



**THE
COMPASSIONATE
FRIENDS**

Bluegrass Chapter Newsletter

"We need not walk alone."

www.tcfbluegrass.org

P.O. Box 647, Nicholasville, Kentucky 40340

April 2010

Chapter Co-Leaders

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Treasurer

David Fields

Newsletter Mailings

Janie Fields

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Lisa Fields

**Bluegrass Chapter
The Compassionate
Friends**

Regional Coordinator

Dusty Rhodes
(502) 330-4769

Telephone Friends

Sometimes it helps to be able to talk to someone who understands. The following bereaved parents are willing to provide support and comfort.

Jim Sims

(859) 858-8288
(859) 797-2168

Mary Camp

(859) 737-0180

Suzie McDonald

(859) 576-7680



The death of a child of any age, from any cause, is a shattering experience for a family. When a child dies, a family needs emotional support for the long grief journey that lays ahead.

Since 1980, the Bluegrass Chapter of The Compassionate Friends has been actively helping families toward the positive resolution of their grief following the death of a child.

Meeting Information

Lexington

Third Monday of Every
Month
6:30 p.m.—8:30 p.m.
Hospice of the Bluegrass
2321 Alexandria Drive
Lexington, Kentucky

Winchester

First Tuesday of Every Month
7:00 p.m.—9:00 p.m.
Hospice East
417 Shoppers Drive
Winchester, Kentucky

Meeting Format

Doors open one-half hour before meeting times to provide the opportunity to visit with old friends and acknowledge new ones. Please plan to arrive early so the meeting can begin on time.

We Welcome You with Compassion, Love and Hope

It is always difficult to say “welcome” to those coming to our meetings for the first time because we are so very sorry for the reason they came. For some, the first meeting or two can be rather overwhelming, especially for the newly bereaved. We hope that anyone feeling that way will return to at least a couple more of our meetings. Everyone is welcome to attend regardless of the age at which their child died or the length of time that has passed since that day.

New to the Lexington Meeting:

- Marlene, mother of Mark Anthony
- Pat Minor, mother of Joseph William Minor
- Doug & Cathy Borntraeger, parents of Allen Grant Borntraeger

*The Compassionate
Friends*

National Office

P.O. Box 3696
Oak Brook, IL 60522
(877) 969-0010

www.compassionatefriends.org

Our Children Forever Loved and Remembered

April Birthdates

- 4/2 **John Thomas Reynolds** Son of Joan & Richard Reynolds
4/5 **Kelly Renee Powell** Daughter of Cecil and Barbara Powell
4/8 **Annemarie Timm** Daughter of Helen and Charles Timm
4/9 **Anthony Eugene Gay** Son of Larry and Gayle Gay
4/11 **Sean Robert Wright** Son of Sherry Conway & Mark Wright
4/13 **Tony R. Applegate** Son of Dolly Wallace Bellemey
4/13 **Jason Davis** Son of Curt Davis
4/15 **Colin Spencer** Son of Stephanie Spencer
4/15 **Jeonna McDaniel** Daughter of Jennifer Sebastian
4/20 **Ivy Britton Freeman** Daughter of Kevin and Cindy Freeman
4/22 **Brenna Jiwon Kihlman** Daughter of Dale and Shan Kihlman
4/24 **James Edward Auberry** Son of James Auberry
4/24 **Glenn Ray Carter** Son of Angela Carter
4/28 **Katie Lynn Brandenburg** Daughter of Michael & Gennie Brandenburg
4/28 **Jeremy Daegan Hicks** Son of Joe and Sheila Hicks
4/29 **Bridget Elizabeth Kolles** Daughter of Greg & Mary Ellen Kolles
4/29 **Christina Leigh Kolles** Daughter of Greg & Mary Ellen Kolles
4/30 **Kevin Wayne Gardner** Son of Doug and Vicky Gardner

