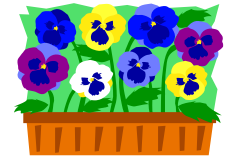




**THE  
COMPASSIONATE  
FRIENDS**

**MAY and  
JUNE 2011**



**Seattle King County Chapter P.O. Box 66896 Seattle, WA 98166 206-241-1139**

## ***Grief Has Its Own Timetable***

*Mary Jane Hurley Brant*

After the death of someone we love our grief experience and overall healing has everything to do with our relationship to the deceased, the intensity and depth of the love we felt for them and our degree of faith in a hereafter. In the immediate aftermath of a person's death, it's hard to breathe and everything hurts. We feel shattered, bewildered and frightened. Sometimes, however, grief shows us its own timetable and can be delayed or complicated. I experienced a long delay in time sequence when my father died. I was thirteen years old; it was the springtime of my life.

I rarely spoke about him back then and it appeared that I was coping fine until my early 30's when my denied pain erupted on the heels of a favorite uncle's death. I discovered then just how much sorrow I had repressed when my father was laid to rest. I also discovered that just because he was at peace didn't mean I was.

When, Katie, my beloved daughter, was diagnosed with a brain tumor at age 18 I felt gripped again by old feelings of terror and potential loss. During the next ten years while Katie battled the up and down relapses and recoveries of her surgeries and treatments I had to deal with the reality of what might happen to her: a premature death. We don't always get what we want in this lifetime so when Katie passed away at age 28 my father's death was immediately eclipsed because, despite my love for him, no grief compares with the agony of losing a child.

Now, after 11 years and 51 years, respectfully, my feelings of loss still go up and down simply because our souls do not mark time linearly. And while I don't feel that crippling paralysis that I experienced initially, I continue to experience their loss and see the empty spaces left behind. But now, I make the conscious choice to fill that "missing you" space by helping others deal with their losses. Making that daily choice to help others allows my communion with Katie, my father and everyone I've lost to remain open, active and meaningful. It also helps me to be present in my life as it is now and in the lives of those whom I love and who love me.

It took me a long time to get where I am emotionally because I, as many other people whose lives are changed by monumental loss, wanted to get "my old life" back. I finally understand that pursuit is futile because "my old life" is not coming back. I'm confident, however, that my faith and trust in life's process will help me to find the joys that are looking for me just as I am looking for them.

## ***Becoming Whole Again***

When we experience any kind of devastating loss, whether it is the loss of a loved one, a dream, or a relationship, feelings may arise within us that are overwhelming or difficult to cope with. This sense of grief can also come up when we are separated from anyone or anything we have welcomed into our lives. And while it may feel like we are caught up in a never-ending spiral of sadness and emptiness, it is important to remember that the grief we are feeling is not a permanent state of being. Rather, grief is part of the process of letting go that in many ways can be a gift, allowing us to go deeper within ourselves to rediscover the light amidst the seeming darkness.

The emotions that accompany any kind of loss can be intense and varied. A sense of shock or denial is often the first reaction, to be replaced by anger. Sometimes this anger can be directed at your loved one for abandoning you; at other times you may feel outrage toward the universe for what you are enduring. And while there are stages of grief that people go through, moving from denial to anger to bargaining to depression to acceptance, the cycles of grief often move in spirals, sometimes circling forward and then back again. You may even experience moments of strength, faith, and laughter in between. While these emotions seem to come and go sporadically, it is important to feel them, accept them, and allow them to flow. With time, patience, and compassion, you will eventually find your center again.

As we move through our grief, we may find ourselves reluctant to release our pain, fearing we are letting go of who or what we have lost. We may even regard our movement toward healing as an act of disloyalty or giving up. Know that while the hurt may fade, the essence of what you had and who you loved will have already transformed you and forever stay with you. If anything, once you are ready for the pain of your loss to subside, their memories can then live more fully within you. Remember, that healing is a part of the spiraling cycles of grief, and that in letting yourself feel restored again, you are surrendering to a natural movement that is part of the dance of life.

