



THE COMPASSIONATE FRIENDS

TOPEKA CHAPTER
Supporting Family After a Child Dies

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Published Bimonthly by The Topeka TCF Chapter

NEWSLETTER - Issue #5
The Compassionate Friends, Inc.
National Headquarters, P.O. Box 3696
Oak Brook, IL 60522-3696
Toll Free 877-969-0010; Fax (630) 990-0246

SEPTEMBER 27, 2014
12 noon - 3:00 p.m.
21st Annual Memorial
Picnic and Dove Release
Shelter House #3
at Lake Shawnee

(Takes the place of our regular
September support group meeting)

Please Note Date Change!!

OCTOBER MEETING

Monday, October 27, 2014
Most Pure Heart of Mary Church
3601 S.W. 17th St., Topeka, KS
7:00 - 8:30 p.m.

National TCF Website:
www.compassionatefriends.org
NEW Topeka TCF Chapter Website:
www.tctopeka.org

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

21st Annual Memorial Picnic and Dove Release - We invite you to join us for this special event in loving memory of our children, grandchildren and siblings who left too soon. The event will include a potluck luncheon, a Memorial Program and a Dove Release. We will gather beginning at 11:30 am, have our lunch around noon, program beginning at 1:30 pm, with the Dove Release around 2:15 pm (times approximate). If you have **not** submitted your yellow RSVP form from the July/August newsletter, do so **by Sept. 20th**. You can also sponsor a dove in memory of your loved one for \$5.00. The Topeka Chapter will provide the meat course, rolls, condiments, ice tea and lemonade. Those attending are asked to bring one or more of the following to share: salad, vegetable and/or dessert. **Event takes place of our regular September support group meeting.** Please join us!

Handling the Holidays ~ It's getting to be "that" time of year again when we are inundated with preparations for the upcoming holidays - Halloween, Thanksgiving, Christmas, Hanukkah, Kwanza and New Years. Holiday times can be especially difficult for grieving families and this meeting will address some of the issues we face during the season of holidays. We will also talk about strategies to make the holidays less stressful and ways in which you can remember your loved one at holiday time. We invite you to bring your questions, concerns and also to share things you have found helpful in dealing with the holidays.

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:

Brenda Bissey in loving memory of her daughter
Robin Lynn Paulson who was born on October 8th

Duane & Mary Eberhardt in loving memory of their
son Jerry Eberhardt who was born on September 1st
and died on October 25th

Barbara Hale in loving memory of her daughter
Janet Pace who was born on October 9th

Joe & Bobbie Hendrixson in loving memory of their
daughter Lyndsay Jo who was born on October 27th



Joseph & Thelma Sapata and Gerald & Karen Boldra in
loving memory of their daughter and granddaughter
Molly Annette Sapata who was born on October 17th

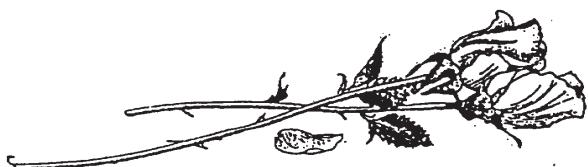
Joe & Ann Steinbock in loving memory of their son
Jeff Steinbock who died on October 11th

Don & Julie Strathman in loving memory of
their son Keith who was born on September 10th

Sara, Bob & Nikki Wallo in loving memory of their nephew
and cousin Richard Gilbert who was born on October 20th

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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We Need Not Walk Alone

Mark Your Calendars!

21st Annual Memorial Picnic & Dove Release
Saturday, September 27, 2014
Shelter House #3 on Memory Pointe
Lake Shawnee, Topeka, KS
Noon ~ 3:00 p.m.

HOPE TO SEE YOU THERE !!

From the Chapter Coordinator

Dear Compassionate Friends Family,

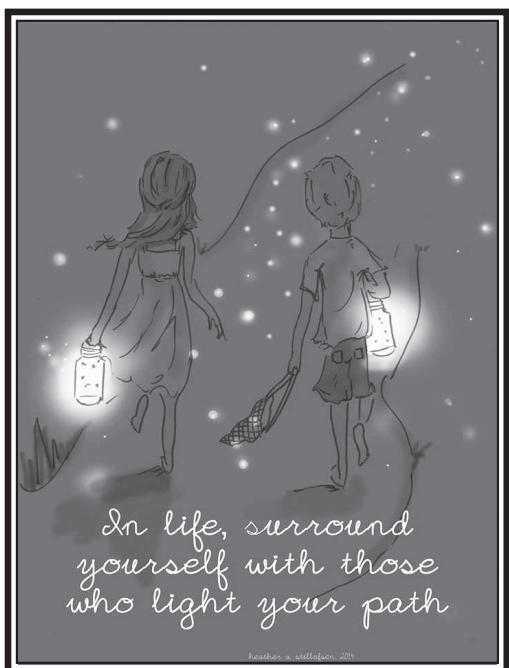
Local Topeka TCF Chapter contact info:
Phone - 785-272-4895; Email - chanx2@cox.net

