



THE COMPASSIONATE FRIENDS

Supporting Family After a Child Dies

Meetings are held the 1st & 3rd
Thursday of every month
Frankfort Regional Hospital
Medical Plaza Bldg 2nd Floor
Frankfort, KY @ 6:30 P.M.

THE COMPASSIONATE FRIENDS NEWSLETTER FRANKFORT, KY

January 2011
Volume 7 Number 9

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www.compassionatefriends.org

TCF National Office

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WE DO NOT NEED A SPECIAL DAY

We do not need a special day
To bring you to our minds.
The days we do not think of you
Are very hard to find.
Each morning when we awake,
We know that you are gone.
And no one knows the heartache
As we try to carry on.
Our hearts still ache with sadness
And secret tears still flow.
What it meant to lose you
No one will ever know.
Our thoughts are always with you,
Your place no one can fill.
In life we loved you dearly;
In death we love you still.
There will always be a heartache,
And often a silent tear.
But always a precious memory
Of the days when you were here.
If tears could make a staircase,
And heartaches make a lane,
We'd walk the path to heaven
And bring you home again.
We hold you close within our hearts;
And there you will remain,
To walk with us throughout our lives
Until we meet again.
Our family chain is broken now,
And nothing seems the same,
But as God calls us one by one,
The chain will link again.



Children are like snowflakes
each with their own pattern

Birthdays

- 3. David Wilcher Jr., son of David & Kim Wilcher
- 13, Amy Woodyard, daughter of Joan Glass
- 14, Ethan Smith, son of Chad & Lesley Smith
- 16, Raeshawn Flakes, son of Tiffany Reed
- 23, Amber Poynter, daughter of Holly Cairell
- 29, Matthew Edwards, son of Linda Downing

Remembrance

- 2, Chris Vickery, son of Mike & Pam Miller
- 4, David Wilcher Jr. son of David & Kim Wilcher
- 7, Kyle Wilkins, Gary & Angela Wilkins
- 9, Julie Tutt, daughter of Eddie & Sue Tutt
- 19, Amber Poynter, daughter of Holly Cairell
- 23, Leslye Robertson, son of Judy Mason
- 25, Justin Malena, son of Laura Malena
- 26, Zachery Morey, son of Steven & Audrey Morey, grandson of Gracie
- 27, Anthony Taylor, son of Ron & Betty Burgess

Go to a
Compassionate Friend Meeting
And get your gift...
The gift of recognition
The gift of remembrance
The gift of care
The gift of belonging
It just may be the gift of life.
- Fay Harden

Weather Alert

Our meeting will be
canceled if the Franklin
County Schools are closed
due to weather conditions

WE WELCOME YOU WITH COMPASSION, LOVE, & HOPE

All bereaved parents, grandparents, and adult siblings are welcome at our support group meetings. You will find a place of comfort, caring people, and most of all, HOPE. Coming to the first meeting is the hardest, but you have nothing to lose and a lot to gain. Remember, we are not professional counselors. We are all bereaved families who want to help each other.

While we understand the difficulties of finding child care, we must ask that any children attending with you be old enough to understand the meeting discussions and not be upset by them.

Notice on Our Future Meetings

Our January Meetings on the 6th and 20th will be held in the Kings Daughters Hospital Cafeteria. Please enter thru the front door and our meeting room is to the right beside the canteen.

Our February and March meetings will be held in our regular meeting room on the second floor of the Medical Pavilion.

Our April 7th meeting will be held in our regular meeting room, **BUT** our meeting on the 21st will be back in the Kings Daughters Hospital cafeteria.

Our May, June and July meetings will be in our regular meeting room.



“It is the nature of love and of death to touch every person in a totally unique way. Comfort comes from knowing that people have made the same journey. And solace comes from understanding how others have learned to sing again.”



If you would like to sponsor a State Journal 2" by 4" Sunday ad in memory of your child, please notify Susie Hockensmith at 502-227-4556. The cost is \$30.00 and must be paid for at time of sponsorship. Many parents sponsor these ads around the birthday or remembrance date of their child.

When placing your ad please check for accuracy

If you would like to submit a picture for a future newsletter or an article featuring your child. I will make a copy and send the original back.



