

REMEMBERING OUR CHILDREN



Location

Madonna Rehabilitation Hospital
5401 South Street, Lincoln, NE
(Lancaster Room)

Date & Time of Meetings

Meetings are held on the
third Thursday of each month
7:00pm to 8:30pm
There is no fee for attendance

Supported by:

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

For information about the meetings,
Call: 402-477-0857

Remembering Our Children

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

Future meeting schedule

April 15, 2010
May 20, 2010

Location

Bryan Medical Plaza • (East)
1500 S 48th Street
Lincoln, NE

Date & Time of Meetings

Meetings are held on the
first Wednesday of each month
7:30pm to 8:30pm
There is no fee for attendance

Supported by:

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

For information about the meetings,
Call: 402-477-0857

H.O.P.E.

(Helping Other Parents Endure)
A support group for those who have
experienced the loss of a baby due to
miscarriage, stillbirth, or newborn death.
Promoting healthy grieving & healing.

Future meeting schedule

April 7, 2010
May 5, 2010

April/May 2010

SPRING IS COMING

If you are newly bereaved and looking for your “first” spring, you may be surprised by some of the feelings you may experience during the next few weeks. We hear so much about the beauty of spring – the new life and the feelings of renewal that are supposed to accompany this lovely time of the year. During my ‘first’ year, I expected that spring would cheer me up, and make me feel a lot better. How surprised and frustrated I was when, on one of those truly magnificent spring days as life seems to burst forth everywhere, I was “in the pits”. When a friend said to me, “Doesn’t a day like this really lift your spirits and make you feel better?” I had to reply honestly that I was having a really bad day – that the sense of loss and emptiness was greatly intensified.

Gradually, I began to realize that my expectations for spring were unrealistically high. I had looked forward to spring with the wrong kind of hope. When we are newly bereaved, we are constantly looking for something to take away the pain and make our lives all right again. Unfortunately, there is no magical event or moment when this takes place. It does not happen, but only with time and grief work which we all must do before we can be healed.

The coming of spring cannot make everything okay again. What it can do, however, is reminding us that regardless of what happens in our lives, nature’s process will continue, and that can offer us hope.

I am looking forward to spring this year. I welcome the sun’s warmth, the return of the birds from their winter in the south, the forsythia, the daffodils, and the greening of the world. Know that someday you will once again welcome spring. Be gentle and patient with yourself and with nature. Don’t expect too much. Be ready to let a little of the hope that spring can offer into your heart.

REMEMBRANCE

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 that he has left.
Your heart can be empty
Because you can’t see him,
Or you can be full of
The 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 him
And only that he’s gone,
Or you can cherish
His memory and let it live on.

You can cry and close your mind,
Be empty and turn your back,
Or you can do
What he’d want:

***SMILE, OPEN YOUR EYES,
LOVE AND GO ON!!!***

Author Unknown

Donated by Karen Brinker in loving memory of
her son, **Brian ‘BJ’ Brinker, 05-29-1980 to
11-17-2002.**



**We that are in the spring of our grief
Our days grow brighter, and warm.
We are amazed at the renewal of our
souls.**

**Our faith is like the new buds,
and spring flowers
It waits to explode forth
To bring new color into our souls**

Author Unknown

A MOMENT IN TIME

It wasn't so long ago, you know
I was holding her in my tummy.
Warm and sure, safe and secure;
Depending on her Mommy.
I held her in the rocking chair,
Singing a lullaby.
Soft and sweet, kicking feet
Contently I would sigh,
"What a dear little baby we have,
She just plays all the time.
And when she's born on a misty more
She'll be all yours and mine."

It wasn't so long ago, you know,
When I suddenly went into labor.
With all my fears and all my tears
Each moment I began to savor.
"No, No, I don't want her to come!
Just take me home!" I cried.
"I hate to tell you, but I'm afraid it's true:
If our baby is born, she'll die!"
"PUSH!! PUSH!! PUSH!!" they chant.
"She's really ready to come out!
You have to try, please don't cry,
It's silly to have such doubts."

