



THE COMPASSIONATE FRIENDS GREATER OMAHA CHAPTER

Supporting Family After a Child Dies

P.O. Box 540852, Omaha, NE 68154

402-571-4011

mail@tcfomaha.org or correo@tcfomaha.org

www.tcfomaha.org

Non-Profit
US Postage
PAID
Omaha, NE
Permit #1300

Mar-Apr 2011

The Mission of the Compassionate Friends is to assist families toward the positive resolution of grief following the death of a child of any age and to provide information to help others be supportive.

Please send stories, poems or love gifts by
April 15, 2011
newsletter@tcfomaha.org

[Address Service Requested](#)

March 3 Topic: Stress Management

April 7 Topic: Wolfelt Touchstone 1

PARENTS, GRANDPARENTS & ADULT SIBLINGS

MEETINGS

7:00 p.m. — 1st Thursday of the month

New Cassel Retirement Center

900 N. 90th Street —Auditorium Level 2, Omaha

LUNCH

Noon—3rd Tuesday of the month at noon.

Tish's Restaurant, 1115 S 35 Street, Council Bluffs

REUNION EN ESPAÑOL/MEETING IN SPANISH

7:00 pm-3er miércoles de cada mes/3rd Wed. of every month

One World Community Health Center Conference Room

4920 S. 30th Street, Omaha

Spanish 712-326-4308

REGISTER BY MARCH 11
**To be included in slide show
and drawing**

On the wings of

2011 Nebraska Regional Conference in Omaha

March 31-April 2, 2011

Special Guests: Darcie Sims, Alan Pedersen,
Kris Munsch, Mitch Carmody, John Stanley,
6 past national board members, 6 authors!

Love Gifts · Address Change · Authorization To Print Name & Dates

Mail to: The Compassionate Friends , PO Box 540852, Omaha, NE 68154

Your Name _____

Address _____ Email _____

City _____ State _____ Zip _____ Phone _____

Date _____ Gift of \$ _____ **DIRECT MY GIFT TOWARD:**

- 2011 Omaha Conference Angel of Hope Project Memorial Programs
 General Fund (90% local/10% national) Outreach -printing, postage, phone, web

In Memory of _____

Message: _____

I GIVE MY PERMISSION TO PRINT MY CHILD'S NAME, BIRTH & DEATH MONTH/DAY IN THE NEWSLETTER

Child's Name _____

Birth Date _____ Death Date _____ Your Relationship _____

SIGNATURE REQUIRED _____ DATE _____

You will no longer receive the newsletter if 2 years have passed since our last contact with you. You may be added back to the mailing list at your request. 2011

Thank you to the following businesses and professionals who have generously assisted us in our mission

New Cassel Retirement Center
One World Community Health Center
Union Pacific FFEG · Nebraska SIDS Foundation
A Mother's Hope · HER Magazine
Lanoha Nurseries · Captain Video

2010 Worldwide Candle Lighting Sponsors:

Woodmen of the World
A&P Check Cashing Customers
Rabbi Maximo Shechet · David Burke Farm Bureau,
Security National Bank · HyVee 52nd & Center
Perkins Restaurants · Gleoma Arbor
The Hawks Foundation · Omaha State Bank

2011 Regional Conference Sponsors

Heafey, Heafey, Hoffman, Dworak & Cutler
Fremont Area Medical Center
Children's Hospital & Medical Center
Holstein's Harley Davidson · Fremont National Bank

Our activities support the grief work of many families. We also work to educate members of our community about the grief process and how they can support bereaved parents. Please help us help others by making a LOVE GIFT today. TCF is a 501c3 organization and funded only by donations. Monetary gifts in any amount are deeply appreciated and we gratefully accept these gifts knowing our children are warmly remembered. Use the form above to send a tax deductible gift.

