

# Listening Hearts



A GATHERING FOR BEREAVED MOMS...

Volume IV, Issue 1

January/February 2012

*"Happy New Year", or should I say just plain and simple, "Its A New Year".*

We find ourselves facing another year without our child. The flip side of this, ladies, is that we are getting closer to joining our child with each passing day, month and year.

I am always looking and seeking signs from my child (and from heaven). This year I have found a sign in the number 2012. This date represents, to me, the number 5. The combination of all its digits equal 5. That's my sign from my son, Bradley, who died in 2005. This year 5 will be lucky for me and I will expecting good signs for 2012.

Our lives changed in a moment , so I survive by being aware. I hope for you, as for myself, that we are more aware of all things in lives and in everything we do. *"Look, seek and you shall find"*, the Bible says...May this be a year of awareness for us all.

Debra Prosis  
Mom of Bradley Prosis  
1988 - 2005



## In this issue:

- ♥ Calendars pgs. 2-5
- ♥ What Moms Are Doing, page 6
- ♥ Snow Days, page 7
- ♥ In Memory of Paul, pg 8
- ♥ Quotes, page 9
- ♥ Snow Pictures, pg10
- ♥ Memory of Brian, pg 11
- ♥ Colt's Story, pages 12-13
- ♥ In Memory of Joel, pages 14-15
- ♥ Precious Memories, pg 16
- ♥ Thank you to Mitzi, pg 17
- ♥ Meeting Information, page 18
- ♥ Group information, pg 19

## Love Gifts

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

Karen & Dana in memory of Colt

Terri G. in memory of Eric James

Anonymous

Non-cash donation: Debra & Alan in memory of Clint

Kate & John in memory of Gabe

Ruby & Mac in memory of Wade

...Thank you!!!

# Listening Hearts

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## January 2012 Listening Hearts Children

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

22nd      Steven Anderson      mom, Sue



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



***FOREVER IN OUR HEARTS***

January 2012 Other Beautiful Children

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

4th	Nicholas White	mom, Diane
5th	Scott Ward	mom, Lorna
10th	Joey Hernandez	mom, Gina



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



***FOREVER IN OUR HEARTS***

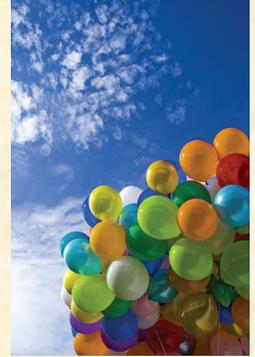
# Listening Hearts

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## February 2012 Listening Hearts Children

### These precious children have birthdays this month:

27th      Chad Raby                      mom, Jane



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

6th            Timothy VanWinkle                      mom, Jan  
9th            Kelby Lee Akins                          mom, Mitzi  
25th          Alan Armstrong                            mom, Pam



***FOREVER IN OUR HEARTS***

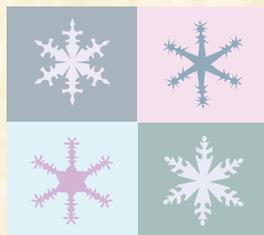
February 2012 Other Beautiful Children

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

7th	Jennifer Adair	mom, Deborah
15th	Alexis Goudelock	grand mother, Bonnie
16th	Elyse Cannon	mom, Libby



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

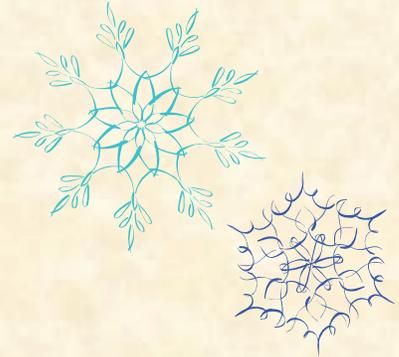


***FOREVER IN OUR HEARTS***

## What Moms Are Doing

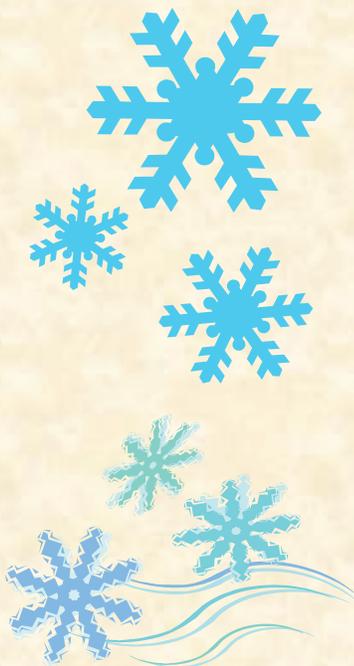
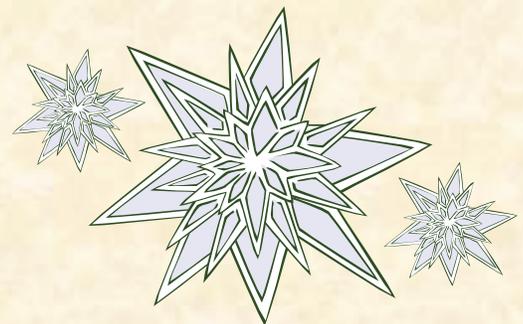
### Bradley's mom, Deb

Bradley's mom, Deb, has started her own Professional Embroidery business. We are so proud of her and wish her the best in this new venture. We know that Bradley is her biggest fan.



