



THE COMPASSIONATE FRIENDS

TOPEKA CHAPTER

Supporting Family After a Child Dies

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NEWSLETTER - Issue #2
The Compassionate Friends, Inc.
National Headquarters, P.O. Box 3696
Oak Brook, IL 60522-3696
Toll Free 877-969-0010; Fax (630) 990-0246

National TCF Website:
www.compassionatefriends.org

NEW Topeka TCF Chapter Website:
www.tcftopeka.org

March~April 2015
Editor: Susan Chan
3448 S.W. Mission Ave.
Topeka, KS 66614-3629
(785) 272-4895

MARCH MEETING

Monday, March 23, 2015
Most Pure Heart of Mary Church
3601 S.W. 17th St., Topeka, KS
7:00 - 8:30 p.m.

Know Me, Know My Child- This meeting offers each of us an opportunity to share something about our child, grandchild or sibling. Plan to bring a story, a poem, some music, a piece of clothing, a book, a photograph, or a toy--anything that you would like to share that relates to your loved one. In our group we understand the importance of remembering and being able to talk about our children in a loving and supportive atmosphere of acceptance and non-judgement. As we get to know each other, let's also get to know each child's story, their likes and dislikes, their favorite thing to eat, whatever you would like to share.

APRIL MEETING

Monday, April 27, 2015
Most Pure Heart of Mary Church
3601 S.W. 17th St., Topeka, KS
7:00 - 8:30 p.m.

Where am I at on My Grief Journey?- Some of us are many years along on our individual grief journeys. Others are very new to the grief experience and are just beginning their journey. We know that each individual's grief journey is as unique as their fingerprints, but we also often share many common experiences and challenges. Sometimes the grief experience is so unpredictable that we may feel we are not making any progress in our grief work. This meeting offers us an opportunity to talk about where we are in our journey, share the progress we feel we have made or talk about the obstacles that seem to keep us "stuck" in our grief.

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:

*Gary & Susan Chan in loving memory of their daughter
Rachael Reneé Chan who died on March 17th*

*Mark & Debi Harvey in loving memory of their son
Nathan Harvey who died on April 10th*

*Phil & Louise Jenkins in loving memory of their daughter
Teresa Jenkins Carson who was born on April 7th*

*Kathy Kaesewurm in loving memory of her brother
Terry Edward Burns who died on April 15th*



*Lori Neddermeyer in loving memory of her daughter
Madison "Maddie" Naill who died on March 19th*

*James & Doris Palmberg in loving memory of their
son Eric Alan Palmberg who was born on April 14th*

*Tom & Debbie Schuetz in loving memory of their son
Evan Michael Schuetz who died on April 17th*

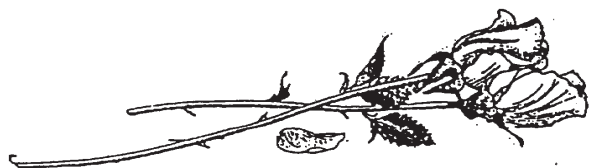
*Damon & Collene Tucker in loving memory of their
daughter Brittany Nicole Tucker who was born on
April 30th and died on March 11th*

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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ATTENTION! PLEASE NOTE

It's that time of year again when we need you to let us know if you wish to remain on the Newsletter Mailing List for 2015. If you have just begun receiving this newsletter in 2014, you will continue to get it through 2015. If you received it prior to 2014, you will need to let us know if you wish to continue receiving it. Send in the yellow RSVP Sheet from the Jan/Feb newsletter NOW! We will cull the mailing list beginning with the May/June 2015 edition, so we need to hear from you by April 1st.



We Need Not Walk Alone

From the Chapter Coordinator

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

Dear Compassionate Friends Family,

Hopefully Spring will soon be arriving in Kansas and we can look forward to some warmer weather and the beauty of the flowers and plants that will be awakening from their winter slumber. I wanted to make you aware of several things this month:

1. If you wish to remain on the Topeka TCF Chapter newsletter mailing list, please return the yellow form found in the January/February 2015 issue. We want everyone who wants to receive the newsletter to do so, but we also need to keep our list updated. The one exception is those families who experienced the death of their child, grandchild or sibling in 2014 and thus far into 2015. They will remain on the list for one full year following their loss unless they specifically request to have their name removed. All others who have been receiving the newsletter for some time need to return the yellow form by April 1, 2015. We will cull the mailing list beginning with the May/June newsletter.

2. I hope many of you are planning to go to the National TCF Conference in Dallas, TX in July. There are currently over 100 workshops planned on all aspects of grief as well as several special events, wonderful keynote speakers and the national Walk to Remember. Reservations for the hotel are now open through the national TCF website www.compassionatefriends.org (look under News and Events/National Conferences). Rooms at the main conference hotel will fill up quickly, so I would encourage you to make your reservation NOW; you can always cancel it if you find you cannot attend. In the coming weeks, you will be able to register online for the conference, the national Walk to Remember, and have an opportunity to sponsor a Shining Star featuring your loved one's photo. An insert is included in this newsletter about this sponsorship opportunity.

