



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:

February 17-2011

March 17--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:

February 2-2011

March 2--2011



Remembering Our Children



Bi-Monthly News Letter

February/March 2011

ROC Contact Information

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P.O. Box 83433
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Web Site:

www.rememberingourchildren.org

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Upcoming Events

Regional TCF Conference April 1 & 2

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

PDF Printable Brochure & Registration:

http://www.tcfomaha.org/conference/2011/brochure_registration_31_chil.pdf

Facebook Link:

<http://www.facebook.com/pages/The-Compassionate-Friends-Greater-Omaha-Chapter/198169995218>

The Size of Grief

By ©Diane Archangel -

Grief comes in one size, Extra Large.
If we tuck it away in the bottom drawer
where it never sees the light of day,



it remains exactly the same.

On the other hand,
if we wear it, feel it, talk about it,
and share it with others,
it is likely that it will become faded,
shrunk and worn,

or will simply no longer fit.
When grief has served its purpose,
we are able to recognize the
many gifts we have gained.



IMPORTANT:

Hello, I am Sindy and I am your new news letter editor. You will be receiving the news letter by mail or email from me, which ever you picked when you filled out the ROC form.

I have recently acquired the data information of all members and I will be calling, or sending out letters, or emails to ensure that the information I have on file is correct and all there. I noticed as I was creating a data base on my PC, that some forms had missing information and that some who wanted the news letter either did not have full address or an email address.

Thank you for your cooperation!

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.

February Birthdays

Phoebe Freichs	02/01/2007
Reagin Lee Rixstine	02/04/2010
Gage Lee Hale	02/09/2009
Jeffery Hale	02/12/1966
Austin Michael McCarter	02/15/2008
Cody Muir	02/18/1994
Adam James Hansen	02/22/1987
Jenna Henke	02/24/1987

February Annual Remembrances

Phoebe Freichs	02/01/2007
Reagin Lee Rixstine	02/04/2010
Gage Lee Hale	02/09/2009
Anna Anh T-Do	02/10/2007
Austin Michael McCarter	02/15/2008
Adam James Hansen	02/22/1987

March Birthdays

Michael Duane Schmader	03/04/1978
Benjamin Tyler Chloupek	03/05/1993
Kendra Semler	03/05/1999
Jason Gottner	03/14/1980
Tiergan Joseph Bruce-Twin	03/17/2008
Alicia Autumn Sovereign	03/17/2010
Michael Shafer Barry	03/19/2008
Jacob James Wilson	03/19/2008
Kathleen Kaycee Howell	03/22/2007
Julianna Kathryn Catlett	03/26/2009

March Annual Remembrances

Kendra Nicole Semmier	03/05/1999
Dawn Schuster	03/06/1996
Douglas Joshua Hoegemeyer	03/07/2005
Emily B. Herting "Em"	03/12/2004
Alicia Autumn Sovereign	03/17/2010
Tiergan Joseph Bruce	03/17/2008
Paige Eggleston	03/19/2004
Michael Shafer Barry	03/19/2008
Jacob James Wilson	03/19/2008
Kathleen Kaycee Howell	03/22/2007

A Dozen Roses

By Alan Pedersen

If I had a dozen roses, I know just what I'd do
I'd give each one a name that reminded me of you
The first rose I'd call sunshine,
because you brighten every day
The second would be beauty,
the kind that never goes away
The third rose would be priceless,
like those hugs you use to give to me
I'd name the fourth rose silly,
oh how funny you could be
Rose five of course is patience,
something you helped me find
The sixth rose would be memories,
the gift you left behind
The seventh and the eighth rose
would for sure be faith and grace
Nine would be unique
because on one can take your place
The tenth rose well that's easy,
I'd simply name it love
Eleven would be angel,
I know you're watching from above
I'd think about the twelfth rose,
and I'd really take my time
After all these roses are for you my Valentine
I'm sending them to heaven
in every color that I know
So twelve I'll name forever,
that's how long I'll love you so.



