



**THE
COMPASSIONATE
FRIENDS**

Bluegrass Chapter Newsletter

"We need not walk alone."
www.tcfbluegrass.org

P.O. Box 647, Nicholasville, Kentucky 40340

September 2009

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**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.

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:

Debi Meyers, mother of Brandon Lee Kelso

Brittney Kelso Overstreet, sister of Brandon Lee Kelso

**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**

While attending the recent national TCF conference in Portland, I experienced once again that unique feeling that comes from being with roughly 1,500 other bereaved parents, siblings & grandparents. It's similar to the way it feels when we're at a regular chapter meeting or event except it's magnified by the sheer number of others around you. It's a weekend when you can wear your feelings on your sleeve, remember the good times (and the bad), proudly share pictures and stories of your child while knowing everyone understands all the feelings you're experiencing. No explanations are needed if you want to laugh or cry, sit quietly or talk to others, give & get hugs - or not, and/or whatever is right for you in that moment. I've found that it's a time that I can recharge my emotional batteries.

As usual there was a wide variety of workshop topics, general sharing sessions or ones with specific topics. The featured speakers & entertainment were all good but some were outstanding. With a new batch of uplifting, inspiring

& humorous stories Darcie Sims showed once again that she's in a class of her own. Certainly a highlight for me was getting reacquainted with friends I normally only see at a conference as well as meeting new ones that will become part of that group.

This was my third consecutive conference but I truly regret that I didn't start attending during the prior 5 years. I hope that those of you in your early years with TCF won't make that same mistake. You can avoid that by planning to attend next year in Washington DC (actually Arlington, VA) on July 2-4. It will be an excellent time to visit the many attractions of our capital city either before or after the conference. The conference will wind up by noon on Sunday the 4th leaving ample time to tour and see the fireworks celebrating our nation's birthday. Details and added information will be available early next year. I'm going to be there and I hope many of you will as well.

Noteworthy items of local interest at the conference

include Juanita & Roy (posthumously) Peterson receiving the Recognition Award presented each year to someone that has contributed outstanding service to TCF at a national level over a period of years. Roy served as president of TCF's Board of Directors in 1983-85. Juanita was credited with supplying background support but in reality it was a cooperative effort. They also started a local chapter and served as chapter leaders in addition to their varied activities at the national level for many years. Congratulations Juanita!

Also it was announced that Karen Cantrell has been elected to the national TCF Board of Directors. Certainly she is well qualified based on her prior roles as KY regional coordinator, for starting the Frankfort chapter and serving as the chapter leader, along with organizing and leading the very excellent Frankfort Regional Conference of the past 3 years. Karen, well deserved Congratulations are most appropriate. Thanks for all that you continue to give to TCF.

Upcoming Meeting**September 21, 2009**Facilitator: Richard Hardin
Topic: The Grief Words We Use**The Compassionate Friends
Now on Facebook!**Please visit <http://www.compassionatefriends.org>
for more information

Our Children

Forever Loved and Remembered

September Birthdates

09/01	William Henry Sanders	04/17	Son of Barbara Sanders
09/03	Todd Jeffries	08/16	Son of Jim and Terry Jefferies
09/10	Matthew Robert Fritz	09/10	Son of Beth and Richard Fritz
09/13	"Star" Edward Wilson	04/05	Son of Kathryn Garner & Edward Wilson
09/16	Garrett Witt	05/28	Son of David and Linda Witt
09/17	Bradley Johnson	07/19	Son of Don and Sharon Johnson
09/18	Jeffrey Todd Sims	10/05	Son of Jim and Sharon Sims & Priscilla Sims
09/22	Lydia Hodson Copeland	10/28	Daughter of Mildred Cox Hodson
09/22	Lonnie Gene Centers	11/12	Son of Nita Centers
09/24	William Elliott Sommer	05/04	Son of Tim and Rita Sommer
09/25	Shari Eldot	04/21	Daughter of Rosalyn Eldot
09/25	Jonathan Derek Perdue	03/02	Son of Donna Perdue
09/30	Chris Rudnick	02/27	Son of Julia Rudnick-Woodall

