



P.O. Box 647, Nicholasville, Kentucky 40356

June 2009

**Chapter Co-Leaders**

Jim Sims & Richard Hardin

**Treasurer**

David Fields

**Newsletter Mailings**

Janie Fields

**Newsletter Editor**

Lisa Fields

**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 Compassionate  
Friends**

**National Office**

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



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:*

*Sandra Miller, mother of Jason Thomas Music*

*New to our Winchester Meeting:*

*Tammy Dow*

**Co-Leader's Message****By: Jim Sims**

Even though there are endless designated days, I think there's need for another one. We need Appreciation Day - a time to say thank you to those that have graciously volunteered so much of their time and effort to keep our chapter operating so well during the past year. Starting with Stephanie's many contributions as co-leader & facilitator, followed by Suzie's silent auction & yard sale fundraisers, plus the Frankfort reflection room, we have David the treasurer, Janie facilitating & mailing newsletters and most especially the tireless work by both Janie & David on the summer picnic & December candle lighting. Then there's Rebecca's time editing the newsletter and updating the website, Lisa our current newsletter editor, and Mary - she's been secretary, librarian, facilitator, organizer of the Winchester meetings and currently updates the website. As steering committee members all have offered their time, ideas, opinions and whatever else that's been needed so that our group can continue to be a source of hope and support to grieving parents and families. I offer a heartfelt thank you to each of you! I hope that everyone associated with the Bluegrass chapter will take the time to show your appreciation to each of them as well.

Likewise, Mary will reduce her load as secretary & librarian but will continue with the Winchester meetings, updating the website and as absentee steering member. Stephanie, I'll forever appreciate your willingness to fill the need and share the responsibilities as leader. Mary, you've been wonderful - sorry we let you overload yourself so much!

The good news is that some wonderful replacements have stepped up. Stacy Hoskins will be the new secretary, Sue Hardin will handle the library and Richard Hardin will become co-leader. Thanks Richard, Sue & Stacy, it's good to have you onboard.

Given that backdrop, it's bittersweet to announce that Stephanie and Mary will be "off-loading" some of their roles. Stephanie will still facilitate but has found that her family and day -job responsibilities don't leave enough time to continue as co-leader & steering member.

Don't forget our upcoming picnic. Details are on page three. Hope to see everyone there and be sure to bring your family and friends.

**Upcoming Meetings****June 15, 2009**

Facilitator: Jim Sims

Topic: Men and Women Grieve Differently

**July 20, 2009**

Regina Blanton, "The Button Lady"

If you would like a picture button, bring a 4" picture (photocopies of pictures work well and allow you to keep the original.

***Buttons are free, but donations are accepted to cover the cost of materials.***

***The Bluegrass Chapter of the Compassionate Friends Steering Committee meets on the first Monday of each month at 6:30 at Hospice of the Bluegrass. All are welcome to attend and participate.***



## The Compassionate Friends Bluegrass Chapter Annual Picnic

- Date:** Saturday, June 6, 2009
- Location:** South Elkhorn Christian Church
- Time:** 5:00 pm.
- What to bring:** Your family and friends  
Side dish or dessert

**\*This event will be held rain or shine. If it rains, it will be held inside.\***

### Chapter will provide:

hamburgers/hotdogs/buns ♦ condiments ♦ drinks ♦ paper goods ♦ silverware

### Events planned for this year:

- ♦ Butterfly Release
- ♦ Memory Table

*Please bring a photograph of your child or sibling to share.*

- ♦ Silent Auction to benefit the Garden of Angels\* at Bluegrass Memorial Gardens.

*Please contact Suzie McDonald at (859) 576-7680 if you have items to donate in memory of your son, daughter or sibling.*

*\*The mission of the non-profit Trust we have established is to honor the memory of children who have passed by creating a garden to be located at Bluegrass Memorial Gardens. On February 5, 2007, I lost my son Jamie Flynt to an undetected heart condition. Jamie was a loving and generous man that lived life to the fullest and my life is no longer the same without him in it. He was 34 years old.*

