

# Listening Hearts



A GATHERING FOR BEREAVED MOMS...

Volume II, Issue 2

March/April 2010

*"I found this poem by Grace Butcher in the book IF I HAD MY LIFE TO LIVE OVER I WOULD PICK MORE DAISIES. I must admit that I am a long way from reaching this "state of mind." Pam Wolf*

## Getting On With It

When the heart stops oozing blood and the outpouring is clear as water (so to speak) then you know you've turned the corner and will be well.

When you look inward and all the pathways are no longer dark but clearly lighted and shine like transparent drinking straws then you know you'll find your way alone.

When the gray morning has nothing to do with you and doesn't weigh you down like a heavy blanket, then you know that moving will be easy again and your body will flow through time like the river it really is, smoother and deep, no rocks, no shallows to smash or catch you, keep you from moving on.

When the heart slows to its normal rhythm and the beauty of birdsong at dawn doesn't make you cry because you are along listening, then you know that everything has happened that is going to for now, and you can get on with your life and everything about it that was yours alone and always finer than anyone could ever imagine it would be without him.



I walked a mile with  
Pleasure.  
She chattered all the way,  
But left me none the wiser  
For all she had to say.  
I walked a mile with  
Sorrow,  
And ne'er a word said she;  
But oh, the things  
I learned from her  
When Sorrow walked with  
me!

~Robert Browning

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## Love Gifts

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



Alicia Golembeski  
8/1/1979 - 7/22/2006

“AND WHEN WE  
EMBRACE THOSE  
BLESSINGS, I AM  
SURE THAT OUR  
CHILDREN ARE  
DANCING IN  
HEAVEN!”

## Living on after they are gone...

By: Lana Golembeski

We will NEVER get over the loss of our child. But we learn to live with it just as I have learned to live with my arthritis. Some days the pain is more than I can handle, other days I only manage to get by. And yet there are times I hardly feel the pain at all. I experience moments when I cry because of the pain, then there are moments of peace and acceptance. There are rarely days when I feel pain.

After a child is lost, there are very sad and intense moments. But, there are also moments when we experience the little things in life that make us very happy. It might be watching a beautiful sunrise, or it might be the smile on a child who is so happy in his or her innocence. It might be the tiny memory of our lost child, or might be something new that is good in our lives.

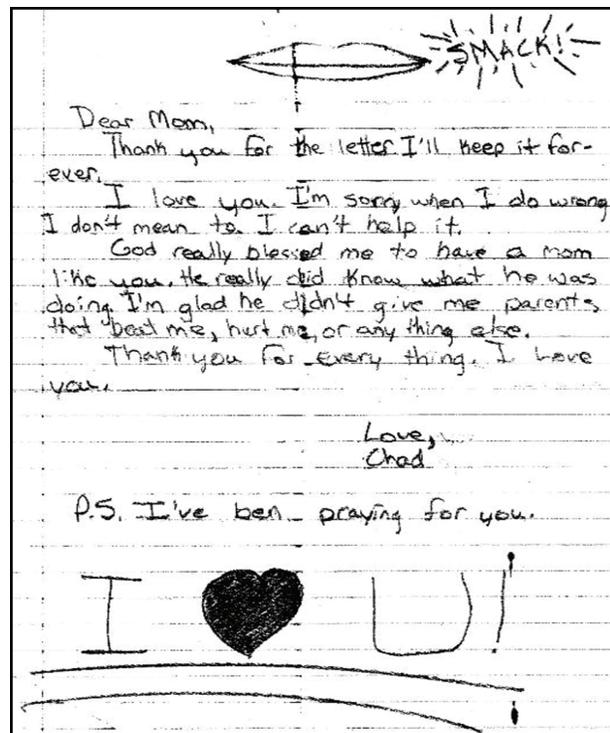
Our children would never want us to lose the wonderful things that we DO still have in our lives. And when we embrace those blessings, I am sure that our children are dancing in heaven! Very soon we will be with them again...for eternity. In the meantime, we must live our lives in honor of our precious babies...and they will live on through our lives. Others around us will see them continue to live on when they see the love in our hearts.

Yes, I miss my Alicia with all my heart...each and every day.

