

THE
COMPASSIONATE
FRIENDS
of Green Bay
Supporting Family After a Child Dies

A Quarterly Newsletter
by and for Bereaved Parents
April/May/June 2022

Our Mission Statement:

When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.



What Does the Future Hold

At our February meeting we held a discussion about the future of the chapter. Now, don't panic or jump to conclusions that the Chapter is in trouble or going to close, it is not. The chapter is in good shape financially but we can always use donations. In fact not long ago we talked about how we could raise money by doing outside fundraisers but we didn't have to do any of those. Mickey and myself are not getting any younger. We have been coming to TCF for almost 17 years now and we know that we have to plan for the future and ensure the Chapter is in good hands once we are gone. I have been the Treasurer of the Chapter for almost 15 years now and it is not a difficult job. But sooner or later, I plan on retiring from work and most if not all of my outside activities so I can enjoy my retirement.

Mickey has been Chapter Leader probably going on 7 plus years now. As National has always stressed, chapters need to rotate leadership so that the chapter does not become stale and there are new ideas for programs, etc. Mickey also does the newsletter and that is probably the most work of being chapter leader. Plus the Chapter leader does not have to be the publisher of the newsletter. This is why Chapter's have steering committees to divide up these duties. You will see at the bottom of the newsletter the current steering committee members. The cards that you receive on your child's birthday and on the anniversary of their passing are done by the 2 Sue's.

We are not asking anyone to come in and immediately step into a leadership role but to volunteer to join the steering committee. Once on the steering committee you will see how the chapter functions and can decide what role might best suit you. Most folks in our chapter believe the role of the chapter leader is to run the chapter, publish the newsletter and come up with the programs. No, this is far from the role of the chapter leader but when no one else comes forward, it unfortunately falls on the chapter leader. In fact, the chapter leader does not have to lead the monthly meetings. Many chapters have a meeting facilitator in addition to the chapter leader who conducts the meetings. The last thing Mickey and I want to see is the chapter closing in several years. We have seen the Fox Valley chapter close, a new chapter open in Oshkosh only to close in less than months, the Door County chapter close and there was a chapter in Casco that has also closed. Right now there are only 11 chapters in Wisconsin and I believe at one time there were almost 20 chapters. The closest one to us is Antigo otherwise you have to go down to the Milwaukee area.

So please give this some serious consideration and feel free to reach out to Mickey and join us on the steering committee to see what role you might be best suited for.

In Peaceful Sadness, Melissa and Emily's Mom and Dad Mickey and Steve

The Green Bay Chapter of The Compassionate Friends

meets the third Tuesday of each month at 6 p.m. at First United Methodist Church, 501 Howe Street, Green Bay.

(Enter the parking lot off Monroe at Doty)

For further information contact: Main Number: 920-370-3858

Sue DeLong, Remembering our Children
Mickey Schmeisser, Chapter Leader/Newsletter Editor
Steve Schmeisser, Treasurer
Sue Van Straten, Remembering our Children
Carol Wautlet, Resource Coordinator
E-mail: compassionatefriendsgb@gmail.com
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Monthly Support Group

Tuesday, April 19, 2022 6 p.m.

How To Express Your Needs To Others

Tuesday, May 17, 2022 6 p.m.

Remembering The Special Days

Tuesday, June 21, 2022 6 p.m.

What Are We Afraid Of?

MY APRIL CHILD

Paula Funk In loving memory of my daughter, Anna TCF Safe Harbor Chapter, MI



When our daughters were growing up the arrival of springtime was a favorite time of the year, filled with anticipation of the coming of special days of family fun. The freshness of the air, the brilliant colors of spring time trees and flow-

ers, and the song of the birds returned from their winter retreat resounded the message of hope and that life was good. We had survived another cold, snowy Michigan winter and were soon to be rewarded with blue sky, sunshine and temperatures well above freezing!

Birthdays in our family were a time of celebration together. Each year Larry, Anna, Debbie and I, and perhaps a friend or two, would celebrate Anna's April birthday by dining at her favorite Mexican restaurant. There would be lots of silliness and laughter. During her teenage years, Anna would always forewarn us not to have the staff come to our table to sing their crazy birthday song. Of course, since we always insisted that our role as parents was to embarrass our children, her threats and warnings could not stop our tomfoolery. I believe she secretly enjoyed the attention.

