



# THE COMPASSIONATE FRIENDS

TOPEKA CHAPTER  
Supporting Family After a Child Dies

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National TCF Website:  
[www.compassionatefriends.org](http://www.compassionatefriends.org)

NEW Topeka TCF Chapter Website:  
[www.tcftopeka.org](http://www.tcftopeka.org)

July ~ August 2014  
Editor: Susan Chan  
3448 S.W. Mission Ave.  
Topeka, KS 66614-3629  
(785) 272-4895

## JULY MEETING

Monday, July 28, 2014

Most Pure Heart of Mary Church

3601 S.W. 17th St., Topeka, KS

7:00 - 8:30 p.m. **Note: Because the Parish Center will be closed down for maintenance, we will meet in the MPH Office Bldg. to the south - look for signs directing you there.**

**Men to the Right, Women to the Left** - It has long been known that men and women are just "wired" differently and therefore the grief response and journey can be very different for mothers and fathers. This sometimes makes it difficult for couples to relate easily to each other following the death of their child. After our group opening together, we will divide into two groups by gender that will have the opportunity to talk, share and discuss the grief process and journey with others who may truly understand what they are experiencing. The different grieving styles of men and women may also impact your relationship with other family members as well. We especially encourage all fathers to plan to attend.

## AUGUST MEETING

Monday, August 25, 2014

Most Pure Heart of Mary Church

3601 S.W. 17th St., Topeka, KS

7:00 - 8:30 p.m.

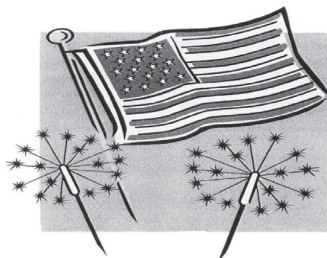
**I've Always Wanted to Ask That** - This meeting will offer us an opportunity to ask questions about the grief experience. More seasoned griever may be able to provide some perspective and encouragement to those who may feel "stuck" in their grief. No questions or topics are out of bounds here as we explore the many aspects of the grief experience, what its impact has been on our lives, how can we be "successful" grievers. Understanding more about the grief journey can make it less frightening, less isolating. This is your opportunity to ask those questions that may have been moving around in your head but have never been verbalized before. So bring your questions and let's talk.

Meetings are always held on the fourth Monday of each month unless otherwise noted. Listen to radio & TV for cancellations due to severe weather conditions.

*This newsletter is sponsored by:*

James and Gloria Knight in loving memory of their son Joel Andrew Knight who died August 23rd

Penny and Joe Lumpkin in loving memory of their son William H. (Hank) Lumpkin who died on August 19th



Ralph and Judy Lundin in loving memory of their daughter Amy Lundin who died July 28th

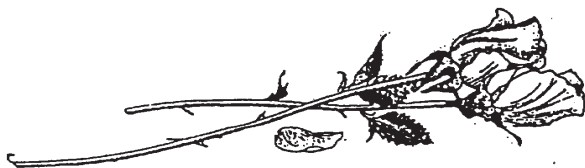
Tom and Barbara Rush in loving memory of their daughter Kathryn "Katie" Rush who was born on July 6th

*The Compassionate Friends is a self-help organization offering friendship and understanding to bereaved parents. The purposes are to promote and aid parents in the positive resolution of the grief experience following the death of a child of any age, from any cause; and to foster the physical and emotional health of all bereaved parents, grandparents and surviving siblings.*

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## **Mark Your Calendars!**

**21<sup>st</sup> Annual Memorial Picnic & Dove Release**  
**Saturday, September 27, 2014**  
**Shelter House #3 on Memory Pointe**  
**Lake Shawnee, Topeka, KS**  
**RSVP/Dove Sponsorship Form**  
**is in this issue of the newsletter.**



**We Need Not Walk Alone**

# From the Chapter Coordinator

Dear Compassionate Friends Family,

Local Topeka TCF Chapter contact info:  
Phone - 785-272-4895; Email - chanx2@cox.net

We have officially begun Summer 2014 and for many of you, it will be the first summer without your child, grandchild or sibling. Summer always seems to be a special time for families with picnic outings, ball games, fishing trips and lots of other outdoor activities. Summer also means taking a vacation for many families and that can be so very difficult if you are new in your grief. Please remember to take good care of yourself and not force yourself to do anything that doesn't feel right to you. Grief is an exhausting experience and you just may not feel up to lots of activity this summer. But also please do try and find some comfort and pleasure in the small things like taking a walk in the cool of the evening, putting around in your garden, or curling up with that book you have been meaning to read.

I would certainly encourage you to come to the next two meetings - in July we will be having an opportunity to discuss the grief process in gender groups which often times allows for a more free exchange of thoughts and concerns. In August we will have a meeting topic where you are encouraged to ask questions about any and all aspects of grief--hopefully those who are further along in their journey may be able to provide some suggestions and reassurance to you as you make your own journey.

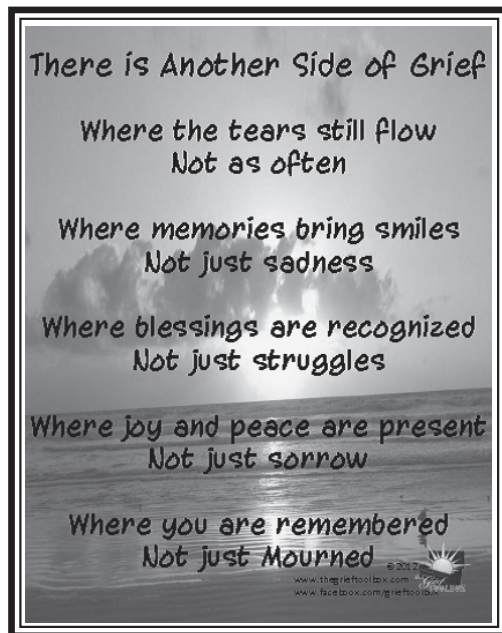
We really do want to encourage everyone to participate in our 21<sup>st</sup> Annual Memorial Picnic and Dove release to be held at Lake Shawnee in September. You will find more information and an RSVP form on the yellow insert in this newsletter. This program offers us all an opportunity to remember and honor our lost loved ones and share in the fellowship and support of our Compassionate Friends Family. The Dove Release and Picnic are scheduled for **Saturday, September 27<sup>th</sup>** and this event will take the place of our regular monthly support group meeting for September.

