



# THE COMPASSIONATE FRIENDS of the Pikes Peak Region

May, 2011 Newsletter

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## Upcoming Events

May 19th - General Meeting - 7:00 p.m. - First Baptist Church  
May 28th - Picnic, Alan Pedersen Concert & Memorial Balloon Launch - 1:00 p.m.  
June 16th - General Meeting - 7:00 p.m. - First Baptist Church  
July 21st - General Meeting - 7:00 p.m. - First Baptist Church

## Welcome

Our support group meets on the 3rd Thursday of each month at 7 p.m. Meetings are open to the parents, grandparents and older siblings of your loved one. We meet at the **First Baptist Church** downtown at 317 E. Kiowa. We understand your pain; won't you let us help you through your grief?

Our next meeting will be on May 19th, 2011.

The death of your child is probably the most traumatic, life-changing event that you will ever experience. The Compassionate Friends is an organization of parents who have also lost a child to death. Each of us has experienced the deep, searing pain that you are feeling now. Each of us has turned to other parents who were farther into their grief journey for guidance, support and understanding. This is done through our monthly meetings, our newsletter, our website, our Telephone Friend program, our library and our e-mail program. Each month parents find our meeting to be a safe place where they can talk about their pain and problems with others who are uniquely qualified to understand; bereaved parents offer gentle suggestions or often simply listen. We invite you to bring a friend to your first few meetings until you feel a level of comfort with the group. Do not be surprised if we talk about the happy times with our children, the wonderful memories and the various methods we have created to keep our children close to us. It is here that many bereaved parents find hope as those who are more seasoned in their grief shine the light of experience to help illuminate each grief path. We have no dues. We are self-sustaining through donations and the generosity of so many in our community. **You Need Not Walk Alone.**

## Pikes Peak Chapter Steering Committee

### CHAPTER LEADER

LARAIN ANDERSON  
Son, Michael Edward Anderson

### MAILINGS & DATABASE

JANE & STEVE GABRIEL  
Son, Jonathan Steven Gabriel

### TREASURER

FRANK SCHAGER  
Daughter, Kira Ann Schager

### NEWSLETTER EDITOR & EMAILINGS

STEWART & LETA LEVETT  
Son, Aaron Paul Levett

### SC MEMBER/FACILITATOR

BOB & YVETTE THOMPSON  
Son, Ryan Barry Thompson

### SC MEMBER/FACILITATOR

LEONIE CRAMER  
Son, Julian Anthony King

## Love Gift Donations

*Our chapter exists entirely through your donations which are tax deductible. Love Gifts enable us to continue our outreach to bereaved parents through our many chapter activities. A Love Gift is money donated to the chapter in memory of your child who has died. If you feel a Love Gift is an appropriate way to honor the memory of your child, please consider a donation, large or small. Please fill out the form located in this newsletter and mail it to the address listed. All pictures submitted will be returned unless you specify for us to keep them and place them on our Child Remembered board displayed at monthly meetings.*

### SUBMISSION GUIDELINES

**\$50 or more** - Newsletter Sponsor. May include a full page for printing. Please remember to send your page "Copy Ready" as you would like to see it printed in the newsletter.

**\$0 to \$50** - A picture, if available, and dedication to be listed in the newsletter. Love Gift donations should be sent directly to our treasurer, Frank Schager whose address is listed on the Love Gift Donation Form. *Wouldn't you like to make a dedication to your child and help our chapter?*

## ORGANIZATIONAL CONTACTS

TCF National Office  
P.O. Box 3656  
Oak Brook, IL 60522  
630-990-0010 or toll free 877-969-0010

EMAIL: [nationaloffice@compassionatefriends.org](mailto:nationaloffice@compassionatefriends.org)

### WEBSITES:

National - [www.compassionatefriends.org](http://www.compassionatefriends.org)

Colorado - [www.tcfcolorado.org](http://www.tcfcolorado.org)

