



**Our  
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.



**Another Year Come and Gone**

It is hard to believe another year has come and gone by again. As I wrote in my annual Christmas Memorial in the Press-Gazette for the Girls, I said it is hard to believe Christmas is here again and the end of 2019. We are heading into the last year of the 2nd decade of the new century. Most folks think next year starts the 3rd decade of the new century but it is actually the year 2021. In the last century, this decade was called the Roaring 20's. I wonder what this next decade will end up being known as, only time will tell.

As we move along through the years of our grief, only time will tell how we will be doing. May of 2020, will be the 15th anniversary of the passing of Melissa and Emily. 15 years which seems to me to be a lifetime. I was 50 at the time our daughters passed and I was worried on how the years would take its toll on me. Now one of my biggest worries and concerns is making sure I get signed up for Medicare and deciding on when am I going to really retire and start drawing my social security. I have friends and clients asking me when am I finally going to hang it up for good. But I think to myself that without our daughters, what would I do. Most folks retire to spend time with family and grandchildren. But Mickey and I will never have grandchildren. My dream was to retire near the Girls and my hope was that they would live in the Minneapolis/St. Paul area as I went to school in Eau Claire and I always loved the city of Eau Claire. As much as I love Green Bay, I always thought of retiring in Eau Claire. With Melissa and Emily being here at Woodlawn Cemetery, I could never leave them. I am told that we could always move them if we lived somewhere else in our retirement years but I don't think I could do that to them. Emily was born here and Melissa was only 2 years old when we moved here in 1989. Plus the thought of going through all the time and effort to move them and find another cemetery sounds too much like work, LOL!!!! Mickey and I have our roots here now even though I grew up just west of here in Shawano. Green Bay will always be our home now even though we have discussed possibly spending winters in a warmer climate. We are lucky enough to have season tickets so any thoughts of wintering south wouldn't happen until the end of football season. Plus I love to duck and deer hunt and that happens in fall, one of my favorite season besides spring.

We both know that in the new decade we will have decisions to make as far as how long we will still be working and to some extent how long we will still be involved with TCF and our chapter. Here is hoping that you have a peaceful holiday season as we head into 2020

In Peaceful Sadness, Melissa and Emily's Mom and Dad

Mickey and Steve

**The Green Bay Chapter of The Compassionate Friends**

meets the third Tuesday of each month at 6 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**

*Sue DeLong, Remembering our Children*

*Susan Harris, Steering Committee*

*Terry Knoke, Webmaster/Facebook*

*Peg Le Roy, Programs*

*Renee Natzke, Steering Committee*

*Mickey Schmeisser, Chapter Leader/Newsletter Editor*

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*Carol Wautlet, Resource Coordinator*

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Website: <http://compassionatefriendsgb.org>

**Monthly Support Group**

Tuesday, January 21, 2020 6 p.m.

Space Between Breaths: What Loss Can Teach Us About a Life Fully Lived (Part 1–DVD)

Tuesday, February 18, 2020 6 p.m.

Space Between Breaths: What Loss Can Teach Us About a Life Fully Lived (Part 2–DVD)

Tuesday, March 17, 2020 6 p.m.

Share and Remember



## Reflections on a New Year



Paula Staisiunas Schultz  
In Memory of Melissa and Jeff

We begin a new year, one that many of us enter with reluctance. After all, it means another year away from our child and another year to be lived without the physical presence of the one we have lost. Apprehensive about any new challenges that we may be called upon to face in our broken condition, we call out, "Wait, I'm not ready yet!"

The death of our child changed the course of our life; nothing will be the same again. But it also has shaped us into who we are today. And it will continue to do so as we learn to incorporate this loss into who we are to become.

Have you found that you have already begun to live differently? Compassion toward others is more profound. Trivial things are no longer important. Appreciation for life, and those in our lives, is paramount. We're living the same life—differently.

Tragedies, disappointments, and heartaches combine with beauty, love, and joy to fashion our life. These are all a part of life, and our challenge is to incorporate them into our world. The difference that our child's life has had upon the world continues through us.

So, rather than being fearful of the challenges that lie ahead, perhaps a better question to consider at this time might be: What opportunities will present themselves in the coming year to honor this loss that is already a part of our life? Our child has become more integrally entwined into our being than ever before. We bring him or her to every situation that we encounter. How can we make that situation better because of this bond?