Also, please mark your calendars for the 38<sup>th</sup> TCF National Conference that will be held in Dallas, TX July 10-12, 2015. This may be the closest national conference to us in some time so you should really consider making plans to attend. It is within driving distance and by carpooling and possibly sharing hotel accommodations, it can be more affordable for many folks. The theme for the 2015 conference is "Hope Shines Bright Deep in the Heart".

The Chapter is also looking for someone who would be willing to take over responsibilities for the Chapter Library. If you are interested in helping out, please let us know and we can fill you in on the responsibilities of this position. Our Chapter is run entirely by volunteers and we can also use extra help.

In Love They Are Remembered. In Memory They Live.  
Until next time, be patient and let the healing happen

~Susan Chan, Coordinator



## Upcoming Events/Dates to Remember

**July 11-13, 2014** - 37<sup>th</sup> National Compassionate Friends Conference in Chicago, IL - see further details at [www.compassionatefriends.org](http://www.compassionatefriends.org)

**September 27, 2014** - 21<sup>st</sup> Annual Memorial Picnic and Dove Release at Lake Shawnee at Shelterhouse # 3 on Memory Lane. From Noon to 3 p.m. Look for further details in this newsletter and on our Chapter website at [www.tcfotopeka.org](http://www.tcfotopeka.org)

**December 14, 2014** - Compassionate Friends World Wide Candle Lighting - at 7p.m. in every time zone. Remembrance Book available to sign that night online at [www.compassionatefriends.org](http://www.compassionatefriends.org)

**December 15, 2014** - Topeka Chapter Memorial Candle Lighting in the Formation Room at Most Pure Heart of Mary Church. Please note date change from regular meeting time due to Christmas holiday schedule.

# Love Gifts

**Your Love Gifts Help Spread  
the Message of Hope & Healing ~ Won't You Help Today?**

What is a Love Gift? A Love Gift is a gift of money (or books, etc.) to The Compassionate Friends. It is usually in memory of a child, grandchild or sibling who has died, but it may be from individuals who wish to honor a relative or friend who has died, a gift of thanks that their children are alive, or simply a gift from someone who wants to help. The Compassionate Friends charges *no individual dues* or fees and depends on such Love Gifts to meet the Chapter's expenses, including the printing and mailing of this newsletter. When you make a donation, make sure to check to see if your employer may have a "matching gifts" program as this could double the amount of your donation. If you are not sure whether your company has such a program, check with your Personnel Department. This month we thank:

♥ *Brenda Bissey in loving memory of her daughter and son-in-law, Robin Lynn and Greg Lee Paulson who both died on August 27<sup>th</sup>*

♥ *Mary Harrington in loving memory of her children John Carl Harrington, Juliet Faith Harrington, Clara Harrington-Jones and Jaime M. Harrington*

Thank you for your gifts which enable us to print this newsletter and reach out to newly bereaved families. Donations are our only source of income and are **tax deductible**. If you would like to sponsor a newsletter, the cost is \$30.00. If we have more than one sponsor, we recognize all of them. If you wish to send a Love Gift, any amount is appreciated. It is whatever you feel you can give. Donations of books that you have found helpful to the Topeka Chapter Library are also greatly appreciated, and it is a nice way to remember your child or other loved one. If you would like to send a Love Gift or a Newsletter Sponsorship, you may do so by sending it to: The Compassionate Friends, c/o Susan Chan, 3448 SW Mission Ave., Topeka, KS 66614-3629. For Newsletter Sponsorships, please indicate which issue you wish to sponsor (Jan/Feb, March/April, May/June, July/August, September/October, or November/December). Make checks payable to "TCF".

## DO YOU NEED TO TALK? LOVING LISTENERS AVAILABLE

Yvonne Albright - Sudden Infant Death  
Leader, Infant Loss Group (785) 246-3298

Carol Cummings - Heart Surgery  
Former Coordinator (785) 272-2155

Donna Martin - Accident  
Former Coordinator (785) 286-0538

BeBe Bahr - Bicycle/Car Accident  
Advisory Board (785) 234-2897

Tom and Carolyn Voth - Cancer  
Former Coordinator (785) 235-5406

Susan Chan - Motorcycle Accident  
Current Coordinator (785) 272-4895

Leslie Johnson-Wingert - auto accident  
and SIDS (785) 840-0512

Debi Harvey - Drug Overdose  
(785) 806-2836



## Submit a Memory Page

Remember your child, grandchild or sibling in a special way by submitting a Memory Page to be published in the Topeka Chapter Newsletter. You may include a photo, drawing, a poem, letter to your child, etc - just about anything you would like to put on it in memory of your child. You do not have to put the page together - I can help you with this from the materials you select to use. Memory Page submissions should be sent to: Susan Chan, 3448 S.W. Mission Ave., Topeka, KS 66614-3629. Photos will be returned, but DO NOT send a photo of which you only have one copy. No charge for page.

**TCF National Office email:**  
[nationaloffice@compassionatefriends.org](mailto:nationaloffice@compassionatefriends.org)

**Compassionate Friends web address:**  
[www.compassionatefriends.org](http://www.compassionatefriends.org)

**Topeka TCF Chapter NEW web address:**  
[www.tcftopeka.org](http://www.tcftopeka.org)

**Kansas Regional Coordinator:**  
Tom & Carol Weatherd - (785) 283-4704

### Our Thanks to:

Midland Care Connection for giving us a mailbox and Most Pure Heart of Mary Church for allowing us to meet at their facility.

TCF Mission Statement: When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.

