



**The
Compassionate
Friends**
Sioux Falls Chapter
Supporting Family After a Child Dies

October 2014

Upcoming meeting: October 7, 2014

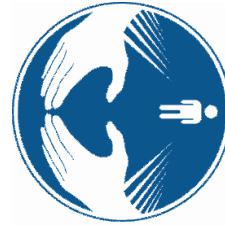
Meetings are held on the first Tuesday of each month at 7:15 with the exception of December.

Westminster Presbyterian Church
3801 E. 26th Street
Sioux Falls, SD

There is no religious affiliation.

www.compassionatefriendsofsiouxfalls.org

The Compassionate Friends is a support group for those who have experienced the death of a child at any age, for any reason.



**The
Compassionate
Friends**
Sioux Falls Chapter
Supporting Family After a Child Dies

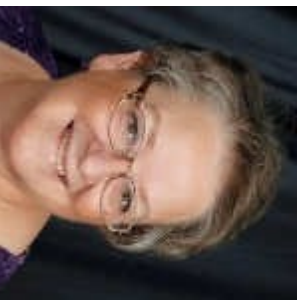
*If you are no longer interested in receiving this newsletter,
please contact us at:
rstoecker53@gmail.com*

The Compassionate Friends
Sioux Falls SD Area Chapter
2804 South Kingswood Way
Sioux Falls, SD 57106

NON-PROFIT ORG.
US POSTAGE PAID
SIOUX FALLS, SD
PERMIT #7225

RETURN SERVICE REQUESTED

Q. & A.



Dr. Watson-Miller

Dr. Watson-Miller is a Clinical Psychologist who lost her own son while in Graduate School in 1997. She graduated from the University of South Dakota in 2002 and has worked in both the private and public sectors. She is on the faculty of USD Sanford School of Medicine where she teaches psychodynamic psychotherapy and provides supervision to psychiatry residents as they learn therapeutic techniques. She works from her own private practice on evenings and weekends.

Dr. Watson-Miller lost her son in a tragic automobile accident in 1997. The memories of her son standing in the bleachers as she graduated with a Bachelor's of Science in Criminal Justice and Psychology in 1995 compelled her to honor his memory by completing her education and allowing him to live through her. In her journey through grief, she has gained unique insights into not just coping, but thriving through adversity. She was gifted through her life experience by the support of her graduate program, her faith, and encouragement from others. She states, "Without adversity, we do not know how strong we really are. We have an obligation to share the gifts we have been given with others—to help them learn how to honor others through self-care and, by extension, others."

If you would like Dr. Watson-Miller to respond to your questions through this format, please email them to tcfsiouxfalls@yahoo.com. The questions will be forwarded to Dr. Watson-Miller without identifying information and will be used in future columns.

QUESTION: Did your training as a psychologist prepare you for the grief you faced when your son died? Were you able to cope differently from parents who don't have your expertise?

ANSWER: On both a personal and professional level, I don't really think anything can prepare us for the death of one of our children.

To answer your question on a professional level, I was in the first half of my second year of graduate school. I think the support I received from my Professors and Colleagues is what helped the most. I did not see clients for about a year and, even then, only under close supervision. I spent the first year following my son's death as a Disaster Mental Health Institute Fellow. This was a new Program to the University of South Dakota and I helped set up the library. My Professor was understanding and did not put too many demands on me. So the Professional and Personal parts of my life merged. I was blessed with a Department of wise people who nurtured me along the way on multiple levels.

The personal part is really a unique experience to each individual, even those who did not know my son. As discussed in earlier newsletters, the initial loss of a child is excruciating to the first responders, the Sheriff who delivered the news, our family, our friends, and yes, even to those in my Department who never knew Michael personally, except through me and how his death affected me. I continue to view this as the "pebble in the pond" effect – Michael's death was a focal point, with many secondary losses to follow, which are the ripples.

I do believe that Michael's death enhanced the gifts I was already given. I don't necessarily subscribe to Kubler-Ross's Stages of Grief. What I did with his death was to embrace it, feel the pain, and integrate the loss into who I am today. I am blessed by life and his death, the gifts given by the wisdom and support of others, and, most importantly, Michael's legacy to me. He is always close and I let him live through me. My column is his gift to you, with compassion always.

DISCLAIMER: The responses published in the newsletter in no way suggest that there is a therapeutic relationship between the individual who submitted the question and Dr. Watson-Miller. The responses are written for the purpose of providing general suggestions to the recipients of this newsletter.

As part of remembering our children, we will have a table set up for you to bring pictures and anything you wish to share about your child during the month of your child's birthday.

