



**THE
COMPASSIONATE
FRIENDS
of Green Bay**
Supporting Family After a Child Dies

A Bi-Monthly Newsletter
by and for Bereaved Parents
January/February 2012

**Our Mission
Statement:**

The Compassionate Friends is a mutual assistance, self-help organization offering friendship and understanding to bereaved families who have experienced the death of a child. The primary purpose is to assist them in the positive resolution of the grief experience upon the death of a child and to support their efforts to achieve physical and emotional health. The secondary purpose is to provide information and education about bereaved families. The object is to help those in their communities to be supportive, including family, friends, employers, co-workers and professionals.

TCF Newsletter January 2012- Donna Wilkinson

I remember January 1999, the first new year without our son, Dustin.

I remember how gaping and obvious his absence was felt. I remember a feeling of fumbling through every day, an unsteadiness that made all of life seem off kilter. As many others were ringing in the new year with joy, we felt only sadness. We did not know how we would face the next few steps, let alone a whole new year without our son.

Now, thirteen years later, although the intense pain has softened, we still ache with the loss of our sweet boy. But, I am thankful that we have continued to find ways to remember his life and keep his memory alive.

That year we began a new tradition in our family, based on a story I read called The Christmas Envelope by Nancy Gavin. On Christmas morning, we hang a stocking for Dustin. Inside, there is a white envelope. The envelope contains information about a donation we choose to make to a worthy cause. Last year, we gave to the Miracle League of Green Bay, a non-profit organization that provides children with mental and/or physical challenges an opportunity to play baseball. The year before, we made a donation to "KenyaHelp", to provide scholarships to academically deserving Kenyan students who do not otherwise have the financial means to continue their education. For several years, we supported "The Young Artist's Workshop", a summer program for children with disabilities, helping students build their self-esteem through a greater appreciation and direct participation in the visual and performing arts. The year before that.....well.... you get the point! The envelope has become a highlight of our holidays. It's always the first thing opened on Christmas morning by our now adult children.

And I am very thankful that, in our loss and deep pain, we found The Compassionate Friends. We are surrounded here by others who understand and continue to provide love and care and support.

As we move into 2012, my prayer is that each of us will cherish our memories and, at the same time, find the strength and hope to move forward.

It has been my privilege and joy to serve as the Green Bay TCF chapter leader. I am passing this responsibility on to Steve Schmeisser, who will lead us into the new year and help us remember that we are not alone and our children are not forgotten.

Donna Wilkinson

The Green Bay Chapter of The Compassionate Friends

meets the third Thursday of each month at 7 p.m.
at First United Methodist Church, 501 Howe Street, Green Bay.
(Enter the parking lot off Monroe at Doty)

For further information contact:

Main Number: 920-370-3858

Steve Schmeisser, Chapter Leader

Phyllis Calder, Programs

Joleen Krings, Newsletter Editor

Steve Schmeisser, Treasurer

Sue Van Straten, Remembering our Children

Mickey Schmeisser, Remembering our Children

Carol Wautlet, Resource Coordinator

Dan Davis, Webmaster

Rev. Dave Wilkinson, Chaplain

E-mail: tcfgreenbay@aol.com

Website: www.tcfgreenbay.org

Monthly Support Group

Thursday, January 19, 2012 7 p.m.

Video: "Invincible Summer: Returning to Life After someone you love has died." by Dr. James E. Miller

Thursday, February 16, 2012 7 p.m.

Ann Froelich, Pastoral Associate, St. Mathews Church,
speaking on "Don't take my grief away"

If the Green Bay Public Schools are closed for the day, or have early release, due to inclement weather, the TCF meeting will be cancelled that evening.



Greetings and a warm welcome to all of you for 2012!

Well, another year has come and gone for us. We enter 2012 as another step in our continuing journey through our grief. No one knows what 2012 will

hold for us, just as Mickey and I had no idea what would happen to us in 2005, when Melissa and Emily passed away in an automobile accident.

