

# 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  
7:00 pm to 8:30 pm  
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  
death.  
the death of a child.

## Future Meeting Schedule

December 17, 2009  
January 21, 2010

## Location

Bryan Medical Plaza • (East)  
1500 S. 48<sup>th</sup> Street  
Lincoln, NE

## Date and 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:

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

Promoting healthy grieving & healing.

## Future Meeting Schedule

December 2, 2009  
January 6, 2010

**2009 DECEMBER/  
2010 JANUARY**

***WHAT DID YOUR CHILD LEAVE YOU?***

I recently attended a workshop called “living with Loss.” One exercise was to write an “ethical will” that is accounting of the intangibles a loved one has left behind. I’d like to share what I believe my infant son left me. He proved to me that life truly is fragile, and I will handle it now more carefully.

My children yet to come will benefit from my having had and lost Michael. He taught me that not all problems in life are monumental and that I must remember to put things in perspective. He allowed me to reassess my spiritual beliefs. I need to do this from time to time in my life, and that is all right because there is a loving, caring, God and He is with me no matter what. He showed me that each individual, in some way, leaves a mark in this world or moves someone just so, regardless of how long his life is, or how short. He gave me reason and a need to help other people. He reminded me to show – and tell – the people I love how I feel about them as often and as openly as I can.

*By Linda Worth, TCF of Bremerton, Wester  
Australia*

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***CHRISTMAS IN HEAVEN***

‘Tis Christmas in heaven, what a beautiful sight!  
I want you to know everything is all right,  
The crib is adored with the brilliance of the star;  
Wise men have come from near and far.  
I’ve met all our dear ones who preceded me here;  
The reunion was lovely, an event full of cheer.  
And tonight we’ll all gather  
in reverence we’ll kneel,  
For the babe in the cradle, up in heaven is real!  
I think of the family that I left behind.  
And I pray that your Christmas  
is as blessed as can be!  
Please shed no more tears for my soul is at rest.  
Just love one another and live life to its best!  
Yes, it’s Christmas in heaven,  
so I’ve heard them say.  
Yet, Christmas in heaven, happens everyday.



***BEREAVED PARENTS CHRISTMAS***

T’was the night before Christmas and all through the house, only I was stirring, we didn’t have a mouse. This pile of Kleenex beside my chair, evidence the grief for my son, so hard to bear.

This is the first Christmas you won’t be here. The house is quieter and emptier and so many tears. Pictures cover our walls more than before, but – not the agony we feel because you won’t be here anymore.

We used to cheerfully fill your Christmas list, now we painfully stand by your grave in a frosty mist. How could it be – we were given this grief? Life just isn’t the same – it’s beyond belief.

Your clothes in your closet, your trophies on the wall, why do I feel you’ll walk down the hall? Your new dress shoes wait by your closet door; in hopes maybe you’d wear them once more.

My thoughts think of Christmas last year – at Christmas dinner, everyone was here. One of your last pictures we did take, now a most precious keepsake.

Beyond the presents, food and mistletoe, beyond the Christmas lights that twinkle low. The essence of Christmas is simple and neat. Being together, just together, is the treat.

But never more for us to be together at Christmas around the tree. We remember and talk about you through the tears. We all want you to know – we wish you were here.

*By Richard Lepinsky, Victoria BC  
In memory of his son, Nathan  
10-25-75 to 5-22-91*

## UPCOMING EVENTS

### **WORLD WIDE CANDLE LIGHTING**

**DECMEBER 13, 2009**

**6:45 PM**

**Bryan College of Health Sciences**

**51<sup>st</sup> & Everett Street**

**Lincoln, NE**

*This event is held in conjunction with the Compassionate Friends World Wide Candle lighting. Loved ones are invited to join others in lighting candles to remember all children who have died, but have not been forgotten ...**LIGHT A CANDLE THAT THEIR LIGHT MAY ALWAYS SHINE!!!!***

*To have your child's, grandchild's, siblings, or friends name added to the memorial, please send your info to:*

**Remembering Our Children, PO Box 83433,  
Lincoln, NE 68501-3433, or email info to**

**[www.rememberingourchildren.org](http://www.rememberingourchildren.org)**

If you are unable to join us at this service remember you can light a candle for that precious child wherever you are at 7p.m. and join the world in creating a 24 hour candle lighting around the world.