Colorado Springs - [www.tcfcolorado.org/coloradosprings](http://www.tcfcolorado.org/coloradosprings)



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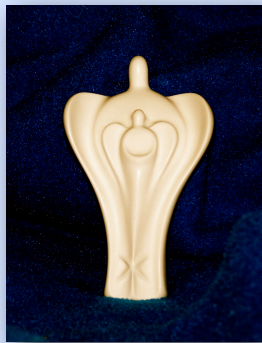
## Online Support

The Compassionate Friends offers "virtual chapters" through an Online Support Community (live chats). This program was established to encourage connecting and sharing among parents, grandparents, and siblings (over the age of 18) grieving the death of a child. The rooms supply support, encouragement, and friendship. The friendly atmosphere encourages conversation among friends; friends who understand the emotions you're experiencing. There are general bereavement sessions as well as more specific sessions. Please check the schedule for dates and times of the sessions.

Note: Times posted on the schedule are based upon Eastern Time.

[www.compassionatefriends.org](http://www.compassionatefriends.org)

## *Going Home Angel*



This angel, sculpted by Artist Marco Grove, is now being offered for sale through Archangel Gifts. Inspired and dedicated to my son Aaron Paul Levett, this angel depicts the soul of your loved one returning to the arms of the Father. The angel is cast from crushed selenite, quartz and angelite crystals. The sculpture is 3 1/2 inches tall and is finely polished.

We will be donating 25% of the proceeds from the sale of these angels to The Compassionate Friends and one will be given away at this years Memorial Balloon Launch.

You may pre-order your own angel by going to our website at [www.Archangelgifts.com](http://www.Archangelgifts.com). Angels will be delivered at the Memorial Balloon Launch or can be shipped to any location. If you would like further information please feel free to email me at [stewart@archangelgifts.com](mailto:stewart@archangelgifts.com)

## TELEPHONE FRIENDS

Any of these members may be contacted to talk to you about your loss:

|                                   |                |
|-----------------------------------|----------------|
| <b>CHAPTER LEADER</b>             |                |
| LARAIN ANDERSON                   | 351-7653       |
| <b>INFANT LOSS</b>                |                |
| COLLEEN & ART MANNON              | 535-9868       |
| <b>TODDLER / YOUNG CHILD LOSS</b> |                |
| BOB & YVETTE THOMPSON             | 573-2743       |
| <b>LEUKEMIA</b>                   |                |
| JANE & STEVE GABRIEL              | 282-1924       |
| <b>TEEN / YOUNG ADULT LOSS</b>    |                |
| BARB REYNOLDS                     | 599-0772       |
| <b>SUICIDE</b>                    |                |
| LARITA ARCHIBALD                  | 596-2575       |
| <b>DRUG / ALCOHOL LOSS</b>        |                |
| STEWART & LETA LEVETT             | 531-5488       |
| <b>SKATEBOARD / AUTO ACCIDENT</b> |                |
| RAYE WILSON                       | (303) 814-9478 |

## LOVE GIFT DONATION

Your Name \_\_\_\_\_

Child's Name \_\_\_\_\_

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

Anniversary Date \_\_\_\_\_

Dedication \_\_\_\_\_

Picture Enclosed: YES ☐ NO ☐

Mail to:  
Frank Schager  
2235 McArthur Ave.  
Colorado Springs, CO 80909



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Please Bring a Side Dish  
To Share With Others

THE COMPASSIONATE FRIENDS INVITE YOU  
To Our Memorial Day  
Picnic, Concert & Balloon Launch Celebration  
Saturday, May 28, 2011



Award winning Singer/Songwriter & Bereaved Parent

**ALAN PEDERSEN**

Will sing his songs of hope and healing  
As part of his "Angels Across the USA, 2011" Tour

