inez G. Lough, died Feb. 21st

Billy Lucas, son of Bernie and Jeanette Bialek, died on February 18th

William Henry "Hank" Lumpkin, son of Joe and Penny Lumpkin, born February 1st



Amy Lundin, daughter of Ralph and Judy Lundin, born on February 16th

Belinda Meier, daughter of Maggie Walshire, who died on March 20th

Madison "Maddie" Rae Naill, daughter of Lori Neddermeyer and Eric Naill; step-daughter of Mark Neddermeyer; sister of Jesse and Allie Naill; step-sister of Cale and Braden Neddermeyer; and granddaughter of Bruce and Ginny Miller and Allan and Marge Neddermeyer, died on March 19th

Alisha Marie Quigley, daughter of Karen Leiker, who was born on March 1st and died on March 12th

Kiley Ramey, daughter of Gary and Linda Ramey, born February 28th

Otto G. Schnellbacher, son of Mary Therese Sanders, who died on February 20th

Brittany Nicole Tucker, daughter of Damon and Collene Tucker, who died on March 11th

Carmen Cristina Urdaneta, daughter of Leonel and Judy Urdaneta, who born February 13th; died February 3rd

Jason R. VanDam, son of Will and Kay Hasty, born March 25th

Mary Jane Varner, daughter of Will and Kay Hasty, born February 8th

Michael Scott Watson, son of Warren and Beth Watson, who died on February 23rd

Christopher Wempe, son of Dan and JoAnn Wempe, born March 9th

Taylor William Clay Watson, son of Terry and Kathy Watson, who died March 16th

Baby Boy Williams, son of Todd and Kathleen Williams, stillborn February 23rd



George Winter, son of Cindy Taylor and brother of Elizabeth and Jolene Winter, who died on February 15th

(Use the form below to submit your listing if you have not already done so. Once you have submitted your listing you **do not** have to do so every year as long as you remain active on our mailing list. Your child's name and dates will remain on the We Remember database unless you request their removal or choose to discontinue receiving this newsletter. This month's listing includes birth and death anniversary dates for February and March.

And We Remember - If you wish your child, grandchild or sibling included in the We Remember section of this newsletter, please fill out the form below and return to: Susan Chan, 3448 S.W. Mission Ave., Topeka, KS 66614-3629. You may also email the information to chanx2@cox.net< We do not automatically list your information just because you are receiving this newsletter. We only list information for those parents requesting it. If you have previously submitted your child's information and it has appeared in the newsletter during the past year, you **do not** need to resubmit it. If you have just begun receiving this newsletter, or have never submitted this information, you will need to do so in order for it to be included. **Please type or print clearly.**

Child's Name _____ Son__ Daughter__ Grandchild__ Brother__ Sister__

Date of Birth _____ Date of Death _____

Father _____ Mother _____

Note: Please list your address and phone number. You will only be contacted if there is a question about your listing.

Is this a change of address for you? (please circle) YES NO

A Special and Important Message to Our New Compassionate Friends

If you are newly bereaved and have recently attended your first Compassionate Friends meeting, you may have left the meeting feeling overwhelmed and emotionally drained. With the heavy load of grief you are carrying, you cannot bear to hear about all the pain shared at meetings. Consequently, you may have decided not to return. We would like to let you know that these feelings are common to all our members, many of whom resolved not to expose themselves to such anguish again, but were drawn back by the knowledge that they were among those who "know how you feel".

Please give us at least **three** tries before you decide whether or not the meetings are for you. You will find a network of caring and support which will help you as you travel your grief journey, and most assuredly, you will find hope along the way. We truly care about you and want to make certain that no bereaved parent ever needs to walk this path alone.

---Topeka TCF Chapter Steering Committee

Additional Support Group Resources

HEALs - Healing after loss of suicide offers support to all survivors affected by the loss of a loved one to suicide. Meetings are at 7 p.m. on the 1st and 3rd Tuesday of each month. Pozez Center (north side of Stormont Vail). Contact Information: Sandy Reams 785-249-3792 or email sreams67@gmail.com

Pregnancy and Infant Loss Group - Meets 1st and 3rd Thursdays of the month from 6-8 p.m. at the Pozez Education Center. The group, which has regular meetings to share information and experiences, also has a blog for members that offers communication, resources and support. If you are interested in learning more about the blog, please email lrosen@stormontvail.org. For information call (785) 354-5225.