We hope you are planning to join us on Saturday, September 27th for our 21st Annual Memorial Picnic and Dove Release to be held at Shelter House #3 on Memory Lane at Lake Shawnee. This special event gives us an opportunity to gather to celebrate and honor the lives of all our children, grandchildren and siblings who have left too soon. If you have not already sent in your yellow RSVP form, DO IT TODAY! The form also allows you to have an opportunity to sponsor a dove in memory of your loved one. The Dove Sponsorship fees help to cover the expenses for this event including the rental of the Shelter House and the Doves. Hope to see you there!

This year the Topeka TCF Chapter is once again going to be the recipient of a Quartermania Fundraising event that will take place on Saturday, October 18th beginning at 6 p.m. at Fairlawn Church of the Nazarene, 730 Fairlawn Rd. here in Topeka. Included among the vendors who will be there are Partylite, See Me Save, Pampered Chef, Scentsy, Wantz, Mary Kay, Tupperware, Watkins, Jamberry Nails, Goddess Dress and Premier Jewlery. The Topeka TCF Chapter gets a donation for each vendor table participating. Bidding paddles are \$3 for the first paddle and \$2 for each additional paddle. The Chapter will also be having a Bake Sale in conjunction with this event and we would certainly welcome donations of baked goods for the sale. If you would like to donate baked goods, please have items individually wrapped and bring them to the Church by 5:45 p.m. on the 18th. Last year's Quartermania was a very successful fundraising event for the TCF Chapter bringing in much needed revenue to help cover expenses such as printing and mailing of this newsletter.

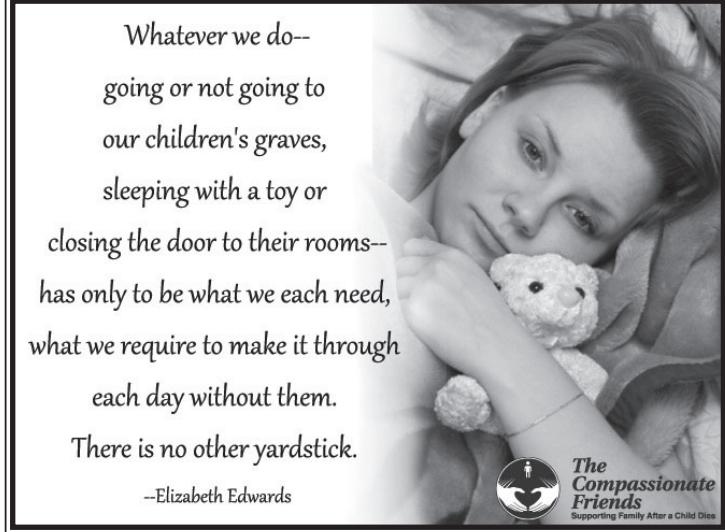
July 2014 marked the 35th anniversary of the founding of the Topeka TCF Chapter. Ours is one of the oldest Chapters west of the Mississippi. It has taken the efforts of many individuals over the years to keep this Chapter strong and functioning. And it will take more dedicated people to keep it flourishing into the future. Why not consider volunteering to help with some aspect of the Topeka TCF Chapter. We are always in need of people to help out with regular monthly meetings and special memorial events. It is a wonderful way to honor your loved one's memory.

Finally, please mark your calendars for the 38th 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. The theme for the 2015 conference is "Hope Shines Bright Deep in the Heart".



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

September 27, 2014 - 21st 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.tcftopeka.org

October 18, 2014 - Quartermania Fundraiser for the Topeka TCF Chapter at Fairlawn Church of the Nazarene, 730 Fairlawn. Doors open at 6:00p.m.; bidding starts at 6:30 p.m. Chapter will have a Bake Sale.

December 14, 2014 - Compassionate Friends World Wide Candle Lighting - at 7 p.m. in every time zone. Remembrance Book available to sign that night online at 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. This event takes the place of our regular support group meeting in December.

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:

♥ Dennis and Ann Hermreck in loving memory of their son Mitchell Hermrick who died on October 14th

♥ Duane and Mary Eberhardt in loving memory of their son Jerry Eberhardt who was born on September 1st and died on October 25th

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 Sponsors, 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

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

Compassionate Friends web address:
www.compassionatefriends.org

Topeka TCF Chapter NEW web address:
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.