3. Mark your calendars now for a special guest speaker we will have at our August 24th regular meeting. Dennis Apple, author of "Life After the Death of My Son - What I'm Learning", will be speaking on "Confessions of a Grief Bully". Dennis and Buelah Apple's 18-year-old son Denny died from complications of mono. Dennis will be speaking about how some people try to "bully" us out of our grief. We are very excited to be able to offer this special program, and hope many of you will plan to attend. We will have more information about this program in upcoming newsletters and on our Chapter website (www.tcftopeka.org)

In Love They Are Remembered. In Memory They Live.

Until next time, be patient and let the healing happen

~Susan Chan, Coordinator

Notice on Walk to Remember

We regret to announce that the Topeka TCF Chapter will not be holding a Walk to Remember in April this year. With the combination of the City of Topeka and Shawnee Country Parks and Rec Departments, the cost of having a walk event in Gage Park went from \$65.00 to \$235.00 and required organizations holding a walk event to not only rent a shelterhouse but also the bandshell. We will be seeking alternate sites and will hopefully be able to hold a Walk to Remember in 2016. We will keep you apprised through this newsletter and our Chapter website at www.tcftopeka.org

~Topeka TCF Chapter Steering Committee



Hope to See You in Dallas!
Check out the TCF website
for further information.
www.compassionatefriends.org

Upcoming Events/Dates to Remember

July 10-12, 2015 - 38th National Compassionate Friends Conference in Dallas, TX. See more information at www.compassionatefriends.org

October 2-4, 2015 - TCF Regional Conference, Rochester, MN. The theme of this conference is "Hope and Healing for Our Broken Hearts"

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:

- ♥ Julie Diaz in loving memory of her daughter Kristi Diaz who died on April 7th, and her grandson Kyle Horn who died on March 26th
- ♥ Dennis & Linda Flanagan in loving memory of their sons - Randy Flanagan who was born on May 14th and Ryan Flanagan who was born on April 24th
- ♥ Mary Harrington in loving memory of her children John Carl, Jaime M. and Juliet Faith Harrington, and Clara Harrington-Jones
- ♥ Richard & Robin Heuer in loving memory of their granddaughter Alexis "Lexie" Diane Salmon who was born on July 11th and died on June 5th
- ♥ Margaret Kramar in loving memory of her son Spenser Thomas Good who died on April 30th
- ♥ Phil & Louise Jenkins in loving memory of their daughter Teresa Jenkins Carson who was born on April 7th
- ♥ Tom & Debbie Schuetz in loving memory of their son Evan Michael Schuetz who died on April 17th
- ♥ Todd & Kathleen Williams in loving memory of their Baby Boy who was stillborn on February 23rd

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). Makes 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

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

Compassionate Friends web address:
www.compassionatefriends.org

Topeka TCF Chapter NEW web address:
www.tcftopeka.org

Kansas Regional Coordinator:
Marty & Renda Weaver - (785) 823-7191

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.

Jourdan Suzanne Albee, daughter of Stan and Julie Albee, died on May 10th

Scott Michael Allen, son of Cleo and Dee Allen, died on April 15th

Nicole Rae Amon, daughter of Dennis and Shelly Amon, born April 18th; died on April 13th

Tyauna Ché-Charisse Anthony, daughter of Perri and Tina Anthony, born May 2nd

Zachary Scholl Arnold, son of Norman Arnold, died May 11th

James Warren Arnold, son of Anne Roberts, died May 5th

Alexandra "Ali" Artzer, daughter of Dennis and Nancy Artzer, died on May 30th

Byron Ashworth, son of Dean and Sylvia Weichold, born April 2nd

Brandon Asuncion, son of Lori Bailey; brother of Justin and Tarren Asuncion, who was born on April 6th

Cain Robert Baker, son of Rhonda Payne, born May 17th

Tim Baker, son of Charles D. and Millie Baker, born April 30th

Devbie Ballard, daughter of Bonnie Ott, died on April 6th

Diane Joy Bandstra, daughter of Bert and Elaine Bandstra, born May 24th

Anne J. Cameron Barton, daughter of Alan and Alice Cameron, died April 20th

Brandee Earlene Bastian, daughter of Robert Bastian and Cary Roudybush, born April 23rd

Paul Duane Baxter, son of Walter and Goldie Baxter, died April 10th

Antwon L. Blanks, son of Robert E. Blanks, died April 16th

Derek G. Bodeman, son of Becky S. Bodeman, died on May 6th

Joshua James Bogdan, son of Joseph F. Bogdan and Angelika Bergman, died May 25th

Kelly Bogner, daughter of Carole Bogner, born on April 10th

Lucas William Brady, son of Sandra Brady, died April 3rd

Kirk Alan, Brown, son of Kenneth and Doris Brown, born May 13th; died April 3rd

Terry Edward Burns, son of Kenneth and Eleanor Burns, and brother of Kathy Kaesewurm, died April 15th

