

Remembering Our Children

Bi-Monthly Newsletter

March/April 2014



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

March 20/2014
April 17/2014
May 15/2014
June 19/2014

*For more information about
future meetings
Please call 402-477-0847*



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
St. Elizabeth Regional Medical Center
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

March 5/2014
April 2/2014
May 7/2014
June 4/2014

*For more information about
future meetings
Please call 402-477-0847*

ROC Contact Information

Remembering our Children, Inc.
P.O.Box 83433
Lincoln, NE 68501-3433

Web Site:

www.rememberingourchildren.org

E-Mail:

ROCcandlelighting@gmail.com

ROC Facilitators:

Lloyd and Diana Roberts
5324 Starland Ct.
Lincoln, NE 68516
402-423-7217

Claudette Poplau
1916 Groveland
Lincoln, NE 68521
402-477-0857

Trish Schuster
4822 E. Elm rd.
Beatrice, NE 68310
402-673-5395

H.O.P.E Facilitators:

Ina Luhring
335 N. 33rd St.
Lincoln, NE 68503
402-570-0231

Co-Facilitator:

Sharon Duffy
Madonna Proactive Health and Fitness
7111 Stephanie Lane
Lincoln, NE 68516
402-499-4509

News Letter Editor:

Sindy Vorderstrasse
4647 Meredith St.
Lincoln, NE 68506
402-217-7719
r4j2c@yahoo.com

News and Events

March 20th the theme topic for ROC group meeting will be "Easter Holiday". How to get through this holiday, whether you are new in your grief or have been through it for some time. There will be support!

***Live Like Addie 5K Run
& 1 Mile Walk***

Saturday April 19th
In Syracuse Nebraska
registration begins at 8 am
walk begins at 9 am

This event is in honor of one of our members who child was laid to rest March 2012 and is done to support the local Backpack program and food pantry. For more information and to register online please visit www.livelikeaddie.com



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 this page!

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

Remembering Our Angels

Annual Birthday's and Rememberances

March Birthdays

<i>Benjamin T. Chloupek</i>	<i>03/05/1993</i>
<i>Jason Gottner</i>	<i>03/14/1980</i>
<i>Abby Jo Kubik</i>	<i>03/14/1995</i>
<i>Isaiah Nolan Harms</i>	<i>03/16/2011</i>
<i>Natasha Mae Todd</i>	<i>03/17/1993</i>
<i>Tiengan Joseph</i>	<i>03/17/2008</i>
<i>Alicia A. Sovereign</i>	<i>03/17/2010</i>
<i>Jacob James Wilson</i>	<i>03/19/2008</i>
<i>Kathlene K. Howell</i>	<i>03/22/2007</i>
<i>Julianna K. Catlett</i>	<i>03/26/2009</i>
<i>Addison Hesterman</i>	<i>03/28/2002</i>
<i>John Leischeski</i>	<i>03/31/1991</i>

April Birthdays

<i>Constance N.Reed</i>	<i>04/02/2012</i>
<i>Evan J. Patterson</i>	<i>04/12/2010</i>
<i>Sophia G.T. Newland</i>	<i>04/14/2012</i>
<i>Elise LaRue Byler</i>	<i>04/15/1990</i>
<i>Spencer S. Smith</i>	<i>04/16/1986</i>
<i>Austin James Clark</i>	<i>04/16/1993</i>
<i>Baby Donahoo</i>	<i>04/17/2012</i>
<i>Burklee Vogel</i>	<i>04/18/2012</i>
<i>Johnathan Michael Young</i>	<i>04/22/1987</i>
<i>Noah Malson</i>	<i>04/22/1992</i>
<i>Sarah Keithley</i>	<i>04/30/2010</i>

March Memorials

<i>Kendra Nicole</i>	<i>03/05/1999</i>
<i>Douglas J. Holgemeyer</i>	<i>03/07/2005</i>
<i>Emily B. Herting</i>	<i>03/12/2004</i>
<i>James David Paul</i>	<i>03/15/2011</i>
<i>Isaiah Nolan Harms</i>	<i>03/16/2011</i>
<i>Tiengan Joseph</i>	<i>03/17/2008</i>
<i>Alicia A. Sovereign</i>	<i>03/17/2010</i>
<i>Jacob James Wilson</i>	<i>03/19/2008</i>
<i>Kathleen K. Howell</i>	<i>03/22/2007</i>
<i>Addison Hesterman</i>	<i>03/26/2012</i>
<i>Raini Ann Mitchell</i>	<i>03/28/2012</i>