### **COMMUNITY OF FRIENDS MEMORIAL CANDLELIGHTING**

**December 17, 2009**

**7:00 PM**

**Madonna Rehabilitation Hospital**

**54<sup>th</sup> and South Street**

**Lincoln, NE**

*We encourage you to bring a picture of your child or some momentum, and a special candle if you desire to share with the support group*

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



## 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

AUBREA T.A. CARMAN 12-09-1986

### DECEMBER ANNUAL REMEMBRANCES

JENNA HENKE 12-25-2006

JASON GOTTNER 12-06-2008

JOHNA JAYE  
BERNER KOZAK 12-26-2006

CORINA KRIESER 12-22-2001

### JANUARY BIRTHDAYS

CHRISTOPHER CICTELLO 01-14-1976

### JANUARY ANNUAL REMEMBRANCES

ELISE LARAE BYLER 01-20-1998

LUCAS SAATHOFF 01-04-2007

**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](mailto:trish_schuster@yahoo.com)**

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**The gift you give,  
The love you feel,  
The memory you cherish.  
These are the things  
By which your life  
Endures and shines.**

*By Sascha*

*The above articles reprinted with permission  
from A Journey Together, Fall 2003*

## *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 hopeful 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 news,  
understandings and acceptance –  
and find peace.

*By Shirley C. Oltman, North Texas BP/USA  
from A JOURNEY TOGETHER, Fall 2003*

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## *CHRISTMAS THOUGHTS*

Beyond the Christmas trees, the angels and stars and beloved carols...beyond the presents, the shopping, and baking and cooking...beyond all of these sights and sounds of Christmas... beyond all of these...there is **HOPE**.

**HOPE**... for the bereaved parent, even at Christmas, one of the most, if not the most, painful times of the year, there is an essence of **HOPE**. **HOPE**...it is hope that sustains us through the days of grief and anger and frustration and loneliness.

The **HOPE** is that someday the pain of the deaths of our children will be eased. The **HOPE** is that once again we will laugh and love and cry completely without fear and hollowness. It is the **HOPE** that someday we can remember our children with tenderness merely tinged with sorrow and not overwhelmed with it.

So it is that for each of you I would **HOPE**...peace, compassion, love, sympathy, understanding, sharing and listening. In the sharing of our grief with one another and in the emotional support we give to one another, we receive and understand all of these gifts.

*By TCF, Wabash Valley Chapter  
Terre Haute, IN  
ANOTHER YEAR OF HEALING  
1988-1992, Friends for Survival, Inc.*

## *Dealing with Grief During the Holidays*

How do you deal with grief during Thanksgiving and Christmas? How do you grieve properly and still get through the holidays?

Dealing with grief especially at this time of year can be emotionally and physically draining. One must take on only as much as they believe they can handle. Some parts of the holidays might be too much to deal with at first while other parts might bring relief and comfort for the griever. Let yourself be around family members or friends who understand the grief and can respect your need for simplicity, quietness, and space as much as necessary.

Try to take care of yourself as the griever, care for your physical body by eating right, resting and exercising throughout the holiday season. Remember that grieving and celebrating the holidays is difficult work and can drain you physically and emotionally. If you can care for yourself, be with those who understand and will let you grieve, and let others do the hard work for you such as cooking, cleaning, decorating, with help you can not only manage the holidays but you may possibly have a positive experience while dealing with your grief.

This holiday season be kind to yourself and know that what ever happens, it takes time to get through!

This year listen to your heart for guidance into the right direction.

May you find peace this holiday and joy in what you have!

Blessings  
Sindy Vorderstrasse

(Above message was taken from notes from a grief seminar and several books and personal experience.)

