



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:

October 21--2010

November 18--2010



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:

October 6--2010

November 3--2010



Remembering Our Children

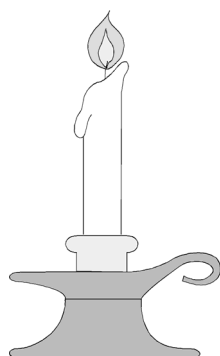


Bi-Monthly News Letter

October/November 2010

*Light a candle for hope,
For remembrance.
No matter where you are,
or which holiday it is for you,
light a candle for love,
it is the greatest light of all.*

--Darcie Sims and Andrea Gambill



Upcoming Events

World Wide Candle Lighting

December 12, 2010

6:45 p.m.

Bryan LGH College of Health Sciences

5035 Everett

Lincoln, NE

*What we have once enjoyed
and deeply loved we can
never lose,
for all that we love deeply
becomes a part of us.*

--Helen Keller



Halloween After a Child Has Died

By Debra Reagan—rewritten with permission for this newsletter


When the first Halloween arrived soon after our son's death, I could hardly bear to think of it. Clint loved fall and Halloween. He took such joy in the season: football games, corn mazes, haunted houses and parties. It almost felt like a betrayal of sorts for me to hate the season now, but I couldn't help it. In the beginning, everything about it brought me pain.

It was especially hard to look at some of the gloomier decorations. Since I couldn't change how others celebrated this time of the year, I tried to focus on the simpler things: uncut pumpkins, the changing leaves, vibrating autumn flowers.

My husband and I searched to find ways to honor our memories. We decided to continue the family tradition of volunteering to pass out candy at the local zoo. As we busily filled each child's treat bag that night, we privately reviewed our own memories.



Slowly, with time and healing, I have found that I can handle most of the traditional decorations and festivities. Now, three years later, there are still some times when I must remind myself not to focus on the more grim items of the season. I want to use the energy of my thoughts to hold onto and enjoy my precious memories.

 I have found that some activities feel right and others don't. I keep what works and abandon what doesn't. Sometimes, nothing feels right. We each must find our own way of handling each holiday. I know another mother who hands out anti-drug information with her treats.

Be patient and don't put too much expectation on the day or on yourself. I have found it to be true that most of the time the anticipation of a holiday is worse than the actual holiday. The best advice is to continue to take this journey one day at a time and to honor the memory of your child in your own way.

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.

October Birthdays

Jacob E. Roland	10-02-2001
Chelsea Jo Johansen	10-03-2009
Emily B. Herting	10-08-1985
Rebekkah Jo Lee	10-16-1977
Lucas Saathoff	10-26-1993

October Annual Remembrances

Kendra Semler	10-03-1984
Chelsea Jo Johansen	10-03-2009
Kelly R. Delp	10-06-2007
Rhuen LaRee Wichman	10-08-1979
Laura Renee Schmidt	10-08-2003

November Birthdays

Veronica Shettlesworth	11-08-1982
Hayden Russell Lade	11-15-2008
Kelly R. Delp	11-17-1980
Baby Sam Feess	11-17-2009
Noah William Wendt	11-27-1982
Aydan Lee DeFruter	11-28-2006

November Annual Remembrances

Hayden Russell Lade	11-15-2008
Brian "BJ" Brinker	11-17-2002
Baby Sam Feess	11-17-2009

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 Trish Schuster at 402-673-5395 or trish_schuster@yahoo.com

Peace at Last

By: Kathie Winkler used with permission

Sweetly I think of you
With love, everyday.
Tenderly I dream of you
And what I'd like to say.

I know that you are with me
Even though your life has passed.
You walk with me, comfort me
And let me know at last.

Your life was a difficult journey
Along a bumpy trail.
You tried your best to find the way
To let your goodness prevail.

It was with grief and sadness
That you took your life that day.
Now God has you in his keeping
And your pain has been washed away.

You found the peace you searched for
So desperately in life.
At last your soul is comforted
From the demons that caused such strife.

Although I miss you desperately
And wish you didn't leave.
I had no power to stop you
And now must simply grieve.

I hear your voice in the wind
And feel your touch in the sun.
You speak to me in gentle ways
And I know your day has come



*My Child,
You are always
remembered, never
forgotten.*

Heartfelt apologies from Trish for the following omissions in September:

Birthday of Jessica Luhring 09-11-1990
Annual remembrance of Corina Krieser 09-29-1979
Annual remembrance of Jessica Luhring 09-11-1990

Angel in the Sky

By: Joy Mixon used with permission

Standing out against the crisp blue;
This Angel in the morning sky.
Face so beautifully soft and radiant;
Not a trace of pain.
Only peace and love showing through.
Wings outstretched; Inviting.
Eager to embrace.
This Angel in the sky; free.
Frolicking happily
amongst wispy clouds and rainbows;
Reuniting with family and friends
of days gone by, along the way.
This Angel in the sky;
Forever guiding our footsteps;
Forever holding our hands;
Forever brushing away the tears
of sadness from our eyes,
and kissing our lips with love;
This Angel in the sky;
Forever having a sacred place of honor;
In the hearts and minds
of those who love them, on earth.
This Angel in the sky, forever a blessing.
Never to be forgotten.



Thanksgiving Memories

By: Sindy Vorderstrasse in memory of her beloved son Johnathan

Thanksgiving is only but a short time away.
A time to be thankful,
And a time to remember;
I think of the times we spent together,
The many turkey dinners,
Together we did enjoy.
I cannot forget the pumpkin pies,
Your hands did help to bake.
The many family gatherings,
With you we did have fun.
The upcoming holiday
Brings to my heart
Memories for which I am thankful
On Thanksgiving Day.

October 15 is Infant/Pregnancy Loss



Coping With Grief

By: Tammy Novak Founder and President of Angel Babies Forever Loved, Inc

It all starts as a dream. You have decided you want to have a baby. You dream of how it will feel to have a baby in the house, picture what you will do for it's room, but it is still a dream. What you hope for.

Then the day arrives! You find out that you are pregnant. Hooray! The dream has become a reality. You are going to the doctor, making plans. There is a little life growing inside you – your child. Now you have the reality of your dream - a baby. And more dreams! Will it be a boy or a girl? You immediately start thinking of names. What will he/she look like?

We all know what is supposed to happen next. Having a healthy baby, of course. Yet, that doesn't always happen. Whether through miscarriage, stillbirth, newborn death, or SIDS some of us lose our babies. It is a shattered dream, and it is a shattered reality.

You have to deal with the loss of your hopes and dreams, and with the loss of your child. This is no easy task. Your child has died. That is the most devastating loss to any parent. You have also lost your dreams for that child.

How to deal with it all is the biggest question. You will need to go through the grief process. Feel what you need to feel. Most importantly, get a support system. That is, people you can talk to openly about what has happened to you (family, friends, support group).

Someday, the pain will ease. You will always love your baby, and you will never forget him or her. Just remember, you are not alone.