*Bluegrass Memorial Gardens have graciously provided a location on their grounds where the "Garden of Angels" will be established. This garden will be a place of reflection and remembrance, a place where families can work together to create a space of beauty and sanctuary in honor and memory of their children. Rather than being solely a place of death, a garden at the cemetery can afford a renewed purpose for others who have experienced a loss similar to mine. It may bring renewed hope as it gives renewed life and beauty. The loss of a child is the greatest loss of all and one in which it becomes very difficult for parents to consider the purpose of continued life. The Garden of Angels will offer the bereaved a safe place in which to mourn their loss, express their sorrow and share their child's story.*



## Our Children

### Forever Loved and Remembered

#### June Birthdates

06/01 <i>McKenna Brooke Hatchett</i>	09/02 Daughter of Tim and Melissa Hatchett
06/01 <i>Mark Davis</i>	07/09 Son of Harold and Jeannie Davis
06/01 <i>DeAnna Marie Friend</i>	10/10 Daughter of Barbara Friend
06/02 <i>Robby Matthew Oesch</i>	06/08 Son of Candy Oesch
06/03 <i>Victor M. Martina</i>	03/30 Son of Don and Judy Martina
06/04 <i>Chasity Marie Green Leach</i>	08/11 Daughter of Larry Leach
06/06 <i>Julie Ann Kilpatrick</i>	01/02 Sister of Roy Stewart
06/07 <i>Nicholas Alan Norris</i>	08/03 Son of Greg and Joanne Norris
06/08 <i>Rylee Jorja McFarland</i>	06/08 Daughter of Joy and Chris McFarland
06/09 <i>Brenda Nicole Smith</i>	06/09 Daughter of Carla and Kenneth Smith
06/09 <i>Brian Jason Hardin</i>	04/16 Son of Richard and Sue Hardin
06/10 <i>Tressa Parsons Adams</i>	02/04 Daughter of Linda and Bobby Parsons
06/11 <i>Donald Ray Bingham</i>	03/01 Daughter of Barbara Bingham
06/12 <i>Cynthia "Cyndy" Ellen Crim</i>	08/15 Daughter of Becky & Keith LaVey and Howard Crim
06/12 <i>Gary James Travis Burke</i>	10/30 Nephew of Addie Waugh
06/13 <i>Thomas "Tommy" Allan Woodrum</i>	08/05 Son of Mimi & Thomas Woodrum
06/14 <i>Becky Fister</i>	11/12 Daughter of David and Mariam Fister
06/14 <i>Erin Renee Glass</i>	05/26 Daughter of Martha and Wesley Glass
06/14 <i>Tim Sizemore</i> Son of T. C. Sizemore	
06/14 <i>Jonathan Walker Mayberry</i>	11/16 Son of Jonathan & Stephanie Mayberry
06/16 <i>Steve Elliot</i>	06/30 Son of Nancy and Carroll Elliot
06/20 <i>John Martin Laswell</i>	12/02 Son of Frances Shaver
06/21 <i>Juan Pirir Cux</i>	07/13 Son of Donna and Dave Uckotter
06/22 <i>Timothy Ray Elkin</i>	05/28 Son of Betty and the late Billy Elkin
06/24 <i>Thomas E. Masters II</i>	09/14 Son of Bess Masters
06/25 <i>Sharon Davidson</i>	09/19 Daughter of Melvin and Sonia Davidson
06/25 <i>Jacob Daniel Akin</i>	12/06 Son of Becky Akin
06/26 <i>Julie Dawn Hall</i>	12/29 Daughter of Sharon and Don Hall
06/28 <i>Darius Xavier Jerome Young</i>	03/17 Son of Deborah Young
06/29 <i>Phillip Old</i>	07/13 Son of Priscilla Old

#### June Remembrances

06/02 <i>Spencer David Turner</i>	08/18 Son of Kathy and Danny Turner
06/04 <i>Missy Ann Tomblin</i>	11/06 Daughter of Gail Tomblin
06/07 <i>Kimberly Sue Toye</i>	02/28 Daughter of Gail Toye
06/07 <i>Colin Spencer</i>	04/15 Son of Stephanie Spencer

