



**THE  
COMPASSIONATE  
FRIENDS**  
Supporting Family After a Child Dies



**Milwaukee County Chapter  
October, November, December 2009**

**Chapter Leadership**

**Rosemary Albrecht**  
115 East Fitzsimmons Road  
Oak Creek, WI 53154  
414-764-5668

~Need to talk? ~

Meetings are held the  
3rd Tuesday of each month  
October 20<sup>th</sup>, November 17<sup>th</sup>, December 15<sup>th</sup>

6:30pm - 8:00pm  
At the Oak Creek Community Center  
8580 S. Howell Ave. - Oak Creek, WI

For more information contact:  
Rosemary Albrecht  
At the above phone number  
Web Site: [www.tcfmilwaukee.com](http://www.tcfmilwaukee.com)

**Tax Deductible Love gifts and letters can be sent to:**

*The Compassionate Friends*  
at the above address.

E-mail address  
[tcfmilwaukee@yahoo.com](mailto:tcfmilwaukee@yahoo.com)

**TO OUR NEW MEMBERS**

Coming to your first meeting is the hardest thing to do. Try not to judge your first meeting as to whether or not TCF will work for you. The second, third, or fourth meeting might be the time you will find the right person or just the right words that will help you in your grief or comfort you. Remember we all have been there and even though circumstances may be different we really do understand. You are not alone.

**Save the Date**

Sunday, December 13, 2009  
6:00pm



**Worldwide Candle Lighting**

Excitement has been building as the thirteenth Worldwide Candle Lighting December 13, 2009 approaches. The Compassionate Friends Worldwide Candle Lighting unites family and friends around the globe in lighting candles for one hour to honor and remember children who have died at any age from any cause. As candles are lit at 7 p.m. local time, creating a virtual wave of light, hundreds of thousands of persons commemorate and honor children in a way that transcends all ethnic, cultural, religious, and political boundaries.

Believed to be the largest mass candle lighting on the globe, the Worldwide Candle Lighting, a gift to the bereavement community from The Compassionate Friends, creates a virtual 24-hour wave of light as it moves from time zone to time zone. Hundreds of formal candle lighting events are held and thousands of informal candle lightings are conducted in homes as families gather in quiet remembrance of children who have died, but will never be forgotten.

The Worldwide Candle Lighting started in the United States in 1997 as a small Internet observance but has since swelled in numbers as word has spread throughout the world of the remembrance.

**The Vision of TCF “Those that need us will find us, those that find us will be helped”**

## **If Only They Knew....**

**If only they knew** that when I speak of him. I am not being morbid. I am not denying his death. I am proclaiming his life. I am learning to live with his absence. For 26 years he was a part of my life. Born, nurtured molded and loved; this cannot be put aside to please those who are uncomfortable with my grief.

**If only they knew** that when I sit quietly, apparently content with my own company. I am not self indulgently unhappy. Dwelling on things which cannot be changed; I am with him I am seeing his face, hearing his voice, remembering his laughter, recalling his excitement and joy in life. Please allow me this time with him as I do not begrudge you your time with your children.

**If only they knew** that when I sometimes weep quietly, it's not in self pity for what I have lost; I weep for what he has lost, for the life he loved, for the music which filled his very being,...for the poetry which moved him to tears, for the beauty about him that daily fed his soul, for the exhilaration and excitement of flying the skies, of searching for his God in the vast space of the universe. For all that he loved and lost, I cry.

**If only they knew** the feeling of deep grief, the emptiness, the dull pain, the endlessness of death, if only they understood the insanity of the platitudes so freely spoken: "time heals....you'll get over it," "it was for the best...God takes only the best," and realized that these are more an insult than a comfort, that the warm and compassionate touch of another means so much more.

**If only they knew** that we will not find true peace and tranquility until we try to stand in the shoes of others. Of only they knew that we will not be understood until we learn to understand compassionately, and we will not be heard until we learn to listen with hearts as well as minds.

