



**THE
COMPASSIONATE
FRIENDS**

Bluegrass Chapter Newsletter

"We need not walk alone."

www.tcfbluegrass.org

P.O. Box 647, Nicholasville, Kentucky 40340

March 2010

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

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.

**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

March Birthdates

- 3/1 **John Martin Fay** Son of Mary Ann Fay
3/1 **Ryan Jason Ross** Son of Mitzi and Rick Holbrook
3/4 **Barclay (Bart) Knafl** Son of Karen and John Knafl
3/12 **John Thomas Reynolds** Son of Joan & Richard Reynolds
3/7 **Kiah Nicole Milsom** Daughter of Lisa Scott
3/8 **Robby Meeks** Son of Cindy and Rusty Meeks
3/10 **Andy Jones** Son of Jean and Cal Jones
3/10 **Victor Paul Basil** Son of Lorena Basil
3/10 **Jesse Caldwell Higginbotham** Son of Rebecca Woloch and Jerome Higginbotham
3/11 **Mark A. Romond** Son of Ed and Jan Romond
3/12 **Laura Ann Lemieux** Daughter of Vincent and Jackie Lemieux
3/14 **Eric Ritchey** Son of Lynn and Harley Ritchey
3/15 **James "Jamie" Earl Flynt** Son of Suzie McDonald
3/16 **Matthew Charles Estes** Son of Barry and Cheri Catron
3/16 **Edward Charles Campherl** Son of Martha E. Stone
3/16 **Jack Charles Bahm II** Son of Jack Bahm
3/17 **Jayne Lynn Wawrzyniak** Daughter of Loretta Wawrzyniak
3/19 **Doug Steinkuhl** Son of Gary and Barb Steinkuhl
3/20 **Matthew Patterson** Son of John and Ann Patterson
3/20 **Katherine "Kate" Tudor** Daughter of Suzanne Tudor & Lewis Perry
3/21 **Jackie Peel** Son of Carl and Pansy Peel
3/28 **David Ryan Goldey** Son of George and Julia Goldey
3/28 **Chip Cheek** Son of Betty Milton and Ercel Cheek
3/29 **Andy McLaughlin** Son of Iris McLaughlin
3/30 **Joshua Montgomery** Son of Jo Barnes and Eddie Montgomery
3/31 **Michael Wallace** Son of Jack and Carolyn Wallace
3/31 **Davey Allison Dunavant** Son of Anita and J. C. Harris
3/31 **Brandon Lee Lorance** Son of Callie Lorance

*An important way to cope with grief
is having an outlet, be it interpersonal, be it artistic,
that will allow you to not have to contain your grief,
but will give you an opportunity to express it,
to externalize it to some degree. ~*
R. Benyamin Cirlin, Grief counselor

Our Children Forever Loved and Remembered

March Remembrances

- 3/1 **Addison Elise "Addie" Koch** Daughter of Charles and Katie Koch
3/1 **Donald Ray Bingham, Jr.** Son of Barbara Bingham
3/2 **Patrick McDonnell** Son of Anne and Bob McDonnell
3/2 **Jonathan Derek Perdue** Son of Donna and Chris Perdue
3/6 **Grant Casey Blethen** Son of Casey Grant Blethen
3/6 **Rachel Elaine Sutherland** Daughter of Elly and Alan Sutherland
3/7 **Stephen Booher** Son of Mary McCormick
3/7 **Zack Camp** Son of Mary Camp
3/7 **Brenna Jiwon Kihlman** Daughter of Dale and Shan Kihlman
3/9 **Robin Lemaster Ratliff** Daughter of Jesse and Betty Lemaster
3/10 **Jeffrey Scott Wallace** Son of Lynn Wallace
3/11 **Randy Blake Johnson** Son of Randy and Doris Johnson
3/12 **Mitchell Allen Jaquish** Son of Ellie and Thomas Jaquish
3/12 **John Thomas Reynolds** Son of Joan & Richard Reynolds
3/13 **Glenn Cope** Son of Sheila Cope
3/13 **Charles Hayden "Chip" Lampe** Son of Betsy Lampe
3/13 **Benton (Ben) Warner Blanton, III** Son of B. W. Blanton, Jr.
3/13 **Brian Philpot** Son of Mitch and Dee Philpot
3/13 **Cole Brian Gilliam** Son of Joan B. Gilliam
3/15 **Amy Jeanine Click** Daughter of Kathy and Steven Click
3/17 **Darius Xavier Jerome Young** Son of Deborah Young
3/20 **Lauren Elizabeth Stokley** Daughter of Jackie Webb
3/20 **Robert (Robbie) Lewis Byrd II** Son of Beverly and Bobby Byrd
3/21 **Amanda Williams** Daughter of Donna Riley
3/21 **Bobby Sherman Parsons** Son of Anna McKinney
3/23 **Scott Carter Jeffers** Son of Susan Jeffers
3/24 **Joshua Montgomery** Son of Jo Barnes and Eddie Montgomery
3/25 **David Wayne Meade** Son of Sue & Fred Meade, Brother of Susan Bayes
3/29 **Matthew Patterson** Son of John and Ann Patterson
3/30 **Victor M. Martina** Son of Don and Judy Martina
3/30 **Erica "Shi" Richie** Daughter of Carol Scott
3/30 **Kimberly Varney** Daughter of Judy and Lewis Varney

