

# Listening Hearts



A GATHERING FOR BEREAVED MOMS...

Volume II, Issue 6

November/December 2010

Written by Kayla Boo Marie Clark in memory of Carson Howard.

## return you to the stars -

I wish my eyes were as excepting of the light  
as I am of the day,  
but i could roll over 10,000 times  
and still not be expecting of its rays.

so i stay here, lay here,  
immersed in these sheets \_  
scavenging to articulate passed  
understandings and themes.

and sometimes at night I just want to swing,  
but [son] you swung so high  
that the moon and the stars  
now know your name.

and so i miss you, we miss you,  
but you were never ours -  
so we loved you and helped grow you  
and let you return to the stars.

this is understandable,  
because up there you can shine  
and even though it's hard to say -  
up there you belong.

and so i rest here forcing out the light,  
because it's mornings like these  
that the universe is intensified.

maybe it's just me, but if i roll over again,  
i'll find a cooler place in the pillow  
and a chance to hear you from within.

...so if it really is mornings like these  
that have me wishing to see you at night,  
i'll get out of bed and brush my head  
so you can see me in the day's light.

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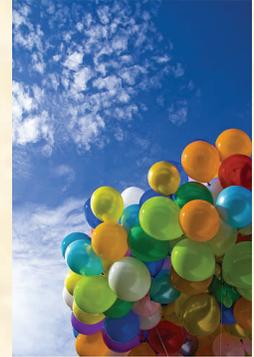
# Listening Hearts

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November 2010

These children have birthdays this month:

- 5th William Myers (Brenda)
- 12th Dustin Kitts (Debra)
- 15th Natasha Whitmire (Katrina)
- 19th Eric Wolf (Pam)**
- 22nd Alan Armstrong (Pam)**
- 22nd Zachary Griffin (Debbie)**
- 23rd Damon Fewer (Kim)
- 23rd Brett Friberg (Beverly)



These children have anniversary dates this month:

- 8th Bradley Prosis (Deb)**
- Baby Calvin Medicus (Katie)**
- Chris Kline (Anne)



*FOREVER IN OUR HEARTS*

## December 2010

These children have birthdays this month:

28th Brandon Arms (Connie)

**31st Carson Howard (Reneau)**



These children have anniversary dates this month:

1st BJ Outlaw (Cindy)

**2nd Carson Howard (Reneau)**

2nd Billy Crocker (Nancy)

10th Krystal Long-Duss (JoAnn)

15th Brian Christ (Lee Ann)

23rd Brett Friberg (Beverly)



*FOREVER IN OUR HEARTS*

# Listening Hearts

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## What Moms Are Doing



**Reneau, Carson's mom, has been trying her hand at beautiful crafts.**



**Ruby, Wade's mom, has been traveling the high seas.**





***Sad News from Moms:***

***Our hearts are with Pam, Alan's mom, as she deals with the death of her father.***

***Our thoughts are with Karen, Colt's mom, as she handles the terminal news her own mother received.***

***We send both of these moms warm hugs.***

***Listening Hearts***



# Listening Hearts

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## In Memory of Sean Powell



The first Thanksgiving Sean shared with us as a family was at Disney World in 1995. My mother, Ginny Ingram, got to come with us so we had Jack (Sean's dad), Jessica (Sean's sister), Joey (Sean's brother), Sean and I driving down to Florida after Sean only being with us since July 1995 (4 months). Sean had never been on vacation and going to Disney World was exciting and overwhelming. When Sean had arrived at our home in July, the only item he had was a backpack with only a few pieces of clothing inside and now he was in car with a family of strangers and his own suitcase full of clothes going across several state lines to get to the Magic Kingdom to see Mickey Mouse and his friends. I think Sean really wasn't sure if we were actually telling him the truth until we made it to the hotel and then he wasn't sure if Disney World was there and if he was going to be allowed to get into the park. When Sean finally was walking toward the Castle at Magic Kingdom, he started to cry and became very emotionally. I had to console Sean and reassure him that he deserved this moment of joy and happiness. Here is a picture of Sean with Mickey Mouse at Magic Kingdom at the age of seven. I will never again have to console or reassure Sean because he is held by his heavenly father and every moment in filled with joy and happiness, but my arms are now empty and my heart is filled with sorrow as I wait until we are reunited but I have these memories that I carry with honor.