TCF Leaders for Sioux Falls:

Ruth Stoecker 605-201-1426

rstoecker53@gmail.com

Peggy Mastel 605-351-8823

mpastel@sio.midco.net

Kristin Seruyange 605-610-9432

kristin.tcf@gmail.com

The Compassionate Friends

National Office: 877-969-0010

www.compassionatefriends.org

The September meeting of the Compassionate Friends of Sioux Falls met on September 2, 2014, with 18 members in attendance. A thoughtful and helpful discussion was led by Pastor Val Putnam centering on faith and God and how they relate to the grief process. We sincerely thank Pastor Val for her time in coming to our meeting and for her compassionate answers to difficult questions.

The Compassionate Friends 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.



The Gift of Love



Please send in love gifts by the 5th of the month so that they may be included in the following month's newsletter.

Your donation is greatly appreciated.

In Memory of: _____

Love Gift Amount: _____

Submitted by: _____

Address: _____

Send your love gift to:

Joyce Buseman, TCF Treasurer

1041 Lincoln St.

Centerville, SD 57014

From the Editor

Hi, I am Kristin, the new editor of the newsletter. I want to start off by saying thanks to Brenda for your faithful years of putting together this newsletter. After only one month of doing it myself, I have a newfound respect for what you have been doing!

I have had several errors from last month pointed out to me, and I want to apologize to those whom those errors affected. Please accept my sincere apologies.

We have some new ideas that we are hoping to bring to the newsletter. We will be starting to provide a brief description of the previous month's meeting in order to include members who weren't there. We would also like to solicit your help in filling the pages of the newsletter. We have always welcomed contributions of poetry or other writings, as it is nice to have things like that that make the newsletter more personal. We also would like to invite you to write a review of any books or movies related to grief that you have seen. As often happens to a griever, we can receive lots of suggestions of books that others think would be helpful for us, but it is most helpful when those suggestions come from someone who understands firsthand what we are going through.

Those are just a couple of things I wanted to bring up. I hope you will use my email address listed on the previous page to correspond with me if you have any suggestions for me to improve the newsletter. After all, it is a newsletter that we all share! ~Sincerely, Kristin Seruyange

HONORARY ASSOCIATES OF COMPASSIONATE FRIENDS

Sponsors are considered Honorary Associates of our organization and are recognized at the level of their donation. We would like to offer our sincere and grateful appreciation to the following supporters:

DIAMOND (\$500)	GOLD (\$150)	SILVER (\$100)	BRONZE (\$50)
First Premier Bank	Sisson Printing	Catholic Family Services	Kahler Funeral Home
	Soil Technologies, Inc.	Family Memorials by Gibson	Dr. Richard Howard
	George Boon Funeral Home	Hofmeister-Jones Funeral Home	Knudson & Buseman Insurance
	Dindot-Klusman Funeral Home	Weiland Funeral Chapel	Shaffer Memorials
PLATINUM (\$250)			
Diamond Mowers, Inc.	Heritage Funeral Home	Miller Funeral Home	
DE & TS (Josh Fielert)	Julie Job—Re/Max Professionals	Key Real Estate—Jim A Carl-son	
		Minnehaha Funeral Home	
		Hartquist Funeral Home	

Special thanks to:

WESTMINSTER PRESBYTERIAN CHURCH—hosting our monthly meetings

MILLER FUNERAL HOME—providing cookies for our meetings

AVERA MCKENNAN HOSPITAL AND UNIVERSITY HEALTH CENTER—donating the printing of our newsletters

An Ugly Pair of Shoes

I am wearing a pair of shoes.

They are ugly shoes.

Uncomfortable shoes.

I hate my shoes.

Each day I wear them,

And each day I wish I had another pair.

Some days my shoes hurt so bad

That I do not think I can take another step.

Yet, I continue to wear them.

I get funny looks wearing these shoes.

They are looks of sympathy.

I can tell in others eyes that they are glad

They are my shoes and not theirs.

They never talk about my shoes.

To learn how awful my shoes are
might make them uncomfortable.

To truly understand these shoes

You must walk in them.

Author Unknown

But, once you put them on,

You can never take them off.

I now realize that I am not the only one

who wears these shoes.

There are many pairs in the world.

Some women are like me and ache daily

As they try to walk in them.

Some have learned how to walk in them

so they don't hurt quite as much.

Some have worn the shoes so long

that days will go by

before they think of how much they hurt.

No woman deserves to wear these shoes.

Yet, because of the shoes

I am a stronger woman.

These shoes have given me

the strength to face anything.

They have made me who I am.

I will forever walk

in the shoes of a woman

who has lost a child!