<http://alicia-golembeski.memory-of.com>

## Memories of Chad Raby submitted by his mom, Jane Dunham

Chad Raby  
2/27/1984 - 3/16/2009

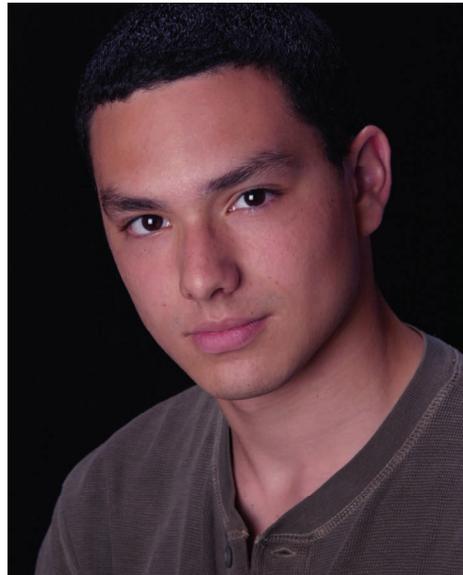


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## Get Up and Live

By: Julian Preciado

I failed...  
But who wins...  
Do you?  
Do I?  
I've lost my way...  
Lost in this path...  
I'm breathless...  
I can't feel...  
I'm drowning...  
I can't think...  
I stumble...  
I fall...  
I drop...  
I can't get back up...  
No one will save me...  
No one will come...  
I'm all alone...  
Why do my cries fall on deaf ears?  
I took my last step...  
My last breathe...  
My last tear rolls down my cheek...  
Falls into eternity...  
A pool of nothingness...  
I awake...  
It is a new day...  
I am on the path again...  
Walking steadily...  
I've learned to breathe without you...  
Here I am...  
Always...  
I take my time...  
I pace myself, treading lightly...  
Will everyone hear me?  
They will...  
I now have something to say...  
We have been living in a bubble...  
I have confidence in me...  
I speak...  
The world knows...  
Strength is always found in our weakness, whether they  
be in our hearts, our...  
Emotions, or our losses, we all learn to live without that  
one element that has been taken...  
away from us, or what it was that is not given to us...  
With the courage to fail, We...  
Learn to triumph, we learn to live life, we learn we can't  
fly, since we all come down...  
The impossible is possible; in you...  
Just count up your demons...  
Hoping everything's not lost...  
Get up and live...



Julian Preciado  
3/22/87 - 5/12/05

Julian drowned in our back yard lake days before his graduation from High school, 4 days after mothers' day and 3 months after becoming 18.

**Submitted by: Veronica Preciado**



# Listening Hearts

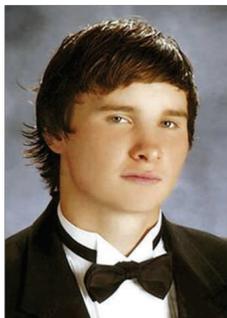
## March 2010



SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6 <i>Jim Coniglio's Death Date 2009</i>
7 <i>Reneau's Birthday</i>	8	9	10 <i>Sean Powell's Death Date 2007</i>	11	12	13
14	15	16 <i>Chad Raby's Death Date 2009</i>	17 <i>Heather's Birthday/ St. Patrick's Day</i>	18	19	20 <i>First Day of Spring</i>
21	22 <i>Julian Preciado's Birthday</i>	23	24	25	26	27
28	29	30	31			



Jim Coniglio  
6/3/83 – 3/6/09

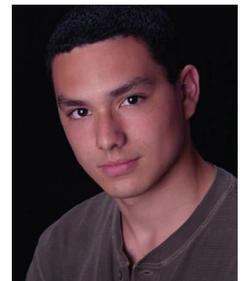


Sean Powell  
10/24/1988 – 3/10/2007

### *Forever in Our Hearts*



Chad Raby  
2/27/1984 – 3/16/2009



Julian Preciado  
3/22/1987-5/12/2005

# April 2010



SUN	MON	TUE	WED	THU	FRI	SAT
				1	2 Bradley Prosise's Birthday	3 Meeting 3:00-5:00
4	5	6	7	8	9 May's newsletter items needed	10
<i>Easter Sunday</i>						
11	12	13	14	15	16 Derrick Salvig's Death Date 2007	17 Colt Porterfield's Birthday
18	19	20	21 Wade Buchanan's Birthday	22 Gabriel Miller's Birthday	23	24
25	26	27	28 Ryan Griffin's Death Date 2007	29	30	



Bradley Prosise  
4/2/1988-11/8/2005



Derrick Salvig  
10/5/1981-4/16/2007



Colt Porterfield  
4/17/1984-6/20/2006



Wade Buchanan  
4/21/1983-7/18/2005



Ryan Griffin  
6/17/1986-4/28/2007



Gabriel Miller  
4/22/1981-8/14/2006

# Listening Hearts

## What Moms Are Doing

Here is Kim's story:

*On April 28, 2007, our 20-year-old son, Ryan Griffin, died from an accidental overdose. I live each day for Ryan....staying busy has helped me these past 3 years....developing "a legacy" in memory of Ryan such as the Ryan Griffin Memorial Scholarship Foundation and Memories Of You Candles has filled my hours here without Ryan. I feel my day to day efforts in both Ryan's foundation and candles has helped to fill the void in my life, along with the hopes of making others' lives a little better in memory of my son.*