I do know one thing for sure for 2012. I will be assuming the role as Chapter Leader, for the Green Bay Chapter of the Compassionate Friends, succeeding Donna Wilkinson. Donna admirably filled in when Jeanne Davis had to step aside. I know I have big shoes to fill following Donna and Dave Wilkinson and Jeanne Davis. Never did I think, when I attended my first meeting back in July 2005, I would someday be asked to lead the group. Sure as a CPA, I figured I might be asked to be Treasurer, as it is only natural that CPA's become the treasurer of an organization. But as

Chapter Leader, no way!!! Thankfully we have a wonderful, and capable steering committee in place that will help guide me as I assume the responsibility of facilitating our group.

But the group is not about the leader. It is about all of us who come here to find comfort, as well as receive and give support to the newly and long term bereaved. Mickey and I will be entering our 7th year on our journey since the deaths of Melissa and Emily, but we have made it this far with the support of the friends we have made here over the years.

I ask that you help me welcome back those who continue to attend our monthly meetings, and, to the newly bereaved, we hope you will find us in 2012. To those of you that have not attended a meeting in sometime, please join us again. We miss you and want to know how you are doing on your journey. As our credo states so appropriately "We need not walk alone, we are the Compassionate Friends."

Steve Schmeisser

RESOLUTIONS

Pat Akery

TCF, Medford, OR

Every time the holiday season comes to a close, I feel as if I can hear a collective sigh of relief. This year was no different except that the sigh seemed louder and longer than in past years. Some years are like that for us. This one was certainly like that for me. No matter how difficult I thought the holidays would be to get through I was wrong. In some ways they were more difficult and in other ways, surprisingly, they were less difficult. The reality is that you and I, no matter how we anticipated the holidays, did get through them. We did survive the holidays and though it may be difficult for you to believe this now, there is no reason that this new year shouldn't be better.

Which brings me to a favorite topic for this time of year, New Year's resolutions. Resolutions that I think are most helpful are those that concern our well-being. Above all else, resolve to take better care of yourself. Try to eat right and exercise. Find ways to nurture yourself—both your body and your mind. Remember all things in moderation. Seek advice from others when you need it and above all, ask for help when you need it. You won't always get the help when you ask for it, but remember, if you don't ask for it, you surely won't get it.

Another thing you can do to have a happier new year is to become more involved in our chapter of The Compassionate Friends. If you've not come to any meetings, or if it's been a while, give it a try. Commit to attending at least three meetings. If you were to attend only one, you would not necessarily get a very good idea of what our meetings are like. Join us and make your needs known to us.

This newsletter is another way you can become more involved in our chapter. Let us know what works for you and what doesn't. Consider becoming a contributor. Tell us how we might be able to better serve your needs.

Have a happier New Year!

Borrowed Hope

Eloise Cole

TCF Phoenix, AZ

Lend me your hope for a while
I seem to have mislaid mine.
Loss and the hopeless feelings accompany me daily.
Pain and confusion are my companions.
I know not where to turn.
Looking ahead to the future times
Does not bring forth images of renewed hope.
I see mirthless times, pain filled days, and more
tragedy.
Lend me your hope for a while.
I seem to have mislaid mine.
Hold my hand and hug me.
Listen to all my ramblings.
I need to unleash the pain and let it tumble out.
Recovery seems so far distant.
The road to healing, a long and lonely one.
Stand by me. Offer me your presence.
Your ears and your love.
Acknowledge my pain, it is so real and ever present.
I am overwhelmed
With sad and conflicting thoughts.
Lend me your hope for a while.
A time will come when I will heal.
And I will lend my renewed hope to others.

Recognizing Unsuccessful Grief

Libbyrose D. Clark
TCF, Deep East Texas
From information provided by
Vera Baron, LPC, and Ray Johnson, CSW



All of us who have searched for healing following the death of a child, grandchild or sibling know the roller coaster of emotions that are part of our grief process. We know there is no "quick fix" that magically lets us get on with our lives, and grief can be physically exhausting. We cannot go back to what was! And time, in and of itself, does not heal.

