



# THE COMPASSIONATE FRIENDS INC.

International Organization Offering Friendship and Understanding to Bereaved Parents

## MIAMI COUNTY CHAPTER NO. 1870

December 2020/January 2021 NEWSLETTER Vol. 36 No. 11

Facebook page "The Compassionate Friends of Miami County Ohio Chapter 1870".  
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### Candlelight Memorial Service

2:00 pm

Sunday December 13, 2020

Zion Lutheran Church  
Main and Third Street  
Tipp City, Ohio

**RSVP Required**  
**By Dec 4th**



Every year anyone that has lost a child, sibling, or grandchild is invited to join in a service of remembrance. We celebrate our loved ones' lives through the lighting of candles in their names. This year we will have a candlelighting memorial ceremony only and it will be held in the church Fellowship Hall at **2:00 pm** (please note this is a different time from past years). **Masks Required**

**No Dinner reception this year due to Covid-19.**

#### RSVP required for Candlelight Ceremony

An RSVP is required to attend the 2:00 pm Memorial ceremony. The church facility allows for 50 or less in gatherings, therefore we can take up to 50 people including signed up helpers. If more than 50 RSVP then an additional ceremony will be added at 4pm to be able to include everyone.

(To be determined following the Dec 4<sup>th</sup> deadline.

To RSVP call Kim Bundy at 937-573-9877 or email her at [kbundy.tcf@gmail.com](mailto:kbundy.tcf@gmail.com) by **DECEMBER 4<sup>th</sup>**.

### **\*NOTICE\***

### **CHANGE OF MEETING LOCATION**

**Meetings have temporarily changed to meet at:**

**Zion Lutheran Church**

**14 W. Walnut St., Tipp City, Ohio**

**Corner of Main St. and Second St.**

**\* Masks Required \***

**No regular December meeting due to memorial ceremony Dec 13<sup>th</sup>**

**January meeting: Jan 28<sup>th</sup> 7:00 pm**

**Topic: Helping Hands Activity**

*(We will list on one hand problems that we have experienced since the loss of our child and on the other hand discuss strategies that we have used or could use to overcome those problems.)*

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**Candlelight Memorial Service information continued.....**

#### **Children Memorial Slideshow**

We will have a slide show of our children's photos playing during the ceremony. If you would like to have your child's photo in the slide show please email the photo to Kim at [kbundy.tcf@gmail.com](mailto:kbundy.tcf@gmail.com) **by December 4th**. Please include the child's name, your name, address, and phone with the photo. (If you provided a photo in the past, you do not need to submit another one unless you would like to provide a different photo for this year.)

*\*\*If you will not be attending the ceremony but would like to still have your child's name read and a candle lit, please let Kim know by Dec 4<sup>th</sup>.\*\**

\*\*\*\*\*

### Candles in the Night

By Jim Lowery – TCF, Sugar Laud/SW Houston Chapter

A heart broken by the death of a child can never be healed. As parents we try every way that can be thought of to cope with the loss, but the void will always be there. At first that emptiness seems to take your breath away and most times we wish it would..

This becomes different with the passage of time. It never goes away, but at some point we learn to live with it, and in fact this horrible feeling becomes a lifeline of sorts. One of our biggest fears is to forget our children. Forget how they looked or how their voices sounded. The smiles and tears that blur together to make a child. This emptiness in effect becomes a constant yearning to remember our children.

Our hearts force us to find ways to fill that void to maintain our role as parents. Some are as simple as visiting the cemetery and some are as complex as changing our entire lives, dedicated to the memory of our child. In between are the many rituals we create or borrow from others to honor the memories and to keep our child’s name alive.

Lighting a candle and saying a child’s name keeps their memory burning bright. It means we are struggling to cope with this unwanted role of bereaved parent in the only positive manner we can. We will most certainly shed tears every time and we will still miss our child, however lighting a candle and saying their name allows the world to hear our child’s name and for that one moment the candle means so much more than anyone else could ever understand.

