

Remembering Our Children

Bi-Monthly Newsletter

January/February 2015



Location

Madonna Rehabilitation Hospital
5400 South Street, Lincoln, Nebraska
(Meeting held in the Lancaster room)

Date and Time

Meetings are held on the third Thursday each month.
7:00 pm to 8:30 pm

There is NO fee to attend!

Supported by:

Bryan LGH Medical Center
St. Elizabeth Regional Medical Center
Madonna Rehabilitation Hospital

Remembering Our Children

is a support group for bereaved parents. This group offers support and networking to promote healthy grieving and healing for those who have experienced the death of a child.

FUTURE MEETING SCHEDULE

January	15/2015
February	19/2015
March	19/2015
April	16/2015

*For more information about
future meetings
Please call 402-477-0857*



Location

Bryan East Medical Plaza
1500 South 48th Street, Lincoln, Nebraska

Date and Time

Meetings held on the first Wednesday each month.
7:30 pm to 8:30 pm

There is NO fee to attend!

Supported by:

Bryan LGH Medical Center
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Madonna Rehabilitation Hospital

H.O.P.E

is a support group for bereaved parents who have experienced the loss of a baby due to miscarriage, stillbirth, or newborn death. Promoting healthy grieving and healing.

FUTURE MEETING SCHEDULE

January	07/2015
February	04/2015
March	04/2015
April	01/2015

*For more information about
future meetings
Please call 402-477-0857*

ROC Contact Information

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WANT TO SHARE?

If you have read an article, poem or book that has helped you along your grief journey, PLEASE share it with the news letter editor, Sindy Vorderstrasse, contact information on page two!

We also encourage you to submit your own works of poetry or prose for our news letter.

We are always looking for new articles!!!



TO OUR NEW MEMBERS

Coming to the first meeting is the hardest, but you have nothing to lose and everything to gain! Try not to judge your first meeting as to whether or not Remembering Our Children or H.O.P.E will work for you. At the next meeting you may find just the right person or just the right words said that will help you in your grief work.

TO OUR MEMBERS WHO ARE FURTHER DOWN THE GRIEF ROAD

We need your encouragement and your support. Each meeting we have new parents. THINK BACK -- what would it have been like for you at your first meeting if there had not been any Remembering Our Children or H.O.P.E “veterans” to welcome you, share your grief, encourage you and tell you, “your pain will not always be this bad, it really does get better!”

Remembering Our Angels

Annual Birthday's and Rememberances

January Birthdays

Baby Johnson	01/01/2012
Karen Emily Mraz	01/03/1972
Christopher Cicotello	01/14/1976
Calleigh Joy Belew	01/18/2011
Ryan Lamberty	01/26/1972
Jailani Lashay Peterson	01/27/2010
Vera LaVern Long	01/29/2009
Caitlin A. Huber	01/29/1989

January Memorials

Baby Johnson	01/01/2012
Izak Kane Gressley	01/01/2013
Lucas John Saathoff	01/04/2007
Hope Harper Palik	01/07/2011
Elizabeth Christine Stegman	01/12/2014
Chase Gabriel Strader	01/18/2010
Calleigh Joy Belew	01/18/2011
Elise LaRue Byler	01/20/1998
Karen Emily Mraz	01/21/2012
Abby Joe Kubik	01/23/2013
Jailani Lashay Peterson	01/27/2010
Vera LaVern Long	01/29/2009
Greggory Bayless	01/31/2006

February Birthdays

Phoebe Frerichs	02/01/2007
Reagin Lee Rixstine	02/04/2010
Jordan Riley Boon	02/05/2011
Reagan Aliviah Turner	02/08/2011
Gage Lee Hale	02/09/2009
Jeffery S. Hale	02/12/1966
Cody Muir	02/18/1994
Ember Jo Kempkes	02/21/1992
Adam James Hansen	02/22/1987

February Memorials

Phoebe Frerichs	02/01/2007
Reagin Lee Rixstine	02/04/2010
Jordan Riley Boon	02/05/2011
Gage Lee Hale	02/09/2009
Ember Jo Kempkes	02/21/1992

*“What the caterpillar perceives is the end,
to the butterfly is just the beginning”
‘Everything that has a beginning
has an ending.
Make your peace with that
and all will be well”*



*Loved with a love
Beyond all feeling.
Missed with a grief
Beyond all tears.*

••••• Please know that if there are any errors in
• names or dates in the upcoming newsletters
• then please email me at r4j2c@yahoo.com or
• call or text me at (402)217-7719...and I will
• correct it in the new database. Once again
• please accept my appology.
•••••

Winter Memories

by: Unknown

The days are getting colder,
And the first snow's not far off.
It use to be so pretty,
Gently falling from aloft.
But the snow won't be as pretty,
As it gathers on the ground,
Cause there'll be a snowman missing,
My son is not around.
The playing of children's laughter,
Use to be a special song,
But this year will be different,
Without my son along.
The song has lost its music,
And it'll be just another day
As I gaze down from my window
And watch the children play.
But then the snow will again be pretty,
In a far off distant time,
And we'll build snowmen together,
And never look behind.
For now, I'll remain with memories,
But the melting snow will fade
And he builds snowmen to his hearts content,
Cause he lives where its made.