From Victims to Survivors - Support group for families who have had a loved one murdered. The group meets the fourth or last Wednesday of each month at Unitarian Universalist Fellowship, 4775 S.W. 21st. For more information, call Bill Lucero at 232-5958 or see <http://fromvictimstosurvivors.com>.

FREE online subscription of TCF's national magazine, *We Need Not Walk Alone*, now available

The Compassionate Friends national magazine *We Need Not Walk Alone* is now available free through an online subscription. TCF is also archiving past editions at TCF National Magazine and Archive. Those who do not wish to subscribe can view the magazine in the archive once the next issue has been published. Past issues of *We Need Not Walk Alone*, starting with Winter/Spring 2011-2012, are available in the archive. On the home page (www.compassionatefriends.org), click on Find Support, then Online Community, then Sign Up for National Publications. You can also sign up for the TCF E-Newsletter at this site to keep up with all that is happening in the organization.

TCF Mission Statement: 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.

Just a Dream Away

I would give my life to have you back
said the Mom

I know you would, said the child.

I cry each night for you, said the Mom
And I catch all of your tears said her child
I pray for the day that I can see you again
said the Mom

Close your eyes and you can see me
said her child

I am always just a dream away.....

You are the first person who loved me,
and you are the first person I loved.
You were always there when I needed you,
and you always knew when I needed a
hug.

I am here for you now, Mom
in your heart and in your soul.
I did not take your heart with me
instead I left mine with you to hold.
One day I will take your hand
and lead you to paradise,
but until then my beautiful mother,
when you want to see me
you only need to close your eyes.

I am always a dream away.

~ Author Unknown



Ten Things I Never Expected From Grief

By Maria Housden

Because we knew that my daughter was dying, I believed I was prepared for grief. I was wrong. No matter how much we prepare, everything changes. These aspects of grief surprised me.

1. *Losing time*

Months after my daughter died, I pulled into a parking lot and had no memory of driving there. Some days, a whole morning would pass without thought or doing anything. Do not overestimate your abilities when grief is fresh. Ask for help when needed.

2. *Being rude*

As I began to feel overwhelmed by the depth of my pain, I entered a no-bullshit, no-drama zone. Listening to a woman complain about a cold made me angry. Although I felt desperate to connect, I lost the ability to care. Fortunately, this passed, as I found other bereaved parents who understood how I feel.

3. *Stop reading fiction*

If it didn't really happen, I wasn't interested. For awhile, I gave up books altogether. I didn't have the attention span to read words on a page, and only death caught my attention.

4. *Irrational thoughts*

A year after my daughter's death, I concocted a plan to unbury her body. I felt desperate to see her one more time. I talked about moving her from the ground to a mausoleum. Now I'm glad I didn't. When I visit Hannah's grave, I lay on the grass and remember her hands.

5. *Considering suicide*

For years after Hannah's death, I was not afraid to die. No matter what happens, Hannah is already there. More than once, I considered taking my own life, though I no longer wish to leave all I love here.

6. *Experiencing visitations*

I have prayed to see my daughter, and she has come to me in dreams. When I wake, I feel her presence in the room. Her brother experienced a "waking visitation". He was not asleep and Hannah appeared to him.

7. *Believing psychics*

A friend went to a psychic who spoke with Hannah's spirit. I believed her because she knew things no one could know. While I do not consider every psychic gifted, my daughter's death opened me to magical realms. I listen for life's guidance now.

8. *Living in the moment*

I stopped making plans ahead of time. I wait until the day to see how I feel. Even when I am not sad, this approach to life frees me. I enjoy everything more.

9. *Signs and synchronicities*

I believe my daughter's spirit communicates with me, which is something I hoped for but didn't expect. Hannah loved her red shoes, and many messages I receive are red, like finding the perfect camper and it's on a red truck. "I'm going to be a butterfly," Hannah told me when she knew she was dying. Even today, when butterflies appear, I think of her.

10. *Sense of healing*

It will never be okay with me that Hannah died, but I no longer suffer her absence as I once did. Grief has become a part of me, and it has helped me heal. Rather than praying for my daughter to return, I feel her presence as part of everything. I can tell you, after speaking with many bereaved parents, more is possible than we know.

Grief is the darkness of a broken life.
Grief crushes like a deadly avalanche.
Grief is a story sea that throws the heart
into the depth of pain, the center of despair.

