



P.O. Box 647, Nicholasville, Kentucky 40356

July 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.

Regina Blanton, "The Button Lady"

to be at

Bluegrass Chapter of The Compassionate Friends

Meeting

July 20, 2009

If you would like a picture button, bring a 4" picture (photocopies of pictures work well and allow you to keep the original.)

Buttons are free, but donations are accepted to cover the cost of materials.

***The Compassionate
Friends***

National Office

P.O. Box 3696

Oak Brook, IL 60522

(877) 969-0010

www.compassionatefriends.org



THANK YOU!



The silent auction was a huge success and Jamie and I would like to thank everyone for their support and for helping make the "Garden of Angels" a reality and not just a dream. We love you all and thank-you from the bottom of our hearts.



~Suzie and Memories of our Sons and Daughters



Love Gifts

In Loving Memory of John T. Reynolds

In Loving Memory of Jason Thomas Music

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 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! Please send Love Gifts to: David Fields, P.O. Box 647, Nicholasville, Kentucky 40356.

Tomorrow Will Be Better

By:

**Annette Mennen Baldwin, TCF Katy, TX
Forever remembering my son, Todd Mennen**

When my son died, I felt like there would be no tomorrow. I didn't want a tomorrow. I wanted yesterday with its promise of joy and perfection. I wanted my son to be alive. But he was gone.

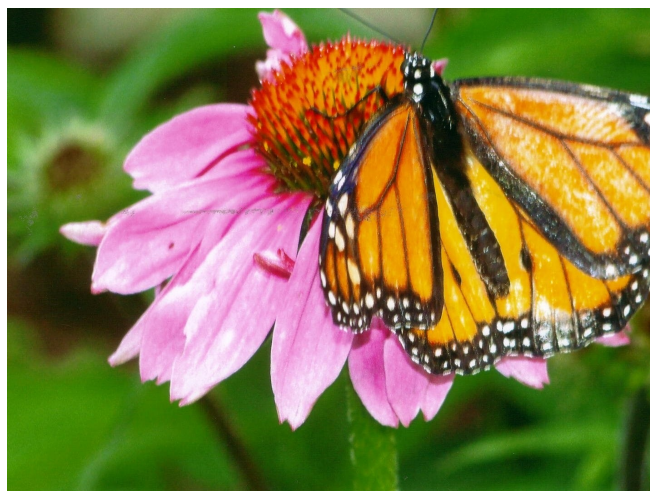
Now, when life gets me down, I remember the joys of yesterday, think of all that I was given, take measure of all that still needs to be done, and I promise myself that tomorrow will be better because I will work very hard to make it better.

My grandmother often told me, "If you think you can, you're right. If you think you can't, you're right. What do you think?" As a child I thought this was strange. As an adult, I know it to be true.

Tomorrow *will* be better. Tomorrow I will, once again, tell my mind to stop the negative thoughts. And my mind will do exactly that, as I command my ship of grief.

The Compassionate Friends Bluegrass Chapter Annual Picnic

The Compassionate Friends Bluegrass Chapter Annual Picnic was held on Saturday, June 6, 2009, at South Elkhorn Christian Church. Approximately fifty people were in attendance. The picnic ended in a butterfly release in the Faith, Hope and Love Garden. More photographs from the picnic can be found at <http://www.tcfbluegrass.org/picnic09.html>.



Our Children Forever Loved and Remembered

July Birthdates

7/1 *Carrie Elizabeth Griffin* 6/7 Daughter of David and Debbie Griffin
 7/3 *Scott Carter Jeffers* 3/23 Son of Susan Jeffers
 7/4 *John Harold Putman* 5/10 Son of John and Harriet Putman
 7/5 *Taran Ray Thomas* 10/1 Son of John and Keila Thomas
 7/7 *Scherrie Lyn Rutherford* 10/20 Daughter of Dee and Jim Whitis
 7/7 *Zane Gregory Brown* 11/2 Son of Gale and Joe Brown
 7/8 *Timothy Richard Woodworth* 12/12 Son of Richard and Sharon Woodworth
 7/10 *Mark Overstreet* 7/30 Son of Kay Overstreet
 7/11 *Sherilyn Annette Adams* 11/14 Granddaughter of Ann Milton Adams
 7/12 *Heidi Allen Hunt* 5/18 Daughter of Judy B. Horn
 7/15 *Richard (Rick) Allen* 6/18 Son of Richard and Linda Allen
 7/15 *Brandon Todd Wilson* 2/6 Son of Bob and Starr Wilson
 7/18 *Larry "Boo" Crawford, Jr.* 10/7 Son of Evelyn Dee Crawford
 7/18 *James William Hooper, Jr.* 6/22 Son of Michelle Hooper
 7/19 *Annie Burke Courtney* 1/15 Daughter of Paul and Anne Courtney
 7/20 *Christy Weldon* 11/2 Daughter of Connie Weldon
 7/21 *Kyle Moore* 7/2 Son of Georgia and Doug Moore
 7/22 *Bill Mahan III* 5/11 Son of Bill and the late Susie Mahan
 7/22 *Nathan Winston Crim* 1/20 Son of Becky & Keith LaVey and Howard B. Crim
 7/23 *Jonathan Brewer* 5/29 Son of Teresa and Don Bush
 7/25 *Charles Hayden "Chip" Lampe* 3/13 Son of Betsy Lampe
 7/26 *Jim Taylor, II* 5/20 son of Dinah and Jim Taylor
 7/25 *Ryan Gregory Yeiser* 1/29 Son of George Gregory and Rita Yeiser
 7/30 *Hillary Paige Troidl* 2/22 Daughter of Jim and Barb Troidl
 7/31 *Jonathan Hepburn* 6/9 Son of Jo Hepburn

