



The Compassionate Friends

Topeka Chapter
Supporting Family After a Child Dies

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Published Bimonthly by The Topeka TCF Chapter

NEWSLETTER - Volume 1, Issue #2
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National TCF Website:
www.compassionatefriends.org

Topeka TCF Chapter Website:
www.tcftopeka.org

March ~ April 2016
Editor: Susan Chan
3448 S.W. Mission Ave.
Topeka, KS 66614-3629
(785) 272-4895

MARCH MEETING

Monday, March 28, 2016
Most Pure Heart of Mary Church
3601 S.W. 17th St., Topeka, KS
7:00 - 8:30 p.m.

What Do I Do With My Child's Things - Preserving Memories- Regardless of the age of the child, there are always "things" - possessions - that must be dealt with following the death. This process is different for those having lost an infant, a child who still lived at home, or an adult child who was on their own. We will discuss why this process can be difficult as well as painful in deciding what to do with possessions; why it is important not to let others pressure into dealing with this task until you are ready; and how saving certain types of items may help you in preserving memories. We will also talk about safe ways to preserve clothing items, photos, digital media, etc.

APRIL MEETING

Monday, April 25, 2016
Most Pure Heart of Mary Church
3601 S.W. 17th St., Topeka, KS
7:00 - 8:30 p.m.

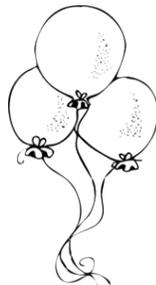
The AskIt Basket - At this meeting we invite those attending to ask questions about any aspect of their grief journey. We will also pass the AskIt Basket that contains questions that will stimulate discussion and sharing within the group. No questions are off limits. The grief experience can be a multi-faceted and confusing one and, as we know, is unique in many ways for each person. But it can be helpful to hear others' opinions and experiences as well as share some of your own.

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:

Mark & Debi Harvey in loving memory of their son Nathan Harvey who died on April 10th

Margaret & Tad Kramar & Benjamin Good in loving memory of her son and his brother Spenser Thomas Good who died on April 30th



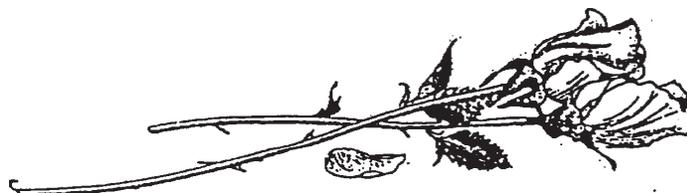
George & Sharon Orff in loving memory of their niece Rachael Reneé Chan who died on March 17th

Tom & Debbie Schuetz in loving memory of their son Evan Michael Schuetz who died on April 17th

Mark & Lori Neddermeyer in loving memory of her daughter Madison "Maddie" Naill who died on March 19th

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,

A Word on the Newsletter - We will be culling the newsletter mailing list with the May/June issue of this newsletter. Those of you who have requested to receive the newsletter in electronic format when you submitted your yellow renewal form will begin receiving it electronically in May. Please remember to keep me updated on any changes in your e-mail address so you stay current on this list. All those who requested to remain on the hard copy mailing list for the newsletter will continue to receive the mailing as usual. At this point we are keeping with an 8-page newsletter until our finances allow us to expand to the former, larger format. Those families whose loved one died in 2015 or thus far in 2016 are automatically kept on the mailing list for one full year unless they request in writing to have their name removed. You are all asked to send any address changes to tcftopeka@gmail.com/

A Word on Dillions Community Rewards Program - The Chapter received its first check from the Dillions Community Rewards Program for about \$40.00. If you have not signed up to support the Topeka TCF Chapter through this program 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. **Special Note:** If you registered for the program BEFORE the end of the year, you will need to go back into your account and re-designate the Topeka TCF Chapter as your charity of choice. So please help us out by setting up an account with Dillions Community Rewards. If you need assistance in setting up your account, call toll-free at 1-800-576-4377 and select Option 3.



