



**The  
Compassionate  
Friends**  
Bluegrass Chapter  
Supporting Family After a Child Dies

# Bluegrass Chapter Newsletter

**“We need not walk alone.”**  
[www.tcfbluegrass.org](http://www.tcfbluegrass.org)

P.O. Box 647, Nicholasville, Kentucky 40340

January/February/March 2014

## Chapter Co-Leaders

Suzie McDonald  
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## Treasurer

David Fields

## Newsletter Editor

Lisa Fields

## Bluegrass Chapter

### The Compassionate Friends

#### Regional Coordinator

Suzie McDonald  
(859) 576-7680

## 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  
Janie Fields  
(859) 881-1991

## The Compassionate Friends

### National Office

P.O. Box 3696  
Oak Brook, IL 60522  
(877) 969-0010  
[www.compassionatefriends.org](http://www.compassionatefriends.org)

Friends,

I hope you were able to find some moments of peace and joy during the holiday season. I always tell others that with each passing day, event or holiday my loss is not really easier it is just different. I have learned how to wear my mask a bit tighter and tolerate the pain a bit better. Be kind to yourself and give yourself time to heal. Because of family, friends, The Compassionate Friends, and time, I am able to have more and more times of peace and joy. Don't give up - you will also!

We are making a change in the newsletter. We will be switching from having a monthly newsletter to a quarterly newsletter. If you would like to include something in the newsletter, please send it to me via email! butterflymom@windstream.net The next newsletter will be in March.

Remember if Fayette County Schools are closed on a meeting night we do NOT the meeting is cancelled. We will always contact the local television stations with cancellations also.

Stay warm and safe.  
Blessings,  
Janie

## Love Gifts: A Thoughtful Way to Remember

Love Gifts are a beautiful and loving way to remember a loved one. Through Love Gifts, we are able to reach out to others with our brochures and newsletters as well as obtain books and other information for our library. We truly appreciate every Love Gift, donation and sponsorship. Our Chapter work is done by volunteers and these donations help us reach out in many ways, including the preparation and mailing of the newsletter.

## Meeting Information

Lexington  
First Tuesday of Month  
6:30 p.m.—8:30 p.m.  
Hospice of the Bluegrass  
2321 Alexandria Drive  
Lexington, Kentucky

Winchester  
Third Tuesday of Month  
7:00 p.m.—9:00 p.m.  
Hospice East  
417 Shoppers Drive  
Winchester, Kentucky

## Our Children Forever Loved and Remembered

### January Birthdates

- 1/1 Paul Travis Hickey Son of Al and Sandy Hickey
- 1/1 A. Daniel Morris Son of James and Marie Morris
- 1/2 Jim Albright Son of J. M. and Erna Albright
- 1/2 Tyler Benjamin Johnston Son of Joe and Andi Johnston
- 1/3 Wesley Thomas (Tom) Whitehouse Son of Betty Whitehouse
- 1/3 John Andy Girdler Son of Ella Girdler
- 1/4 Joseph Lewellyn Powell Son of Celia and David Powell
- 1/6 Jeffrey Lynn Spradling Son of Wilma Cracraft
- 1/7 David Nelson Hunt Son of Judy & Walter Hunt
- 1/7 Benjamin Steele Truitt Son of Charlotte Truitt
- 1/8 David Kellemeier Son of Pat and Robert Kellemeier
- 1/10 J. Randall "Rand" Rogers Son of Ron and Virginia Atwood
- 1/11 Jason Lee Stephens Son of Bobby and Carolyn Stephens
- 1/12 Crystal Ann Knafl Granddaughter of Karen and John Knafl
- 1/12 Liam Barnes Son of Larry Barnes and Linda Horvay
- 1/13 Martha A. Moloney Daughter of Dorothy Moloney
- 1/14 Donald Duncan Son of Donald and Diane Duncan
- 1/14 Evan Scout Warren Son of Brian and Kellie Kozee Warren
- 1/15 Cole Brian Gilliam Son of Joan B. Gilliam
- 1/15 Robert Woods Templeton Son of Susie Templeton
- 1/16 Larry Manuel Son of Betty and Jack Manuel
- 1/17 Shawn Douglas Patrick Son of Stephen and Susan Patrick
- 1/19 Amanda "Mandy" Lynn Tapp Lowe Daughter of Yvonne Butler
- 1/20 Jerry Denver Ison Son of Genett Ison
- 1/21 William (Billy) Allen Ransdell Son of Mack and Deedee Ransdell
- 1/21 Robin Grace Dixon Daughter of Lenna and Letch Dixon
- 1/22 Deana Marie Sea Daughter of Darrell and Jean Sea
- 1/22 Jacob Scott Harrod Son of Mike and Cindy Harrod
- 1/27 Weston "Ashe" Marlowe Son of Brandi and Wesley Marlowe
- 1/27 Mark Anthony Bishop Son of Marlene and Mark Bishop
- 1/29 David Julian Hunt Son of Gail Tomblin
- 1/30 Christian "Chris" Ford Cash Son of David Cash