In loving memory of my son, Sean Austin Powell  
October 24, 1988 – March 10, 2007

Love mom (Scarlett) and dad (Jack) Powell



## Grief Notes

### Four Key Facts about Grief

1. The way out of grief is through it.
2. The very worst kind of grief is yours.
3. Grief is hard work.
4. Effective grief work is not done alone.

Taken from the book, *Life After Loss*, by Bob Deits



### Caring for Yourself after the Death of a Loved One

- Assess your state of health before your loss.
- Be careful about what you eat and drink.
- Talk about the deceased person.
- Make time for solitude.
- Keep your normal routine intact as much as possible.
- Allow your community to help you.
- Allow yourself to have angry feelings.

Taken from the book, *Life After Loss* by Bob Deits

# Listening Hearts

## Gratitude Journal Brings Grieving Mother Relief

November 13, 2008

*This article was originally published on [www.opentohope.com](http://www.opentohope.com), a website whose mission is to help those who have suffered a loss to cope with their pain and invest in the future.*

By Debra Reagan –

There came a point in my grief over the death of my son Clint when I became so tired of being tired. I began to search for something that would offer a bit of relief. I purchased a small notebook and began keeping a daily gratitude journal. Every day, I tried to find something to write in my journal.

Most days, at first, I was just grateful that I had made it through another day. As time went on, I began to find small things of which I was truly grateful. I began to see that I had received many blessings. These were blessings that I would happily give back if I could turn back the clock, but they were blessings nonetheless.

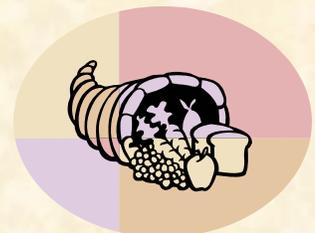
It seemed that as my journal grew, so did my strength. I began to look forward to logging my gratitude in my journal. I suppose my focus was changing and my pain over the loss was being replaced with my appreciation of those around me. This felt right for me.

At one point, I expanded my journal by adding a section where I could record events that had brought me brief moments of happiness. I wanted to determine if there was a pattern to these moments. I longed so much to be happy again. My dear Clint wanted everyone to be happy.

It has been awhile since I began my journal and I continue to take one day at a time as I search to find what is right for me. I accept that my new normal will always have a level of the pain because of our great loss; I want to find ways to carry this loss. I want Clint's life to also have a legacy of love, joy and happiness. The tears still come, but sometimes now smiles come too. Those smiles represent the love and precious memories.

My husband once asked me if I would do it all again. I knew what he meant. He was asking me if I would marry him again and have our two beautiful sons if I knew this would be the outcome. In the depth of the pain, I must admit I paused and wondered what person would ever choose to go through this anguish? But then the answer came: If avoiding the pain meant avoiding the love, then I would choose the love with all the strings attached. I am grateful for this love.

I am grateful for the past and the time we shared as a family. I am grateful for many things in the present: my family and friends, the special connection I still have with Clint. I am grateful for my faith and the future, because I believe I will see Clint again.



## Holiday Thoughts

At Thanksgiving, we will speak of Alex and his cousin who we lost to suicide in 2006 with love and in prayer before our meal. We all share memories of both these lost children with love and laughter so that their spirits live on in us.

We dreaded our first Christmas without our son, Alex. I was especially aware of how hard it would be for his twin brother, Aaron. I ordered Aaron and his father dog tags which could be engraved w/personal messages on four sides. I ordered Alex's sister a necklace and had it engraved with Alex's name and a personal message. I didn't want our Christmas morning to be difficult, so I had them open these gifts the morning before Christmas at the breakfast table. They each loved the gifts and wear them every day. What we learned is that despite the best laid plans, Christmas is difficult without him there, so instead of trying to avoid emotions, we plan to simply open our gifts, enjoy our family meal, remember former Christmases and speak of Alex as though he is with us that day. We believe that he is with each of us every day and we talk to him and about him as though he is present.

This year I am giving Alex's twin brother a blanket made from Alex's clothing and T-shirts from Little League, Basketball tournaments, and Football tournaments that I had saved which both boys wore. I am sure he will treasure that blanket and it will bring him comfort when he misses Alex. I also had teddy bears made from Alex's flannel pajama pants and gave them to family on the twins' first birthday after Alex's death. A pocket on the teddy bear said, "Hugs from Alex". On the anniversary of Alex's death, I left picture memory stones at his grave in a container for family and friends to take as they visited. Those that took the memory stones told me how much they appreciated having the keepsake to carry on them or place on their desk or dresser in his memory.

