



Remembering Our Children

Bi-Monthly News Letter

August/September 2011



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
of 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
For more information about meetings
please call (402) 477-0847

Remembering Our Children

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

August 18	November 17
September 15	December 15
October 20	January 19/2012



Location

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

Date and Time

Meetings are held on the first Wednesday
of 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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For more information about meetings
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H.O.P.E

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

August 3	November 2
September 7	December 7
October 5	January 4/2012

ROC Contact Information

Remembering Our Children. Inc.

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The First Day Of School

Reflections From The Heart-TCF Canada

My heart ached for any parent whose child would have started school today. I looked around at the mothers and fathers too eager to drop their kids off, and I wondered if somewhere near a parent was crying because their child was not attending. It has taken me many years to overcome the sadness of the first day of school. I never thought the overwhelming pain would ease. The “what-ifs” still linger in my mind but I can fade them out with happy thoughts of the day.

I am still aware that today nadine would be skipping off to her grade one classroom and I can't help wondering which teacher she would have had. But, my heart does not ache for me as it did most other Septembers...today I ache for the parent who has just begun their journey; the parent experiencing the first day of school without their child.

By Shannon Stevens in memory of

Nadine Sara Stevens 10/8/87-12/9/87



Birthdays and Annual Remembrances

August Birthdays

Colson McCoy Dirrim	08/02/98
Brandon Thomas Staley	08/08/06
David James Brokofsky	08/22/75
Hope Harper Palik	08/23/10
Regan Elise Sorben	08/26/10
Quinn McCune (twin)	08/26/08
Caden McCune (twin)	08/26/08
Brittany S Roland	08/30/93
Hannah Marie Walter	08/31/10

August Memorials

Nathan Paulsen	08/07/08
Johnathan Michael Young-- Vorderstrasse	08/09/06
Madison McIntyre	08/18/06
Jeffrey S. Hale	08/21/04
Chandra Blood	08/25/02
Quinn McCune (twin)	08/26/08
Caden McCune (twin)	08/26/08
Rebekkah JoLee Dickey	08/24/04
Brittany S. Roland	08/30/93
Regan Elise Sorben	08/30/10

September Birthdays

Jessica Marie Luhring	09/11/90
Rhuen LaRee Wichman	09/16/77
Clint James Eckhout	09/22/81
Corina Marie Krieser	09/29/79
Greggy Robert Bayless	09/30/03

September Memorials

Jensina Marie Lindberg	09/04/09
Jessica Marie Luhring	09/11/90
David James Brokofsky	09/13/08

In remembering our precious children, if there are any birthdates or remembrances that are incorrect or that I have missed, PLEASE email me at r4j2c@neb.rr.com or send a postal mail or call me and I will correct it in my directory. You can find my contact information on page 2 of the newsletter.

Peace and Blessings,
Sindy Vorderstrasse - Newsletter Editor



Upcomming Events

August 21, 2011 at 1:00 pm
Annual Butterfly Release
at Madonna Rerhabilitation Hospital
5440 South St., Lincoln, NE
See the last page of this newsletter
for more information

October 2, 2011 at 1:00 pm
Meet at the Mausoleum at the
Lincoln Memorial Park
Corner of 14th St and Pine Lake Rd.
Lincoln, NE
See the last page of this newsletter
for more information

School Starts

School starts again! I look out the window and try to envision her as a senior in highschool. Her friends have turned into such beauties--Kari would be tall and slender (almost skinny) with her dad's dancing blue eyes and my dimples. She'd have a date for the homecoming--maybe even the man she'd marry like I had. Could she be so lucky?
Then tears start to roll and that big lump comes back to my throat--just when I thought I could handle it, school starts again!

By Debbie Meylor, TCF Sioux City, IA--2001

Your First day

By Naomi Holzman

Your first day at school
You waved from the door
All dressed in your #12 T-Shirt
Surrounded with stars,
And you scooby doo lunch box
Held tightly in your hand.
You seemed so little
And the world seemed so large.
All day I worried and watched the clock,
At 3:00 I was waiting in front of your school.
You came running and couldn't stop;
You had so much to tell,
You made so many friends,
Done lots of new and fun things,
And you wanted to go back again.
All my worry for nothing!
You were happy, and so was I.
Your first day in Heaven,
I wonder how it went.
You seemed so little
And Heaven seemed so far.
Each day I wonder and watch the sky;
Have you made any friends?
Are you still having fun?
Would you want to go back again?
And then I sigh,
If only you could come running
And tell me about your first day.

Lunch Pails to Dormitories

By Unknown

Preparing the start of another school year is all we hear about anywhere we go as the month of August arrives. Both advertisers and the media do not let us escape this time of the year. Many bereaved parents and families find it a very difficult time of the year!
You feel the need to buy crayons, erasers, clothes or even backpacks for the child who is no longer physically with you. You may find shedding tears to be easier at this time of the year. It's ok! Allow yourself to shed those tears!
Whether your child is not here to start preschool, kindergarten, middle school, high school or even college--allow yourself to grieve for that feeling of being robbed that opportunity to share with your child. Follow your heart and do what it takes to get through this time of the year. You may even want to donate school supplies to your favorite charity in memory of your child. Your child will continue to make a difference in someone else's life when you allow yourself to touch others because of the love you were able to share.