### From "The Five People You Meet In Heaven"

#### Mitch Albom

"There are no random acts. We are all connected. You can no more separate one life from another than you can separate a breeze from the wind."

"It is because the human spirit knows, deep down, that all lives intersect. That death doesn't just take someone, it misses someone else, and in the small distance between being taken and being missed, lives are changed. There is a balance to it all. One withers, another grows. Birth and death are part of a whole."

"Sometimes when you sacrifice something precious, you're not really losing it. You're just passing it on to someone else."

"Learn this...holding anger is a poison. It eats you from inside. We think that hating is a weapon that attacks the person who harmed us. But hatred is a curved blade. And the harm we do, we do to ourselves."

## Our Children Forever Loved and Remembered

### January Remembrance Dates

- 1/1 Eric Ritchey Son of Lynn and Harley Ritchey
- 1/2 Julie Ann Kirkpatrick Sister of Roy Stewart
- 1/4 Mark Christopher Wills Son of John and Patricia Wills
- 1/4 Michael Houston Finley Son of Katy Finley
- 1/5 Ryan Christopher Harris Son of Larry and Patricia Harris
- 1/7 Bart Taylor Son of Jack Taylor
- 1/7 David Ryan Goldey Son of George and Julia Goldey
- 1/8 David James Rison Son of Karla Scott and David Rison
- 1/9 Angela M. Meece Daughter of Claude and Verna Meece
- 1/9 Wesley Thomas (Tom) Whitehouse Son of Betty Whitehouse
- 1/9 Mitch Baber Son of Steve and Kim Baber
- 1/9 Donald Jeffrey Johnson Son of Barb and Don Johnson
- 1/14 Evan Scout Warren Son of Brian and Kellie Kozee Warren
- 1/16 Jennifer Lee Toadvine Daughter of Ted and Cyndi Toadvine
- 1/17 Howard Joseph "Jay" Crim Son of Becky & Keith LaVey and Howard B. Crim
- 1/18 Neil Patrick Fouch Son of Jennifer Gray and Michael Fouch
- 1/17 John Martin Robinson Son of Pat and Jim Robinson
- 1/18 Shawn Douglas Patrick Son of Stephen and Susan Patrick
- 1/19 Andrew Clive Cloyd Son of Roxann Devereux and Richard Cloyd
- 1/20 Nathan Winston Crim Son of Becky & Keith LeVey and Howard B. Crim
- 1/22 Julian Vincent D. Regalado Son of Mary Frances & Ramon Regalado
- 1/22 Corey Len Tackett Son of Sallie Jones
- 1/24 Nathan Charles Stamper Son of Charlie and Missy Stamper
- 1/25 Kevin Allen Flynn Son of Betty and Allen Flynn
- 1/26 Geoffrey James Chapman Son of Maureen Chapman
- 1/26 James Earl "Travis" Fryman Son of Rickey and Mavis Fryman
- 1/26 Taylor Joseph Gallant Son of Beth Taylor Gallant
- 1/27 Zachary P. Stanfield Son of Ron and Karen Stanfield
- 1/28 Stacey Carol Sea Daughter of Darrell and Jean Sea
- 1/28 Shannon D. Robinson Son of Dale and Teresa Robinson
- 1/29 Ryan Gregory Yeiser Son of Greg (George) and Rita Yeiser