As Mother's Day approached, we looked forward again to spending the day together as a family. We would attend church, go out for my favorite brunch, have lots of conversation, fill our bellies to the max, laugh until we cried, be silly, make memories... That was before...

Then the unthinkable happened. My April child died. How could those special days of love and togetherness, laughter and fun become among the most dreaded days a mother must face? How could those days that we had once anticipated with joy and excitement bring such unbelievable heartache and confusion, loneliness and tears?

During those first few years we were simply lost. This was new, undesired, and certainly not requested, territory that we had been forced to enter. What were we supposed to do? How were we supposed to act? I just wanted to run away on her birthday. For several years we did just that. With hearts filled with the numbness of fresh grief, our restructured family of three would hop in the car and head out-of-town. We would spend the day busying ourselves with whatever it took to survive. We would laugh half-heartedly, share memories, or cry together as we struggled to discover our new identity as a family without Anna's physical presence.

As always, only a few short weeks following Anna's birth-day Mother's Day would arrive right on schedule. The traditions we had come to love and enjoy became intensely painful. It became an impossible task to attend church services or go out for brunch. Seeing families enjoying their togetherness pierced my heart with an endless ache. My tear-filled eyes burned at the thought of being surrounded by "intact" families. Feelings of anger and resentment overwhelmed my heart. On the inside I wanted to lash out at all those mothers and fathers who were surrounded by all of their children and those sisters and brothers who had no clue what it would be like to lose a sibling. As the day drew to a close I felt tremendous relief that it was over. Exhausted, I would lay silently with my head on my pillow as quiet tears lulled me to sleep.

It seems impossible that it has been nine birthdays and nine Mothers' Days since Anna died. In my heart it was only yesterday. I can still see her smile and hear her laugh. I can feel the warmth of a guick hug as she heads out the door. With each passing year comes a new reality of what it means to be a bereaved parent, of what it means to find a new normal for our lives. The pain continues to occasionally catch me off guard, but it is softer now. The tears still come, but less frequently. Warm memories bring joyful moments to the emptiness. I smile quietly to myself, reassured that Anna lives on in our hearts and lives, as well as in the hearts and lives of those around us. Once again each April we celebrate the day of her birth, for her life has been a gift of unimaginable joy. Our traditional Mother's day rituals have changed to new ones. There is more laughter now, fewer painful tears. I rejoice that I can celebrate that I am Debbie's Mom, and now Scott's mother-in-law, as well! Life is good.

The winter has been long and cold, as has been the winter of our grief. Springtime has arrived. The sunshine and blue sky, the purple crocus and yellow daffodils pushing through the warming earth bring hope of renewal and reassurance that life continues. Although there is an irreparable hole in my soul and an emptiness in my heart that will never leave, I am forever grateful that Anna lived with us for 23 years. I am eternally thankful that I am and I always will be Anna's Mom. May the warmth and brilliance of springtime fill your hearts with times of peace and hope and love.



A FATHER'S LOVE IS PRICELESS

Annette Mennen Baldwin TCF Katy, TX In Memory of my son Todd Mennen



This will be my husband's third Father's Day without my son, Todd. My husband and I married when Todd was eight years old. Todd's biological father had little in common with him; my son desperately needed a role model who also provided guidance and structure. One of the reasons I decided to marry John was his real concern and love for my son.

As Todd grew, he and John took many trips together....fishing in Canada and meeting Jimmy Doolittle, skiing in Colorado together, going to car shows, car parts swap meets, always attending Autorama in Houston. Todd confided in John that his dream was to rebuild a GTO and enter it in Autorama. John took Todd to the "Pac Man" Tournament in Houston where Todd placed in the top 10 in the city. These were excursions that Todd and John shared.

John taught Todd how to change the oil and other fluids in a car, rebuild an engine, handle a hammer, measure twice and cut once, use a Shopsmith and other electric tools, lay a solid ceramic tile floor, read a blueprint and so much more that every boy should know.

But most of all, John showed Todd how to love a woman and children with his heart and soul. He never actively gave instructions....his example of gentleness, small gifts, sweet compliments, thoughtfulness, cheerful attitude and perpetual optimism helped to shape the man that my son became.

