



P.O. Box 647, Nicholasville, Kentucky 40340

October 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**
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 our Lexington Meeting:

*Patty and Berkeley Hollingsworth, parents of Keeley Knuteson
Hollingsworth*

*The Compassionate
Friends
National Office*
P.O. Box 3696
Oak Brook, IL 60522
(877) 969-0010
www.compassionatefriends.org

Co-Leader Corner

By: Jim Sims

It's been encouraging to have recently received several positive responses from someone that has visited our chapter website <http://tcfbluegrass.org/>. In recent months multiple newcomers have said they came to their first meeting after learning about TCF at our website. Others have told their friends in other parts of the country about the information that's available for the newly bereaved. In

addition, there are numerous articles about grief & grieving in that section as well as in the resources section. There's helpful information for siblings, our newsletter archives and tributes to some of our children. Everyone can benefit from the suggestions, tips and other information in the "How Friends and Families can help" section. Goodness knows that there's plenty of "them" that can use all the help we can provide!

So if you've not done so, why don't you spend some time browsing through <http://tcfbluegrass.org/> and see if you don't find something that makes it worth your time. Or even if you have, maybe it's a good time to refresh your memory with a revisit. After all, as someone exclaimed recently, "there's a lot of good stuff there"!!

Happy Surfing

CHANGING THE LANGUAGE OF GRIEF: A NEW CENTURY'S CHALLENGE

by Darcie Sims, Ph.D., CGC, CHT

About the Author: Darcie D. Sims, Ph.D., CGC, CHT is the co-founder and president of Grief Inc., a grief management and consulting firm in Louisville, Kentucky. A bereaved parent and child, Darcie is an internationally known speaker and author of several books, including Why Are The Casseroles Always Tuna, If I Could Just See Hope, Footsteps Through the Valley and Touchstones. She presents workshops, keynotes and training programs all over the world on grief-related topics. She is known for her warmth, humor and compassionate understanding. She can be contacted at Grief Inc. Email at GriefInc@aol.com. Visit her website at www.GriefInc.com

We need to create a new language for grief ... a language that speaks honestly of grief's pain and crushing despair. We need a language that speaks of the painful promise and of the hope that is cast by the memory of love given and received. We need to create a language of HOPE, not a language of grief.

Perhaps we can create a language where DENIAL is merely a river in Egypt and not a statement of despair or criticism. Denial is such a harsh and inaccurate word. It does not belong in the language of HOPE.

When we are faced with difficult steps on our journey, we sometimes wish to postpone our progress. We want to sidestep the painful step.

Perhaps we are not yet ready to deal with reality or perhaps we feel afraid, unsupported, unskilled or unprepared to face the unfolding of a new life. "I WON'T deal with it!" "I CAN'T cope with it!" "I DON'T WANT TO face it." Words that each of us has echoed again and again as we traveled the path of grief. And so, instead of facing "IT" (whatever "it" may be), we wish to move it to the side, placing it just out of our line of sight, slightly out of focus. For a time, sometimes, a looooong time, we can keep whatever we do not wish to deal with, out of focus. We can postpone reality, for a little while. It is easier to pretend, for a time, that my child is away at camp or my spouse is on a long business

trip instead of facing the bitter reality of death. And yet, I KNOW what it is that I am pretending. How could I ever forget?

I would like to replace the word DENIAL with the word POSTPONEMENT. It is a more honest word. It accurately describes exactly what we do with a reality we are not quite ready to experience. We simply move that reality to the side, keeping it slightly out of focus, holding it there until we are no longer able to keep there, or until we feel "ready" to tackle the new reality. Before you can deny anything, you first have to acknowledge it and once you acknowledge it, you can postpone it until you are ready or able to cope. It takes a lot of