*When I grieve, when I stand by others as they grieve, even in the midst of seemingly unbearable sorrow,
grief becomes a way to honor life — a way to cling to every fleeting, precious moment of joy. ~*

Cortney Davis, Nurse Practitioner

Finding Spring Again

Cathy Seehuetter, TCF/St. Paul, MN

It is the end of February, which means we are nearing the end of what has often been a brutal winter. While gazing at the mountains of snow piled high in my front yard and the foot-long icicles hanging from my roof, it is hard to imagine that spring will ever come. We have endured bitter cold winds that have chilled us to the bone and treacherous roads that we have cautiously traveled. The days have been long and dark and often free of sunlight. No matter how long you have been a native of the Upper Midwest, I know we all will be glad when it comes to an end.

However, as I described these thoughts about winter, I felt as if I was describing the days of my early grief. At that point, I did not believe that a day would ever come when I would thaw from the chill that had overtaken my body and mind. The bleakness of my existence during those early months after Nina died is almost frightening to remember; it is so difficult to even conceive of that much pain. I was anesthetized from some of its cruelty by the protective blanket of numbness that blessedly shielded me from the gale force of such overpowering sorrow. How could I ever feel spring in my heart again?

Spring had always been my favorite season. The air had a certain freshness to it that I

would drink in. Simply put, it always made me feel happy and light of heart. Spring was our reward for surviving the freezing winter months that preceded it. It brought a smile to my face and a bounce to my step.

However, it was the spring of the year where my heart was irretrievably broken. It was during this exquisite season of warm, lilac-scented breezes and sun-kissed mornings where my sweet daughter Nina's life would end.

I wondered if my thoughts about spring would never be the same. Rather than anticipate with gladness the coming of spring, I dreaded it with the knowledge that it contained the anniversary of her death. The smell of the air and the look to the sky that I once found exhilarating now brought me back to my darkest day. I know that anyone, who has lost a loved one to death, no matter the season, understands.

Will spring come again to your life? In the almost six years since Nina died, has it come to mine? Looking back at my description of the winter of "my early grief", I know that I have come a long way from that time of desolation. I have found, especially after the first two years, that with each subsequent spring, I have rediscovered some of the pleasure I used to feel. I have learned that just because I have

found things to feel joyful about again; it doesn't mean I am dishonoring my daughter's memory. I now take her along with me in my mind and my heart. I try to retrieve memories of the dandelion bouquets she so carefully gathered and presented to me, the rides to the park in the Radio Flyer, our talks while sunning on the deck, and, of course, shopping for spring clothes! Her favorite pastime! I will always feel tenseness, apprehension and sadness as May 11th draws near, but I no longer hold it against spring.

It is a slow, difficult journey, this grief pathway we travel. It is as treacherous as the roads we maneuvered following the winter storms, never knowing when we will hit an icy patch on the road and be thrown into a tailspin. Yet, we must travel it if we are to find any measure of peace and healing.

Please be patient with yourself as you are working hard to survive this winter in your heart. Trust that spring, though a much different one than the one we knew before our beloved child died, will come again.

Please join us March 19 & 20th
for the
Frankfort, Kentucky Regional Conference
"Remembering, Helping, Healing"
Capital Plaza Hotel, Frankfort, KY

Featuring...

Documentary,
"Space Between Breaths"
produced by Rosemary Smith

Special guest speakers, entertainers include Darcie Sims and Alan Pedersen. Workshop presenters will include Bill Ritter, Alice Wisler-Koller, Misti Lynn Hall, and Terri Daniel. The conference will be held at the Capital Plaza Hotel and discounted room rates will be available for those booking a room prior to February 25, 2010 who mention they are with The Compassionate Friends. Room reservations can be made by calling the Capital Plaza Hotel at 502.227.5100.