For a fleeting second that is our universe and every memory we have comes flooding back to us as we see the flame through tears, distorting it into something magical. It’s the only gift we can give our children. This is as close as we can get to our child now. A tiny, flickering flame that can warm the heart and it’s nice to think that perhaps they can see it also. It’s a beacon, our light in the window, our shining star in the darkness. It’s an opening of our hearts and a way to share our grief.

We gather to honor the memories of our children and to share this bond of lighting a candle for the children all over the world. We miss them so much.

*\*\*Whether you choose to join the Dec 13<sup>th</sup> 2pm Candlelighting ceremony or you light a candle at home for the National Candlelighting Around the World at 7pm, we encourage you to light a candle and speak the name of a child gone too soon.\*\**



\*\*\*\*\*

It’s so hard to forget someone who gave you so much to remember.  
~justonesmile/tumblr



## Chanukah Then & Now

By Stephanie Hesse TCF, Rockland NY

### Chanukah Then

Chanukah was always a special and joyous holiday in our home. Peter, Carol, Linda, and I gathered around the dining room table, lit three menorahs and sang the blessings. We had a repertoire of songs and we took turns choosing the song we would sing next. We especially enjoyed teasing Peter with one song that added a verse each night. At least once during the holidays, we had potato latkes (pancakes) which Linda, loved.

Sometimes when the girls were at college, they would call and we would sing the blessings long Distance.

We usually had at least one party with ex-tended family and friends celebrating our heritage and our connectedness.

### Chanukah Now

I light one menorah in the kitchen. If Carol is home she joins me, but Peter finds it too difficult to participate. The tears no longer stream down my face as they did the first year but my voice quavers as I sing the familiar words.

There are no latkes just as there aren't some of her other favorites on other days.

I have guests on other occasions, but there are no Chanukah parties. Although Chanukah brings little happiness at this time. perhaps there will be joy and laughter in the future. But for now, I'm doing what is right for me and coping as well as I can.



## Remembering Christmas

Remembering Christmas the way it used to be  
When all the children went to bed early and we trimmed the tree  
To make it look special when they came down with a twinkle in  
their eye  
Yes those were the happiest days of all the years that have gone  
by.

Remembering Christmas when the children would open each gift  
Even though you were so tired watching them would give you a  
lift  
For each special gift they would open they would give you a kiss  
We knew when they grew up these are the things we would miss.

Remembering Christmas when all the children were small  
All the happiest moments we shared together we still do recall  
Christmas was so much fun when all the children were here  
Each child is so different in their own way but they all are so dear.

As the years have gone by Christmas is not the same anymore  
The children all get married it's not like it was before  
Some have children of their own and tell them what they used to  
do  
Now they give to their children what once was given to you.

One Christmas came and we had lost a lot of love  
When our Susan was taken from us and went to Heaven above  
Christmas will never be the same now that Susan is gone  
We try to have the best Christmas we can, she would want us to  
go on.

Remembering Christmas is still what we both try to do  
Keeping Susan's spirit alive has helped us to get thru  
We try to be happy but it will never be the same  
So we light a candle at Christmas as we both say her name.

~Jack and Dee Heil  
TCF Northeast Philadelphia, PA  
In Memory of Susan

*When the time comes for lighting festive candles  
Let them remind you not only of what you lost but what you had*

*~Sascha Wagner*

## Surviving the Holidays Tips From The Compassionate Friends

The holidays are among the most difficult times for bereaved families grieving the death of a child. Below are some helpful suggestions that may aid you in surviving the holidays.