Thought for the Day

It is not easy returning to the world of normalcy when your world is so upside down. It is not easy to stop being a mother or father to your child that has died. The thought for the day is a word — **patience** — patience with yourself who suddenly and powerlessly has been thrown into this horrid nightmare; patience with your spouse who always seems to be having an up day when you are having a down day; patience with relatives and friends who wish to help but seem to hurt with hollow advice and logical words; and patience with time, for it takes time to adjust, and time can move so slowly. **PATIENCE!**

Rose Moen

TCF Carmel-Indianapolis, IN

Two Years

In a few days it will be two years

Since you were called to Heaven's gate

So suddenly to the Master's Light

So warm, so bright, and so great

When God called, you flew like a dove

Not to look back

Nor to ask for another day

For you sped straight to Heaven above

How wonderful it must be

To fly beneath your silvery wings

Over the glorious hills, forests, and sea

Oh, the happiness Heaven brings

We carry all the heartaches

For we miss you so dear

And long for the time we meet again

In eternity, drawing ever so near

Donald Moyers

TCF Galveston County, TX

Halloween Magic

Halloween has always been a special holiday time. I regret that our son only had a one-time experience at this magical time of year. I remember—as though it were yesterday—the wonder in his face, how he tried to eat the candy through his mask, how he said thank you without coaxing. Then I think of all the parents whose child never had the opportunity and I am grateful for that one time.

It's hard watching all the other children trick-or-treating, and yet there is something special about this season that comforts me. As I watch the trees around me, I am reminded that there is a beauty even in their dying leaves. There's a special aroma, a breathtaking color scheme, and if you listen, a rustling in the air. I believe there is a message in fall. I believe God wants us to know that death is like a change of seasons, that our children now know far more beauty than we can ever imagine.

Like the tree that lives on through the barren winter and comes alive again in spring, our children are not gone. They live!

Nancy Cassell

TCF, Monmouth Co., NJ

Grandparents Remembrance

We are the grieving grandparents, the shepherds of our children and grandchildren's lives. Our grief is two-fold and at times we feel powerless to help. We seek to comfort our children in the depths of their grief and yet we need the time and space to face our own broken hearts. We have been robbed of the special tender touch a grandparent shares with a grandchild, and we have lost a symbol of our immortality. As we walk by our child's side, we both give and draw strength. We reach into their hearts to comfort them, and when they reach out to us in their distress, we begin the journey to heal together. We continue to be their guardians. We allow traditions to change to accommodate their loss. We support the new ones, which symbolize the small steps on their journey. It is in their healing that our hearts find comfort.

*Susan Mackey
TCF Rutland, VT*

A Native American Lesson in Grief

One of the most common questions that family and friends ask is how long does it take to “get over” the death of a loved one. Native American culture holds many lessons about grief and its duration. The Native American legend of the Caterpillar people holds lessons for us all in grief. This legend is traditionally told during funeral services of the Shoshone.

"Long ago, there were two caterpillar people who loved each other very much. When the caterpillar man died the caterpillar woman was overcome by her grief. In her remorse she withdrew into herself and pulled her sorrow around her like a shawl. She walked and mourned for a year and because the world is a circle she ended up where she had started. The Creator looked down upon her and told her that she had suffered too long. 'Now,' he told her, 'is the time for you to step into a new world of beauty.' He clapped his hands and the caterpillar woman burst forth as a butterfly. Her world was now full of beauty and color." *

Many Native American tribes see the butterfly as a symbol of everlasting life. The Wilik-wilik Waashaashut or the Butterfly Dance enacts this legend. Young women line up single file and pull their shawls over their heads to cover them. This represents the caterpillar in the cocoon. The drummers sing and drum sadly. After the head dancer returns where she began the dancers open their arms and display the brightly colored shawls. The song becomes more upbeat and the women dance to represent the fluttering of the wings.

Another saying of the Warm Spring Native American tribe is to compare the death of a loved one to a landslide. "When your road is blocked by a landslide, you clear it by taking away one rock at a time." In a time, when we want definite answers or a quick fix we should heed the wisdom these legends impart and let us work through grief at our own pace.

Trudy Weathersby, RN, M.Ed.

