



**THE
COMPASSIONATE
FRIENDS**

MARCH and APRIL 2014



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



The Anticipation of Spring

Pat Loder, TCF Lakes Area Chapter, MI



Spring is a time for growth and renewal. As a child, teen, and then an adult, I always looked forward to spring with anticipation. The thoughts of green grass, budding trees, and blooming flowers of all varieties and colors were a welcome change from the long cold, dreary Michigan winter.

It was a magical time of year. When I was a child, each member of my family watched anxiously to lay claim to being the first to spot the familiar hop-hop of the returning robin, the first sign that spring was actually here. We could finally take off the gloves, shed our heavy winter coats and boots, and roll down the windows on the car to hear the laughter of children playing outside and smell the fresh mown grass as we'd drive down the road.

That's the way it was for me on the first day of spring 12 years ago. I remarked how beautiful the tulips looked as they danced in the wind. The trees were budding, and there was magic in the air. My kids and I shed our heavy winter coats, flinging them in the backseat, rolled down the windows of the car, and started singing in celebration of the beautiful day we were experiencing.

And then . . . *IT* happened.

Suddenly, undeniably, horrifically—my world, my spring, my life changed.

My 5-year-old son, Stephen, died that first spring day. His 8-year-old sister, Stephanie, my firstborn, died a few hours later, enough past midnight to list the next day on the death certificate. Gone was the laughter, the magic, the beauty of my world.

The springs that followed were no longer filled with anticipation or magic. They were dark and ugly and filled with memories too painful to talk about. I wanted nothing to do with "spring." If H.G. Well's time machine had existed, I would have entered it at the end of winter and fast-forwarded through spring.

As time marched on and one spring followed another, I learned an important lesson in my journey through grief: As much as I wanted to, I couldn't fast-forward through the hard spots. I couldn't go around them. I had to go through them slowly, like a dog paddling through water, so I could get to the other side. Somehow doing this taught me to cope, to endure, to face tomorrow and all the first days of spring that followed. It's much like the transformation that takes place when a butterfly emerges from a dark, cold, seemingly lifeless chrysalis.

A few years ago, as winter was drawing to a close and the first day of spring was quickly approaching, I looked out the kitchen window toward the budding pear tree in the backyard and discovered it was full of chirping robins. I smiled and knew that spring somehow wasn't going to be so bad. It was once again time to enjoy the smells of the season, the beauty of the budding trees, and the magic that the season had to offer. And I knew Stef and Steve would have wanted that for me.

In Memory of Stephanie and Stephen Loder

Reprinted from *We Need Not Walk Alone*, the national magazine of The Compassionate Friends.©2003

Memories

Julie Timmerman, TCF, Tulsa, OK

When a child dies our memories are held tightly with lots of pain, just like the tightly folded petals of the rose bud with the many thorns to stick and prick causing pain. As we talk about our child and share memories with others, we begin to open ourselves to healing as the rose petals start to open ever so gradually. Just as a rose becomes more beautiful as it blossoms, so do the memories of our child! Yes, the thorns are still there and will hurt when touched, but, oh how beautiful the rose and oh, how beautiful the memory of our children!

Share the memory of your child so that memory can start to bloom to become as beautiful as a rose.

Some Thoughts About My Journey

By Allen Roth, TCF, Mason County Chapter, WA

Some thoughts about my journey:

At first I thought...

...I would not survive her death.

At first I thought...

...I would never care about my living.

At first I thought...

...I would never have life goals (dreams) again.

At first I thought...

...the cycle of pain and numbness would never end.

At first I thought...

...I would never enjoy nature again.

At first I thought...

...I would never feel the beauty of a caring hug.

At first I thought...

...I would never love again.

*I was wrong about
all of these things and others.*

I wish all of you the resolve and strength to continue on your path to your future. There is a future worth living, be patient, be gentle, you will make it.



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 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 other adult family members.

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, 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



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**

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: position vacant

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 (website has link to Facebook)

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

- ♥ Parents/Grandparents/Siblings
- ♥ No Surviving Children
- ♥ Bereaved Less than Two Years
- ♥ Pregnancy / Infant Loss
- ♥ Survivors of Suicide
- ♥ Bereaved More than Two Years

TCF National Magazine 'We Need Not Walk Alone' Available Free Online!