♥ Gifts of Love received 12/16/2010—2/15/2011 ♥

General Fund (90% local, 10% national)

DON & LINDA CATLIN ♥ DARYL L. CATLIN
STEPHEN & KARRIE MULLENBERG ♥ HADLEIGH FAITH MULLENBERG
SHARON KEERBS ♥ OLIVIA ELIZABETH WRIGHT
SHARON KEERBS ♥ OLIVIA ELIZABETH WRIGHT Happy Birthday Olivia 2/14/2010 ~ Nana
ROBERT E. & PATRICIA TAYLOR ♥ ROBERT E. TAYLOR Our dear son we miss more each year
MARGUERITE KAUP ♥ ROSS JONATHAN MLNARIK Love You and Miss You!
JOEL & JACQUELYN SARTAN ♥ TAYLOR SARTAN 1/7/2011
NAN KATZ ♥ VICKI KATZ 12/31/2010

Outreach Fund (printing, postage, yellow pages, webpage)

DAVID & SHIRLEY ROSE ♥ THOMAS DAVID ROSE Happy Birthday 1/31/2011

Memorial Programs

The Hawks Foundation
BETTY HARLOW ♥ CHAD W. HARLOW We Love U!
Omaha State Bank ♥ ERIN KRYSTAL PELSTER
Farm Bureau David Burke ♥ ERIN KRYSTAL PELSTER

Angel of Hope

WAYNE & VIRGINIA NELSON ♥ CASSIDY MARIE DETHLEFS ♥ TANYA MINNICK ♥ DWANE NEVE
MARK & DANA APPLGATE ♥ MATTHEW APPLGATE

Conference—All conference donations will be listed in the conference booklet

WORKSHOPS Nebraska Regional Conference, Mar 31-Apr 2 2011

“On the Wings of Hope”

Crowne Plaza Hotel Old Mill, 655 N 108th Avenue, Omaha NE

For Reservations, Call 402-496-0850 or 1-800-2CROWNE or online at www.tcfomaha.org/conf.htm

Call us if you did not receive a

registration form in the mail. 402-571-4011

Online registration: www.tcfomaha.org/conf.htm

Each online registration requires a separate email.

Friday 1-10 pm Saturday 9 am-5 pm

\$75 before March 11 \$85 after March 11

Includes meals

WORKSHOPS FOR SESSION I - CHOOSE 1

A Spirituality Panel

Rev. Alvin Johnson, Chicago IL.

Rev. John Stanley, Gastonia NC

Rabbi Aryel Azriel, Omaha NE

Fr. Donald Shane Omaha NE

Evangelist Kellye Douglas, Omaha NE

When a child dies and we are a believing or faithful person often times the doctrine of God or of the Divine that we have held for several a long time changes. Such experiences bring questions, doubts, feelings, fears and hopes. Where is God when bad things happen? What do I believe now and does that differ from what I believed before the death of my child or children? How does God help bring healing to broken spirits and souls? Our Spirituality Panel will explore these and more questions during our workshop time.

B Journal Keeping Start-Ups

Maureen Williams, Council Bluffs IA

The problems caused by stifled emotions can be overcome through the written word. In this workshop you will have an opportunity to get in touch with your inner motives and hidden emotions as you zero in on your gifts and graces and problem places. Writing it out frees it and makes it yours.

C The Healing Power of Ritual

Susan Chan, TCF Topeka KS

The grief process brings up a wide range of emotions for most people, especially on significant dates like birthdays, death anniversaries, and during the holiday season. At other times emotions such as anger and guilt can prove to be stumbling blocks on one's grief journey. The workshop will discuss how using rituals, what have meaning to you, can help you process the emotions connected with these events and/or feelings. These rituals will also allow you to continue to honor the memory of, and build an ongoing relationship with your child, grandchild, or sibling. A portion of the workshop will be devoted to sharing grief rituals that have been helpful to participants.

D Creative Healing

Alan Pedersen, Roseville, CA

An in-depth look at how creativity can help tap into deep emotions and help the bereaved express what they can't always verbalize.

E Heart, Hands, Ears

Sarita Cunningham, TCF Massillon OH

Interactive workshop in a circle, attendees will discuss what kind of help and comfort was extended when they were in most need and may not have even been aware.

F The Journey: It's Okay to Laugh

Maribeth Ditmars, Sarasota, FL *author*

In this workshop I will share my Chris's story, and what he taught us in his short, powerful life. I will use the acrostic START. S is for sharing experiences, T is for taking care of yourself, A is for avoiding guilt, R is for Remembering to laugh, and T is for taking your time. I hope to encourage workshop participants to START healing.

