



**The
Compassionate
Friends**
Supporting Family After a Child Dies

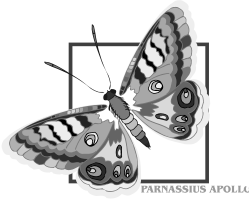
*Miami
Valley
Chapter
Newsletter*

TCF Chapter No. 1732, P.O. Box 292112, Kettering, OH 45429 (937) 640-2621

July-August 2016

Website: <http://www.miamivalleytcf.com>

E-mail: miamivalleytcf@gmail.com



Thanks to everyone who joined us and everyone who helped on Sunday, June 18th for our Balloon/ Butterfly Release — what a beautiful day we had remembering and honoring our children, grandchildren and siblings! The weather was perfect, the program was sweet and the chance to get together was much appreciated by all.

*As you release this butterfly in honor of me,
know that I am with you and always will be.
Hold my hand and say a prayer,
close your eyes and see me there.
Although you may feel a bit torn apart,
please know that I will be forever in your heart.
Now fly away butterfly as high as you can go,
I'm right there with you more than you know.*

**Chapter meetings are on the
third Wednesday of the month
at Sugar Creek Presbyterian Church
Corner of Bigger Road & Wilmington Pike
Kettering, Ohio**

Directions: from Rt 35, exit at Woodman Drive,
go south approximately 4 miles to Wilmington Pike,
turn left, church is about 1/2 mile on right

OR

from I-675, exit onto Wilmington Pike (Exit 7),
go north 2 miles. Church is on left, just after David
Road

Upcoming Meeting Schedule and Topics

**Wednesday, July 20th, 7pm
Discussions on The 20 Faces of Grief
as described by Mitch Carmody in his book
Letters To My Son**

**Wednesday, August 17th, 7pm
First 12 Weeks of Grief**

You are near, even if I don't see you.
You are with me, even if you are far away.
You are in my heart, in my thoughts, in my life.
ALWAYS.

~author unknown

Grief is a journey, one that includes the ebb and flow of sadness and despair and, on occasion, a glimpse into the beauty and finitude of life. Grief wraps its arms around you, some days, and squeezes the breath from your body, the force from your soul. Other days, grief is a gentle wind in your hair, or a tear of joy as the sun sets, or a child's laugh. I love both sides of grief... my grief feels, to me, like my commitment to my daughter: a promise to never forget her, whether the grief shows up as raw, cutting, and barely tolerable or whether it arrives with compassion, love, and beauty as my welcomed and loyal companion.

-Dr. Joanne Cacciatore in an interview with NPR, May 2013

*The Compassionate Friends— A self-help organization offering friendship, understanding,
and hope to bereaved families that have experienced the death of a child.*

*Thank You for your "Love Gifts"
in remembrance of these loved ones ...*

- ♥ Dolly Brunner, in honor of her daughter,
Erin Quigley's 39th birthday on June 29th
- ♥ Tammie Spence, in memory of her son,
Shannon Mason
- ♥ Anne & Mike Schleich, in honor of their son,
Matt's 49th birthday
- ♥ Rae Lynn and Mark Cummin, in honor of her
son, David Vantrease's birthday on June 5th
- ♥ Joyce Whitt, in memory of her son, Justin

And thanks to ALL who gave anonymously!

*(Please contact us if we have made an error or if
we accidentally omitted any love gift)*

**Every donation we receive is greatly needed and
equally appreciated and is used to further our
vision, "That everyone who needs us will find us,
and everyone who finds us will be helped."**

**Please send your "Love Gifts" (tax deductible)
to
The Compassionate Friends,
Chapter # 1732
Karen Brown, Treasurer
P. O. Box 292112
Kettering, Ohio 45429**

**Chapter financial reports are available at the planning
meetings.**

****If you'd like to designate your gift for a particular use, such as
a new library book or a newsletter mailing, or towards an event
such as the Butterfly Release, please let us know!***

***Did you know that your United Way contributions
can be designated to our local Miami Valley TCF
Chapter #1732?**

***Would you like to know how you can donate to our
chapter while you shop at Kroger? See page 3 of this
newsletter for new information!**

The Compassionate Friends
Miami Valley Chapter #1732, Dayton, OH 937-640-2621

Chapter Support Meetings
3rd Wednesdays, 7pm, Sugarcreek Church

Planning Team Meetings
(all are welcome!)
2nd Thursdays, 7pm, LaRosa's
2801 Wilmington Pike near Dorothy Lane

Other Nearby TCF Chapter
Miami County TCF, West Milton, OH
Contact Barb Lawrence 937-836-5939

Other Local Dayton Area Support

- *Miami Valley Hospital Perinatal Loss Hot Line, Pregnancy
Loss/ Infant Death 937-208-6363
- *Oak Tree Corner, Grief Support for Children 937-285-0199
- *Survivors of Suicide 937-226-0818
..... www.suicidepreventioncenter.tk
- *Hospice of Dayton Grief Support 937-256-4490
..... 800-653-4490
- *Crossroads Hospice Grief Recovery 937-312-3170
..... 800-603-6673
- *HEALing Together, Franklin, OH Miscarriage, Infant & Toddler
Loss, Parent/Grandparent Support 513-705-4056