A Word on our Photo Wall - I also wanted to remind you that we maintain a photo gallery of our beloved children, grandchild and siblings that is displayed at every meeting. If you would like your loved one represented, send in a 3 x 5 inch photo (vertical or horizontal presentation) along with their full name, their birth and death dates and your name. You can send these to me at my address on the front page of the newsletter. You may also request that your child's photo become a part of our annual Photo Tribute video that is shared at the December Memorial Candle Lighting Program.

A Word on Special Events at the 2016 National TCF Conference - This year's National Compassionate Conference will be held July 8-10, 2016 in Scottsdale, AZ at the Fairmont Scottsdale Princess Resort. The Conference will include over 100 workshops, keynote speakers, special events and programs for siblings and the annual Walk to Remember. Additionally, there will be a Butterfly Wonderland Event at the U.S.'s largest rainforest atrium; Crafty Corner area where participants can "Make and Take" craft items in memory of their child; a Healing Haven that will include yoga, meditation, massage, music and aromatherapy as well as Zumba classes. A special program following the Friday Luncheon will be a special musical performance by Amy Sky, Olivia Newton-John and Beth Nielsen Chapman. Information on making hotel reservations and registering for the conference and workshops may be found on the national TCF website (http://www.compassionatefriends.org/News_Events/Conferences/National_Conferences.aspx). A TCF Conference is a remarkable weekend of information, support and healing and I would certainly encourage you to attend if you can.



I hope you can welcome the Spring with hope and precious memories to hold forever in your heart. Until next time, be gentle with yourself and let the healing happen.

~ Susan Chan, Rachael's Mom

Grief to me is a strange thing. Offhand, it might sound like it's about weeping by a tombstone and laying some flowers. But, as a wise man once said, "Grief is love you cannot get rid of."

~ 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:

- ♥ Gary & Susan Chan in loving memory of their daughter Rachael Renee Chan who died on March 17th
- ♥ Julie Diaz in loving memory of her daughter Kristi Diaz who died on April 7th, and her grandson Kyle Horn who died on March 26th
- ♥ Mary H. Harrington in loving memory of her son John Carl Harrington who died on March 18th
- ♥ Maxine Karnes in loving memory of her daughter Karen Kay Karnes who was born on March 2nd
- ♥ Mark & Lori Neddermeyer in loving memory of her daughter Madison Rae Naill who died on March 19th
- ♥ Jim & Doris Palmberg in loving memory of their son Eric Alan Palmberg who was born on April 14th
- ♥ Thomas & Debbie Schuetz in loving memory of their son Evan Michael Schuetz who died on April 17th

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".

Notice on Memory Pages

Because of the necessity to cut the newsletter from 12 to 8 pages due to costs, we are currently unable to accept any Memory Pages. We will be reevaluating our policy on the use of Memory Pages including size limitations, frequency, and the potential of a cost associated with having a Memory Page in honor of your child, grandchild or sibling. We will announce any new guidelines in a future newsletter and appreciate your patience while we attempt to figure out ways of generating more income to expand the newsletter back to the usual 12 pages.

TCF National Office email:
nationaloffice@compassionatefriends.org

Compassionate Friends web address:
www.compassionatefriends.org

Topeka TCF Chapter web and email addresses:
www.tcftopeka.org tcftopeka@gmail.com

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

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.

Upcoming Events/Dates to Remember

July 8-10, 2016 - The Compassionate Friends is pleased to announce that Scottsdale, Arizona, will be the site of the 39th TCF National Conference. "Hope Rises on the Wings of Love" is the theme of next year's event. The 2016 Conference will be held at the The Fairmont Scottsdale Princess Resort. Hotel reservations and Conference Registration are open at www.compassionatefriends.org/. The Conference will offer over 100 workshops, sharing sessions, a Memorial Candle Lighting and a Walk to Remember among many other things. Plan to share this supportive and healing event.