To sign up for a free electronic version of TCF's **We Need Not Walk Alone** magazine, go to TCF's national website at www.compassionatefriends.org and click on "Sign up for National Publications" at the top of the Home (or any inside) page. Fill out the information and when each issue of the magazine is published, the National Office will send you a special link so you can be among the first to read its great content. It can be read online or downloaded to your computer for personal use. When you sign up for *We Need Not Walk Alone*, you also have the opportunity to sign up to receive the monthly national e-newsletter which provides information about what is currently happening within the organization.



Our Chapter's Sharing Group Location:

FEDERAL WAY

~2nd Wednesday evening of each month~

Our Upcoming Meetings:

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

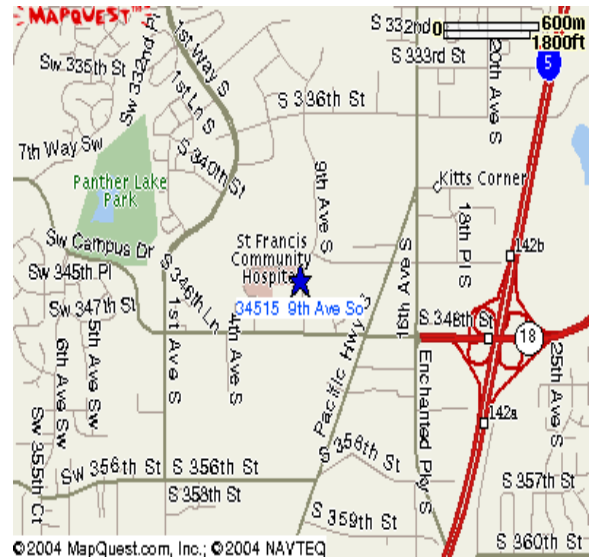
6:30pm – 8:30pm

St. Francis Hospital

34515 9th 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.



Small, Sweet Surprises

Toni Nesheim, TCF, Northern Lake County, Illinois



There are many surprises that we experience as grieving parents.

After the initial shock of learning that our child has died, there comes the many surprises that we experience as we adjust to a new life without that beloved child. We know that it will be long and arduous and sometimes we instinctively know that the recovery will take a lifetime.

I tried to "de-mystify" and understand grief by reading many books and articles, going to therapy, attending workshops and The Compassionate Friends meetings. It all helped me to process and give words to what was the unthinkable, worst experience of my life. I was looking for a salve or a solution to the problem of grief and sorrow. In spite of all the "processing", I found and continue to find surprises in the grief journey.

I was surprised to learn how physically ill grief can make you feel. I was surprised at how instantly the tears could arise as other people talked about their living daughters. I was surprised that I didn't want to socialize with other people. I was surprised at the extreme fatigue and forgetfulness that I had. I was surprised that I had anxiety attacks in the grocery store and the mall. I was surprised that the first few times I laughed with other people, I felt guilty because my daughter could no longer laugh. I was surprised at the many unexpected moments when I would cry without provocation. We can all make a long list of the unhappy surprises we experienced as we learned how to function again with grief residing within us.

Now, seven years later, come other surprises. These are the small, sweet surprises that now bring smiles and flashes of memory that are pleasant and warm. I was surprised to find old Christmas ornaments that my daughter had made and I didn't cry. I found an old pair of her extra warm socks that surfaced in the laundry and I wore them with pleasure. I can go to her room and look at the many of the items still there and remember how we purchased them together and how enthusiastically she had redecorated her room. I was recently surprised when cleaning out the pockets of an old coat for donation, I found a little note that my daughter had written. That is the sweetest surprise.

As we enter a new year, we will have new experiences and we will all continue to work through our grief. Whether our grief is new or years old, there is still work to do and hopefully many sweet surprises will arrive in 2014.

"She was no longer wrestling with the grief, but could sit down with it as a lasting companion and make it a sharer in her thoughts."



Our Annual Retreat in Seabeck, WA ~ May 30 - June 1, 2014

For decades bereaved parents have been crossing the wooden bridge into the serenity of Seabeck Conference Center in historic Seabeck, Washington, just an hour and a half drive from Seattle. The majestic Olympic Mountains rise to the west, scenic Hood Canal lies between you and the Olympics and the wooded hills sloping up from the beach set this place apart from being just another conference center. This peaceful place sets the tone for a healing weekend. One feels secluded and protected from the outside world while feeling the calm and comfort of being with other bereaved parents who understand. This is a safe, supportive place to do one's grief work. We believe that other bereaved parents are the greatest resource and support for this most difficult journey we have to travel.