WORKSHOPS FOR SESSION II - CHOOSE 1

G Faces of Grief

Mitch Carmody, Hastings MN *author*

An interactive workshop with a series of hand drawn pencil portraits that Mitch created over a period of several years. Each one is a composite from photos, people and feelings that I have observed in walking the walk with the bereaved. I tried to create a likeness of many of the emotions that I believe are integral to the journey in surviving the loss of a loved one. Attendees will be asked to identify the emotions that the drawings evoke in them. The myth of the accepted 5 stages of grief will be discussed and my new model of the 6 stages of grief (S.T.A.I.R.S) will be presented as a fresh new approach in integrating the loss experience into the lives of the bereaved in a proactive way.

H Making A Difference - Foundations, Memorials, Taking Action

Bob Schmill, TCF Omaha NE

When we lose our child to an illness or because of the thoughtless act of someone else, we ask ourselves many questions, two of which are:

- How could this have been prevented?
- How can we make something so bad into something good in our child's name? In this workshop we will answer these questions along with how to get started.

I Chapter Communication Tools

Susan Chan, TCF Topeka KS

The communication efforts of a TCF Chapter are diverse, ranging from the sending of the First Contact Packets to the newly bereaved, to making the TCF Mission known through Community Outreach. Communication efforts for a TCF Chapter also include producing a newsletter to its members, possibly establishing a website, and having effective communication between members of the chapter's Steering Committee. We will discuss the above-mentioned areas of communication--how to get them established and how to keep them effectively functioning. This workshop is geared toward members of a TCF Chapter's leadership (including Facilitators, Steering Committee Members and Newsletter Editors).

J Chapter Management

Sarita Cunningham, TCF Massilon OH

Do you need help getting the word out to the community on the "Best Kept Secret"?

Suggestions on raising funds for chapters, using community resources.

Personal handout for each attendee. Interactive, will ask for suggestions from their individual areas.

K The First Two Years

Cindy Tomcak, Omaha NE

Real life experiences of a bereaved parent and her journey through the first two years. She will share well known facts about grief and how these showed up in her journey. Cindy will share the steps she took to transform her life, learning to live without her son yet learning to live with him in spirit.

WORKSHOPS FOR SESSION III - CHOOSE 1

L Facilitating the Chapter Meeting

Cathy Fox, Ted E Bear Hollow, Omaha NE

Learn how to lead grief support groups and develop skills to become a group facilitator. Participants will recognize their own strengths as a leader and will learn creative activities to incorporate into their support groups.

M Moving On-What Does the Other Side of Grief Look Like?

Darcie Sims author

How do you know you are making progress and what happens if you get stuck? What does "moving on" mean and is there another side of grief? Come join Darcie D. Sims, a bereaved parent and internationally known speaker, author and grief management specialist as she explores what's on the *Other Side* of grief. This is a *workshop* with a serious message and a *light touch*.

N For Men Only

Mitch Carmody & Alan Pedersen

This workshop will explore the unique challenges men face in their grief journey. It will look in depth at issues of communication, intimacy, relationships, and present an opportunity for open and honest discussion and sharing about being a man in grief.

O For Women Only-What Grief is and What Grief Isn't

Denise Howard Pedersen, Roseville, CA

Grief is about a broken heart, not a broken brain. While grief is normal and natural, most of the information passed on within our society about dealing with grief is not normal, natural, or helpful.

This workshop will focus on the misinformation many of us have been taught to accept including an in depth look at the six most common myths about grief.

P Children Grieve Too

Cathy Fox, Ted E Bear Hollow, Omaha NE

Participants will develop a better understanding of grieving and its implications on children's attitude, esteem, and behavior. Learn how to guide grieving children on a path of healing.

Q Living the Life You Imagined After Your Sibling Dies

Stacy Nelson, TCF Omaha

My vision is to empower siblings who are struggling with their grief to find hope and comfort in their memories and to live their lives/become better people through the experiences we have endured through the tragic deaths of our sisters and brothers. Suitable for all ages. This workshop will explore ways for attendees to connect and remember the special gifts of being siblings and how that continues, and the special memories we have been blessed with.