- 1) Call a family meeting and discuss your plans for the holiday season, understanding that it would be unusual for you not to feel emotionally, physically, and psychologically drained. Don't set your expectations too high or you may find yourself disappointed.
- 2) Well intending friends and family may want to include you in their plans, believing it best for you to "get away" from grieving your loss. They do not understand that you cannot escape the grief that you feel. There is no obligation to say "yes." Only participate if you truly want to.
- 3) Try to take care of your health. It's important to eat & drink properly, exercise, and get plenty of rest.
- 4) Take time to do the things you as a person want to do. You may want time alone to reflect or to write .
- 5) Consider eliminating such things as the festive decorations, cooking, and baking that you may normally enjoy. People will understand if you're not in a merry or joyous mood or simply don't have the energy. You may try placing an electric candle in your window in memory of your child. Don't feel obligated to send out holiday cards.
- 6) If it is necessary for you to buy gifts, consider ordering them over the Internet or by phone. Most who are bereaved find it draining to go out and fight through crowded stores bustling with holiday cheer.
- 7) Many families that are in mourning may use the money they would have spent on gifts for their child to buy gifts for a child who would not be able to celebrate the holidays otherwise.
- 8) It is not unusual for you to want to include your child during the season. You may want to do something like: Ask friends and relatives who knew your child to send you a story about your child that you may not have known; Ask friends and relatives to create an ornament or remembrance of some type that reminds them of your child so that you can place it around the house or on a holiday tree. If it was your tradition, include placing a stocking with those of other children in your house, even if you do not fill it like the others this is a symbolic gesture in memory of your child.
- 9) If you have other children who normally celebrate the holidays, you may consider continuing to do so to create some sense of normalcy in the house and so they will not feel forgotten..
- 10) Consider attending a TCF meeting or a memorial event such as The Compassionate Friends Worldwide Candle Lighting. Most families find comfort by being with others who have experienced a similar loss.
- 11) Remember that the anticipation of a holiday is often worse than the holiday itself.
- 12) Be kind to yourself.
- 13) It is okay to cry.

## First Christmas

It can't possibly be Christmas  
Without her being here.  
Yet the world is singing round me,  
Joyful tidings and good cheer.

Though I try to put on armor  
and brave the sights and sounds,  
a few moments worth of shopping,  
and the tears are spilling down.

I pray for strength to do it,  
find a path through holidays,  
look for shortcuts, good ideas,  
some directions through the maze.

Then I find at last the answer:  
I'll include her symbolically.  
And the giving becomes perfect;  
her love's flowing down, through me.

~Genesse Bourdeau Gentry  
from Stars in the Deepest – After the Death of a Child

*Your death has shaped me but it is your life  
that has changed me for the better.  
It is for that reason that your death will  
never overshadow your life*

~Mary Thompson

## CHAPTER NEWS

### Upcoming meetings:

**Dec** - No regular meeting/ see front page for  
Candlelight Memorial information.

**Jan** - Helping Hands

*(We will list on one hand problems that we have experienced since the loss of our child and on the other hand discuss strategies that we have used or could use to overcome those problems.)*

### NEED TO TALK TO SOMEONE?

A listening ear is sometimes the best medicine.

Kim Bundy (suicide)	573-9877
Pam Fortener (cancer)	238-4075
Donnie Fortener (cancer)	760-2238
Pam Fortener (siblings)	238-4075
Cathy Duff (auto accident)	473-5533
Jackie Glawe (auto accident)	478-3318

*Thank You  
for your love gifts!*

★ Love gifts are a way of helping to support the Miami County of Ohio Chapter in memory of your child, sibling or grandchild.

★ Love Gifts should be made out to: *The Compassionate Friends* and mailed to Barb Lawrence, 4031 Wolcott Place, Englewood, OH 45322. Please send your donation by the 15th of the month prior to the month you want your child remembered in the newsletter.

*May the Memories  
of this Season Come  
on Gentle Wings to Bring You  
Love and Peace*

We all need to grieve. In many ways I will always remain sad. For me there will be no closure, but there is hope. You can live your own life well and support those you love and who also ache with the loss of your fallen loved one. Going forward with life in positive ways may be the best way to honor him or her. Remember, our children would not want us to fail to live the kind of life they would have wanted for themselves. Destiny changed their plans. Now it must also change ours.

