



REMEMBERING OUR CHILDREN



Location

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

Date and Time of Meetings

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

Call: 402-477-0857

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:

December 16–2010

January 20--2011



Location

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

Date and Time of Meetings

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
St. Elizabeth Regional Medical Center
Madonna Rehabilitation Hospital

For more information about meetings

Call: 402-477-0857

H.O.P.E.

A support group for those who have experienced the loss of a baby due to miscarriage, stillbirth, or a newborn death. Promoting healthy grieving and healing.

Future meeting schedule:

December 1–2010

January 5--2011



Remembering Our Children

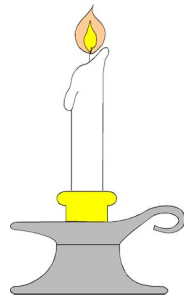


Bi-Monthly News Letter

December 2010/January 2011

*Children we remember
Though missing from our sight
In honor and remembrance
We light candles in the night...
We will not forget
And every year in deep December
On earth we will light candles
As we remember.*

--Jacqueline Brown



Upcoming Events

World Wide Candle Lighting

December 12, 2010

6:45 p.m.

Bryan LGH College of Health Sciences

5035 Everett

Lincoln, NE

Upcoming Regional TCF Conference

SAVE THE DATE!

The Compassionate Friends Omaha Chapter will be hosting a Regional TCF Conference April 1 -2, 2011.

For more info their email address is. mail@tcfomaha.org or 402-571-4011. or their website www.compassionatefriends.org

Newsletter Has A New Editor

No doubt most of you have already noticed for most of this year that the newsletter has a **NEW LOOK!**

Thanks to Sindy Vorderstrasse, who is Jonathan Young's mother, and has graciously volunteered her time.

Please NOTE if you get your newsletter by e-mail it will no longer be coming from Trish Schuster it will be coming from Sindy who's email address is r4j2c@neb.rr.com

I am humbly grateful for the years you have let me help with and do the newsletter. I will miss it, but I am just not computer savvy. (No secret, it has been obvious.) Sometimes a project may need a new look and new change. I thank you for forgiving me when I made errors or omissions and for putting up with me.

Please always remember this is your newsletter, so please always feel welcome to offer poems, thoughts, stories that you have found to be healing in your journey!!

If you have something to share and want to have it placed in the newsletter, such as a poem or a story, or helpful thoughts that have helped you through your journey then please email them to

Sindy Vorderstrasse at r4j2c@neb.rr.com (Please: DO NOT send spam mail or junk mail), if you do not use a computer you can send it postal mail to 4647 Meredeth St., Lincoln, NE, 68506.



This is your newsletter and we want you to enjoy it, to find comfort through it but also to share in it.

"Our Children Live on in Us"

Trish



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.

December Birthdays

Gabrielle Hecht	12-08-2004
Aubrea T. A. Carman	12-09-1986
Morgan Jane Stizman	12-09-2008
Lucy Marie Toth	12-18-2009
Joseph Tlamka	12-19-2003
Peanut McCune	12-21-2007
Chad Hunt	12-24-1967
Adam Lucas Philippi	12-27-1982
Weylin Gilliam Jensen	12-28-1978

December Annual Remembrances

Jason Gottner	12-06-2008
Noah William Wendt	12-07-2008
Gabrielle Hecht	12-08-2004
Quavarzyin Caleb Lee Halferty	12-11-2006
Lucy Marie Toth	12-18-2009
Heather M. Allen	12-20-2009
Peanut McCune	12-21-2007
Corina Krieser	12-22-2001
Adam James Hansen	12-23-2009
Jenna Henke	12-25-2006
Johna Jaye Berner Kozak	12-26-2006

January 2011 Birthdays

Alexa Kinnison	01-04-2003
Christopher Cicotello	01-14-1976
Avery Jo Craig	01-26-2007
Madison Lynn Craig	01-26-2007
Jailani Lashay Peterson	01-27-2010
Vera LaVern Long	01-29-2009

January 2011 Annual Remembrances

Alexa Kinnison	01-04-2003
Lucas Saathoff	01-04-2007
Joseph Tlamka	01-19-2005
Elise LaRue Byler	01-20-1998
Jailani Lashay Peterson	01-27-2010
Avery Jo Craig	01-27-2007
Madison Lynn Craig	01-27-2007
Vera LaVern Long	01-29-2009
Robert "Greggory" Bayless	01-31-2006
Weylin Gilliam Jensen	01-31-1979

Worldwide Candle Lighting

December 12-2010

The annual Worldwide Candle Lighting will take place on December 12, 2010. Every since 1997 the Compassionate Friends (TFC) holds a Worldwide Candle Lighting service in memory of all children who have died too soon.

Compassionate Friends unites family and friends around the globe in lighting candles for one hour to honor and remember children who have died at any age from any cause. In every state, in every country, candles are lit at 7:00 pm local time, creating a virtual wave of light, commemorating and honoring the memory of children in a way that transcends all ethnic, cultural, religious, and political boundaries.

Now believed to be the largest mass candle lighting on the globe, the Worldwide Candle Lighting, a gift to the bereavement community from The Compassionate Friends, creates a virtual 24-hour wave of light as it moves from time zone to time zone. Hundreds of formal candle lighting events are held and thousands of informal candle lightings are conducted in homes as families gather in quiet remembrance of children who have died, but will never be forgotten.

A memorial message board is available on The Compassionate Friends Website, <http://www.compassionatefriends.org>, during the event. People from all over the United States and other participating countries can post messages and share their remembrances of children who have died, but are not forgotten.