Noah Matthew Aker, son of Joe and Vicky Aker, died October 18th

Zachary Scholl Armold, son of Norman Armold, born November 25th

Alexandra "Ali" Artzer, daughter of Dennis and Nancy Artzer, born on November 21st

Ian Arthur Atchison, son of Martha and David Atchison and brother of Meg Atchison, born November 10th

Cain Robert Baker, son of Rhonda Payne, died October 23rd

Jordan Robert Barranco, son of Juan and Elizabeth Barranco, who was born on October 30th

Paul Duane Baxter, son of Walter and Goldie Baxter, born October 11th

LeRoy Behr Jr., son of LeRoy and Bebe Bahr born and died November 21st

Buddy Benedict, son of Dicky Benedict and Janice Burks, born November 22nd

Antwon L. Blanks, son of Robert E. Blanks, born October 20th

Brian Lynn Blecha, son of Lynn and Alice Blecha, died October 15th

Derek G. Bodeman, son of Becky S. Bodeman, born on October 29th

Echo Fae Bostrom, daughter of Jonathan and Vanessa Bostrom, born on November 10th

Steve Bradley, brother of Jerry Bradley, who died on November 13th

Monty Brentlinger, son of Don and Carolyn Brentlinger, died October 21st

Charles Bruschi, son of Pauline Bruschi, born November 20th

Ronald Scott Bullock, son of the late Jack W. and Monica M. Bullock, died November 7th

Gary D. Burkett, Jr., son of Gary D. and Linda P. Burkett, born November 14th

Kevin Wayne Carlson, son of Kenneth W. Carlson and Carolyn Wilson, born October 18th

Seth Austin Carney, son of Clay and Michelle Carney, died October 13th

Sydney Raeanne Clingan, daughter of Robin Clingan; granddaughter of Kathy Reynolds, born and died on November 21st

April Dawn Cobos, daughter of Patrick and Linda Cobos, born October 27th

Frederick C. Coe, III, son of Esther D. Coe, died November 11th

Carolyn Uhl Cook, daughter of Dwight and Doris Uhl, born October 26th

Taylor Joseph Cooper, son of Nancy Cooper and brother of Morgan Cooper, died November 11th

Steven Allen Corbett, son of Emery and Judy Corbett, died October 12th



Roy David Courtney, son of Roy I. and Joyce A. Courtney, born November 29th; died November 25th

Leslie Lynn Davidson, daughter of Dave and Gerry Davidson, died October 19th

Twila Juyne Davidson, daughter of Alva and Dorothy Davidson, died November 14th

Michelle L. Dean, daughter of Steve and Margaret Dean, born on October 29th

Cheryl J. Delozier, daughter of Donald and Mary Rickel, died October 22nd

Eli Zachary Devlin, son of Sherry Devlin, who was born on November 24th

Kristi Diaz, daughter of Julie Diaz, born November 7th

Donald R. Duncan, son of Bill and Sandy Duncan, born October 27th

Gerald (Jerry) Eberhardt, son of Duane and Mary Eberhardt, died October 25th



Donna L. Ellis, daughter of Donald and Mary Rickel, died October 10th

Kristin Holm Ely, daughter of Andrea Sage, born on October 5th

David John Epler, son of Jonathan and Theresa Epler, who was born on October 1st and died on October 4th

Evan Douglas Epoch, son of Nancy S. Epoch, died October 17th

Emilio Felipe Esquibel, Jr., son of Julie A. Nolting and Emilio F. Esquibel, Sr., born October 27th

Ariel Esslinger, daughter of Mike and Karen Esslinger, born October 23rd

Wyatt T. Frost, son of Thomas and Sara (Chris) Frost and brother of Lori A. Stauffer, born October 11th

Mary Katherine Fuller, daughter of Mr. And Mrs. James Fuller, born and died November 27th

John Michael Garcia, son of Rufino and Dolores Garcia, died November 20th



Lindsey Shea Garner, daughter of Mel and Cheryl Garner, died on November 9th

John Garvey, son of Horace and Donna Garvey, born October 21st

Carol Jane Gibbs, daughter of Stanely E. Gibbs (deceased) and Dorothy A. Gibbs, died October 6th

Richard Brian Gilbert, son of Rick and Carla Gilbert, born October 20th

Krystopher Allen Michael Griffeth, son of Christina W. Fairhurst, born November 11th

Roger Jon Hackler, son of the late Ronald Hackler and Freda Hackler Rickson, born October 22nd

Kenneth Hagen, son of Pat Nichol, born November 15th



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

Brittney Marie Hajny, daughter of Andrea McCalla, who was born on November 3rd

Laurie Lynn Hanvy-Newport, daughter of Doyle E. and Jo A. Hanvy, who died October 20th

Terry Harris, son of George and Polly Harris, died November 17th

Lyndsay Jo Hendrixson, daughter of Joe and Bobbie Hendrixson, who was born on October 27th

Ronald Max Herbel, son of Norris Herbel and Peggy Herbel Blanding, died October 17th