Mary Jane Hurley Brant, is the author of *When Every Day Matters: A Mother's Memoir on Love, Loss and Life* (Simple Abundance Press).

Information about her book can be found at

<http://www.WhenEveryDayMatters.com> and <http://www.MJHB.net>.

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# The Compassionate Friends

Seattle-King County Chapter



**The Compassionate Friends (TCF)** is a *non-profit mutual assistance, self-help* organization offering *friendship, understanding, and hope* to bereaved parents and families. Anyone who has experienced the death of a child of any age, from any cause is welcome. Our meetings provide an opportunity to talk about their child and about their feelings as they go through the grieving process. There is no religious affiliation. There are no membership dues. The purpose of this support group is not to focus on the cause of death or the age of the child, but to support bereaved parents, grandparents and adult siblings in the positive resolution of the grief feelings and issues that revolve around the death of their loved one and support their efforts to achieve physical and emotional health.

## TO OUR NEW MEMBERS

Coming to the first meeting is the hardest, but you have nothing to lose and everything to gain! Try not to judge your first meeting as to whether or not TCF will work for you. At the next meeting you may find just the right person or just the right words said that will help you in your grief work. Try to attend three times before deciding if TCF is right for you.

## TO OUR MEMBERS WHO ARE FURTHER DOWN THE "GRIEF ROAD"

We need your encouragement and your support. Each meeting we have new parents. THINK BACK – what would it have been like for you at your first meeting if there had not been any TCF 'veterans' to welcome you, share your grief, encourage you and tell you, "your pain will not always be this bad, it really does get better!"

## INFORMATION REGARDING OUR MEETINGS

PLEASE come to a meeting. We are here to discuss whatever is on your mind. This is YOUR group and we are here for each other. You do not have to talk at meetings. We welcome your participation in our group, but it is not a requirement. Coming to listen to the other members is okay, too. Our meetings are open to parents, grandparents, adult siblings, or adult family members such as aunts and uncles.

## WE NEED YOUR HELP

This group belongs to you and cannot survive without assistance. Areas of help needed are refreshments, setting up before a meeting, being a phone friend for those who may be having a particularly difficult day, help with the newsletter, send thank-you notes, become a facilitator, volunteer to help with Chapter activities or serve on the steering committee.

*Part of getting better, sometimes is being there to assist others, too, through this journey.*

**If you'd like to help, please contact us.**

**Chapter Co-Leaders: Mike McLeod: 206-369-7366 and Marge Tomlinson: [tcfmarge@aol.com](mailto:tcfmarge@aol.com)**

*Decide the path you want to travel; allow yourself to make mistakes; change your mind sometimes; but never forget those along the way. The only ones among you who will be really happy, are those who have sought and found how to serve. ~ Albert Schweitzer on Happiness ...*



## KEEPING IN TOUCH



Seattle-King County Chapter **Phone: 206-241-1139** (TCF Line)

Seattle-King County Chapter **Mailing Address: P. O. Box 66896 Seattle, WA 98166-0896**

Seattle-King County Chapter **Website: [www.tcfseattle.org](http://www.tcfseattle.org)**

Seattle-King County Chapter **Facebook: The Compassionate Friends, Seattle King County Chapter**

**Phone Support:** Having a rough moment? Need someone to talk to? Call Robyn at 360-259-8006 ♥

Western Washington Regional Coordinator: Jacqueline Russell 360-457-7395

TCF National Office Phone: 877-969-0010

TCF National Mailing Address: P. O. Box 3696 Oak Brook, IL 60522-3696

TCF National Website: [www.compassionatefriends.org](http://www.compassionatefriends.org) (website has link to Facebook)

♥ **TCF Online Support** - Please visit the National website to get the session schedule for the following groups:

- ♥ Parents / Grandparents
- ♥ Pregnancy / Infant Loss
- ♥ Survivors of Suicide
- ♥ Siblings
- ♥ No Surviving Children
- ♥ Men Only