### Carrying Memories Into the New Year

With the church bell's ringing, the New Year enters echoing the days of yesteryear.  
Memories of happiness, the smiles of our children, the sunlight within each face.  
Who will remember these dear ones far from our yearning arms?  
Who remembers all they were, the way she danced, the hat he wore?  
With the old year gone, will they no longer be known?  
We will remember them, each one.  
We will hold them in our hearts as we carry memories into this New Year.  
We will allow the memories to make us laugh, to make us sing.

*If we have omitted your child, misspelled your child's name, or listed incorrect dates, please accept our apologies and call Janie Fields at (859) 881-1991 to correct the information. Call any of our tele-phone friends if you are having a hard time on these days. We truly understand your pain; for we, too, remember our own children.*

## Our Children Forever Loved and Remembered

### February Birthdates

- 2/1 Kevin Brant Prenatt Son of Susan J. Prenatt
- 2/3 Brian Alan Frith Son of Larry and Rowena Frith
- 2/3 Brian J. Bergin "Bri" Son of Robert and Sherry Lowry
- 2/6 David Allen Rose Son of Ralph and Carmileta Rose
- 2/7 Jacob Issac Gibson Son of Veronica and Darrell Gibson
- 2/8 Keith Allen Gadbois Son of George Gadbois
- 2/8 Glenn Cope Son of Sheila Cope
- 2/11 Bobby Wayne Covert II Son of Carman Covert
- 2/12 Christopher Michael Jackson Son of Guy and Debbie Jackson
- 2/16 Jason Thomas Music Son of Sandra Miller
- 2/14 Mark Christopher Wills Son of John and Patricia Wills
- 2/15 Bill Varney Son of Judy Varney
- 2/15 Eugenia L. Morton Daughter of Eugene and Joyce Morton
- 2/16 Dawn Chrystine Beckett Daughter of Mike and Lynn Lindsey
- 2/17 Bobby Sherman Parsons Son of Anna McKinney
- 2/18 James Michael Farris Son of Hulda Farris
- 2/18 Christopher Thomas Miller Son of Colleen and Tim Miller
- 2/21 Stan Caudill Son of Tom and Patricia Tschop
- 2/22 Michael Becraft Son of Raymond and Lucille Becraft
- 2/24 Kristopher Ryan Gordon Son of David and Chris Gordon
- 2/25 Missy Fields Daughter of David and Janie Fields
- 2/26 Griffin Alexandar Watson-Mills Son of Blake Mills & Candice Watson
- 2/27 Trista Erin Lane Hail Daughter of Bill and Debbie Lane
- 2/28 Melody Cay Guffey Daughter of George Foley
- 2/28 Kimberly Sue Toye Daughter of Gail Toye
- 2/28 Joshua Scott Barker Son of Deborah Barker

### "Hope for the New Day" from [SilentGrief.com](http://SilentGrief.com)

It's a new year, so why don't I feel so new? Why am I still carrying around yesterday's fears, pain, sorrow, and the problems from last year? This is a question that most of us ask every day. We all know that changing a page or a date on a calendar does not make all things new, but it does give us new hope that we can begin the calendar year with a new mental attitude of resolve to gain inner peace, joy, and happiness - in spite of our outward circumstances. Try this today: Every time you have a negative, sad thought replace that thought with a statement of thankfulness. "I am thankful for my daily food. I'm thankful for the sunshine. I'm thankful for warmth during those cold, frigid days of winter. I'm thankful for the changing seasons. I'm thankful for the air I breathe, the evening stars that twinkle, and the many small blessings that touch my life each day." With practice, you can soon find MORE and MORE things to be thankful for, and you will even be able to find some hidden blessings in the pain you are experiencing. Hope is much stronger than fear. Hope is alive and never dies. Hope is a resource that every person alive has been given. Tap into your reserve of hope to help you - one day, one hour, one minute at a time! Happy New Year!!! Yes, it really is a Happy New Year filled with hope!