The start of a new calendar year is a good time to remember that we are in the midst of life. It is not perfect. Nor is it one that we might have chosen. But, our struggles do not put life "on hold." Rather they are a part of life itself! Our life is ours to make the most of, with many gifts that we can share with others. There is no better time than the present to gather up the pieces and recognize the uniqueness that we each call "me"—a uniqueness made more wonderful because of our child's presence in the life we choose to live.

## Valentine Message



Annette Mennen Baldwin  
TCF Katy, TX  
In Memory of my son, Todd Mennen



I send this message to my child  
Who no longer walks this plane,  
A message filled with love  
Yet also filled with pain.

My heart continues to skip a beat  
When I ponder your early death  
As I think of times we'll never share  
I must stop to catch my breath.

Valentine's Day is for those who love  
And for those who receive love, too  
For a parent the perfect love in life  
Is the love I've given you.

I'm thinking of you this day, my child,  
With a sadness that is unspoken  
As I mark another Valentine's Day  
With a heart that is forever broken.



## The Music Will Play Again



Marilyn Heavilin  
TCF of Redlands, CA  
In Memory of my son, Nathan

It seems everyone in the Heavilin family is musical. My husband Glen has been playing the trumpet since he was five years old when he participated in various community bands with his father. Our sons, Nathan and Matthew, both started playing the trumpet while they were in early elementary school.

We have fond memories of our boys playing in ensemble with their dad and grandpa on the rare occasions when we were all together, since Grandpa Heavilin lives in Indiana and we live in California. At the family reunions, much of the time was spent with the entire group, which often numbered over 100, joining in singing favorite hymns. Our immediate family often sang specials at our local church.

When our older teens played in the high school marching band, Nathan, then nine or ten, marched as the mascot for the band. When we visited our oldest son Matthew at college, it was not unusual for his little brother Nathan to sit in the band with him at basketball games.

When Nathan was in high school he played in the concert band, the jazz band, the pep band, and sang in the concert choir, barber-shop quartet, and special ensemble. Our lives were filled with music.

On February 10, 1983 the music in our family stopped suddenly when Nathan was killed in a car crash caused by a drunk driver. The trumpets lay silent; the hymn books were closed. I wondered if I would ever hear music in my house again.

Eventually we were able to sing hymns at church with only a few tears. Our son Matthew has even sung some specials with his wife at church, and Mom Heavilin has managed to sit and listen although I've gone through many tissues in the process.

It took longer for the trumpets to be retrieved from the closet. Nathan had been gone seven years when his dad finally tried to blow a few notes. After assuring himself that he could still play, he decided to join the Fourth of July Band, a volunteer group that plays in the park for all the Fourth of July functions in our city each year.

I'm sitting in the park writing this on my laptop computer while I'm listening to Glen rehearse with the band. This is his fourth year to participate with this group. The first year was really hard for all of us. While Glen practiced, I spent my time calling all of our friends and inviting them to come and support Glen in this very significant performance. Now we have established a tradition. While Glen plays in the band, I entertain our many guests. We talk, we laugh, and we remember.

We have music in our house again, but we recognize it will never be the same. Before we played and sang "with" Nate. Now we play and sing "because of" and "for" Nate. When my husband started playing the trumpet again, he gave himself an added incentive. He uses Nathan's trumpet. He is not playing only for himself. He is playing for his son Nathan.

There is music at our house again. The notes are deeper, filled with emotion, but in time it is possible to sing (and play) again.



## What Might Have Been ... What Is

Lisa Sculley  
In Memory of Joey Sculley  
And with Love to Leslie Sculley



I want what might have been...  
And I want what is.  
I want the child I do not have,  
And I want the child that has come after.  
I cannot choose  
One or the other,  
My heart wants both.  
What might have been,  
A sturdy lad,  
Baseball bats,  
Football helmets,

Squiggly worms on hooks  
Dirt and mud and  
Burps and booms.  
What is now,  
A charming girl,  
Raggedy Anne,  
Stuffed bears,  
Curls and ribbons on hair  
Tea and cookies and  
Squeals and giggles.  
How can I choose

From two blessings,  
One gone too soon,  
One here by a miracle?  
I cannot ...  
But if I could...  
I would want both ...  
What might have been ...  
And what is.