## Our Center's Sharing Group Location:



### FEDERAL WAY

~2<sup>nd</sup> Wednesday evening of each month~

**May 11, June 8, July 13, Aug. 10,  
Sep. 14, Oct. 12, Nov. 9, Dec. 14**

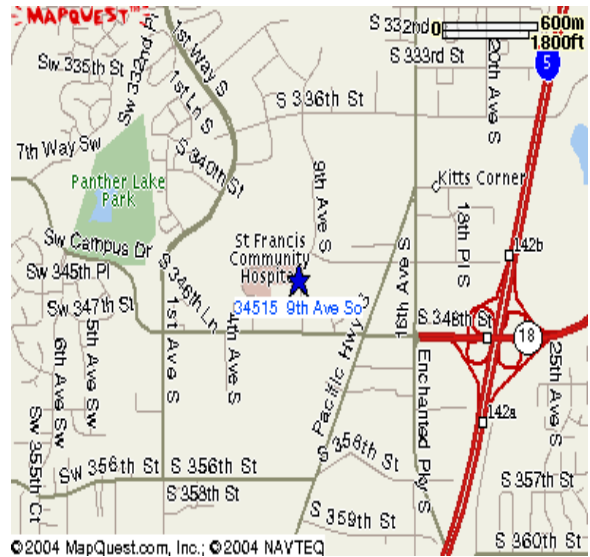
**6:30pm – 8:30pm**

St. Francis Hospital

34515 9<sup>th</sup> Ave. So.

Federal Way, WA 98003

Ask at the information desk in the main lobby for  
directions to the meeting room.



### Books on Grief Available

We have quite a large selection of grief books at our monthly meetings. We invite you to look over the books from our library. We hope you can find something that may help you and your family. If you have a book you would like to donate and share with other bereaved parents, please bring it with you to the meeting.

### Birthday Table



In the month of your child's birthday, a Birthday Table is provided where you can share photos, mementos, your child's favorite snack, a birthday cake, a bouquet of flowers – anything you'd like to bring to share. We want to know your child better, so please take advantage of this opportunity to celebrate the wonderful day of your child's birth and for us to become better acquainted.

## *LIVING IN A FANTASY*

Fay Harden

*I took my granddaughter shopping today. It was a special outing for just the two of us. We went to the toy department of a large department store. We were in luck, for once there was no one there! No other shoppers and the sales lady had stepped out.*

*I lifted my fifteen month old darling out of her stroller and set it aside. Then I began to slowly walk her through the aisles and show her the toys. After a while I let go of her hand and said, "You may look, my Sweet, go find a special toy for Grandma to buy for you".*

*She stood for a minute and then began to pick up the toys that attracted her. I just followed her around and watched. She picked up things here and there, a doll was hugged, a toy truck was pushed across the floor. Around the displays she went in silent wonder, lifting and looking and dropping – mainly on the floor. She shook a box, blowing on a whistle made her laugh, and she tried to work a top until a colorful pull-toy was noticed, she dashed over to it and gave it a few turns around the store then spied the shelves above.*

*She stood and thought a few seconds and then shoved some things over and climbed up on the lower shelf. I watched with pride at her ingenuity and daring as she snared the treasures from the higher shelf and tried them out. A tall wire basket of brightly colored balls caught her eye and she went over, stood on tiptoe but could not reach the balls inside. Without a backward look to me for help she simply caught hold of the top and turned the basket over, spilling its rainbow of colors across the floor. She picked up a red one and tossed it. What fun we were having, both in wonderlands of our own. As the nice lady and I picked up and sorted out the mess, Grandma's little angel dragged a teddy bear around by one ear.*

*Too soon the sales lady returned only to stop just inside the door and laugh at the shambles we'd made of her formerly neat displays. What a sight we must have been trundling around knee deep in toys.*

*We purchased Ted the Bear and the toys whose boxes were too badly mangled, for toddlers sometimes sit down quickly, and with our bags secured to the back of M'Lady's carriage, filled with satisfactions, we strolled away from my fantasy. A fantasy much like those of other people like me.*

*People whose children die too soon. People whose grandchildren won't be born. People who know what they are missing. People who are lonely.*

*My granddaughter is only a fantasy. She is the dark-haired, button-eyed daughter my son won't have. She's one of the memories I'll have to miss. And if this makes you cry, it does me too.*

## Closure: Is it a Reality?

By Carole J. Dyck, R.N.