## Our Children Forever Loved and Remembered

### June Remembrances Continued...

06/07 <i>Carrie Elizabeth Griffin</i>	07/01 Daughter of David and Debbie Griffin
06/08 <i>Robby Matthew Oesch</i>	06/02 Son of Candy Oesch
06/08 <i>Rylee Jorja McFarland</i>	06/08 Daughter of Joy and Chris McFarland
06/09 <i>Jonathan Hepburn</i>	07/31 Son of Jo Hepburn
06/09 <i>Jan Cecile Richardson</i>	10/06 Daughter of Jim and Jean Richardson
06/14 <i>Dawn Chrystine Beckett</i>	02/16 Daughter of Mike and Lynn Lindsey
06/15 <i>David Scott Fine</i>	05/31 Son of Aida and David Fine
06/16 <i>Gary Ryan Delanhoussaye</i>	10/26 Son of Glynn and Catherine Delanhoussaye
06/17 <i>Brandon Holbrook</i>	10/07 Son of Linda M. Holbrook
06/18 <i>Richard (Rick) Allen</i>	07/15 Son of Richard and Linda Allen
06/19 <i>Paul R. Criswell, Jr.</i>	11/10 Son of Georgia and Paul Criswell
06/20 <i>Mark Grimes</i>	09/21 Son of Betty and Steve Grimes
06/22 <i>Jacob Issac Gibson</i>	02/07 Son of Veronica and Darrell Gibson
06/22 <i>Spencer David Turner</i>	08/18 Son of Kathy and Danny Turner
06/23 <i>Fred "Lance" L. Murphy III</i>	10/08 Son of Patty Murphy
06/27 <i>Edward Charles Cambell</i>	03/16 Son of Martha E. Stone
06/28 <i>Davey Allison Dunavant</i>	03/31 Son of Anita and J. C. Harris

### Graduation—A Time to Remember *Amy Baker Ferry, Heart of Florida TCF, Longwood, FL*

I was driving down the road the other day, thinking of how the retail market makes any event an opportunity for revenue. Graduation seems to fall into that category, with cards and gifts for every Graduate. This time of year reminds me that my graduation from high school was a bittersweet time.

Really, it was the first time I had "surpassed" my older brother, David, in anything significant. I turned the age that he was when he died, 18, in the beginning of my senior year of high school. That year was difficult for me, as I felt that I was getting to move past where he had been cut short. me, each event has been a bit bittersweet. Graduation day was no exception. I was happy to be getting out of high school, and looking forward to that coming August when I would go to college. But why was I getting to do these things, and not David? What made me so special that I got to stay here and experience these things? I still am not quite sure of the answer to those questions. Graduation from high school was really just the first of many events which I have gotten to experience that David never will. College graduation, my wedding, and the birth of my two children are examples. And for The good news is this: that while time does make it easier to bear day-to-day activities without your sibling, each major event in your life presents itself as a new opportunity to remember your brother or sister, as well. For me, figuring that out was a huge relief, as it meant that my fear of forgetting David was not something I needed to worry about any more. His memory is just as alive for me today, 15-1/2 years later, as it was when I took that walk across the stage to accept my high school diploma.

## A Fathers Day Like No Other

**Mark Kingery, TCF, Salt Lake City, Utah**

In June, 2000 it was my third Fathers day without my son Christopher. He died in an industrial accident on September 28, 1997. This was such a lonely day for me as my only surviving child had been out of the country for over a year. I had no one to celebrate being a father with. It started as a very dark and dismal day indeed.

After trying to avoid the trip to the cemetery for most of the day, there was nothing left to keep me away. So my wife Robyn and I went to the cemetery to visit Chris' grave.

While deep in emotion and feeling like I had nothing to look forward to, we were sitting by Chris' headstone remembering how much fun he was and how terribly sad it was not to have him to hold and tell him that I loved him. I was wishing so badly that he could be here to spend the day with me.

I had put my head down to let the tears run off my face. I felt a small breeze come up; it was an unusual breeze in that it came from the northeast, which in June is not a common occurrence. I looked up and noticed this balloon with a lead weight dragging behind it, dancing ever so slowly towards me. We watched it dance

across the grass and then the balloon bounced directly into my chest. The balloon had a message that I *know* was from my son Chris. It said "Worlds Greatest Dad". I was so surprised and happy to have received this "Father's Day Gift". I thanked him for the wonderful gift and for cheering me up. There was no one else around or near us; we were not sure where the balloon had come from. I did not notice it at the time but a woman and her 2-year-old son had come to visit her father's grave, which was about 150 yards away from Chris. Robyn and I sat around for another fifteen minutes or so and then decided to leave.