Mitchell Hermreck, son of Dennis and Ann Hermreck; brother of Shelby and Raegan, who was born on October 14th

Jennifer Hicks, daughter of Calvin and Linda Hicks, died on November 15th

Stephen (Steve) Richard Hill, son of Bridgie R. Hill, died October 15th

Jeffrey Hoium, son of Mel and Helen Hoium, died on November 12th

Todd D.F. Hough, son of Donald A. and Lonna M. Hough, who died on March 27th

Ron Howard, brother of Rose Howard, born on October 14th and died September 2nd

Bryan Ray Huffman, son of John and Janet Huffman, born October 29th

Dennis Hunt, son of Welbert and Janice Hunt, born October 15th

Dennis Earl Hunt, grandson of Velma Ogle Smidt, who was born October 15th

Janice Bee Ogle Hunt, daughter of Velma Ogle Smidt, born November 2nd

Steve Isley, son of Web and Jeanette Isley, died November 6th

Colby Jackson, son of Frances and August Jackson III, who was born on November 6th

Vernon A. Jamison, Sr., son of Eugene A. and Mayverdis Jamison died October 1st

Blaine Michael Janzen, son of Brian Janzen and Christine Satchwell, grandson of Chet and Marlece Janzen, died October 7th

Buzz Johnson, son of Harold and Penny TenEyck, born November 22nd

Cameron James Johnson, son of Mark and Jody Johnson, who was born on November 4th

Nicholas Johnson, son of Janet Johnson, died on October 10th

Karen Kay Karnes, daughter of Wilson and Maxine Karnes, died November 19th

David M. Lackey, son of Galen and Marilyn Lackey, died on October 3rd

Larry Lone, son of Sheila Sauvage and brother of Megan Lone, who was born October 11th and died November 16th

Bruce Leon Lutz, son of Ferne Lutz, born October 5th; died October 3rd



Denise McAlexander, daughter of Chuck and Ginny Trygg, born on October 2nd

Elizabeth (Lizz) McKenna, daughter of Yvonne H. Smith, died October 24th

Pierce Carter McNabb, son of Karen Murray, born October 18th

Kelin Mead, son of Kevin and Karen Mead, born October 7th; died October 20th

Justin John Mercado, son of Vicki Mercado, died on October 6th

Jessica Rae Meyer, daughter of James Robert Meyer and Jennifer Jean Meyer, and sister of Rebecca Meyer, born October 27th; died November 16th

Terry Lee Michael, son of Lawrence J. Michael and Marianne Michael Carlson, died November 19th

Kathleen R. Armstrong Millard, daughter of Ken and Barb Armstrong, died November 18th

Rodney Kurk Milstead, son of Camille and Jerry Garrett, died November 6th

Jeffrey Morgan, son of Joy Morgan, born November 19th

Howard Ray Moses, son of Howard and Lorena Moses, died October 28th

Alec Steven Mounkes, son of Steven and Annette Mounkes; brother of Mara Mounkes, who was born on October 6th and died on October 27th

Philip Harold Newell, son of Fred and Mary Newell, born November 24th



Laurie Lynn Hanvy-Newport, daughter of Doyle E. and Jo A. Hanvy, died November 20th

Shaylee Brell Oxy, daughter of Erik and Melody Oxy, who died on November 5th

Janet Pace, daughter of Barbara Hale, sister of Carla Gilbert and Sara Wallo, and mother of Shauna Andersen, born October 9th

Robin Lynn Paulson, daughter of Frank and Brenda Bissey and sister of Brad Bissey, born October 8th

Amy Pomeroy, daughter of Dave Pomeroy and Cheryl Weber, died on November 11th

Jess Franklin Queen, son of Doran and Phyllis Hobbs, born November 25th



Kiley Ramey, daughter of Gary and Linda Ramey, died November 24th

Adam J. Reams, son of Gene and Sandy Reams; brother of Nick Reams, born on November 24th

Michael Wayne Reece (Mike), son of Arthur C. and Marilyn K. Reece, who was born on October 26th

Dennis James Reser, son of Robert Neil and Janet Louise Reser, who died on October 5th

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

Chris Riddle, son of Henry and Carolyn Riddle, died October 11th

Brian Keith Robinson, son of Vernon and Pauline Robinson, born October 3rd; died October 13th

Luke Rojas, son of Wilma W. Rojas, born October 22nd; died October 29th

Chuck Rosembaum, son of Charlotte Rosenbaum, died on October 23rd

Lauren Rosso, daughter of Erin Lesser, who died on November 8th

William V. "Bill" Ryan, son of Virgil and Flora Lee Ryan, born on November 25th

Ali Saeidipour, son of Janis Humbert, born October 3rd

Suzann Sann, daughter of Billy and Patricia Sullivan, who died on November 22nd

Molly Annette Sapata, daughter of Joseph and Thelma Sapata; granddaughter of Jerry and Karen Boldra, born October 17th