The use of the word “closure” is often heard in public circles or in the media especially after a tragedy and implies finality. The word comes with the sense that there will be a time, day, or event like a funeral that marks when a grieving person will be “healed” or “over it,” as though it were a disease and you could magically take a pill to be cured. There is an expectation that when the eulogies are said and the casseroles are gone, the grief somehow magically goes away. *The truth is that those of us who are in TCF realize that the death of a child or sibling changes our lives forever, and we will never truly “be over it.”*

Yes, we will not have the intensity of the pain and sorrow we had at the beginning of our grief. We will go on with life and find a new normal for us, but life will never be as it was before the death, and we will never be fully “healed.” Sometimes those around us have attempted to comfort us by pointing to deadlines, replacements, or “at leasts.” We have heard it said, “At least you have other kids,” or “You can have another baby,” or “Hasn’t it been 6 months?” Many see “comfort giving” as a short-term support effort, and soon we will be “over it” as we are kept busy returning to the tasks of daily living and focusing on our blessings. These comments hurt rather than provide the comfort they are meant to provide. Grief follows no plan, no stages, timetable, formula, or schedule. There are no road maps; there are no absolutes.

We learn in TCF that everyone grieves differently. Grief is like being lost. The familiar things we relied on to live each day are gone. We must find new anchors or stabilizers along the way and learn a new way of relating to the world and people around us. We are forced to live without our child or sibling. The reality of our loss often far outweighs what we have remaining. Grief is all consuming, distorts reality, and we begin to mark time in “before or after our loved one died.” No one can hurry the process of grief; no one can do it for us. Not even our spouses, parents, or other children can help us in those early days. The truth is that when our grief is new, we feel exhausted physically, emotionally, and spiritually. We barely have enough energy to breathe.

We feel as though we have no control over our lives anymore, nor do we care. We realize on some level we are helpless. We might even feel hopeless or purposeless. Some of us feel isolated, lonely, and misunderstood. Some feel like everything is trivia compared to the loss we have experienced. Some feel as if the world is spinning on around us, and nobody really cares that our child, sibling, or grandchild died. All of these feelings are normal and part of the grieving process. *And yes, we also need to realize it is a process—a very long, gradual, and difficult process.* Time does not heal all wounds, but time softens the intensity of the grief. What helps is finding those who will listen with their hearts and give us hope and understanding. Those who will spend hours, days, and months with us as we tell our story over and over so we can somehow believe it ourselves. What helps is to surround ourselves with those patient people and meaningful activities that comfort and support.

Gradually, the cold darkness of grief begins to give way to the warmth of the memories, acceptance, purpose, and reinvestment in life. We learn to speak of our loved one without crying, and to begin to accept that whatever time we had with him or her, we would have taken even if just but a moment. We learn that grief is the price we pay for loving our child or sibling so much, and we wouldn’t want it any other way. Our relationships with family, friends, and yes, even God can be strengthened or challenged as we look for new ways to connect with them. We may lose old friends who don’t really understand. We learn that problems in life are not overwhelming. We are handling the worst thing that can happen to us; what else can happen? We learn to more deeply cherish those we love. We help others in grief without batting an eye. Sometimes we pick up “gifts” along the way by becoming more caring, compassionate toward others, and appreciative for what is important in life. New strengths can develop as we find our new selves along the way. Life will be different as we learn to cope, but still have meaning.

For those of you who are new in your loss, we hope that you will continue to share your sorrow with us and learn from those further ahead on the path of grief. Someday it won’t hurt as much as it does now, and you won’t always feel “this elephant on your chest.” We encourage you to ask the family and friends around you for what you need and tell them when their expectations for you are too high. We hope you will explain to them that your grief is not on a timetable and will probably not ever reach what society calls “closure.” Explain to them that you will always miss your child or sibling, but you will learn to live with a broken heart. We hope you will inform them that the mention of your child’s name is music to your ears and it’s okay to talk about him or her. Your TCF friends will be with you and hold your hand every step of the way.