~Donn weaver, First Lieutenant Todd Weaver's Dad

## Our Children Lovingly Remembered

### December Birthdays

Child—Parent, Grandparent, Sibling

*Andy Glaser - Steve & Cindy Glaser*  
*Bob Risko - Joe & Maggie Risko*  
*Camella "Cami" Kelly - Elizabeth Kelley*  
*Jonathan Lillard - Kellie & Ralph Lillard*  
*Josh Eversole - Steve & Valerie Thorn*  
*Kyle Alexander Quinn - Ken & Betty Quinn*  
*Michael Daniel Mitchell - James & Marilyn Mitchell*  
*Michael Milton Earl Cattell II - Michael & Patricia Cattell*  
*Nan Marie Hendrix - Jo Hendrix*  
*Roy "Rusty" Phillips - Carol Weddington*  
*Samuel James Barga - Linda Barga*  
*Sara Krum - Faith Krum*  
*Scott Mille - Marilyn Miller*  
*Shawn Edward Smith - Marcia Nowik*



### January Birthdays

*David Alan Vollette - Dave & Cheri Vollette*  
*Denise R. Brown - Darlene N. Brown*  
*Justice Meade - Jenni Warner*  
*Justice Meade - Sue Brown*  
*Melissa Fortener McLaughlin - Don & Pam Fortener*  
*Nicholoas Drake Duff - Jonathon & Regina Duff*  
*Robert M. Walters III - Robert Jr. & Penelope Walters*

*Every effort is made to publish accurate information regarding the birth and remembrance dates. Please let me know if there is an error in the listing, in order to correct our records. If you receive this newsletter and you have not given us the name and dates for your child, but want them listed here, please contact me. - Editor*

### December Angel-versaries

Child—Parent, Grandparent, Sibling

*Brian Keith Willis - Keith & Linda Willis*  
*Bryan Colon - Yndra & Barbara Guerra*  
*Christian Michael Copits - Richard & Beverly Copits*  
*Claire Landis - Matt & Chelsea Landis*  
*Danny Gene Winchel - Sally Entingh*  
*Jonathan Lillard - Kellie & Ralph Lillard*  
*Kevin Michael Harshbarger - Kenneth & Carolyn Harshbarger*  
*Matthew "Matt" Schaaf - Marlene Schaaf*  
*Randy Lee Hess - Kimberly A. Bundy*  
*Rebecca M. "Becky" Bole - Ken & Sue Bole*



### January Angel-versaries

*Adam Douglas Cheadle - Gary & Elaine Meyers*  
*Bob Risko - Joe & Maggie Risko*  
*Camella "Cami" Kelly - Elizabeth Kelley*  
*Elizabeth Flory Duff - Ann Flory*  
*Emillie Joyce Stapleton - Julie Martin*  
*Harley Ludwig - Warren & April Hawkins*  
*Jeffrey Scott Bernard - Don Bernard*  
*Justin David Shoemaker - Dave & Jonnie Shoemaker*  
*Kevin Frinfrock - Terry Frinfrock*  
*Kyle L. Bryan - Jeanette Bryan*  
*Matthew J. "Matt" Kar - Bob & Fran Karl*  
*Melissa Fortener McLaughlin - Don & Pam Fortener*  
*Nicholoas Drake Duff - Jonathon & Regina Duff*  
*Nicole Barker - Rod & Kathy Barker*  
*Shaun Bradley Duff - Michael & Catherine Duff*  
*Stephanie Roselle - Mike & Cindy Berry*  
*Will Mohr - Valerie Mohr*

## Surviving the Holidays... Without My Brother

By Heidi Horsley, PsyD, LMSW, MS

I was shocked and stunned when I received the news that my brother Scott had died in a car accident. I thought my brother was going to be in my life forever. We grew up together, experienced a shared history, and knew things about each other that no one else will ever know. I always assumed we'd raise kids together, grow old together, and share many more holidays together.