Although there is no set schedule for grieving and there will always be a hole in our hearts, many of us in TCF have found that within a year to 18 months, we are beginning to make some progress—granted the progress may seem minute to the bereaved. Grief therapists have learned that if death is from prolonged or serious illness there is grieving during the illness. The second year of grief may be as intense or even more emotionally devastating than the first year. However, no two people have the same grief timetable. If we feel that we are not making progress, is there some way to determine whether or not we may need professional help or evaluation or at least reassurance? The following considerations may help you decide:

- Extended withdrawal from the world around you and prolonged inability to accomplish normal tasks or participate in everyday activities.
- Self-imposed isolation where you do not want to be around anyone—friends, family or others.
- Becoming too scared to be alone. You must have someone around all the time.
- Anger or guilt that (a) is out of proportion, (b) does not fit the circumstances, (c) extends for a long time without re-creating, or (d) may be directed toward or imposed on others close to you.



From Carol Wautlet, The Resource Coordinator:

"After the Darkest Hour The Sun Will Shine Again"
A Parent's Guide to Coping With The Loss of A Child
By Elizabeth Mehren
with a foreword by Rabbi Harold Kushner

The author, Elizabeth Mehren is a bereaved parent. Losing her daughter, Emily Eaton Butterfield was the catalyst to writing this book. As Rabbi Kushner acknowledges in his foreword, there is the ever present question, "Will I ever get over it"? The answer is, Yes, and No. No, nothing is the same; you are not the same person. But you will reach a point where you can feel that you can actually survive this; the pain is not as piercing. You can remember your child with fondness, less pain. Rabbi Kushner also writes that as a bereaved parent, he too sought help and found it from The Compassionate Friends. He accurately describes the group as one that has the highest membership price to pay, as we are well aware of.

The book chronicles the death of children over our history, noting that centuries ago, losing children and young adults was a part of life, more than half of the population died be-

- Depression that is exaggerated, unremitting, prolonged and occurs in original intensity years after the loss.
- Anxiety that interferes with going away from home.
- Dependence on alcohol or medications to cope or forget.
- An emotional "logjam" resulting from an accumulation of losses over the years.
- Contemplating or attempting suicide to "get away from it all" or to join your child.
- Self-caused illness or physical health problems that do not go away, or the inability to separate the real from the imagined. This kind of illness is different from the "ailments" that most of us experience during the anniversary of our loved one's death.
- Placing your child on a pedestal and forgetting his/her imperfections; or being unable to redirect your activities or to shift your focus, so that you can honor your child in a positive way.
- An absence of grief or a numbness, anxiety, sadness, or any kind of overall attitude that negatively affects others around you, including over-protectiveness of your loved ones.
- Converting all emotions into one or two favorite or "safe" emotions—like anger, boredom, or despair—which become all you are feeling, taking the place of grief.
- When talking does not seem to help or there is no one able to listen.

fore becoming elderly. Early death was more common then now, due to shorter mortality rates back then, also due to illnesses such as diphtheria and typhoid among countless others. It was more common for mothers to die in childbirth. The short readings chronicle some writings of those who struggled with death at that time, such as Abe and Mary Todd Lincoln, who lost two children. Today, we see death of young people differently; due to modern medicine, we do not expect it as earlier generations once did. It is now seen more as a tragedy than in earlier times; we no longer "expect" that our child might die. This makes us ill prepared for such heartbreaking events.

I found this easy read quite interesting, with topics ranging from remembering, to marriage to "birthdays in heaven", each with a story about someone who lost a child. I would recommend this to anyone who enjoys a fast, easy read, with historical perspectives and a range of topics, also great for teens and young adults. This book can be found in the resource library of The Compassionate Friends Green Bay Chapter.