Ryan Schelble, son of Lorin Schelble, born on October 25th

Brent Allen Schneider, son of Vicki Jackson, born October 21st

Darren Shiflett, son of Nyla Suffron, born on November 2nd

Jeremy Ryan Siess, son of Richard and Beth Siess, born October 2nd

Kacie Rae Skidmore, daughter of Alan and Laura Skidmore, who died November 7th

Jade Smith, daughter of Carrie Abram, died on October 26th

Patrick Sprowl, son of Mr. and Mrs. Charles Sprowl, born on October 18th

Holly LuAnn Stack-Dalton, daughter of Donald and Evelyn Monroe, born October 30th

Melody Starkey, daughter of Judith Starkey, born October 28th

Jeffery Alan Steinbock, son of Joe and Anne Steinbock, died October 11th

Shane Sterrett, son of Michel and Lois Sterrett; brother of Shannon Schenk who was born Nov. 15th



Louis Walter and Teresa Caolina Stroble-Bernal, son and daughter of Raja Strobe and Beatriz Bernal, stillborn on November 1st

Jason Swim, son of Jocelyne Bruschi, born November 14th

Charles W. "Chuckie" Taylor, son of Charles M. and Alice M. Taylor, and brother of Linda and Karen, died November 24th

Joseph D. "Joey" Tobey, son of Robert Tony Tobey and Patty Tobey; grandson of Lavera Hood, died October 23rd

Jason R. VanDam, son of Will and Kay Hasty, died November 5th

Roy Vega, son of Carol Rush, born on November 18th

Richard U. Vines, son of Richard and Joyce Vines, who died on November 7th

Carley Jo Walker, daughter of Heidi Needels, died October 30th

Donald (Donnie) Warren, son of Nancy McCune, who was born on November 26th

Joseph Weigel, son of Jerry and Linda Weigel, born November 11th

Jeffrey Weigel, son of Jerry and Linda Weigel, born November 6th; died November 9th

Eric Edward Gordon Wiebler, son of David and Laura Wiebler, born November 15th

Richard Wilson, son of Kathrine Susan Whittington, died November 10th

Melissa Wingert, daughter of Allan and Patricia Dalton, died November 3rd



George Winter, son of Cindy Taylor, brother of Elizabeth and Jolene Winter, who was born on October 11th

Nacole Brook Winter, son of Ronnie and Vickie Winter, born October 20th

(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 October and November)

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

Why Hope Alone Is Not a Strategy for Healing Grief

By Nan Zastrow

Clem clung to hope when the flood waters were rising. As the Mississippi river flooded over its banks, and the levy breached, Clem watch the water rush through his neighborhood drowning the homes around him. The waves of rushing water in its fury continued to rise, and two men in a row boat sailed Clem's way. They called out to Clem and asked him if he'd like to come aboard. "No, thanks," Clem shouted. "My God will save me. He climbed to the second story of his home as the waters washed the sides of his home and continued to rise. A speed boat came by and the driver called out to Clem to rescue him. Clem answered, "No thanks. My God will save me." Finally, in a desperate attempt, Clem climbed onto his roof to escape the rising flood water. A helicopter flew over and dropped a rope calling to Clem to hold on. "I'll be okay," Clem shouted, "My God will save me!" But, Clem drowned. At the Pearly Gates, St. Peter asked him why he arrived so soon. Clem told his story and said, "I thought for sure my God would save me." St. Peter was a little surprised, and responded..."What more did you want? We sent you a row boat, a speed boat and a helicopter?"

Clem's actions serve as a lesson about "hope." Hope is a positive attribute, don't ever think otherwise. We live our lives with hope, most often we hope for small things. But hope without some backup plan or some strategy may be disappointing and even threatening in times of crisis. In its simplest terms, hope is a wish or a desire. It doesn't make things happen all by itself. Hope must be developed, cultivated, and nurtured to benefit from all it has to offer.

When a loved one dies, we are encouraged to look for hope. I'm a great believer in hope. I've written dozens of articles about the pursuit of hope in grief. Only recently have I accepted that hope doesn't always come easy; and it often doesn't "just happen." Maybe we expect it will bop us on the head to notify us that it is present. But hope may not come with a symphony of trumpets to announce its arrival. Like many things in life (and just like healing grief), hope typically requires some action on our part. Hope is achieved through perseverance, self-direction, planning, and commitment. In grief, hope is ultimately found through a strategy of healing. *Hope alone is not the strategy. Instead, it is the catalyst for making a difference in our lives.*

Looking for Hope in the Wrong Places

During grief, we may feel empty and helpless. We've lost our zest for life. The world has changed and unless we can grasp something that can give us meaning and purpose, we may be vulnerable. We can choose to drown in our sorrow or pursue a strategy. Sometimes we may be looking for hope in all the wrong places:

Hope cannot be found:

- By placing blame on someone or something—believing that if we could substantiate the blame, we would have hope that things would get better.
- Expecting to be rescued. Maybe we expect others to come to our rescue and bail us out from the helplessness we feel. In truth, others can be our companions, but they can't do the required healing work for us.
- In speaking negatively about our circumstances in life. If we continue to seek sympathy or pity after a period of time, our family and friends may isolate themselves from us because they fear that nothing they can do will take away our sorrow.
- Expecting our family and friends to be responsible for our future happiness. Though they show us love and support, they can't heal our pain. It's up to us to reconcile with our regrets, guilt, and the anger that controls our grief.
- Expecting the wounds of the loss to be obliterated just through the passage of time. Time alone does not heal the pain. Without pursing a healthy outlook for the future, our wounds will only fester and deteriorate our emotional and spiritual self.

What is an effective strategy for hope?

Progress is made when we self-motivate ourselves to seek answers, understanding, and healing. Choosing positive ways to take action will heal our grief.

How to find hope in all the right places

An effective strategy for hope comes from within. It begins with a desire to find a turning point after the death of your loved one that allows you to accept the challenges handed to you and honor your life and your loved one by making a difference.

Each of us has the ability to find hope that is unique to each of us, individually, when we are motivated to actively move beyond the pain we feel. It begins with the mindset that "things" need to change. I remember thinking, after the death of our son, " I can't go on like this anymore. Wallowing in my grief will only make me miserable. I won't allow it to destroy my relationship with my husband and family." This was the initial strategy for hope for me.

Another strategy for finding hope may be to honor with purpose your loved one's life. Consider what he or she was passionate about. What was his or her personal "cause." Then continue the "cause" or passion as a tribute. For example, perhaps your loved one cared for animals. Volunteer at the Humane Society. Or maybe cancer caused the death. Do a walk for cancer. Perhaps a flower garden was his or her passion...allow yourself to bloom in the beauty of a garden. Determine what you can do to carry on the purpose and memories of your loved one's life.

A strategy for hope is ***grief education***. Learn all that you can about what you are going through. Understand the ramifications of allowing grief to control your life.

Recreate who you are and who you were meant to be. We are changed by significant grief experiences. Sometimes our world before isn't the kind of world we want to live in after the death. We discover more meaningful relationships, opportunities, and possibilities that can change us into someone we never dreamed we could be. I never dreamed I would write or talk publicly to people. And even if I did, talking about death and grief was the furthest thing from my mind.

Share your healing with others. Telling your story and sharing your grief journey with another bereaved person can aid them through the dark days of abandonment and fear. We all need someone to put a hand on our shoulder and say, "You can make it through this. How can I help?" Oh, what hope you give!

Giving back and sharing your compassion and empathy with those who need it. The world is hurting in so many ways, not just the death of a loved one. Many people need support, comforting, understanding, and maybe just someone to talk to. Kids and youth need to be understood. The elderly need to be acknowledged for their contributions and made to feel worthy in every stage of their lives. Food shelters require stocking. The poor and the sick need guidance to resources and healing. Lend a helping hand.

Reconnect and value family and friends. Family should be our focus in our recovery. The importance of our roots to our biological family and strengthening the ties that bind us to extended and "chosen" family will always be home base. Mend fences. Build bridges. The power of love in a circle of family and friends can be the strongest source of hope.

Faith, of course, is our greatest source for hope. It's the power that reaches beyond the ability to understand, and simply trust. When we believe that "this too shall pass", we step off into the abyss of the unknown with the power and ability to fly.

The Power of Hope:

I believe in the power of HOPE. I believe that through our grief everyone has the ability to find hope.

I believe hope is found in

- saying yes instead of no;
- loving the concept of living; dying can wait;
- turning the sad memories, to stories of the living soul;
- forgiving the unforgivable, not planning for revenge;
- counting your blessings; not your challenges;
- mending relationships instead of replacing them;
- saying, "I'll always remember", not "I'll never stop missing you;"
- getting up, instead of laying down;
- giving in gracefully, when you have nothing to gain;

- letting go, when you can't change the outcome;
- looking for the miracle; not just waiting for it to happen;
- strengthening your spiritual self, not being angry at God for your lack of faith;
- counting your steps forward; not the ones that sometimes drift back;
- saying, "what next?" instead of "why me?"

Hope begins your journey. Believe in it. Trust in it. Imagine it. Build a strategy! Feel the energy! Allow yourself to be enveloped with its radiant embrace. You have begun. You will see dignity and grace in others. Compassion in the human touch. Faith in a power far greater than you. Peace in the order of all things. Wonder in the roads not traveled. Promise in what is yet to be.