It wasn't so long ago, you know,
We discovered she wouldn't survive.
She had half a heart, only a part,
Of what she needed to stay alive..

Now, round and round and round I turn,
Lost in a moment in time.
Is wasn't so long ago, you know,
When I wasn't losing my mind.

*Written By Dana Leigh Gensler
In memory of her Daughter, Lindsay,
Born May 23, 1989. Died May 25, 1989*



**BIRTHDAYS AND ANNUAL
REMEMBRANCES**

These can be difficult days for bereaved parents and families. Perhaps you would like to lift them up in thought and prayer as these difficult days approach for them.

APRIL BIRTHDAYS

- Angel Jean Brogan** 04-08-2008
- Tiergan Joseph Brogan** 04-08-2008
- Elise LaRue Byler** 04-15-1990
- Paul, III** 04-01-2009
- Brandon Staley** 04-25-1997
- Johnathan Michael Young** 04-22-1987

APRIL ANNUAL REMEMBRANCES

- Paul, III** 04-01-2009
- Benjamin Tyler Chloupek** 04-19-1999

MAY BIRTHDAYS

- Brian 'BJ' Brinker** 05-29-2002
- Mary Grace Bryson** 05-28-2009
- Michala Cheek** 05-01-1992
- Colson McCoy Dirrium** 05-31-2000
- Douglas Joshua Hoegemeyer** 05-24-2004
- Madison McIntyre** 05-24-1993
- Laura Renee Schmidt** 05-10-1978
- Dawn Renee Schuster** 05-25-1978
- Cory Stuart** 05-27-1971

MAY ANNUAL REMEMBRANCES

- Mary Grace Bryson** 05-28-2009
- Aubrea Carman** 05-27-1987
- Amy McLaughlin** 05-16-2008
- Ellery Troy** 09-25-2009

In remembering our precious children, there may be errors for which I am deeply sorry. If there are any errors, please contact Trish Schuster @ 402-673-5395 or trish_schuster@yahoo.com

MOTHER'S DAY HEARTLINES

Picture your child's face right here – Perhaps there's a shy smile on that face, or a look so bold, the smile may even be gap-toothed! Now, notice the eyes – always on this day those eyes sparkle and glow; they shine with pride and mischief because that child's been up to something. Today that child has been secretly planning a surprise just for you, mother.

Now, hear your child's voice as it happily calls with love, "Happy Mother's Day!" Don't be afraid of remembering other Mother's Days. They are days you will never forget, will you?



*By Faye Harden
A JOURNEY TOGETHER, Spring 1999*



GRADUATION DAY

Today is Graduation Day – a day when children don the cloak of adulthood. They leave the structure of their lives. They scatter in many directions – each to the beat of his own drum, each to follow his own drum.

Today is Graduation Day – and I am sad. My child will not be among his classmates as they are handed their diplomas. My child will not participate in the proms and excitement of this time, my child will not be there. Is he forgotten? Does not one mind remember him or one heart feel his presence?" Please Lord; let him be a part of this day even if I don't know it. Let one person for one second think and him and say, "I wish Jim were here today."

For today is Graduation Day – for everyone else's children but not for mine –not for mine. I could was philosophical and say that he has already graduated – that he has made the most important step of all. But this doesn't help the ache in my heart or fill the hole left there. On other days, I can

sometimes feel okay that he is in heaven, but, today, I want him here. I want him to go to the prom and hear his cape and gown and receive his diploma. I want to see his smile and take his picture and rent his tux.

I want him going to college and choosing his courses and deciding what his future will be. I want – it does no good to want or wish. These things can never be. I must face this day as I've faced thousand of others – with longing, with pain, and with strength, God's strength. This is what keeps me from giving up and giving in – this is what keeps me from looking down in abject helplessness and lets me look up with new hope. The strength from God gives me the strength to live and the strength to love = and the strength to continue.

Today is Graduation Day – I think I can live through it – I think I can overcome what it brings with it – I know I can find my way once again through the darkness, through the pain 'til once again I see the light of tomorrow....