A STEP-PARENT'S THOUGHTS

Tony Cinocco
In memory of Robin Ann Craney
TCF, Denver, CO

I am a bereaved stepparent – *Stepfather* to be exact. Robin Ann Craney, my stepdaughter, was killed at the hands of a drunk driver on June 8, 2001. She was 17 years old.

I have a son named Greg. His Mom remarried so I saw him on weekends, did the trips, and long summer visits as many divorced parents do. I did not get the chance to be a part of his life and see him every day. I got to hear about his activities and accomplishments *all* after the fact. When you marry someone with kids, you get another chance.

After several months of dating my (now) wife Cindy, I finally met her kids, Chris and Robin. Robin was almost 7 years old at the time. I remember that first meeting clearly because she wasn't feeling so good. She ended up getting sick and had to go home. What a first meeting that was!

After that, I became totally involved in the lives and activities of both of the children. I remember one of those nights well! Cindy and I attended parent-teacher conferences for both kids, a Cub Scout Pack Meeting and a Girl Scout Brownie Meeting...not bad for a single guy, who had been unmarried for 13 years!

Over the years, I got to know Robin's likes, dislikes, and all of her friends – *and she had a lot of friends!* I attended and participated in all of Robin's activities, supporting her in her many endeavors – including gymnastics (her favorite). I was there when she had migraine headaches, running her to the doctor when her Mother couldn't, encouraging her, supporting her – all the things Dads do for their kids. I want to tell you in no uncertain terms, being a stepparent is so much harder. You get the responsibility and, often times it seems, none of the re-

spect. "Mom said I could so I don't have to listen to you" or "You can't tell me what to do, you are not my dad" and so forth. I tolerated and dealt with her emotional outbursts when she became incensed at anything (sometimes it seemed everything) during the teen years. All *Dads* know how trying those times can be!

Now I am a bereaved stepparent...the one in a kind of "no man's land." I am not biologically connected to Robin; I sometimes feel like an outsider around people who were *once* a family - Mother, Father, Son, and Daughter. Many of our friends have worried about Cindy and Chris. They often ask me "How is Cindy doing?" or "Is Chris OK?" Although I knew and lived with Robin for 10 years, very few ask, "How are *you* doing?" I am only the *stepparent*. The idea that this tragedy cannot be as devastating to me as it is to Robin's "real family" is incomprehensible.

One definition for the word father is "father figure: one often of particular power or influence who serves as an emotional substitute for a father." This is what I was for Robin. She loved to push my buttons – but that was part of our relationship – as frustrating as it could be. Robin is the only daughter I will ever have. I was every bit a *father* to her. I love her and I miss her.

We, the stepparents of children who have died, grieve for our children too. *Only* society puts the "Step" in the name. *Parent* is still the biggest part of who we are. We hurt because they were our children too - often without the support and understanding that is demonstrated towards the biologically connected parents. These beautiful children with whom we developed emotional bonds are now gone out of our lives; and we, too, endure the same feelings of loss and sadness.

WHEN YOU LOSE AN ONLY CHILD

Bill Snapp
TCF Atlanta (Tucker)
In Memory of my son, Bill Snapp

The loss of an only child is neither greater nor less than the loss of one of many children. However, the loss of an only child is experienced differently. It is different because you lose your parenthood, which is such a large part of the life of any parent.

1. With the death of an only child, you lose the one person who could use all of the love you had to give every hour of every day. One of the secrets of parenthood is that from birth, children teach us that we have a greater capacity for unselfish love than we thought possible. When your only child dies, you may feel that you are drowning in the parental love your heart continues to generate for the child you have lost.

2. With the death of an only child, you lose so much of your own future that was tied to your child's future. The first day of school, sports, learning to drive, a first crush, a first date, a first heartbreak, high school, college, career, marriage, children, grandchildren, great grandchildren. Your only child lost all of this from his or her future. And so did you.