*"Snowflakes are one of nature's most fragile things, but just look what they do when they stick together."*

By Verna M. Kelly



### Alan's mom, Pam

Alan's mom, Pam, is studying for her second Master's Degree. Wow! You are great. We know Alan is proud of you.



Let It Snow



Ben and Gabriel



Gabriel  
April 22, 1981-  
August 14, 2006



# Gabriel

# Paul

Paul Sanders  
December 31, 1974-  
April 24, 2005



The only picture with **Paul** in the snow. A freak snow in Fremont, California 1990. The other people in the photo are Paul's little sister Meghan and his stepdad, Bruce.

# Listening Hearts

## Submitted in Memory of Paul

The following was submitted by Diane in memory of Paul. Author Unknown



To my dearest family, some things I'd like to say.  
But first of all to let you know, that I arrived okay.

I'm writing this from Heaven. Here I dwell with God  
above.  
Here there's no more tears of sadness; here is just eternal  
love.

Please do not be unhappy just because I'm out of sight.  
Remember that I am with you every morning, noon and  
night.

That day I had to leave you, when my life on earth was  
through,  
God picked me up and hugged me and He said, "*I welcome  
you.  
It's good to have you back again, you were missed while  
you were gone.  
As for your dearest family, they'll be here later on.  
There's so much that we have to do, to help our mortal  
man.*"

God gave me a list of things, that He wished for me to do.  
And foremost on the list, was to watch and care for you.

And when you lie in bed at night, the day's chores put to  
flight,  
God and I are closest to you....in the middle of the night.

When you think of my life on earth, and all those loving  
years,  
because you are only human, they are bound to bring you  
tears.

But do not be afraid to cry; it does relieve the pain.  
Remember there would be no flowers, unless there was  
some rain.

I wish that I could tell you all that God has planned.  
If I were to tell you, you wouldn't understand.

But one thing is for certain, though my life on earth is  
o'er,  
I'm closer to you now, than I was ever before.

There are many rocky roads ahead of you and many hills  
to climb,  
but together we can do it taking one day at a time.

It was always my philosophy and I'd like it for you too,  
that as you give until the world, the world will give to  
you.

If you can help somebody who's in sorrow and pain,  
then you can say to God at night....."*My day was not in  
vain,*"

and now I am contented...that my life was worthwhile.  
Knowing as I passed along the way I made somebody  
smile.

So if you meet somebody who is sad and feeling low,  
just lend a hand to pick him up, as on your way you go.

When you're walking down the street and you've got me  
on your mind,  
I'm walking in your footsteps only half a step behind.

And when it's time for you to go...from that body to be  
free.

**Remember you're not going....you're coming here to  
me.**

Quotes to Share



Piglet:  
"how do you spell love?"  
Pooh:  
"You don't spell it,  
you feel it."