*Carole J. Dyck RN became a bereaved parent in 1989 when her son Chris died in an automobile accident. Carole was a co-leader of the Verdugo Hills TCF Chapter, Glendale, CA for several years and served on the National Board of Directors of The Compassionate Friends.*

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# Coping with Being Newly Bereaved and Childless

Kay Bevington



Experiencing the death of a child is the ultimate grief that any parent will ever encounter. Having one's only child or all children die compounds that ultimate grief to the point of being unthinkable for most people in our society today.

People often ask how one can possibly survive when all of our children are deceased. Most bereaved parents wonder that same thing for several years. Surely we will die. There is no way we can survive, let alone actually live when all our children are gone before us. Some have shared that they actually spent all of their resources, only to find themselves financially depressed years later when they realized that no matter how much they willed themselves to die, they were still on this earth.

Childless parents endure a similar grieving process as those bereaved parents with surviving children, but the difference begins quickly when there are no children and will never be grandchildren, no one to help celebrate special occasions, or be there for us as we age. Often days, weeks, and months pass with no phone calls, visits, cards, letters, or interaction from family unless we, the bereaved parent, take the initiative.

Childless parents have extreme difficulty with holidays and special events. Some of us are fortunate to have friends or extended family members who think to include us in special times or holidays, but others are left to spend all those days and nights totally alone. Most of us have learned to "entertain" others so that we are not left alone for those special times.

We learn to adjust to being childless and make friends with others who have had a similar experience. Some of us with no children get together during special holidays or visit each other during the year. There is a special bond of understanding that need not be spoken. Other now childless parents understand this unspoken bond as only those who "walk in our shoes" can truly understand.

Childless parents realize that we must plan for our future and see that all financial, medical, and business matters are secure and settled long before the time arrives when we will need assistance. What do we do with our precious mementos that belonged to our deceased child or "things" that are important to us and our heritage? Often, some of our relatives, friends, or children of friends care enough to want some of those things that are so precious to us. We also might come to find that our feelings about them may change as we age. Life's values may help us realize those things are not what matters anyway. We often find that what we do with our lives and how we manage to keep our children's memories alive by helping others are really NN hat is more important.

Some bereaved childless parents also are widowed or divorced. Some also are an only child themselves and their parents are deceased. Some have since found that their family has "disowned" them as their childless

state has made them unapproachable. These childless bereaved parents often need additional support from trained professionals.

I have found that by staying involved in church, community activities, nurturing relationships with other people, and working part-time, I have been able to keep a positive attitude most of the time and find a "new type of happiness" in life. Times and events occur occasionally that cause me to lose my perspective and get depressed. But I can always observe others who seem to have a more difficult time with life events who have not been touched with the grief of having a child die.

I have also observed that parents who have not endured the death of a child do not always get support from their living children. I realize then that some things about being childless are perhaps not that different from those who have children. One dear friend has three children and several grown grandchildren for whom she often babysits, helps financially, and does things for. Yet, she often has to ask friends to mow her lawn or repair things that her children and grandchildren don't seem to notice need to be done.

I cried oceans of tears, told Rhonda's story and our grief story millions of times to thousands of different people, kept a journal-which is an invaluable tool of measuring one's progress-and allowed friends to help me when I needed help.

I read every book I could find on grief, devoured all the newsletters, and listened to tapes until I realized I really was not going crazy. I found that things I thought, did, forgot, or was angry about were very normal for a bereaved parent.

I have learned that it is vitally important to find a local bereavement support group and to attend regularly in those first years of grief. Getting involved and "giving back" to those who are more recently bereaved than we are help us find healing.

We started Alive Alone, Inc., in 1988 to be an additional support system for childless parents, and publish a periodical that is specifically written by and for childless parents. We help these parents to network with others whose child was approximately the same age or experienced a similar means of death. We work with other support groups to provide seminars and sharing sessions for their regional and national conferences so that the needs of childless parents are met. For more information, please see our website online at [www.alivealone.org](http://www.alivealone.org).

