



Listening

Hearts

A Gathering of
Bereaved Moms...

Regular Features:

Cover Story	1
Meetings & Events	1
In Remembrance	2
Listening Sisters	3
We Need You	6
About Us	6

In This Issue:

Living Well	2
Butterfly Release	3
Secret Sisters	4

Contributors:

Scarlett Powell

Editors:

Amparo Atencio
Debra Reagan

Changing Seasons

Fall is in the air. For many, it is an exciting time, when the colors begin to change on the leaves, the temperature starts to turn crisp, and of course, the advent of football.

The changing seasons still come. Yes, time keeps marching on, and life continues. We age, we grow, we have new experiences. But we also remember.

For many of us, the changing seasons used to remind us of the start of another school year for our babies, thoughts of Halloween costumes to design or purchase, birthdays to celebrate or parties to plan. Now, we can only remember those occasions.

The changing seasons may now bring sadness, as we are reminded of earlier times and are forced to

commemorate birthdays and anniversaries in different ways. But we will never forget. However we choose to honor and remember these dates and other times, we will always hold the love that we have for our children in our hearts. We will comfort and lift each other up, as only mamas with this understanding can.

Meetings and Events

Since we cannot change that which is out of our control, we work to help ourselves and each other to process this devastating and life-altering loss by gathering together. We meet monthly at alternating locations, in Knoxville and Morristown. You can join us at both locations, or choose one that is most convenient for you.

Knoxville

The Eye Institute
Conference Room
2020 Kay Street

Saturdays
3:00 pm – 5:00 pm

- ♥ October 5
- ♥ December 7

Morristown

Walters State Community
College Humanities Complex,
Room 105
500 S. Davy Crockett Parkway

Saturdays
10:00 am – 12:00 pm

- ♥ September 7
- ♥ November 2

In Remembrance

These precious children have birthdays in September and October.



September Dates

- ♥ Dreyston Stewart (9/14)
- ♥ Joseph Stevens (9/21)
- ♥ Lorelei Dortch (9/29)
- ♥ Baby Conner (9/7)

October Dates

- ♥ Tony Phillips (10/3)
- ♥ Sean Powell (10/24)
- ♥ Davey Hurst (10/25)
- ♥ Joel McGregor (10/10)
- ♥ Alex Wolf (10/10)
- ♥ Jaymee Steward (10/27)

These cherished children have anniversaries in September and October.



September Dates

- ♥ Michelle Bell (9/18)
- ♥ Byron Clay, Jr. (9/20)
- ♥ Eric Hurst (9/20)
- ♥ Lorelei Dortch (9/29)
- ♥ Lincoln Akers (9/20)
- ♥ Davey Chavez (9/24)

October Dates

- ♥ Sawyer Webb (10/13)
- ♥ Trevor Kelly (10/27)

Twenty-five and Living Well in Your Heavenly Home

In loving memory of my son, Sean Austin Powell, 10/24/88 – 03/10/07

How could this be: your 25th birthday without seeing your face and smile?
 It's been a rough road to carry-on, and the days continue to be hard to embrace
 Many people didn't really know you – the silly, fun, sweet, and smart Sean
 They just saw the young man who made mistakes and paid for them with his own life
 Why do so many people continue to live without a coincidence and in lies that fill their stories with hope?
 The life you lived was your own to grow into a man
 But society is so ugly, they allow someone to take your life and walk!
 I've given up on the questions of why and ifs, so I'll continue on – not to slow down the line but my heart
 is broken, and part of my being is buried with you.
 To lose you was my deepest pain, but to know you was my greatest joy.

Your biggest fan, mom
 Scarlett Powel

Listening Sisters Are Available

We offer listening ears in addition to our listening hearts, for moms who need to talk or reach out during a particularly difficult time. If you would like to be available to provide support to another mom, let us know. Different moms will be featured in each issue.

Mom	Contact Info	Child's Life Stage	Nature of Loss
Buffy Miller	865-256-9655	Teenager	Heart Disease
Terri Gookenbarger	615-209-7333	Young Adult	Car Crash
Ruby Buchanan	865-850-7677	Young Adult	Car Accident
Becky Allred	423-377-5819 (text only)	Child	
Debra Reagan	865-679-1351	Young Adult	Drug Overdose



2nd Annual Listening Hearts Butterfly Release and Picnic

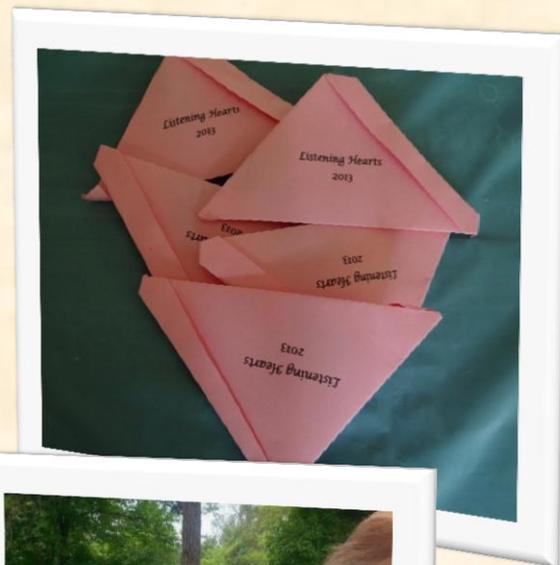
The 2nd annual butterfly release and picnic was held at Concord Park on September 8. The weather was warm and sunny as mothers, fathers, grandparents, siblings, and friends gathered to express our love and remembrance for our children.

