



THE COMPASSIONATE FRIENDS INC.

International Organization Offering Friendship and Understanding to Bereaved Parents

MIAMI COUNTY CHAPTER NO.1870

October 2021 NEWSLETTER Vol. 30 No. 9

Facebook page "The Compassionate Friends of Miami County Ohio Chapter 1870".
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My Cover-Up Mask

I wake up in the morning with tears in my eyes. I have to face another day without my child.

I prepare to go to work and put on my "cover-up mask" as I go out to face the world.

I get my work done and even chat and sometimes smile at my co-workers.

And they say,
"My how well she seems to be handling her loss."

If they only knew what I am suffering under my "cover-up mask."

My work day is over, and I go home and remove my "cover-up mask," and the tears come again.

I go to bed. As the darkness of night envelopes me and sleep eludes me, the tears come again.

I've gotten through another day without my child.

I've learned I must take one day at a time for the rest of my life, since it will never be the same again.

~Joan Watson, TCF, Salisbury, MD

October Meeting

Oct 28th, 2021

7:00 pm

at

Nashville United Church of Christ
4540 W. St. Rt. 571, West Milton,
Ohio

Please park
in the lot on the west side of the
building.

We are now meeting back inside in
the basement.

Topic: Surviving the upcoming
holidays

*What enriches our lives is
not how long we have with a person,
but the depth of love
we are fortunate enough to share.*



Spouse/Partner Relationship Ways to Increase Closeness

1. Accept that your spouse is going to grieve differently than you do.

Men and women are different and people are different from one another. Try to bend your mind around how your spouse/partner copes to understand how he or she sees things. You may not agree with him or her, but do your best to be supportive.

2. Do your best to give your spouse/partner some of what they need.

If they need more closeness, try to accommodate in small ways. If they need a little more space, allow for some room. Your spouse is probably licking their wounds. Be honest, but caring, in letting your spouse know when their way of coping is too much for you.

3. Take turns being a support to each other.

A friend of mine who lost her son told me that she realized that she and her husband couldn't both cry at the same time. Instinctively, they had learned the ebb and flow of providing for one another. Be mindful that this is a sharing process. Each spouse/partner should be mindful to comfort the other and also be comforted

4. Catch yourself when you find yourself expecting too much or unreasonable things from your spouse/partner.

Don't expect that your spouse/partner can fix your grief. Often times in a marriage we expect comforting from our spouse as an all complete fix – much like we were cared for as a child. Our spouses are incapable of this sort of care-taking. In many ways each person walks a solitary path in their grief that only they can know. Our spouses/partner experience grief differently and can't heal that empty space that exists. Finding a balance between expecting your spouse/partner to help and not expecting him or her to be able to heal all your wounds is essential.

5. Make a special effort to have physical contact and dates.

Even if you have not resumed sexual relations or contact is limited, spend time holding hands, hug them when you greet after the work day. Make special effort to keep physical contact going. Spend time in each other's presence. Plan dates and make time for leisure together.

6. Do a memorial project together.

Find a way to memorialize your child together. One family I know did a safe driving school for teens in the Cincinnati area after their child died in a car crash. Work on a scholarship fund in remembrance of your child. Build a memorial garden somewhere. Doing a task together for a common purpose gives you a place to talk about your child and makes a positive impact out of your loss.

7. Find appropriate outlets for anger.

Write angry letters to God. Hit golf balls or play basketball. Join a gym. Chop wood. I have actually screamed in my car in empty parking lots. Vent to a safe person. Get rid of the "it's not nice to be angry" idea. If you are not dealing with it appropriately, it is leaking out onto your spouse/partner, your child, your co-workers and/or friends.

8. Don't wait to get help if you think your marriage is in trouble.

Find a counselor who specializes in marital therapy and grief counseling. It is critical to find someone who understands the level of intensity of grief the loss of a child brings.

~Taken from material offered about relationships at a TCF National Conference.

WHAT AM I NOW?

There's no changing the facts by placing the blame,
 Determining the fault doesn't alleviate the pain,
 That person I saw in the mirror staring at me,
 Is really me educated by grief, learning to be free.

I've now found out who I really am,
 A survivor who learned to live and love again,
 One who can give to others better than before
 One who has learned to open up new doors.

A person who can help others get through their sorrow
 Who can make time for the important things -
 Today and tomorrow

I am who I am and who I was before,
 But not I am a person who is so much more.

~Jackie Rosen, TCF, N. Dade/S. Broward, Miami, F

Halloween

It is here, this day of merriment
 and children's pleasure.
 Gremlins and goblins
 and ghosties at the door
 of your house.
 And the other children
 come to the door of your mind.
 Faces out of the past.
 Small ghosts with sweet, painted faces.
 They do not shout.
 Those children
 who no longer march laughing
 on cold Halloween nights,
 they stand at the door of your mind
 and you will let them in
 so that you can give them
 the small gifts of Halloween
 a smile and a tear.