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Our Children

Forever Loved and Remembered

October Birthdates

10/6 <i>Jan Cecile Richardson</i> 6/9	Daughter of Jim and Jean Richardson
10/7 <i>Renee Peterson</i> 12/28	Daughter of Roy and Juanita Peterson
10/8 <i>Fred "Lance" L. Murphy III</i> 6/23	Son of Patty Murphy
10/8 <i>Clay Warren Burton</i> 12/19	Son of Jim and Dottie Burton
10/12 <i>Tiffany Creech</i> 12/29	Daughter of Jim and Karen Rice
10/13 <i>Nathan Winston Crim</i> 1/20	Son of Becky & Keith LaVey & Howard B. Crim
10/14 <i>John Blair Potter</i> 7/12	Son of Susan and James Potter
10/15 <i>Addison Elise "Addie" Koch</i> 3/1	Daughter of Charles and Katie Koch
10/23 <i>Brandon James Moore</i> 4/8	Son of Jane Moore
10/25 <i>Joe Collins Hisle IV</i> 2/22	Son of Barbara and Joe Hisle
10/29 <i>Shawn Wade Kirby</i> 8/17	Son of Tommy and Teresa Kirby
10/30 <i>Joe Frank Banks</i> 7/17	Son of Barbara Kinne
10/31 <i>Jennifer Podgorski</i> 4/15	Daughter of Monique Podgorski
10/31 <i>Steve Swango</i> 12/4	Son of Lillian Eichelberger

October Remembrances

10/1 <i>Taran Ray Thomas</i> 7/5	Son of John and Keila Thomas
10/2 <i>Brian J. Bergin</i> 2/3	Son of Robert and Sherry Lowry
10/2 <i>Victor Paul Basil</i> 3/10	Son of Lorena Basil
10/5 <i>Jeffrey Todd Sims</i> 9/18	Son of Jim & Sharon Sims and Priscilla Sims
10/7 <i>Larry Crawford, Jr.</i> 7/18	Son of Evelyn Dee Crawford
10/9 <i>David Davis</i> 8/16	Son of Curt Davis
10/11 <i>Jeffrey Lynn Spradling</i> 1/6	Son of Wilma Cracraft
10/11 <i>Christopher James Mink</i> 10/23	Son of Janice and James Mink
10/17 <i>Bobby Lee Grimm</i> 11/27	Son of Brenda and Peter Grimm
10/17 <i>Ivy Britton Freeman</i> 4/20	Daughter of Kevin and Cindy Freeman
10/19 <i>Kristi Mildred Wainscott</i> 8/18	Daughter of Robert and Janet Smith
10/21 <i>Chad Hammons</i> 12/08	Son of Dottie and Walter Hammons
10/26 <i>Donald Duncan</i> 1/14	Son of Donald and Diane Duncan
10/26 <i>Christopher Perry Adkins</i> 8/11	Son of Linda Brooks
10/29 <i>Bessie Renee Root</i> 12/28	Daughter of Patricia Root
10/30 <i>Gary James Travis Burke</i> 6/12	Son of Bonnie Burke

As long as I can I will look at this world for both of us. As long as I can I will laugh with the birds, I will sing with the flowers, I will pray to the stars, for both of us. ~

Sascha

...*"Changing"* continued from page 2

energy to keep things out of focus for very long and so eventually, most of us run out of energy to keep things in FANTASY LAND. Slowly we bring whatever painful reality we must face back into focus and we begin the healing task of coping. DENIAL is a river in Egypt. It is NOT a lack of coping, but rather an accurate and creative way of POSTPONING, until I feel more secure, more skilled, more supported. Spring does follow winter and just as the daffodils rise to greet a new season, I, too, will move from postponement to acknowledgment and then to action. I, too, will, face my despair and my grief, in my own time. So, as we exchange the word DENIAL for the word POSTPONEMENT, let's forever ban the word LOST. We use that word to describe everything that changes. "I LOST my child." "I LOST my job." "I LOST my spouse, my car, everything!" We lose THINGS: car keys, houses, jobs, but never, never, do we lose people! They DIE or LEAVE, but we do not LOSE them or the love we shared. Our loved ones have DIED, but they are forever and always a living and loving PART OF WHO WE ARE! We CANNOT LOSE their love! As long as we are changing the language, let's think about replacing ACCEPTANCE with ACKNOWLEDGMENT. Acceptance, to me, means agree with and I will NEVER AGREE

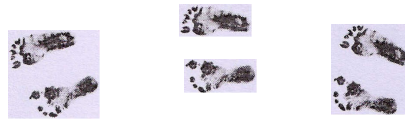
with what has happened to me! But I can work towards ACKNOWLEDGMENT of what has happened. As I begin to feel safer, more supported, more knowledgeable about the grief process and feel more skilled at grieving, I can allow whatever I have cast into POSTPONEMENT to resurface and begin then to resolve my grief. We can change the words we use. Let's make up a new language ... A LANGUAGE OF HOPE! Move away from ACCEPTANCE and run towards ACKNOWLEDGMENT! And then, perhaps we can change one more word in the language of grief. Can we get rid of the word RECOVERY and use HEALING instead? RECOVERY is a medical model word, designed to describe broken bones, not hearts. We recover from a broken arm or the chicken pox. We don't GET OVER the death of someone we love. We get THROUGH IT, one moment, one hour, one day, one hurt at a time. HEALING is a HOPEFUL WORD.