## Our Children Forever Loved and Remembered

### February Remembrances

2/4 Tressa Parsons Adams Daughter of Linda and Bobby Parsons  
2/4 Michael Terrell John Lee Son of Vicky L. and Terry C. Lee  
2/5 Sheena Christine Kiser Daughter of Tina Kiser  
2/5 James "Jamie" Earl Flynt Son of Suzie McDonald  
2/6 Andrea Kaye Huggins Daughter of Jim and Sheila Huggins  
2/6 Brandon Todd Wilson Son of Bob and Starr Wilson  
2/6 Whitney Wainscott Roberts Daughter of Mike and Sherry Wainscott  
2/13 Jerry Denver Ison Son of Genett Ison  
2/14 Steven Matthew Service Son of Ruth McGill  
2/16 David Michael Harmon Son of Jody Harmon & Luanne Murphy  
2/18 Jack Charles Bahm, II Son of Jack Bahm  
2/18 Will Fister, III Son of Gayle and J. W. Fister  
2/19 David Nelson Hunt Son of Judy & Walter Hunt  
2/19 Allen Grant Borntraeger Son of Doug and Cathy Borntraeger  
2/21 Brandon Lee Lorance Son of Callie Lorance  
2/22 Hillary Paige Troidl Daughter of Jim and Barb Troidl  
2/22 Robin Lee Webb Daughter of Ricky and Sharon Blakeman  
2/22 Joe Collins Hisle IV Son of Barbara and Joe Hisle  
2/24 Crystal Ann Knafl Granddaughter of Karen and John Knafl  
2/25 Wicky Blakeman Son of Mr. & Mrs. Wendell Blakeman  
2/25 P. J. Phillip Duncan Son of Donna Breeze  
2/25 Ross Kemper Son of Becky Kemper  
2/26 Jacob "Jay" Lovenguth Son of Jake and Markeata Lovenguth  
2/27 Tony R. Applegate Son of Dolly Wallace Bellomy  
2/27 Vicki Lyn Easter Daughter of Beulah Williams  
2/27 Chris Rudnick Son of Julia Rudnick-Woodall  
2/27 Robert Riley Son of Robert & Linda Riley

### Hope

As I look up to the sky, during this holiday week, a bright star shines down. I feel it is you smiling at me, telling me it is okay for me to laugh, it is okay for me to be happy again. I'm trying, I tell you. It is not an easy road to travel when you have lost the most important thing in your life. But my heart is full with love from a wonderful man and many friends. And, of course, I feel your love surround me on this chilly December day. It warms my heart and my body as always. I keep busy and try to make a difference in this world by helping others. I do it for you, in your memory, and I find it is a wonderful feeling. I know you used to do it also; you used to help close friends and even strangers. I look around me and see young people enjoying the outdoors, running, playing, wishing for a good snowfall. I hear their laughter and their good wishes for this holiday season. I know there is hope for a better world when I look into their eyes. I wish I could share everything I say and do with you, as I used to. I miss you so much, my beautiful daughter. I think of you every minute of every day and always will. I want you to know, though, that I always was a survivor and will continue to be one both for you and for me. I love you, always and forever.