## Remembering our Children

During the three 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

<b>Marisa Nelson</b> (daughter of Amy Nelson)	1/01	<b>Jeff Baenen</b> (son of Susan Otradovec)	2/03
<b>Allison Fields</b> (daughter of Leanne Fields)	1/04	<b>Ryan Brunner</b> (son of Bill & Sue Brunner)	2/03
<b>Ben Garot</b> (son of Keith Garot)	1/07	<b>Matthew Dulak</b> (son of Frank & Maddy Dulak)	2/03
<b>Megan Kelley</b> (daughter of Bev Kelley-Miller)	1/09	<b>Mike Smith</b> (son of Dave Smith)	2/04
<b>Mathew Odea</b> (son of Nan Odea & Greg Warcham)	1/09	<b>Jesse Hettmann</b> (son of Linda Hettmann)	2/05
<b>Prisha Laabs</b> (daughter of Shamla & David Laabs)	1/12	<b>Caitlin Van Duyse</b> (daughter of Brenda Van Duyse)	2/06
<b>Alex Neiman</b> (son of Angel Neiman)	1/13	<b>Lily Boettcher</b> (daughter of Melissa Mielke)	2/09
<b>Corey Calaway</b> (son of Paul & Nancy Calaway)	1/14	<b>Julie Sarah Smits</b> (daughter of Jeane Smits)	2/10
<b>April Erickson</b> (daughter of Darla Nooyen)	1/14	<b>Brett Buhr</b> (son of Tim & Michele Buhr)	2/11
<b>Brody Post</b> (son of Jake Post)	1/14	<b>Jason Peck</b> (son of Marianne Peck)	2/11
<b>Matt Pockrandt</b> (son of Margaret Le Roy)	1/16	<b>Kelby Bagneski</b> (daughter of Bill & Kelly Bagneski)	2/12
<b>Travis Christenson</b> (son of Cheryl Oettinger)	1/17	<b>Sam Compton</b> (son of Mark Compton and Todd & Sandra Scheffen)	2/13
<b>Dustin Wilkinson</b> (son of Dave & Donna Wilkinson)	1/21	<b>Ricky Lambert</b> (son of Maria Lambert)	2/14
<b>Justin Banaszynski</b> (son of Donna Baranczyk)	1/21	<b>Katie Culhane</b> (daughter of Muffy & Kevin Culhane)	2/15
<b>Jason Banaszynski</b> (son of Donna Baranczyk)	1/21	<b>Austin Jirikowic</b> (son of Julie Jirikowic)	2/15
<b>Brian LaViolette</b> (son of Doug & Renee LaViolette)	1/23	<b>Ryan Jozwiak</b> (son of Lenee & Eddie Jozwiak)	2/15
<b>Joseph Wesolowski</b> (son of Jennifer Heller)	1/25	<b>Derek Ferch</b> (son of Jody Holmes)	2/24
<b>Roberta Jean Glebke</b> (daughter of Joyce Glebke)	1/26	<b>Andrew Tohulka</b> (son of Tony & Terry Knoke)	2/24
<b>Austin Lindberg</b> (son of Todd & Sandy Lindberg)	1/28	<b>Karen Mary Schley</b> (daughter of Jon & Ann Schley)	2/27
<b>Lawson Aerts</b> (son of Dennis & Teressa Aerts)	1/28	<b>Lucas Shallow</b> (son of Robert Shallow)	2/27
<b>Dylan Krings</b> (son of Jason & Joleen Krings)	1/28	<b>David Staude</b> (son of Irv & Bev Michaud)	3/01
<b>Maliyah Monacelli</b> (granddaughter of Brenda Hendries)	1/29	<b>Matthew Blazek</b> (son of Betty & Bill Blazek)	3/03
<b>Doug Kwiatkowski</b> (son of Dave & Theresa Kwiatkowski)	1/30	<b>Samantha DeLong</b> (daughter of Joe & Sue DeLong)	3/03
<b>Amy Laedke</b> (daughter of Debra & Fred Laedtke)	2/02	<b>Mark Louis Starr</b> (son of Ruth (Patti) Schmidt)	3/04
<b>Adam Federwitz</b> (son of Mary & Gary Federwitz)	2/03	<b>Colton John Margotto</b> (grandson of Deb Dobson)	3/05