When we left to go to our car Robyn noticed that the lady visiting her Father was frantic and screaming that her son had locked himself in the car. We went over to see if we could help. The son had locked the doors to the vehicle, the windows were rolled all the way up and the mom had left the keys inside. The outside temperature was very warm and the little boy was starting to sweat. The police had been called to come and open the door but they were not sure that they could get there very soon. I was just about to break out the

back window when Robyn said let's try to get him to open the door. She took the balloon and tried to coax the little boy to open the door. She told him through the glass that she would give him the balloon if he would just push the button. She kept pointing to the button that would release the door lock. Suddenly the lock popped open, we didn't notice it at the second the lock popped up, but later we realized that the boy's hand was no-where near the lock when it opened. We got the boy out and Robyn gave the little boy my Fathers day gift from Chris. The boy's mother looked at the balloon and asked where we had gotten that balloon because she had left a balloon just like it on her dads grave the day before. We looked for his balloon and it was gone. It turned out to be the same balloon that had bounced across the grass and bumped into my chest earlier. The balloon was now in the hands of his grandson.

The events of that day have been with me ever since. First of all, I know that my son sent that balloon to me to help me through my sad and lonely Father's Day, and that he also helped to save that boys life.

## Check Out Our Library

Our library is a great resource for our members, friends and families. Be sure and come to our monthly meetings early enough to browse our selection and borrow a book. If you would like to make a donation to our library, please contact Sue Hardin at [sue.hardin@gmail.com](mailto:sue.hardin@gmail.com). When borrowing a book, please remember to return it.

### Father's Day

#### Doug Hughes TCF, Cincinnati, Ohio

I just finished watching another miserable cologne commercial on TV. For some reason these are the first signs of the upcoming holiday, commercials that are only shown at Christmas and Father's Day to give wives and kids some idea of what to get Dad to celebrate a gift-oriented holiday.

Like the other fathers who read this newsletter, I know the gift I'd like to get this Father's Day, just as I know there is no way that it will happen. My son's life. An opportunity not to hurt when I see boys who are the age my son should be now. A chance to dream those dreams for that little boy again. But that's not going to happen. Instead I will get up on that day, having called and wished my father a happy day the night before, and go to the florist for the flowers I will place on my son's grave. I will stand alone and cry for a time, then return home to my wife and our infant son. This year will have a greater measure of peace

due to young Dan's arrival, but I shall always have that Alex-sized hole in my soul, a longing that I know I will have until I too die.

Like many bereaved fathers I have felt the lack of understanding of the non-bereaved on how a father should mourn his child's death, and for how long. I do not understand how a society can have such belief in the strength of maternal love, and do such a good job of ignoring the intensity of paternal love. From the people whose only question at Alex's memorial service was on how my wife was dealing with this tragedy, to the long-time friend who didn't understand my choking up after watching a Hallmark Card commercial last year, the majority of people around us seem to have difficulty with the thought that a father may need to grieve for his deceased child just as much as a mother might.

So that is where some support and love is needed, and

needed badly. Of course we have Compassionate Friends, but something more personal and closer to home is needed. In a recent newsletter there was a note from a bereaved mother from New Jersey asking fathers and siblings to be understanding of a grieving mother's needs on Mother's Day. I agree, but I would also hope that you ladies will not forget your husbands this Father's Day as well. It is frequently said that we males don't often talk of our emotional needs, and are reluctant to show our pain, but we need love and 'warm fuzzies' when we hurt also. Please remember us on June 18, and please remember also that those cute little sentimental commercials that hurt you in May, take their toll on us in June. There are definitely times when I can do without Old Spice, McDonalds, Hallmark, and AT&T.

Brothers, I wish you peace, comfort, and love.

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### 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 remember, if given in memory of your child, to include his/her full name. A very special Thank You to those who contribute Love Gifts to the basket during monthly meetings. We greatly appreciate your support! Please send Love Gifts to: David Fields, P.O. Box 647, Nicholasville, Kentucky 40356.

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## **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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