



P.O. Box 647, Nicholasville, Kentucky 40340

August 2009

**Chapter Co-Leaders**

Jim Sims & Richard Hardin

**Treasurer**

David Fields

**Newsletter Mailings**

Janie Fields

**Newsletter Editor**

Lisa Fields

**Bluegrass Chapter  
The Compassionate  
Friends**

**Regional Coordinator**

Karen Cantrell  
(502) 320-6438

**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

*New to our Lexington Meeting:*

*Doug and Maxine Woosley, parents of Yana Rae Ecklar-Day  
Sue Meade, mother of David Wayne Meade  
Jane Wilmont, mother of Jeff*

*New to our Winchester Meeting:*

*Molly Gullette, mother of Patsy Gail Byrd  
Deborah Hensley, sister of Patsy Gail Byrd*

**The Compassionate  
Friends**

**National Office**

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

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

## Summer Thoughts

**By: Libby Gonzalez, TCF Huntsville, AL**

Summer is a time when things naturally slow down, a time when many are waiting for the orderly routine of their lives to begin again. For those of us in grief whose lives are already in limbo, it can seem endless if we let it. Seeing children, babies, and teenagers is not easy for us, and we see them everywhere from shopping centers to beaches. everyone is out living, loving, enjoying carefree activities with their children, and we want to scream, "it's not fair!" I was sitting on my patio one evening at dusk recently listening to the shouts of children playing, and I was crying as I remembered the sounds that my child used to make. I became very depressed as I thought what a long summer this was going to be.

In my reverie, I was reminded of a recent comment that I had heard at a TCF meeting: "My

child was such a loving, giving person. He would not want me to waste my life being bitter." I also remembered a good friend telling me to "count my blessings" and naming all the things I had to be grateful for. I was furious at the time. Nothing that I had to be grateful for could compensate for the fact that my child was dead.

Now, sitting in the twilight of this early summer evening, I began to see things differently. I was determined that this summer would not be an eternity; I would not let it be. I decided first of all to stay busy. I know I can find plenty to do if I only take the time to look. I am also going to try to enjoy the simple things that used to give me so much pleasure, like working in my garden, and flowers. I then decided to try to be truly grateful for the blessings that I have, like my husband, my surviving children, my job,

friends, etc.

It has been almost five years for me, and I know that last year this would not have worked. Of course, I still have times of sadness. I know I always will, but I have decided that in the process of grieving, we close so many doors that the only way to recovery is to reopen them gradually at our own pace.

I know I will never be the same person I was before the death of my child but I hope eventually in some ways I will be a better person because suffering can be beneficial if we learn and grow through it. A year ago I didn't feel this way, and I know I still have a long way to go, but in the meantime, I know the greatest tribute to my child will be to enjoy this summer as he would have done.

## Upcoming Meetings

**August 17, 2009**

Facilitator: Mary Camp

Topic: What memento/object can I carry with me for comfort?

**September 21, 2009**

Facilitator: Richard Hardin

*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.*

## Our Children

### Forever Loved and Remembered

#### August Birthdates

- 8/5 *Andrew Clive Cloyd* 1/19 Son of Roxann Devereux & Richard Cloyd  
 8/6 *James Richard Dunn* 7/11 Son of Juanita Allen  
 8/8 *Coy Todd Cosby* 9/5 Son of Shirley and Jess Cosby  
 8/9 *Angela M. Meece* 1/9 Daughter of Claude and Verna Meece  
 8/11 *Robin Ricci Kuniff* 4/25 Daughter of Norma Forston  
 8/11 *Louis Tsey Gakpo* 12/24 Son of Seth & Philomena Gakpo, Paul Gakpo  
 8/11 *Christopher Perry Adkins* 10/26 Son of Linda Brooks  
 8/13 *Stacey Carol Sea* 1/28 Daughter of Darrell and Jean Sea  
 8/15 *Jason Randall Johnson* 11/2 Son of Sundae and Brad Parks  
 8/15 *Mathew Scott Coomer* 8/31 Son of Ray and Bonnie Coomer  
 8/16 *David Davis* 10/9 Son of Curt Davis  
 8/16 *Rachel Elaine Sutherland* 3/6 Daughter of Elly and Alan Sutherland  
 8/18 *Spencer David Turner* 6/2 Son of Kathy and Danny Turner  
 8/19 *James Earl "Travis" Fryman* 1/26 Son of Rickey and Mavis Fryman  
 8/19 *Robert Allen "Robbie" Joseph II* 12/14 Son of Mary Treadway  
 8/20 *David James Rison* 1/8 Son of Karla Scott and David Rison  
 8/21 *Allyson Mailfald* 11/21/90 Daughter of Bill and Carole Mailfald  
 8/23 *Julian Vincent D. Regalado* 1/22 Son of Ramon & Mary Frances Regalado  
 8/28 *Corey Len Tackett* 1/22 Son of Sallie Jones  
 8/28 *"Baby" Potts* 8/28 Daughter of Jim and Barbara Potts  
 8/22 *Michael Terrell John Lee* 2/4 Son of Vickie L. and Terry C. Lee  
 8/29 *Jeffrey Scott "Scottie" Wallace* 3/10 Son of Lynn Wallace  
 8/31 *William "Bill" Kretzer* 4/14 Son of Shirley and William Kretzer  
 8/31 *Jennifer Lee Toadvine* 1/16 Daughter of Ted and Cyndi Toadvine

#### August Remembrances

- 8/1 *Lori Em Kotzbauer* 5/10 Daughter of Bob and Connie Kotzbauer  
 8/4 *Joseph Carl Richardson* 11/13 Son of Jim and Jean Richardson  
 8/4 *David Allen Rose* 2/6 Son of Ralph and Carmileta Rose  
 8/5 *Thomas Allan Woodrum "Tommy"* 6/13 Son of Thomas and Mimi Woodrum  
 8/5 *William Fredrick White* 12/1 Son of Fred and Rebecca White  
 8/6 *John Martin Fay* 3/1 Son of Mary Ann Fay  
 8/9 *Michael Wallace* 3/31 Son of Jack and Carolyn Wallace  
 8/14 *Steven Roberts* 5/10 Son of Elizabeth Roberts  
 8/15 *Cynthia "Cyndy" Ellen Crim* 6/12 Daughter of Becky & Keith LaVey & Howard Crim  
 8/16 *Todd Jeffries* 9/3 Son of Jim and Terry Jeffries  
 8/17 *Shawn Wade Kirby* 10/29 Son of Tommy and Teresa Kirby  
 8/22 *Emily Ann Preston* 5/1 Granddaughter of Bud and Gwen Preston  
 8/27 *Marcie Reynolds Thomason* 11/24 Daughter of Barbara and Bill Thomason  
 8/31 *Taiann Nicole Wilson* 11/3 Daughter of Sue Wilson

## **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.

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### **Love Gifts**

*In Loving Memory  
of  
Joe Collins Hisle IV  
Given by his parents, Joe and Barbara Hisle*

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. You may send love gifts to:

David Fields

P.O. Box 647

Nicholasville, KY 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 love gifts to the basket during monthly meetings. We greatly appreciate your support!