3. With the death of an only child, you suffer many tiny losses that cause pain only another grieving parent can comprehend. You have lost the joy of checking the cereal aisle to see if Cocoa Puffs are on sale. You have lost the reason to keep up with the top ten hits on the pop music charts. You have lost the joy of caring what prize is in a box of Cracker Jack. You have lost the joy of getting up early on a Saturday morning for kids soccer, basketball, or bowling. You have lost the reason to hope for a December snow. You have lost the person who thought you made the best cocoa on a cool December evening. For me, I lost a gentle, kind, generous child who loved, watched for, and shared beautiful sunsets.

The loss of an only child is a devastating loss. Your child has lost his or her life. And you have lost an important piece of your own life, your parenthood. The Compassionate Friends chapter near you is there to help you acknowledge and grieve these losses by sharing your pain with others who have known their own pain.



Remembering our Children

During the two months that each newsletter covers, we include your child's birthday and the anniversary of your child's death — if we know those dates. Based upon TCF National policy, we will not print the year of your child's birth or death.

BIRTHDAYS

Marisa Nelson (daughter of Amy Nelson)	1/01	Amy Laedke (daughter of Debra & Fred Laedtke)	2/02
Doug Kwiatkowski (son of Dave & Theresa Kwiatkowski)	1/01	Sharon McDaniel (daughter of Jean LaHue)	2/02
Ben Garot (son of Keith Garot)	1/07	Adam Federwitz (son of Mary & Gary Federwitz)	2/03
Jami Dagneault (daughter of Penny & Armand Daigneault)	1/13	Jeff Baenen (son of Susan Otradovec)	2/03
Corey Calaway (son of Paul & Nancy Calaway)	1/14	Mike Smith (son of Dave Smith)	2/04
Debra Mier (daughter of Anna & Frank Mier)	1/15	Caitlin Van Duyse (daughter of Brenda Van Duyse)	2/06
Travis Christenson (son of Cheryl Oettinger)	1/17	Maggie Pavlowski (daughter of Michelle & Karl Pavlowski)	2/08
Dustin Wilkinson (son of Dave & Donna Wilkinson)	1/21	Julie Sarah Smits (daughter of Jeane Smits)	2/10
Justin Banaszynski (son of Donna Baranczyk)	1/21	Kelby Bagneski (daughter of Bill & Kelly Bagneski)	2/12
Jason Banaszynski (son of Donna Baranczyk)	1/21	Sam Compton (son of Mark Compton and Todd & Sandra Scheffen)	2/13
Brian LaViolette (son of Doug & Renee LaViolette)	1/23	Chad Kerscher (son of Margy Konopacki)	2/14
Ryan Tucker (son of Dawn Tucker)	1/24	Ryan Jozwiak (son of Lenee & Eddie Jozwiak)	2/15
Shaun Davis (son of Dan & Jeanne Davis)	1/26	Katie Culhane (daughter of Muffy & Kevin Culhane)	2/15
Roberta Jean Glebke (daughter of Joyce Glebke)	1/26	Nick Hietpas (son of Bruce & Diane Hietpas)	2/23
Austin Lindberg (son of Todd & Sandy Lindberg)	1/28	Brandon Blue (son of Rondell & Barb Blue)	2/26
Dylan Krings (son of Jason & Joleen Krings)	1/28	Karen Mary Schley (daughter of Jon & Ann Schley)	2/27
Doug Kwiatkowski (son of Dave & Theresa Kwiatkowski)	1/30		

On Pain and Healing...

From the chapter, "Time Does Not Heal All Wounds,"
of the book, "Good Grief," by Deborah Morris Coryell

In pain management used for patients with chronic pain, it is taught not to tighten around the pain but to relax and allow the pain to be present. The idea is that when pain is resisted, it intensifies. When we breath deeply and acknowledge the presence of pain, it has room to move and can dissipate more readily. Pain is there to tell us something, to warn us of possible danger.

This is as true for emotional, spiritual and mental pain as it is for physical pain. When pain speaks, we need to listen. All it takes is paying attention to our pain so that when it comes we remember to breathe and get soft. We don't want to fight with our pain. We want to learn from it.