Our retreat is just that...a *retreat*. We leave behind the busyness of our everyday lives and enter a relaxed and safe haven to work on our grief and bond with other bereaved parents. The retreat is a place where we share our thoughts, feelings, and precious memories of our children. The weekend includes workshops, sharing groups, a reflection room, burden basket, crafts, Children's Memorial Garden and a candle lighting ceremony on Saturday night.

The retreat is low-key and there's no pressure to attend every scheduled session. The weekend is yours to use however you need to take care of yourself. If there's an activity and you'd rather take a nap or take a walk, do what YOU need to do.

Some people choose to not participate in sessions and yet do a lot of grief work because they have the opportunity to be in a safe and supportive setting that allows them the time and space to work on their grief away from the distractions of a busy daily life. It's a nurturing environment and you are with people who understand what you are going through.

Our TCF chapter works with WICS - Widowed Information and Consultation Services – to plan the retreat. We share the main speaker and workshops, but TCF and WICS have separate sharing groups, memorial ceremonies and housing.

Together, TCF and WICS provide a children's program for those who want to bring their children (ages 5-17). The children's group has their own program with their own activities and ceremonies. All three groups share the dining room at meal time, but each group has designated tables, so each is with their own group. (*For information about the Children's Program, contact WICS at 206-241-5650.*)

About 60 bereaved parents from Washington, Oregon and British Columbia attend our retreat. At Seabeck you will find bereaved parents with caring hearts who can relate to you and your grief. Please join us at our Seabeck Retreat this year!! For info call 206-241-1139 or email: tcfmarge@aol.com. For info about Seabeck Conference Center, visit www.seabeck.org.

The Mask

Lennie Neal, TCF, Victoria, BC



There's an old mask I wear for the public,
Smiling face, I'm sure you've seen the act.
Concealing all the grief so deep and wild,
The deep and desperate longing for my child,
Buried under courtesies and tact.

An invitation brought me to Seabeck
Hesitantly, hoping for some peace.
Walking slowly, shy among the strangers
Mask in place, alert for hidden dangers,
Hoping against hope for some release.

A fortunate seating at the table,
I sat beside a woman, calm and mild.
She turned to greet me with a gaze so fine,
Compassionate eyes that never left mine
As she smiled, and asked about my child.

The wave of relief fairly shook me,
I saw at once that I could drop the mask.
The workshops and the sharings all were real,
Emotions in the songs that made me feel,
The meals also, all that I could ask.

Candles in the night, so very moving,
We gathered on the bridge under the moon.
Couldn't stop the flood of tears from streaming,
Can't mistake the song, or miss its meaning,
Our children all were taken far too soon.

Our burdens were all burned at the closing,
Cascades of bubbles floating far and near.
The sense of community was stronger,
But we just couldn't stay any longer,
That's OK, we'll all come back next year. ♥

Seabeck Testimonials

The thoughts run through my mind, wondering why I was there. I have had enough sadness over the last 13 months since we lost Byron and I wondered if this was going to be another three days of it. I could have turned around then, and headed back home. In reflection of the weekend, a retreat, that I was not sure that I wanted to be at, I was so glad I came to. I left feeling stronger, understanding more and bonded with several people that are going through the same thing. The closing ceremony, in the memorial garden, was difficult - saying my goodbyes to my new found friends who, 36 hours ago were strangers. I would recommend the TCF Seabeck retreat. Roy



Today, we go to work, take care of the house and yard, cook dinner, pay bills, run errands - all the normal things of life. We often seem to be on "auto". The people we interact with everyday and even some of our friends and family don't see that we are still broken inside. Our life has a big void, and words of comfort like "he'll always be in your heart", just don't make up for that. The weekend at Seabeck, I didn't have to hide my grief or pretend that I'm ok. Everyone there was grieving at one stage or another. I cried, talked, rested, and listened. I could do these things with the support from others who could relate. It takes so much energy to get through our new "normal" life; Seabeck was a respite from that. We met people with different stories, some people have lost more than one child. We also met someone who had lost a son about the same age, around the same time, under similar circumstances as we did. Linda

***Memories will bring you love from the past,
courage in the present, hope for the future.***

~ Sascha Wagner

The Seattle - King County Chapter of The Compassionate Friends



invites you to our



Annual Retreat at Seabeck, WA May 30- June 1, 2014



at the beautiful **Seabeck Conference Center** on Hood Canal.