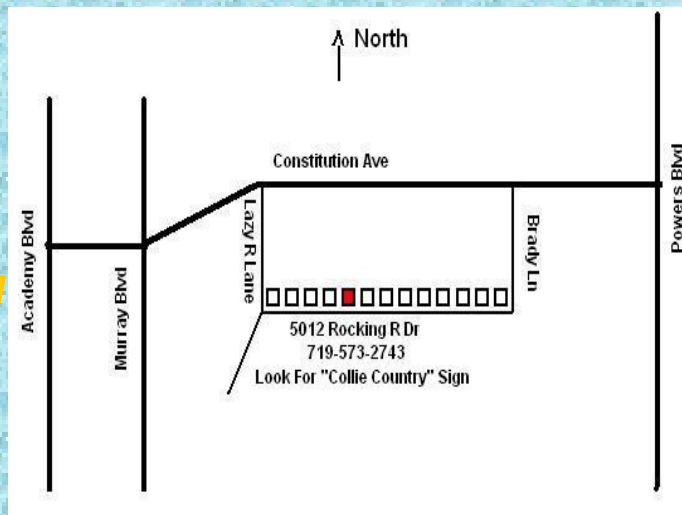
**THIS EVENT IS FREE**



**Bar-b-Que Starts at 1:00**  
**Meats Provided**  
**Drinks Provided**  
**Dessert Provided**

**Concert Begins at 2:00**  
**CD's Available**

**Balloon Launch Following**  
**Remember our Children**



**Hope To See You There!**

Thank You to Bob & Yvette Thompson who have again opened their house for our picnic and arranged the concert with Alan Pedersen.



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## Remembering Our Children On Their Birthdays

| Child's Name               | Date of Birth | Compassionate Friend               |
|----------------------------|---------------|------------------------------------|
| Cody Darby                 | May 1         | Lori & Steve Darby                 |
| Robyn Kulas                | May 2         | Patty Kulas                        |
| Susan Gordon               | May 3         | Mr & Mrs Arthur Gordon             |
| Martin Joseph Lanoue       | May 4         | Judy Lanoue                        |
| Patrick Niedringhaus       | May 5         | Leah & Dave Niedringhaus           |
| Angela Gisela Martinez     | May 5         | Maria Hymes                        |
| Abbi Rose Starzynski       | May 5         | Sherry Starzynski                  |
| Douglas Radowski           | May 7         | Patricia Radowski & Renee Roettger |
| Jose N. Camacho            | May 8         | William & Veronica Camacho         |
| Gregory Randall Davis      | May 9         | Cora Davis                         |
| Henry Rio                  | May 13        | Isabelle & Ed Rio                  |
| Henry Rael                 | May 13        | Isabelle & Ron Rael, Maria Rael    |
| Jacob Hunter Smathers      | May 14        | Patty, Becky & Renee Smathers      |
| David Allen McGough        | May 14        | Lillian McGough                    |
| Ashley Meston              | May 15        | Jerry Meston                       |
| Michael Benjamin Decker    | May 16        | Mary & Jerry Decker                |
| Denise Elaine Bear         | May 16        | Dona & Tanya Flores                |
| Andrew Paul Weaver         | May 16        | Valerie Lightbody                  |
| Reanna Maria Reedy         | May 17        | Carol Reedy                        |
| Rocke Lee Corley           | May 18        | Jeanne Corley                      |
| Jeremy Laurence            | May 20        | Ted & Sherrill Laurence            |
| Jonathan Ell-Duncan        | May 20        | Dan & Becky Duncan                 |
| Brian Michael Gregory      | May 20        | Roy & Phyllis Gregory              |
| Joshua C. Attardi          | May 23        | Paula Attardi                      |
| Jeffrey Russell Schumaker  | May 23        | John & Vera Schumaker              |
| Skylar Lynn Boyle Ringland | May 24        | Cathleen Boyle                     |
| Gary Michael Owens         | May 24        | Freda Maria Garcia                 |
| Audrina Elyse Escano       | May 25        | Chris & Christina Pearson          |
| Tristan Millman Troeger    | May 25        | Lisa & Joel Millman                |
| Josh Huston                | May 27        | Rodney & Michelle Moreno           |
| Damon Vincent Christianson | May 30        | Chaela Christianson                |
| Konrad Ferrar              | May 31        | Maria Hymes                        |



