



P.O. Box 647, Nicholasville, Kentucky 40340

July 2010

Chapter Co-Leaders

Suzie McDonald

catholic20@windstream.net

Janie Fields

butterflymom@windstream.net

Treasurer

David Fields

Newsletter Editor

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

Janie Fields

(859) 881-1991



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 people 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 if they are 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 our meetings, regardless of the age at which their child died or the length of time that has passed since that day.

New to Lexington Meeting:

Margaret Durman, mother of **Brian Durman**

Bille McWilliams, mother of **Brandon Lee McWilliams**

Katie Hayslip, mother of **Amber Autumn Bryan**

**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

July Birthdates

- 7/1 **Carrie Elizabeth Griffin** Daughter of David and Debbie Griffin
7/3 **Scott Carter Jeffers** Son of Susan Jeffers
7/4 **John Harold Putman** Son of John and Harriet Putman
7/5 **Taran Ray Thomas** Son of John and Keila Thomas
7/7 **Scherrie Lyn Rutherford** Daughter of Dee and Jim Whitis
7/7 **Zane Gregory Brown** Son of Gale and Joe Brown
7/8 **Timothy Richard Woodworth** Son of Richard and Sharon Woodworth
7/10 **Mark Overstreet** Son of Kay Overstreet
7/11 **Sherilyn Annette Adams** Granddaughter of Ann Milton Adams
7/12 **Heidi Allen Hunt** Daughter of Judy B. Horn
7/13 **Kayleigh Page Devasher**, Daughter of Chip & Missy Devasher
7/15 **Richard (Rick) Allen** Son of Richard and Linda Allen
7/15 **Brandon Todd Wilson** Son of Bob and Starr Wilson
7/19/**Ian Samuel Napier** Son of Jason & Dezna Napier
7/18 **Larry "Boo" Crawford, Jr.** Son of Evelyn Dee Crawford
7/18 **James William Hooper, Jr.** Son of Michelle Hooper
7/19 **Annie Burke Courtney** Daughter of Paul and Anne Courtney
7/20 **Christy Weldon** Daughter of Connie Weldon
7/21 **Kyle Moore** Son of Georgia and Doug Moore
7/22 **Bill Mahan III** Son of Bill and the late Susie Mahan
7/22 **Nathan Winston Crim** Son of Becky & Keith LaVey and Howard B. Crim
7/23 **Jonathan Brewer** Son of Teresa and Don Bush
7/25 **Charles Hayden "Chip" Lampe** Son of Betsy Lampe
7/26 **Jim Taylor, II** son of Dinah and Jim Taylor
7/25 **Ryan Gregory Yeiser** Son of George Gregory and Rita Yeiser
7/30 **Hillary Paige Troidl** Daughter of Jim and Barb Troidl
7/31 **Jonathan Hepburn** Son of Jo Hepburn

There is sacredness in tears. They are not the mark of weakness, but of power. They speak more eloquently than ten thousand tongues. They are the messengers of overwhelming grief, of deep contrition, and of unspeakable love.

Washington Irving

Our Children Forever Loved and Remembered

July Remembrances

- 7/2 **Glen D. Lay** Son of Erwin and Fay Lay
7/2 **Kyle Moore** Son of Georgia and Doug Moore
7/2 **Anthony Eugene Gay** Son of Larry and Gayle Gay
7/3 **Barclay "Bart" J. Knafl** Son of Karen and John Knafl
7/3 **Doug Steinkuhl** Son of Gary and Barb Steinkuhl
7/6 **Andy McLaughlin** Son of Iris McLaughlin
7/6 **Ruth Ann Proutey** Daughter of Sarah and George Hudgins
7/6/06 **Thomas Monroe Routt** Son of Stephanie Routt
7/7 **Jayne Lynn Wawrzyniak** Daughter of Loretta Wawrzyniak
7/9 **Mark Davis** Son of Harold and Jeannie Davis
7/9 **Joseph Lewellyn Powell** Son of Celia and David Powell
7/9 **Jeremy Daegan Hicks** Son of Joe and Sheila Hicks
7/11 **Leslie Vasser** Daughter of Ed and Libby Vasser
7/11 **James Richard Dunn** Son of Juanita Allen
7/12 **John Blair Potter** Son of Susan and James Potter
7/13 **Juan Pirir Cux** Son of Donna and Dave Uckotter
7/13 **Phillip Old** Son of Priscilla Old
7/14 **Michael Bransford Burns** Son of Emily and Mike Burns
7/15 **Evan Charles Thomas** Son of John and Keila Thomas
7/15 **Kelly Renee Powell** Daughter of Cecil and Barbara Powell
7/17 **Matthew Charles Estes** Son of Barry and Cheri Catron
7/17 **Scarlett Lynn Miller** Daughter of Ronald and Ruby Miller
7/17 **Joe Frank Banks** Son of Barbara Kinne
7/19 **Ian Samuel Napier** Son of Jason & Dezna Napier
7/17 **Isaiah Thomas Stewart** Son of Connie Stewart
7/18 **Adam Harold Cave** Son of Mark Cave and Krystal Landers
7/19 **Bradley Johnson** Son of Don and Sharon Johnson
7/19 **Kayleigh Page Devasher**, Daughter of Chip & Missy Devasher
7/20 **Michael Rhodes Burton** Son of Harold and Pat Burton
7/20 **Keeley Knuteson Hollingsworth** Daughter of Berkeley & Patty Hollingsworth
7/23 **Eugene Swisher, Jr.** Son of Nancy and Eugene Swisher
7/25 **Kiah Nicole Milsom** Daughter of Lisa Scott
7/27 **Terry Hayes** Son of Patricia Morgan
7/28 **Jonathan M. Bates** Son of Jeane Bates
7/29 **Margaret Angela Hunt** Daughter of Linda & James Litzinger
7/29 **Kevin Patrick Hogge** Son of Burl and Linda Hogge
7/30 **Jackie Peel** Son of Carl and Pansy Peel
7/30 **Mark Overstreet** Son of Kay Overstreet
7/31 **Ryan Jason Ross** Son of Mitzi and Rick Holbrook