At Todd's wedding rehearsal dinner, each family member was asked by my dad what they would like to say to the bride or groom. John tried to express his feelings to Todd but his tendency to wear his emotions on his sleeve overcame him. He ended up in tears. After the speeches, Todd came over and hugged John; I snapped a picture of that moment. It will always be a treasure to John and to me.

After he married, Todd and John continued to do things together. They went to car shows, worked together on projects in Todd's home and our home. At family gatherings they would sit and talk about the world, business activities, career goals and their optimistic dreams for hours at a time.

The last project that Todd and John did together was put up signage for a company that I had inherited from my Dad a few years earlier. They drove 1,000 miles to get there. Those five days were great for them both. Todd worked hard helping John get the signs mounted and winterizing the company's building. He picked out memorabilia that was my dad's to bring home and keep. It was a sentimental journey.

On the trip home, the unthinkable happened. The cruise control was set at 70 mph; a vehicle in the right lane suddenly swerved into John's lane, tapping the Dodge Durango's right front quarter panel. John's automatic reaction was to swerve away from the drifting vehicle. For reasons yet unknown, the airbag deployed, the Durango launched across the median at 70 mph, skidded into the oncoming traffic, slammed into a semi trailer, rolled over and landed on its

wheels. Todd suffered massive head injuries and injuries to the right side of his body. John was bruised from the airbag but refused medical treatment.

And so after heroic efforts on the part of an angel nurse who witnessed the accident, Todd was transported to a hospital. The doctors worked feverishly to bring him back. He was stabilized and loaded on a life flight helicopter, but he died a minute later. John was still standing at the heliport when the helicopter landed. "He's gone", they told him. John screamed and cried as he walked alongside the gurney into the hospital. John stayed with Todd for a long time after he died. He talked to him. He called me. He talked to Todd some more. He continued to ask Todd "Why? Why did you die? Why wasn't it me?" This question still haunts him.

So this Father's Day I will remind John how much he did for Todd, how much he contributed to shaping the man that Todd became and how much Todd loved him. There is little else that I can say to this gentle man who wears his emotions on his sleeve, contributed so much to the formation of a very special man and loved my son with all his heart.

A special thank you to Sue DeLong and Sue Van Straten for their time, talent and dedication, for sending out the birthday and anniversary cards to all the bereaved families. It is truly appreciated.

Remembering our Children

During the three months that each newsletter covers, we include your child's birthday and the anniversary of your child's death — <u>if we know those dates</u>. Based upon TCF National policy, we will not print the year of your child's birth or death.