WINTERSPUN by Sascha Wagner

CHAPTER NEWS

Upcoming meetings:

- | | |
|------------|---|
| Oct | - <i>Surviving the upcoming Holidays</i> |
| Nov | - <i>Signs – presenter Don Fortener</i> |
| Dec | - <i>Children's Candlelight Memorial/No regular meeting</i> |

NEED TO TALK TO SOMEONE?

A listening ear is sometimes the best medicine.

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

*Thank You
 for your love gifts!*

- ★ Keith & Linda Willis for the Birthday Love Gift In memory of their son, Brian Keith Willis, 08/1976 -- 12/1993.
- ★ 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.

**Some say you are
 Too painful to
 remember,
 I say you are
 Too precious to forget.**

Our Children Lovingly Remembered

October Birthdays

Child—Parent, Grandparent, Sibling

Allison Rudy - Lora Rudy
Brad M. Massie - Barbara Massie
Jayme "Buggs" Lauren - Ray & Debbie Cox
Jessica Back - John & Roberta Back
Joshua Matthew Lightle - Matt & Kristi Lightle
Maci Eickman - Josh & Elizabeth Eickman
Montgomery Alan "Monte" Mott - DeDe Mott
Zachary O. Patrick - Mike & Tina Patrick



WHAT CAN WE DO?

We can't give you, the new members,
much...not in comparison to what you have
lost. We can't give you the answer to your
"WHY" questions.

We can't give you a simple philosophical
statement that will give you instant peace.
BUT...We can shake our head "yes" when
you say how it hurts, because we have felt it.

We can warn you of the stumbling blocks
along the way, because we have fallen. We
can come back and walk the grief path with
you, because many of us have walked the
whole path, and we made it!

Oklahoma City, TCF

October Angel-versaries

Child—Parent, Grandparent, Sibling

Aaron T. Duvall - Kim Duvall
Benjamin Paul Gudorf - Wilda Stanley
Brent A. Snyder - Claude & Mary Snyder
David J. Elam - Danny & Tammy Elam
Douglas Ray Lavy - Robert E. & Sharon Lavy
John Patrick McLaughlin - Don & Pam Fortener
Joshua Matthew Lightle - Matt & Kristi Lightle
Justice Meade - Sue Brown
Justice Meade - Jenni Warner
Liam Seamus Gillespie - David & Julie Gillespie
Linda Kimerling - George & Harriet Holbert
Samuel Pearson - Randi & Carolyn Pearson



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

Sometimes—late at night--
When the wind is perfectly still,
When the moon shines softly down
On what's supposed to be God's will
When the moon, like me,
is fragile and pale,
And inside me grow's a small fear,
I think of you and I ponder
The reason you're no longer here.

~Carole Blatchford, TCF, Montgomery, AL

S i b l i n g P a ge

~Dr. Heidi Horsley, PhD, is a bereaved sibling as well as a psychologist. She is the executive director of the Open to Hope Foundation, cohost of the Open to Hope radio program, www.opentohope.com, an adjunct professor at Columbia University, and a national board member of The Compassionate Friends.

*Please send your question to:
 Dr. Heidi Horsley
 c/o Catherine Patillo, WNNWA
 P.O. Box 526194
 Salt Lake City, Utah 84152-6194
 E-mail: catpatillo@comcast.net*

Question:

My younger sister died in a car accident one year ago, and I continue to feel guilty that I am still alive. I was her older sister, and never expected to outlive her. I replay the accident over in my mind and wonder if I could have prevented it. I also regret that we didn't always get along. Are my feelings of guilt normal?

Answer:

You are not alone in your feelings of survivor guilt; bereaved siblings often dissect everything about the sibling loss and wonder if they could have done anything to prevent it. Hindsight is always 20/20, and most of the time, there is nothing that could have been done. Most guilt is irrational; we are trying to make sense out of an unpredictable world. We often feel guilty about experiencing things that our sibling should be experiencing too, like graduations, weddings, and holidays.

Just enjoying life can also bring us guilt. The sibling relationship is complicated: we compete with each other, laugh together, defend each other, love each other, fight, and know each other inside and out. When I interviewed Craig Scott, whose sister Rachel died in the Columbine School shootings, he said he felt guilty over a fight he had with her the night before she died. His pastor asked him to forgive himself, saying: "Forgiveness is like setting a prisoner free, and finding out that prisoner is you. " Even though we may not always get along with our siblings, we still love them and miss them tremendously when they're gone .

Sometimes

Sometimes,
 something clicks
 And with a tear,
 Remembrance of the pain
 And the loneliness
 Flood the heart.

Sometimes,
 something clicks
 And with a smile,
 Remembrance of
 the love
 And the laughter
 Flood the senses.

And there are times
 When nothing
 clicks at all
 And a voice echoes
 Through the
 emptiness---
 And numbness
 Never finding the
 person
 Who used to fill that space.

And sometimes
 The most special
 times of all,
 A feeling ripples
 through your
 Body, heart and
 soul
 That tells you
 That person never
 left you
 And he's right there
 with you
 Through it all

By Kristen Hansen
 (bereaved sibling, TCF, Kentfield, CA

~Marlene Kimmel Leff, Villanova, PA
 The Sibling Newsletter, Winter 1993



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.