Co-Leader's Corner**By: Janie Fields and Suzie McDonald**

Suzie and I are excited as well as apprehensive about being TCF chapter leaders as Jim is a hard act to follow, please bear with us during this transition period.

One of our goals is to get information about The Compassionate Friends to the general public and facilities that deal with bereaved parents and adult siblings. We also want to have outside speakers at the meetings from time to

time throughout the year. If you would to facilitate a meeting or know of a speaker that the group would benefit hearing please let us know.

The picnic was a fun and cool; at the last minute we decided to move the picnic inside the church due to the heat. The food and fellowship was wonderful. Everyone went home with at least one fantastic item from the silent auction. Thanks to everyone who

participated, the "Garden of Angels" is one step closer to being a reality.

The balloon release was as touching as ever. Releasing a balloon with a personal message to our children brings a few moments of peace to our weary hearts. Balloons were sent up with love for all the children of The Compassionate Friends.

See you at the July meeting friends!

Calling All Oldies...

We need your encouragement and support. You are the string that ties our group together and the glue that makes it stick. Each meeting new parents or sibling arrives with fresh hurt and frightened eyes. Remember how you felt at your first meeting? Think back...what would it have been like for you if there had not been any "oldies" to welcome you, share your grief, and encourage you? It was from them you heard, "your pain will not always be this bad: it really does get softer. They were the ones who wanted to really listen when you talked about your child. Please be an "oldie" for someone else? By helping someone else, you help yourself and share your child with someone who never got to know him or her. Mark your calendar now to attend the next meeting and help a newly bereaved parent or sibling. Our own healing happens when we are reaching out to others. Please plan to join attend a meeting soon!



We want to say thank you to Jim Sims for the outstanding job as leader of The Compassionate Friends for the past four years. Thank you for the compassion and love you have shown for each and every person that passed through our door to join us at a meeting. Thank you for talking to the many bereaved parent who called when they were feeling so hopeless. Thank you for all your hard work as our leader, but most of all thank you for helping so many of us during the worst time in our lives.

Your Compassionate Friends

Vacations

Elizabeth Estes, TCF, Augusta, GA

Vacation time can be painful for bereaved parents. Caught up with normal demands of making a living or keeping a household going, we have less time to think than we do on vacations, especially the "take it easy" kind-at a hideaway, tucked away somewhere.

In the summers following Tricia's death, I found vacations could bring a special kind of pain. We avoided going to places where we had vacationed with her. At one time, I thought Williamsburg might be off my list forever since we had a very happy time together there. I tried it one summer three years

later and found that she walked the cobbled streets with me. Now that nine years have passed and the pain has eased, maybe the happy memories we shared in Williamsburg can heighten the pleasure of another visit there.

For the first few years after Tricia's death, we found fast-paced vacations at places we had never been before, to be the best. The stimulation of new experiences in new places with new people refreshed us and sent us home more ready to pick up our grief work. That is not to say when we did something or saw something that Tricia would have enjoyed, we didn't

mention her. We did, but it seemed less painful than at home.

One caution: Do allow enough time for sleep; otherwise, an exhausted body can depress you.

We've said it many times: YOU HAVE TO FIND YOUR OWN WAY, YOUR OWN PEACE. Let vacation time be another try at that; but do give yourself a break in choosing the time and locale where that can best be accomplished. Don't be afraid of change-it can help with your re-evaluation of life.

To have your child included on "Our Children" webpage, please contact our webmaster Mary at

thecamps@roadrunner.com.

Corrections to Birth Dates or Remembrances should be sent to Lisa at garandsmom@yahoo.com.



Thank you! Thank you! Thank you!



On behalf of the "Garden of Angels", I would like to thank all of you for your generous gifts and help at the silent auction. Your commitment to helping other bereaved parents is sincerely appreciated. With the help and donations from supporters such as you, we will continue to see our dream of the "Garden of Angels" become a reality.



Special thanks to David & Janie Fields for the love of Missy as well as Terri & Vicki Lee in memory of their son Michael, Joan Reynolds, in memory of her son John and Mary Camp, in memory of her son Zach.



Library News

LIBRARY BOOKS /DVD's—Our library is a great resource for our members, friends and families. Be sure to come to our monthly meetings early enough to browse our selection and borrow a book. Please keep our library in mind if you have any books/DVD's you would like to donate contact Joan Reynolds, our librarian.

Please remember to return all borrowed books and DVD's. Many books and DVD's were donated in memory of a child. If you can't come to the meetings to return the items please call or email Janie (butterflymom@windstream.net) or Suzie (CATHOLIC20@WINDSTREAM.NET) In your email please include the book name and author, your name and phone number to set up a time for someone to pick up any items that you have borrowed from the library.

Love Gifts

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!*

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.