

Listening Hearts



A GATHERING FOR BEREAVED MOMS...

Volume I, Issue 5

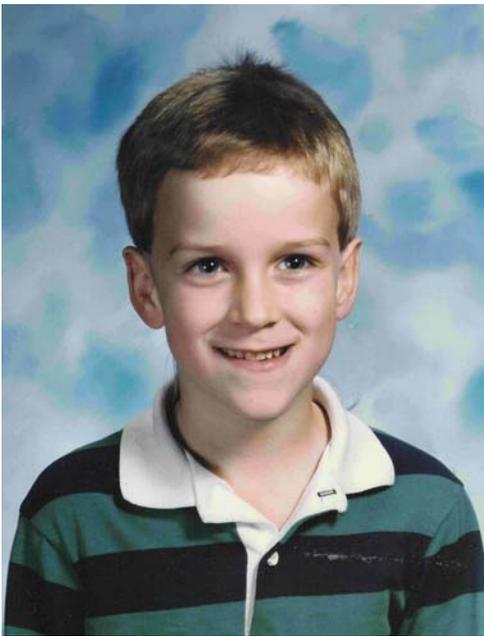
September 2009

School Memories of Gabriel Miller

By: Katie Helms

Well, lets see.... My Gabriel loved school... though the school didn't always love him... He went to Kindergarten at the daycare where I worked, but the first day of real school... First Grade... was an experience... They called me around lunch time and asked me to come and get him... He had gotten sick... they thought it was nerves... I think it was excitement... When I picked him up I asked what happened, he said that they were in line to go to lunch when he threw up... I asked him where he had thrown up, he said the hallway... I asked, "well, Gabey, why didn't you tell the teacher that you had to throw up so you could go to the bathroom and throw up?" He replied, "I did, but she didn't believe me." I'll bet she believed him next time...

Gabriel was what we called, the mouth of the south... a true salesman from the word get-go... he was full of curiosity and enthusiasm... and charm... oh, and mix in a little mischievousness... Like the time he mooned the school bus behind



Gabriel's First Grade picture from Mrs. Stikeleather's class

his bus and said that his chain wallet got stuck on the seat and pulled the pants down... yeah, right...

Gabriel wasn't real scholastic... but his teachers always liked him... we moved so much that he went to a lot of different schools, like 13... but he did win the science project for his school in the 4th grade, making a mini desalinization plant... he played trombone in the high school band... and graduated, not cum laude, but Lawdy how come??????? I miss that stinker.... :-)

Love,

Gabriel's PROUD Mom

In this issue:

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Love Gifts

Thank you to the following families for their gifts given in memory of their precious children

- ♥ Ruby & Mack Buchanan, for Wade Buchanan (4/21/83 - 7/18/05)
- ♥ Pam Johnson & Jarvis Allen, for Alan Armstrong (11/22/82 - 2/25/07)
- ♥ Katie & John Helms, for Gabriel Miller (4/22/81 - 8/14/06)
- ♥ Marilyn Linberger & Barbara Scott, in loving memory of Gabe and all the young men

Their generous donations make it possible to reach out to other hurting mothers through this newsletter, group sessions and the web site.

...Thank you!!!

Listening Hearts

September 2009

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|-----|---|--------------------------------------|------------------------------------|---|-----|
|  | | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 <i>Katie Helms' Birthday</i> | 11 | 12 |
| 13 | 14 | 15 | 16 <i>Brian Christ's Birthday</i> | 17 | 18 <i>Pamela Wolf's Birthday</i> | 19 |
| 20 <i>Byron Clay's Death Date</i> | 21 | 22  | 23 | 24 | 25 <i>Scarlett Powell's Birthday</i> | 26 |
| 27 | 28 | 29 | 30 | | | |

Correction from last issue:

Gabriel Miller's Death date was omitted from our last publication. The anniversary of his death was on August 14th.



Sean Powell
10/24/88 - 3/10/07



Byron Clay
5/14/83 - 9/20/06

October 2009

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|--|-----|-----|-----|-----|---|
| | | | | 1 | 2 | 3 <i>Listening Hearts Meeting</i> 3:00 - 5:00 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 <i>Pamela Johnson's Birthday</i> | 20 | 21 | 22 | 23 | 24 <i>Sean Powell's Birthday</i> |
| 25 | 26 | 27 | 28 | 29 | 30 | 31  |

In Loving Memory of Eric

By: Pamela Wolf

At last the day comes. It has weighed surprisingly heavier than the other four anniversaries. It is the fifth anniversary of our angel's death. When Eric died, his was the achingly wonderful, excitingly scary and blindly bright vision of youth. He was 28. He was buried on the first anniversary of his wedding day.

