



The Compassionate Friends

Greater Omaha Chapter

11825 Dorcas Street Omaha, NE 68144-2948
(402) 571-4011

website: www.tcfomaha.org
email: tcfomaha@hotmail.com

The Mission of the Compassionate Friends is to assist families toward the positive resolution of grief following the death of a child of any age and to provide information to help others be supportive.

Mar/Apr 2006



Our Children Remembered

Light fades, stars appear, evening angels gather here.

Please bless these parents and let them know they are loved and thought of.

If you would like your child listed here, sign & submit the form on Page 5.

Birth Dates

3/5/1949	FENTON (PEN) KELLER
3/11/1997	REBEKAH LYNN ROACH
3/15/1966	SHERRI LYNN BOYER
3/21/1969	STEVE STARKS
3/24/1980	VINCE WALDE
3/25/1993	MICHAELA OLSON
3/27/1972	KATHRYN WILHELMI
3/29/1962	MICHAEL HALL KIRK
3/29/1964	THOMAS DAVID ROSE
3/31/1982	HEIDI ANN HIRNIAK
4/6/1973	DAVID DUFFY
4/8/2004	SOPHIA HERNANDEZ
4/10/1970	DENA JEAN SCHOLL
4/12/1968	KAREN POLLOCK
4/16/1965	SEAN P. BURT
4/18/1960	SCOTT BLEVINS
4/19/1988	DAREN MICHAEL BASHOR
4/27/1953	LINDA K. SMITH
4/28/1996	ELIZABETH WESSLING

Remembrance Dates

3/1/2003	KARLENE BLAKE
3/1/2002	BRENT BLANCHARD
3/2/2003	KAREN POLLOCK
3/2/1995	BLAKE HRBEK
3/2/1998	MATTHEW HALE KRESS
3/6/1995	LUANN MILLER
3/8/1996	DANIEL ROBERT STEPANEK
3/15/1989	DANA RAY HERREN
3/26/1995	PHYLLIS NENEMAN BECKERS & BABY MICHAEL BECKERS
3/27/2004	ELIZABETH IRENE WESSLING
3/27/2001	COLLIN MULLEN MCELROY
3/28/2005	SASHA ALAINA CORONA
3/31/1994	JORDYN ANNE FLEISCHMAN
4/1/1994	MATT GUILFOYLE
4/6/2002	JACOB BULL
4/11/1989	JESSE HAYNES
4/11/1991	JIM LEHMAN
4/12/2003	DARIN BLANCHARD
4/13/2002	DARREN LANGLAIS
4/16/1991	SANDY HANRAHAN
4/27/2002	LAUREN CHAMBERS
4/29/1991	CHAD HARLOW

Not printed in Jan-Feb issue ~ my apologies:

1/13/2004 DYLAN ZACKARY O'NEILL

MEETINGS

NEW INFORMAL LUNCH GROUP MEETING—SEE PAGE 2

7:00 p.m. 1st Wednesday of the month

New Cassel Retirement Center –Auditorium Level 2

Additional parking & entrance in back.

909 N. 90th Street

Wed, Mar 1 Dealing with recovery, discovery, investigation, adjudication & grief reactions of anger, shock or denial. —Tom Haynes, Douglas County Coroner

Wed, Apr 5 It's spring and we're grieving

SPECIAL EVENTS

Mar 11— Regional Conference, Frankfort KY

Mar 31—Regional Conference, Meadville, PA

Apr 21—Leadership Training, San Francisco, CA

July 5 — NO MEETING

July 12—Omaha Chapter Summer Memorial Program

July 14--16 —National Conference, Dearborn, MI

Memorial Webs from our Members

<http://www.caringbridge.org/ne/cavion/>

In Our Library We have over 250 books, tapes and video titles in our grief resource library for your use. We are happy that the library is back in order & can be stored at our meeting place. Do you have books to return that may have been given as a memorial to someone's child? Or books of your own that you no longer need and would like to donate them to help someone else? Our Librarians are Jim & Tara Virgilito.