A Letter From My Child In Heaven

by: © Sarah Spencer (used with permission)

I see the sadness
in your eyes,
I'm really ok mom,
Please don't cry.
I love you mom
With all my heart,
Not even death,
Can tear us apart.
I see you touch my face
In the picture frame,
With tears in your eyes,
You know they will never change.
Please cherish the memories
We once had,
Think of the happy times,
Not the sad.
So please mom please,
Be happy again,
For with a bond so strong,
Our love, will never end...



Special Remembrance Gifts



#1108 Tear of Remembrance Necklace: \$27.00

When mourning, it feels like the tears will never stop. We grieve the hardest for the ones we miss the most. Our beautiful yet simple Tear of Remembrance Necklace is a tangible reminder that tears still flow for loved ones we've lost.

In memory of each loved one you are honoring, you can select up to 8 gemstone dangles you'd like to be attached onto the sterling silver teardrop pendant. View the gemstones we use for each month in the link below. Select the number of gemstone dangles desired in the drop down box below. Please state the months you'd like in the text box below.

Comes with a .925 sterling silver box chain necklace. Choice of 3 chain lengths.


Shop online at:

<http://myforeverchild.com/store/WsDefault.asp?One=1108>

One Year Less

by: © Cheryl Mcdonald


There is no word, no label, no identifying moniker,
I am not a widow, not an orphan, not childless,
But one child less.

One less open laugh and little boy giggle, 
One less challenging tete-a-tete;
One less artful, winking manipulation,
One less word of comfort, one less grateful hug.
One less chance to embrace a daughter;
One less new life to carry your eyes, your chin,
your grin, your name,
No one word for the pain, the longing, the brevity
Of a life meant for living; an old soul meant to
grow older than mine;
Would there be any one price too high, any sacri-
fice too great,
For one more moment, one more breath, one more
warm touch;
I grasp desperately and sense the closeness -
the ONE just at the fingertips of my heart and
mind,
Only to realize again and again and again,
There is no "One" - you are gone and I am - less.



Loving You Will Never Die

by: © Cindy Vorderstrasse 12/29/2014

You may be physically gone,
But, your love will never die.
I cannot hold you in my arms any more,
But, your love will never die.
I can no longer hear you say, "I love you mama",
But, your love will never die.
You can no longer wrap your arms around me,
But, your love will never die.
I cannot feel the warmth of your cheek like when
I kissed you,
But, your love will never die.
My eyes will continue to shed many tears,
But, your love will never die.
My life will somehow manage to go on,
But, your love will never die.
Holidays and celebrations will come and go,
But, your love will never die.
There will be days of laughter,
But, your love will never die.
I will still continue to grieve in sorrow,
But, your love will never die. 
I will never forget you,
Because...
Loving you will never die.

We Do Not Need A Special Day

by: Unknown

We do not need a special day to bring you to our minds. The days we do not think of you are very hard to find.

Each morning when we awake, we know that you are gone, and no one knows the heartache as we try to carry on.

Our hearts still ache with sadness and secret tears still flow. What it meant to lose you no one will ever know.

Our thoughts are always with you, your place no one can fill. In life we loved you dearly, in death we love you still.

There will always be a heartache, and often a silent tear. But always a precious memory of the days when you were here.

If tears could make a staircase, and heartaches make a lane, we'd walk the path to heaven and bring you home again.

We hold you close within our hearts; and there you will remain, to walk with us throughout our lives until we meet again.

Our family chain is broken now, and nothing seems the same, but as GOD calls us one by one, the chain will link again.



New Year Wishes for the Bereaved Parents

To the newly bereaved, we wish you patience with yourselves in the painful weeks, months, even years ahead.

To the bereaved siblings, we wish you and your parents a new understanding of each other's needs and the beginnings of good communication.

To those of you who are single parents, we wish you the inner resources we know you will need to cope, often alone, with your loss.

To those of you who are plagued with guilt, we wish you the reassurance that you did the very best you could under the circumstances and that your child knew that.

To those of you who have suffered multiple losses those who have experienced the death of more than one child - we wish you the endurance you will need to fight your way back to a meaningful life once again.

To those of you who are deeply depressed, we wish you the first steps out of the "valley of the shadow."

To those experiencing marital difficulties after the death of your child, we wish you a special willingness and ability to communicate with each other.

To all fathers, we wish you the ability to express your grief, to move beyond society's conditioning not to cry.

To those with few or no memories of your child, perhaps because you suffered through a stillbirth, a miscarriage, or infant death, we wish you the sure knowledge that your child is a person and that your grief is real.

To those of you who have experienced the death of an only child or of all of your children, we offer you our eternal gratitude for serving as such an inspiration to the rest of us.

To those of you unable to cry, we wish you healing tears.

To those of you who are tired, exhausted from grieving, we wish you the strength to face just one more hour, just one more day.

To all others with special needs, that we have not mentioned, we wish you the understanding you need and the assurance that you are loved. Look at what you have left, not at what you have lost



Wish you and your family a joyful,
bright, healthy, prosperous and
happiest new year ahead. !!

Happy New Year!