## Our Children Forever Loved and Remembered

### March Birthdates

- 3/1 John Martin Fay Son of Mary Ann Fay  
3/1 Ryan Jason Ross Son of Mitzi and Rick Holbrook  
3/4 Barclay (Bart) Knafl Son of Karen and John Knafl  
3/7 Kiah Nicole Milsom Daughter of Lisa Scott  
3/8 Robby Meeks Son of Cindy and Rusty Meeks  
3/9 Whitney Wainscott Roberts Daughter of Mike and Sherry Wainscott  
3/10 Andy Jones Son of Jean and Cal Jones  
3/10 Victor Paul Basil Son of Lorena Basil  
3/10 Jesse Caldwell Higginbotham Son of Rebecca Woloch and Jerome Higginbotham  
3/11 Mark A. Romond Son of Ed and Jan Romond  
3/11 Melanie K. Laughlin Daughter of Ernie & Brenda Laughlin  
3/12 Laura Ann Lemieux Daughter of Vincent and Jackie Lemieux  
3/14 Eric Ritchey Son of Lynn and Harley Ritchey  
3/15 James "Jamie" Earl Flynt Son of Suzie McDonald  
3/16 Matthew Charles Estes Son of Barry and Cheri Catron  
3/16 Edward Charles Campherl Son of Martha E. Stone  
3/16 Jack Charles Bahm II Son of Jack Bahm  
3/17 Jayne Lynn Wawrzyniak Daughter of Loretta Wawrzyniak  
3/19 Doug Steinkuhl Son of Gary and Barb Steinkuhl  
3/20 Matthew Patterson Son of John and Ann Patterson  
3/20 Katherine "Kate" Tudor Daughter of Suzanne Tudor & Lewis Perry  
3/20 Emily Brook Howell Daughter of Kathy Howell  
3/21 Jackie Peel Son of Carl and Pansy Peel  
3/28 David Ryan Goldey Son of George and Julia Goldey  
3/28 Chip Cheek Son of Betty Milton and Ercel Cheek  
3/29 Andy McLaughlin Son of Iris McLaughlin  
3/30 Joshua Montgomery Son of Jo Barnes and Eddie Montgomery  
3/31 Michael Wallace Son of Jack and Carolyn Wallace  
3/31 Davey Allison Dunavant Son of Anita and J. C. Harris  
3/31 Brandon Lee Lorance Son of Callie Lorance  
3/31 Cynthia Duncan Daughter of Davena Ridenhour Hagen

### Seasons

My life has known the change of many seasons. I have experienced the spring of life.  
Love fresh and new and bright with promise. I have come to know the warmth of a family's laughter.  
Life's way has taken me through the change of fall and winter storms of challenges and pain.  
Through the seasons your love has been with me. I am now faced with new seasons of change.  
Pain filled is our parting. Goodbye a word I can hardly stand.  
Yet, I know that as I continue along life's way, the light of your love and the gift of your memory  
will be my warmth and strength. Your gift of love will remain.  
I know I will move through the seasons of pain and challenge with your memory locked safely  
within my heart.

## Our Children Forever Loved and Remembered

### March Remembrances

- 3/1 Addison Elise "Addie" Koch Daughter of Charles and Katie Koch  
3/1 Donald Ray Bingham, Jr. Son of Barbara Bingham  
3/2 Patrick McDonnell Son of Anne and Bob McDonnell  
3/2 Jonathan Derek Perdue Son of Donna and Chris Perdue  
3/5 Alexandra Scott Daughter of Stuart & Melanie Scott  
3/6 Grant Casey Blethen Son of Casey Grant Blethen  
3/6 Rachel Elaine Sutherland Daughter of Elly and Alan Sutherland  
3/7 Stephen Booher Son of Mary McCormick  
3/7 Zack Camp Son of Mary Camp  
3/7 Brenna Jiwon Kihlman Daughter of Dale and Shan Kihlman  
3/8 Shadanay Everett Daughter of Tawana Everett  
3/9 Robin Lemaster Ratliff Daughter of Jesse and Betty Lemaster  
3/10 Jeffrey Scott Wallace Son of Lynn Wallace  
3/11 Randy Blake Johnson Son of Randy and Doris Johnson  
3/12 Mitchell Allen Jaquish Son of Ellie and Thomas Jaquish  
3/12 John Thomas Reynolds Son of Joan & Richard Reynolds  
3/12 Christian "Chris" Ford Cash Son of David Cash  
3/13 Glenn Cope Son of Sheila Cope  
3/13 Charles Hayden "Chip" Lampe Son of Betsy Lampe  
3/13 Benton (Ben) Warner Blanton, III Son of B. W. Blanton, Jr.  
3/13 Brian Philpot Son of Mitch and Dee Philpot  
3/13 Cole Brian Gilliam Son of Joan B. Gilliam  
3/13 Emily Brook Howell Daughter of Kathy Howell  
3/15 Amy Jeanine Click Daughter of Kathy and Steven Click  
3/17 Darius Xavier Jerome Young Son of Deborah Young  
3/20 Lauren Elizabeth Stokley Daughter of Jackie Webb  
3/20 Robert (Robbie) Lewis Byrd II Son of Beverly and Bobby Byrd  
3/21 Amanda Williams Daughter of Donna Riley  
3/21 Bobby Sherman Parsons Son of Anna McKinney  
3/23 Scott Carter Jeffers Son of Susan Jeffers  
3/24 Joshua Montgomery Son of Jo Barnes and Eddie Montgomery  
3/25 David Wayne Meade Son of Sue & Fred Meade, Brother of Susan Bayes  
3/29 Matthew Patterson Son of John and Ann Patterson  
3/30 Victor M. Martina Son of Don and Judy Martina  
3/30 Erica "Shi" Richie Daughter of Carol Scott  
3/30 Kimberly Varney Daughter of Judy and Lewis Varney  
3/31 Mark Anthony Bishop Son of Marlene and Mark Bishop