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## Remembering Our Children On Their Anniversaries

| Child's Name                | Age      | Date of Death | Compassionate Friend      |
|-----------------------------|----------|---------------|---------------------------|
| Julie Bankston              | 25 years | May 4         | Peggy Bankston            |
| Martin Joseph Lanoue        | 1 day    | May 4         | Judy Lanoue               |
| Jason Lamb                  | 32 years | May 5         | Jan Lyons-Lamb            |
| Kendall Ford Young          | 14 years | May 11        | Ford & Ann Young          |
| Justin A. Clayton           | 16 years | May 12        | Terry & Sharon Clayton    |
| Genevieve Sucharski         | 18 years | May 12        | Mark and Karen Sucharski  |
| Kaden France                | 2 weeks  | May 14        | Jeremy & Sarah France     |
| Jason Nathaniel Lurch       | 23 years | May 15        | Kathleen & John Lurch     |
| Matthew Stockwell           | 25 years | May 15        | Mark & Sally Stockwell    |
| Michael Williams, Jr.       | 28 years | May 18        | Carmen Randall            |
| Anthony Lopez               | 21 years | May 18        | Paul & Trudy Lopez        |
| Tyrone Binnebose            | 2 years  | May 18        | Natasha Binnebose         |
| Kimberley Dawn Leir         | 6 years  | May 18        | Adaline and Herb Leir     |
| Kira Ann Schager            | 5 years  | May 19        | Frank & Lori Schager      |
| Eric Evans                  | 26 years | May 21        | Linda & Dick Evans        |
| Christopher J. Novich       | 15 years | May 22        | Susan & Joe Novich        |
| Christopher Clayton Hodson  | 22 years | May 22        | Eric and Janice Hodson    |
| Zachary Nicholas Hoke       | 6 years  | May 24        | Debra & Steve Hoke        |
| Kenny Lanza                 | 27 years | May 25        | Chuck & April Lanza       |
| Zack Orr                    | 12 years | May 25        | Dave & Sharon Orr         |
| Leah Ann Trutna             | 21 years | May 28        | Steve & Phyllis Trutna    |
| Michael William Sarmiento   | 46 years | May 29        | Donna (Sarmiento) Pugh    |
| Nicholas Clare Cousineau    | 3 years  | May 29        | George & Chris Cousineau  |
| Gina Marie Geffre           | 14 years | May 29        | Joann Jahraus             |
| Nicolas Jay Broughton       | 18 years | May 30        | Rose Broughton            |
| Mallory Paulene Hendrickson | 1 year   | May 30        | Celine & Gary Hendrickson |

### Second Sunday of May

Many happy memories  
Linger in our hearts this day  
As we each remember our child  
Who has left this earthly plane.  
The day is bittersweet for us,  
The mothers who have lost so much,  
For to remove all pain could well  
Erase the precious life we touched.  
Tears will trace the memories of  
Happier Mother's Days,  
As we dwell in a quiet reverie  
This Second Sunday of May.

Annette Mennen Baldwin - TCF, Katy, TX







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## **Mother's Day Revisited**

~ In memory of Jacob ~

Many of us in TCF do not look forward to Mother's Day. On this holiday, when the whole nation is celebrating the joys of parenthood, grieving parents often feel a special anguish.

Mother's Day this year looms as a particularly difficult milestone for me, Sunday, May 10, 1998, is not only Mother's Day but also the second anniversary of the death of my ten-year-old son, Jacob. Because this day of private sadness also happens to be a day of public celebration, I decided that I should start thinking early about the occasion. I engaged in a little research about the holiday and learned a story that I think is worth sharing.