Many hands helped to organize the event, which included face painting and games for the children, a stepping stone craft for the moms, and plenty of picnic food and beverages provided by The Chop House, the Listening Hearts officers, and others. Burgers and chicken were cooked in advance, and condiments and watermelon chopped and sliced. Electric fans were set up under the pavilion to help keep the attendees comfortable.

Children played, while the adults visited with each other, including some first-time attendees. The day offered peace, joy, and camaraderie for all.

The event culminated with a group picture and the distribution of a live butterfly for each mom, who could release the butterfly with the group or in solitary spots around the park.

More photos are on Page 5.



Secret Sisters

What a success our Secret Sisters program has been! Many moms have received special notes, gifts, or cards of encouragement throughout the year, from one Listening Hearts Secret Sister to another.

Items have come by mail, floral delivery person, or UPS. Some gifts have even been left on doorsteps or dropped off at a meeting or gathering by a helpful, sneaky

sister. In all cases, the small tokens are always designed to anonymously spread cheer with no expectation of being reciprocated.

The program began in December 2012. Any mom who wanted to participate was encouraged to complete a form, which listed her interests, hobbies, and information about her baby to help a matched sister be able to personalize her words or gift.

Names were randomly drawn from a basket to select a match, and then the fun began!

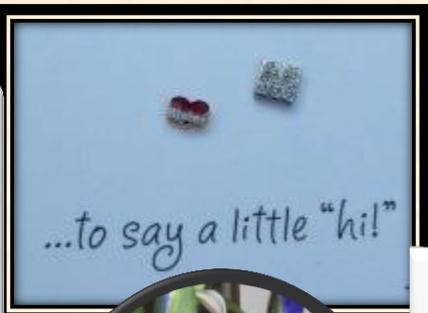
Current matches will continue through October 5, when new names will be drawn during our Thank You party.

The twist to our Secret Sisters program is that no sister will ever know who her match is! There will never be a reveal

so we can truly honor the intent of the program: to give anonymously for the express purpose of uplifting another mother on her grief journey.

See how some moms have been touched this first year.

I am grateful for my secret sister. Very grateful.



Thank you to my very kind, thoughtful, supportive, amazing secret sister!



Hey my secret sister, LOL I love the card, IT made me laugh.

Thanks to my secret sister for the beautiful basket of flowers. I have enjoyed this secret sister thing, not only the getting part but the giving part has a great feeling for me.

Thanks to my secret sister! You are very creative...and sneaky at that...lol!



Listening Hearts

PHONE:
(865) 679-1351

E-MAIL:
ListeningHearts08@gmail.com
AmparoAtencio@gmail.com
drdreagan@gmail.com

WE'RE CONNECTED!

Visit us at:
www.listeninghearts.net

Join the conversation on:

facebook

Closed group for private posts;
email us for access.

LOVE GIFTS

Your tax deductible donations make it possible to reach out to other grieving mothers through this newsletter, group sessions, and website.

Love gifts can be made at all group meetings or mailed. Make checks payable to Listening Hearts.

Thank you for your generous support!

ANONYMOUS DONTATIONS

Thank you for your contributions.

We Need You for the Next Issue

We welcome your blog posts, poetry, or interesting pictures. One mom's precious memories, favorite quotes, random thoughts, or photographs may uplift another mom in her time of sorrow.

Hard copies as well as electronic files will be accepted. We will try to include all entries received in the next edition, although we may hold your submission for a future newsletter, based on space limitations.

For your convenience, a scanner will be available at all meetings (Morristown and Knoxville locations). Your items will be returned as soon as we get them scanned! If you can't attend, you can still submit! Simply send your content by regular mail.

Please include the following information for any items submitted:

- Child's name
- Approximate age

of the child when the photo was taken

- Relation to the child of any other people in the photo
- A brief memory of what was happening in the photo
- Any other background information you'd like to share for any writings, drawings, etc. your child may have done

About Us...

Listening Hearts is a 501(c) (3) nonprofit organization. It is a self-help gathering of bereaved mothers from all walks of life. We wish every day that there was not a need for such a group.

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. All bereaved mothers are welcome.

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.

Thank you to all who have contributed to the making of this newsletter. We are honored to share the love and memories of your precious child. Photographs and articles submitted may be used on the website, unless otherwise noted.