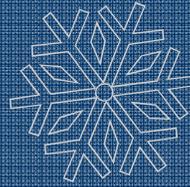


Listening Hearts Newsletter



Listening Hearts

A Gathering for
Bereaved Moms...



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Looking Ahead to New Year 2009

Hello,

I would like to take this time to wish all of you and your families a blessed 2009. May you have a new year filled with many precious memories of your dear ones. We all wish a million times that we could turn back the clock, but since we cannot do that, let us continue to love one another and help each other as we travel this journey.

Recently, I heard that some people have a tradition for the New Year in which they write down their dreams, wishes, and resolutions, and then they place them in a flame or fire in order to send them to heaven. Whether you continue an old tradition or you begin a new one, may the bright light from your child's radiant love guide your way during 2009.

Let us also remember other happenings for January. Kate and John are celebrating a wedding anniversary on the 1st. Janice will have a birthday on the 15th.

I am looking forward to our next meeting on Saturday, February 7th. Kate has plans to help us make memorial stepping stones.

Love,
Debra

"I find the great thing in this world is not so much where we stand, as in what direction we are moving. To reach the port of heaven, we must sail sometimes with the wind and sometimes against it, but we must sail and not drift, nor lie at anchor."

--This quote is attributed to Oliver Wendell Holmes.

Looking Back on 2008

Some have ended the old year with tough times. Pam Wolf is in the hospital and Karen's husband fell and broke his back in four places. Let us keep them in our thoughts.

*"...let us continue to
love one another and
help each other as we
travel this journey."*



Katie Helms playing a chanter with Pam Johnson looking on at the December 2008 meeting.

Calendar



- *Mom's Birthdays:*
Janice Clay
1/15



- *Children's Dates:*
Alan
Armstrong's
death date
2/25/2007



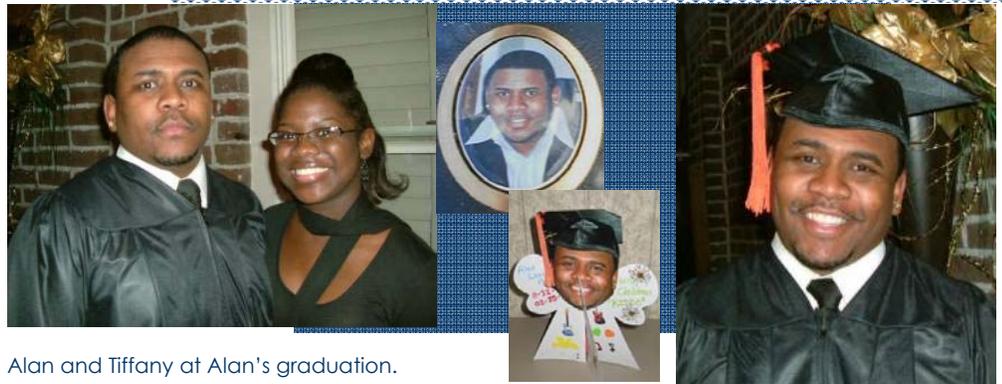
Tears and Cheers

We will never stop loving our children. A thoughtful, gentle man named William Penn once wrote, "Those who love beyond the world cannot be separated by it. Death cannot kill that which does not die." We loved our children yesterday, we love them today, and we will love them tomorrow. There is neither force nor foe that can ever remove the love we have for our children. They live within us and beyond this world, now and forever. This is not the way we wanted our lives or their lives to be because our children belong, not to the ages, but to us. In the end, sadly, they are not ours to keep. They will always be ours to remember, to honor, and to love.