# And We Remember.....

*Because of the potential for the hurtful crime of identity theft, TCF Chapter Newsletters will now only publish the date of a child's birth or death without listing the year of each event. This is a directive from the National TCF Office to protect all TCF members.*

Isaiah Absher, son of Vince and Amy Bahm, born on September 12<sup>th</sup> and died on August 29<sup>th</sup>

Noah Matthew Aker, son of Joe and Vicky Aker, who was born on September 28<sup>th</sup>

James Warren Arnold, son of Anne Roberts, born on September 24<sup>th</sup>

Byron Ashworth, son of Dean and Sylvia Weichold, died on August 11<sup>th</sup>

Leah Danielle Austin, daughter of Chad and Dani Austin, born on August 26<sup>th</sup>; died on September 8<sup>th</sup>

Sherri Axline, daughter of Roy and Donna Axline, born on September 2<sup>nd</sup>

Daiana Barber, daughter of Barbara and Tim Barber, born on July 23<sup>rd</sup>

Buddy Benedict, son of Dicky Benedict and Janice Burks, died on September 5<sup>th</sup>

Dinah L. (Bollinger) Bergstrom, daughter of Randal and Linda Bollinger, born on September 14<sup>th</sup>; died on August 9<sup>th</sup>

Shawn L. Bergstrom, son-in-law of Randal and Linda Bollinger, died on August 8<sup>th</sup>

Zackary Jon Hugh "Zacky" Berkey, son of Jonathan and Kristi and brother of Kaiman Berkey, grandson of Mary Fischer, born on August 17<sup>th</sup> died on August 7<sup>th</sup>

Jacob "Jake" Binfield, son of Jenny Binfield, brother of Sarah, who was born on August 6<sup>th</sup>

Maximus Blindt, son of Heather Blindt; brother of Brad and Natalie; who was born on September 15<sup>th</sup>

Joshua James Bogdan, son of Joseph F. Bogdan and Angelika Bergman, born on September 13<sup>th</sup>

Echo Fae Bostrom, daughter of Jonathan and Vanessa Bostrom, died on September 22<sup>nd</sup>

Lucas William Brady, son of Sandra Brady, born on September 14<sup>th</sup>

Douglas G. Brees, son of Donald and Joye Brees, born on September 22<sup>nd</sup>; died on September 27<sup>th</sup>

Christina Rae Brennan, daughter of James (deceased) and Christina L. Brennan, born on September 8<sup>th</sup>

Victoria (Tori) Brennan-Williams, daughter of Patricia Saracjewski, born on August 16<sup>th</sup>

Lana K. Bruhns, daughter of Robert R. and Lola Mae Christian, died on September 10<sup>th</sup>

Ronald Scott Bullock, son of Jack (deceased) and Monica M. Bullock, born on August 4<sup>th</sup>

Terry Edward Burns, son of Kenneth and Eleanor Burns, and brother of Kathy Kaesewurm, born on September 17<sup>th</sup>

Conrad Grant Carlson, son of Robert and Julie Carlson, born on September 12<sup>th</sup>; died on August 1<sup>st</sup>

Kevin Wayne Carlson, son of Ken W. Carlson and Carolyn N. Wilson, died on August 15<sup>th</sup>

Brianna Michelle Clark, daughter of Ryan and Kimberly Clark, died on September 19<sup>th</sup>

Andy Conger, son of Leon E. and Suzanne Conger, died on August 15<sup>th</sup>

Stephanie Nicole Corbett, granddaughter of Emery and Judy Corbett, died on September 28<sup>th</sup>

Timothy Brogan Crawford, son of Lori Eigenman, born on September 20<sup>th</sup>

Amanda Kay Cunningham, daughter of Stacey McCain; sister of Josh and Adam, died on August 6<sup>th</sup>

Wendi Sue Cushing, daughter of Scott and Denise Cushing; sister of Deana and Dylan Cushing, died on August 9<sup>th</sup>

Jeffrey Darrell Darting, son of Gerry and Judy Darting and brother of Sarah Escobar and Jenny Darting, died on August 29<sup>th</sup>

Corey Allen Davis, son of Tammy L. Davis, born on September 8<sup>th</sup>

Kirk Merill Davidson, son of Dave and Gerry Davidson, born on September 9<sup>th</sup>; and died on August 13<sup>th</sup>; and their son, Mark Patrick, born on September 25<sup>th</sup>

Cheryl J. Delozier, daughter of Donald and Mary Rickel, born on August 13<sup>th</sup>

Kimberly Melissa Dickinson, daughter of Curtis and Debbi Dickinson, stillborn on August 25<sup>th</sup>

Ashley Brooke Dickinson, daughter of Curtis and Debbi Dickinson, stillborn on September 3<sup>rd</sup>

Steven Louis Douglas, son of Norton E. and Barbara L. Douglas, born on September 3<sup>rd</sup>

Rick Douglas, son of Morris and Neva Douglas, died on September 23<sup>rd</sup>

Deano A. Duncan, son of Pete and Colleen Duncan, born on September 14<sup>th</sup>

Gerald (Jerry) Eberhardt, son of Duane and Mary Eberhardt, born September 1<sup>st</sup>

Gregory Ralph Eilert, son of Marge Eilert, died on August 28<sup>th</sup>

Michael Ent, son of Cheryl Ent, died on August 7<sup>th</sup>

Barry Eaton Epoch, son of Nancy S. Epoch, born on August 2<sup>nd</sup>

Edward Rudd Fenton III, son of Edward R. Fenton, Jr. and Sharon K. Fenton, born on August 25<sup>th</sup>

Brian Lee Fieldler, son of Bernard and Marge Fieldler, who died on September 18<sup>th</sup>

Azure Ann Fisher, daughter of Shelly Ross, who died on September 12<sup>th</sup>

Lindsey Shea Garner, daughter of Mel and Cheryl Garner, born on August 24<sup>th</sup>

John Garvey, son of Horace and Donna Garvey, died on September 19<sup>th</sup>

Ashley Cormer, daughter of Tami Cormer; sister of Sara, Kyle and Abby, born on August 21<sup>st</sup>; died on August 29<sup>th</sup>