Eric had a spirit that sustained those of others as well as his own. His smile was pure sunshine on a cold, cloudy day. We were blessed to have him for his short 28 years. We were blessed for the wonderful friends he brought into our lives.

Eric is, sadly, frozen in time to us. We can never know what might have been. But we are incredibly blessed to have loved him ... and to be loved by him.

Eric, you will always be our sunshine; we struggle with keeping that always ahead of us. But you are there ... we know ... and we follow your joy.

With so much love,

Mom and Dad, Brothers and Sister, Grandmother, Aunts, Uncles, Cousins and Friends



Eric Wolf
11/19/75 - 7/22/04

Listening Hearts

Karen Archer Goes to Washington with HARMD



Karen and Dana Archer went to visit Washington with HARMD[®] (Helping America Reduce Methadone Deaths). This was HARMD's second trip to Washington, DC to discuss their concerns about Methadone on July 13th. Several members met with Senators Lamar Alexander and Bob Corker on Tennessee Tuesday, an informal breakfast held when Senate is in session. The senators met with family members and discussed ways to strengthen laws to help prevent future deaths.

A bill was initiated by the recently deceased Edward "Ted" Kennedy. Senators Bob Corker (Republican-TN) and John Davison "Jay" Rockefeller IV (Democrat-WV) are now championing this cause. In March 2009, the senators helped sponsor a bill that is known as the "Rockefeller-Corker Methadone Treatment Protection Act of 2009." Among other legal changes, in its current form, the bill will:

- Establish a mandatory and comprehensive education program for medical practitioners focusing on methadone and other opioids;
- Provide competitive grants to

states and non-profit community organizations to distribute culturally sensitive educational materials about proper methadone usage;

- Create the Controlled Substances Clinical Standards Commission to establish patient

education standards and other guidelines;

- Provide \$25 million per year to establish interoperable prescription drug monitoring programs within each state in the U.S.; and
- Track all opioid-related deaths via the National Opioid Death Registry

To show support for this bill, please email Senator Corker at: grantmullins@corker.senate.gov.

HARMD[®] is a non-profit organization founded by surviving family members of loved ones lost to methadone. Their objective is to decrease opiate-related addiction, injury, and death.

Their mission is to ...

- improve assessment, prescribing, dosing, and administration requirements for all methadone-related therapies, while insuring quality of care
- enhance education regarding "safe use", potential dangers, and interactions of methadone and therapeutic equivalents

- lobby for more stringent regulation, management, and monitoring of all methadone-related therapies
- promote stricter laws, tougher consequences, and harsher penalties for opiate diversion to preserve community safety

For more information on HARMD, please visit their web page at <http://www.harmd.org>.



Dana and Karen (left) with Senator Lamar Alexander and Senator Bob Corker, and members of HARMD.

What Moms Are Doing

- ♥ Kate Helms went to bagpipe school in North Carolina and has signed up to be a Big Sister.
- ♥ Pam Johnson is studying hard to finish her graduate studies.
- ♥ Ruby Buchanan does volunteer work for The Gideons. As part of her volunteer work, she devotes time to female inmates.



In Loving Memory of Our Son, Sean

By Scarlett Powell

*In loving Memory of our son, Sean Austin Powell
The memories of communication with our son which holds so much
joy & heartache*

10/24/88-03/10/07

Sending kisses to heaven from mom, dad, Jessica, Joey, and John

Goodnight, Sean

Mom – will I be able to love and be love?

Yes – Sean, you're heart will heal and trust will be rebuilt

Mom – does God hear my prayers and does he really care?

Yes – Sean, God is truly your heavenly father

God knew you before you were in your birth mother's womb

And made you the special person you are

God held you and created you in his image

Mom - why didn't you come to me in my earlier years?

Sean – I wish I was allowed to but we only have now so know

Everyone has struggles and hardships

But within those moments, hours, and sometimes years

God never leaves you or forsakes you

But with each tear released in pain

God's love is there to be gained

So allow God's grace to carry you through the hard times

Receive the knowledge you are not alone

And learn everyone has God's love to hold

And nothing is done in vain

Remember here and now on earth is only a moment

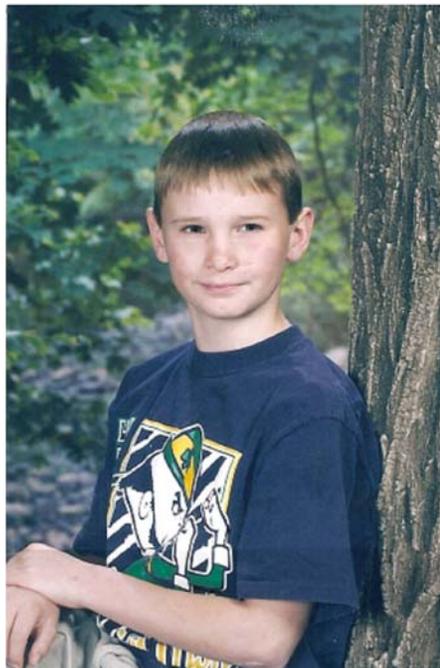
*But with God – life is held at the highest of holiness and
righteousness for eternity*