<b>Molly Klika Zarnoth</b> (daughter of Bob & Barb Klika)	<b>3/06</b>	<b>Parker Wendricks</b> (son of Darrick & Amy Wendricks)	<b>3/21</b>
<b>Ross Andress</b> (son of Brad & Chelley Andress)	<b>3/07</b>	<b>Shawn Wendricks</b> (son of Darrick & Amy Wendricks)	<b>3/21</b>
<b>Kelley Calkins</b> (daughter of Kate Calkins)	<b>3/11</b>	<b>Allison Hunt Bush</b> (daughter of Terry & Nan Bush)	<b>3/23</b>
<b>Kevin Keane</b> (son of Mike Keane)	<b>3/12</b>	<b>Cam Wendt</b> (son of Lon Wendt)	<b>3/24</b>
<b>Heather Fuller</b> (daughter of Leslie Tagge)	<b>3/14</b>	<b>Tami (Sam) Cornelius</b> (daughter of Brenda Cornelius)	<b>3/25</b>
<b>Anne Johanski</b> (daughter of Judy Johanski)	<b>3/16</b>	<b>Steven L Vosters</b> (son of Patti & Marvin Vosters)	<b>3/26</b>
<b>Beau Baxter</b> (son of Laura Martens)	<b>3/17</b>	<b>Mike Quinette</b> (son of Carol Quinette)	<b>3/26</b>
<b>Taylor Nieft</b> (daughter of Michael & Dawn Nieft)	<b>3/18</b>	<b>Lane Harris</b> (son of Susan Harris)	<b>3/27</b>
<b>Kali Pfaller</b> (daughter of Sally Winger)	<b>3/20</b>	<b>Andrew (Andy) Short</b> (son of Barbara Short)	<b>3/29</b>
<b>Ella Cumicek</b> (daughter of Chris & Rhonda Cumicek)	<b>3/21</b>	<b>Mark Malueg</b> (son of Sue Malueg)	<b>3/31</b>

## ANNIVERSARIES

<b>Eric Garsow</b> (son of Barb Peterson)	<b>1/01</b>	<b>Robby Rohr</b> (son of Carol Wautlet)	<b>1/19</b>
<b>Maggie Pavlowski</b> (daughter of Michelle & Karl Pavlowski)	<b>1/01</b>	<b>Luke Linde</b> (son of Rita Linde)	<b>1/19</b>
<b>Kendyn Blaser</b> (grandson of Mark & Kari Blaser)	<b>1/03</b>	<b>Joshua Webster</b> (son of Julie Denny)	<b>1/21</b>
<b>Matthew Daley</b> (son of Mary Daley)	<b>1/03</b>	<b>Matthew Murphy</b> (son of Kathleen Murphy)	<b>1/21</b>
<b>Derek Benton</b> (son of Stacie Witt)	<b>1/03</b>	<b>Elias Gonzales</b> (son of Maria Gonzales)	<b>1/22</b>
<b>Collin Beno</b> (son of Melissa Umentum)	<b>1//04</b>	<b>Alex Neiman</b> (son of Angel Neiman)	<b>1/22</b>
<b>Natalie Aitken</b> (daughter of Rachel & AJ Aitken)	<b>1/06</b>	<b>Alex Olmsted</b> (son of Lisa Olmsted)	<b>1/22</b>
<b>Matthew Dulak</b> (son of Frank & Maddy Dulak)	<b>1/08</b>	<b>Justin Merriner</b> (son of Chris Merriner)	<b>1/23</b>
<b>Mark Shafer</b> (son of Bruce & Pat Shafer)	<b>1/10</b>	<b>John Charniak</b> (son of Maynard & Jeanette Charniak)	<b>1/24</b>
<b>Ben Garot</b> (son of Keith Garot)	<b>1/11</b>	<b>Carson Murfield</b> (son of Matthew & Christy Murfield)	<b>1/24</b>
<b>Jesse Hettmann</b> (son of Linda Hettmann)	<b>1/11</b>	<b>Troy Jacques</b> (son of Sally Martin)	<b>1/26</b>
<b>Chad Schaefer</b> (son of David & Miriam Schaefer)	<b>1/11</b>	<b>Heidi Lessmiller</b> (daughter of David Lessmiller)	<b>1/26</b>
<b>Ian Seymour</b> (son of Diane and Paul Seymour)	<b>1/12</b>	<b>Chad Olson</b> (son of Brenda Olson)	<b>1/26</b>
<b>Cameron James</b> (son of Linne Baenen)	<b>1/13</b>	<b>Maria Schumacher</b> (daughter of Karen & Phil Schumacher)	<b>1/26</b>
<b>Elizabeth Elsevier</b> (daughter of Susan Kemps)	<b>1/13</b>	<b>Madeline Wotachek</b> (daughter of Brandon & Michelle Wotachek)	<b>1/26</b>
<b>Craig Kozloski</b> (son of Bobbie & David Kozloski)	<b>1/14</b>	<b>Julie Kinney</b> (daughter of Mary Schwake)	<b>1/27</b>
<b>Eddie Griffey</b> (son of Grace Griffey)	<b>1/15</b>	<b>Matthew Arnold</b> (son of Bob & Carrie Arnold)	<b>1/31</b>
<b>Shawnie Silas-Grode</b> (daughter of Pauline Silas)	<b>1/18</b>	<b>Mark Louis Starr</b> (son of Ruth (Patti) Schmidt)	<b>2/01</b>