Teresa Jenkins Carson, daughter of Phillip and Louise Jenkins, born April 7th

Derrick Christenberry, grandson of Isabel Christenberry, born May 9th; died April 27th

Kaden Lawrence Clark, son of Kevin and Laura Clark, born March 17th

Carolyn Uhl Cook, daughter of Dwight and Doris Uhl, died April 15th

Tavion Cooper, son of Lisa Cooper, born May 15th

Gary E. Corley, son of William E. and Ida Corley, born May 29th

Timothy Brogan Crawford, son of Lori Eigenman, died on May 4th

Amanda Kay Cunningham, daughter of Stacey McCain; sister of Josh and Adam, born April 27th

Mark Patrick Davidson, son of Dave and Gerry Davidson, died April 10th

Twila Juyne Davidson, daughter of Alva and Dorothy Davidson, born May 1st

Kristi Diaz, daughter of Julie Diaz, died April 7th

Michael Ray Donoho, son of Tammy Collins and Dennis Donoho; and stepson of Edward Collins and Debbie Donoho, died April 11th

Macy Vail Donnell, daughter of Crysti and Rob Sheldon, died May 8th

Steven Louis Douglas, son of Norton E. and Barbara L. Douglas, died April 17th

Donald R. Duncan, son of Bill and Sandy Duncan, died May 5th

Donna L. Ellis, daughter of Donald and Mary Rickel, born April 10th

Janella Ruth Pomeroy Evans, daughter of Elwaine and Joanne Pomeroy, born April 25th; died April 16th

Azure Ann Fisher, daughter of Shelly Ross, born May 16th

Claire Elise Fisher, daughter of Debra Fisher, died born May 15th

Jeff Fitzgibbons, son of Bill and Jean Fitzgibbons, died April 8th

Randy Flanagan, son of Dennis Flanagan, who was born on May 14th

Ryan Flanagan, son of Dennis Flanagan, who was born on April 24th

Luke Edwin Forsberg, son of Gene and Peggy Forsberg, who was born on May 4th

Richard Brian Gilbert, son of Rick and Carla Gilbert, died April 10th

Naomi Glaser, sister of Marianne Carlson, born May 13th

Spenser Thomas Good, son of Margaret Kramer, died April 30th

James C. Graber, son of Walter J. Graber and Theresa M. Murrey, born April 12th

Ryan Mathew Hair, son of Janis (Hair) Humbert, died May 26th



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

Grayson C. Harder, son of Will and Cassie Harder and grandson of Bill Harder, died May 27th



James (Jim) Harrell, son of Edna Harrell-Snyder, born May 22nd; died on April 8th

George Harrington, son of Frances Mitchell, born May 5th

Randy Harris, son of George and Polly Harris, died May 3rd

Seth Harris, son of Brian Harris; brother of Bridget and Kandace Harris, who died on April 12th

Nathan Harvey, son of Mark and Debi Harvey; brother of Rachel, Amanda and Caleb Harvey; grandson of Velata Tibbs, died April 10th

Erwin Hayes, son of Ed and Judy Hayes, born May 22nd

Brenda D. Hepner, daughter of Loma Gregg, died on May 5th

Mitchell Hermreck, son of Dennis and Ann Hermreck; brother of Shelby and Raegan, who died on May 12th

Melissa Ann Hernandez, daughter of Cathy Lorraine Hernandez, born May 31st

August James (Gus) Hildebrand, son of Jim and Callie Hildebrand, died May 13th

Kevin Hirschberg, son of Dale and Dorothy Hirschberg, born May 22nd



Nason John Hobelman, son of Dee Hobelman, who died on May 7th

John Holdern, son of John Sr. and Gladys Holdren; brother of Marianne Carlson, born April 17th, died May 20th

Bill Holdern, brother of Marianne Carlson, born April 5th; died May 17th

Cheryl Kay Hoppes, daughter of Jim and Twila Taylor, born April 15th

Zachary James Hudec, son of Greg and Liz Hudec, born May 8th

Janice Bee Ogle Hunt, daughter of Velma Ogle Smidt, died May 20th

Blaine Michael Janzen, son of Brian Janzen and Christine Satchwell, and grandson of Chet and Marlece Janzen, born May 2nd

Brittani Jeanneret, daughter of Ron and Lisa Jeanneret, died May 19th

Abbey Jordan, daughter of Don and Joanie Jordan, who was born on April 13th

Daniel Craig Katsbulas, son of Gus and Amelia Katsbulas, born May 22nd



Brandon Keil, great-grandson of Kathleen Bryan, born and died May 31st

Michael "Mike" Dean Kidney, son of Forrest and Susan Kidney, died May 2nd

Lawrence Alan Kout, son of Muryln and Lucille Kout, born April 17th



Sherry Lynn Kraus, daughter of Shirley Kraus, who was born on May 29th

Cara Elizabeth Kroll, daughter of Joseph Kroll, step-daughter of Brenda Kroll, sister of Christopher Kroll, who was born on May 14th