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**

After a Sudden Loss

Dyer KA. 2002. Dealing with Sudden, Accidental or Traumatic Death. Journey of Hearts

When facing the aftermath of a sudden death, in which I have, it is important for the survivor to take care of him/herself following a sudden loss by focusing on the basics the body needs for day-to-day survival:

- Maintain a normal routine. Even if it is difficult to do regular activities, try to anyway.
- Putting more structure into a daily routine will help one to feel more in control.
- Get enough sleep, at least plenty of rest.
- It may be helpful to keep lists, write notes, or keep a schedule.
- Try and get some regular exercise. This can help relieve stress and tension.
- Keep a balanced diet. Watch out for junk food, or high calorie comfort food binges.
- Drink plenty of water.
- Do what comforts, sustains and recharges you.
- Remember other difficult times and how you have survived them. Draw upon the inner strength.
- Take it one hour at a time, one day at a time.

The Unanswerable Whys

Following a traumatic death or sudden loss, people are left wondering "Why?" It is difficult to find a good answer to this unanswerable question. When faced with the unanswerable "Why" in the past, a quote by Rabbi Earl Grollman on this topic was very helpful in coping with this most difficult question. He says:

"Why must life be one of sorrow?" "Why?" There are no pat answers. No one completely understands the mysteries of life. Even if the question were answered, would your pain be eased?

There is no satisfactory response for an irresolvable dilemma. Not all questions have complete answers. "Unanswered Why's" are a part of life. The search may continue, but the real question might be "How [do I] pick up the pieces and go on living as meaningful as possible?"

My Beloved

Sol-Wol Kim, Korean Poet (1902-1934)

A name shattered to pieces
A name shattered in the void
A name that never replies
A name that I'll die calling
The one word left in the soul
To the last I couldn't pronounce
My Beloved
My Beloved
The red sun hovers over the hill
And the deer moan woefully
I'm calling your name
On a lonely hill
I call your name in great sorrow
I call your name in deep sorrow
My voice reaches toward the sky
But the sky is too far from the earth
Turn me into stone
I'll call your name till I die
My beloved
My beloved



The death of a baby is like a stone cast into the stillness of a quiet pool; the concentric ripples of despair sweep out in all directions, affecting many, many people.
--De Frain, 1991

The Cord

Author Unknown

We are connected,
My child and I, by
An invisible cord
Not seen by the eye.
It's not like the cord
That connects us 'til birth
This cord can't be seen
By any on Earth.
This cord does it's work
Right from the start.
It binds us together
Attached to my heart.
I know that it's there
Though no one can see
The invisible cord
From my child to me.
The strength of this cord
Is hard to describe.
It can't be destroyed
It can't be denied.
It's stronger than any cord
Man could create
It withstands the test
Can hold any weight.
And though you are gone,
Though you're not here with me,
The cord is still there
But no one can see.
It pulls at my heart
I am bruised...I am sore,
But this cord is my lifeline
As never before.
I am thankful that God
Connects us this way
A mother and child
Death can't take it away!



Valentine Shared Idea

This Valentines day, make a heart with love, roll it up like a scroll, tie a pretty bow to it, then place it inside a balloon, have it filled with helium then send it to your loved one above sealed with love.



Quote:

The following excerpt taken from an article titled, "Why It's So Difficult to Grieve Our Children: A Prescription for Healing", by Dr. Cara Baker ©

What makes it so difficult to grieve our children is that when they are lost, we are lost. Hope waning, so, too, is our wonder, our gaiety, our reveling in the miracle of life, (as seen through the eyes of a child), the promise of tomorrow.

What makes it so difficult to grieve our young, is the fact that, with them, goes our dream, our heart. What makes it so difficult to grieve our girls and boys, is that with their death, we are left in the wake with sleepless nights, and nagging questions in the dark. What are we going to do to carry on, to grow forward, to bring forward the Spirit of their nature through the way we touch the world? No one gets off this hook without scrutiny.

We can lament those gone, and must. But, the most effective prescription for grief never ends here, if we are honest. The best memorial is a well-lived life, one that is 'meant.' The best memorial employs the love you have for who you've lost, and funnels this energy into some form of Love Project that speaks to your own body, mind and spirit.



I Swore At God

Last night
I swore
at God.

I don't swear much,
never at God,
I waited for the proverbial
lightening bolt.

But I heard,
"I've been waiting for you to be real.
Now we can move forward together."