

Remembering Our Children

Bi-Monthly News Letter

December 2011/January 2012



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

December 15	March 15/2012
January 19/2012	April 19/2012
February 16/2012	May 17/2012



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

December 07	March 07/2012
January 04/2012	April 04/2012
February 01/2012	May 02/2012

ROC Contact Information

Remembering Our Children. Inc.

P.O. Box 83433
Lincoln, NE 68501-3433

Web Site:

www.rememberingourchildren.org

E-Mail:

ROCcandlelighting@gmail.com

President:

Trish Schuster
4822 E. Elm Rd
Beatrice, NE 68310
(402) 673-5395

ROC Facilitators:

Lloyd and Diana Roberts
5324 Starland Ct.
Lincoln, NE 68516
(402) 423-7217

Claudette Poplau
1916 Groveland
Lincoln, NE 68521
(402) 477-0857

HOPE Facilitators:

Ina Luhring
335 N. 33rd St
Lincoln, NE 68503
(402) 570-0231

Co-Facilitators:

Sharon Duffy
Madonna Proactive Health and Fitness
7111 Stephanie Lane
Lincoln, NE 68516
(402) 486-7787

News Letter Editor

Sindy Vorderstrasse
4647 Meredith St.
Lincoln, NE 68506-4933
(402) 261-3505
r4j2c@yahoo.com

The First Christmas By Suicide Bereavement Support 2004

It can't possibly be Christmas
Without him being here.
Yet the world is singing around me;
Joyful tidings of great cheer.
Though I try to put on armor
And brave the sights and sounds,
A few moments of shopping,
And the tears are spilling down.
I pray for strength to do it,
Find a path through the holidays,
Look for shortcuts, good ideas,
Some direction through the maze.
Then I find at last the answer;
I'll include him symbolically.
And the giving becomes perfect;
His love's flowing down through me.



Upcomming Events

December 11/2011 at 6:45pm
Worldwide Candle Lighting Ceremony
At the BryanLGH College of Health Scienc-
es, 51st and Everett Streets, Lincoln, NE.

*see last page of this newsletter
for more information

Reflections Vespers
Friday December 16/2011 at 7:00pm
College View SDA Church (sanctuary)
Union College 48th and Prescott Ave.

The holidays often serve as a reminder that there are empty chairs because family members have died. Whether you have had a recent loss, losses from many years ago, or are willing to let your presence comfort those who have, the pastoral staff invites families to gather for a special vespers in the Sanctuary

Birthdays and Annual Remembrances

December Birthdays

Aubrea T.A. Carman	12/09/1986
Morgan Jane Sitzman	12/09/2008
Sig Alexander Meister	12/12/2010
Wendy Noteboom Ewell	12/17/1974
Lucy Marie Toth	12/18/2009
Peanut McCune	12/21/2009
Alexis VanNurden	12/29/1998

December Memorials

Jason Gottner	12/06/2008
Noah William Wendt	12/07/2008
Sig Alexander Meister	12/12/2010
Lucie Marie Toth	12/18/2009
Heather M. Allen	12/20/2009
Peanut McCune	12/21/2009
Corina Marie Krieser	12/22/2001
Adam James Hansen	12/23/2009
Jenna Henke	12/25/2006
Johna Jaye Berner	12/26/2006

January 2012 Birthdays

Christopher Cicotello	01/14/1976
Chase Gabriel Strader	01/18/2010
Calleigh Joy Belew	01/18/2011
Ryan Lamberty	01/26/1972
Jailana Lashay Peterson	01/27/2010
Vera LaVern Long	01/29/2009

January 2012 Memorials

Will Broening	01/01/2008
Lucas John Saathoff	01/04/2007
Hope Harper Palik	01/07/2011
Chase Gabriel Strader	01/18/2010
Calleigh Joy Belew	01/18/2011
Elise LaRue Byler	01/20/1998
Jailana Lashay Peterson	01/27/2010
Vera LaVern Long	01/29/2009
Greggy Robert Bayless	01/31/2006

Last newsletter I missed a Memorial date and I do apologize. We remember Jacob Conrad who was laid to rest on 11/02/2009

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**



A Christmas Card for Robbie **By Kathleen Paley Smith**

It's the night before Christmas,
we're all filled with joy,
Except when we think of you, little boy.
The stockings are hung by the chimney with care,
And in our hearts it's as if you were here.
My children are sleeping,
in their bedrooms they lie,
But we're still filled with grief
for our baby that died.
You see, this Christmas
you would have been two,
But every Christmas I know we'll miss you.
As I wrap up the presents my thought are on you,
And what we'd have bought if you were here, too.
A car, a ball, a red fire truck?
Or maybe a rabbit's foot to bring you good luck.
The tree is all trimmed with bright colored balls,
And decorations hang on all of the walls.
It looks so pretty - - I wonder if you see
Your Christmas ball we've hung on the tree.
I made it for you before you were here,
Not knowing I'd hang it
with eyes filled with tears.
Tomorrow is Christmas, I'll try not to be sad;
I'll count all my blessings and try to be glad,
You've not a part of our future - -
you were a part of our past
And someday I know we'll be together at last.

Chanukah If Here

By Ginette Dravet, TCF Central NJ

Chanukah is here,
I see candles glow,
red pink and blue.
But you're not here to see
Their pretty shadows.
I shop for gifts,
And this year, again, one more;
I won't be in quandary
Of what to buy.
I give you my love,
My precious son,
For that is eternal,
And once again it will have to do.