Time does not heal. But healing does take time. Give yourself the gift of time. To become whole means that as we open to the pain, we open to the loss. We break open and, as a consequence, we get bigger and include more of life. We include what would have been "lost" to us if our hearts and minds had closed against the pain, we include what would have been lost if we had not taken the time to heal. As singer/songwriter Carly Simon tells us: "There's more room in a broken heart."

ANNIVERSARIES

Eric Garsow (son of Barb Peterson)	1/01	Maria Schumacher (daughter of Karen & Phil Schumacher)	1/26
Maggie Pavlowski (daughter of Michelle & Karl Pavlowski)	1/01	Matthew Arnold (son of Bob & Carrie Arnold)	1/31
Matthew Daley (son of Mary Daley)	1/03	Mark Louis Starr (son of Ruth (Patti) Schmidt)	2/01
Collin Beno (son of Melissa Umentum)	1/04	Tara Kieff (daughter of Michaelyn Kieff)	2/03
Natalie Aitken (daughter of Rachel & AJ Aitken)	1/06	Steve Price (son of Jennifer & Steve Price)	2/03
Mark Shafer (son of Bruce & Pat Shafer)	1/10	Chris Krueger (son of Cheryl Krueger)	2/05
Chad Schaefer (son of David & Miriam Schaefer)	1/11	Dylan Krings (son of Jason & Joleen Krings)	2/08
Ben Garot (son of Keith Garot)	1/11	Karson Fenlon (son of Jennifer Neshek)	2/09
Ian Seymour (son of Diane and Paul Seymour)	1/12	Corey Calaway (son of Paul & Nancy Calaway)	2/09
Cameron James (son of Linne Baenen)	1/13	Allen O'Harrow (son of Cal & Lois O'Harrow)	2/09
Craig Kozloski (son of Bobbie & David Kozloski)	1/14	Jeff Baenen (son of Susan Otradovec)	2/12
Eddie Griffey (son of Grace Griffey)	1/15	Chad Seitzer (son of Sandi & Fred Seitzer)	2/13
Robby Rohr (son of Carol Wautlet)	1/19	Ella Cumicek (daughter of Chris & Rhonda Cumicek)	2/18
Luke Linde (son of Rita Linde)	1/19	Nathan Axelrod (son of Johanna Axelrod)	2/19
Joshua Webster (son of Julie Denny)	1/21	Chad Zimmerman (son of Dale & Linda Zimmerman)	2/24
Matthew Murphy (son of Kathleen Murphy)	1/21	Cooper Schroeder (son of Mark & Georgia Schroeder)	2/25
John Charniak (son of Maynard & Jeanette Charniak)	1/24	Loren Hubert (son of Debbie & Butch Vander Kinter)	2/26
Heidi Lessmiller (daughter of David Lessmiller)	1/26	Shane Hopfensperger (son of Mike & Joann Hopfensperger)	2/28
Troy Jacques (son of Sally Martin)	1/26	Michelle Schriver (daughter of Annette Foster)	2/29



Adopt the pace of nature: her secret is patience.

Ralph Waldo Emerson



Love gifts were recently given by:

Ron & Carol Wautlet, in loving memory of Robby Rohr
 Don & Karol Cole, in loving memory of Doug & Dane Cole
 Jeanne Donart, in loving memory of Leslie Blasing
 Michael & Mary Daley, in loving memory of Matthew Daley

ANNOUNCEMENTS, COMMENTS, & MISC.

IMPORTANT! IMPORTANT! IMPORTANT!

If you wish to continue to receive The Compassionate Friends of Green Bay's mailings, please fill out, and **RETURN** the form that is included with this newsletter. If you do not, your name will be removed from our regular mailing list.

THANK YOU!! Re: TCF Green Bay's Gift Giving During the Holidays: Remembering and Honoring your Child

"Thank you for the lovely gifts you gave in memory of your children to our pantry clients in December. It was a joy for the families who received them. We served 192 families in our 3 Tuesdays of December – cheerful chaos! God bless you and your loved ones."