*I promise you, Sean, you have a heavenly father who loves you
along with your earthly parents, Dad and I,*

So rest and don't fear tomorrow

Knowing you're protected and loved

Goodnight and sweet dreams



John, age 5; Sean, age 13; and Scarlett Powell

Lifetime Wishes

**If I could have a lifetime wish
A dream that would come true.
I'd pray to God with all my heart
for yesterday and you.
A thousand words can't bring you back.
I know because I've tried.
And neither will a million tears I know
because I've cried.
You left behind my broken heart, and
happy memories too.
I never wanted memories,
I only wanted you.**

Author Unknown

Elyse Juliann

By Libby Cannon

Elyse Juliann
Elyse Juliann
She made her stand,
on this land.
Now she is gone,
gone too soon.
We are left here
just missing you.

Elyse Juliann
Elyse Juliann
If only we could
hold your hand and
see your smile.
It would be enough
for us to live awhile.

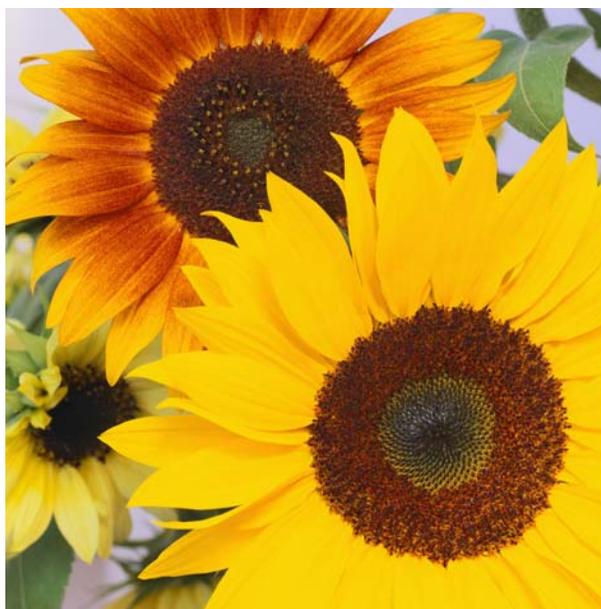
Elyse Juliann
Elyse Juliann
I will never understand
why you were chosen
to leave this land
for as long as I am.
I think of you everyday
and all the things I have
left to say.



Taken Away

By Libby Cannon

The love of our life was taken away on that very sad October day.
We were called to the scene but advised not to look.
Our beautiful daughter was already gone.
Her spirit had left and there was nothing we could do.
Just carry on, just carry on.
Why are we here and you there?
It's just not fair.



The light of our life was taken away on that very sad October day.
Never to walk down the aisle or carry a child.
Never to laugh or smile or even argue awhile.
The beautiful blue windows to her soul will open no more.
Our beautiful daughter was already gone.
Her spirit has moved on.
Nothing for us to do but carry on, but carry on.

Our beautiful daughter was taken away on that sad October day.
Our lives are forever changed by a sadness no one can explain.
Elyse's room sits as it was the day she was taken from us,
her smell is still there.
How long will it sit unchanged by time?
Forever I guess, nothing for us to do but carry on.
Just carry on...

LISTENING HEARTS

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We're on **Facebook**

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*Deadline for submissions for our
November/December newsletter is
Friday, October 16th.*

Listening Hearts, a nonprofit corporation, is a self-help gathering of bereaved mothers from all walks of life.

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.

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 in the same heart.

So What's On Your Mind?

By Wade Buchanan

*Today was a day that will live infamy
We as a nation will prevail
I couldn't believe this happened
Nation in Peril*

*To all the heroes
O Sama Bin Laden- wanted dead or alive
We the people
Early this morning the unthinkable happened
Relatives of the victims
Senators singing "GOD BLESS AMERICA"*

*Cold grip of fear
On September 11, 2001
Love
Lord why are we tested?
Airplanes into buildings
Please God Heal our land
So Many to save so little time
Everything will be fine, eventually
Dear Lord I am so scared*

911911911911911911911911911911
1 GOD
1 Love

*The poem was placed in the Walter State
Community College
Art and Literary Magazine Gallery 2002*

It is supposed to be Twin Towers Collapsed



Listening Hearts members at the August meeting.