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Listening Hearts

A Gathering of
Bereaved Moms...

Pampered Chef Fundraiser

Eighteen moms, dads, family, and friends came together at The Meadows Condominiums on February 14 for a Listening Hearts fundraising worthy cause: raising funds for our website development and marketing efforts! We appreciate Erin Conners, Barbara Bell's daughter, who helped make this venue possible!

Pampered Chef representative, Cheval Weinbaum demonstrated products and shared recipes. The fun provided a relaxing atmosphere, as

Cheval got everyone involved in the cooking preparations. Menu items included bread with garlic oil, a layered Southwest chicken, and chocolate lava cake. Door prizes included calendars, cookbooks, and of course, Valentine's candy, for the Valentine's Day event!

The night resulted in several orders being placed, and online orders are still coming in.

Stay tuned for the final count of funds raised! For photos of the event, go to Page 6.



Gatherings and Events

Since we cannot change that which is out of our control, we work to help ourselves and each other to process this devastating and life-altering loss by gathering together. We meet monthly at alternating locations, in Knoxville and Morristown. You can join us at both locations, or choose one that is most convenient for you.

Knoxville

Cherokee Lodge
102 Northshore Dr., Knoxville
Saturdays
3:00 pm – 5:00 pm

- ♥ April 5
- ♥ June 7
- ♥ August 2
- ♥ October 4
- ♥ December 6

Morristown

Walters State Community College
Humanities Complex, Room 105
500 S. Davy Crockett Parkway
Saturdays
10:00 am – 12:00 pm

- ♥ March 1
- ♥ May 3
- ♥ July 5
- ♥ September 6
- ♥ November 1

In Remembrance

These adored children have birthdays in March and April.

March Dates

- ♥ Tanner Morgan (10th)
- ♥ Brittany Thomas (12th)
- ♥ Evan Cueto (12th)
- ♥ Julian Preciado (22nd)
- ♥ Trevor Kelly (24th)
- ♥ Stacy McElhaney (27th)

April Dates

- ♥ Leonia Fuller (2nd)
- ♥ Bradley Prosis (2nd)
- ♥ Ben Bohanan (7th)
- ♥ Kyle Holland (8th)
- ♥ Sloane Comeaux (9th)
- ♥ Louie Balogh (10th)
- ♥ Colt Porterfield (17th)
- ♥ Cindy Allen (19th)
- ♥ Wade Buchanan (21st)
- ♥ Gabriel Miller (22nd)
- ♥ Timothy VanWinkle (23rd)
- ♥ Caleb Norris (26th)
- ♥ Tracey Blevins (27th)
- ♥ Aiden Thomas (29th)



These cherished children have anniversaries in March and April.

March Dates

- ♥ Donnie Lauderdale, Jr. (5th)
- ♥ Jim Conigilio (6th)
- ♥ Sean Powell (10th)
- ♥ Joseph Stevens (15th)
- ♥ Chad Raby (16th)
- ♥ Evan Cueto (18th)
- ♥ Carlos Santos-Silva (22nd)
- ♥ Caleb Norris (29th)

April Dates

- ♥ Leonia Fuller (2nd)
- ♥ Emily Hastings (6th)
- ♥ Stacy McElhaney (20th)
- ♥ Brandon Arms (26th)
- ♥ Dreyson Stewart (27th)
- ♥ Steven Anderson (28th)
- ♥ Ronald Cooper (28th)
- ♥ David Lewis (30th)



Listening Sisters Have Listening Hearts

These moms offer listening ears for another mom who needs to talk or reach out during a particularly difficult time in between gatherings.

If you would like to be available to provide support and a listening heart to another mom, let us know. Different moms will be featured in each issue.