Andrew Garrett Lindeen, grandson of Mary J. Lindeen, born May 8th

Pelepesite Mariner, daughter of Ieu and Winnie Mariner, born May 10th

Jason McNaughton, son of Patty Wiltz, born on May 8th

Katie Mika, daughter of Robert and Rita Mika, died May 8th

Jeffrey Morgan, son of Joy Morgan, died April 13th

Nathan W. Muggy, son of Bill and Dorothy Muggy, died May 16th

Jerry James Oldham, son of James and Claudette Oldham, born April 6th

Eric Alan Palmberg, son of Jim and Doris Palmberg, born on April 14th

Zachary Patton, son of Terry and Debbie Patton and grandson of Esther D. Coe, born April 4th

Jess Franklin Queen, son of Doran and Phyllis Hobbs, died April 14th

Misty Redd, daughter of Larry and Nancy Redd, died May 16th

Casey Wm. Reed, son of Bill Reed and Ila Baker, born on May 19th

Dustin Dee Reece, son of Terry C. Allen and Barbara J. Reece Allen; and grandson of Marilyn Reece, born April 23rd, died May 22nd

William V. "Bill" Ryan, son of Virgil and Flora Lee Ryan, died April 2nd



Suzann Sann, daughter of Billy and Patricia Sullivan, born May 8th

Kristin Saragusa, daughter and step-daughter of Jim and Suzi Saragusa, died May 20th

Kathy Lynn Schmelzle, daughter of Pat and Patty Schmelzle, died April 19th

Evan Michael Schuetz, son of Tom and Debbie Schuetz, died April 17th

Lillie Ann Marie Seibel, granddaughter of Becky Eck, died on April 13th

Jeremy Ryan Siess, son of Richard and Beth Siess, died April 28th

Rachel Diana Sowers, daughter of Bill and Diana Sowers, died May 17th

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

Amy Mitchell Spencer, daughter of Loren and Beth Spencer;
Richard Dylan Spencer, son-in-law of Loren and Beth Mitchell;
and Chase and Ansley Spencer, granddaughters of Loren and
Beth Mitchell, died in a airplane accident on April 22nd

Ryan Paul Stack, grandson of Donald
and Evelyn Monroe, born May 17th



Michael Stanley, son of Kim Nerdenthal, who died on May 14th

Ava Steinlage, daughter of Shana Steinlage, died on April 28th

Jaeden Dena Stewart, daughter of Jason and Karissa Stewart,
born April 3rd; died May 12th

Peter Andrew Swalm, son of Mike and Jan Swalm, died April 23rd

Sydney Diane Tate, daughter of Jeff and Misty Tate, born April 30th

Charles W. "Chuckie" Taylor, son of Charles M. and Alice M.
Taylor and brother of Linda and Karen, born April 1st

Gladys Ann Stewart Tipton, daughter of John and Arletis Stewart,
born May 6th

Patrick Murphy Tollefson, son of Allen and Madeline Tollefson,
died April 1st

Stephanie Ann Tremblay, daughter of Doug Tremblay,
died May 31st

Brittany Nicole Tucker, daughter of Damon and Collene Tucker,
born April 30th



Lynda E. Turner, sister of Woody Turner, born May 12th

Bryan M. Turner, son of Woody Turner, born May 1st

Macy Vail, daughter of Crysti Reese-Sheldon, died May 8th

Marc Darrel Van Vleck, son of Frank and Susan Van Vleck,
born May 21st

Mariana Villegas-Singleton, daughter of Seth and Amy Meyer,
died May 21st

Larry Eugene Walters, son of Hurbert and Margaret Walters,
died May 4th

Chad Nicholas Ward, son of Charles R. Hill and Shondi L. Ward,
died May 9th

Kerensa Kaye Ward, daughter of James F. Sosebee and Carol Sue
Ward, born on April 26th

Taylor William Clay Watson, son of Terry and Kathy Watson,
born April 12th

Robbie Weakland, son of Bob and Lori Weakland, born May 10th

Christopher Wempe, son of Dan and JoAnn Wempe,
died on May 12th



Jacob Wessel, son of Mark and Susan Wessel,
died on April 19th

Victoria Nicole White, daughter of Kalila Boldridge and Robert
A.F. White, died April 8th

Amanda Wohlgemuth, daughter of Penny Alton, born April 25th

(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 April and May)

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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 _____