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
LAWRENCE, KS 66044
785.842.3610**

**1033 SW GAGE BLVD, STE 200
TOPEKA, KS 66604
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***

Derek G. Bodeman, son of Becky S. Bodeman, who died May 6th

Terry Edward Burns, son of Kenneth and Eleanor Burns, and brother of Kathy Kaesewurm, who died April 15th

Teresa Jenkins Carson, daughter of Phillip and Louise Jenkins, who was born on April 7th

Michael Ray Donoho, son of Tammy Collins and Dennis Donoho; and stepson of Edward Collins and Debbie Donoho, who died on April 11th

Claire Elise Fisher, daughter of Debra Fisher, who was born on May 15th

Jeff Fitzgibbons, son of Bill and Jean Fitzgibbons, who died on April 8th

Randy Flanagan, son of Dennis Flanagan, who was born on May 14th

Ryan Flanagan, son of Denis Flanagan, who was born on April 24th

Richard Brian Gilbert, son of Rick and Carla Gilbert, who died on April 10th

Spenser Thomas Good, son of Margaret Kramer; brother of Benjamin Good, who died on April 30th

Nathan Harvey, son of Mark and Debi Harvey; brother of Rachel, Amanda and Caleb Harvey; grandson of Velata Tibbs, who died on April 10th

Mitchell Hermreck, son of Dennis and Ann Hermreck; brother of Shelby and Raegan, who died on May 12th

Nason John Hobelman, son of Dee Hobelman, who died on May 7th

Zachary James Hudec, son of Greg and Liz Hudec, who was born May 8th

Michael "Mike" Dean Kidney, son of Forrest and Susan Kidney, who died on May 2nd

Morgan Kottman, daughter of Christine Kottman, who was born on April 22nd

Andrew Garrett Lindeen, grandson of Mary J. Lindeen, who was born on May 8th

Morgan Myers, daughter of Alta and Rocky Myers, who died on April 3rd

Eric Alan Palmberg, son of Jim and Doris Palmberg, who born on April 14th

Evan Michael Schuetz, son of Tom and Debbie Schuetz, who died on April 17th

Rachel Diana Sowers, daughter of Bill and Diana Sowers, who died on May 17th

Sydney Diane Tate, daughter of Jeff and Misty Tate, who was born on April 30th

Brittany Nicole Tucker, daughter of Damon and Collene Tucker, who was born on April 30th

Taylor William Clay Watson, son of Terry and Kathy Watson, who was born on April 12th

Christopher Wempe, son of Dan and JoAnn Wempe, who died on May 12th

(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. This month's listing includes birth and death anniversary dates for April and May)



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

Spring Cleaning *By Darcie Sims*

We used to live in a townhouse, one of those inventions designed to minimize housekeeping chores, mortgage payments and a tendency to accumulate more things than one needs to cross the Sahara in summer. We moved there because I liked the idea of no yard work, and we would be unburdened by conversations of "It's-Saturday-somow-the-lawn." I hate housework (it hates me too!), and we wanted a less complex life.

Smaller places do have a certain appeal. . . especially during the "It's Spring and that means let's-get-organized-around-here-and-throw-out-all-YOUR-stuff" mood that tends to permeate the months of March and April.

When you only have one closet, cleaning it takes a minimum of time. Opening the door starts the process, and if you are clever, you will stand with an open trash bag as you pry open the door. Always do this at 2:00 a.m. when the other nearby occupants in your townhome are asleep, or during those few quiet moments of solitude you get after announcing that Dairy Queen is having a twenty-minute-only-special, and you have (thoughtfully) placed the keys in the car.

Designed by some psychologist in an effort to help patients rid their psyches of old memories, useless information and general "clutter," spring cleaning has become an American phrase most often associated with grief. It is a painful process, this sifting and sorting of all the things that tell us (and the rest of the world) who we are or were.