-- Vicki Hoell, Director of the Dorothy A. Rosenberg Good Will Place Pantry, First United Methodist Church, Green Bay

TCF 2012 National/International Conference

Costa Mesa, California Site of 35th TCF/USA National Conference; 5th International Gathering!

The Compassionate Friends/USA is pleased to announce that, in conjunction with the 35th National Conference, it will also be hosting The Compassionate Friends 5th International Gathering. The combined conference will be held July 20-22, 2012 in beautiful Costa Mesa, California

Visit the National Website for further information regarding speakers and accommodations.

www.compassionatefriends.org

CANDLES IN THE NIGHT

Jim Lowery

TCF Sugar Land/SW Houston Chapter, TX

A heart broken by the death of a child can never be healed. As parents we try every way that can be thought of to cope with the loss, but the void will always be there. At first that emptiness seems to take your breath away and most times we wish it would.

This becomes different with the passage of time. It never goes away, but at some point we learn to live with it, and in fact this horrible feeling becomes a lifeline of sorts. One of our biggest fears is to forget our children. Forget how they looked or how their voices sounded. The smiles and tears that blur together to make a child. This emptiness in effect becomes a constant yearning to remember our children.

Our hearts force us to find ways to fill that void to maintain our role as parents. Some are as simple as visiting the cemetery and some are as complex as changing our entire lives, dedicated to the memory of our child. In between are the many rituals we create or borrow from others to honor the memories and to keep our child's name alive.

Lighting a candle and saying a child's name keeps their memory burning bright. It means we are struggling to cope with this unwanted role of bereaved parent in the only positive manner we can. We will most certainly shed tears every time and we will still miss our child, but we are doing something that allows the world to hear our child's name and for that one moment the candle means so much more than anyone else could ever understand.

For a fleeting second that is our universe and every memory we have comes flooding back to us as we see the flame through tears, distorting it into something magical. It's the only gift we can give our children. This is as close as we can get to our child now. A tiny, flickering flame that can warm the heart and it's nice to think that perhaps they can see it also. It's a beacon, our light in the window, our shining star in the darkness. It's an opening of our hearts and a way to share our grief.

We gather to honor the memories of our children and to share this bond of lighting a candle for the children all over the world. We miss them so much.





**THE
COMPASSIONATE
FRIENDS**
of Green Bay
Supporting Family After a Child Dies



PO Box 211
Green Bay, WI 54305

Our monthly
support group
meets next on:

Thursday,
January 19, 2012
at 7 p.m.

at First United
Methodist Church,
off Monroe at Doty.
Call 920-370-3858
for information.

We need not walk alone!

OTHER TCF CONTACT INFORMATION

The Door County Chapter meets at 7:00 p.m. on the second Thursday of the month at the Door County Memorial Hospital in Sturgeon Bay. Call 1-800-589-2669 (voicemail).

The TCF of Kewaunee County Chapter meets at 7:00 p.m. on the third Tuesday of the month at the Casco branch of the Bank of Luxemburg. (across from the Village Kitchen) Use west facing doors on the left. Call Dorothy Konop at 920-863-8003 or Kathy Benes at 920-837-2869 for information.

Oneida, WI, has a new chapter that was recently chartered. They meet the 3rd Tuesday of each month from 6:30pm at Parish Hall – 2937 Freedom Road, Oneida, WI. Contact Jean Williquette at 920-469-4135 for more information.

To contact the **National Organization:**

The Compassionate Friends, Inc.

P.O. Box 3696,

Oak Brook, Illinois 60522-3696

Phone Toll-free: 877-969-0010

Web site: www.compassionatefriends.org

To contact the **TCF Regional Coordinator:**

Jim Staniforth
4705 Eisenhower St.
Oregon, WI 53575
Phone: 608-835-7493



Resources for Siblings: The national organization of TCF has resources for siblings. Visit the online Sibling Resources Page at www.compassionatefriends.org