<b>Zander Varga Schenzel</b> (grandson of Nancy Varga)	<b>2/02</b>	<b>Matthew Blazek</b> (son of Betty & Bill Blazek)	<b>3/03</b>
<b>Andrew Steiner</b> (son of Nicole Steiner)	<b>2/02</b>	<b>Colton John Margotto</b> (grandson of Deb Dobson)	<b>3/05</b>
<b>Tara Kieff</b> (daughter of Michaelyn Kieff)	<b>2/03</b>	<b>Chayse Michael Wilcox</b> (grandson of Todd & Melanie Wilcox)	<b>3/06</b>
<b>Steve Price</b> (son of Jennifer & Steve Price)	<b>2/03</b>	<b>Todd Reigner</b> (son of Arthur & Barbara Reigner)	<b>3/08</b>
<b>Chris Krueger</b> (son of Cheryl Krueger)	<b>2/05</b>	<b>Zachary Larson</b> (son of Dan & Paula Larson)	<b>3/09</b>
<b>Dylan Krings</b> (son of Jason & Joleen Krings)	<b>2/08</b>	<b>Lance Catalano</b> (son of Gretchen Catalano)	<b>3/12</b>
<b>Karson Fenlon</b> (son of Jennifer Neshek)	<b>2/09</b>	<b>Jason Ziemann</b> (son of Diane Strick)	<b>3/12</b>
<b>Corey Calaway</b> (son of Paul & Nancy Calaway)	<b>2/09</b>	<b>Elizabeth Turek Bigley</b> (daughter of Albert & Mary Turek)	<b>3/13</b>
<b>Allen O'Harrow</b> (son of Cal & Lois O'Harrow)	<b>2/09</b>	<b>Erin Marie Larscheid</b> (daughter of Maribeth & Timothy Larscheid)	<b>3/14</b>
<b>Grace Greenawald</b> (granddaughter of Lori Sparapani)	<b>2/10</b>	<b>Michelle (Shelly) Watke</b> (daughter of Martha Jolly & Tom Jolly)	<b>3/15</b>
<b>Jeff Baenen</b> (son of Susan Otradovec)	<b>2/12</b>	<b>Josh Gilson</b> (son of Ron & Cindy Gilson)	<b>3/17</b>
<b>Chad Seitzer</b> (son of Sandi & Fred Seitzer)	<b>2/13</b>	<b>Beau Baxter</b> (son of Laura Martens)	<b>3/17</b>
<b>Nathan Crowe</b> (son of Tom Crowe & Lisa Hanneman)	<b>2/13</b>	<b>Alexia Prosecky</b> (daughter of Wayne & Jennifer Prosecky)	<b>3/18</b>
<b>Lawson Aerts</b> (son of Dennis & Teressa Aerts)	<b>2/16</b>	<b>Michelle Schmidt</b> (daughter of Diane Kroll)	<b>3/18</b>
<b>Maliyah Monacelli</b> (granddaughter of Brenda Hendries)	<b>2/16</b>	<b>Amaris Soletski</b> (daughter of Amy Soletski)	<b>3/18</b>
<b>Derek Waterman</b> (son of Patricia Waterman)	<b>2/16</b>	<b>Rebekah Puzen</b> (daughter of Larry Puzen & Carol Schroeder-Puzen)	<b>3/19</b>
<b>Ella Cumicek</b> (daughter of Chris & Rhonda Cumicek)	<b>2/18</b>	<b>Julie Sarah Smits</b> (daughter of Jeane Smits)	<b>3/20</b>
<b>Federico Abarca</b> (son of Concepcion Melgar)	<b>2/22</b>	<b>Sean Tobin</b> (son of Michael Tobin & Rosemary Kennedy)	<b>3/20</b>
<b>Nathan Axelrod</b> (son of Johanna Axelrod)	<b>2/19</b>	<b>Bryan VanderKelen</b> (son of Bob & Debi Lepak)	<b>3/20</b>
<b>Andrew Tohulka</b> (son of Tony & Terry Knoke)	<b>2/20</b>	<b>Ricky Lambert</b> (son of Maria Lambert)	<b>3/21</b>
<b>Brett Buhr</b> (son of Tim & Michele Buhr)	<b>2/22</b>	<b>Parker Wendricks</b> (son of Darrick & Amy Wendricks)	<b>3/21</b>
<b>Chad Zimmerman</b> (son of Dale & Linda Zimmerman)	<b>2/24</b>	<b>Shawn Wendricks</b> (son of Darrick & Amy Wendricks)	<b>3/21</b>
<b>Cooper Schroeder</b> (son of Georgia Schroeder)	<b>2/25</b>	<b>Debra Mier</b> (daughter of Anna & Frank Mier)	<b>3/22</b>
<b>Matthew Odea</b> (son of Nan Odea & Greg Warcham)	<b>2/25</b>	<b>Hunter Vincent</b> (son of Steven & Dawn Vincent)	<b>3/24</b>
<b>Loren Hubert</b> (son of Debbie & Butch Vander Kinter)	<b>2/26</b>	<b>Taylor Nieft</b> (daughter of Michael & Dawn Nieft)	<b>3/24</b>
<b>Tim McCorison</b> (son of Bonnie McCorison)	<b>2/27</b>	<b>Luke Watzka</b> (son of Rita & Marty Watzka)	<b>3/24</b>
<b>Shane Hopfensperger</b> (son of Mike & Joann Hopfensperger)	<b>2/28</b>	<b>Randy Blezek</b> (son of Betty & Bill Blazek)	<b>3/25</b>
<b>Jason Peck</b> (son of Marianne Peck)	<b>2/28</b>	<b>Ryan Collins</b> (son of Carrie & Tim Collins)	<b>3/26</b>
<b>Michelle Schriver</b> (daughter of Annette Foster)	<b>2/29</b>	<b>John Aulik</b> (son of Germaine Aulik)	<b>3/26</b>
<b>Tom Manning</b> (son of Peggy Manning)	<b>3/01</b>	<b>Dustin Wilkinson</b> (son of Dave & Donna Wilkinson)	<b>3/29</b>
<b>Mike Neddo</b> (son of Debra Neddo)	<b>3/01</b>		