Mom	Contact Info	Child's Life Stage	Nature of Loss
Sandy Pedro	865-247-6472	Child	Kidney/Stroke
Sue Anderson	865-773-9443	Adult	Leukemia
Melissa Childs	865-696-7039	Adult	Cardiac Arrest
Deb Prosis	865-405-4682	Teenager	Car Accident



Alive But Not Living

Tracy Bradshaw – Sawyer's Mom

I woke this morning with a thought	In writing or in words.	I look at them.
That won't leave me alone.	Just a comforting reply.	I listen to you sing.
I want you alive.	I spend days consumed	I smell your lingering scent
Each day, I want you alive.	Making a slideshow,	On your sweatshirt,
Every moment, I want you alive.	Using some of your best pictures	And I remember,
It is a longing that I cannot fulfill.	And adding heartfelt songs.	And I cry again.
I cannot fix this.	I obsess over creating a photo book	I go on living
I cannot change this.	Which never feels adequate	Or maybe just breathing.
Yet, I hold onto it,	In demonstrating your love and	I am not alive in this world.
Pray for it,	personality.	I have no heart,
Wish for it,	Are these feeble attempts	No brain
Dream of it,	To bring you back to life?	Because my heart and my thoughts
Cry for it.	Or do I create them	Are with you, Sawyer.
I know in my head	To ease my fear of forgetting?	Yet I am left here.
It is not physically possible.	These tangible things	I am a robot
But in my heart I can't let go.	Seem to have a life of their own.	I go through the day's motions.
I write to you each day	Their purpose – to never let me	I do what I have to do.
As if you could read	forget.	I am alive,
Both my memories and my pain,	Like the lifelines on my abdomen,	But I am not living.
And better yet – reply	I carry them with me.	
	I touch and feel them.	

Love, Mom

Pampered Chef Fundraiser Fun in Photos



Save the Date: April 26! Virginia Creeper Spring Outing

Listening Hearts moms, dads, and friends will celebrate April birthdays and commemorate angelversaries by riding the famous rail trail along the Blue Ridge Mountains on **April 26**.

This scenic ride is quickly becoming an annual event for Listening Hearts' moms and friends to look forward to. Last fall, a small group shuttled to Whitestop for the 17-mile descent to Abingdon (see photos).

Stay tuned for more information about the upcoming spring trip.



Contact Information

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WE'RE CONNECTED!

Visit us at:
<http://listening-hearts.memory-of.com>

Join the conversation on:

facebook

Open group and closed group for private posts (email for access)

Follow us on:

twitter

Pin us at:

Pinterest

LOVE GIFTS

Your tax deductible donations make it possible to reach out to other grieving mothers through this newsletter, group sessions, our website, and social media networks.

Love gifts can be made at all gatherings or mailed (*coming soon: online donations*). Make checks payable to Listening Hearts. Thank you for your generous support!

LOVE GIFT DONATIONS

Deb Prorise
in memory of Bradley

Amparo Atencio
in memory of Tony

Ruby Buchanan
In memory of Wade

Anonymous

Inspirational Quotes

A pearl is a beautiful thing that is produced by an injured life. It is the tear [that results] from the injury of the oyster. The treasure of our being in this world is also produced by an injured life. If we had not been wounded, if we had not been injured, then we will not produce the pearl.

–Stephan Hoeller

I think when life is terrible, when we are in a state of crisis, we block out everything to survive. Denial can be a powerful ally, and it is part of the armor we rely on when we are in an extreme situation. When the crisis is resolved, all of the feelings we've pushed aside overtake us.

–Elizabeth Glaser

Undo it, take it back, make every day the previous one until I am returned to the day before the one that made you gone. Or set me on an airplane traveling west, crossing the date line again and again, losing this day, then that, until the day of loss still lies ahead, and you are here instead of sorrow.

–Nessa Rapoport

About Us...

Listening Hearts is a 501(c) (3) nonprofit organization. It is a self-help gathering of bereaved mothers from all walks of life. We wish every day that there was not a need for such a group.

It does not matter the age of the child or the cause of death. Nor does it matter the length of time since the child's death. All bereaved mothers are welcome.

No one should travel this journey alone. Join us, as we help each other find ways to carry the pain of this loss and the joy of the love for our child(ren) in the same heart.

Thank you to all who have contributed to the making of this newsletter. We are honored to share the love and memories of your precious child. Photographs and articles submitted may be used on the website, unless otherwise noted.