Carol Cortner Gaul, daughter of John and Norma Cortner, born on August 25<sup>th</sup>

Jaydyn Kate Grimes, daughter of Katy Grimes; granddaughter of Angela Smith, born on August 24<sup>th</sup>; died on September 3<sup>rd</sup>



## And We Remember..... (Cont'd)

Kelli Rae Grauer, daughter of Harold and Marilyn Grauer,  
died on September 2<sup>nd</sup>

Cambrynn Christine Greenfield, daughter of Kevin and Amy  
Greenfield, died on September 1<sup>st</sup>

John Michael Grimes, son of Angela Smith,  
born and died on August 4<sup>th</sup>



Brittney Marie Hajny, daughter of Andrea McCalla,  
who died on August 14<sup>th</sup>

Grayson C. Harder, son of Will and Cassie Harder and grandson  
of Bill Harder, born on September 20<sup>th</sup>

Juliet Faith Harrington, daughter of Mary Harrington, born on  
September 2<sup>nd</sup>; died on August 25<sup>th</sup>

George Harrington, son of Frances Mitchell, died on August 16<sup>th</sup>

Spencer Mark Hastings, son of Steve and Sue Hastings,  
died on September 28<sup>th</sup>

Colbie Heitmann, son of Del and Kim White,  
stillborn on September 27<sup>th</sup>

Robert R. Herrick, Jr., son of Phyllis Ashcraft, born on July 28<sup>th</sup>

Jennifer Hicks, daughter of Calvin and Linda Hicks, who was  
born on September 20<sup>th</sup>

Donnie L. Higbee, son of Susan Vega, who died on September 24<sup>th</sup>

Davante Armon Hinkle, son of Shawnette Bronson, who was  
born on August 12<sup>th</sup> and died on September 5<sup>th</sup>

Timothy Hopkins, son of Dorothy C. Hopkins and brother of  
Michelle Eakes, died on August 1<sup>st</sup>

Shawndy Hogue, sister of Kaylee Hogue, was born on September 19<sup>th</sup>

Dana Hudson, daughter of Bruce and Teri Clark-Hudson,  
born on August 19<sup>th</sup>

Charles William Hugo, son of Cornelius and Corina Hugo,  
died on August 13<sup>th</sup>

Vernon A. Jamison, Sr., son of Eugene A. and Mayverdis Jamison  
born on August 30<sup>th</sup>

William James Jarvis, son of Chris Jarvis and Jenny McCormick,  
born and died on September 10<sup>th</sup>

Rodney Jennings II, son of Sharon Harris, died on July 1<sup>st</sup>

Cameron James Johnson, son of Mark and Jody Johnson, who  
died on September 29<sup>th</sup>  
Clara Harrington Jones, daughter of Mary Harrington and John  
Jones, born and died on August 26<sup>th</sup>

Brent C. Jordan, son of Kenneth and Donita Hordan,  
born on September 12<sup>th</sup>; died on August 26<sup>th</sup>



Dustin Wade Kasson, son of Stephen and JoEllen Kasson,  
born on August 8<sup>th</sup>

Kody Kavtz, son of Connie Kavtz and brother of Heather Wood,  
born on September 8<sup>th</sup>

Jonathan Kaspar, son of Jeffrey and Susan Kaspar; sister of Jen  
Kaspar, who was born on September 17<sup>th</sup>

Michael "Mike" Dean Kidney, son of Forrest and Susan Kidney,  
born on September 14<sup>th</sup>

Joel Andrew Knight, son of Jim and Gloria Knight,  
died on August 23<sup>rd</sup>

Jessica Joane Koelzer, daughter of Dennis and Deborah Koelzer,  
died on September 10<sup>th</sup>

Cara Elizabeth Kroll, daughter of Joseph Kroll, step-daughter of  
Brenda Kroll, sister of Christopher Kroll, who died on August 8<sup>th</sup>

Terry Lambert, son of Elmer and Marcial Lambert,  
died on September 17<sup>th</sup>

Austin Isreal Lewis, son of Amy Marker and grandson of Mr. and  
Mrs. Larry Smallwood, died on September 16<sup>th</sup>

Lisa Jane Lewis, daughter of Robert and Jane Lewis,  
died on September 28<sup>th</sup>

Colgin Tanner Lohman, son of Chad and Christine Lohman,  
died on August 3<sup>rd</sup>

Gregory Scott Longbine, son of Jeff Longbine and  
Gwen Yarnell-Longbine, died on August 10<sup>th</sup>



Paula Ann Dreiling Lucas, daughter of Daniel and Betty Dreiling,  
died on August 3<sup>rd</sup>

William Henry "Hank" Lumpkin, son of Joe and Penny Lumpkin,  
died on August 19<sup>th</sup>

Tara Lee Stilson Lyman, daughter of Terry and Connie Stilson,  
born on September 5<sup>th</sup>

Elizabeth (Lizz) McKenna, daughter of Yvonne H. Smith,  
born on September 28<sup>th</sup>

Pierce Carter McNabb, son of Karen Murray,  
who died on September 26<sup>th</sup>

Michelle Renee McNeive, daughter of Michael and Barbara  
McNeive, born on July 15<sup>th</sup>; died on July 24<sup>th</sup>

Jason McNaughton, son of Patty Wiltz, died on September 21<sup>st</sup>

Sharis Thompson Meyer, daughter of Gary and Margaret  
Thompson, born on September 15<sup>th</sup>; died on August 25<sup>th</sup>

Terry Lee Michael, son of Lawrence E. Michael and Marianne  
Michael Carlson, born on September 24<sup>th</sup>

Kathleen R. Armstrong Millard, daughter of Ken and Barb  
Armstrong, born on August 30<sup>th</sup>

Troy Sinclair Miller, son of Del and Jan Miller, born on  
September 17<sup>th</sup>

Rodney Kurk Milstead, son of Camille and Jerry Garrett,  
born on September 27<sup>th</sup>