There are as many ways to spring clean as there are homes and hearts and minds and spirits that need "adjusting" (a real psychological term thrown in just to remind you that I am a professional too!)

How many times have you been told "It's time to move on," or "It's time to get back to normal," or "You mean you haven't gotten rid of that yet?" (That can refer to a multitude of things such as his favorite pipe, her bathrobe that the dog attacked during one of his "spells," or an odd assortment of baseball cards, used gum wrappers and dirty socks that were secreted under the bed, left behind for you to find and cry over.

How come everybody else knows when it is time for me to spring clean! How come everybody else knows when it is time for me to open that closet and sort through all those memories, trying to decide which ones to keep and which ones to pass on to the Salvation Army? How come everybody else knows when it is time for me to get back to living?

I am spring cleaning. I am sifting through the "stuff" that made up my loved one's life and I am learning to let go of a few things. . . slowly.

When we moved to a townhouse, we thought life wouldn't be so complicated. I wouldn't have to go out into the yard and remember how wonderful it was to enjoy the first spring flowers. . . with him. I don't want to cut the grass, because we loved playing in it, tickling our bare toes and laughing our way through spring into summer. We moved to a townhouse so we couldn't keep everything forever. It doesn't stay around anyway, so why have storage space? Why have cupboards that no longer need to hold cereal that turns the milk

blue, or closets that no longer need to hold baseball shoes, bats and crumpled homework pages? Why have room for memories?

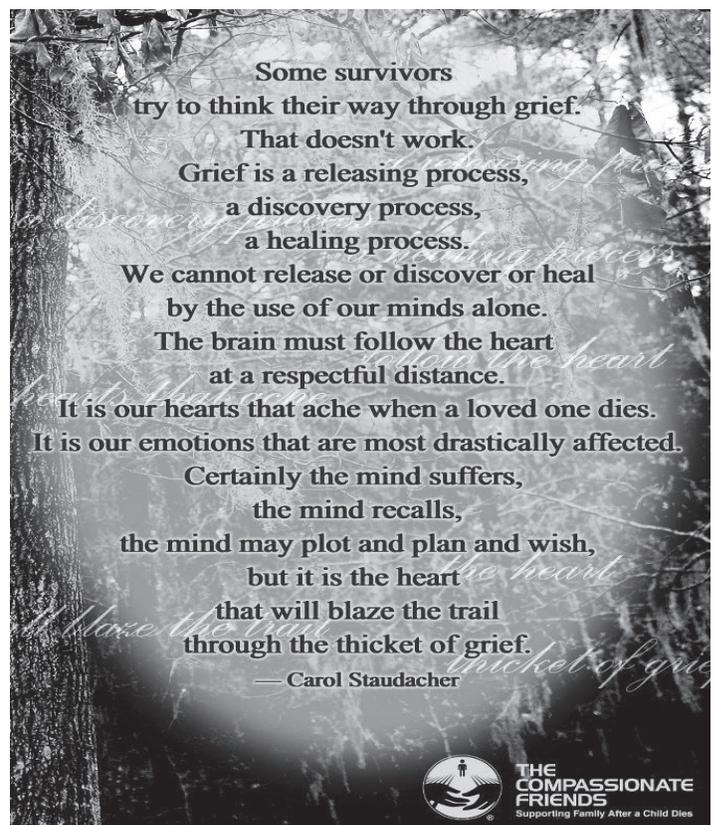
WHY? Because, I can't live without them! Spring is a time for spring cleaning, for sifting and sorting and re-reading and remembering. Spring is a time for things to go and things to stay. We just have to decide which ones do what. Spring is a time for renewal, when the earth begins to defrost after a harsh and bitter winter. It doesn't matter when your loved one died ; it does matter when you begin to let spring back into your life. It does matter when you open that closet and let the memories come out, along with the hurts and the hopes that you buried one day not so very long ago.