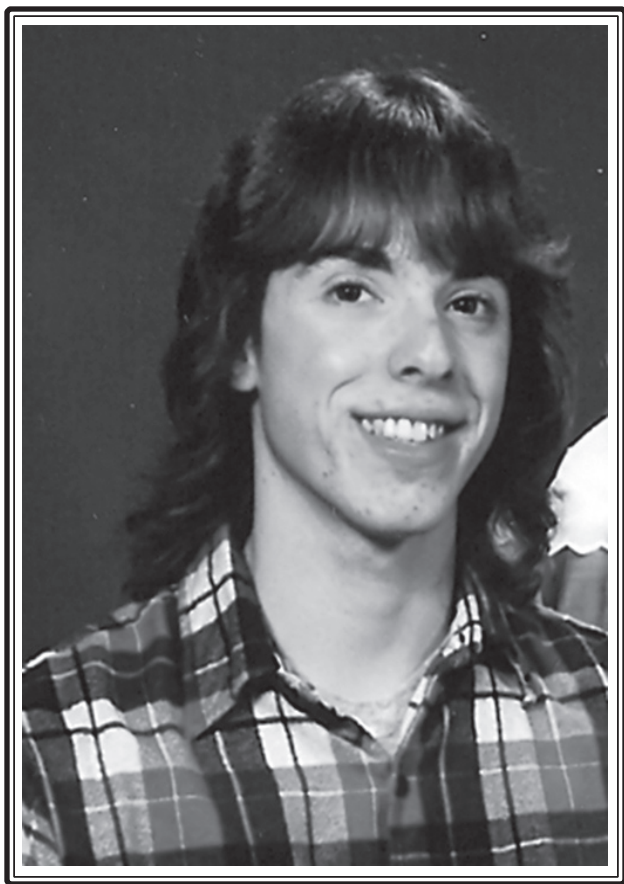
Father _____ Mother _____

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

John Carl Harrington

Dec. 15, 1967 ~ March 18, 1997



High Flight

Oh! I have slipped the surly bonds of Earth
And danced the skies on laughter-silvered wings;
Sunward I've climbed, and joined the tumbling mirth
of sun-split clouds -- and done a hundred things
You have not dreamed of -- wheeled and soared and swung
High in the sunlit silence. Hov'ring there,
I've chased the shouting wind along, and flung
My eager craft through footless halls of air...

Up, up the long, delirious burning blue
I've topped the wind-swept heights with easy grace
Where never lark or even eagle flew -
And, while with silent lifting mind I've trod

The high untrespassed sanctity of
space,
Put out my hand, and touched the
face of God.

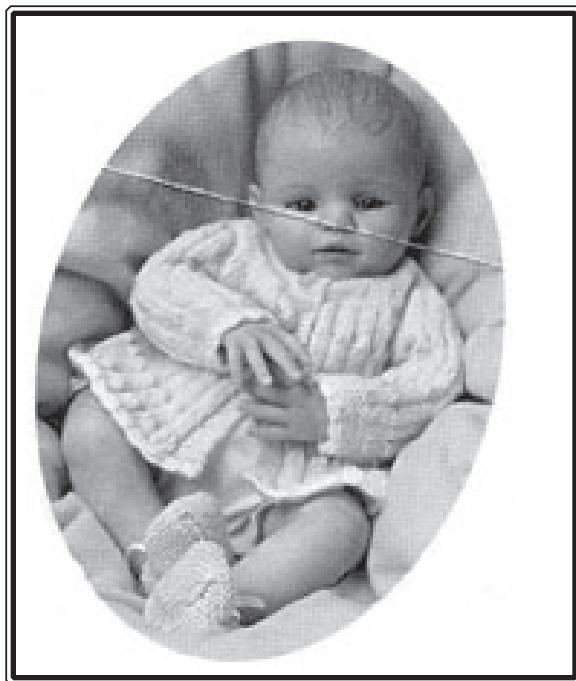


~John Gillespie Magee



Jaime M. Harrington

Feb. 3, 1975 ~ Feb. 3, 1975



*Twinkle, twinkle little star.
How I wonder what you are.
Up above the world so high
Like a diamond in the sky.*

~Jane Taylor



The Melody of Life

The melody that the loved one played
upon the piano of your life
will never be played quite that way again,
but we must not close the keyboard
and allow the instrument to gather dust.

We must seek out other artists of the spirit,
new friends who gradually will help us
to find the road to life again,
who will walk that road with us.

~Rabbi Joshua Liebman, TCF, Tuscaloosa, AL



Good Advice?

On a very dark day in winter,
When your eyes have forgotten
the color of apple trees...

On a very dark day in winter,
count the days (sixty days?)
until Spring.

On a very dark day in winter
When your mind can't remember
the color of memories...

On a very dark day in winter,
reach for the healing kindness of time.

~ Sascha Wagner, TCF Poet Laureate



TCF Facebook Resources

The following are closed and moderated Facebook groups for various kinds of loss. You can connect with any of these groups through the listed links and by requesting to join the group.