I hope any of these ideas might help someone else.

Tamara Wolf



## More Holiday Thoughts

We have not celebrated the Holiday since the death of our son Brett on 12/23/07. This year we will put up a small tree with decorations of the "Oregon Ducks" Brett was an avid football fan and being from Oregon the Ducks was his team. It is a way for us to start celebrating Christmas again and a way of honoring Brett as well.

Love to All.  
Bev Waterworth  
Brett's Mom



## Candlelight Memorial



### Candlelight Memorial

*As time goes on, it is often difficult to find ways to include our loved ones in family get-togethers and celebrations. A beautiful way to accomplish this may be to create a new tradition by using four candles in a centerpiece - advent wreaths work perfectly - and as you light the four candles, read the following words:*

**As we light these four candles in your honor, we light one for our sadness, one for our memories, one for our determination, and one for our love.**

We light this candle for our **sadness**. The pain of losing you is intense, and the grief we feel is often hard to handle. We want you to know that we miss you so much.

We light this candle for our **memories**. There is so much we remember - your smile, your laugh - the good times and the bad ones, too - when we were angry and when we were happy - all those times that never could have been lived with anyone but you. We want you to know that we will always remember.

We light this candle for our **determination**. Knowing you has brought us strength. We are changed because of you. Your life has made a difference in our lives. We want you to know that we will take the energy of your living to help us move forward in our own lives.

We light this candle for our **love**. The specialness that we shared with you can never be replaced. During this holiday season, our love for you will shine as brightly as this candle. We will pass that love on to others, and as we do, our hearts will smile because of you. We want you to know that we will always love you.

Tom Zuba

# Listening Hearts

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Listening Hearts is a gathering of bereaved moms. We wish every day that there was no need for such a group. Since we can't change things that are out of our control, we work to help ourselves and each other to process this devastating and life altering loss. We work to find ways to carry the loss and love in the same heart.

Our group meets every other month in Knoxville at the Eye Institute Conference Room located at 2020 Kay Street, Knoxville, TN 37920. The dates and times can be found at our website: [www.listeninghearts.net](http://www.listeninghearts.net).

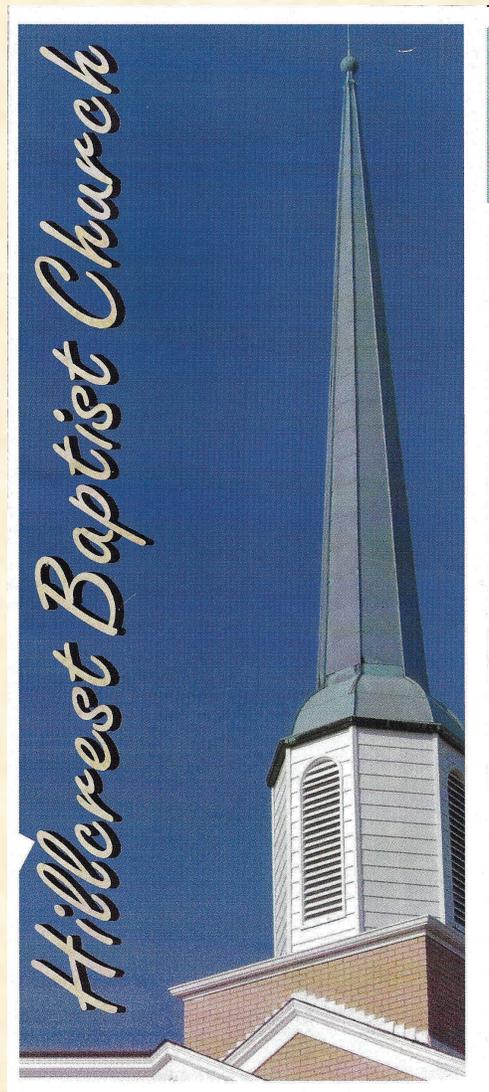
We also have a new second meeting place in Morristown. See below.