IF YOU WANT  
TO KNOW WHERE  
YOUR HEART IS  
LOOK TO WHERE  
YOUR MIND GOES  
WHEN IT  
WANDERS

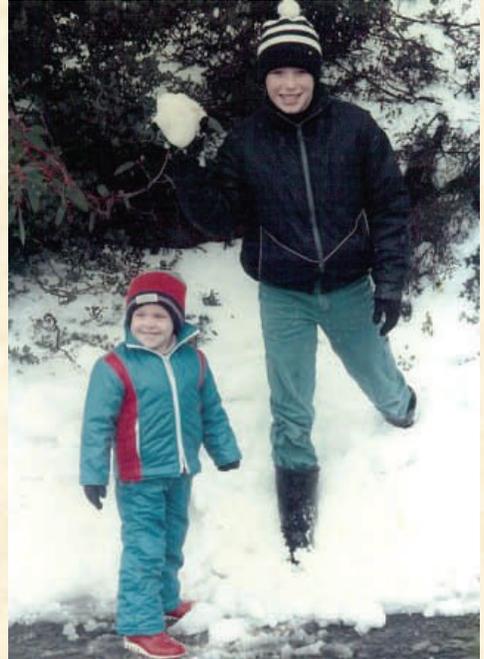
# Listening Hearts

Snow Pictures of Joel

## Winter



JOEL



# McGregor

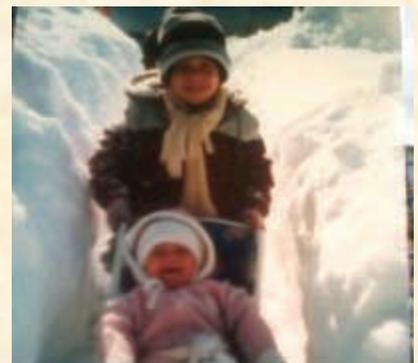
October 10, 1988-August 19, 2007

Memories of Brian



# Brian Christ

September 16, 1982-  
December 15, 2004



*"But where are the snows of yester year?"*  
by Francois Villon

# Listening Hearts

## Colt's Story

# Colt

The death of my only son, Colt, has taken my soul. My mother said, *"If you survive this, you can get through anything: because there is no greater pain."* I have been very reluctant to tell his story because my son went to great lengths to keep me from knowing that he was attending a Methadone treatment center. I have searched my heart for answers. I know my son did not want to disappoint me and the dreams I had for him. I hope that his story will touch someone and make a difference.

My son grew up in a middle class home. We lived across the street from the schools so we would have easy access to all the ball games. Colt started playing ball at age 4. I was a team mom and tried to support him in all areas. He was the pitcher on baseball team, joined the swim team, played soccer several years. His favorite sports were wrestling and football. He won state championship in wrestling his junior year.

Colt was well mannered always respectful, quiet and easygoing. He was popular and had many friends. I noticed some changes at the age of 17. My husband thought I had structured my son's life so much that he needed some freedom. I was aware my son was not perfect and was experimenting some. He assured me that this was not an everyday thing. I really thought this was just a phase. I never dreamed this would ultimately lead to his death.

My son was 22 years old at the time of his death. He worked with my husband doing construction after high school. Colt was on vacation in South Carolina at the time of his death. The cause of death was a drug induced cardiac arrhythmia. I am a registered nurse and was unaware how lethal methadone is until the death of my son. I spoke with the coroner in South Carolina and she informed me that the amount of Methadone should be investigated. I requested Colt's records and discovered he had been attending a clinic in Rossville, Georgia where he was given 6 days of take home medications.

Continued.....

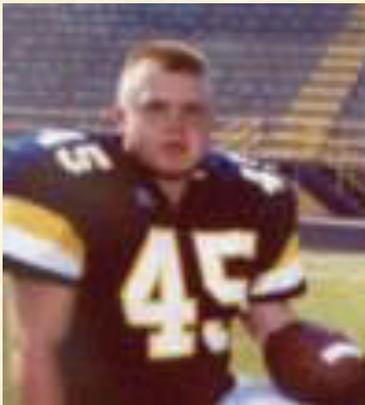
*Colt's Story Continued...*

I wondered why this would be the first line of treatment for drug addiction? I researched the subject and was told Methadone is not a cure and many people remain on this drug for life. I was astounded to learn the success rate for detox was 10-13 percent. Why would anyone choose this treatment? The dosing is subjective; the medical staff increase the dosage until cravings subside. They actually think a drug addicted person will be able to refrain from other drugs because they are given this? It makes you wonder what clients they think they are servicing. My son's friend was allowed to take Xanax with his methadone. I am sure Colt thought, if his friend could legally take both drugs, then it would not hurt him either.

I realize my son is responsible for his actions, but I also feel as a society we have to control what legal drugs we have on the street. The coroner in South Carolina says the death rate is outrageous. I asked the coroner if most of the deaths were young people. She responded that most of these people were, as she put it snowbirds on Medicare, and that doctors were prescribing methadone because it was a cheap form of treatment. The drug stays in your system so long that many people do not feel pain relief and take something else and death occurs.

Society wake up and save our children! DEMAND stricter regulations. Ironically, there is a clinic 15 miles from our home in Seymour. Colt had never applied there. When I spoke with the local clinic, they informed me that many young people travel to other clinics because of lenient practices.

Written by mom, Karen, and taken from this link,  
<http://myspace.com/methadonecoltportefield>



April 17, 1984-June 20, 2006

# Listening Hearts

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## **Another New Year**

by Julie McGregor, mother of Joel (10-10-88 – 19-08-07)

Another Christmas with all the activities had come and gone, and once again my husband Roy and I celebrated New Year's Eve with good friends. We were in a room full of people, all happy and laughing, making their New Year resolutions.

I wondered what sad stories may be hiding behind some of the faces in the room, as people put on their mask once again, so the world doesn't see their pain. I know for certain one friend at our table hides the deep pain of a son's suicide, many years ago, in a time when such things were hushed up and rarely spoken of since. We only found out when we lost our son Joel, four and a half years ago, and then it was through the wife of his second marriage. We had known this friend for four years, and were shocked, and while we knew he felt our deep pain, sadly he still couldn't bring himself to speak of it.