There's only one more word I'd like to banish from the world of grief and bereavement. Let's get rid of CLOSURE, too. There is no such thing as closure in grief. The only thing that closes at the funeral or the cemetery is the casket! Perhaps we can speak of closing a chapter in our life just as our loved one closes a chapter in his life, but the idea of ending a relationship just because death "got in the way", is rather silly.

YOU DON'T STOP LOVING SOMEONE JUST BECAUSE THEY DIED! WE WILL CONTINUE TO LOVE FOREVER. Those who have gone leave their footprints on our heart; indeed, our soul. THEY ARE FOREVER THREADS IN OUR FABRIC, MEMORIES IN OUR HEART, LOVE IN OUR BEING. THEY ARE NOW AND ALWAYS WILL BE A LIVING AND LOVING PART OF WHO WE ARE!

Yes, in this new century, we do need a new language. We are diminished by grief, replenished by love, held by hope. I want a language that reflects that hope, a language that reminds me of the coming spring and of the waiting dawn. I want a language that speaks to me of JOY REMEMBERED, OF LOVE GIVEN AND RECEIVED, OF LIFE LIVED, not lost. Join me in creating a new language that more accurately portrays the journey of grief towards healing and hope. Healing doesn't happen at all once not does a language get changed quickly. Just as winter ebbs and flows and the other seasons rise and fall on the tides of our emotions, the words we speak will continue to dictate our journey. Yet, it seems more hopeful to speak of postponement instead of denial, acknowledgment instead of acceptance and healing instead of recovery. MAY LOVE BE WHAT YOU REMEMBER THE MOST!

A Walk To Remember



October is National Pregnancy and Infant Loss Awareness Month. During the month, hundreds of parents, healthcare professionals and friends across the US will participate in "A Walk to Remember." This walk is dedicated to the approximately 935,000 babies who die each year through miscarriage, ectopic pregnancy, stillbirth or newborn death. The Walk also symbolically joins all the people nationwide who are working to raise awareness of perinatal grief & to ensure that sensitive care is given to parents who experience the death of a baby.

Central Baptist Hospital is sponsoring "A Walk To Remember" on Sunday, October 11, 2009. The walk will be held at the Lexington Cemetery, 833 West Main Street. Please arrive at 1:30 p.m. for registration and fellowship. The walk will begin at 2 p.m. Planned activities include a welcoming address, a walk of approximately one mile, reading of poetry, and an opportunity for parents to share. The service will conclude with a prayer and quiet reflection.

We invite you and your family to come and walk with us as we remember these precious babies. We welcome and encourage the sharing of poetry and readings by parents and other loved ones. You may bring as many guests as you like. Parking will be around Section C and the Henry Clay Memorial. The cemetery has asked that you do not park on the grass. We look forward to seeing you there. "A Walk to Remember" will be held rain or shine.

Please **RSVP** by October 5th

Perinatal Bereavement Program
Central Baptist Hospital 859-260-6904
or dmueller@bhsi.com

After October

And if there be a perfect month, for me, it is October...
with days and nights like laughing fauns, with mornings bright and sober.
when wind will dance in sudden glee to do the autumn-sweeping
or cloud and fog and wistful rain can move a heart to weeping.
And in October you were born, four days before November...
and four years later you were gone,
my little son, my only son,
I love you.
and remember. . .

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!

Upcoming Meetings

October 19

Facilitator: Richard Hardin
Topic: Learning to Live Again

November 16

Facilitator: Janie Fields
Topic: Ideas for Handling the Holidays



THE COMPASSIONATE FRIENDS
Supporting Family After a Child Dies

Light a candle for all
children who have died

**Worldwide
Candle
Lighting®**

... that their light
may always shine.

Sunday, December 13, 2009
7 PM Around the Globe



The Bluegrass Chapter of The Compassionate Friends

will host a candle lighting

December 13, 2009

in observation

of the

TCF Worldwide Candle Lighting

South Elkhorn Christian Church

4343 Harrodsburg Road

Lexington, Kentucky

7:00 p.m.

Light Snacks and Punch

6:00 - 6:45 p.m.

Please bring a photograph of your child or sibling to be displayed.

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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