R After Death Communication: The Good, the Bad, and the Simply Amazing author

Sandy Goodman, TCF Riverton WY

After the death of her son in 1996, Sandy had an irrational, yet relentless desire to maintain communication with her dead son. His death and her determination to keep him alive in her life led her to one unwavering conclusion: the death of her child did not mean an end to their relationship. The relationship, she contends, remains and even deepens. Sandy's story is like an emotional road map out of the depths of loss and onto the certainty that love knows no physical boundaries; that love never leaves.

WORKSHOPS FOR SESSION IV-CHOOSE 1

S One Fine Thread-How We Are All Connected

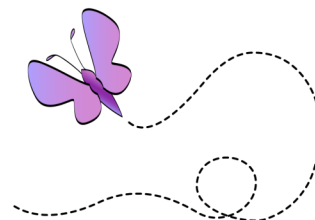
Marty & Renda Weaver, TCF Salina KS

One Fine Thread - How We Are All Connected - This workshop will help all of us to know how we have and are connected with our grief through TCF.

T 25 Questions. Flowers on a Child's Grave, Now What?

Lisa Epperson, Omaha NE author

families were interviewed with 25 Questions about their children's clothing, rooms, birthdays, etc. How death affected their marriage, friendships, intimacy, entertainment, health, work, and church.



U Calming the Inner Chaos-Reuniting your body and spirit (Pilates)

JoAnn Smith, TCF Omaha NE

The last thing in the world we feel like doing after the death of a child is caring for ourselves. It is such an effort to get up in the morning knowing we have to face the unending reality of the devastating loss. Who cares if we are healthy? Why should we purposely move our bodies when we can barely just breathe? Our bodies, thoughts, feelings and emotions are going in different directions. We know all too well how our grief becomes our most significant deterrent to caring for ourselves. This workshop is designed to encourage other bereaved parents, grandparents and/or siblings to explore Pilates and Yoga type exercises as an effective method to work with and through our sorrow. The rhythmic breathing is calming for our minds and bodies. The movements and poses are strengthening and stretching our muscles along with increasing our resolve to manage our emotional and physical pain. As we direct our attention to our movements and breaths, we do not forget our child. But we do allow ourselves the opportunity to experience a reprieve from the constant pressure of our grief.

V Forgiveness

Fr. Alvin Johnson, TCF Chicago IL

In the process of the ongoing healing from the death of children, forgiveness often comes to the forefront. Depending on the causes of death, forgiveness may be more or less difficult to explore and/or offer. This workshop will explore the nature of forgiveness and how forgiveness encourages healing within our broken spirits. We will also explore the implications of choosing not to forgive and how that works upon our spirits and our lives as well.

W Dealing with Holidays After Your Child Dies

Panel from TCF Hastings NE

**Steve & Elma Nelson ,
Randy & Becky Sorensen,
Steve & Deb Hinrichs**

X We Now Have Oreo Cookies

(Workshop for parents with no surviving children)

John & Rose Stanley, TCF Gastonia NC

It was a rainy Saturday afternoon. Susan, our only child, had died five years previously. Rose, my wife and Susan's mother, walked in with a package of Oreo Cookies. Oreos and milk—that was our favorite snack. The healing had begun. How long did it take you to purchase your "Oreos"? or, Pizza? Or, chocolate ice cream?

In this workshop we will discuss "NO SURVIVING CHILDREN ISSUES", such as favorite snacks, Estate Planning (who gets the family "stuff?"), Retirement, rest home, who cares for us. Do we attempt to have other children? Adoption? When the only subject open for discussion seems to be grandchildren among family and friends.

Y Stress Reduction Through Guided Imagery

Mitch Carmody, Hastings MN author

This is a very interactive workshop that will focus on the somatic or physical side of grief and the bereavement process. Key stressors will be identified and the huge physical impact of grief will be broken down and suggestions discussed on ways to reduce other stressors in life to accommodate the huge stress of loss. Music with gentle verbal guidance to illicit the relaxation response will be introduced so attendees can experience the stress relieving benefits of the relaxation response on the body, mind and soul.

Still undecided about registering for the conference?