But we are given tender remedies:
Remembrance of a golden joy embraced,
Rich feelings left from moments in the sun.

If we but reach for these:
they wait beyond the dark to give us hope,
to let us live again, to let us celebrate
the children gone from earth, yet always here
eternal light of memory and love.

~ Sacha Wagner, TCF Poet Emeritus



The New Year

Instead of the old kind of New Year's resolutions we used to make and break, let's make some this year and really try to keep them.

1. Let's not try to imagine the future - take one day at a time.
2. Allow yourself time to cry, both alone, and with your loved ones.
3. Don't shut out other family members from your thoughts and feelings. Share these difficult times. You may all become closer for it.
4. Try to be realistic about your expectations - of yourself, your spouse, other family members and friends. Each of us is an entity, therefore different. So how can there be perfect understanding?
5. When a good day comes, relish it; don't feel guilty and don't be discouraged because it doesn't last. It will come again and multiply.
6. Take care of your health. Even though the mind might not care, a sick body will only compound your troubles. Drink lots of water and take stress-type vitamins; rest even if you don't sleep; and do moderate exercise. Help your body heal, as well as your mind.
7. Share your feelings with other Compassionate Friends and let them share with you. As you find you are caring for the needs of others, you are starting to come out of your shell - a very healthy sign.

I know following these won't be easy, but what has been? It's worth a try, don't you think? Nothing to lose and perhaps much to gain.

~Mary Ehmann, TCF, Valley Forge, PA

*Grief brings the unexpected.
Lost relationships are recovered,
loving friendships are renewed.
In each other's pain we acknowledge our own
fragile humanity;
we recognize the desperate fight of another
against death and its unthinkable claims.
The connection is spellbinding,
calling us out into the universe
when we are ready.*



~Molly Fumia from her book Safe Passage

I Resolve.....



I resolve to be better in this coming year...

The ache of my empty arms has given
way to quiet resignation.

I resolve to be better in this coming year...

I think of my children and smile;

I feel them hovering close and near.

I resolve to be better in this coming year...

I know I will never forget them;

I forgive those whose memories of

them are not so apparent to me;

I choose this because my children's
existence does not depend on others.

I resolve to be better in this coming year...

To be more caring, more compassionate,
more tolerant, more understanding;

I want to follow the path my life has taken
and still make a difference in other peoples'
lives;

No other person can walk my path, feel my pain
or choose not to despair;

No other person can make me a better person.

Only I can do so.

I resolve to be better in the coming year...

I thank God for my husband, my family,
my friends and my children;

I thank God for the love I feel for each and
every one of them;

I thank God for the strangers who enter my
life with lessons for me to learn;

I thank God for new insights and memories
that do not fade;

I thank God for peace to the internal turmoil I
have felt.

I choose to give thanks for all I have,

Rather than despair over all that I've lost...

I resolve to be better in this coming year...

~Sue Friedeck from *Sharing*, Vol. 9, No. 1, Jan/Feb 2000

The Compassionate Friends

Topeka Chapter, c/o Midland Hospice Care., Inc.
200 S.W. Frazier Circle, Topeka, KS 66606-2800

**A self-help organization offering friendship and
understanding to bereaved parents and siblings.**

NON-PROFIT ORGANIZATION
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RETURN SERVICE REQUESTED

TCF CREDO

We need not walk alone. We are The Compassionate Friends.
We reach out to each other with love, with understanding, and with hope.

The children we mourn have died at all ages and from many different causes, but our love for them unites us.
Your pain becomes my pain, just as your hope becomes my hope.

We come together from all walks of life, from many different circumstances.
We are a unique family because we represent many races, creeds, and relationships.
We are young, and we are old. Some of us are far along in our grief,
but others still feel a grief so fresh and so intensely painful that they feel helpless and see no hope.

Some of us have found our faith to be a source of strength, while some of us are struggling to find answers.
Some of us are angry, filled with guilt or in deep depression, while others radiate an inner peace.
But whatever pain we bring to this gathering of The Compassionate Friends, it is pain we will share,
just as we share with each other our love for the children who have died.

We are all seeking and struggling to build a future for ourselves, but we are committed to building a future together.
We reach out to each other in love to share the pain as well as the joy, share the anger as well as the peace,
share the faith as well as the doubts, and help each other to grieve as well as to grow.

We need not walk alone. We are The Compassionate Friends.