Dylan Mitchell, son of Loren and Beth Mitchell,  
who was born on July 17<sup>th</sup>



David D. Morris, son of Merwin (Bud) and Velma C. Morris,  
died on August 24<sup>th</sup>

Ethan Neu, son of Billy Neu, born on September 7<sup>th</sup>

Andrew Newcomer, son of Steve Newcomer and Janet  
Cummings, born on September 23<sup>rd</sup>; died on September 22<sup>nd</sup>

Shaylee Brelle Oxy, daughter of Erik and Melody Oxy,  
who was born on August 19<sup>th</sup>

Robin Lynn Paulson, daughter of Frank and Brenda Bissey and  
sister of Brad Bissey, and Greg Lee Paulson, son-in-law of Frank  
and Brenda Bissey and brother-in-law of Brad Bissey, both died  
on August 27<sup>th</sup>

## And We Remember..... (Cont'd)

Kasey Pike, grandson of Grace Reichle, who died on August 7<sup>th</sup>

Morgan Marie Pollak, daughter of David and Shelley Pollak; granddaughter of Mark and Linda Marling, born on August 14<sup>th</sup> and died on August 27<sup>th</sup>

Timothy Ramsey, son of Dorothy Ramsey, brother of Tom Ramsey, born on September 5<sup>th</sup>

Cristi Colleen Reece, daughter of Terry C. Allen and Barbara J. Reece Allen; and daughter of Marilyn Reece, born on September 19<sup>th</sup>, died on December 19<sup>th</sup>

Owen Allen Renbarger, son of Brian and Bethany Renbarger, born on August 30<sup>th</sup>; died on September 22<sup>nd</sup>

Dennis James Reser, son of Robert Neil and Janet Louise Reser, who was born on August 12<sup>th</sup>

Sharon Lorraine Rhodes, daughter of Paul and Shirley Rhodes, born on August 21<sup>st</sup>

Kerrie Lynn Roberts, daughter of Ferne Lutz, died on August 16<sup>th</sup>



Kristin Saragusa, daughter and step-daughter of Jim and Suzi Saragusa, born on September 2<sup>nd</sup>

Gregg W. Scott, son of Garry and Jo Scott, born on September 11<sup>th</sup>

Kathy Lynn Schmelzle, daughter of Pat and Patty Schmelzle, born on September 15<sup>th</sup>

Brent Allen Schneider, son of Vicki Jackson, died on August 7<sup>th</sup>

Scott Allan Seidel, son of Stan and Pat Seidel, born on August 8<sup>th</sup>

Ryan Wayne Simecka, son of Mark and Tonya Simecka, died on September 24<sup>th</sup>

Michael Joseph Skaggs, son of Willie and Megan Skaggs, who died on August 29<sup>th</sup>

Scott Edward Sobba, son of Harold and Linda Sobba, died on September 9<sup>th</sup>

Nicholas Regis Stallbaumer, son of Terry and Norma Stallbaumer, died on August 12<sup>th</sup>



Keith Strathman, son of Don and Julie Strathman, brother of Becky Strathman, born on September 10<sup>th</sup>

Michelle Studebaker, daughter of Kathy Studebaker; sister of Jeff Studebaker and Julie Hafenstine, who died on September 21<sup>st</sup>

Lindsay Marie Taylor, niece of Gregg and Theresa Watkins, born on September 17<sup>th</sup>

Joseph D. "Joey" Tobey, son of Robert Tony Tobey and Patty Tobey; grandson of Lavera Hood, born on August 16<sup>th</sup>

Bryan M. Turner, son of Woody Turner, died on September 15<sup>th</sup>

Tom Uhl, son of Dwight and Doris Uhl, born on September 14<sup>th</sup>

Roy Vega, son of Carol Rush, died on August 25<sup>th</sup>

Mariana Villegas-Singleton, daughter of Seth and Amy Meyer, born on August 23<sup>rd</sup>

Matthew James Vogel, son of Jim and Carol Vogel, born on September 20<sup>th</sup>; died on August 12<sup>th</sup>

Greer Elizabeth Volkmer, daughter of James and Raina Volkmer, died on September 11<sup>th</sup>

Clint Wahquahboshkuk, son of Timothy Ramirez and Jackie Mitchell, died on September 10<sup>th</sup>

Kerensa Kaye Ward, daughter of James F. Sosebee and Carol Sue Ward, died on August 11<sup>th</sup>

Robbie Weakland, son of Bob and Lori Weakland, died on August 19<sup>th</sup>

Smauel Phillip Wenger, son of Virginia" Ginny" Golder, born on August 12<sup>th</sup>

Richard W. Wilson, son of Katherine S. Whittington, born on September 1<sup>st</sup>

Dawn Lee Wilson, daughter of Don J. and Dixie Lee Wilson, born on September 19<sup>th</sup>



Chris and Cindy Wright's son, Jonathan Gates, born on August 27<sup>th</sup>

JoAnn Wulfschlaeger son, Heath White, died on August 23<sup>rd</sup>

Robb Zeller, son of Robert and Sherry Zeller, born on September 14<sup>th</sup>

David and Beverly Zirkle's daughter, Susan J. Goodlove, born on September 30<sup>th</sup>

(Use the form below to submit your listing if you have not already done so. Once you have submitted your listing you **do not** have to do so every year. Your child's name and dates will remain on the We Remember database unless you request their removal. This month's listing includes birth and death anniversary dates for August and September)

**And We Remember** - If you wish your child, grandchild or sibling included in the We Remember section of this newsletter, please fill out the form below and return to: Susan Chan, 3448 S.W. Mission Ave., Topeka, KS 66614-3629. You may also email the information to chanx2@cox.net< We do not automatically list your information just because you are receiving this newsletter. We only list information for those parents requesting it. If you have previously submitted your child's information and it has appeared in the newsletter during the past year, you **do not** need to resubmit it. If you have just begun receiving this newsletter, or have never submitted this information, you will need to do so in order for it to be included. **Please type or print clearly.**

Child's Name \_\_\_\_\_ Son\_\_ Daughter\_\_ Grandchild\_\_ Brother\_\_ Sister\_\_

Date of Birth \_\_\_\_\_ Date of Death \_\_\_\_\_

Father \_\_\_\_\_ Mother \_\_\_\_\_

**Note:** Please list your address and phone number. You will only be contacted if there is a question about your listing.