Jan McNess , TCF  
Victoria, Australia

### **From the Editor:**

What difference does it make whether a child is stillborn or dies after some years of life? Some of my compassionate friends speak of the lack of memories because their child was stillborn, or have died shortly after birth. My friends comment on the deep pain brought by those very memories which remind one of what is lost!

When it comes to a child's death, does the type of death matter? Is a murder worse than an accident? Suicide worse than chronic illness? Teenager worse than older adult? Stillborn worse than teenage?

I've tried to be thankful that my son Christopher wasn't murdered. That he did not commit suicide. That he did not linger comatose. Or die from prolonged illness. I could not find thankfulness though I have sought diligently for it within my deepest being.

The death of a child, whatever the age or circumstance, brings its own guild and anger. Its own despair and questioning. Any child's death diminishes the parents who love that child. and, for those bereaved parents, that death is surely the worst. Their grief is the most severe!

We are the Compassionate Friends. The death of a child any age, any cause...

Join us for our monthly support meetings...

*Karen Matulis*



### **The Launch Was Perfect...**



after raining most of the day, the skies cleared just in time for us to launch nearly 225 balloons up to our children. As the colors rose higher and higher, it seem as though our children reached down to grab their messages once again. There was serenity in the quiet of the site!

Thank you again to Balloonee Toonz and Krause Funeral Home for helping make this most meaningful event and success that this day is.

♥ Gifts of Love ♥

Your donations help spread the message of hope and healing. 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. Chapter expenses include some community awareness, printing, postage, memorial garden, balloon launch and candle lighting programs.

*We are grateful and it does not go un-noticed those who have contributed to our chapter and have not submitted a memorial. If you want your child to be recognized. Please let us know.*

♥In loving memory of **Destiny Nowakowski** from Suzanne Molenda

♥In loving memory of **Taylor Orlowski** from Heather and Ricky Orlowski

♥In loving memory of **Mallory Feldmann** from friends, Ken and Karen Schmidling

♥In loving memory of **Sarah Stachula** from her mom Lynette Girtler and dear friend Richard Roganlinski

♥In loving memory of their son, **Howard Bressler** from Sue and Steve Bressler

♥In loving memory of her grandson, **Jim Czarnecki** from Rosemary Czarnecki

♥In loving memory of son, **Stephen Boisits** on his birthday, October 16<sup>th</sup> from Ernestine and Frank

♥In loving memory of **Caitlyn Malicki** from her father, Ken Malicki and sister, Kelsey

♥In loving memory of her nephew, **Donald Richter** from Anna Gyuro

♥In loving memory of their son, **Ron** from Virginia and Charles Schwerm

♥In loving memory of daughter, **Tammy** from Judith and Frank East

♥In loving memory of their daughter, **Suzanne Elizabeth Albrecht-Mole** on her birthday, December 13<sup>th</sup>, from her parents, Rosemary and Robert Albrecht

♥In loving memory of son **James F. Gyuro** from Anna M. Gyuro.

♥In loving memory of daughter, **Barbara Mattson-Boisits** on her birthday September 14<sup>th</sup>, from Ernestine and Frank

*Those of us who have walked through our grief – and found there is a future – are the ones who must meet others in the valley of darkness and bring them to the light.*

*~Rev. Simon Stephens, Founder, TCF – Coventry, England~*

*We thank you for your love gift donations and keep you in our thoughts and prayers*



## Thanksgiving Prayer

Today, we give thanks for our friends,  
 Those that time has taken far from us,  
 Those we cherish now and those we have  
 yet to meet.  
 We give thanks for our family,  
 Those members who are with us in spirit  
 And those who are a distance away.  
 We give thanks for our expanding family  
 For relatives need not always be relatives,  
 love creates families.  
 We give thanks for our children,  
 For the ones who are here  
 And the ones that live on only in our  
 memory.  
 We thank you. AMEN



*Whatever you may celebrate these  
 months, we wish you peace,  
 wisdom, comfort and blessings.*

**TCF Milwaukee Leadership**

## Light One Candle



Light one candle, take my hand.  
 Move closer to each other,  
 All who want to smile again.  
 In this blessed time of year,  
 with your sorrow and tears,  
 Come together to remember and to light one  
 candle.  
 The light is for strength to face  
 The pain welled up inside.  
 The light reminds us of shattered dreams, not  
 to be denied.  
 The light is for courage to beckon others to our  
 side,  
 For every tear we've cried...  
 We light one candle.  
 We all know the reason that we value the  
 flame.  
 It's a commitment to each other,  
 To remember every name.  
 And a promise made that in our hearts forever  
 they'll  
 remain.  
 Out of love we came  
 to light one candle.