BIRTHDAYS

Matthew Daley	4/01	Steve Knaus	5/07
(son of Mary Daley)		(son of Luke & Shirley Knaus)	
Hannah Lynn Flauger	4/02	Nicole Kowalkowski	5/09
(daughter of Daniel Flauger)		(daughter of Roman & Sharon Kowalkowski)	
Dana Kapla	4/02	Carson Murfield	5/10
(daughter of Bob Kapla)		(son of Matthew & Christy Murfield)	
Rick Strombach	4/02	Chayse Michael Wilcox	5/10
(son of Donna Strombach)		(grandson of Todd & Melanie Wilcox)	
Jason Ison	4/04	Jacqueline Evers	5/12
(son of Rene Ison)		(daughter of Joe & Alice Evers)	
Elizabeth Turek Bigley	4/06	Lance Viles	5/12
(daughter of Albert & Mary Turek)	7/00	(son of Wendy Vlies)	J
Mylisa Klapatch	4/06	Timmy Parent	5/13
	4/00	(son of Steve & Cindy Parent)	0/ 10
(daughter of Dennis Klapatch & Tamara Walker)	4/00	Luke Stempa	5/13
Dean Collard	4/08	(son of Gerri & Steve Stempa)	3/13
(son of Debbie Collard)	4/00	Greg Lindbloom	5/17
Jason Vogels	4/08		3/1/
(son of Pam Vogels)	4/00	(son of Ginger Lindbloom)	E/OA
Christopher Voght	4/08	Kevin Betker	5/24
(son of Tammy Viegut & Timm Gay)		(son of Roy "Pete" & Renee Betker)	E/0E
Craig Kozloski	4/09	John Charniak	5/25
(son of Bobbie & David Kozloski)		(son of Maynard & Jeanette Charniak)	
Jason Kurey	4/09	Stephanie Corbeill	5/27
(son of Deb Kurey)		(daughter of Sylvia & Richard Corbeill)	
Cody Green	4/10	Patrick Meyer	5/27
(son of Dan & Gwen Green)		(son of Dan & Anne Meyer)	
Brandon Scheider	4/10	Nathan Crowe	5/28
(son of Deb Scheider)		(son of Tom Crowe & Lisa Hanneman)	
Brandon Groh	4/11	Tyffany Stevens	5/28
(son of Cathy Groh)		(daughter of Lynn Pigeon)	
Kevin Kazik	4/11	Shannon Saldana	6/02
(son of Sally Kazik & Charlie Kazik)		(daughter of JoAnn Koss)	
Tammie Gustman	4/12	Amanda Dulak	6/04
(daughter of Victoria Fifield & Marvin Gustman)		(daughter of Frank & Maddy)	
Brent Rosner	4/12	Noah Froemming	6/07
(son of Tina Rosner)		(son of Butch & Sara Froemming)	
Rebekah Puzen	4/14	Aidan Hammer Fry	6/08
(daughter of Larry Puzen & Carol Schroeder-Puzen)		(son of Linda Hammer & Megan Fry)	
Jacob Peters	4/15	Hunter Vincent	6/08
(son of Jerry & Natalie Peters)		(son of Bonnie & Steve Vincent)	
Hailey Kreil	4/16	Sharon Ellner	6/09
(daughter of Virginia Kreil)		(daughter of Laverne Heezen)	
Joel Bagneski	4/19	Alex Wesner	6/09
(son of Bill & Kelly Bagneski)		(son of Jenny Wesner)	
Isaiah Ebben	4/21	Alison Johnson	6/10
(son of Tim Ebben)		(daughter of Lon & Carolyn Johnson)	
Nathan Jarosinski	4/21	Evan Meder	6/13
(son of Mark & Jean Jarosinski)		(son of Randy & Margaret Meder)	
Joshua Calaway	4/24	Jared Gehm	6/16
(son of Bonnie Calaway)		(son of Ken & Mary Gehm)	
Kaitlyn Marie Schley	4/24	Taylor Poole	6/16
(daughter of Jon & Ann Schley)		(son of Kelly Poole)	
Justin Plate	4/25	Derek Waterman	6/16
(son of Mark & Grace Plate)	-	(son of Patricia Waterman)	
Ryan Bader	4/26	Stephen Charneski	6/17
(son of Mark & Cheryl Bader)	-	(son of James & Roberta Charneski)	
Matthew Baudhuin	5/06	Ashley MacDonald	6/18
(son of Jason Baudhuin & Dawn Baudhuin)		(daughter of Yvonne Cerkas)	
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,	6/19	Skylar Beattie	6/26
(daughter of Steve & Mickey Schmeisser)		(daughter of Krystle Cooley)	
Shawnie Silas-Grode	6/19	Drew Hohl	6/26
(daughter of Pauline Silas)		(son of Helen Hohl)	
Nicole Ekberg	6/20	Chase Lasecki	6/26
(daughter of Debbie Ekberg)		(son of Steven & Linda Lasecki)	
	6/23	Matthew Murphy	6/26
(son of Wendy Sorensen)		(son of Kathleen Murphy)	
	6/23	Joshua Webster	6/26
(daughter of Wendy Steward)		(son of Julie Denny)	
	6/24	John Aulik	6/27
(daughter of Jack & Gerry Cambray)	- , - .	(son of Germaine Aulik)	
	6/24	Ben Delain	6/29
(son of Dean & Mary Hanson)	U, _ .	(son of Peter & Becky Delain)	
	6/24	Steve Price	6/30
(son of Diane & Paul Seymour)	∵, _ -∓	(son of Jennifer & Steve Price)	0.00