*Yesterday and Graduation Day –
And I'm still here...*

*By Susan Abbott, Quincy, IL
In loving Memory of Jim Abbott 1978-1992
A JOURNEY TOGETHER Spring 2003*



REMEMBERING THEM

***We have the freedom to live in this USA
because for over 200 years, many lives have
given the ultimate prize for our freedom!!
Their families have had to grieve and
rebuild their lives because of their
sacrifice!!***

***May our lives be a tribute to their sacrifice!
May we live as though we cherish our
freedoms and with thankfulness to them
and their families for the price they have
paid goes on and on!***

***So as Memorial Day approaches may we
take time to pay tribute to those who serve
our country past and present to allow us
the freedom we have in the USA!!***

FAITH IS HEAVEN'S SWEET SONG

To believe you walk in the presence of God
That is heaven's sweet song!

To believe that the flowers that cover the
hills are more beautiful than the greatest
here on earth.

That is Heaven's sweet song!

To believe that your gown is soft and
glowing is more beautiful than any bridal
gown on earth.

That is Heaven's sweet song of faith to my
bear!!

To believe you forgave me for all the times I
failed you as your Mom here on earth –

That is Heaven's sweet song of faith!!

To know that death does not have the power
to end love –

That is Heaven's sweet song of faith!!

To trust that death does not end you being
our daughter.

That is Heaven's sweet song of faith!!

To know nothing can hurt you, because you
fear, or pain ever again!!

That is Heaven's sweet song of faith!!

To know your love and spirit live on in
those of us who loved you so dearly!!

That is Heaven's sweet song of faith!!

To know that everyday brings me closer to
meeting my Savior and seeing you again!

That is Heaven's Sweet Song of Faith!!

To know that there is forgiveness from God
and you for all my failings toward you, and
my other sins.

That is Heaven's Sweet Song of Faith!!

To know God gives us his "holy moments",
When we need them most!!

That is Heaven's Sweet Song of Faith!!

To know that God cares for you in Heaven

That is Heaven's Sweet song of Faith!!

To know that God gives us signs of His love
for us,

That is Heaven's Sweet Song of Faith!!

To know that God watches over, all of us!

That is Heaven's Sweet Song of Faith!!

To know that precious moments last forever

That is Heaven's Sweet Song of Faith!!

That someday we will meet again

That is Heaven's Sweet Song of Faith!!

To know that there will be no more tears, no
more goodbyes!

That is Heaven's Sweet Song of Faith!!
That eternity will be forever grand in
the living presence of God!!
That is Heaven's Sweet Song of Faith!!

*Written in loving memory of Dawn Schuster,
05-25-78 to 03-06-1996 by her Mom.*



SPECIAL UPCOMMING EVENT
ANGELS ACROSS THE USA TOUR

**Alan Pedersen at Greater Omaha
Chapter**

7pm Tuesday, April 13, 2010

New Cassel Auditorium

900 N. 90th Street

Omaha, NE

As many of you know, as a bereaved father, I
have been blessed to present and play my music
at more than 500 events, including presentations
and concerts for 150 TCF chapters, and many
regional, national, and international grief
conferences in the past 6 years. It has been my
honor to share my grief journey and daughter
Ashley with tens of thousands of other bereaved
families who have attended these events
throughout the United States and Canada.
This very special tour will make at least one stop
in every state. Our aim is to reach out to grief
organizations large and small in every area of the
country. We want to give every group the
opportunity to be a part of this tour. A good
portion of the travel costs are being paid by
bereaved families who have sponsored beautiful
butterfly decals in honor of their children which
will proudly adorn the Angel Trailer displayed at
each event. There is no charge or fee.
Donations will be accepted. CDs will be
available for purchase. If you are not familiar
with my work, please visit the following
websites:

www.everashleymusic.com and

www.angelsacrosstheusa.com to learn more
about this special journey.

I look forward to meeting you and presenting a
concert for you this spring.

Blessings,

Alan Pedersen
TCF Greater Omaha Chapter

