



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
7:00 p.m. to 8:30 p.m.
There is no fee for attendance

Supported by:

BryanLGH Medical Center
St. Elizabeth Regional Medical Center
Madonna Rehabilitation Hospital

For Information about the meetings
Call: 481-3068 or 477-0857

Community Friends

A self-help program facilitated by
qualified volunteers and professionals.
This group offers support & networking
to promote healthy grieving and
recovery for those who have experienced
the death of a child.
These monthly on-going meetings are
based on the process of sharing
experiences, seeking information, and
offering support.

Future Meeting Schedule:

December 18, 2008
January 15, 2009



Location

BryanLGH Medical Center East
1600 South Street, Lincoln, NE
(Conf. Rm. #2, in the Medical Plaza)

Date & Time of Meetings:

Meetings are held on the
First Wednesday of each month
7:30 p.m. to 8:30 p.m.
There is no fee for attendance

Supported by:

BryanLGH Medical Center
St. Elizabeth Regional Medical Center
Sharon's Support System

For Information about the meetings
Call : 402-477-0857

H.O.P.E.

(Helping Other Parents Endure)
A self-help program facilitated by
qualified volunteers and professionals.
This group offers support for parents
who have lost their baby due to
miscarriage, stillbirth, or death of a
newborn. These monthly on-going
meetings are based on the process of
sharing experiences, seeking
information, and offering support

Future Meeting Schedule:

December 3, 2008
January 7, 2009

2008 Holiday Season

I'll Be Home For Christmas

*I'll be home for Christmas
 You can count on me
 I'll be home for Christmas...
 I hear the words
 On the radio and in my mind
 I see your face,
 Your eyes smiling at me.
 I am filled
 With incredible sadness
 Knowing that
 You won't be home for Christmas
 Not this year,
 Not next year,
 Not anymore years ever again,
 No matter how many times
 The song plays.
 Everywhere people are getting ready
 To celebrate the season,
 While I am left to mourn your death
 And wonder if it will ever
 Feel like Christmas again
 If I will ever feel happy again
 With out you home for Christmas.
 This year I decorate the tree
 For others, not for me
 I un-wrap each ornament
 Reaching into the box one more time
 I pull out a small piece of paper
 I unfold it and see a heart that you drew,
 The words "I love you" written underneath.
 Though tears start to fall,
 A hint of a smile touches my face
 As I realize you really are
 Home for Christmas.*

By Deb Kosmer

Reprinted with permission from Grief Digest
October 2008, 1- 402-553-1200

AUBREA'S GIFT

Her smile showed how much she loved you
 Her innocence at her young age, show how
 much she depended upon me.
 Her look made you think, she knew just how
 special she was.
 Her gift to all of us, was the time we had her here.
 (all 169 days).
 We miss you!
 Love Mommy

In Loving Memory of *Aubrea T. A. Carmen*
12-9-86 to 5-27-87, written by her Mommy.

1990 CHRISTMAS DESIDERATA

(Something desired as essential)

- *Go peacefully.
- *Amid the Christmas craziness and rushing, remember that you do not have to participate at anyone else's pace but your own.
- *As far as possible without giving away a piece of who you are, be on good terms with those who matter to you.
- *Speak of your grief quietly and clearly and whenever you feel like it; allow others to listen to you tell your story again and again.
- *Stay away from those who drain you and be with those who give you a sense of peace.
- *If you compare your grief with the grief of others, you may become faltering and discouraged; always there will be people in different stages of grief. Know that you are where you need to be for you.
- *Enjoy your small steps of success along the path of grief. You have worked hard to attain each one.
- *Keep interested in your own plans and your own life.
- *Exercise caution in activities and traditions. Take care of yourself; be good to yourself. Set time limits on outings and events. Accomplish a few things and then rest. You heroically survived a death; you can heroically survive the holiday.
- *Be yourself. Cry when you feel like crying. Talk about your loved one when you are so moved. If "the world" can't handle a name or a memory, then the world will have to learn asou are leaning. Don't be bitter when someone talks of love. Love is still a rare and precious gift.
- *Listen if you are able, to those of us who are farther down the road in our grief. We walked where you are now walking. We remember that shearing intense pain. It has gotten better for us. It will be better for you.....
- *Nurture yourself. Take a break from all the "whys" and "what if's".
- *Fatigue and loneliness are not your friends. Reach for a tired peacefulness and some time alone.
- *Be at peace with yourself and your God, whoever you believe He is. In the noisy confusion of the holiday season strive to be at peace with yourself.
- *In spite of all that you have faced, it can still be a beautiful world. Find new meaning in the word Christmas.
- *Take care of yourself.