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Centering Corporation, Omaha, Nebraska, 866-218-0101."

About Nan Zastrow

*On April 16, 1993, Chad Zastrow, the son of Nan and Gary died as the result of suicide. Ten weeks later, Chad's fiancee took her life. This double tragedy inspired the Zastrows to create a ministry of hope. They formed a nonprofit organization called Roots and Wings. Through workshops, seminars, group presentations and other methods, Nan and Gary create community awareness about grief experiences. Additionally, they host an annual spring seminar and holiday workshop. They also facilitate a Sudden Death Learning Series. Nan is the author of *Blessed Are They That Mourn*, as well as dozens of articles in grief publications. Their organization is the recipient of the 2000 Flame of Freedom Award for community volunteerism. In May 2002, Nan & Gary earned their Certificate in Death and Grief Education from the Center for Loss and Life Transition in Fort Collins, Colorado.*



It is the gift of HOPE which reigns supreme in
the attributes of The Compassionate Friends.

HOPE that life can still be worth living
and meaningful.

HOPE that the pain of loss will
become less acute,
and above all else,

The HOPE that we do not walk alone,
and that we are understood.

The gift of HOPE is the
greatest gift that we can give
to those who mourn.

The Compassionate Friends
Supporting Family After a Child Dies

- Rev. Simon Stephens
Founder of The Compassionate Friends

The Five Ways We Grieve

By Susan Berger

In this new approach to understanding the impact of grief, author Susan A. Berger goes beyond the commonly held theories of stages of grief with a new typology for self-awareness and personal growth. She offers practical advice for healing from a major loss in this presentation of five basic ways, or types, of grieving.

These five types describe how different people respond to a major loss. The types are:

- Nomads, who have not yet resolved their grief and don't often understand how their loss has affected their lives.
- Memorialists, who are committed to preserving the memory of their loved ones by creating concrete memorials and rituals to honor them.
- Normalizers, who are committed to re-creating a sense of family and community.
- Activists, who focus on helping other people who are dealing with the same disease or issues that caused their loved one's death.
- Seekers, who adopt religious, philosophical, or spiritual beliefs to create meaning in their lives.

~ From Book Review Corner

Open To Hope's June 2013 monthly Newsletter

www.opentohope.com

VENEER

By Sascha Wagner from [Wintersun](#)

After the first impact of grieving there usually comes a time of hidden despair, when you may acquire a veneer of silence, polite tolerance and pleasant mannerisms. You notice with mixed emotions that this sort of 'fine behavior' is what many people around you appreciate. You discover that people are relieved by your veneer: perhaps it gives them a chance to avoid their own uneasiness, anxiety or discomfort. Then they ask how you are, they know you will tell them 'Fine.' Then they will say 'You look great', and to each other they will mention how well you are doing. Mind you, most of these folks aren't bad people --- they just don't know how to deal with grief --- and they may secretly hope that they will never have to learn.

The veneer of acceptance or quiet detachment from grief is hard to come by. It requires wearing a pleasant mask, like the one which a famous pantomimist once demonstrated --- His weeping face was distorted with suffering, but he covered it with a smiling mask, his veneer. We saw his anguish whenever the mask was removed. As he put it back on quickly, the frozen smile reappeared. But real life does not allow for much pantomime; so we don't remove our mask in public, if we can possibly help it. One small benefit is that our veneer works to keep us aware of what we look like when smiling, so that our face will not be completely out of 'practice' when the time comes for trying a genuine smile again.



Yet, if the veneer becomes too familiar and useful, you need to be on guard. It may become easy to believe your own publicity, so to speak --- Do remember that the veneer is only a band-aid for your nervous system. If you want to heal, you need to stay in touch with how you really feel.

Our veneer is both armor and a hiding place. Grievers do need both of these in the humdrum of everyday life. AND we will probably become even more grateful for those people with whom no mask is needed. These true friends are few and far between, - so, when we take away our mask with them, we can truly appreciate how wonderful it is to have them.

Getting the Love Back in Your Life

~By Dr. Gloria Horsley, MFC, CNS, PhD

Every year I like to take a survey of where I stand on my love meter. Am I on the high or the low side this year? How is my relationship with my husband, Phil? With my daughters and their families? Is there any misunderstanding or disagreement with a dear friend or colleague that still needs some attention? I take a quick inventory.

Inevitably, thinking about the people I love takes me hurtling back in time to what I call my “Ground Zero.” For me, that was in April 1983, when my 17-year-old son, Scott, was killed in an automobile accident. That boy was the love of my life. After his death I wondered if I would ever be happy again.

Your “Ground Zero” may not be the loss of a loved one; dealing with any big loss takes time. Afterward, you may find, as so many of us have, that doing even the most routine chore can utterly besiege your heart.