Attending National Conference is a wonderful experience. We felt connected to everyone just because we have one thing in common—the death of a child no matter what the circumstance was. We were one big family. The sessions were good that we attended just to hear other parents deal with the same thoughts and feelings we had. We also picked up good ideas from other parents what they did for holidays and anniversaries.

Randy & Deanna ~ TCF Sidney NE

The magic bullet... If I just went to a conference, then I'd be better. I boarded a plane and suddenly thought, "What in the world am I doing?" Too late to back out, I went anyway. No, it wasn't the magic bullet, but I do remember coming the realization that in one room, over 1,000 people knew my pain. Strangely, that was comforting. I heard stories, chatted with people, and left armed with some tools to handle my overwhelming grief. A conference represented a turning point in my life, when I moved from deep despair to hope.

Shannon's Mom – Anne Lloyd ~ TCF Omaha

In the spring of 1994, I attended my first Regional TCF Conference in Salina, Kansas. It was the weekend of, what should have been, my son's Senior Prom. When I saw the date, I took it as a sign and made plans to attend. I credit that experience for my continued involvement with the Compassionate Friends over the next 6 years. The people we met were amazing and it gave me such hope to meet people who had been through so much and could still find joy in living.

If you are thinking about attending the Regional Conference in Omaha, I would strongly urge you to do so. The presenters are well known in their circles and I am sure it will be an amazing and, possibly, life changing experience for you. As I look at the registration, I see it is on my birthday. Hmmm. Perhaps another sign that I should attend! See you there!

Mom to Andy Powles 1975-1993, Marcia McKay~ TCF Omaha

VOLUNTEERS—

We have a few spots to fill Fri & Sat while you attend the workshops. Ask friends and co-workers to help us with the other areas so you won't miss anything.

100s of homebaked cookies & bars are needed for the hospitality room. Drop off at the hotel March 31. Call 676-3670.

Registration is required to attend any part of the workshops or keynote speakers.

Rabbit Hole Partnership and Review (from the national office)

The Compassionate Friends is pleased to announce a partnership with the Rabbit Hole movie, starring Nicole Kidman, that will allow you to express your thoughts, poems, artwork, photos, and videos after the loss of a child on what is planned to be a permanent Facebook Page (now housed on the Rabbit Hole Facebook site but, if technically possible, will be moved to TCF/USA's Facebook Page in the future).

Film entertainment studio Lionsgate created with TCF input the co-branded Rabbit Hole Facebook Page where our members (and others grieving the loss of anyone they love) can place original creative works that have helped them in their grief. The theme: Love will get you through. This partnership may allow thousands of grieving people to learn about TCF and its support programs and we want to thank Lionsgate for this opportunity.....To visit and submit original works, go to Rabbit Hole on Facebook For a review of Rabbit Hole.....www.compassionatefriends.org

DEADLINE FEB 28

SPONSORS

SILENT AUCTION ITEMS

The conference is totally funded by the Omaha chapter, donations, and registrations. There are a few openings remaining for conference sponsors...an opportunity for your child's photo! See our website or call us soon.