State Journal 2010 Ads

We would like to thank the sponsors of the following children

*Kyle Wilkins
Justin Malena
Anthony Taylor
Julie Tutt
Michael Jackson*

*Melissa Eggen Mansfield
Teresa Palmer Powell
John W. Carr
Wayne Phillips
Teddy Jennings*

*Remy Okonkwo
Ryan Rhodes
Wesley Badgett
Robert Reed Sr.*

Love Gifts

Our chapter is operated entirely by volunteers dedicated to furthering the work of TCF. Your voluntary, tax deductible donations honor your loved one(s) in a meaningful way by enabling us to print and mail this newsletter and meet other expenses involved in reaching out to other grieving families (100% of funds are used for this outreach). Donations, along with the name of the person being honored, may be sent to:

The Compassionate Friends of Frankfort, KY
P.O. Box 4075
Frankfort, KY 40604-4075

Our deepest appreciation to the following for their donation
Barri Christian in the memory of her son Compton
Bereaved Parents of Frankfort

Website Message

Due to a glitch in our yahoo distribution list our monthly newsletter notification that the newsletter is available on line won't be sent. We make every effort for the newsletter to be posted on our website by the first of every month.

Compassionate Friends Unveils "Create a Memorial Website" Program

When you ask bereaved parents their greatest fear, you're likely to hear that they're afraid their child will be forgotten. That fear can now be put to rest through The Compassionate Friends new "Create a Memorial Website" program. In partnership with online memorial leader Legacy.com., the new Compassionate Friends program allows you to easily create an online memorial website so that your child, sibling, or grandchild will always be remembered. A portion of the proceeds from the memorial website you create will also go to support The Compassionate Friends and its many national programs designed to aid families going through the natural grieving process following the death of a child. With these unique, easy-to-create memorial tributes, you can: customize the design, yet create a site in five minutes using Legacy.com's four-step process; include photos, videos, stories, and more; add music; invite family and friends to contribute and join in celebrating the life of the child you're remembering; and much more. There is a 14 day free trial period and 25% discount off the first year's sponsorship. To learn more and to take advantage of these offers, visit www.compassionatefriends.org and under "Resources" click on "Create a Memorial Website." Memorial websites make a great gift anytime!

WITHIN THESE CHERISHED BOXES

There are days in her boxes I look
 Oh, how for granted the things I took
 How bitter-sweet these contents are
 A coloring book, a marble, a little toy car.
 I can't ever remember seeing all of this
 Even cookies wanted on a grocery list.
 An Elvis T-shirt, a deflated ball
 A picture of Dad, his horse and stall.
 A stray brown hair just lying here
 To my eyes it brought a tear
 I touched it gently and softly stroked
 Till my throat pained and even chokes.
 Grade school papers carefully tucked away
 Along with proud awards of graduation day
 And who's this cutie red headed freckle-face
 That's little sister watching daddy win a race.
 What is this, some high school pictures
 And a recipe with strange looking mixtures
 These must have been her precious treasures
 Kept with care and tender measures.
 In this corner, a funny looking rock
 And a little pink baby sock
 Little did I know how much it meant
 She kept all cards and letters sent.
 A theater ticket in a front row seat



Old letters from Mom all folded neat
 Oh, here she is all prettied up
 Holding her darling little pup.
 I found a picture of this young lad.
 That's her son, her pride
 The joy of love she held and had
 How strange it seems the years did pass
 Thinking they'd never end-hoping
 they'd always last.
 Oh child of mine, oh child of ours,
 We hold this life with might and powers

And hope you knew how much you meant
 The love, the you to us you sent.
 It seems like yesterday that you were born
 But quickly away from us were torn
 Fear not, dear child, yes out of sight
 Your heart beats within us from morn to night.
 You traveled life's roads and paid the tolls
 I see your words and unreached goals
 Yet, with courage and dignity within your chest
 You fell asleep at home in peaceful rest.
 No other words I'll ever write like this
 Upon your picture a hug, a kiss
 We'll cherish and hold your memories tight
 Till that day you'll walk back into sight.

Submitted by Charleen Holmes (Mom)

In Loving Memory of Cassie Holmes

7/14/09

This Can Be A Constructive, If Not A Happy Year

Happy New Year??? "How can it ever be again?" "How will I ever make it through another year of this torment?"

When we are hurting and so terribly depressed, it is hard to see any good in our new year, but we must try. First, we must hold on tightly to the idea that we will not always be this miserable, that we will some day feel good again. This is almost impossible to believe, but even if we don't believe it, we must tell ourselves over and over again that IT IS TRUE - BECAUSE IT IS! Many parents whose children have died in the past will attest to this. Remember also, no one can suffer indefinitely as you are suffering now.

Second, we must face the new year with the knowledge that this year offers us a CHOICE - whether we will be on our way to healing this time next year or still be in the pit of intense grief. We must remind ourselves that if we choose to be on our way to healing by the following year, we must work to get here and that work entails allowing ourselves to go through our grief, to cry, to be angry, to talk about our guilts, to do whatever is necessary to move towards healing.