Links for Healing

www.griefinc.com www.webhealing.com www.griefwords.com
www.griefdigest.com

TCF CHAT ROOMS

TCF chat rooms are nonjudgmental, safe places to share your feelings and grief and tell what helped you.

- The Special-Needs chat is held every Friday from 9-10 p.m. EST.
- Survivors of Suicide chat is held every Friday from 8-9p.m. EST.
- General Bereavement Issues (12 times each week);
- Sibling Loss (four times each week);
- Pregnancy Loss and Infant Death (twice each week);
- Bereaved One Year or Less;
- Bereaved Over Two Years;
- General Bereavement Issues;
- Sept. 11 families;
- Men's Chat;
- Iraq/Afghanistan War Bereaved Families
- No Surviving Children.

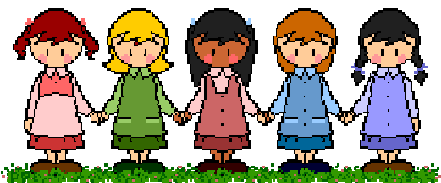
For a complete list of chat times and instructions on how to participate, visit the TCF National website at www.compassionatefriends.org and click on "Chats" on the left side of the Home page. All chats are moderated.

CAN'T MEET IN THE EVENING? NEED MORE THAN ONE MEETING A MONTH? COMPASSIONATE FRIENDS LUNCH GROUP—

Tues March 21 11:45 a.m. Brother Sebastians—1350 S. 119th St

Tues April 18 11:45 a.m. Godfathers — 122 W Center Rd

(Submit your favorite lunch spot for May & June)



Friends like you
are special hugs from God

Sibling Sentiments



Feelings

This is dedicated to all the siblings that have lost a brother or sister.

When I lost my brother, I had a lot of feelings. One was shock. I just couldn't believe that my brother was dead. I had him for so long, then in just one week he was gone. Another feeling was denial. I thought my brother isn't dead, it's just a bad dream. Maybe I'll wake up and everything would be normal. Of course, I was sad. I wanted my brother to just wake up and then we'd do everything that we used to do. Another big feeling for me was anger. I was angry at God. I thought "Why'd he take my brother?" I was angry at myself. I thought "If only I didn't tell my brother to go upstairs". When I knew my brother was dead, I took a pillow and started punching it. There were a lot of feelings that I felt, but there is one thing that will never change. I love my brother and I will never stop loving him. I'll always remember you Daren! Submitted by Corey Bashor, TCF Omaha . In memory of Daren 1988-1992.

TCF ADULT SIBLING GROUP

1st Wednesday of the Month -7 pm

New Cassel Retirement Center

909 N. 90th Street

Facilitated by

Rod Colvin 330-2162

PIECES OF MY HEART

I kneel beside you.

I tremble,

I can't stop.

The tears pour from my eyes
watering your grave.

The scattered pieces of my heart
pull together one last time
to give me the courage to tell you...

I love you.

I miss you.

I need you.

~Kathy Esther Falcon, TCF, Houston, TX~

A Loving Tribute

2006 Nebraska Remembers Banner

It used to be that your child would bring home papers from school. You'd be at functions, and people would bring up your child's name in conversation. All of us came to expect a predictable world, where, of course, we'd see and hear our children's names. But then we learned that life wasn't as predictable as we thought. Our child died.



Now we can't see and hear our child's name enough! With Compassionate Friends, we've found a way. It's time for the "2006 Nebraska Remembers" Banner to be created. You have the opportunity to have your child's names lovingly placed on this banner. There, you and countless others will have the chance to see your children's names newly written. On the 2006 banner, you will be able to touch your children's names. Their names are eternal. The "2006 Nebraska Remembers" Banner will be tenderly displayed at as many Compassionate Friends functions as possible, including local, regional, and national events.

Our members proudly carried the 2005 banner with 120 names in the National TCF Walk to Remember in Boston, and we enjoyed it here, too. While we are certain that many of you who participated in last year's banner want to have your child remembered again, we would never want to assume this is the case. Therefore, we ask you to recommit to the "Nebraska Remembers" Banner by submitting the names each year.