-In memory of David  
 by his father, *James Nelson*



## **TCF NATIONAL ORGANIZATION NOW ON FACEBOOK**

Please visit and help promote The Compassionate Friends National Organization's new Facebook page by becoming a fan. Click on the link on TCF national's website homepage: [www.compassionatefriends.org](http://www.compassionatefriends.org). Alternatively, you can find us by logging into Facebook and searching for The Compassionate Friends/USA. " **You can also join the cause "The Compassionate Friends Milwaukee county on Facebook as well.**

*And.... Pass on to your Facebook Friends.*

***Moving on does not mead leaving our children behind. It means figuring out how to take them with you.***



### Watch out for Cliches

Clichés – trite comments some people make in attempts to diminish your loss – can be extremely painful for you to hear. Comments like, “You are holding up so well,” “Time heals all wounds,” “Think of what you have to be thankful for” or “You have to be strong for others” are not constructive. While these comments may be well-intended, you do not have to accept them. You have every right to express your grief. No one has the right to take it away...

Alan D. Wolfelt, Ph.D.



### VOLUNTEERS NEEDED !!!!

At some point along our grief journey, we begin to regain some energy and desire to reach out to help other bereaved families. If, and when, that time comes for you, please know that there are unlimited ways in which you can help.

Some things can be done without ever leaving your home while others involve more of a time and energy commitment.

Remember, unless you take good care of yourselves and family, you will not have the emotional and/or physical stamina to take care of others.

### Volunteering (continued)

If you wish to volunteer, please contact any member of the chapter leadership.

**Steering Committee:** Each chapter of The Compassionate Friends is governed by a steering Committee made up of that chapter’s members.

The Steering Committee members are sort of the butterflies of Spring. They are folks who have attended chapter meetings for some time and who have come to understand the important role the chapter support group played in their own bereavement process. They have passed through enough grief process to begin to emerge from their cocoons and approach life again. They are ready to do the things it takes to keep the chapter active and make these meetings happen.

They open up the meeting place. They plan special events that occur within our chapter.

They participate in publishing newsletters, acknowledging donations, returning phone calls, keeping us in communication with the national organization, connecting TCF with business and professionals in the community and making our presence know.

Is this You??? Would you like to be an active part in The Compassionate Friends? call Rosemary for more information, on being a service in behalf of our children and to families who grieve the loss of a child. ((hugs))

Contact us through the webpage or our eMail and we will get you on our list. We will make contacts as the needs occur.



## **Two things a man should never be angry at: what he can help, and what he cannot help.**

--Thomas Fuller

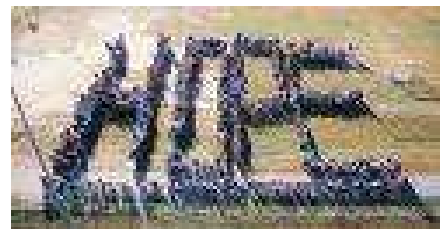
to know the difference between what we can change and what we cannot. That distraction can be hard for many of us to recognize. When we finally see the reality clearly – that some things we face cannot be controlled by our own will or fixed by force – new possibilities open up to us. When we stop trying to move mountains, our relationship to the mountain changes. We start to live at peace with the mountain. At the same time we can take greater responsibility for those parts of our lives that we can change.

Peace of mind comes from accepting what we can do nothing about and taking responsibility for what we can.