Wishes For The New Year

By Joe Rousseau

To the Newly Bereaved: we wish you patience-patience with yourselves in the painful weeks, months and even years ahead.

To the Bereaved Siblings: we wish you and your parents a new understanding of each other's needs and the beginnings of good communication.

To the Bereaved Single Parents: we wish you the inner resources we know you will need to cope, often alone, with your loss.

To those of you who are plagued with guilt: we wish you the reassurance that you did the very best you could under the circumstances and that your child knew that.

To those of you who have suffered multiple losses: those who have experienced the death of more than one child—we wish you the endurance you will need to fight your way back to a meaningful life.

To those of you who are deeply depressed: we wish for you the first steps out of the “valley of the shadow” that you too may find inner peace.

To those who are experiencing marital difficulties after the death of your child: we wish you a special willingness and ability to communicate with each other.

To ALL Fathers: we wish you the ability to express your grief, to move beyond society's conditioning, to be able to cry and know it is ok.

To those with few or no memories of your child: perhaps you suffered your loss through a stillbirth, a miscarriage, or an infant death; we wish you the sure knowledge that your child is a person and that your grief is just as real.

To those of you who are tired and exhausted from grieving: we wish you the strength to face just one more hour, just one more day.

To those of you unable to cry: we wish you eternal healing tears.

To those of you who have lost an only child or all of your children: we offer you our eternal gratitude for serving as such an inspiration to the rest of us.

To all others with special needs not mentioned: we wish you the understanding you need and the assurance that you are loved.

A New Year

By Unknown

A New Year

A time for looking ahead and not behind,
A time for faith and not despair,
A time for long great gulps of expectation.
Drink deeply, friend, so that fortified with the
promises it brings, this New Year will keep you
near fresh springs of healing love; where you may
come to weave old and loving memories with new
understanding and pieces of acceptance,
and find some peace.



Messages for a Healing Heart

When All You Can Do Is Hum

By Richard B Gilbert (Bereavement Magazine, Nov/Dec 1998)

Silent night, holy night, all is calm, all is bright...

Calm? I don't think so! Some days I am running around going everywhere, getting nowhere, drowning myself in the sorrow of my grief while grabbing at any holiday symbol that will lift me out of my sadness. Bright? There are lights everywhere, trees, tinsel, bell ringers, and the children climbing on Santa's lap. Calm? Bright? I do not think so!

"My husband died...who will put the lights on the tree?"

"My child died...what's the fun in shopping?"

"My sister was killed...can there ever be any peace in my life?"

"My parent lingers, begging to die...is there any eternal hope?"

I do not hear the angels singing, Lord, but please hear the songs and sounds of my heart this Christmas.

O' tidings of comfort and joy, comfort and joy, O' tidings of comfort and joy.

Comfort? Joy? I want comfort and hugs of my loved one, but death rewrote the script. I want the comfort and hugs of friends, but their shopping lists seduce them. I want comfort and hugs from a card, but I am too tired to open the envelopes and read. I want the comfort and hugs of gifts, but I have no one to shop for. Comfort? Joy? I don't think so!

Love came down at Christmas, Love all lovely, Love divine; Love was born at Christmas; stars and angels gave the sign.

That's what makes the holidays so tough. Love went away, or so it seems. We have been robbed, and all of the festivities of this time of year can easily remind us more of what or who we do not have than what continues to step into our lives in these special and holy days.

Love is the gift of Christmas, the gift of a loving God who embraces us when grief and hurt seem to push Him away. Love is the gift of Christmas, the gift of a loving God who cries when we cry, smiles when we smile, and breathes into us enough wind of life to try to move and live again, if just for a few more moments at a time.

Love is the gift of Christmas, the gift of a loving God who stands by us and with us, even when we doubt, even when we rage, even when we turn away and look elsewhere for hope.

Step in, God. Shine, bright and holy star. Sing angels of life and love. Lead me to rememebr this Divine Love and the loved one who lives within my heart. Come down, Love, not just in tinsel, trees, cards and cookies, but into my heart, in new and love-enriching ways.

Could that be an angel singing? Give me the courage to love, to live, to trust and even if I can't sing just yet, to hum along with love and hope which are at the heart of this season.





THE COMPASSIONATE FRIENDS
Supporting Family After a Child Dies

Light a candle for all
children who have died

Worldwide Candle Lighting®

*... that their light
may always shine.*

**Second Sunday in December
7 PM Around the Globe**



For those who have lost a child, the Eighth Annual Lincoln Area Candle Lighting - A Time of Remembrance, will be held Sunday December 11, 2011 at 6:45 PM at BryanLGH College of Health Sciences, 51st and Everett Streets, Lincoln, NE.

This event is being held in conjunction with the Compassionate Friends World Wide Candle Lighting. Loved ones are invited to join others in lighting candles to remember children whose deaths have left a shadow over the lives of those left behind.

This annual event is held each year all around the globe in all time zones. As candles burn down in one time zone, more candles are lit in the next time zone creating a wave of light that encircles the globe in a 24 hour virtual memory. Candles are lit in both group organizations and homes all over.

During the event we will presenting a memorial slide show of our precious children that we have lost. If you have not submitted a photo of your child for the slide presentation and would like to have your child added, then please fill out a form online at http://www.rememberingourchildren.org/form_1.htm or you can email a photo and information about your child to ROCcandlelighting@gmail.com or send by postal mail to:

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PO BOX 83433

Lincoln NE 68501-3433