



Bluegrass Chapter Newsletter

"We need not walk alone."

www.tcfbluegrass.org

P.O. Box 647, Nicholasville, Kentucky 40340

October 2010

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Bluegrass Chapter

*The Compassionate Friends
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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

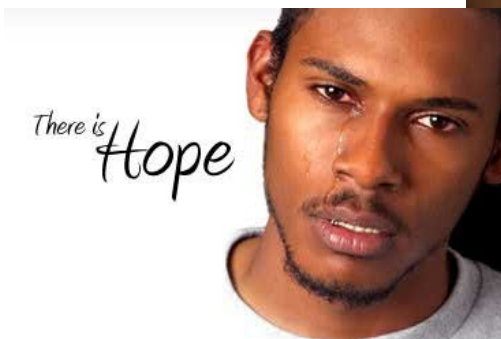
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(859) 576-7680

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(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.

Our Mission & Purpose is to assist families toward the positive resolution of grief following the death of a child of any age by any cause and to provide information to help others be supportive.



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 the Lexington Meeting:

- Jerry Smalley, father of Jillian Smalley
- Frank and Lisa Poteet, parents of Kayla Poteet
- Our friends from Danville TCF

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

October Birth Dates

10/6 **Jan Cecile Richardson** Daughter of Jim and Jean Richardson
10/7 **Renee Peterson** Daughter of Roy and Juanita Peterson
10/8 **Fred "Lance" L. Murphy III** Son of Patty Murphy
10/8 **Clay Warren Burton** Son of Jim and Dottie Burton
10/12 **Tiffany Creech** Daughter of Jim and Karen Rice
10/13 **Nathan Winston Crim** Son of Becky & Keith LaVey & Howard B. Crim
10/14 **John Blair Potter** Son of Susan and James Potter
10/15 **Addison Elise "Addie" Koch** Daughter of Charles and Katie Koch
10/23 **Brandon James Moore** Son of Jane Moore
10/25 **Joe Collins Hisle IV** Son of Barbara and Joe Hisle
10/28 **Colleen Christine Owen** Daughter of Diane and Andrew Owen
10/29 **Shawn Wade Kirby** Son of Tommy and Teresa Kirby
10/29 **Joseph William Minor** Son of Pat and Joseph S. Minor
10/30 **Joe Frank Banks** Son of Barbara Kinne
10/31 **Jennifer Podgorski** Daughter of Monique Podgorski

October Remembrance Dates

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

When You Lose An Only Child

By: *Bill Snapp, Atlanta (Tucker) TCF May-June 2010*

The loss of an only child is neither greater nor less than the loss of one of many children. However, the loss of an only child is experienced differently. It is different because you lose your parenthood, which is such a large part of the life of any parent.

With the death of an only child, you lose the one person who could use all of the love you had to give every hour of every day. One of the secrets of parenthood is that from birth, children teach us that we have a greater capacity for unselfish love than we thought possible. When your only child dies, you may feel that you are drowning in the parental love your heart continues to generate for the child you have lost.

With the death of an only child, you lose so much of your own future that was tied to your child's future. The first day of school, sports, learning to drive, a first crush, a first date, a first heartbreak, high school, college, career, marriage, children and grandchildren, your only child lost all of this from his or her future. So did you.

With the death of an only child, you suffer many tiny losses that cause pain only another grieving parent can comprehend. You have lost the joy of checking the cereal aisle to see if Cocoa Puffs are on sale. You have lost the reason to keep up with the top ten hits on the pop music charts. You have lost the joy of caring what prize is in a box of Cracker Jack. You

have lost the joy of getting up early on a Saturday morning for kids soccer, basketball, or bowling. You have lost the reason to hope for a December now. You have lost the person who thought you made the best cocoa on a cool December evening.

For me, I lost a gentle, kind, generous child who loved, watched for, and shared beautiful sunsets. The loss of an only child is a devastating loss. Your child has lost his or her life and you have lost an important piece of your own life, your parenthood. The Compassionate Friend's chapter near you is there to help you acknowledge and grieve these losses by sharing your pain with others who have known their own pain.