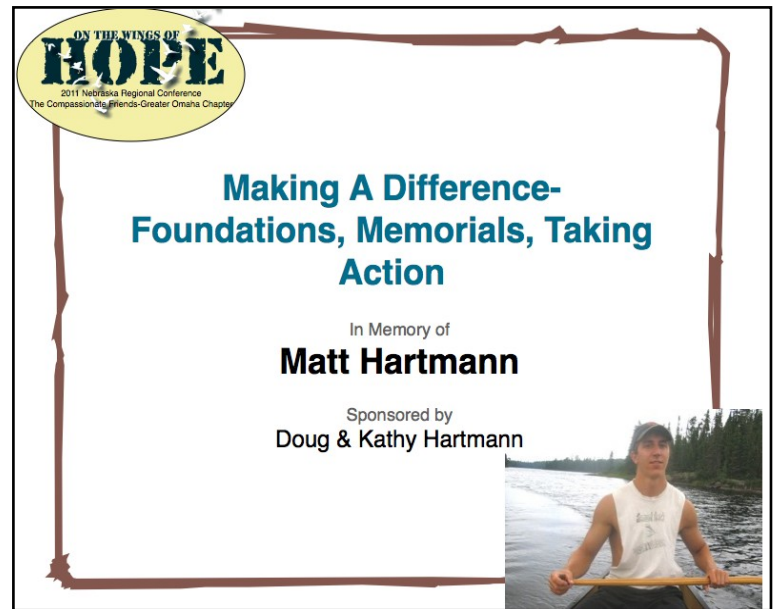
Centerpieces: \$10 each

Workshops: \$25 each

Sharing Sessions: \$25 each

Gathering Areas: \$50 each

Special Items: \$100 and up



Example of sponsor placard—your child could be pictured here

COME JOIN US

I want to take this opportunity to encourage you to join us at our regional conference. You will be amazed. Right here in Omaha, the lineup for speakers, workshops are of the caliber you would find at the national conference. And best of all you can spend a weekend with good friends who will walk the walk with you and not find discomfort in your tears if they flow. And don't be surprised if there are smiles and laughs that weekend as well.

My first experience at a national conference was in Los Angeles. I was overwhelmed by the sheer numbers but never felt lost or alone. It was moving, informative, enlightening and simply flew by. I was hooked; I have attended several conferences after that and always have found it just as great to be there. Now to have a regional conference right here in Omaha, it is a given to be there!

I will be at this conference as it gives me a chance to spend a whole weekend with my son Mark. Most of my life is spent going on, but oh this weekend I can devote to him and his memory. I love it.

Come join me. Sandi Massie, Mark's Mom. TCF Omaha

After 7 losses in 10 years, a lot of searching, reading, and counseling...I treasure what I have gained from the 11 conferences I have attended. Meeting the authors would be #1. I know everyone cannot travel to a national conference, so we are bringing our favorite presenters to you....and a few new ones too. No travel expenses and only 1/2 day off work! The program is overloaded with phenomenal positive people who want to help others enjoy life again, and keep the memories flowing. It is so peaceful to be in a sea of people who understand life after the death of a child, grandchild or sibling. You can't lose if you plan to attend. Kelly Pelster, Erin's Mom & Roger's sister, TCF Omaha

BOOK REVIEW

Heaven is for Real: A Little Boy's Astounding Story of His Trip to Heaven and Back (Kindle Edition)

As a mother who has lost a child, this book was very comforting. Much of the account is based on what the son says from time to time about his experience in heaven. When the author-dad, does ask questions, he is very careful not to lead his innocent four year old to explain what he saw in heaven. Because of this, it adds credibility to the account. He also did a nice job of showing how the Bible's scriptures align to his son's four year old point of view.

As I read this book, I thought of fellow griever and the comfort the book would give. Parents who have lost children will get much from this book. Furthermore, little is out there for parents who have lost "unborn children." I can't wait to share this with girlfriends who have experienced this loss. I also thought of a girlfriend whose father is terminally ill. During her difficult time, I know "Heaven is for Real" would offer her comfort. I strongly believe that people actively in the process of dying would benefit greatly by reading it. It's a quick and easy read for people whose lives are so full of grief that concentration is difficult. Beyond the griever, I believe anyone's Christian faith can be improved by reading this account.

If you know someone who recently lost a child and are looking to give them a gift, I would not hesitate to give them this book.

Anne Lloyd (Shannon) TCF Omaha

"The Birdhouse Project" Collaboration of the Heart, Mind and Hands

Kris G. Munsch... "I have been asked why I talk about death so much ...In my birdhouse, it is part of my foundation. It is written on my foundation, from the heart with ink to remind me of who I am. I have to understand my loss in order to build upon it. Stumbling over it creates a weak foundation. I choose to accept it, understand it and build upon it. If you take a moment and reflect on your crisis, understand it and work with it. Instead of trying to push it down or go around it, you can build from it. It is an opportunity to learn. Change starts with you, get up and begin where you are."

The Birdhouse Project was inspired by a book written by Kris Munsch and Jeff Fouquet about the loss of Kris's son Blake in a car accident. Kris shares his story with brutal honesty of the struggle to find his way. However, Kris will also share with you a way out of this crisis through building a birdhouse. He attached steps of recovery and understanding to each part of the birdhouse and leads you back to a place where the reader can start to believe they can "do and say great things".