My Butterfly

By Kirsten, Chandra Blood's best friend

Have you ever seen a butterfly?
One you couldn't hold?
Well mine was radiant,
Her heart was made of gold.
She shined above the rest,
The most beautiful, the most fair.
But when I awoke today,
My butterfly wasn't there.
I had just seen here,
How far could she have gone?
And then I remembered her
Fragile wings could carry her far along.
Her heart-warming smile and contagious laugh,
Were running through my mind.
I didn't know what to do,
My butterfly I couldn't find.
So selfless, so loving, so innocent, so rare...
I began to look around,
And realized my butterfly is everywhere.
In me, in you, in everyone she met.
Such a lovely butterfly,
No one could ever forget.
She flutters high in the sky,
Her wings filled with the sun,
For where else could a butterfly
Watch over everyone?
I love you--fly forever!

In memory of Chandra Blood

5/11/80-8/25/02



Messages for a Healing Heart

You Must Get Over It

By Penny Glaze

The other day a friend of mine and I were having a conversation about how angry he felt when someone said to him “You must get over it and move on with your life.” He lost his son to suicide just a few months ago. Dick said he would love to get over “it” but how and what was “it”?

Thinking back over my early stages of grief, I remembered feeling the same way as Dick. I was confused at what “it” was and how to overcome “it”. Was “it” our child? Was “it” the death? Was “it” our pain? Were they saying that I was not dealing with my grief properly? I was trying so hard to get over “it” but how does one stop the overwhelming pain? I wanted to scream and ask what the formula was that would rid me of such intense emotions.

As I walked my individual journey of grief, I learned how to deal with people telling me such things. These are some of the ways I found for coping: Most people mean well when they say these things. They just do not want you to hurt anymore and try to “push” you forward. They do not understand the hurt and confusion they cause by such statements.

Most people do not understand the process of grieving and we need to gently educate them. They have no idea, unless they have had a similar loss, of the time and energy it takes to walk through grief. Whenever you hear words like “should” or “must” from people giving you advice, beware of their words. They are usually reciting old “scripts” that may not apply to you. Some people cannot handle the death of your loved one and want you to get over “it” so they do not have to deal with the issues your loss brings up for them. It is best to limit the time you spend with this type of person especially in your early stages of grief.

You never get over “it” because that would mean you would have to stop loving that person or remembering your life together. The pain we feel is just a reminder that we loved so very deeply. Many times I will tell people just that! It takes time, commitment and courage to incorporate such a deep pain into ourselves. We have to address the pain directly, feel it’s power, understand it and finally befriend it before we can rebuild our lives.

I believe this process is one of the most difficult challenges of being human. We need loving and caring people to support us through this difficult time. Many times you can find such people in your church, family, support groups, therapists and friends. Build yourself a support system that will aid you through your journey. Limit your interaction with people you do not find supportive. Remember, this is one of the most challenging times of your life and you will need a strong support system.

There is no set limit to your individual grief journey. The key is to keep moving forward along the path and not become stuck along the way. The time it takes is of little importance. From time to time, you may even feel you are slipping backwards and that is perfectly normal. It may be necessary to revisit an event or set of feelings in order to take the next important step forward.

I can tell you that it does get better. It takes courage to face each emotion and keep moving along that road. I have faith that each one of you has that courage.



Remembering Our Children

Butterfly Tribute

Sunday August 21/2011

This is an annual family event so please feel free to bring your children.

We will meet and begin the event with a shared potluck lunch at 1:00 pm. We do ask that each family bring one meat or vegetarian dish and one side dish or dessert. If your family plans to eat then PLEASE bring enough to share with at least 10 people.

At 2:00 pm we will meet outside for the butterfly tribute with music and a message in honor of our precious children.

PLEASE bring a photo of your child for the table

Where: Madonna Rehabilitation Hospital
In the Sheridan Room
5400 South Street
Lincoln, NE 68510

For more information call: (402) 477-0857
OR email: ROCcandlelighting@gmail.com

You Are Not Alone...

Remembering Our Children

"A Time and Place to Remember"

A Walk To Remember

Sunday October 02/2011

This is an annual family event, for those who have had a pregnancy or infant loss. It is held every fall on the first Sunday in October at 1:00 pm. We meet on the South side of the mausoleum at the Lincoln Memorial Park. At 1:00 pm we walk from that location to "Babyland" where we hold a remembrance program.

Lincoln Memorial Park is located at the corner of 14th and Pine Lake Streets in Lincoln, Nebraska--you will want to enter off of 14th St near the chapel.

*For more information call: (402) 477-0857
OR email: ROCcandlelighting@gmail.com

*No pre-registration required

*Everyone is invited, even if you do not attend the HOPE support group

HOPE