ANNIVERSARIES

Andy Bell	4/02	Marisa Nelson	4/22
(son of Patrick & Debbie Bell)		(daughter of Amy Nelson)	
Joshua Calaway	4/02	Andrew (Andy) Short	4/22
(son of Bonnie Calaway)		(son of Barbara Short)	
Hailey Kreil	4/02	Paige Franklin	4/23
(daughter of Virginia Kreil)		(granddaughter of Judy & Chuck Dams)	
Makayla Lego	4/02	Doug Kwiatkowski	4/23
(niece of Tim & Christine Newtols)		(son of Dave & Theresa Kwiatkowski)	
Mike Quinnette	4/02	Mike Smith	4/23
(son of Jim & Carol Quinnette)		(son of Dave Smith)	
Hannah Lynn Flauger	4/03	Dalon Calkins	4/26
(daughter of Daniel Flauger)		(son of Kate Calkins)	
Raina Manders	4/04	Evan Van Lanen	4/26
(daughter of Spring Manders)		(son of Dan & Peg Van Lanen)	
Nicolas Resch	4/04	Crystal (Falish) Peterson	4/30
(son of Lynn & Steve Marcks)		(daughter of Steve & Darlene Enderby)	
Rick Strombach	4/06	Jon Boettcher	5/05
(son of Donna Strombach)		(son of Roger & Pat Boettcher)	
Èric Barlamant	4/07	Nicole Ekberg	5/09
(son of Jim Barlament & Penny Maraccini)		(daughter of Debbie Ekberg)	
Wendy Johnson	4/08	Amanda Rose Skar	5/09
(daughter of Tom & Debbie Johnson)		(daughter of Wayne and Kim Skar)	
Àpril Erickson	4/09	Noah W. Froemming	5/11
(daughter of Darla Nooyen)		(son of Sara & Butch Froemming)	
Taylor Dale Postoak	4/10	Adam Federwitz	5/12
(son of Kathleen Postoak)		(son of Mary & Gary Federwitz)	
Àmy Laedke	4/11	Joseph Jacques	5/12
(daughter of Debra & Fred Laedke)		(son-in-law of Pat Wojcik)	
Shannon Saldana	4/12	Austin Reeck	5/12
(daughter of JoAnn Koss)		(son of Ann Rieckmann)	
Joseph Derge	4/14	Gabriela Jacques	5/13
(son of Randy & Ann Derge)		(granddaughter of Pat Wojcik)	
Megan Kelley	4/14	Michael Anderson	5/14
(daughter of Bev Kelley-Miller)		(son of Ron & Lori Anderson)	
Jared Gehn	4/15	Noah Thomas Campbell	5/14
(son of Ken & Mary Gehm)		(son of Kelli & Craig Campbell)	
Patton Prunty	4/15	Craig Jacobs	5/15
(son of Ed & Pat Prunty)		(son of John & Cathy Jacobs)	
Travis Christenson	4/18	Emily Schmeisser	5/15
(son of Cherie Oettinger)		(daughter of Steve & Mickey Schmeisser)	
Kaitlyn Marie Schley	4/19	Melissa Schmeisser	5/15
(daughter of Jon & Ann Schley)		(daughter of Steve & Mickey Schmeisser)	
Mark Malueg	4/22	David Staude	5/15
(son of Sue Malueg)		(son of Irv & Bev Michaud)	J. 10
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Kory Kuran	5/17	Kara Rojas-Spice	6/08
(son of Carol Pomrenke)		(daughter of Jerry & Amy Spice)	
Kevin Keane	5/18	Bruce T. Blaser Jr.	6/12
(son of Mike Keane)		(son of Bruce & Paige Blaser)	
Hunter Temme	5/19	Lily Boettcher	6/13
(son of Lisa Temme)		(daughter of Melissa Truyman)	
Taylor Budysz	5/20	Allison Hunt Bush	6/16
(daughter of Krysta Budysz)		(daughter of Nan & Terry Bush)	
Matthew Baudhuin	5/21	Riviera Konen	6/17
(son of Jason Baudhuin)		(daughter of Jennifer & Todd Konen)	
Evan Meder	5/22	Alyssa Steward	6/18
(son of Randy & Margaret Meder)		(daughter of Wendy Steward)	
Ryan Patrick Bergevin	5/25	Drew Hohl	6/19
(son of Randy Bergevin & Barbara Vandenbusch)		(son of Helen Hohl)	
C. Lynn Calder	5/28	Ella Smetana	6/20
(step-daughter of Phyllis Calder)		(daughter of Frank Smetana)	
Dean Collard	5/29	Samantha DeLong	6/22
(son of Debbie Collard)		(daughter of Joe & Sue DeLong)	
Nathan Jarosinski	6/02	Tara Beilke	6/23
(son of Jean & Mark Jarosinski)		(daughter of Chuck & Judy Dams)	
Sharon Ellner	6/04	Katie Culhane	6/23
(daughter of Laverne Heezen)		(daughter of Muffy & Kevin Culhane)	
Ken Johnson	6/05	Allison Fields	6/23
(son of Kathy Johnson)		(daughter of Leanne Fields)	
Ashley MacDonald	6/05	Heather Fuller	6/24
(daughter of Yvonne Cerkas)		(daughter of Leslie Tagge)	
Jenah VanGroll	6/05	Benjamin Lynch	6/27
(daughter of James & JoAnn VanGroll)		(son of Patrick & Paula Lynch)	
Shane Bowhousen	6/06	Timothy Metoxen	6/28
(son of Doug & Renie Bowhousen)		(son of Florence Petri)	
Brent Rosner	6/06	Amelia Wesner	6/29
(son of Tina Rosner)		(daughter of Jenny Wesner)	
Troy Tousey	6/06	Michael Kirst	6/30
(son of Vicki & Tim Tousey)		(son of Kris Kirst)	
Taylor Poole	6/08		
(son of Kelly Poole)			