### **To my dearest family**

... some things I'd like to say...  
but first of all, to let you know, that I arrived okay. I'm writing this from heaven. Here I dwell with God above.  
Here, there's no more tears of sadness; here is just eternal love.  
Please do not be unhappy just because I'm out of sight.  
Remember that I'm with you every morning, noon and night.  
That day I had to leave you when my life on earth was through,  
God picked me up and hugged me and He said, "I welcome you."  
It's good to have you back again; you were missed while you were gone.  
As for your dearest family, they'll be here later on. I need you here badly; you're part of my plan.  
There's so much that we have to do, to help our mortal man."  
God gave me a list of things, that he wished for me to do.  
And foremost on the list, was to watch and care for you. And when you lie in bed at night, the day's chores put to flight.  
God and I are closest to you....in the middle of the

night. When you think of my life on earth, and all those loving years, because you are only human, they are bound to bring you tears.  
But do not be afraid to cry; it does relieve the pain. Remember there would be no flowers, unless there was some rain.  
I wish that I could tell you all that God has planned. But if I were to tell you, you wouldn't understand. But one thing is for certain, though my life on earth is o'er.  
I'm closer to you now, than I ever was before. There are many rocky roads ahead of you and many hills to climb;  
but together we can do it by taking one day at a time.  
It was always my philosophy and I'd like it for you too...  
that as you give unto the world, the world will give to you.  
If you can help somebody who's in sorrow and pain, then you can say to God at night....."My day was not in vain."  
And now I am contented....that my life has been worthwhile,  
knowing as I passed along the way, I made somebody smile.  
So if you meet somebody who is sad and feeling low,  
just lend a hand to pick him up, as on your way you go.  
When you're walking down the street, and you've got me on your mind;  
I'm walking in your footsteps only half a step behind.  
And when it's time for you to go.... from that body to be free,  
remember you're not going.....you're coming here to me



## ~ Meet one of our Children~

### Howard S. Bressler

January 18, 1972 – August 12, 2002



Howard loved life, people and sports. He made friends easily and treated everyone with respect. His major at Kansas University as “Business Communications: which involved public relations and marketing.

After a few years as a corporate recruiter he changed course and became a manager of a bar that was part of a small chain of restaurants located in the Lincoln Park area of Chicago. He was doing well and he told us that the owners were planning to make him a partner

On August 12, 2002 we had just returned home from a restaurant when the phone rang. It was Howard’s roommate with the news that our beloved son had drowned while swimming off a pontoon boat during a company outing. We and the rest of our family were in shock and disbelief.

We had no idea how many lives he had touched and how man friend he had. People from all parts of the country called and sent us letters telling us what a fine young man he was and how shocked they were to hear of his death.

A few days after the funeral the bar where Howard worked turned what was suppose to be a party for the sports teams thy sponsored into a fundraiser for our family. A substantial amount of money was raised, most of which was used to fund a perpetual scholarship at the Kansas University School of Journalism and a campership fund at our Synagogue.

We went through all emotions of anger, frustration and guilt. We survived the past seven years with the help of The Compassionate Friends monthly support meetings, our daughter and son-in-law, the birth of our granddaughter, who just turned six, and the faith that we will eventually be reunited with our wonderful son in heaven.

**Happy 37<sup>th</sup> Birthday Howard**



## Dated Material Newsletter



COMPASSIONATE FRIENDS  
Milwaukee County Chapter  
115 East Fitzsimmons Road  
Oak Creek, WI 53154

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*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 to be supportive.*

## Memorial Garden News!

. We suspect this next year July 2010 our Memorial Wall will be complete. Do not wait to get an application to have a child's name engraved on our wall

We will continue to have a balloon launch to memorialize our children and our Memorial Garden.

If you know of a child's name that can be part of our memorial wall, please .. Call Rosemary, eMail us or connect with us through our website for details

**We do have one of the most beautiful walls  
in the country**

As soon as the wall is complete.. this will be our permanent memorial in memory of our children.



**Visit our website for more information and pictures**  
[www.tcfmilwaukee.com](http://www.tcfmilwaukee.com)