April Memorials

<i>Cade M. Petersen</i>	<i>04/05/2012</i>
<i>Clint James Eckhout</i>	<i>04/10/1997</i>
<i>Baby Donahoo</i>	<i>04/11/2012</i>
<i>Evan James Patterson</i>	<i>04/12/2010</i>
<i>Sophia G.T. Newland</i>	<i>04/14/2012</i>
<i>Nathaniel T. Fisher</i>	<i>04/16/2007</i>
<i>Reagan A. Turner</i>	<i>04/17/2011</i>
<i>Burklee Vogel</i>	<i>04/18/2012</i>
<i>Benjamin T. Chloupek</i>	<i>04/19/1999</i>
<i>Axton A. Nolte</i>	<i>04/24/2012</i>
<i>Brandon T. Staley</i>	<i>04/25/2007</i>



GRIEF is sometimes silent - like snowflakes falling on a dark winter's night--but never peaceful or serene or pretty like the pure white snow. When grief is silent, the tears seem to turn to ice, like the snowflakes, before they reach our eyes.

GRIEF is sometimes raging - like a monstrous thunderstorm - with all its fury and bolts of lightning striking our hearts at every angle. When grief is raging, the tears come in torrents like the rain and flood our soul.

GRIEF -Whether it be silent or raging . . . HURTS.

•••••
• **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**
• **send me a snail mail at 4647 Meredith St.,**
• **Lincoln, Ne, 68506...and I will correct it in**
• **the new database. Once again please accept**
• **my appology.**
•••••



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!”

Prayer of St. Patrick

**May the strength of God pilot us,
May the wisdom of God instruct us,
May the hand of God protect us,
May the word of God direct us --
May thy salvation, O Lord,
Be always ours this day and for evermore**



A Prayer for Spring

by: Unknown

Like Springtime, let me unfold and grow fresh and anew from this cocoon of grief that has been spun around me. Help me face the harsh reality of sunshine and renewed life as my bones still creak from the winter of my grief. Life has dared to go on around me and as I recover from the insult of life's continuance, I read just my focus to include healing and growth as a possibility in my future. Give me strength to break out of the cocoon of my grief, but may I never forget it is the place where I grew my wings, becoing a new person because of my loss.

My Easter Wish List

by: Unknown

Dear Mr. Easter Bunny,
I just had to write today...
To ask you please to stop in Heaven
Before you hop along your way.
I wanted to know if you'd come here,
and if I could ask a favour of you.
Can you bring a basket to Heaven
so I may add some goodies too?
I need to send my love to Mum
She's terribly sad you see,
Please give my Mum a bunny hug
And tell her it's from me.
Mr. Bunny, could you tell my Dad
That I'm sending all my love.
Please tell him that I'm smiling down
From my home in Heaven above.
Please give my Nans and Pops
A tender loving touch,
I'll send a big wet kiss for them
'Cos they are loved so much.
My cousins need to know I'm there
When they go out to play,
I'll send to them some tickles
To brighten up their day.
My Aunties and my Uncles
Will also need some care.
Please give them each a loving hug,
To let them know I'm there.
Mr. Bunny, there are many more
On my Easter wishes list,
So let them know on Easter morn
They've each been dearly kissed.
Please tell them all I love them
And I'm with them everyday.
I'll hold their hands 'til it's their turn
to come on up my way.
Thank you Mr. Easter Bunny...
I appreciate you coming this way.
I will say a loving prayer for you
As you hop from Heaven on Easter day.



Thoughts from a Parent who Lost an Older Child

by: Helen S.

Perhaps I had my child longer than you had yours, but thirty-eight years does not seem long. Perhaps, there are more memories to hold in my heart, but I know yours are just as dear to you as mine are to me, even if your memories are only of one or two days. Your dreams for your child are gone. So are mine. Never did I imagine that I would have to deal with my child's death instead of having him deal with mine. In thirty-eight years there was time to give me a legacy of three granddaughters. This is a very special blessing and one that I do not take for granted. My mission is to sustain the relationship with my three granddaughters who now live three thousand miles away from me.

My son died from a terminal illness that is not one of the "acceptable" diseases. My child died of alcohol and drug addiction. The tools for remission of this disease are placed in the hands of the person who has the disease. Even with the help of four treatment centers, the recovery was not to be. One day at a time, my recovery is taking place. The pain, after two and one half years has gone to a place where it can be tolerated. My story and my age may be different from yours, but the bottom line is the same: my child has gone to a place where I cannot go and I miss him so much.

The pain of grief is still there, but I am living life one day at a time enriched because my son came through my body into my life.

And God Said...

I said, "God, I hurt."

And God said,

"I know".