Deadline June 1, 2006

Send to: The Compassionate Friends • 11825 Dorcas Street • Omaha, NE 68144-2948

Yes, I would like to have my child/sibling/grandchild included on the "2006 Nebraska Remembers" banner.

Name(s) for "2006 Nebraska Remembers" (Please Print Clearly)

1. _____ 2. _____

3. _____ 4. _____

Yes, I would like to help support the work of The Compassionate Friends Omaha Chapter by making a donation of:

\$ _____ (\$10.00, \$25.00, \$50.00) I would like to direct my donation to benefit:

_____ 2006 Nebraska Remembers _____ Summer Remembrance Program

_____ Printing-Postage-Yellow Pages _____ Worldwide Candle Lighting Program

Remember none of us walk alone. If you cannot donate at this time, just send us your child's name to be included on the banner.

Thank you for your support!

Remember, We Need Not Walk Alone!

He Will Live On! Matthew Schmill

How we keep our child's memory alive so they are not forgotten varies in each family. For some it's an increase in the number of angels around the house. For others, the number of pictures of our child. Some plant a garden with statues and fountains. Some take action. We have done all of the above, but most of all, I chose action. The night Matt was taken from us. I made a promise at the Hospital, that he would not be forgotten. Somehow and in some way I would make the world know and remember him.

The Jeep

Like all of us, Matt had his Dreams. One was the love of his 1980 CJ7 Jeep. One afternoon when we were talking, I asked him when he might be selling his Jeep. His reply, "I don't ever want to sell my Jeep! I want to fix it and drive it to Colorado to ride along the Continental Divide." After his funeral his closest friends asked if they could help to fix his Jeep. Because of the number of things that were wrong with it, we had a fundraiser at the Pub that he was at that last night. Between the raffle and individual donations, we were able to raise enough money to at least get a good start. The World Herald wrote about Matt and his Jeep, and several area auto parts stores donated parts, AAMCO fixed the transmission, LineX covered the interior and someone he had worked for did the Custom paint. But the one that made the difference was a young man that stepped forward and volunteered to complete all other mechanical problems and all the body-work. When he called to volunteer his time, he told me that after reading the article, he knew he needed to do this as if someone was calling to him. As we worked together the next 10 months, we learned that he had worked at the same body shop as Matt. He remembers talking to him about working with cars. At Christmastime last year, we received a letter he had written his senior year in High School. In it he talked about his Jeep and referred to it as "Big Beast". On August 4, 2005 Matt's Jeep made it trip to his beloved Colorado with his Mom, Dad, Sister and 6 of his closest friends. He rode along the top of the Continental Divide. We had a small ceremony and buried an airtight cylinder with a picture and notes from all who made the trip. Matt was killed as he was crossing the street by a drunk driver and "Big Beast" will be in area parades and events as a symbol to don't drink and drive.

Matt's Day

Matt was hit and killed by the drunk driver at 12:30 am on his 23rd birthday, as he was walking home with his friends. after celebrating his birthday. April 24 is now Matt's Day. On the first anniversary we gathered over 50 of his friends and family to have a balloon release at the gravesite. Everyone was asked bring a balloon and we supplied a small cards to write a note to Matt and then attach it to the balloon ribbon. We had a short service inside the mausoleum and than moved outside to an open area. We counted to three and wished Matt a Happy Birthday. It was just another way to remember and again say good-bye. We plan to do something similar each year.

More about Matt's Law & Matt's Dream coming soon!

Robert Schmill, TCF Omaha RSchmill@lisa.com



To Our Beloved son, Daren, on your 18th Birthday - - April 19, 2006



To think you have been gone from us at 4 years old, and now you would be 18. We cannot believe how many birthdays have passed us by. Mom still makes you a cake every year, and Corey & Shinead blow out the candles. We always send up a balloon to you in heaven on your special day. We also go to your favorite places that you went with your brother Corey.

This year, 2006, you would have been a senior in high school—driving, working and flirting with the girls. Dad & I would be visiting colleges with you. You would be going to your senior Prom and taking senior pictures, looking real handsome., as Mom remembers you with your brown eyes, golden blonde hair and your beautiful smile! You were Mom's middle child of three and her biggest child at birth, weighing 8 lb 5.5 oz.