So how did I not only survive the holidays but eventually learn how to enjoy them again without my brother? It was a rocky, painful journey, with pain that hit like waves, sometimes when I least expected it. The holidays brought back so many memories; every song, smell, and tradition was bittersweet.

Initially, joy made me feel guilty. I worried that if I let go of the pain, I would be letting go of my brother's memory. It felt disloyal to experience positive feelings when I missed my brother so much. Well-meaning friends told me that my brother would want me to have a happy holiday, and while I knew this on an intellectual level, my heart wasn't ready to accept it yet.

There were some relatives who tried to recreate a typical Christmas, with family traditions, as if my brother had never died. Not acknowledging my brother was the worst thing anyone could do. The pretense was that everything needed to return back to normal. However, things in my life were forever changed and I needed to figure out how to create a new holiday "normal." For me, this meant finding a way to honor the memory of my brother while at the same time investing in my new life.

Here are some of the things that have helped me during the holidays. I hope they will help you as well. However, everybody who is grieving must decide what works best.

## Holiday Survival Tips

- Plan in advance how you are going to spend the holidays and be able to say no if you need to. Take a break from holiday traditions that are too painful - create new traditions.
- Connect with others.
- Share stories of past holidays and spend time reflecting back. Keep your loved one's memory alive for those who were too young to remember the person.
- Include memories of your loved one in your celebration (e.g., light a candle, display pictures, make a toast in honor of the person).
- My brother played many roles during the holidays. I can fill some of these roles but there are many more that will never be filled, and I fill those with all the memories that he left behind.

Although we are poorer for having lost our loved ones, we are richer for having known them. I hope you will be able to celebrate the happiness, laughter, and memories that your sibling brought into your life by enjoying this holiday in a new and different way!

\*\*\*\*\*

## Memory Tree

*My nephew, Alex, 18, was killed in a car accident January 31, 1996. He was like a son to me. My brother, Lowell (Alex's dad) died by suicide July 1, 1999. After Alex died, I decorated a "Memory Tree" and have continued to do so every Christmas since 1996. Now, I will do the same for my sweet, loving brother. I decorate the tree with cards, pictures of Alex, baby shoes, hand prints, angels, gifts, doves from the funeral and floral arrangements, little handmade ornaments given to me by Alex... anything personal I have received or collected over the years from him. Of course, I decorate with lights... lots of lights which make the "memories" stand out. The tree topper is a huge bow with the last picture of Alex attached to it. The tree gives me comfort each time I pass by it and it's a reminder to my friends and visitors that YES, this person lived and YES, this person made a difference in my life and his life counted as much as anyone's... and the memories live on.*



**The  
Compassionate  
Friends**

Miami County Chapter  
Supporting Family After a Child Dies  
2445 N Montgomery County Line Rd  
Tipp City OH 45371

RETURN SERVICE REQUESTED

*The Compassionate Friends is a self-help organization which offers support to families who have experienced the death of a child. Only a person who has experienced the trauma of losing a child can fully understand the pain and suffering involved.*

*We gather to listen) to share) and to support each other in the resolution of our grief. We need not walk alone. we are *The Compassionate Friends.**

**MISSION STATEMENT** ... The mission of The Compassionate Friends is to assist families toward the positive resolution of grief following the death of a child of any age and to provide information to help others be supportive.

***If you are receiving our newsletter for the 1st time,***

it is because someone told us that you might find it helpful. To find out more about The Compassionate Friends, please call our Chapter Leader, Kim Bundy (937) 573-9877. We cordially invite you to our monthly meetings held on the fourth Thursday of each month. Nothing is ever expected of you. You don't have to speak a single word. Parents who do attend, find comfort, support, friendship and understanding from others who have also lost a child. You do not have to come alone - bring a family member or friend with you.

**You need not walk alone!**



IF YOU ARE RECEIVING THIS NEWSLETTER, AND WISH TO HAVE YOUR NAME REMOVED FROM OUR MAILING LIST, PLEASE CALL (937) 478-3318 AND LEAVE A MESSAGE. Thank you.