TCF - Loss to Substance Related Causes

Moderators: Barbara Allen and Mary Lemley

<https://www.facebook.com/groups/1515193738693712/>

TCF - Loss to Suicide

Moderators: Cathy Seehuetter and Donna Adams [https://](https://www.facebook.com/groups/1550029471893532/)

www.facebook.com/groups/1550029471893532/

TCF - Loss to Homicide

Moderators: Debbie Floyd and Kathleen Willough-

by <https://www.facebook.com/groups/924779440868148/>

TCF - Infant and Toddler Loss

Moderators: Susan Peavler and Tiffany Barraso

<https://www.facebook.com/groups/1511758585777339/>

TCF - Sibling Loss to Substance Related Causes

Moderators: Andrea Keller and Barbara Allen

<https://www.facebook.com/groups/1516508415263760/>

The Compassionate Friends Sounds of the Siblings (for bereaved siblings) Moderators: Tracy Milne and Keith Singer <https://www.facebook.com/groups/21358475781/>

The Compassionate Friends Chapter Leadership (for anyone currently serving on a Chapter Steering Committee) Moderator: Debbie Rambis

<https://www.facebook.com/groups/1422251371371148/>

**In Memory of
Brittany Nicole Tucker
Apr 30, 1987 – Mar 11, 01**

**I heard someone
whisper your name.
When I turned around
to see who it was
I found myself alone.
Then I knew it was
my heart missing you.**



**Love is holding on to the memories that only the heart can see.
We miss you every second of every day.**

**Love, Mom and Dad
Mar/Apr 2015**

A Special and Important Message to Our New Compassionate Friends

If you are newly bereaved and have recently attended your first Compassionate Friends meeting, you may have left the meeting feeling overwhelmed and emotionally drained. With the heavy load of grief you are carrying, you cannot bear to hear about all the pain shared at meetings. Consequently, you may have decided not to return. We would like to let you know that these feelings are common to all our members, many of whom resolved not to expose themselves to such anguish again, but were drawn back by the knowledge that they were among those who "know how you feel".

Please give us at least **three** tries before you decide whether or not the meetings are for you. You will find a network of caring and support which will help you as you travel your grief journey, and most assuredly, you will find hope along the way. We truly care about you and want to make certain that no bereaved parent ever needs to walk this path alone.

---Topeka TCF Chapter Steering Committee

Additional Support Group Resources

HEALs - Healing after loss of suicide offers support to all survivors affected by the loss of a loved one to suicide. Meetings are at 7 p.m. on the 1st and 3rd Tuesday of each month. Pozez Center (north side of Stormont Vail). Contact Information: Sandy Reams 785-249-3792 or email sreams67@gmail.com

Pregnancy and Infant Loss Group - Meets 1st and 3rd Thursdays of the month from 6-8 p.m. at the Pozez Education Center. The group, which has regular meetings to share information and experiences, also has a blog for members that offers communication, resources and support. If you are interested in learning more about the blog, please email lrosen@stormontvail.org. For information call (785) 354-5225.

From Victims to Survivors - Support group for families who have had a loved one murdered. The group meets the fourth or last Wednesday of each month at Unitarian Universalist Fellowship, 4775 S.W. 21st. For more information, call Bill Lucero at 232-5958 or see <http://fromvictimstosurvivors.com>.

Are You Moving?

If you move, please let us know your new address so you can continue to receive this newsletter. It costs the Chapter 65 cents every time a newsletter is returned by the Post Office with an outdated address. Please send address changes to: Susan Chan, 3448 SW Mission Ave., Topeka, KS 66614-3629. You may email address changes to chanx2@cox.net. We appreciate your cooperation as this will save the Chapter money which can be better spent on bereavement outreach. If, for any reason, you wish to have your name removed from our mailing list, please drop me a note or email and I will take your name off the list.

LEARNING for LIFE CENTER 1709 SW Randolph Ave., Topeka, KS (behind Chez Yasu restaurant)

presents
Esther Luttrell's

"Between Heaven & Earth" Intensive Interactive Life-After-Death Workshop

Friday, March 20, 2015
5:30 pm - 7:30 pm

The lesson to be learned is that LIFE AND LOVE ARE ETERNAL. How do we learn to live again without our loved ones? Can we connect with them? How can we begin the healing process?

Join author and bereaved mother Esther Luttrell for a healing, interactive discussion. You will hear her own personal story of incredible loss, and how she learned to live again with joy and hope. Now she shares that process with everyone who has suffered the pain of loss, and shows them how they can communicate with their loved one. (*Editor's Note: Esther is not a medium or a psychic, but speaks from her own personal grief journey and experiences.*)

You will hopefully leave the workshop with the tools necessary to have your own experience with your loved one. Whatever has kept you from fully experiencing a joyous reunion, will be removed.

Knowing that our loved ones live on gives us the strength and security needed to face the most difficult challenges. In this workshop, you will discover your own intuitive abilities and develop the sensitivity to connect with the Other Side.

Upon completion of this intensively interactive workshop, your perspective on life, love, and the after-life may be forever changed.

"The key is to accept that paranormal is perfectly normal. Life will not die, it will only change forms. The bond you have with your loved one can never be broken."