Mother's Day was the creation of a woman named Anna Jarvis in the early years of this century. Anna, who never married and never had children of her own, devoted herself to establishing a national Mother's Day as a way of honoring her beloved mother, who died on May 9, 1905. In Anna's view, her mother deserved a memorial because she had lived selflessly and endured considerable suffering - seven of her eleven children had died in early childhood. According to historians, Anna's mother mourned the deaths of her children throughout her life.

Anna insisted that the holiday always fall on a Sunday so that it would retain its spiritual moorings. Because of her efforts, President Woodrow Wilson finally proclaimed the second Sunday in May as Mother's Day. Although Anna couldn't prevent the new holiday from quickly becoming a marketing phenomenon, she did try. Speaking out against "the mire of commercialization" that threatened to engulf Mother's Day, Anna attempted to preserve her creation as a true "holy day," a time for solemn reflection and prayer.

Mother's Day, then, was borne of a daughter's grief and love. More importantly, it was intended as a tribute to a bereaved mother - a brave woman who lost multiple children but who managed to live with an abiding kindness and generosity toward others. I like knowing this background, and my attitude towards Mother's Day has been colored by the knowledge. The holiday now makes me think of the common sorrow that links all bereaved parents. I feel a bond with Anna's mother that stretches over time and space. In a broader sense, the woman for whom the holiday was founded reminds me of people I've met at TCF who have continued to live productive, meaningful lives in the face of unthinkable loss.

Finally, Mother's Day in its origins symbolizes both the joy and the vulnerability inherent in parenthood. Anna's mother knew all too well that from the moment a child is born, hope and the possibility of tragedy go hand in hand. She understood the fragility of life.

Enriched by its own history, Mother's Day is easier for me to tolerate. The coincidence of dates this year - Mother's Day and the anniversary of my son's death - is not as jarring as it once seemed. Although the commercial images of the modern Mother's Day still make me wince, I can turn off the television and envision the kind of day that Anna Jarvis had in mind: a time for quiet reflection and the sharing of cherished memories.

Barbara Atwood, TCF - Tucson, Arizona ~ Reprinted with permission from the author.



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## THOUGHTFUL POEMS

### Thoughts on the Month of May

The spring flowers on your grave, express  
the time of year It used to be a busy  
time...lots of happy days and cheer.

I still have all the Mother's Day cards  
made of construction paper and glue.  
Verses written on a slant that said, "Mom,  
I love you."

I'll make no birthday cake this May, nor  
see the graduation of your class. The  
parades, ice cream socials and such are all  
a part of the past!

And though these weeks bring sadness,  
when I remember them I have to smile.  
May was really very special and I'm glad  
we had it for a while.

**Norma Herzog**

**TCF - Cincinnati, OH**

### LOST GRADUATION

Pomp and Circumstance  
Speeches  
Happy Faces  
Proud Parents  
It's just not fair  
Because you're not there.  
School song playing,  
Gifts,  
Celebrations,  
Laughing friends.  
We can not share  
Because you're not there.  
Mortar boards flying,  
Diplomas,  
Tassels tossed,  
Teachers smiling,  
It's too much to bear,  
Because you're not there.

*By Sue Snapp - TCF, Tucson, AZ*

### Early Spring Drive

Young leaves of green and yellow,  
falling too soon before my windshield in early spring,  
remind me that the natural order  
may summon its own variance.  
These leaves will not flutter gracefully  
as expected on trees of spring and summer,  
shading, cooling and delighting.  
They have fallen to the ground long before their season,  
knowing other leaves will join them in future autumn.  
Carol Thompson ~ TCF, Tyler, Texas

### Empty Places

I drove the old way yesterday.  
It'd been a while, you see.  
And there, without a warning,  
the pain washed over me.  
I drove the old way yesterday  
and sadness came on strong,  
taken back by so much feeling,  
since you've been gone so long.  
Places seem to lie in wait  
to summon up the tears,  
to say remember yesterday,  
those days when you were here.  
Places where you laughed and played  
are places where I cry.  
These places hold the memories  
that will live as long as I.