I said, "God, I cry a lot."

And God said,

"That is why I gave you tears."

I said, "God, I am so depressed."

And God said,

"That is why I gave you sunshine."

I said, "God, life is so hard."

And God said,

"That is why I gave you loved ones."

I said, "God, my loved one died."

And God said,

"So did mine."

I said, "God, it is such a loss."

And God said,

"I saw mine nailed to a cross."

I said, "God, but your loved one lives."

And God said,

"So does yours."

I said, "God, where are they now?"

And God said,

"Mine is on my right and yours is in the Light."

I said, "God it hurts."

And God said,

"I know."

Time Will Ease the Hurt

by: Unknown

The sadness of the present days
is locked and set in time,
and moving to the future
is a slow and painful climb.

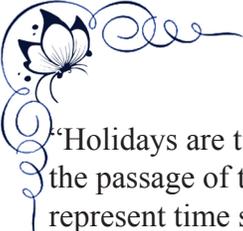
But all the feelings that are now
so vivid and so real
can't hold their fresh intensity
as time begins to heal.

No wound so deep
will ever go entirely away
yet every hurt becomes
a little less from day to day.

Nothing can erase the painful
imprints on your mind
but there are softer memories
that time will let you find.

Though your heart won't let the sadness
simply slide away
the echoes will diminish
even though the memories stay





Grief and The Holidays

“Holidays are time spent with loved ones” was imprinted on our psyche from a young age. Holidays mark the passage of time in our lives. They are part of the milestones we share with each other and they generally represent time spent with family. They bring meaning to certain days and we bring much meaning back to them. But since holidays are for being with those we love the most, how on earth can anyone be expected to cope with them when a loved one has died? For many people, this is the hardest part of grieving, when we miss our loved ones even more than usual. How can you celebrate togetherness when there is none? When you have lost someone special, your world loses its celebratory qualities. Holidays only magnify the loss. The sadness feels sadder and the loneliness goes deeper. The need for support may be the greatest during the holidays. Pretending you don’t hurt and or it is not a harder time of the year is just not the truth for you. If it wasn’t harder you probably wouldn’t be here. You can and will get through the holidays. Rather than avoiding the feelings of grief, lean into them. It is not the grief you want to avoid, it is the pain. Grief is the way out of the pain. There are a number of ways to incorporate your loved one and your loss into the holidays.

Ways to externalize the loss – give it a time and a place

- A prayer before the Holiday dinner, about your loved one.
- Light a candle for your loved one.
- Create an online tribute for them.
- Share a favorite story about your loved one.
- Have everyone tell a funny story about your loved one.
- At your place of worship remember them in a prayer.
- Chat online about them.

Why not experience the holiday in a different way. Grief has a unique way of giving us the permission to really evaluate what parts of the Holidays you enjoy and what parts you don’t. Remember, there is no right or wrong way to handle the Holidays in grief. You have to decide what is right for you and do it.

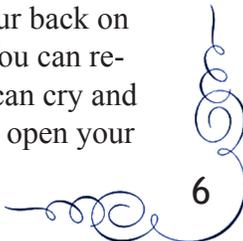
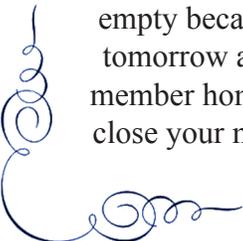
It is very natural to feel you may never enjoy the Holidays again. They will certainly never be the same as they were. However, in time, most people are able to find meaning again in the traditions as a new form of the Holiday Spirit grows inside of them.

It is true, holidays are clearly some of the roughest terrain we navigate after a loss. Holidays are part of the journey that is to be felt fully. They are usually very sad, but sometimes we may catch ourselves doing okay, and we may even have a brief moment of laughter. You don’t have to be a victim of the pain or the past.

When the past calls, let it go to voice mail...it has nothing to say. You don’t have to be haunted by the pain or the past. You can remember and honor the love. Whatever you experience, just remember that sadness is allowed because death, as they say, doesn’t take a holiday.

Gone but Not Forgotten

by: Unknown



You can shed tears that he is gone. Or you can smile because he has lived. You can close your eyes and pray that he’ll come back. Or you can open your eyes and see all he’s left. Your heart can be empty because you can’t see him. Or you can be full of love you shared. You can turn your back on tomorrow and live yesterday. Or you can be happy for tomorrow because of yesterday. You can remember home and only that he’s gone. Or you can cherish his memory and live on. You can cry and close your mind, be empty and turn your back, Or you can do what he’d want. Smile, and open your eyes, love and go on. Gone but not forgotten.