**Is this a change of address for you? (please circle) YES NO**

# GRIEF ON THE GO

By Alan Pedersen, Executive Director  
The Compassionate Friends, Inc.

When Ashley died in a car accident in August of 2001, I felt alone and isolated in a world I knew nothing about. I looked around soon after Ashley died and was completely overwhelmed at the path in front of me. Like most everybody else in early grief I was in shock, but I was cognizant enough to know that I was walking on a path I didn't want to be on; headed to a place I did not want to go. For a few weeks, I remember just staring out the window watching the world go back to normal, and I wondered how all of you can be normal when my world has nothing normal about it.

I've noticed that some people in deep and early grief prefer to isolate themselves from the rest of the world. These folks seem to find it easier to survive among their own thoughts without having to expend the energy it takes to communicate. I understand those people, and have come to realize that their path to survival requires stillness and quiet.

Quiet did not work for me, especially in the early weeks and months.

My mind was chaotic, it needed answers to everything. One of the most important things to me in those first days was to find someone, anyone, who had actually buried their child and was living anything resembling a normal life today. Maybe it is the journalist in me, but I began to ask questions of anyone who knew anything about the death of a child in a family.

Looking back, my questions were pretty basic.....How long will this pain last? Will I get over it? Is it normal to want to end my life so that I can be with Ashley? How will I ever trust God again when he didn't protect Ashley when she needed him? Why can't I cry when I want to? Why do I blame myself?

Thank God, that from the beginning I had the support of a local Chapter of The Compassionate Friends, and the wise counsel of a wise woman who facilitated a local grief program. These two sacred sanctuaries for the hurting gave me a safe place to ask my questions, tell my story, and be Ashley's daddy. Sitting in those circles among my fellow bereaved helped me understand the grief process, helped me understand that grieving Ashley was going to be a lifetime journey, and offered me hope that in time I could learn how to incorporate her death, into my life.

Today is the first in a series of three articles where I am going to share very special "Words of Wisdom" that were shared with me somewhere along my journey. Each of these special nuggets of hope has been of great help to me. I hope they can help you too. *(Editor's note: We will share Alan's articles as they become available in upcoming newsletters.)*

**YOU CAN'T HEAL WHAT YOU WON'T FEEL** – The month after Ashley died; I wrote these words on a sticky note placed on my computer screen so I would see them every day. There were many times when I would feel like "I just can't go there"...but, those were exactly the times I needed to "go there" the most. One of the first commitments I made in my grief journey was a promise to feel everything. No matter how painful, no matter how beautiful....I was committed to fully feeling every aspect of Ashley's life, but also her death.

Ashley's death left behind a lot of unfinished emotional business. I soon understood that if I was willing to feel everything it would

empower me to process anything. Like most parents who have had a child die, I had many feelings of guilt and regret. My feelings surrounding my perceived responsibility for Ashley's death were very powerful in the beginning.

Good grief information taught me that the only thing that mattered in processing my grief was my own reality. It didn't matter how many people told me "Oh Alan, you were a good dad"...my reality was different. In my reality, I was Ashley's daddy, and I should have protected her, and therefore I failed as a father because she died. In my reality, I should have somehow prevented her from being in that car that day. In my reality I should have done a better job of making sure she always wore a seatbelt, because a seatbelt would have saved her life. In my reality, I felt guilt and regret because I did not get to say goodbye.

It was a long and slow journey, but just as I made a commitment to feel all my feelings, I also made a commitment to own all of my feelings and to take responsibility for each of them. I lead a very popular workshop around the country called "Healing Guilt and Regret"....and part of the exercise we use in that workshop to help process guilt and regret calls for each person to take an inventory of their regrets, categorize them, and then work through them one-by-one.

It amazes me how once we take ownership of our guilt and regret, somehow we can begin to let go of them a little at a time. Guilt and regret suppressed and kept silent by us has great power, guilt and regret openly expressed by us tends to shift some of that power back to us. Just like grief is a lifelong journey, so too is processing guilt and regret. Do we ever completely get past all of our guilt and regret? Perhaps for some of us no, but we truly can lessen the hold but letting loose of the feelings, sharing those feelings with someone who will not judge us, and by taking the lessons we learned from our guilt and sharing those lessons with the world.

My dear friend Dr. Darcie Sims ([www.griefinc.com](http://www.griefinc.com)) is a genius and in my opinion she is the foremost expert in the field of grief and loss. She helped me with my regret about not getting to say goodbye to Ashley....she simply said "Alan, if you knew the last time you saw Ashley would be the last time you saw Ashley, would have dared to waste your breath saying goodbye?" She shared with me how her son Big A, (Austin) was in her arms when he died of a brain tumor...she had the chance to say goodbye...but she didn't.... she explained how she said to Austin the very words I would have said to Ashley.... "I Love You."

You can't heal what you won't feel, I invite you to open the closet door of your emotions and dig deep, there is beauty to be found....I promise!

Thanks to everyone who ever walked with me, shared with me, cried with me, and laughed with me. I am who I am today because each of you has cast your beautiful shadow on my life.