~ from Esther's workshop

THERE IS NO CHARGE FOR THIS WORKSHOP
LOVE GIFT OFFERING BASIS ONLY

Madison "Maddie" Rae Naill 1996 ~ 2012



9th Grade



Maddie,

It is hard to believe that it has been three years since the nightmare of not having you here with us began. We all know you are in a glorious place – still, we would rather you were here. We miss your smile, spunk and sense of humor. Your friends miss you very much, too—you should be in your first year of college, too.

Love, Mom & Mark, Dad, Allie, Jesse, Cale, Braden, Grams & Gramps, Lisa and Lexi



10th Grade



Kindergarten



5th Grade

FIVE STAGES OF GRIEF - *Common Misconceptions and Clarifications*

By David Kessler
www.Grief.com

The stages have evolved since their introduction and they have been very misunderstood over the past three decades. They were never meant to help tuck messy emotions into neat packages. They are responses to loss that many people have, but there is not a typical response to loss as there is no typical loss. Our grief is as individual as our lives.

The five stages, denial, anger, bargaining, depression and acceptance are a part of the framework that makes up our learning to live with the one we lost. They are tools to help us frame and identify what we may be feeling. But they are not stops on some linear timeline in grief. Not everyone goes through all of them or in a prescribed order. Our hope is that with these stages comes the knowledge of grief's terrain, making us better equipped to cope with life and loss. At times, people in grief will often report more stages. Just remember your grief is as unique as you are.

DENIAL: This first stage of grieving helps us to survive the loss. In this stage, the world becomes meaningless and overwhelming. Life makes no sense. We are in a state of shock and denial. We go numb. We wonder how we can go on, if we can go on, why we should go on. We try to find a way to simply get through each day. Denial and shock help us to cope and make survival possible. Denial helps us to pace our feelings of grief. There is a grace in denial. It is nature's way of letting in only as much as we can handle. As you accept the reality of the loss and start to ask yourself questions, you are unknowingly beginning the healing process. You are becoming stronger, and the denial is beginning to fade. But as you proceed, all the feelings you were denying begin to surface.

ANGER: Anger is a necessary stage of the healing process. Be willing to feel your anger, even though it may seem endless. The more you truly feel it, the more it will begin to dissipate and the more you will heal. There are many other emotions under the anger and you will get to them in time, but anger is the emotion we are most used to managing. The truth is that anger has no limits. It can extend not only to your friends, the doctors, your family, yourself and your loved one who died, but also to God. You may ask, "Where is God in this? Underneath anger is pain, your pain. It is natural to feel deserted and abandoned, but we live in a society that fears anger. Anger is strength and it can be an anchor, giving temporary structure to the nothingness of loss. At first grief feels like being lost at sea: no connection to anything. Then you get angry at someone, maybe a person who didn't attend the funeral, maybe a person who isn't around, maybe a person who is different now that your loved one has died. Suddenly you have a structure -- your anger toward them. The anger becomes a bridge over the open sea, a connection from you to them. It is something to hold onto; and a connection made from the strength of anger feels better than nothing. We usually know more about suppressing anger than feeling it. The anger is just another indication of the intensity of your love.

BARGAINING: Before a loss, it seems like you will do anything if only your loved one would be spared. "Please God," you bargain, "I will never be angry at my wife again if you'll just let her live." After a loss, bargaining may take the form of a temporary truce. "What if I devote the rest of my life to helping others. Then can I wake up and realize this has all been a bad dream?" We become lost in a maze of "If only..." or "What if..." statements. We want life returned to what it was; we want our loved one restored. We want to go back in time: find the tumor sooner, recognize the illness more quickly, stop the accident from happening...if only, if only, if only. Guilt is often bargaining's companion. The "if onlys" cause us to find fault in ourselves and what we "think" we could have done differently. We may even bargain with the pain. We will do anything not to feel the pain of this loss. We remain in the past, trying to negotiate our way out of the hurt. People often think of the stages as lasting weeks or months. They forget that the stages are responses to feelings that can last for minutes or hours as we flip in and out of one and then another. We do not enter and leave each individual stage in a linear fashion. We may feel one, then another and back again to the first one.

DEPRESSION: After bargaining, our attention moves squarely into the present. Empty feelings present themselves, and grief enters our lives on a deeper level, deeper than we ever imagined. This depressive stage feels as though it will last forever. It's important to understand that this depression is not a sign of mental illness. It is the appropriate response to a great loss. We withdraw from life, left in a fog of intense sadness, wondering, perhaps, if there is any point in going on alone? Why go on at all? Depression after a loss is too often seen as unnatural: a state to be fixed, something to snap out of. The first question to ask yourself is whether or not the situation you're in is actually depressing. The loss of a loved one is a very depressing situation, and depression is a normal and appropriate response. To not experience depression after a loved one dies would be unusual. When a loss fully settles in your soul, the realization that your loved one didn't get better this time and is not coming back is understandably depressing. If grief is a process of healing, then depression is one of the many necessary steps along the way.