"Forgiving is not forgetting, it's letting go of the hurt.

Forgiveness does not change the past but enlarges the future."

From the journal of Mary Read, read in her memory by her step-mother Cathy Read.
TCF National Conference, Arlington, VA July 2-4, 2010

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.

Why Butterflies?

Since the early centuries, the life. The caterpillar signifies life and the butterfly, the emergence and freer existence. Frequently, "Nika," which means victory. tells of seeing butterflies drawn all dormitories in the World War II Elisabeth believes in the innate concludes that these children us a message. Many members of The Compassionate Friends embrace the butterfly a symbol--a sign of hope to them that their children are living in another dimension with greater beauty and freedom -- a comforting thought too many.



butterfly has symbolized renewed here on earth; the cocoon, death; of the dead into a new, beautiful, the butterfly is seen with the word Elisabeth Kübler-Ross movingly over the walls of the children's concentration camps. Since intuitiveness of children, she knew their fate and were leaving

*There are things that we don't want to happen
but have to accept, things we don't want to
know but have to learn,
and people we can't live without but have to
let go.*

~ Author Unknown

A love gift is a donation to help carry on the work of our chapter. There are no dues to be a member of TCF but we are truly appreciative for any contributions, which help in such a wonderful way to continue the efforts of our chapter. We would like to extend our gratitude to all who donate for their generous gifts, which allow us to reach out to the newly bereaved and give needed support to the bereaved parents and siblings in our community. There are many expenses involved with our monthly meetings, newsletters, mailings, events, and outreach, none of which would be possible without your contributions.

TCF, Bluegrass Chapter

Brave Hearts

Brave hearts, you are here.
You have traveled a dreadful distance,
You have come seeking solace, understanding,
hope,
threads to patch what death's so cruelly undone.
In this place you can relax and breathe . . .
the coats of others' expectations taken off.
Walk into these few hours as into an oasis
where draughts of love and memories can be
quaffed.
In this place all names can be spoken;
in this place each one's story may be told.
We will not be discouraged by your sorrow;
they are a part of everything we do that matters -
in every dance we dance,
and every song we sing.

Hope is the companion of power, and mother of success; for who so hopes strongly has within him the gift of miracles.

~Samuel Smiles

Worldwide Candle Lighting



Held annually the second Sunday in December, this year December 12, 2010, The Compassionate Friends Worldwide Candle Lighting unites family and friends around the globe in lighting candles for one hour to honor and remember children who have died at any age from any cause. As candles are lit at 7 p.m. local time, creating a virtual wave of light, hundreds of thousands of persons commemorate and honor the memory of children in a way that transcends all ethnic, cultural, religious, and political boundaries.

TCF of the Bluegrass will hold a candle lighting, details to follow in the coming months.

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.

Love Gifts

In Memory of Ashley Heath Riggs
By: his mother, Sharon Bellows

In Memory of Keely Knuteson Hollingsworth
By: Byron & Anne Hollingsworth and Heron & Taylor Hollingsworth



In three words
I can sum up everything I
have
Learned about life,
It goes on.

~Robert Frost
Whose life "went on" amidst
the death of four
of his six children.

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 TCF Sibling Credo

We are the surviving siblings of The Compassionate Friends.
We are brought together by the deaths of our brothers and sisters.
 Open your hearts to us, but have patience with us.
 Sometimes we will need the support of our friends.
 At other times we need our families to be there.
Sometimes we must walk alone, taking our memories with us,
 continuing to become the individuals we want to be.
 We cannot be our dead brother or sister;
 however, a special part of them lives on with us.
When our brothers and sisters died, our lives changed.
We are living a life very different from what we envisioned,
and we feel the responsibility to be strong even when we feel weak.
Yet we can go on because we understand better than many others
 the value of family and the precious gift of life.
Our goal is not to be the forgotten mourners that we sometimes are,
but to walk together to face our tomorrows as surviving siblings of
 The Compassionate Friends.

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.