September Remembrances

09/01	Ralph Winton Wesley	11/08	Son of Genevieve Wesley
09/02	John Richard Roe	09/18	Son of Ray and Marilyn Roe
09/02	McKenna Brooke Hatchett	06/01	Daughter of Tim and Melissa Hatchett
09/05	Coy Tedd Cosby	08/08	Son of Shirley and Jess Cosby
09/06	J. Randall Rogers "Rand"	01/10	Son of Ron and Virginia Atwood
09/07	Jim Albright	01/02	Son of J. M. and Erna Albright
09/10	Matthew Robert Fritz	09/10	Son of Beth and Richard Fritz
09/12	Christopher Thomas Miller	02/18	Son of Tim and Colleen Miller
09/14	Thomas E. Masters, II	06/24	Son of Bess Masters
09/17	Robin Grace Dixon	01/21	Daughter of Lenna and Letch Dixon
09/19	Tim Sizemore	06/14	Son of T. C. Sizemore
09/25	Michael Varnell Norton	12/02	Son of Mike & Vada Barnes & Varnell Norton
09/27	Hank Butler Scolf	12/24	Son of Michael and Doretta Scolf
09/27	Matthew "Beau" Salsman	05/31	Son of Ray and Vicki Salsman

The following are recent additions to our chapter library...The Nicholas Effect, A Boy's Gift to the World by Reg Green

A seven year-old boy from California, Nicholas Green, was killed by highway robbers in 1994 while vacationing in Italy with his family. His parents agreed to donate his organs and corneas, which went to seven Italians waiting for transplants. Reg and Maggie Green spoke openly to the media, with no bitterness, about their loss and decision. The world took the story--and the Greens--to its heart with a response called "the Nicholas effect.". Organ donations in Italy have tripled since Nicholas was killed so that thousands of people are alive who would have died.

Into the Cave: When Men Grieve by Ronald Petrie

Into the Cave is an insightful look into how men and women grieve differently and what men need to do — and need from others — as they go through the grieving process.

Living Still, Loving Always by Nita G. Aasen

This collection of essays illuminates the heart and soul of a mother living with loss after the simultaneous deaths of her two young adult sons, Erik and David in an auto accident. In order to make sense of her reality, she writes to confront her grief head-on, to question societal expectations surrounding loss by death, and to explore what would bring comfort and meaning into her radically changed life. Many of Nita's essays have been published in We Need Not Walk Alone, a publication of The Compassionate Friends, Inc., and Bereavement magazine.

The Knitting Circle by Ann Hood

A semi-fictional story that relates how knitting and becoming part of a knitting circle helped in her own life to deal with the sudden death of her young daughter.

Real Men Do Cry by Eric Hipple

Eric is a former NFL quarterback that fell into debilitating depression following the suicide of his 15 year old son. After becoming bankrupt and jailed for drunk driving, he found the strength to seek therapy and make an amazing comeback. He now speaks to teens and adults about ways to recognize signs of depression and risks for potential suicide.

Andy's Mountain by Dwight L. Patterson

For ten years after his 17 yr. old son Andy died, Patton "stuffed" his grief and buried himself in his work and in his domestic "pro-jects," refusing to confront the emotions of grief. He began to work through his grief after he found the courage to attend a TCF meeting. He and his wife, Reatha, have since led multiple TCF chapters. The book contains Patton's observations and conclusions about grief from the death of a child. In addition, he offers insight and suggestions for working through grief that may be helpful to a bereaved father who cannot bring himself to share his emotions "eyeball-to-eyeball" with another person.

Spaces Between Breaths DVD

A powerful, uplifting film, which looks at the potential in grief and to the ways it can become a motivational, transformational force in our lives. Featuring conversations with parents who have lost a child, including those whose loved ones died at Columbine, on September 11th, and a mother whose son was one of the first U.S. soldiers to die in Iraq, SPACE BETWEEN BREATHS offers an inspired and healing perspective on loss which will transform the way you live and love.

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.

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