Third, we must look for good in our lives and find reason to go on and accept the fact that our continued suffering will not bring our child back. Many of us have other children and a spouse for whom we must go on. More important, we have our own lives that must be lived. Most of us know that our dead children would want us to go on!

No, this coming year may not be a happy one, but it can be a constructive one. Through our grief we can grow and become more understanding, loving, compassionate, and aware of the real values in life. LET US NOT WASTE THIS NEW YEAR.

~Margaret H. Gerner, TCF, St. Louis, MO

reprinted from the book *We Need Not Walk Alone*

With Hope

This is not at all how
 We thought it was supposed to be
 We had so many plans for you
 We had so many dreams
 And now you've gone away
 And left us with the memories of your smile
 And nothing we can say
 And nothing we can do
 Can take away the pain
 The pain of losing you, but...

We can cry with hope
 We can say goodbye with hope
 'Cause we know our goodbye is not the end, oh no
 And we can grieve with hope
 "Cause we believe with hope
 There's a place where we'll see your face again
 We'll see your face again



And never have I known
 Anything so hard to understand
 And never have I questioned more
 The wisdom of God's pain
 But through the cloud of tears
 I see the Father smile and say well done
 And I imagine you
 Where you wanted most of be
 Seeing all your dreams come true
 "Cause now you're home
 And now you're free, and ...

We wait with hope
 And we ache with hope
 We hold on with hope
 We let go with hope

Words and music by
 Steven Curtis Chapman

A New Year's Resolution

Now that the holidays are over, and once again a new year faces us — for some, the first one without that precious loved one — for others, another one of many. The loss is still remembered, no matter how many others we have faced.

What will we do in the coming months? Each hour seems so long and the days seem to stretch ahead forever, as if another year cannot possibly ever come to an end. But friends, it will and we will survive. The road at times is hard and the pain is so hard to bear; but each year we realize that the pain has eased. We never will be totally without this pain of love and shattered dreams, but we will be able to live. This love that is stored in us for our missed child can be spread out to others to help us to ease their pain.

So, in this New Year, let's make a new resolution — that our love for our dead child will be brought out of our hearts and given with our best effort to others to help them ease their pain. In so doing we will find our pain is eased also.



**THE
COMPASSIONATE
FRIENDS**
Supporting Family After a Child Dies

“Words of Wisdom, Hearts of Love”
Frankfort, KY Regional Conference 2011
March 25th & 26th

REGISTRATION FORM (PLEASE PRINT)

(A SEPARATE FORM IS REQUIRED FOR EACH PERSON ATTENDING)

Guest Name: _____

Guest Name: _____

Address: _____

City: _____ State: _____

Zip: _____ Phone: _____ Email: _____

Name of Child: _____ age _____ birth date _____ death date _____

Name of Child: _____ age _____ birth date _____ death date _____

Name of Child: _____ age _____ birth date _____ death date _____

To insure your child(ren's) picture is included in the slideshow, please make sure your registration is received by
March 22, 2011

Registrations received after this date are accepted, however pictures will not be included in slideshow.

CONFERENCE REGISTRATION: \$60.00 PER PERSON INCLUDES FRIDAY NIGHT DINNER, HOT BREAKFAST SATURDAY MORNING AND BOX LUNCH ON SATURDAY. BLOCK OF ROOMS RESERVED AT CAPITAL PLAZA HOTEL AT A DISCOUNTED RATE OF \$ 77.00 PLUS TAX TO GET DISCOUNT YOU MUST MENTION TCF AND RESERVE BY MARCH 4 (502)227-5100.

If you have family/friends that wish to only attend Friday night dinner or Saturday luncheon. Please let us know.
Friday night dinner \$ 15.00 per person # of guests _____ - Saturday luncheon \$ 10.00 per person # of guests _____

Mail Registration to: The Compassionate Friends of Frankfort, KY PO Box 4075, Frankfort, KY 40604

Please submit a small photo of your child with your registration for our slideshow by March 22, 2011. Place child's name and dates on back of the picture. We do our utmost to return all pictures but PLEASE do not send originals.

Child care will not be available

There will be tables available for memory items if you would like to bring a picture or special item to share.

PLEASE CHECK ONE WORKSHOP PER SESSION

ITINERARY OF WORKSHOPS LISTED ON CONFERENCE SCHEDULE

(Workshops are subject to change without notice.)