You never know what you are going to find when you start spring cleaning. You might discover treasures you had long forgotten, or the tax papers you needed, or the Easter egg no one found last year. You might find a few bits of joy lurking under the bed (we found dust bunnies). What fun to remember how that stuff got there or who might have been hiding under the bed when you were looking for volunteers for trash patrol!

Spring cleaning is a tradition that follows the footprints across your freshly waxed floor. I wish there were still footprints to clean up, but since there aren't, I'll just have to spend a few extra moments with this box of treasures I found. No time like the present to inspect the "stuff" in search of few "bits of joy."

When we lived in a townhouse, we thought that maybe, in a few years, we could stretch out into something a bit larger (and have a maid, too!). Maybe we would just start a little patch of grass out front, plant a seed or two in a clay pot on the patio, and live with what we have. Eventually, my house got larger, and my heart has grown, too!

"Reprinted with permission from Grief Digest. Centering Corporation, Omaha, Nebraska, 866-218-0101." Posted on March 28, 2012 by Darcie Sims



"Somewhere"

Somewhere in the troubled night,
When you fight the lonely fight,
Will you but remember then,
I am at your side again.
As I was in other days
When we traveled better ways.
True, I cannot touch your hand,
But I know you understand.
Love is not a thing of place,
Only standing face to face.
Love is, too, a thing of heart,
And though we're dwelling far apart,
There is never far from here.
Here is never far from there,
To the ones who really care.
So, if you loved me, do not grieve,
Those who love, also believe.
If you need me, do but call.
I am with you, after all.

~ Author Unknown, Found in the book
"Out of the Valley" by the late Richard Elder

The Wounded Heart

Children have preceded their parents in death for eons of time. We are not the first, nor will we be the last to enter the realm of "Bereaved Parents". But for now--right now--it is OUR HEARTS that are freshly wounded and OUR HEARTS in need of mending.

Wounded hearts must be allowed to mourn and lament their loss, to pour out their pain, agony, sadness, hurt and anger, and to release their well of tears.

Wounded hearts need too be wrapped in quietness, gentleness and compassion, away from the turmoil of daily life. A wounded heart not allowed to mend from the depth of its agony will be an abscess-to swell and undermine--erupting at a distant time. Or, suppressed, it will slowly choke the spirit of its host.

Only the bearer will know when his heart has healed. The wounded heart, encouraged and given time and freedom to mend, will carry in its chambers the memories and shared love of a precious child.

~ Nancy G., TCF, Livonia, MI

Valley of the Butterflies

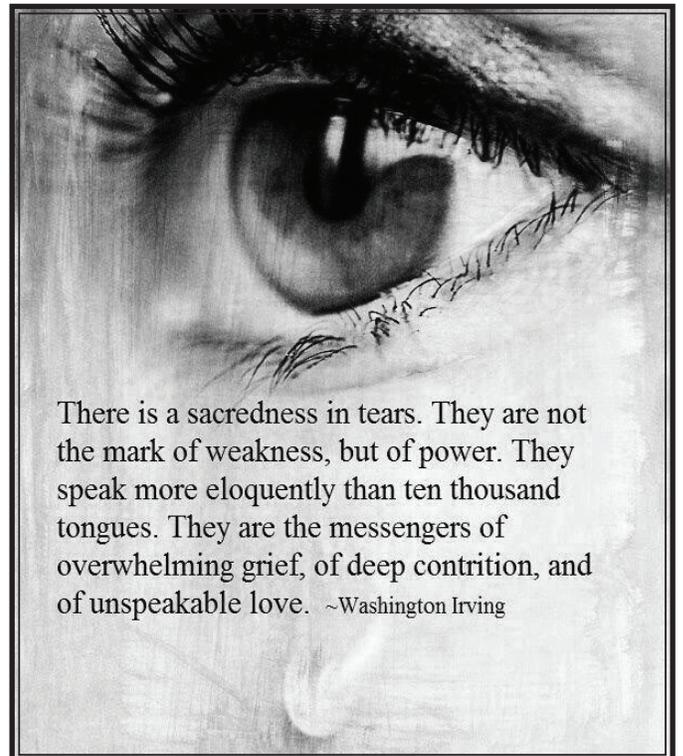
There is a green sun-drenched valley
Light with the scent of clover and lilacs
Where the butterflies dance.
Leaping and swooping, they reflect colors
Of every hue and dimension.
There are monarchs and skippers,
Swallowtails and delicate spring azures.
Each dances its unique pattern
Of flits, circles and dives.
Stretching its fragile wings toward the clouds
Or brushing its feet on the succulent grass.