*Sincerely,  
Ryan's Mom, Kim Griffin*

*In Loving Memory of  
Ryan Thomas Griffin  
6/17/1986 - 4/28/2007*



### Scene Selection:

Doves In Flight  
Mountain View  
Flower Garden  
Jesus Embrace  
Cherub Angels  
Stained Glass Madonna  
Serene Fishing  
Deer Hunting  
Vibrant Sunset  
Crayons  
Teddy Bears  
Child's Blocks  
American Flag  
Breast Cancer - Pink Flowers  
Breast Cancer - Purple Flowers



Each *Memories Of You* Candle is hand poured with 17ounces of 100% soy wax.  
For any questions or to place an order, please contact Kim Griffin at [kimbergiffin173@yahoo.com](mailto:kimbergiffin173@yahoo.com)

Kim Griffin  
c/o Memories Of You Candles  
173 Black Rock Lane  
St Charles, MO 63304  
(314) 795-3163

## The Journey

By: Sean Fewer

In loving memory of his son, Damon,  
11/23/1995 - 5/22/2007

A heartache like no other  
Nothing seems the same  
Vacant hopeless feelings  
A grief we try to tame  
The past is filled with memories  
The future left untold  
We struggle to understand  
Much love for you we hold  
Those around us have no clue  
The depth at which we're cut  
We try to heal, we know we must  
Supportive words help us but  
Life has become a journey  
We have to meet our self  
The view from here has forever changed  
Some dreams left on the shelf  
This does not mean there is no hope  
Persistence it's sure to take  
For you're in our thoughts every day  
Joy mixed with great heartache  
You gave us love we'll always treasure  
We know what we must do  
Pick ourselves up, dust ourselves off  
And live a life that will honour you



<http://damon-fewer.memory-of.com>



The picture is of building a tree fort in honor of Damon at his best friend's cottage. Damon and Connor had big plans for a tree fort in our backyard for the summer of 2007...it was not to be. So we did the next best thing. A sign hangs from this fort... 'Damon's Place'... With myself in the picture is Connor to my left in the tan shirt, Stephan and Bill, Connor's dad. Connor was with Damon at the time of his accident. He will always hold a very special place in our hearts, they were the best of buds and he misses Damon immensely. Building the fort is part of the journey...

**“COURAGE DOES NOT ALWAYS ROAR. SOMETIMES IT IS A QUIET VOICE AT THE END OF THE DAY, SAYING.....I WILL TRY AGAIN TOMORROW.” BY MARY ANNE RADMACHER**

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A quote from a card submitted by Lori Coniglio  
In memory of her son, Jim  
6/3/83 - 3/6/09

~ I know your world feels broken apart under the stress of what has happened  
~ And sometimes your heart might feel shattered, I'm sorry that it hurts so much  
~ But I also know that broken things can be transformed into beautiful mosaics  
~ I believe that one day all the pieces of your world, all the tenderness of your heart will be restored and rearranged  
~ into a brand new life .. a brand new life that is perfectly patterned for you.



Jim Coniglio  
3/06/2009

One year you've been gone, how  
can that be?  
We Love you and miss you so very  
much.



Derrick Joseph Salvig  
10-5-81 – 4-16-07

Your Mom misses you. She loves you still. Nothing makes missing you any easier. You were my little buddy. You were my awesome son. Are you okay? I need you, miss you and love you. Goodnight, my son. Remember the prayer we used to say..."Now I lay me down to sleep, I pray the Lord my soul to keep. Guide me safely through the night; wake me with the morning light"? You didn't wake with the morning light on that dreadful night, but I desperately have to believe you are okay, because that was your nature. No matter what the situation, how hard things were going, you always found something to laugh about. Please be laughing now. When my time comes to cross over, I want your laughter to guide my way, to guide me to you. It has to be. You must be there. Why else would I continue this life if not for the promise of one day seeing you again? Be there.

Love Mom (Tammie)



## LISTENING HEARTS

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We're on

facebook

### Contributors this issue:

*Pam Wolf (Eric)*

*Lana Golembeski (Alicia)*

*Jane Dunham (Chad Raby)*

*Kim Griffin (Ryan)*

*Sean Fewer (Damon)*

*Veronica Preciado (Julian)*

*Lori Coniglio (Jim)*

*Tammy Riley (Derrick Salvig)*

### Editor:

*Heather Reagan*

*Deadline for submissions for our  
May/June newsletter is Friday,  
April 9th.*

We invite you to give us feedback on ways to improve the newsletter. We want to thank each of you for your participation as we offer support to one another.

*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.*

## Picture Request

The more pictures we have of your child the better. Please send any pictures you would like to see of your child in the newsletter, such as pictures to be used with the calendar. These pictures can be emailed to [hreagan1@gmail.com](mailto:hreagan1@gmail.com) or to [drdreagan@gmail.com](mailto:drdreagan@gmail.com).

Thanks!

## Listening Hearts 2010 Meeting Schedule

*All meetings are held on Saturdays*

♥ February 6th

♥ April 3rd

♥ June 5th

♥ August 7th

♥ October 2nd

♥ December 4th