***Listening Hearts  
A Gathering of Bereaved  
Mothers***

***....now has a second meeting  
place.....***

***Hillcrest Baptist Church  
410 S. Liberty Hill Rd.  
Morristown, TN 37813***

***All bereaved moms are  
invited.***



Hillcrest Baptist Church  
410 S. Liberty Hill Rd.  
Morristown, TN 37813

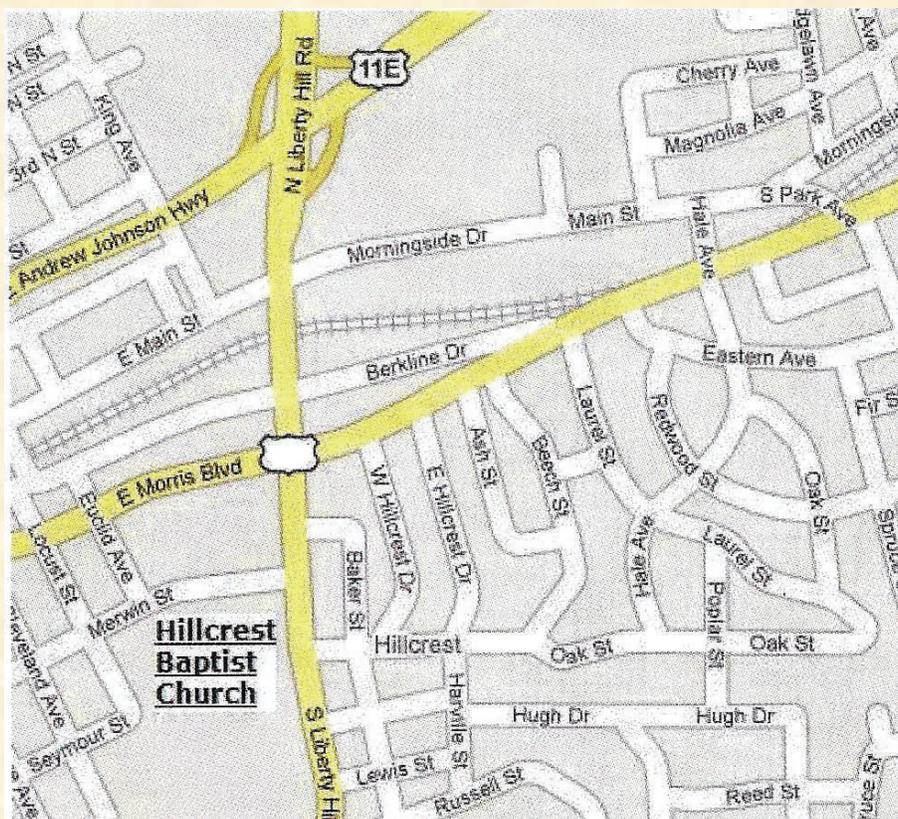
Phone: 423-586-0693

Fax: 423-586-0653

[www.hillcrestbaptistchurch.net](http://www.hillcrestbaptistchurch.net)

E-mail: [office@hillcrestbaptistchurch.net](mailto:office@hillcrestbaptistchurch.net)

*... The Caring Place*



# Listening Hearts

## Our Mission Statement

### *Mission Statement*

*Listening Hearts, a nonprofit corporation, is a self-help gathering of bereaved mothers from all walks of life. Listening Hearts has 5 primary goals:*

- (1) to conduct public discussion groups, forums, panels, lectures or similar programs where bereaved mothers can come together to share;*
- (2) to provide a caring community where bereaved mothers can find help from one another to cope with the pain of losing a child, share ways to carry this loss and discover hope for the future;*
- (3) to provide a loving and supportive environment for mothers to share and honor the memories of their deceased child or children;*
- (4) to offer loving support to siblings, family members and friends impacted by the death of a child;*
- (5) to educate the public about ways to deal with the loss of a child, letting them know how to support mothers in rebuilding their lives. No mother should travel this journey alone.*



## LISTENING HEARTS

Donations may be mailed to  
Listening Hearts  
P.O. Box 51674  
Knoxville, TN 37950

E-mail: [listeninghearts@live.com](mailto:listeninghearts@live.com)

Website:

<http://listeninghearts.net>



We're on

facebook



*Listening Hearts, a 501 ( c) (3) nonprofit organization, 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.*

Contributors this issue:

Reneau Howard  
Scarlett Powell  
Tamara Wolf  
Bev Waterworth

### Listening Hearts Knoxville 2010 Meeting Schedule

*All meetings are held on Saturdays*

- ♥February 6th
- ♥April 3rd
- ♥June 5th
- ♥August 7th
- ♥October 2nd
- ♥December 4th

Editors:

Debra Reagan  
Heather Reagan

Thank you to everyone. We are honored to share the love and memories of your precious child.

Unless otherwise noted by the contributors, the submissions may also appear on the website.