*Genesse Gentry - TCF, Marin County, CA*





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## HEALING WORDS

### Shared Thoughts on Mother's Guilt

The month of May has always been an ego booster for most of us mothers, as we receive cards of praise and flattery from our children. But now, our child has died, and we are walking around with a hole in our soul. Those same greeting cards can cause us guilt by making us not feel worthy of the words.

We must always redefine our priorities, and make new standards for ourselves after the death. One of those priorities is don't put off time spent together and expressing our love, and with our hindsight of knowing the child's life was cut short, we critique our motherhood as though we could have been superhuman. We measure our mothering performance as though we could have given 100% of our time to our precious child. We punish ourselves with guilt by remembering the specifics of harsh words or deeds. Most often these are very normal things most parents do and say. We know we cannot change, or take back, any infliction we place upon our child.

When we were entrusted with the gift of our children, we were not given hindsight nor the ability to be perfect. We were expected to handle all the other responsibilities placed upon us by other family members, and many mothers dealt with jobs to provide financial support for the family. This means there was not time, nor energy, to be the perfect parent. We were even expected to make mistakes, but now guilt holds us responsible for all our parental shortcomings. I have learned if we did what we thought was right at the time, or the best we could, that was all we could do. It is unfair to measure our performance as a parent with hindsight or superhuman powers that we did not possess. I'm sure our children did not judge us nearly so harshly as we judge ourselves. You may find it very helpful to tell your deceased child how you feel, what you wish you could have done, and how much you love them. I, personally, feel they are in an all knowing state, and can better understand our expression of love. I'm sure a lot of our guilt would subside, if our children could express their image of us as parents.

Love is the greatest gift we have ever given or received. Just the fact that we hurt so badly, and our pain is so intense, tells us we have great love for our children. The pain of losing our children can never stop totally, but we can help to ease it to the point we can live with it. We would be very angry if someone would judge us, as unfairly as we judge ourselves. We must first learn to love ourselves again, so we can love others. We love our children, even with their flaws. We must respect our children enough to know they love us, even when we are not the perfect parent. Don't minimize their love by thinking they were not capable of forgiving or understanding that we did our best, and that was good enough.

HAPPY MOTHER'S DAY! --Marie Hofmockel, TCF Valley Forge

### Mother's Day: A Father's View

In our house, as in other bereaved parents' households, Mother's Day comes with mixed emotions. Setting aside a day to honor motherhood is only right: mothers do tend to be taken for granted. I remember the childhood joy of getting my mother a special gift, even if the gift was nothing more than a crayon drawing. As an adult, buying gifts for your mother and the mother of your children still brings back those happy memories. But this all changed after Erin died.

Looking through all the cards at the gift shop only reminds me of the irony. Cute, humorous, and sweetly sentimental cards await the bereaved father shopping for his bereaved wife. I can't find the card that will comfort my wife on this day, and even worse, I'm afraid that I'll buy a card that will bring back only painful memories of the child she lost. I realize this day, perhaps because it is so widely celebrated, can even, years later, take my wife back to grieving she thought she was "through with." I can never do enough on Mother's Day; maybe I try to do too much. I know, of course, that all the cards, gifts, flowers, and messy breakfasts in the world, can't make up for the loss of our child. But I still do all these things; she deserves them.

The unfairness of our daughter's death will always be there. I know I can't change that with a card. But I can remind her she is a great mother, a loving mother, and most importantly, she is still the mother of the child we lost. If she's happy on Mother's Day, I will try my best to keep her there. If she's depressed, I try to cheer her up as best I can, even though I feel I'm not very good at it. This, then, is the wish I have for all other bereaved mothers today: Please be as happy (and proud) as every other mother today; no one can dispute the fact you brought your child into the world. Although that child is no longer with you, the love you had for her or him remains and can never be taken away from you. If you should be depressed, may there be family and friends there to remind you of this and comfort you.

To all of you: HAPPY MOTHER'S DAY.