"Compassion, Inspiration, and Hope"



Retreat Costs:

\$210.00 per person (shared room)
2 nights lodging & 6 meals
(Friday supper through Sunday lunch)



✿ Registration begins Friday afternoon at 4:00pm ✿ Friday evening supper is at 6:30pm ✿
✿ Orientation meeting at 6:00pm for first-time attendees ✿



Workshops Candle Lighting Ceremony **Sharing Groups**
Reflection Room **Children's Memorial Garden** Burden Basket



Bring a Photo of Your Child to put on the Picture Board or in our Photo Album



Registration Due By: **May 1, 2014**

Space is limited.



For more information, call the Seattle King County TCF chapter office at **206-241-1139**
or contact

Marge Tomlinson at: tcfmarge@aol.com

There will be a WICS/TCF Children's grief support program for children ages 5-17 and their parents. If you are interested in bringing your children to the retreat, call **206-241-5650** for more information.



Registration Form

Due by: **May 1, 2014**

(After May 1, we'll accept registrations until spaces are filled.)



SPACE IS LIMITED!! SEND IN REGISTRATION FORM & FEE EARLY!

Name: _____

Address: _____

City, State: _____ Zip: _____

Phone: Home (____) _____

Alternate (____) _____

Email: _____

Please check all that apply:

Single Occupant room – add'l cost: **\$40** per person
(Limited number of single rooms available.)

Double Room with: _____

Special Diet: _____

Special Needs (Physical limitations/other considerations):

Chair Massage – available Saturday for \$20. Payment and appt made at retreat. **Please indicate your interest.**

Box Lunch – Sunday (for those who need to leave early)

WAIVER - The Compassionate Friends and Seabeck Conference Center assume no responsibility for injury to guests, loss or damage of personal property. Participants are responsible for safeguarding their persons and possessions during the retreat.

Signature: _____

First Name(s) of child/grandchild/sibling - as you want it to appear on your name tag: _____

Birth date: _____ Death date: _____ Cause of Death: _____

• May we include your information in the TCF Retreat Roster that is given to all the attendees? Yes: _____ No: _____

Topic Specific Sharing Groups: What group/topic is of most interest to you? 1) _____ 2) _____
(Ex.: Men Only; No Living Children; Siblings; *deaths due to* Addiction; Accident; Illness; Suicide; ... your suggestion?)
~~~~~\*~~~~~\*~~~~~

Make checks payable to: **The Compassionate Friends**  
Send registration form and payment to:  
**TCF Retreat**  
**P.O. Box 66896**  
**Seattle, WA 98166-0896**



~ Please include a completed registration form with your payment. ~  
(For our Canadian friends: Please make funds payable in US Dollars)

**Limited Scholarships are available.**  
~~~~~\*~~~~~\*~~~~~

Thank you to those who contribute to the scholarship fund.