Friday 2:00 – 3:00

Friday 3:20 – 4:20

Saturday 9:20 – 10:20

Saturday 11:00 – 12:00

Saturday 1:30 – 2:30

A.	G.	L.	Q.	V.
B.	H.	M.	R.	W.
C.	I.	N.	S.	X.
D.	J.	O.	T.	Y.
E.	K.	P.	U.	Z.
F.				



**THE
COMPASSIONATE
FRIENDS**
Supporting Family After a Child Dies

Frankfort, Kentucky Regional Conference
"Words of Wisdom, Hearts of Love"

Friday March 25

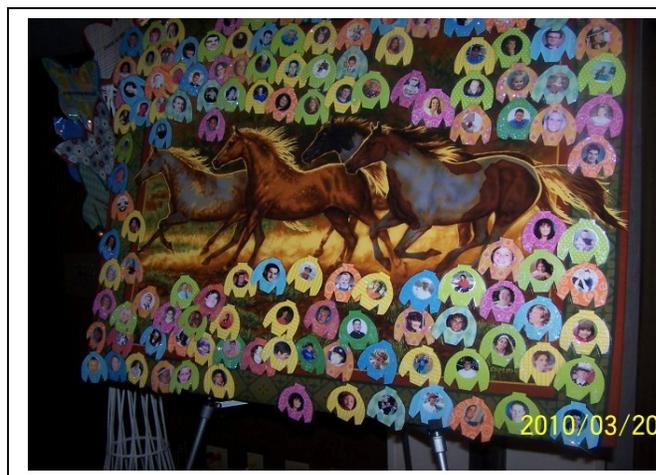
- 10:00 am - 9:00 pm Registration
 1:00 pm - 1:10 pm Welcome – Dusty Rhodes
 Chapter Leader & Regional Coordinator
 1:10 pm - 1:40 pm Pat Loder, Executive Director
 The Compassionate Friends
 1:40 pm - 2:00 pm Break
 2:00 pm - 3:00 pm Workshop Session
 A: First 2 Years
 B: Reinvesting in Life
 C: Healing, Guilt & Regret
 D: Addiction & Child Loss
 E: Workplace & Grieving
 F. Beyond 5 Years
 3:00 pm - 3:20 pm Break
 3:20 pm - 4:20 pm Workshop Session
 G: Depression vs Grief
 H: Impact of Stillbirth & Infant Death
 I: Helping Yourself Help Others for
 Chapter Leaders & Steering Committee
 J: Songs of Sorrow
 K: A Grandparent's Lament..
 My Grandchild, My Child
 4:20 pm - 5:45 pm Break
 5:45 pm - 7:00 pm Dinner & General Mark Graham
 "Words of Wisdom, Hearts of Love"
 7:00 pm – 9:00 pm Alan Pedersen & Candle Lighting
 Program with Mitch Carmody
 9:00 pm – 10:30 pm Mitch Carmody Whispers of Love,
 Signs from our Children

TCF Frankfort Member Regina Blanton will be making 3" picture buttons before the sessions begins and during the noon hour. Please bring a 4 x 6 picture of your child(ren)

Saturday March 26

- 6:30 am - 7:30 am Registration
 7:30 am - 8:30 am Breakfast
 8:30 am - 9:00 am Pat Malone, Former Past President
 The Compassionate Friends
 9:00 am - 9:20 am Break
 9:20 am - 10:20 am Workshop Session
 L: Impact of Child Loss in the Family
 M: Post-loss responses: Anger, Guilt and Anxiety
 N: Surviving Suicide
 O: Creative Arts
 P: Multiple Loss
 10:20 am - 11:00 am Break
 11:00 am - 12:00 pm Workshop Session
 Q: Grief after Long Term Illness
 R: Death by Violent Crime
 S: Be Bitter or Better
 T: Butterfly Workshop
 U: Fallen Heroes (Police, Firefighters, Military)
 12:00 pm - 1:15 pm Lunch
 1:30 pm - 2:30 pm Workshop Session
 V: Giving Yourself Permission
 W: No Surviving Children
 X: Strengthening the Local Chapters
 Y: For Women Only
 Z: For Men Only
 2:30 pm - 2:45 Break
 2:45 pm - 4:15 Closing

Photo from 2010 Conference



This newsletter is sent to you as part of our chapters' outreach. If you are planning a move or a name change or prefer to not receive it, please let us know at 502-223-1505

New Year's Wish
by Sascha

I wish you gentle days and quiet nights.

I wish you memories to keep you strong.

I wish you time to smile and time for song...

And then, I wish you friends to give you love,

When you are hurt and lost and life is blind.

I wish you friends, and love, and peace of mind.