Love gifts were recently given by:

Mark and Cheryl Bader, in memory of Ryan Bader
Michael & Mary Daley, in memory of Matthew Daley
Gary and Mary Federwitz, in memory of Adam Federwitz
Ken and Mary Gehm, in memory of Jared Gehm
Joyce E. Glebke, in memory of Gary and Roberta Glebke
Mary Jo Hempel, in memory of Matthew Kiefer
Doug and Renee LaViolette, in memory of Brian LaViolette
Vernon Peterson, in memory of all our children
Todd and Sandy Scheffen, in memory of Sam Compton
Steve and Mickey Schmeisser, in memory of Melissa and Emily Schmeisser
Wayne and Kim Skar, in memory of Robby Rohr

ANNOUNCEMENTS, COMMENTS, & MISC.

Calendar of Events 2022:

April 19: How To Express Your Needs To Others

May 17: Remembering The Special Days

June 21: What Are We Afraid Of?

Do you want to Share??

Do you want to share a picture and/or a story of your child? Would you like to write an article about how you're feeling? If you would like to submit a post for our newsletter, we would love to hear from you. We only ask that you remember copyright when submitting.

TO MY SISTER

By Cindy Keltz Arlington Heights, IL

You touched us all, you loved us all,

Forever giving, forever caring,

Forever forgiving.

Never wanting in return.

Blessed are those who shared your life

Rich are those who carry your memories.

Please rest now; your chores we will finish.

'Til we meet again . . .

Please Visit Our Site At:

compassionatefriendsgreenbay.org

All sorts of goodies are included:

*Past Newsletters

*Calendar of Events

*Articles

*Online Donations

*and More!



TCF 45th National Conference Houston, TX • August 5-7, 2022

Make your hotel reservations now.

We are very pleased to welcome back TCF's annual national conference, this year in person! This eagerly anticipated event for those bereaved parents, grandparents, and siblings who attend seeking renewed hope, ways of coping with their grief, and friendships made with those who truly understand the painful loss of a child, sibling, or grandchild. With inspirational keynote speakers, numerous workshops including a wide variety of topics, and the always memorable candle lighting program on Saturday evening, culminating with the popular Walk to Remember on Sunday morning, and so much more, the TCF 45th National Conference is a much-needed gift that we give to ourselves!





PO Box 211 Green Bay, WI 54305

We need not walk alone!

Our monthly support group meets next on:

Tuesday, April 19, 2022 at 6:00 p.m.

at First United Methodist Church, off Monroe at Doty. Call 920-370-3858 for information.

> Come Sit With Me Judy Peckinpaugh TCF Inland Empire, CA



Come sit with me awhile and let me Hold your hand, I understand your Sorrow and know you need a friend.

I understand the pain that lies within your heart, I have felt the silent screams that tear you all apart.

I know about the sleepless nights that last so very long, I understand the emptiness when you hear that special song.

Come share with me your memories and let me be Your friend, you can cry, laugh or say nothing at all, And I will understand.

Come sit with me my friend, I'll try to help you through. I understand my friend, for I have been there too.