April Remembrances

- 4/1 **Ash Valic Coffey** Son of Stacy M. Coffey
4/2 **Cody McClure Speer** Son of Lin and Mark Simmons
4/10 **Andy Jones** Son of Jean and Cal Jones
4/15 **Jennifer Podgorski** Daughter of Monique Podgorski
4/15 **Bill Varney** Son of Judy Varney
4/16 **Daryl Clinton Barnes** Son of Vada and Mike Barnes
4/16 **Deana Mari Sea** Daughter of Darrell and Jean Sea
4/16 **Brian Jason Hardin** Son of Richard and Sue Hardin
4/17 **William Henry "Bill" Sanders** Son of Barbara Sanders
4/19 **Jesse Caldwell Higginbotham** Son of Jerome Higginbotham & Rebecca Woloch
4/19 **Kara Elizabeth Horton** Daughter of Carole Mull
4/19 **A. Daniel Morris** Son of James and Marie Morris
4/18 **James Michael Farris** Son of Hulda Farris
4/19 **John Andy Girdler** Son of Ella Girdler
4/20 **Madeline Violet Benton** Daughter of Amy & Tony Benton
4/21 **Shari Eldot** Daughter of Roz Eldot
4/22 **Ron Jones** Son of Mel and Jeanette Jones
4/23 **Weston "Ashe" Marlowe** Son of Brandi & Wesley Marlowe
4/24 **Trista Erin Lane Hail** Daughter of Bill and Debbie Lane
4/25 **Robin Ricci Kuniff** Daughter of Norma Forston
4/26 **John Thomas Parks** Son of Rosemary Parks
4/27 **Joshua Scott Barker** Son of Deborah Barker
4/27 **Lisa Jean Johnson** Daughter of Sam and Doris Strader
4/28 **Mark Robert Bartella** Son of John and Brenda Peterson

Co-Leader Corner
By: Richard Hardin

Did an event ever occur in your life that made you think something or someone was out to totally disrupt and upset your very being? Did you think some universal power wanted to pounce on your life to upset it? Did you get the feeling that you were being watched to see how you would handle a tragedy? For me, it was April 16, 2008. It was the day my son died. It was the day I felt singled out and it hurt.

I remember it was a very strange day. My family was at UK Hospital. My wife and two sons were there. The strange feeling in my gut was that my youngest son was leaving

planet earth. It was the last time my family would all be together in person form. We could only watch as one of us slipped from our grasp. We couldn't stop it or prevent it from happening. We could only watch, wait and observe. We're a family, but on that day we all were realizing a void that was being created. We all individually thought about the things that we were going to miss due to this event. I wanted to turn back the time and prevent the accident from ever occurring. I asked, "Why? Why me? Why today?"

The Bluegrass Chapter of Compassionate Friends can not

stop events from happening nor can we make them go away. But if you have had an experience like this, we at can help you realize that you are not alone and that tragedy knows no bounds. You may feel singled out, but you are not alone. It has happened to all of us at Compassionate Friends.

If you have not attended a meeting of Compassionate Friends I would encourage you to do so. It is not easy, but it is healing. It is good to have the assurance you are not alone on your journey through grief. You have friends. Please join us. We discuss topics like this at our meetings.



The Compassionate Friends Bluegrass Chapter

Annual Picnic

- Date:** Saturday, June 26, 2010
- Location:** South Elkhorn Christian Church
- Time:** 5:00 pm.

Events planned for this year:

- Memory Table

Please bring a photograph of your child or sibling to share.

Silent Auction

More information will be in the May newsletter. Contact Janie Fields at (859) 881-1991 or butterflymom@windstream.net for more information.



The Anticipation of Spring

Pat Loder, TCF Lakes Area Chapter, MI

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

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.



SAVE THE DATE

TCF NATIONAL CONFERENCE

JULY 2-4, ARLINGTON, VIRGINIA

"Reflections of Love, Visions of Hope" is the theme for this year's **TCF NATIONAL CONFERENCE** — an event unlike any other! Bereaved parents, siblings, and grandparents are able to share with others walking the same grief journey — with well-known speakers, entertainment, and more than 100 workshops on most topics of grief following the death of a child. And join us for our 4th of July **WALK TO REMEMBER** or sponsor a walker in remembrance of your loved ones! (*You don't have to attend the conference to participate*). While you're in the area, visit other nearby attractions or catch the world-class display of 4th of July fireworks over the National Mall.

Hyatt Regency Crystal City is hosting our conference. (Be sure to ask for TCF conference rates; 1-800-233-1234 or <http://www.crystalcity.hyatt.com>.)

LEARN MORE, SIGN UP TO ATTEND, OR
FIND OUT HOW YOU CAN HELP.

For more information, contact your local chapter or visit:

WWW.COMPASSIONATEFRIENDS.ORG

Love Gifts

In Loving Memory
of
John Reynolds
Given by his mother, Joan Reynolds

There are no dues or fees to belong to The Compassionate Friends. Some parents remember a birthday or anniversary date of their child, or a holiday with a "Love Gift". The Love Gifts help with the mailing of the newsletter, maintaining and updating our library and meeting costs. Please send Love Gifts to:

David Fields
P.O. Box 647
Nicholasville, Kentucky 40340

Please remember, if given in memory of your child, to include his/her full name. *A very special THANK YOU to those who contribute to the basket during monthly meetings.*

We greatly appreciate your support!