

# Listening Hearts



A GATHERING FOR BEREAVED MOMS...

Volume III, Issue 5

September/October 2011

## So What's On Your Mind?

by Wade Buchanan

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

To all the heroes  
Osama 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

911911911911911911911911911

1 God

1 Love



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## Love Gifts

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

**Ruby & Mac Buchanan in  
Memory of Wade**

**Karen & Dana Archer in  
Memory of Colt**

...Thank you!!!

# Listening Hearts

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## September 2011 Listening Hearts Children

**These cherished children have birthdays this month:**



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**These cherished children have anniversary dates this month:**

18th	Michelle Lee Bell	grandmother, Barbara
20th	Eric James Hurst	mom, Terri
20th	Bryon Clay, Jr.	mom, Jancie; sister, Shundra



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September 2011 Other Beautiful Children

**These adored children have birthdays this month:**

5th	Derrick Salvig	mom, Tammie
11th	Nick Pippen	mom, Diane
13th	Joey Scarpa	mom, Linda
16th	Brian Christ	mom, Lee Ann
26th	Leo McPhee	mom, Rose
29th	Cassandra Taylor	mom, Linda



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**These adored children have anniversary dates this month:**

4th	Adam Hess	mom, Trudy
7th	Natasha Whitmire	mom, Katrina
24th	Alex Wolf	mom, Tamara
30th	Joe Torma	mom, Linda
31st	Daniel Pallick	mom, Betsy



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# Listening Hearts

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## October 2011 Listening Hearts Children

**These precious children have birthdays this month:**

24th      Sean Powell      mom, Scarlett



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**These precious children have anniversary dates this month:**



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October 2011 Other Beautiful Children

**These adored children have birthdays this month:**

3rd	Curtis Dawson	mom, Judy
4th	Katie Cassidy	mom, Diane
10th	Joel McGregor	mom, Julie



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**These adored children have anniversary dates this month:**

7th	Elyse Cannon	mom, Libby
7th	Tyler Strawn	mom, Elane
12th	Rocky Weedle	mom, Lisa



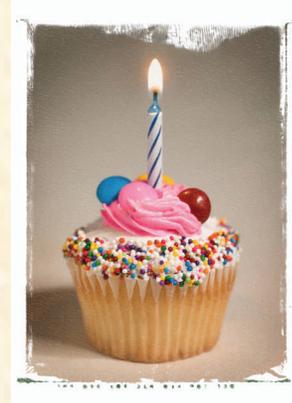
***FOREVER IN OUR HEARTS***

# Listening Hearts

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## What Moms Are Doing

Scarlett sends a very special birthday wish to her son, Sean.  
October 24th.



# Sean Powell



We are so proud of Kate and Ruby for running in a recent 5K to raise money.

# Kate and Ruby

Eagle Release In Honor of Fallen Soldier



# Carlos M. Santos-Silva



# Listening Hearts

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*Submitted by Pam Johnson in honor of all bereaved moms.*



She can deal with stress and carry heavy burdens.

She smiles when she feels like screaming, and she sings when she feels like crying.

She cries when she's happy and laughs when she's afraid. Her love is unconditional.

There's only one thing wrong with her. She forgets what she's worth!

Pass this to every beautiful woman you know. Remind her that she's unique.

I love you girl. In twenty five minutes something will make you super happy.

But you have to tell ten crazy girlfriends you love them, including me.

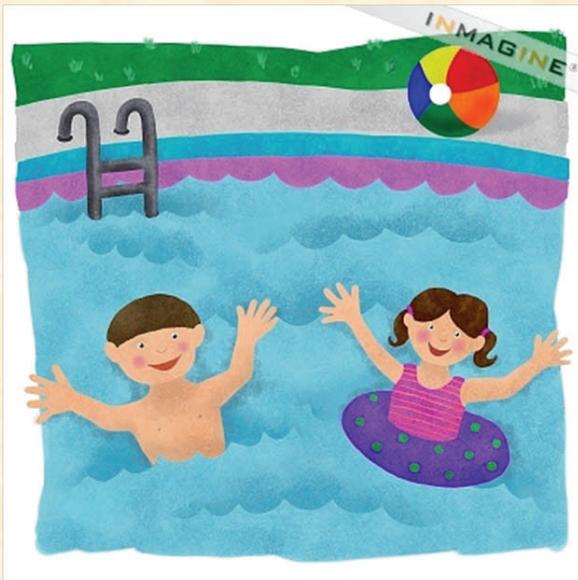
**L-o-v-e-y-o-u.**

## Thinking of Damon

"Damon wasn't quite 2 years old when we decided to put in our pool. We truly couldn't afford it, but just had the company put the pool in the ground and we did the rest to save. If we waited until we had more money, we would have missed some key years with the kids enjoying it, and enjoy it they did. Our pool was a real hub of activity right up until the summer we lost Damon. These days it doesn't see much use, partly because the other 2 are older. I have been in a few times this year, but not last year at all. It now serves mostly as the neighbor's pool...who has two young boys. I like to see it used...it can bring sadness, but with many great memories. I was in my backyard earlier in the summer, and heard the screaming and laughing of small children in a pool up the hill...these people are newer to the neighborhood and the children are quite young. So I put my thoughts down on paper."

Sean

**A child's laughter in a distant yard  
Echoes through my mind  
Splashing, screaming...a pool full of life  
It is peace I try to find  
As I overlook our quiet lot  
Once full of much the same  
A gentle breeze whispers through the  
leaves  
Memories remain  
Drifting back, senses come alive  
To a time much lighter of heart  
Now seems like someone else's life  
In the years we've been apart  
Mom & Dad**



# Listening Hearts

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

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

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



*I will not always feel as I do now.....*



**A. I will not always feel as I do now.**

**B. I am doing okay. Grief will not destroy me.**

**C. I will make it through this experience just as others have before me.**

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

# Listening Hearts

## Morristown Meeting Information

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.listening-hearts.memory-of.com](http://www.listening-hearts.memory-of.com).

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.***

#### ***2011 Morristown Meeting Dates:***

***Saturday, September 24th***

***Saturday, November 12th***



***Meeting Time:***

***10:00 a.m. to 12 noon***

A gathering for bereaved moms...

## 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:

Ruby Buchanan  
Pam Johnson  
Sean Fewer

### Listening Hearts Knoxville 2011 Meeting Schedule

*All meetings are held on Saturdays*

- ♥February 5th
- ♥April 2nd
- ♥June 4th
- ♥August 6th
- ♥October 1st
- ♥December 3rd

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.