What do we as bereaved parents think, as we look towards another new year, a year without our precious children, in a world that has been turned upside down. I remember my first new year's eve, four months after we lost Joel. Once again I was in a similar room, with good friends, and happy crowds, but I felt so alone and lost, thinking I would never be happy again now that Joel was gone.

Now after four more new years' eve gatherings, it has become slightly easier to bear the pain, while I look ahead at another new year that will never be the same, and all the celebrations seem so hollow.

Continued.....

I tell myself that Joel would want me to be happy again, and not spend my life wrapped up in grief. So what defines happiness in a life without Joel? I know I will never have that true carefree happiness again, so I look forward to another year of trying to be a better person, and understanding others more. Not letting the little things get to me, while knowing they inevitably will do at times. I am learning to appreciate the simple things in life, and the important things like family and friends.

So I move forward and now rather than taking one step at a time, sometimes it's two or three steps at a time, and I give myself permission to take one or two steps back when the unexpected happens, and I find myself back in the depths of grief, even if just for the moment.

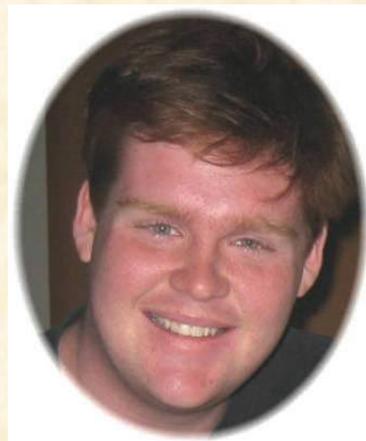
So I wish all the grieving mothers a happy new year, whatever you perceive your happiness to be right now, along with peace and joy, and special memories always, of your precious children.

*" True happiness must have the tinge of sorrow outlived, the sense of pain softened by the mellowing years, the chastening of loss that in the wondrous mystery of time transmutes our suffering into love and sympathy with others."*

**William George Jordan**



Joel



# Listening Hearts

## Precious Memories

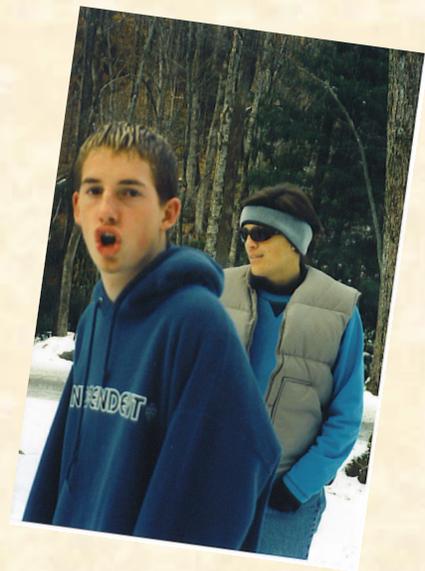


**Glint**



*“In the depths of winter I finally learned there was in me an invincible summer.”*

by Albert Camus



*A Special Thanks to Mitzi*

We want to issue a very special thank you to Mitzi Akins for contacting WBIR. Mitzi is the vice-president of the Morristown Listening Hearts.

The television staff did a great job with the story. We enjoyed meeting Emily Stroud and Jerry, the camera guy. They were both very kind and compassionate. Our wish is that no mom would ever need a group such as ours, but since we have no control over that, we are thankful that we have found each other.

You can watch the interview and read the story at the following web address.

<http://www.wbir.com/news/local/story.aspx?storyid=197585>



Kelby  
Kelby

Mitzi's precious son, Kelby Lee  
June 14, 2007-February 9, 2008

# Listening Hearts

## Meeting Information

Listening Hearts is a gathering of bereaved moms. We wish there was no need for such a group. Since we cannot 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 listen and 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 on the next page and at our website: [www.listening-hearts.memory-of.com](http://www.listening-hearts.memory-of.com).

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



### Special points of interest:

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

***....now has a second meet-  
ing place.....***

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

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

### ***2012 Morristown Meeting Dates:***

***Saturday, January 7th  
Saturday, March 3rd  
Saturday, May 5th  
Saturday, July 7th  
Saturday, September 1st  
Saturday, November 3rd***



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

A gathering of 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:

Debra Prosis  
Diane Marie Taylor  
Katie Helms  
Julie McGregor  
Lee Ann Christ  
Karen Archer

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.

### Listening Hearts Knoxville 2012 Meeting Schedule

*All meetings are held on Saturdays 3:00 – 5:00 pm.*

- ♥February 4th
- ♥April 7th
- ♥June 2nd
- ♥August 4th
- ♥October 6th
- ♥December 1st