July Remembrances

7/2 *Glen D. Lay* 9/30/58 Son of Erwin and Fay Lay
 7/2 *Kyle Moore* 7/21 Son of Georgia and Doug Moore
 7/2 *Anthony Eugene Gay* 4/9 Son of Larry and Gayle Gay
 7/3 *Barclay "Bart" J. Knafl* 3/4 Son of Karen and John Knafl
 7/3 *Doug Steinkuhl* 3/19 Son of Gary and Barb Steinkuhl
 7/6 *Andy McLaughlin* 3/29 Son of Iris McLaughlin
 7/6 *Ruth Ann Proutey* 11/20/63 Daughter of Sarah and George Hudgins
 7/7 *Jayne Lynn Wawrzyniak* 3/17/67 Daughter of Loretta Wawrzyniak
 7/9 *Mark Davis* 6/1 Son of Harold and Jeannie Davis

(Continued on Page 5)

Our Children Forever Loved and Remembered

July Remembrances

(Continued from Page 4)

- 7/9 **Joseph Lewellyn Powell** 1/4 Son of Celia and David Powell
7/9 Jeremy Daegan Hicks 4/28/93 Son of Joe and Sheila Hicks
7/11 **Leslie Vasser** 11/21 Daughter of Ed and Libby Vasser
7/11 **James Richard Dunn** 8/6 Son of Juanita Allen
7/12 **John Blair Potter** 10/14 Son of Susan and James Potter
7/13 **Juan Pirir Cux** 6/21 Son of Donna and Dave Uckotter
7/13 **Phillip Old** 6/29 Son of Priscilla Old
7/14 **Michael Bransford Burns** 5/14 Son of Emily and Mike Burns
7/15 **Evan Charles Thomas** 12/7 Son of John and Keila Thomas
7/15 **Kelly Renee Powell** 4/5 Daughter of Cecil and Barbara Powell
7/17 **Matthew Charles Estes** 3/16 Son of Barry and Cheri Catron
7/17 **Scarlett Lynn Miller** 5/31 Daughter of Ronald and Ruby Miller
7/17 **Joe Frank Banks** 10/30 Son of Barbara Kinne
7/17 **Isaiah Thomas Stewart** 11/22 Son of Connie Stewart
7/18 **Adam Harold Cave** 5/27 Son of Mark Cave and Krystal Landers
7/19 **Bradley Johnson** 9/17 Son of Don and Sharon Johnson
7/20 **Michael Rhodes Burton** 12/11 Son of Harold and Pat Burton
7/23 **Eugene Swisher, Jr.** 9/29 Son of Nancy and Eugene Swisher
7/25 **Kiah Nicole Milsom** 3/7/94 Daughter of Lisa Scott
7/27 **Terry Hayes** 5/19 Son of Patricia Morgan
7/28 **Jonathan M. Bates** 9/23 Son of Jeane Bates
7/29 **Margaret Angela Hunt** 5/12 Daughter of Linda & James Litzinger
7/29 **Kevin Patrick Hogge** 11/1 Son of Burl and Linda Hogge
7/30 **Jackie Peel** 3/21 Son of Carl and Pansy Peel
7/30 **Mark Overstreet** 7/10 Son of Kay Overstreet
7/31 **Ryan Jason Ross** 3/1 Son of Mitzi and Rick Holbrook

Check Out Our Library

Our library is a great resource for our members, friends and families. Be sure and come to our monthly meetings early enough to browse our selection and borrow a book. If you would like to make a donation to our library, please contact Sue Hardin at sue.hardin@gmail.com. When borrowing a book, please remember to return it.

The Bluegrass Chapter of the Compassionate Friends Steering Committee meets on the first Monday of each month at 6:30 at Hospice of the Bluegrass. All are welcome to attend and participate.

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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Bluegrass Chapter
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