There are no roads, paths, or gates
To broach the valley's entrance;
Yet it is visited often in thoughts and dreams.
Every parent who has sent forth a child
and vainly waited for its return
Comes seeking in the valley of the butterflies
And there finds a beautiful spirit,
Stretching its wings to the clouds
and brushing its feet on the grass,
Dancing in swoops, flits and dives,
Drying its dewey wings in the warm sunshine
of forever.



~Marcis Alig, TCF, Princeton Jct., NJ



There is a sacredness in tears. They are not the mark of weakness, but of power. They speak more eloquently than ten thousand tongues. They are the messengers of overwhelming grief, of deep contrition, and of unspeakable love. ~Washington Irving

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 rosen@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 Facebook Resources

The following are closed and moderated Facebook groups for various kinds of loss. You can connect with any of these groups through the listed links and by requesting to join the group.

TCF - *Loss to Substance Related Causes*
Moderators: Barbara Allen and Mary Lemley
<https://www.facebook.com/groups/1515193738693712/>

TCF - *Loss to Suicide*
Moderators: Cathy Seehuetter and Donna Adams <https://www.facebook.com/groups/1550029471893532/>

TCF - *Loss to Homicide*
Moderators: Debbie Floyd and Kathleen Willoughby <https://www.facebook.com/groups/924779440868148/>

TCF - *Loss to a Drunk/Impaired Driver*
Moderators: Robin Landry and Rebecca Perkins
<https://www.facebook.com/groups/858226880883307/>

TCF - *Infant and Toddler Loss*
Moderators: Susan Peavler and Tiffany Barraso
<https://www.facebook.com/groups/1511758585777339/>

TCF - *Sibling Loss to Substance Related Causes*
Moderators: Andrea Keller and Barbara Allen
<https://www.facebook.com/groups/1516508415263760/>

The Compassionate Friends Sounds of the Siblings (for bereaved siblings) Moderators: Tracy Milne and Keith Singer
<https://www.facebook.com/groups/21358475781/>

6th International Gathering of Bereaved Parents and Siblings in Frankfurt/Main, Germany from July 28-31, 2016



For more info visit mourninginmotion.org

Are You Moving?

If you move, please let us know your new address so you can continue to receive this newsletter. It costs the Chapter 71 cents every time a newsletter is returned by the Post Office with an outdated address. Please send address changes to: Susan Chan, 3448 SW Mission Ave., Topeka, KS 66614-3629. You may email address changes to chanx2@cox.net. We appreciate your cooperation as this will save the Chapter money which can be better spent on bereavement outreach. If, for any reason, you wish to have your name removed from our mailing list, please drop me a note or email and I will take your name off the list.

Madison “Maddie” Rae Nail 1996-2012



9th Grade



Maddie,

It is hard to believe that it has been three years since the nightmare of not having you here with us began. We all know you are in a glorious place – still, we would rather you were here. We miss your smile, spunk and sense of humor. Your friends miss you very much, too—you should be in your first year of college, too.

Love, Mom & Mark, Dad, Allie, Jesse, Cale, Braden, Grams & Gramps, Lisa and Lexi



10th Grade



Kindergarten



5th Grade

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.

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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.