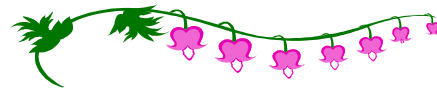
Daren, you have missed many family events, your brother Corey's graduation and starting college, your sister Shinead in her first year of high school and loving track. Both Corey and Shinead love music like you did. Mom & Dad will be married 27 years this May. We still travel to Ohio every year to see Grandma & Grandpa, Aunts, Uncles & cousins. Some of your cousins have married.

Daren, your family is remembering you on your special 18th Birthday. Our love for you will always be there for our special son, who has watched over everyone in his family. YOU are still a part of our family, as we keep you close in our hearts and thoughts. We still have our special memories of you which are beautiful .

With all our love, Mom & Dad Mark & Susie Bashor, TCF Omaha

COMPANIONING vs. TREATING

Dr. Alan Wolfelt's Guiding Model
for Counseling the Bereaved



.....Companioning is about honoring the spirit; it is not about focusing on the intellect.

Companioning is about curiosity; it is not about expertise.

Companioning is about learning from others; it is not about leading.

Companioning is about walking alongside; it is not about leading.

Companioning is about being still; it is not about frantic movement forward.

Companioning is about discovering the gifts of sacred silence; it is not about filling every painful moment with words.

Companioning is about listening with the heart; it is not about analyzing with the head.

Companioning is about bearing witness to the struggles of others; it is not about directing those struggles.

Companioning is about being present to another person's pain; it is not about taking away the pain.

Companioning is about respecting disorder and confusion; it is not about imposing order and logic.

Companioning is about going to the wilderness of the soul with another human being; it is not about thinking you are responsible for finding the way out.

More from Dr. Wolfelt at
www.griefwords.com

PICTURE BUTTONS

Bring a copy of a photo for a 2.5 inch diameter button. The photo will be and sealed into the button.

\$2.00 suggested donation for each button.

WRIST BANDS

Wristbands—"Forever in my Heart" framed by two butterflies on swirled blue silicon band.

\$2.00 suggested donation

Thank you to the following businesses and professionals who have generously assisted us in our mission to offer hope to bereaved families.

The Centering Corporation
 Make-A-Wish Foundation
 Children's Memorial Hospital
 Curzon Promotional Graphics
 Mark Dahir-Omaha State Bank
 The Hawk Foundation

Sponsors of the 2005 Dove Release

Randall Carney, White Flight
 Anne Marie Aita, VNA Hospice Chaplain
 Heafey-Heafey-Hoffman Dworak & Cutler Funeral Chapels
 Woodmen of the World Insurance

Sponsors of the 2005 Worldwide Candle Lighting

West Center Automotive
 Riekas Glass Distributing
 TSI Mechanical
 Security National Bank
 Holiday Inn Central
 Ben Sieff-The Centering Corporation
 Carrie & Quentin Kavan



The Birthday Table

*No rustling tissue paper
 scattered ribbons or burst balloons
 no shouts of Happy Birthday
 break the silence in this room*

*Nonetheless
 a birthday has rolled round again
 though the beloved children
 who reveled in the cheer
 no longer blow the candles out
 at the turning of the year*

*Loving hands may bring
 a photograph of that precious life to share
 and place it on the birthday table
 with utmost tenderness and care*

*For though the world may not recall
 the laughter or the joy
 we treasure every memory
 of our birthday girls and boys.*

By Frankie Wilford ,

TCF, Carrollton-Farmers Branch, Texas

If you would like to send a "Love Gift", list your child in "Our Children Remembered", or have an address change or want to be taken off the mailing list, clip & mail to:

The Compassionate Friends , 11825 Dorcas Street, Omaha, NE 68144-2948

Name _____

Address _____

City _____ State _____ Zip _____ Email _____

Child's Name _____ Your Relationship _____

Birth Date _____ Death Date _____ Telephone _____

Donation: () Love Gift of \$ _____ in Memory of _____

Message: _____

Please check: () Add to mailing list () Delete from mailing list () New Address

PERMISSION TO PRINT BIRTH & DEATH

**DATES IN NEWSLETTER-
 SIGNATURE REQUIRED**

Does your employer have a matching gift program? _____

_____2006

Submit poems, memories or love gifts for the May-June Newsletter by **Apr 15.**

When it's your child's birth month, you are invited to bring a picture or memento to the monthly chapter meeting and place them on the Birthday Table to share with the rest of the group. We will acknowledge it at the meeting and it will give the rest of the group an opportunity to get to know your child a little better.