Trudy Weathersby, RN, M.Ed. is an active licensed Registered Nurse and the Death and Dying Online Guide for about.com at <http://dying.about.com/health/dying/body.htm>

** Reference: Tafoya, Terry, "The Widow as Butterfly, Innovative Approaches for Bereavement Based on Native American Tradition," The Director, February, 1998.*

Our Children Remembered—October

Name	Date of Birth	Date of Death	Parents
Jessica Kassandra Haffter	2-Oct	23-Nov	Jeralyn & Keith Haffter
Eric David Kroneman	3-Oct	12-May	Larry & Bonnie (deceased) Kroneman
Curtis Darek Dawson	3-Oct	5-Apr	Terry Dawson & Judy Strough
Travis Bakke	5-Oct	15-May	Marie & Greg Bakke
Chelsea Ann Vilhauer	8-Oct	7-Feb	Darla & Glen Vilhauer
Marcus Don Gross	8-Oct	1-May	Don & Pat Gross
Nicholas Huber	8-Oct	19-Jul	Jack & Karen Huber
Tyler Easton	8-Oct	15-Nov	Rick & Brenda Easton
D'Artagnan James Lambertz	10-Oct	10-Oct	Mardo & Jamie Lambertz
Katelyn Colleen Mathison	11-Oct	16-Nov	John & Mollyu Mathison
Mark D. Runyan	12-Oct	17-Jan	Lurlene Runyan
Austyn Brennan Norton	13-Oct	28-Jun	William Norton & Aimee Meyerink
Tara Bullerman	14-Oct	6-Apr	Tom & Trish Bullerman
Michael W. Miller	14-Oct	29-Dec	Gary & Julie Miller
Brent James Marra	14-Oct	20-Oct	Denny & Loreen Marra
Raynie T. Pullman	14-Oct	30-Jun	Joe & Margie Pullman
Amanda Marie Boll	18-Oct	15-Apr	Allen & Tracey Boll
Wyatt Ammon	19-Oct	18-Nov	Greg & Jeannie Ammon
William "Billy" Joseph Schoewe	19-Oct	13-Dec	Bruce & Jeanette Schoewe
Darwin John Smith	21-Oct	4-Aug	Donald & Charlotte Smith
Ashlyn Johanna Lee	21-Oct	15-Nov	Kirk & Michelle Lee
Brittany Ellen Trimmerman	22-Oct	22-Oct	Jeff & Denise Trimmerman
Eric Lappegard	22-Oct	23-Jul	Cindy & Boyd Lappegard
Lael Airtcen Jeanette Seruyange	24-Oct	21-Jun	David & Kristin Seruyange
Ashley Estee Hanson	27-Oct	1-Oct	Allen & Mary Hanson
Tate Michael Baloun	27-Oct	23-Jul	Brad & CamMay Baloun
Davis Jackson Lee	29-Oct	30-Oct	Jeff & JoAnn Lee
Scott Joseph Hurney	16-Mar	2-Oct	Marlene & the late Joe Hurney
Brandi Tiemann Grib	26-Jun	3-Oct	Russell & Dawn Tiemann
Jason Alan Thornberry	17-Nov	3-Oct	Steve & Gloria Thornberry
Kayla Larson	10-Jun	4-Oct	Sharron & Greg Larson
Leslie Roe	15-Mar	9-Oct	Linda & Herb Roe
Carson Elliott Powell	12-May	11-Oct	Greg & Terri Powell
Tyler Jon Kendle	16-Jan	12-Oct	Todd & Maria Kendle
Brady R Crawford	5-Jan	13-Oct	Mary & Leon Friedrichs (step-father) Bob Crawford
Lomny Schlim	11-May	15-Oct	Roger & Janyce Schlim
Ira Wayne Hawk	11-Nov	15-Oct	Kathy Crowe & Pete White Buffalo Chief
Pamela Ehde Laiss	30-Apr	17-Oct	Carol & Art Ehde
Ashley King	10-Mar	19-Oct	Brenda King
Holly Rotert	21-Feb	19-Oct	Bob & Carmen Rotert
John Bernhard	17-May	23-Oct	Betty & Ed Bernhard
Ethan Wingert	24-Mar	24-Oct	Jim & Renee Wingert
Jared Reisch	25-Mar	24-Oct	John & Brenda Reisch
Michael Hegerfeld	3-Jun	25-Oct	Shirley & the late Marvin Hegerfeld
Levi James Tieszen	27-Feb	25-Oct	James & Deb Tieszen
Jared Brooke Winter	1-Mar	26-Oct	Tricia & Brooke Winter
Deborah S. Lounsbury Fueston	25-Jan	27-Oct	Robert & Mary Lounsbury
Tatum Marie Lockwood	6-Apr	28-Oct	Wendy Lieberg & David Lockwood
Deidre Keyvyn Lockwood	19-Aug	28-Oct	Wendy Lieberg & David Lockwood
Tanner Joseph Bainbridge	11-Nov	29-Oct	Brent & Lisa Bainbridge
Owen Raymond Schuelke	30-Sep	30-Oct	Brian & Maggie Schuelke
Kyle Swier	13-Aug	31-Oct	Gene & Shirley Jones
Karl Wayne Longenecker	11-Dec	31-Oct	Diane DeVito