--Al Bots, TCF, Cleveland, OH, SW Suburbs





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**Save the Date:** TCF's 34th National Conference will be held in Minneapolis/St. Paul July 15-17, 2011 at the Sheraton Bloomington Hotel. You will find it to be another great conference with around 100 workshops, sharing sessions, special keynote speakers at the Opening, Closing and Friday Afternoon and Saturday Evening banquets, Hospitality Room, Butterfly Room, Reflection Room, a completely stocked bookstore, special Friday evening entertainment and a Remembrance Candle Lighting. TCF's Walk to Remember will be held Sunday morning. Reservations can now be made at special conference rates for hotel rooms for the 2011 TCF National Conference at the host hotel, the Sheraton Bloomington Hotel, Minneapolis South. Reservations can be made online or by calling a special reservation number. For more information, please see our [TCF 2011 National Conference - Minneapolis](#) page.

## *Angel Eyes: Giving Comfort, Providing Hope*

Our group offers bereavement services for parents, families, friends and caregivers who have been affected by the sudden unexpected loss of an infant or toddler. This group offers you a comfortable place to heal and learn how to live with your loss. Nothing is asked of you; you do not have to speak if you choose not to.

People who have received bereavement services report that it is very helpful for them to have people to talk to who can understand the grief of losing an infant or young child. This group is a safe place where you can talk about both your grief and the precious memories you have of your child. Each month we will begin with a particular topic, talk about how you might be affected and have time for general sharing.

The group is led by an ANGEL EYES social worker whose mission is to help families and others cope with the sudden, unexpected death of an infant or toddler throughout the state by providing a range of bereavement services. For additional help and information: **Angel Eyes 1-888-285-7437**

**Web site:** [www.angeleyes.org](http://www.angeleyes.org)

**Meetings are held the 3rd Monday of the Month**

**Location:** Colorado Springs Penrose Library, 20 N. Cascade Ave  
**Time:** 6:30 p.m. - 8:30 p.m.

There is no cost and parking is free at the meters after 6:00 p.m.



Every year the conference committee makes available a unique memento and this year it is the "Star of Hope." A rectangular version of the conference logo is the basis for the Star of Hope and includes silhouetted pine trees, gleaming stars, and a single butterfly where the child's picture will be inserted with his or her name. That logo insert with picture will be artistically framed by a 4"X5" silver, vertical wire star-frame ornament with an attached ribbon for hanging. These will all be on display at the conference!

Minimum donation for each picture submitted remains \$10 again this year for those ordering one and picking it up at the end of the conference. If you cannot attend the conference and would like to have the picture sent to you, an additional \$5 donation is requested to cover postage and handling.

The sale of this memento helps to fund the tremendous costs involved with putting on a TCF National Conference. You may order the Star of Hope at the Photo Upload Page on TCF's national website.

[www.compassionatefriends.org/National\\_Conferences/Star\\_of\\_Hope\\_Photo\\_Upload.aspx](http://www.compassionatefriends.org/National_Conferences/Star_of_Hope_Photo_Upload.aspx)

**May 2011**

**The Compassionate Friends  
Pikes Peak Chapter  
PO Box 51345  
Colorado Springs, CO 80949-1345**



## An Open Invitation to Our Members

34th Annual TCF National Conference and 12th Walk to Remember

July 15th - 17th in Minneapolis, Minnesota

Room rate is \$129 per night for a King Room or Double Bed Room, single or double occupancy;

\$139 for triple and \$149 for quad.

These special reduced rates are available on stays from July 10-19

if the reservation is placed by June 21 (subject to availability).

These are specially negotiated rates available only for those attending the national conference.

Reserve your accommodations online at Sheraton Bloomington Hotel Minneapolis South

or telephone 952-835-7800 and mention you are with The Compassionate Friends.

Arrangements are being made for free shuttle pick-up to and from the hotel and the Minneapolis St. Paul International Airport.

Those driving to the conference will have complimentary free parking at the hotel .