By *Stephanie Weber-Slepicka*
Another Year of Healing

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

DECEMBER BIRTHDAYS

Aubrea T.A. Carmen	12-09-1986
Megan Elizabeth Churchill	12-12-1991
Gabrielle Hecht	12-08-2004
Chad Hunt	12-24-1967
Adam Lucas Philippi	12-27-1982

DECEMBER ANNUAL REMEMBRANCES

Tadd Q. Ellis	12-26-1996
Quavariyun Caleb Lee Haiferty	12-11-2006
Jenna Henke	12-25-2006
Corina Marie Krieser	12-22-2001
Johna Jaye Kozak	12-26-2006

SUGGESTIONS FOR NEW YEAR'S RESOLUTIONS

- I will try not to expect so much understanding from others who have not walked the same path.
- I will be kind to myself – health, appearance and time to be alone.
- I will remember that I owe it to myself to try to enjoy life.
- I will try to be more considerate of my remaining loved ones. They too are coping and deserve my help.
- I resolve, in memory of my loved one, to do something to help someone else, for I know that in doing this my loved one will live On, through me.

TCF Newsletter, January 1990, Mobile, AL

WORLD WIDE CANDLELIGHTING

Date: December 14, 2008
When: 6:45 pm
Where: Bryan College of Health Sciences
Lincoln, NE

JANUARY BIRTHDAYS

Avery Jean Arguello	01-31-2002
Avery Jo Craig	01-26-2007
Madison Lynn Craig	01-26-2007
Ryan Lamberty	01-26-1972
Virginia Rose Petersen	01-20-2004

JANUARY ANNUAL REMEMBRANCES

Avery Jean Arguello	01-31-2002
Robert "Greggory" Bayless	01-31-2006
Elise La Rae Byler	01-20-1998
Avery Jo Craig	01-27-2007
Madison Lynn Craig	01-26-2007
Elizabeth Kunkee	01-04-2004
Virginia Rose Peterson	01-20-2004
Lucas John Saathoff	01-04-2007

In remembering our precious children there may be errors or omissions for which we are deeply sorry. If there are errors, please contact Trish Schuster at 673-5395 or trish_schuster@yahoo.com if you have attended a meeting, and have not filled out a database giving us permission to print your child's birthday and annual remembrance please let Trish know.

Please, remember when it is your child's birthday or annual remembrance date, you are welcome to bring their picture, a poem, a keepsake, a candle to that month's Hope or Community of Friends Meeting

COMMUNITY OF FRIENDS & HOPE MEMORIAL CANDLELIGHTING SERVICE

Date: December 18, 2008
When: 7:00 pm
Where: Madonna Rehab Hospital
5401 South Street
Lincoln, NE

**Please feel free to bring a picture of your precious child or a memorabilia that you would like to share. If you have a special candle please feel free to bring that also.*



During the holiday season, whether you celebrate Christmas or Hanukkah, it is our prayer that each of you will find peace in your heart, joy in your families and hope in your future.



Christmas Memories

I remember your first Christmas,
Your eyes twinkled with glee and you smiled in awe
As the colored tree lights you saw.

I remember the times you sat on Santa's knee,
You whispered in his ear
With wishes that were dear.

I remember the winter snows...
No matter how cold,
We found excitement playing in the snow.

I remember the walks we took...
The pretty houses with their lights and décor,
In delight we did look.

I remember the times we gathered together...
Hot chocolate we savored and carols we sang,
Your sweet voice was so happy to sing.

I remember the priceless treasures,
Your small hands, with love, had made,
To father and mother you gave.

I remember the Christmas past...
How surprised you were, your heart filled with joy
For under the tree you found gifts and toys.

All I have are Christmas memories of the past,
My Christmas gifts to come will be memories of you
And the delight and joy you gave to me.

This Christmas and Christmas's to come,
I light a candle that reflects
The love you gave to us.

Merry Christmas my child,
I love you!

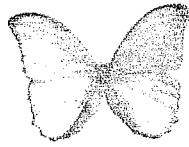
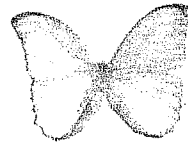
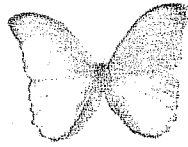
© Cindy Vorderstrasse
Christmas 2007

A Flame of Memory

*As parents lit their candles
Here on earth below
It started a flame of memory
with its loving glow.
I fancied as I heard the Lord say
to all of Heaven's throng.
"Quiet children, look to earth,
There shines a love so strong."
For in the hearts of parents there beats
A never-ending love nurtured and tended
by our Heavenly Father above.
Tears can be seen glistening on all the
people's faces not escaping God's notice
as their path He lovingly traces.
As all of Heaven watched
with eyes so full of love the small glow grew
till it lit the heavens above.
Our children's presence could be felt here
on earth below hand in hand with God,
it started with one tiny glow.*

By Charlen Dickeson, TCF
www.compassionatefriends.org





Remembering Our Children

Lincoln's Remembrance for the
Worldwide Candle Lighting Service

In Conjunction with the
Compassionate Friends
Worldwide Candle Lighting®



Sunday, December 14, 2008

6:45 P.M.

Bryan College of Health Sciences

Lincoln, NE