Remembering Our Children and Hope chapters in Lincoln, NE will be conducting this Worldwide

Candle Lighting Service on

Sunday December 12, 2010

starting at **6:45pm** at the

Bryan LGH College of Health Sciences

5035 Everett

Lincoln, NE

In remembering our precious children, there may be errors or omissions for which I am deeply sorry. If there are any errors, or omissions please contact Sindy Vorderstrasse at 402-261-3505 or r4j2c@neb.rr.com

I'm Spending Christmas...

By: Author Unknown

I see the countless Christmas trees
 Around the world below
With tiny lights, like Heaven's stars,
 reflecting on the snow.
The sight is so spectacular;
 please wipe away the tear,
for I am spending Christmas
 with Jesus Christ this year.
I hear the many Christmas songs
 that people hold so dear,
but the sounds of music can't compare
 with the Christmas choir up here.
I have no words to tell you,
 the joy their voices bring;
for it is beyond description,
 to hear the angels sing.
I know how much you miss me,
I see the pain inside your heart,
 but I am not far away,
 we really aren't apart.
So be happy for me, dear ones,
 you know I hold you dear.
And be glad I'm spending Christmas
 with Jesus Christ this year.
I sent you each a special gift,
from my heavenly home above.
I sent you each a memory
 of my undying love.
 After all, love is a gift
 more precious than pure gold.
Please love and keep each other,
 my Father said to do so.
I can't count the blessings or love
 He has for each of you.
So have a Merry Christmas
 and wipe away that tear.
Remember, I am spending Christmas
 with Jesus Christ this year.

'Twas The Night Before Christmas

By: Faye McCord—TCF, Jackson, MS

*In loving memory of my son, Lane McCord —
This poem is dedicated to all bereaved parents.*

'Twas the month before Christmas
 And I dreaded the days,
That I knew I was facing—the holiday craze.
The stores were all filled with holiday lights,
In hopes of drawing customers by day and night.
As others were making their holiday plans,
My heart was breaking—I couldn't understand.
I had lost my dear child a few years before,
And I knew what my holiday had in store.
When out of nowhere, there arose such a sound,
I sprang to my feet and was looking around,
 Away to the window I flew like a flash,
Tore open the shutters and threw up the sash.
The sight that I saw took my breath away,
And my tears turned to smiles in the light of day.
When what to my wondering eyes should appear,
 But a cluster of butterflies fluttering near.
With beauty and grace they performed a dance,
I knew in a moment this wasn't by chance.
The hope that they gave me was a sign from above,
That my child was still near me, that I was loved.
The message they brought was my holiday gift,
And I cried when I saw them in spite of myself.
As I knelt closer to get a better view,
 One allowed me to pet it—as if it knew—
That I needed the touch of it's fragile wings,
 To help me get through the holiday scene.
In the days that followed I carried the thought,
Of the message the butterflies left in my heart—
That no matter what happens or what days lie ahead,
Our children are with us—they're not really dead.
 Yes, the message of the butterflies
 still rings in my ears,
 A message of hope—a message do dear.
And I imagined the sang as they flew out of sight,
"To all bereaved parents—We love you all tonight"

Coping with Grief During Christmas

Just when you thought you were coping with everyday life, then Christmas draws near and with it come's a renewed sense of loss and grief. The expectations at Christmas can be very painful for a family – those special traditions, the absence of a loving embrace, that empty place setting at the table.

For some people this will be the year that they celebrate the season without a certain loved one. If you have recently lost a loved one, this holiday season may be emotionally hard because of grief. Here are some ways of coping with your grief during the holiday season.





- 1) If there has been a recent loss, try to understand that the holidays will be different. It is not going to be like it was when that person was a part of the celebrations.
- 2) Allow time for yourself to reflect upon your loss and feel the sadness and loneliness. Spend some quiet time away from the traditional activities for personal reflection. Maybe even put down your thoughts and feelings in a personal journal.
- 3) Spend time with people who care about you, don't isolate yourself. If you feel that there is no one available, then reach out to others in need or contact a local support group.
- 4) Family and friends may be concerned; let them know how you feel and what you need from them.
- 5) Plan something special in memory of your loss. For example, you might want to give to your local food bank, help feed the homeless, give a toy to a child in need.

Don't be afraid to express your feelings but also don't hold back on your joy and find memories that you shared with your lost loved one.



Memory Candles

As we light these four candles in honor of you, we light one for our GRIEF, one for our COURAGE, one for our MEMORIES and one for our LOVE.

-  This candle represents our GRIEF. The pain of losing you is intense. It reminds us of the depth of our love for you.
-  This candle represents our COURAGE to confront our sorrow, to comfort each other and to change our lives.
-  This candle is in your MEMORY—the times we laughed, the times we cried, the silly things you did and the joy you gave us.
-  This candle is for the light of LOVE—the love you brought to us and the love we have for you.

During this holiday season, remember to cherish the special place in your hearts that will always be reserved for your child.

“My dear child, We thank you for the gift that your living brought to us. We will treasure your memory. We love you!”

A New Year

A new year means starting over, creating a clean slate, making resolutions. We kind of like the feeling of having a fresh start and forgetting the past. We hope that the New Year will be a better year. But for those of us who are grieving is difficult. We would rather start the New Year looking back rather than moving forward. We often fear of moving ahead and walking through that door into a new year, into new beginnings, for it feels we are leaving our loved one behind. It may feel like betrayal or abandonment of the one we love. Remember that January 1, 2011 is just another day; it has no meaning or power except what we choose to give to it. As we grieve lets acknowledge our needs and plan to make softer resolutions, let us start the New Year believing in hope that we will be at peace with sorrow and that we will find joy even though we grieve.