We hurt so much because we love so much. It is our curse to live with the reality of death's details. It is our Blessing to be given a glimpse of the infinite possibilities of perpetual Love. It is not a fair trade. Neither is this a bargain we sought to make. The Children that died too soon have broken our hearts while giving us the great gift of enlightenment. Where do we exchange that unwanted present for one minute with them when no refund line exists. We

IN LOVING MEMORY OF:
ALAN LAMONT ARMSTRONG
NOVEMBER 22, 1982 – FEBRUARY 25, 2007

I THOUGHT OF YOU WITH LOVE TODAY
BUT THAT IS NOTHING NEW!
I THOUGHT ABOUT YOU YESTERDAY AND
ALL THE DAYS BEFORE TOO!
I THINK OF YOU IN SILENCE.
I OFTEN SPEAK YOUR NAME.
NOW, ALL THAT I HAVE ARE
MEMORIES AND YOUR PICTURE IN A FRAME.
YOUR MEMORY IS MY KEEPSAKE WITH WHICH
I WILL NEVER PART. GOD HAS YOU IN HIS KEEPING,
BUT I HAVE YOU IN MY HEART!



Alan and Tiffany at Alan's graduation.



reach out to strangers, to family or friends to help us remember, to help us hope all is not lost. It helps. It is not a cure. This pitiful plight is not a wound that time heals.

Death cannot kill that which does not die. Our children would no more leave us than we would stop loving them. Those that Love beyond the world cannot be separated by it. No one, no thing, not now, not ever can take away our love for our children. Our Love defies death and taunts time while embracing and displaying its eternal nature. Sometimes Love travels an earthly path filled with tears and cheers inspired by the life of a child measured in moments or years. Our children live forever in the glorious, unending infinite light of our Love, as we in theirs. That is our blessing. That is their gift and maybe they are waiting to see if we like it. Perhaps a cheer joined to the tear is what they need to hear.

~~Unknown

Softer

The grief lies quietly,
Beneath the surface of our souls.
It follows us around like
An unwanted shadow.
It is cunning.
It doesn't strike like it used to.
But it strikes like a ghost;
Hidden, unseen, unpredictable.
It lies just below the surface;
Following us everywhere we go.
It never leaves us.
It does not hit like it used to;
Putting us in the fetal position.
But it is unrelenting
Gnawing at our heart and soul;
Eating at us slowly, but surely.
It shadows our very lives.
It never leaves us alone.
It constantly reminds us of our forever loss.
It is a softer grief;
But it never, ever, goes away.

By *Lana Golembeski*

This article was originally published on www.thegriefblog.com, a website whose mission is to help those who have suffered a loss to cope with their pain and invest in the future.



*"And if I go, while you are still here.
Know that I live on, vibrating to a
different measure,
behind a thin veil you cannot see
through.*

*You will not see me so you must have
faith.*

*I can't wait for the time when we can
soar together again, both aware of
each other.*

*Until then, live your life to the fullest and
when you need me, Just whisper my
name in your heart...
I will be there."*

-- by Emily Dickinson, American Poet

Donations

*A donation was made in
loving memory of:*

*Colt Porterfield by Karen and
Dana Archer*

*Wade Buchanan by Ruby
and Mack Buchanan*



2009 Meeting Information

All of the 2009 meetings are scheduled to be held at the Baptist Eye Institute conference room located at 2020 Kay Street, across from the Baptist Hospital. The time of the each meeting will be 3:00 - 5:00 p.m.

Saturday, February 7th

Saturday, April 4th

Saturday, June 6th

Saturday, August 1st

Saturday, October 3rd

Saturday, December 5th

We are so sorry there is a need for this group, but we hope that all bereaved moms will join us, because no one should travel this journey alone.

We want to thank the nice folks with Mercy and Baptist Eye Institute for the use of their conference room.

Our contributors this issue:

- *Debra Reagan*
- *Katie Helms*
- *Lana Golembeski*

If you have any contributions for the March publication, please submit them to our email address no later than February 21st.

E-Mail:

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*A gathering for
bereaved moms...*



Memorial angel's made by mothers in December 2008 meeting.

No publications, statements, newsletters, emails, etc., from Listening Hearts are intended to be, or intended to supplement or replace, any medical, psychiatric, psychological, or other professional advice of any kind.



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Friend's Name
Street Address
City, State Zip Code