## ANNOUNCEMENTS, COMMENTS, & MISC.

### Calendar of Events 2020:

**January 21:** Space Between Breaths: What Loss Can Teach Us About a Life Fully Lived (Part 1)

**February 18:** Space Between Breaths: What Loss Can Teach Us About a Life Fully Lived (Part 2)

**March 17:** Share and Remember

### Please Visit Our Site At:

<http://compassionatefriendsgb.org>

All sorts of goodies are included:

- \*Past Newsletters
- \*Calendar of Events
- \*Articles
- \*Online Donations
- \*and More!

## A Day

**Pam Burden  
TCF, Augusta, GA**

**A laugh a day keeps the heart pumping**

**A tear a day keeps the mind clear.**

**A smile a day gives joy to others.**

**A hug a day gives the hopeless hope.**

**A thought a day brings loved ones near.**

**A memory a day brings you closer to me.**

**Laughs, tears, smiles, hugs stitched with thoughts  
and memories**

**They're all in my days without you.**



Please note:  
If area schools are closed,  
due to inclement weather, we will cancel  
our scheduled meeting

### Love gifts were recently given by:

Mark and Cheryl Bader, in memory of Ryan Bader  
Barb Fitzpatrick, in memory of Debi Schultz  
Ken and Mary Gehm, in memory of Jared Gehm  
William and Sally Kostka, in memory of Kandy Kostka  
Jerry, Maria and Kim Lambert, in memory of Ricky and Shane Lambert  
Todd and Sandy Scheffen, in memory of Sam Compton  
Maria Smith, in memory of Sarah Lesperance  
Pam Vogels, in memory of Jason Vogels



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



PO Box 211  
Green Bay, WI 54305

**We need not walk alone!**

Our monthly  
support group  
meets next on:

**Tuesday,**  
**January 21, 2020**  
**at 6:00 p.m.**

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

## *The Compassionate Friends 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.

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