~MORE THAN WORKSHOPS AT THE CONFERENCE~

SILENT AUCTION

NEW RESOURCES—EXHIBITORS & VENDORS

BOOKSTORE

MEMORY BOARDS—BRING A PHOTO TO POST

SLIDE SHOW AND CANDLE LIGHTING

HOSPITALITY ROOM

REFLECTION ROOM

BRING A PHOTO TO MAKE A 3" PHOTO BUTTON



We need everyone to help with publicity for the professional seminar on March 31 by Darcie Sims. Darcie's program is approved for 6.0 hours for nursing, and certificates will be given to other professionals. Target audience of nurses, physicians, counselors, school counselors, social workers, first responders, law enforcement, clergy, chaplains, hospice. The program is directed toward those who care for the bereaved, but anyone is welcome to attend. Please pass it on. Share the professional registration page with someone who might be interested.

♥ Our Children Remembered ♥

In the days ahead, especially remember these children and their families...
on the day of their birth and on the anniversary of their death.

If your child has a birthday this month, bring a photo or memorabilia for the birthday table, and a treat to share at the meeting.

If you would like your child included here, submit the form on page 2.

Sunrise

03/02 AARON MICHAEL HARTLINE VONKNORRING
03/06 ROSALYN MARIE CLARKE
03/15 TREVOR FREDERICKSON
03/21 STEVE STARKS
03/22 JOANNE BETTS
03/23 NICK BOWEN
03/24 D. VINCE WALDE
03/25 MICHAELA OLSON
03/25 MICHAELA CECILIA KORIN OLSON
03/27 KATHRYN ELISE WILHELMI
03/29 BRIAN JOSEPH SALADO
03/29 THOMAS DAVID ROSE
03/31 HEIDI ANN HIRNIAK
04/08 MATTHEW APPLIGATE
04/08 TIMOTHY RONALD LARSEN
04/08 SOPHIA MIEKO HERNANDEZ
04/10 DENA JEAN SCHOLL
04/15 DAVID J. RIESBERG JR
04/15 RYAN JAMES ECKSTROM
04/15 BRIANNA EASTMAN
04/18 SCOTT BLEVINS
04/19 DAREN MICHAEL BASHOR
04/24 TOMMY L. CRAFT
04/24 MATTHEW A. SCHMILL
04/26 RICHIE A. SEHI
04/28 ELIZABETH IRENE WESSLING
04/28 ANGELA KATSKEE TRELLES
04/30 DAVID MICHAEL MARTZ

Sunset

03/01 RAY NASTASE
03/01 AMANDA JO MILLER GOLDEN
03/01 KARLENE PATRICE LAVON BLAKE
03/01 BRENT BLANCHARD
03/02 GALILEA SUAREZ LEMUS
03/06 LUANN MARIA MILLER
03/08 DANIEL ROBERT STEPANEK
03/10 DAVID ALAN BODNAR
03/13 ANGELA MARIE BURGER
03/15 ETHAN GRIMM
03/15 DANA RAY HERREN
03/21 NICK BOWEN
03/24 JOSEPH RAMSPOTT
03/26 PHYLLIS NENEMAN BECKERS & BABY MICHAEL BECKERS
03/27 ELIZABETH IRENE WESSLING
03/28 SASHA ALAINA CORONA
03/31 JORDYN ANNE FLEISCHMAN
04/01 MATT GUILFOYLE
04/03 ANGELA KATSKEE TRELLES
04/06 AARON JAMES RASMUSSEN
04/08 DAVID JOESTING
04/11 JIM LEHMAN
04/12 SCOTT WOODRICH
04/12 DARIN BLANCHARD
04/16 SANDY HANRAHAN
04/24 BRIAN JOSEPH SALADO
04/24 MATTHEW A. SCHMILL
04/25 MICHAEL RAY HAWES
04/27 LAUREN CHAMBERS
04/29 CHAD W. HARLOW

In your gathering of memories, invite your courage to remember everything.

Memories

We are at the beginning of a three-year cycle of meeting topics.

Two resources we refer to often for meeting discussions are:

Understanding Your Grief by Alan Wolfelt, and Beyond Tears by Ellen Mitchell. There is a companion journal for Understanding Your Grief, which can be ordered from Center for Loss in Fort Collins, Colorado.