♥ **Love Gifts**, monetary or gifts-in-kind, are a beautiful expression of our deep and never-ending love for our children, and help us "reach out" to bereaved families.

Our expenses include postage, printing, yellow pages, library materials & special programs.

TCF is a 501 (C) (3) Organization - donations are tax deductible.

Time is also a wonderful gift, volunteers are always needed.

Thank you for contributing and supporting the work of our local chapter.

♥ In memory of Lu Ann Miller by Jack & Mary Ann Miller

♥ In Memory of Nathan Graybill on his birthdate and deathdate, by Rita Graybill

♥ In Memory of David Lee Schreck by his mother, Lois Schreck

"David, you will always be in my heart."

♥ In Memory of Chad by Kenny & Linda Chollett

"We miss you."

♥ In Memory of Marty Maycock by Dave Maycock

♥ In Memory of Jackie Kline by her mother, Pearl Heydenreich

"I love you, Jackie. You are so beautiful and special."

♥ In Memory of Debra Ann Peirce by her parents, Bob & Elna Peirce

♥ In Memory of Michael Andrew Epstein on his birthday 2/21, Helen & Tuffy Epstein

♥ In Memory of Lauren Chambers on her passing 4/27/02, by Helen Travis



The Compassionate Friends

11825 Dorcas Street Omaha, NE 68144-2948 571-4011

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

Non-Profit
US Postage
PAID
Omaha, NE
Permit #1300



THE
COMPASSIONATE
FRIENDS



"Caring is at Hand"

29th National TCF Conference - 2006
Dearborn, Michigan

Address Service Requested

Hope is the thing with feathers that perches in the soul and sings the tune without the words and never stops at all ~ Emily Dickinson

... about HEART



Each of us has two hearts. The one that beats in our chest and sustains life. We know about that one. And the one that is described by philosophers as the residence of our spirit and our consciousness. Most of us probably didn't get to know that one until our loss. Remember the fists that sat in the middle of your chest for the first several months? And you went to

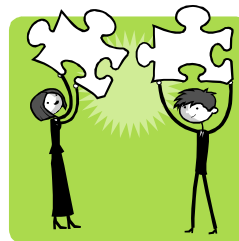
the doctor, he did an EKG, and said, "Your heart is just fine, no problems."

The heart that was laid open by this event can't be seen on an x-ray or measured by any EKG. And once opened, it can't be sewn up. We're stuck with it. AND BETTER OFF WITH IT! The compassion lesson is learned when you can control your tears for your own child, but can't control your tears for another's child. And through this terrible experience, we have all learned that compassion and love, both seated in heart #2, are the only important things in life. The price has been terrible, but we have learned what REALLY matters, and just as importantly, what DOESN'T!

By Bill Glover, Atlanta, TCF

Taking Others under Your Wing...

Do you remember your first meeting of The Compassionate Friends, those first months of your grief journey? You desperately needed someone to talk to, someone who knew the pain of losing a child, someone to hug you, cry with you, listen to you. And there are newly bereaved parents who now need your help. Are you willing to be there for them?



If two years or more have passed since the death of your child, and you feel that you are ready to give back some of the support that was shown to you, please consider a place of service in our chapter. There is a job for everyone—short or long term. Don't wait—call us now. Some jobs need filling and

our leaders would appreciate a break, so think about your talents and the needs of the chapter and then figure out how you can help. If you can't serve, please, at least, come to meetings to lend your support and understanding to our newly bereaved families.

Thank you from all of our children.

**WE NEED NOT WALK ALONE;
WE ARE THE COMPASSIONATE FRIENDS**