Coping with the death of one's only child or all children is the most difficult experience anyone will ever encounter. But, it is possible to find a "new normal" and be able to reinvest in life again and find a new form of happiness. ••

*Kay and Rodney Bevington's only child, Rhonda, almost 16, died in 1980. Kay is a retired educator and bereavement specialist. They have been active members of the Van Wert, Ohio, TCF Chapter*

## **WE DO NOT NEED A SPECIAL DAY**

Connie Dyer, BP, USA, Springfield, IL

*We do not need a special day  
To bring you to our minds.  
The days we do not think of you  
Are very hard to find.*

*Each morning when we awake,  
We know that you are gone.  
And no one knows the heart ache  
As we try to carry on.*

*Our hearts still ache with sadness  
And secret tears still flows,  
What it meant to lose you  
No one will ever know.*

*Our thoughts are always with you,  
Your place no one can fill.  
In life we loved you dearly;  
In death we love you still.*

*There will always be a heartache,  
And often a silent tear.  
But always a precious memory  
Of the days when you were here.*

*If tears could make a staircase,  
And heartaches make a lane,  
We'd walk the path to heaven  
And bring you home again.*

*We hold you close within our hearts;  
And there you will remain,  
To walk with us throughout our lives  
Until we meet again.*

*Our family chain is broken now,  
And nothing seems the same,  
But as God calls us one by one,  
The chain will link again.*

## **THE EXISTENCE OF LOVE**

Marjorie Pizer

*I had thought that your death  
was a waste and a destruction,  
a pain of grief hardly to be endured.*

*I am only beginning to learn  
that your life was a gift and a growing  
and a loving left with me.*

*The desperation of death  
destroyed the existence of love,  
but the fact of death  
cannot destroy what has been given.*

*I am learning to look at your life again  
Instead of your death and your departing.*

## **TCF is funded solely by donations.**

*Our activities support the grief work of many families. We also work to educate members of our community about the grief process and how to support bereaved parents.*

**Please help us help others by sending a LOVE GIFT today.**



**If you are looking for a tangible way to honor your child, grandchild, or sibling for Memorial Day, please consider making a tax-deductible contribution to our TCF chapter. Your gift will be noted in the next news-letter. An envelope is included in this newsletter for your convenience.**



## **Finding Meaning In Life**

I believe that anyone who experiences the great tragedy of losing a child and walks over the burning coals of grief cannot but become a better, wiser, more refined human being. Our values are redefined and modified as we search to reclaim some meaning in our lives; often we become more compassionate and caring towards others.

Manju Moodley, one of our members, has found an outlet that gives her life meaning. On the birthdays of her precious Yadin and Tameesha she reached out to pour love and support onto the children of the ABH children's home in Lenasia. And on the 20th of November 2010, supported by her loving family, she again honoured the memory of her husband and children by giving the children at the home a Christmas party to remember.

The look on those children's faces as they watched the magician performing his tricks and the balloon artist blowing the flower or animal of their choice was a sight to behold; beautiful girls danced for them, they had their faces painted and the food and drink was plentiful. Each child was made to feel special.

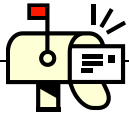
Manju must contend every day with her everlasting grief; but she has gained an increased awareness of the preciousness of life and through her life and actions she is keeping her beloved children and husband alive in the hearts of all the people she touches.

And as we left the home that day, I swear I felt a gentle "spiderman hug" and "butterfly kiss"!

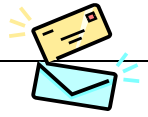
*By Isabel Ferreira, TCF, Johannesburg, South Africa*

♥ TCF asks for donations in memory of our children who have died. ♥

Our chapter is funded solely through donations; therefore we sincerely appreciate your support.