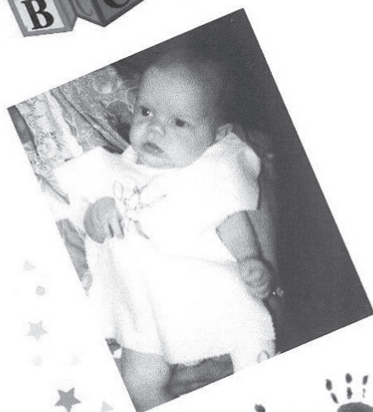
***"Grief is not a disorder, a disease or a sign of weakness.***

***It is an emotional, physical and spiritual necessity,***

***the price you pay for love.***

***The only cure for grief is to grieve."***





In Loving Memory Of  
**Joel Andrew Knight**  
 June 24th - 1989 - August 23rd

### "Our Message To Heaven"

Hello to Our Special Angel  
 Where should we start?  
 To let you know the feelings  
 We hold deep within our hearts

A piece of heart went with you  
 On that fateful day 25 years ago  
 As we struggled to find normal  
 At a time when we felt so low

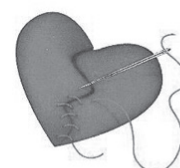
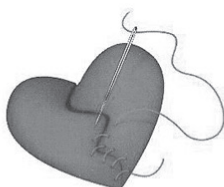
Life has be a roller coaster since then  
 Filled with many ups & downs  
 As we hide much of our sadness  
 With a smile instead of a frown

We live each day with our memories  
 Thinking of you through many tears  
 Realizing just how much we've missed  
 Not having you with us these past 25 years

The many What If's & If Only's  
 Have slowly been replaced  
 With what could have been or should of been  
 But they can never fill the empty space

So on this 25th Anniversary  
 Of what truly broke our hearts  
 Our wish is to join you in Heaven someday  
 Never again to be apart!

"We Will Love & Miss You Always"  
 Your Family



# Even in Grief, You Have the Power of One

By Harriet Hodgson

Community organizations have a variety of speakers and program. A recent speaker began his talk with a poem, "The Power of One." It was a moving poem and the speaker said each of us had the power to make the world a better place. When I returned home I searched for the poem on the Internet.

Written by an anonymous author, the poem made me think of my grief journey, a journey of multiple losses and profound sorrow. The fourth verse says one step starts a journey, one word starts a prayer, one hope raises your spirits, one touch shows you care. At the end, the author wrote, "You see, IT'S UP TO YOU!"

Grief recovery was up to me. In 2007 I lost four family members, my daughter (mother of our twin grandchildren), father-in-law, brother, and former son-in-law. Four deaths in nine months were so shocking I was almost immobile, both physically and emotionally. But I had lost other family members earlier in life and, thankfully, was able to assess my grief.

Just as the poem says, I knew one step would start the journey. That step was to write about my grief. My daughter and father-in-law died the same weekend. A week later, I sat down at the computer and started writing short articles about grief-related topics. I also made a promise to myself: I'll write for a year, stop, and see what I find. Month after month, I continued to write articles and many of them were posted on a royalty-free website.

For me, writing is a spiritual experience, sort of like a prayer. Before I begin my writing day I often meditate for a few moments. Five years ago I meditated about my husband and me becoming GRGs – grandparents raising grandchildren. I meditated about my new role, caregiving, and encouraging teens. Years passed, and thoughts from my meditations worked their way into my writing.

Slowly, four individuals, two loving grandparents, two energetic teenagers, merged into a grandfamily. We talked more, lingered at the dinner table, and laughed together. Our grandson began to ask my husband, a retired physician, medical questions that puzzled him. Our granddaughter, a wonderful writer herself, asked me about writing. Today, our house is the home they come home to, and I think they like coming home.

Each college break, each holiday, we await them eagerly, the back door opening, footsteps on the floor, and the call, "Hi, I'm home!" The twins both graduated from high school with honors, received college scholarships, and are succeeding in college. Their accomplishments give us, and them, hope for the future.

But I must be honest. There are times, really dark times, when

I went backwards on the recovery path, and was almost out of hope. Thankfully, I had family, friends, and church to rely upon. I also knew myself, knew my coping skills, and was willing to create new ones. To put it another way, I believed in my power of one.

No matter where you are in your grief journey, you have that power. You can turn negative thoughts to positive, blame to acceptance, despair to hope. It isn't easy, I know, but the human spirit is resilient, and you can do it. When the darkness fades and light starts to appear, you can plan the new life that awaits you, and how you will tap your power of one.

## The Power of One

One song can spark a moment,  
One flower can wake a dream.  
One tree can start a forest,  
One bird can herald spring.

One smile begins a friendship,  
One handclasp lifts a soul.  
One star can guide a ship at sea,  
One word can frame the goal.

One vote can change a nation,  
One sunbeam lights a room,  
One candle wipes out darkness,  
One laugh can conquer gloom.

One step must start a journey,  
One word must start each prayer.  
One hope will raise our spirits,  
One touch can show you care.

One voice can speak with wisdom,  
One heart can know what's true.  
One life can make a difference,  
You see, IT'S UP TO YOU!

(Posted by harriethodgson@charter.net)

Harriet Hodgson has been an independent journalist for decades. She is a member of the American Society of Journalists and Authors, Association of Health Care Journalists, and Association for Death Education and Counseling. Author of 30 books, she has appeared on more than 160 talk shows, including CBS Radio, and dozens of television stations, including CNN. Her work is cited in Who's Who of American Women, World Who's Who of Women, Contemporary Authors, and other directories. Harriet lives in Rochester, Minnesota, with her husband and twin grandchildren. Please visit her web site for more info about Harriet, [www.harriethodgson.com](http://www.harriethodgson.com). Reprinted with permission from *Grief Digest*, Centering Corporation, Omaha, NE, 402-553-1200.

## JULIET FAITH HARRINGTON

*Sept. 2, 1976 ~ Aug. 25, 1994*

Dearest Juliet:

Our best friend, our sister and daughter, our savior at times. This is the best description of you.