~Registration form found on page 6 of this newsletter~

Detailed agenda can be found at: <http://www.thecompassionatefriendsfrankfortky.com>

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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THE COMPASSIONATE FRIENDS

Supporting Family After a Child Dies

Remembering, Helping, Healing

Frankfort, KY Regional Conference 2010

March 19 & 20

Registration Form:

Guest Name: _____
(please print)

Guest Name: _____
(please print)

Address: _____

City: _____ State: _____

Zip _____ Phone _____ Email: _____

Name of Child: _____ age _____ birth date _____ death date _____

Name of Child: _____ age _____ birth date _____ death date _____

Name of Child: _____ age _____ birth date _____ death date _____

Name of Child: _____ age _____ birth date _____ death date _____

To insure a complimentary shirt for those registering and to include your child(ren's) picture in the slideshow, please make sure your registration is received by February 25, 2010.

Conference Registration: \$55.00 per person includes Friday night dinner, continental breakfast Saturday morning and banquet lunch on Saturday. Rooms available for \$74 + tax at Capital Plaza Hotel. Must be reserved by Feb. 25 and mention TCF. 502-227-5100

**Mail Registration to:
 The Compassionate Friends of Frankfort, KY, PO Box 4075, Frankfort, KY 40604**

If you have family/friends that wish to only attend Friday night dinner or join us for only lunch on Saturday, we are making this possible, but please let us know how many in your group attending Friday night only? _____ \$10.00 dinner (how many). Saturday luncheon _____ \$15.00 lunch (how many)?

One complimentary shirt will be provided for each registration, if you would like to order additional shirts for family/friends the charge is \$6.00each. _____ How many additional? (Add \$1.00 for X sizes:)

Conference T-Shirt: Small _____ Medium _____ Large _____ XLarge _____ XXLarge _____ XXXLarge _____
(please specify how many of each size when you mark the form, example: Small 2)

Child care will not be available.

Please submit a small photo of your child with your registration for our slideshow by February 25th. Place child's name and dates on the back of the picture. We do our utmost to return all pictures but please do not send originals.

There will be tables available for memory items if you would like to bring a picture or special item to share.

Our speakers and workshop conductors will have CD's, DVD's, books, etc for purchase and make themselves available to sign the materials during the conference breaks, before and after sessions.

Workshop Selection:

Friday 2:30-4:30pm

- ___ Space Between Breaths
- ___ I Can't Imagine
- ___ Journaling

Saturday 10:30am-11:45am

- ___ Surviving Suicide
- ___ Building Self Esteem After the Death of a Child
- ___ Butterfly workshop
- ___ When the House is Empty

Saturday 1:30pm-3:15pm

- ___ Creative Arts
- ___ How Men & Women Grieve Differently
- ___ Love Beyond Life
- ___ Butterfly Workshop

Plan now to attend TCF's National Conference in Arlington, Virginia July 2-4

If you've never been to a Compassionate Friends National Conference, the 2010 event, with the theme "Reflections of Love—Visions of Hope," is your opportunity. It will be held July 2-4 in Arlington, Virginia.

While details have not been finalized for this, the 33rd National Conference, here's some of what you will find: Four great keynote speakers; more than 100 workshops covering most areas of grief after a child dies; many sharing sessions; Saturday evening remembrance candle lighting; and Friday evening special entertainment by the political satire group "Capitol Steps."

Many popular features are carried over from past conferences: parent and sibling hospitality suites; reflection room; butterfly boutique, and fully stocked book store. At least a dozen memory boards will be available and placed around the hotel, so plan to bring a picture of the child you're remembering (no larger than 8"X10"). Picture buttons will be made at no charge.

There will be a complete sibling program including a visit to the popular Washington D.C. "Spy Museum." Also planned are workshops and sharing sessions for parents with no surviving children.

This year's National Conference also encompasses the eleventh annual Compassionate Friends Walk to Remember at 8 a.m. July 4th, an event designed to remember all children who have died. During the Walk, more than 10,000 names will be carried by the 1300-1500 participants and volunteers. If you wish to submit the name of a child to be carried in the Walk, you can do so online from The Compassionate Friends national website. There is no charge.

We recommend that you reserve your room as early as possible at the host hotel, the beautiful Hyatt Regency Crystal City. Online reservations can now be made through the national website. For the latest information on the conference and Walk to Remember, visit www.compassionatefriends.org, click on News and Events and then TCF National Conferences.

The conference registration rate will be \$85 for adults and \$35 for siblings under 18 until late registration, which will begin June 1. Online registration will be available in March.

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!