♥ Please help us help others by making a LOVE GIFT today. ♥  
All donations are tax deductible. You and your child's name will be noted in the next newsletter



### Love Gift Form

Love gifts are **tax-deductible donations** made to the Seattle-King County Chapter of TCF in memory of your beloved child, sibling, grandchild or loved one.

**Send checks and forms to:** Seattle- King County TCF  
Love Gifts  
P.O. Box 66896  
Seattle, WA 98166-0896

Your name: \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone Number (if we have any questions): \_\_\_\_\_

Amount Enclosed: \_\_\_\_\_

In memory of (name of child): \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Date of Death: \_\_\_\_\_

Special Message: \_\_\_\_\_

**Send checks and forms to:** Seattle - King County TCF  
Love Gifts  
P.O. Box 66896  
Seattle, WA 98166-0896



## With Love, We Remember Them...

**In Memory of ...**  
**STACI**  
April 1987 – August 2010  
From Michael and Arlene Saito

**GLORIA**  
April 1958 – August 1980  
"You are still so loved and missed."  
From Sonja Larson

**In Memory of ...**  
**JON**  
June 1977 – May 2008  
"Please accept this donation in memory of Jon and apply it where needed. I love you and this group and miss you all."  
From Rosemary Cavin

**In Memory of ...**  
**AMBER**  
From Kevin Williams and family

**In Memory of ...**  
**DAVID**  
September 1954 – November 1981  
"In memory of our son."  
From Max and Jean Willner

**In Memory of ...**  
**KEVIN**  
May 1977 – December 2008  
From Ken and Jennifer Stoner

**In Memory of ...**  
**ERICA**  
May 1978 – January 1982  
"29 years have come & gone. It still feels like yesterday.  
We love you. Mom, Dad, Andrea & Aaron"  
From Ken and Connie Schwarz  
**In Memory of ...**

♥ **Thank you to all who make donations to Seattle-King County TCF!**  
Love Gifts help bereaved parents, grandparents and siblings. Your generosity allows us to continue printing and mailing newsletters, purchasing brochures, pay the phone bill, buying postage and to cover the many other expenses to help grieving families in our community.  
We are grateful to all who make donations through their workplace "Matching Gift" programs. The "Matching Gift" can increase your donation by 50-100%.

**The Compassionate Friends**  
Seattle-King County Chapter  
P.O. Box 66896  
Seattle, WA 98166-0896



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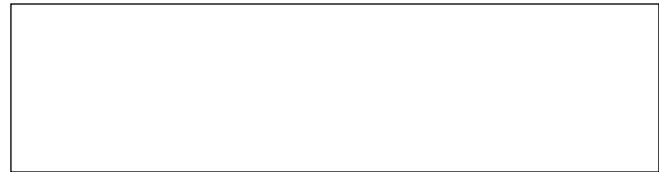
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**Seabeck Retreat**  
**June 3-5, 2011**  
~Still Accepting Registrations~  
Contact: [tcfmarge@aol.com](mailto:tcfmarge@aol.com)



~ Two Upcoming Events ~ Mark your Calendar ~



34th National Conference  
Minneapolis / St. Paul, MN  
July 15-17, 2011



**TCF National Conference**  
**July 15-17, 2011**  
**Minneapolis/St. Paul Minnesota**

Register online or download a conference registration brochure from <http://www.compassionatefriends.org>  
Or you can call the National Office Toll Free at 877-969-0010 to be sent the registration brochure.

**Eastside TCF "Walk to Remember"**  
**Sunday, July 10th, 2011**  
**10:00 AM ~ 1:00 PM**  
**Marymoor Park in Redmond**



The Eastside "Walk to Remember" is a two-mile walk open to everyone who wants to join "Hands and Hearts" in remembering our children who have died too soon. It will be a reflective, peaceful walk followed by a short remembrance ceremony, live butterfly release and lunch.

Please invite family and friends to join us in this event.

**Registrations are due by May 20th, 2011**

**For information & registration packet contact:**  
**Juli Lund - 425-765-1382**  
or [julilund@comcast.net](mailto:julilund@comcast.net)

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<http://www.eastsidetcf.org>  
(425) 746-7465