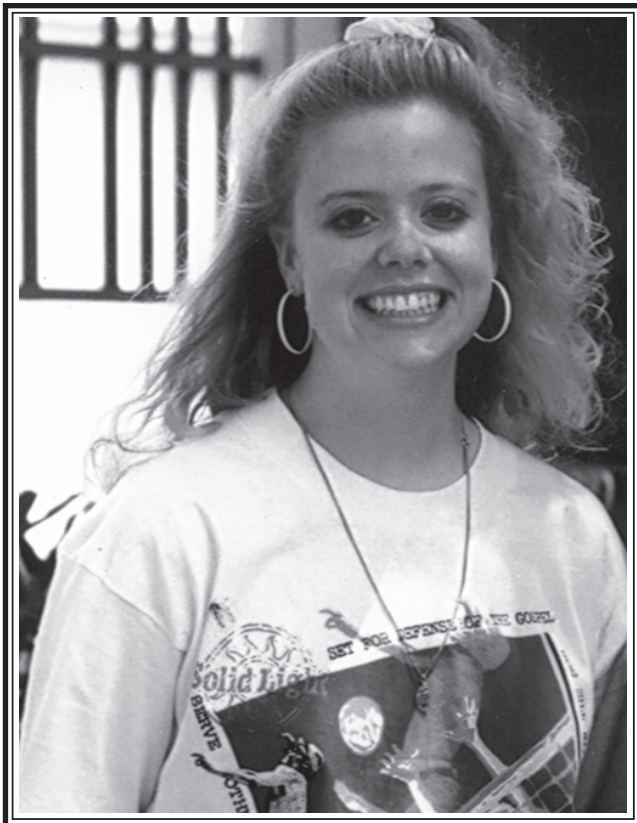
We have been missing all that you were for nearly 20 years, and it still feels like yesterday.

All the memories of us together are so vivid. I'm glad for them, even though the memories hurt.

Thank you for everything you were. You were always there when we needed you, and probably didn't really know how much we appreciated you.

We are so glad you were  
a part of our lives.

Our love always,  
Mom and Michael



## CLARA HARRINGTON-JONES

*Aug. 26, 1994 ~ Aug. 26, 1994*

My Dear Precious Clara:

There is a lovely verse that speaks these words:

*"Life's most beautiful things are not seen  
with the eyes, but felt with the heart."*

For almost 20 years I have been feeling you with my heart, unable to hug you or touch you in the way any mother yearns to with her child.

I am unsure of most things in life anymore, but of this I am certain - when we see each other for the first time, there will be no doubt who belongs together. I will know my "baby" immediately!

Until then, I love you  
more and more,

Your Mom



*Submitted in Loving Memory by Mary Harrington, Topeka TCF Chapter*

# Musings

Isn't it strange that things we once took for granted, have changed so much?

Things like the soft wings of a brilliantly colored butterfly, or the radiant colors in the sky at dawn and sunset or perhaps a song we heard in passing or a movie, we once took for granted. But now, these very same things can bring on tears and leave us feeling a deep sense of longing.

Why? Are these not the same as before? What changed? We did. The things we once took for granted are now viewed with much more than human eyes. We now experience these things through the eyes of a broken heart.

I believe grief gives us a very different view on things. A heart bruised and broken by loss has a new tenderness and compassion. Just look inside yourself at how your views have changed. I also believe this is our children speaking to us saying ... look at the beauty and know that I am still near.

~ Sheila Simmons, TCF Atlanta, In Memory of my son Steven Simmons

# Rosebush Full Of Blooms

On a rosebush full of blooms, there is occasionally one rose more fragile than the rest. Nobody knows why. The rose receives the same amounts of rain and sun as its neighboring blooms: it receives the same amounts of food and water from the earth, of clipping and tending and gentle encouragement from the gardener.



Its time on earth is neither more nor less significant than that of the other blooms alongside. It has all the necessary components to become what it is intended to be: a beautiful flower, fully open, spreading its petals and fragrance and color for the world to see.

But for some reason, once in a while, a single rose doesn't reach maturity. It's not the gardener's fault, nor the fault of the rose. So it is that sometimes, despite the best growing conditions, the best efforts of the gardener, the best possibilities for a glorious blooming season, a particularly fragile rose will share its growth for awhile, then fade and die. And the gardener and the rosebush and the earth and all around grieve.

We are never ready for a loss, not for the loss of a promising rosebud, whose life appears ready to unfold with brilliant color and fulfillment, in the midst of our grieving, we can remember the glimpses of color and fragrance and growth that was shared. We can love the fragile rose and the fragile soul for the valiant battles won and the blooming that was done.

And as our own petals unfold, we can remember the softness and beauty of those who touched us along the way.

~ Ernestine Clark, TCF, Oklahoma City OK

And once the storm is over,  
you won't remember  
HOW YOU *made it through*,  
HOW YOU *managed to survive*.

You won't even be sure  
whether the storm is really over.

But one thing is certain.

When you come out of the storm,  
YOU WON'T BE THE SAME PERSON  
WHO WALKED IN.



**The  
Compassionate  
Friends**  
Supporting Family After a Child Dies

~Haruki Murakami

# **The Compassionate Friends**

Topeka Chapter, c/o Midland Hospice Care., Inc.  
200 S.W. Frazier Circle, Topeka, KS 66606-2800

**A self-help organization offering friendship and  
understanding to bereaved parents and siblings.**

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## **TCF CREDO**

We need not walk alone. We are The Compassionate Friends.  
We reach out to each other with love, with understanding, and with hope.

The children we mourn have died at all ages and from many different causes, but our love for them unites us.  
Your pain becomes my pain, just as your hope becomes my hope.

We come together from all walks of life, from many different circumstances.  
We are a unique family because we represent many races, creeds, and relationships.  
We are young, and we are old. Some of us are far along in our grief,  
but others still feel a grief so fresh and so intensely painful that they feel helpless and see no hope.

Some of us have found our faith to be a source of strength, while some of us are struggling to find answers.  
Some of us are angry, filled with guilt or in deep depression, while others radiate an inner peace.  
But whatever pain we bring to this gathering of The Compassionate Friends, it is pain we will share,  
just as we share with each other our love for the children who have died.

We are all seeking and struggling to build a future for ourselves, but we are committed to building a future together.  
We reach out to each other in love to share the pain as well as the joy, share the anger as well as the peace,  
share the faith as well as the doubts, and help each other to grieve as well as to grow.

We need not walk alone. We are The Compassionate Friends.