*Be grateful for grief. It is an infallible sign that we have loved someone deeply enough to miss them.*

### Refreshments

*Some of us like to remember our child's birthday or the anniversary of his or her death by bringing a cake or cookies to the meeting that month. We would appreciate having you bring a special treat to any meeting. You may also want to bring and share a picture of your child.*

## Please Ask

Someone asked me about you today, and it's been so long since anyone has done that. It felt so good to talk about you...To share my memories of you...To simply say your name out loud. She asked me if I minded talking about what had happened to you...or would it be too painful to speak of it. I told her I think of it every day, and speaking about it helps me to release the tormented thoughts whirling around in my head. She said she never realized the pain would last this long...and apologized for not asking sooner. I told her, "Thanks for asking." I don't know if it was curiosity or concern that made her ask, but I told her, "Please, do it again...sometime soon."

## Welcome

I'm standing before a door: beyond it The Meeting takes place. My hands are trembling. I'm very scared and there are tears starting to well up in my eyes. Through the door I can hear voices, even laughter. This can't be the right room! Do they really know my pain? That's what I've been told. I will never again be able to laugh like them. Please give me the strength to do this. We sit together and each person gives an account of what has brought them here. There is so much pain I can barely speak through my emotions. Yet, they all listen and as the meeting ends someone touches my hand. I'm at the door again. Please give me the strength to go through. As I take my seat I see familiar faces. They smile and I try to smile back. Do they know how hard this is for me? Was it ever them? There are so many sad stories. Maybe they do feel my pain! I shed more tears. This time I'm able to ask a few questions through muffled sobs. Still, they all listen and as the meeting ends, someone touches my hand. I've prayed for strength many times as I've entered this room. Each time, as stories are shared, I realize they do know my pain. I feel stronger now so I can share without crying. I realize that all along they were easing their own pain by helping me through mine. A new person comes through the door and takes the seat next to me. The newcomer sheds many tears as attempts are made to talk through muffled sobs. We all listen and as the meeting ends and I touch a hand.

## A Note to the Newly Bereaved (and a reminder to the rest of us)

### By Sascha

The first months and years after bereavement can be terrifying. It seems as if the pain stays at a monotonous peak; it seems as if one's mind will be lost at any moment. And although most of us "get better" after the first terror, we usually do not realize that until we look back, years later. When we think about it, this state of affairs is almost "reasonable". After such an overwhelmingly traumatic experience, we can fall – as it were – to the end of the world. Coming back from there is bound to be slow beyond our imagination and fraught with reversals. So far, no one has found a method to avoid this painful journey back. But perhaps it will help to know you have already begun to travel. You will find it is a long journey and desperately hard and you may almost want to stay where you are. But you will realize later that the wind of tomorrow is already stretching your sails, and life awaits for you across the sea. If you only knew...

### 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.