ACCEPTANCE: Acceptance is often confused with the notion of being "all right" or "OK" with what has happened. This is not the case. Most people don't ever feel OK or all right about the loss of a loved one. This stage is about accepting the reality that our loved one is physically gone and recognizing that this new reality is the permanent reality. We will never like this reality or make it OK, but eventually we accept it. We learn to live with it. It is the new norm with which we must learn to live. We must try to live now in a world where our loved one is missing. In resisting this new norm, at first many people want to maintain life as it was before a loved one died. In time, through bits and pieces of acceptance, however, we see that we cannot maintain the past intact. It has been forever changed and

we must readjust. We must learn to reorganize roles, re-assign them to others or take them on ourselves. Finding acceptance may be just having more good days than bad ones. As we begin to live again and enjoy our life, we often feel that in doing so, we are betraying our loved one. We can never replace what has been lost, but we can make new connections, new meaningful relationships, new interdependencies. Instead of denying our feelings, we listen to our needs; we move, we change, we grow, we evolve. We may start to reach out to others and become involved in their lives. We invest in our friendships and in our relationship with ourselves. We begin to live again, but we cannot do so until we have given grief its time.

MISCONCEPTIONS ABOUT THE FIVE STAGES OF GRIEF

Loss is a fact of life, and so are the reactions that follow, but the grief that accompanies significant loss is frequently misunderstood. Here are some of the more commonly held myths and misconceptions about grief, along with the facts to dispel them:

MISCONCEPTION #1 “The Five Stages of Grief are linear and must happen one right after another.” Not True - The same way grief is unique as our fingerprint, how the stages will occur in someone’s life is also unique to them.

MISCONCEPTION #2 “You must go through all of the five stages.” Not True - Some people never go through the anger stage. Some people are never in denial. Some never find acceptance.

MISCONCEPTION #3 “The five stages only occur once.” Not True - We often go through stages multiple times. We may experience them when a diagnosis happens and then again when the prognosis turns bad. Again, when a love one dies and many times over again in grief.

MISCONCEPTION #4 “We must follow the five stages.” Not True - The stages reflect where we are. What makes what Elizabeth Kübler Ross did so amazing and stand the test of time is – she didn’t create something, rather she identified something that naturally occurs in our behavior after loss and change.

MISCONCEPTION #5 “You must have exactly one of those emotions in the five stages.” Not True - The stages are general emotions that contain many other emotions. For example, Denial also contains shock. Anger contains rage, bitterness, and annoyance. Bargaining is the “if only’s” and the “what-if’s.” Depression contains sadness, despair, emptiness and yearning. Acceptance just means you acknowledge the reality of the loss. It does not mean you’re okay with it or you like it. ~ Reprinted from www.Grief.com

*Little by little, step by step,
I learned that I didn't need
To hang on to the death
To remember the life.
What a joyous discovery!*

~Kittie Brown McGowin
TCF, Montgomery, AL



March

The month of in between
In between Winter
And in between Spring

Your death has left me
Feeling in between
In between this world
And in between the next

Since you died
Nothings's the same
I no longer feel like I belong
Yet haven't wings for heaven
Though I have no heart for earth

So I'm in between with March
I'm somewhere in between.

~Naomi Holzman
TCF, Volusia/Flagler, FL

SPONSOR A SHINING STAR

The 38th TCF National Conference "Hope Shines Bright Deep in the Heart," will be held July 10-12, 2015 in Dallas, Texas.

This year's Conference Committee will offer a "Shining Star" with your child's photo featured on a photo button. Each glass star is approximately 6" wide.

The minimum donation for each picture submitted is \$15.00. If you cannot attend the Conference and would like the star sent to you, then an additional \$6.00 donation is requested to cover postage and handling.

Please allow 4 to 6 weeks after the Conference for your "Shining Star" to reach you.

We strongly recommend ordering the "Shining Star" online by placing your order and uploading the child's digital image directly through the national website: www.compassionatefriend.org. Please make sure that the child's picture is 2 1/2" x 3 1/4" (wallet size). If you are unable to submit the child's image(s) electronically, we ask that you mail the image(s) on a disk, or send a wallet-size photo (mail only a copy, as prints cannot be returned), along with payment and this order form to: The Compassionate Friends Sponsor a Shining Star, PO BOX 380011, Duncanville, TX 75138. Electronic files uploaded and on disk should be high quality of at least 300 dpi. The quality of the picture you send will determine the quality of the "Shining Star" memento picture. For questions, email tcfshiningstar@gmail.com. Deadline for placing an order is June 5, 2015.



_____ Shining Star at \$15.00/each = \$ _____

Shipping/Handling (if not attending) \$6.00/each = \$ _____

Total Amount = \$ _____

Print all information

Name of Child (as you wish it to appear) _____

Your Name _____

Phone Number _____

Email Address _____

Address _____

City _____ State _____ Zip _____