After Scott’s death, one of the activities I found most painful was going to the grocery store. The first time I went shopping, I just tossed things into the grocery cart without much thought, avoiding people I knew as they avoided me. (Most people still don’t have a clue about what to say to a bereaved mother.) “The task to be done today,” I told myself, “is to push cart, place items in cart, and get out as soon as possible.”

I was confident that, by sheer force, I could get this job done. When I got to the dairy counter, I selected eggs and milk, and then tossed in ten cartons of banana yogurt. I trudged to the checkout counter, relieved to have another task under my belt.

Several days later, I opened the refrigerator and my eyes locked on those ten cartons of banana yogurt. I was stunned. Tears welled up and trickled down my face as the reality hit. Scott was the only one in the family who ate banana yogurt. I quickly tossed the cartons into the garbage and made a note to cross it off my grocery list.

On my second trip, I labored again through the supermarket aisles in a fog. When I noticed a vaguely familiar face staring at me across the produce counter, I quickly turned and pushed my cart to a distant corner of the store. After collecting myself, I began shopping again. I selected some cottage cheese in the dairy section and looked sadly at the banana yogurt, feeling a wave of grief. My eyes began to tear up. I longed to put just one or two cartons in my cart.

For weeks, whenever I opened the refrigerator, I felt an empty pit in my stomach as I looked at the second shelf, which no longer held those little containers displaying a jolly little yellow banana.

On my third trip to the grocery store, parking and shopping seemed to be a bit easier. I even managed to pick up a couple

of containers of strawberry yogurt, which I knew Heather, Scott’s 14-year-old sister, loved. By the fourth trip, I found that food shopping had become another routine that I had mastered as a part of my changed life.

Now, more than two decades later, I smile just thinking about my boy and how he lived, not how he died. He was amazing—so smart, so easygoing, so fun-loving, and so strong. I remember how he used to carry four grocery bags at a time for me from the car into the house. Now I have to make four trips.

Like my experience with banana yogurt, some of your “firsts” will become routine during the first year. But many others, including the first day of school, the first holidays, the first spring, the first birthday, the first death day, can take years. Some events happen only once in a lifetime, like a wedding or a graduation.

Facing these events and milestones takes persistence and courage, but eventually they will begin to feel more routine. By “routine,” I mean that we develop new brain patterns so we don’t have to think so much about a task or an action that had previously been second nature. After a major loss, we are again like newborns. We have to learn to crawl before we can walk.

Where am I today on my love meter? I am pleased to say that I am on the high side this year. Take a look at your life and relationships. Where do you stand? Where you are in relation to your “Ground Zero”?

Give yourself a boost and look for areas where you can bring more love and joy into your life. Start with taking care of yourself. Ask yourself the following questions:

Am I pushing others away?

Do I put myself out for others? Remember: You get what you put out there:

- Hugs get more hugs.
- Kindness begins by being kind to you. Start by giving yourself a rose, then give others a rose.
- Positive energy attracts—negative rejects.
- In the end you are responsible for your own experience.

Do:

- Give yourself a treat—bubble bath, haircut, download some new music or join a gym.
- Reach out and make a new friend or get in touch with an old friend.
- Be a mentor.
- Facebook or Twitter a happy message.
- Write a happy note on someone else’s blog.

But most of all, be the friend to yourself that you have always wanted.

Today is the first day of the rest of your life. Make it count. *

Dr. Gloria Horsley, MFC, CNS, PhD, is the founder and president of the Open to Hope Foundation, an internationally known grief expert, a psychotherapist, and a bereaved parent. Gloria has authored a number of books and articles, and cohosts the Internet radio show, Open to Hope at www.opentohope.com.

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

CALL FOR PHOTOS

If you would like your loved one's photo included in our TCF Chapter's memorial slide presentation, please do one of the following:

1. If you have computer access and can send a jpg file of your child's photo electronically, please send to dtucker35@cox.net. Be sure to include your loved one's full name, birth and death dates.
2. If you are not able to send a photo file electronically, you may send a photo print (do not send the only copy you have!) so that we may scan it into digital format. Send the photo plus the full name, birth and death dates for your loved one to: Susan Chan, 3448 SW Mission Ave., Topeka, KS 66614-3629. Please include a stamped, self-addressed envelope for return of your photo. We will continue to collect photos throughout the year to add to the slide presentation. If you already sent in a photo, you need not resend one.

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.



Please light a candle near a window at 8:00 p.m. on September 10, 2014 to show your support for suicide prevention, to remember a lost loved one, and for the survivors of suicide.

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: Jay Sheer 785-220-1368 or Sandy Reams 785-249-3792.

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.

ForTheSurvivors - this website offers resources, support and connection for those who have experienced the death of a child. See <http://www.forthesurvivors.org/>

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>.



Pregnancy & Infant Loss Remembrance Day October 15, 2014

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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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.