♥♥♥ Your contributions make it possible for other bereaved parents to attend the retreat.♥♥♥
~~~~~\*~~~~~\*~~~~~

2 Nights (Shared Room) & 6 Meals: (Fri. supper thru Sun. lunch) \$210.00 USD per person \_\_\_\_\_  
(Lodging includes all bedding, towels, washcloths & soap)

Single Occupant Room Fee: \$ 40.00 USD per person \_\_\_\_\_

Contribution to Scholarship Fund: (used to assist other bereaved parents attend retreat) \_\_\_\_\_

**Total Enclosed with Registration:** \_\_\_\_\_

### Refund Policy

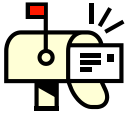
If request is made: BEFORE registration due date ..... 50% refund  
AFTER registration due date ..... No Refund

Office Use:

Reg#: \_\_\_\_\_ PostMarkDate: \_\_\_\_\_ AmtRecd: \_\_\_\_\_ Check#: \_\_\_\_\_ SchAmt: \_\_\_\_\_ Confltr: \_\_\_\_\_ Sgl Rm: \_\_\_\_\_

♥ 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. Your generosity helps us send newsletters, purchase brochures and cover the many expenses to help grieving families in our community. All donations are tax deductible. You and your child's name will be noted in the next newsletter. Workplace "Matching Gift" programs can increase your donation by 50-100%. ♥ Please help us help others by making a LOVE GIFT today. ♥*



## 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...

|                                                                                                                                                                                                         |                                                                                                                                                                                              |                                                                                                                                                               |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>In Memory of ...</b><br/><b>MIKE and MARIAM</b><br/>From Joan and Jack Sodergren</p>                                                                                                              | <p><b>In Memory of ...</b><br/><b>AMBER</b><br/>From Kevin Williams and family</p>                                                                                                           | <p><b>In Memory of ...</b><br/><b>SHAUGHN MARIE</b><br/>February 1973 – November 2004<br/>"I love you always and miss you so much."<br/>From Rose Bresina</p> |
| <p><b>In Memory of ...</b><br/><b>BRETT</b><br/>February 1986 – January 2009<br/>"With God and His angels you live; in my heart you remain. Forever your mom. With love."<br/>From Michelle Dunford</p> | <p><b>In Memory of ...</b><br/><b>DEANNA JOY</b><br/>January 1959 – October 1981<br/>"You were a blessing in my life."<br/>From Marvia Custer Stratis</p>                                    | <p><b>In Memory of ...</b><br/><b>KEVIN</b><br/>May 1983 – December 2008<br/>From Ken and Jenny Stoner</p>                                                    |
| <p><b>In Memory of ...</b><br/><b>JON</b><br/>June 1977 – May 2007<br/>"Forever in my heart."<br/>From Rosemary Cavin</p>                                                                               | <p><b>In Memory of ...</b><br/><b>KEN</b>, my husband<br/>October 1938 – December 2010<br/><b>JOHN</b>, my son<br/>February 1968 – July 2002<br/>"My Loves."<br/>From Barbara Jean Pietz</p> | <p><b>In Memory of ...</b><br/><b>NORMAN</b><br/>October 1953 – February 1995<br/>"Love and miss you forever."<br/>From Homer and Dorothy Lockett</p>         |
| <p><b>In Memory of ...</b><br/><b>SCOTT</b><br/>January 1994 – November 2012<br/>From Liz and Gordon Wallace</p>                                                                                        | <p><b>In Memory of ...</b><br/><b>MATTHEW</b><br/>July 1958 – August 1987<br/><b>MONTEY</b><br/>March 1960 – January 2004<br/>"Oh how I miss you boys. Mom."<br/>From Judith Hitchcock</p>   | <p><b>In Memory of ...</b><br/><b>CHAD</b><br/>October 1981 – January 2012<br/>From Debra Brown</p>                                                           |
| <p><b>In Memory of ...</b><br/><b>NATHAN</b><br/>From Jodie Brewer</p>                                                                                                                                  |                                                                                                                                                                                              | <p><b>In Memory of ...my husband,</b><br/><b>KEN</b><br/>From Barbara Jean Pietz</p>                                                                          |



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



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## MARCH & APRIL 2014

Newsletter supported by:  
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**Seabeck Retreat**  
**May 30 – June 1, 2014**  
**Registration Form**  
**Enclosed**



## Concert of Hope and Inspiration

*By Alan Pedersen*  
*Saturday, April 12, 2014*  
*7:30PM*



St. John the Baptist Catholic Church  
25810 156th Ave SE  
Covington, WA 98042

*Donations Requested at the Door*

Alan Pedersen is nationally recognized as one of the most inspirational speakers and presenters on grief and loss. Alan is an award winning singer/songwriter and has recorded numerous CDs of original songs about the grief journey in honor of his daughter, Ashley, who died in an automobile accident in 2001. Alan's world changed forever. In 2003 the focus of his work changed. He began using his talents and creativity to help others. Alan wraps a gentle mix of humor and straight-from-the-heart talk around his powerful songs about love, loss and healing. His *Concert of Compassion and Hope* will make you feel like you have wrapped yourself in a beautiful blanket made of loving memories of your loved one.

Currently he is serving as Interim National Director of The Compassionate Friends (TCF).

The evening will remain long in your memory.  
If you have any questions, call 253-630-0324

## 37th TCF National Conference

July 11-13, 2014  
Chicago, Illinois



**37<sup>th</sup>** National Conference  
Chicago, Illinois  
July 11-13, 2014

For information and registration packet:  
Call the TCF National Office 877-969-0010 or  
visit: <http://www.compassionatefriends.org>