Other Resources

- *Alive Alone, Support for Death of Only Child or All Children
Kay Bevington, VanWert, OH: alivealon@bright.net
419-238-1091, www.alivealone.org
- *American Association of Suicidology
www.suicidology.org

Websites to check out:

- www.thegrieftoolbox.com
- Tom Zuba www.TomZuba.com
- Paula Stephens www.crazygoodgrief.com
- Paul S Boynton www.beginwithyes.com
- Lexie Behrmdt www.scribblesandcrumbs.com
- Dr Joanne Cacciatore www.facebook.com/joannecacciatore
- Clara Hinton www.clarahinton.com

The Compassionate Friends national magazine "We Need Not Walk
Alone" is available free through an online subscription at
www.compassionatefriends.org - click on "sign up for national publi-
cations". If you do not wish to subscribe, you can still view the
magazine in the archive once the next issue has been published.



Would you like to know how you can donate to our Miami Valley Compassionate Friends Chapter while you shop at Kroger?

We have recently enrolled our Miami Valley TCF Chapter in the **Kroger Community Rewards®** program. This program is free to you and all you have to do is link your Kroger Plus card to the Kroger Community Rewards program and select Miami Valley Chapter of The Compassionate Friends. We then will receive a small percentage each quarter from Kroger!

You can enroll your existing Kroger Plus card at www.krogercommunityrewards.com

If you have not signed up for an online Kroger account, you will need to click on the *Create Account* button first before enrolling your Kroger Plus card. Once signed into your Kroger Account at the web address above, you can enroll in Community Rewards by searching for our chapter name as above — or by using our chapter NPO Member Number 44991.

If you have any questions, please e-mail us at miamivalleytcf@gmail.com.

Kroger Community Rewards® is giving back to our community, committed to helping us grow and prosper. Year after year, local schools, churches and other nonprofit organizations earn millions of dollars through this program. All you have to do is shop at Kroger and swipe your Plus card ...

THANK YOU!!

She was light and joy
and, though I was shattered,
it was impossible
to look at her with darkness.

~Victoria Strong

To my Angel child ...
I love you to the moon and back
Across the starry nighttime sky
You're always in my heart my thoughts
And will be 'til the day I die.

~bearforanangel.com

There comes a point in life when you
realize that nothing will ever be the same,
and you realize that from now on,
time will be divided in two parts —
before this and after this.

~www.livelifehappy.com

As we step out into the unknown, we discover
that we can be fragile and strong, and terrified
and brave all at the same time.

~Paul S Boynton — "Begin With Yes"

We welcome contributions to the Newsletter, whether composed by you or found in your reading!

7 THINGS NO ONE TOLD ME ABOUT GRIEF



from Lexi Behrndt's blog, Scribbles & Crumbs (www.scribblesandcrumbs.com), July 30, 2015.

Lexi is the mom of 2 boys, Lincoln here and Charlie in Heaven. Besides Scribbles & Crumbs, she writes for many other websites.

I have a confession to make. I cried yesterday. On my floor. In my pajamas. Computer in front of me, Netflix on, and for two hours, on and off, I sobbed my way through a movie. An Adam Sandler movie. I'm not sure if this is a new high or a new low (possibly very low).

The day before, the [stupid] 27th, marked nine months since my little boy died. The first six 27ths to come and go after Charlie's death weren't too bad. Another date on the calendar. Another moment. It was then that the socially acceptable time for me to grieve would have been. And yet, that's not always how it works. Because sometimes, it's months 6, 7, 8 and 9 that are hard. And likely 10, 11, 12 and 13 will be, too. Because sometimes, on month 9, you find yourself crying on the floor with Adam Sandler.

And sometimes, you find yourself grieving and it's not just one loss. It's compounded loss. All smashing into each other, one on top of the other. Divorce. Death. Abuse. Disappointment. Disillusionment. Losses come in all kinds, and grief follows them all, in big ways and small.

Over the past nine months, I've experienced several losses, all paling in comparison to the loss of my son. Grief has been no stranger — it's very much an intrusive and unwelcome guest, but nevertheless, it's one that will be here for a while.

Here's what I've learned about grief:

1. Grief has no concept of time.

The things that I think will be hard, aren't, and the things I don't expect, hit me square between the eyes. And sometimes, it's all a little hard, and you just limp along. The firsts are hard. And so are the seconds. And the thirds, and some day it will become normal for you to find yourself laughing on the floor, tears and snot running down your face as you go through new rounds of grief and brokenness. On those days, embrace it.

2. Grief will make you awkward.

What do you say? What do you do? How do you meet new people? What do you say when people ask personal questions? What do you do, again? How do you not cry in front of total strangers? How? Why? What? Oh, crap. Did I really just say that? These are all questions I ask myself, and for all of these, I have no answers.

3. Grief will steal your filter.

You might probably become brutally honest, and lose all patience for petty issues or small talk. All normal. You also might become a fan of dark humor (which FYI is widely socially unacceptable). Who makes jokes that are super morbid without blinking an eye? Serial killers and people who are grieving.

(continued from previous page)

4. Grief will steal your energy.

All this zeal you have to embrace life and soak in every moment? Your heart will feel that, but sometimes your body will say NOPE. Some days, laying in bed all day, eating a gallon of ice cream with a spoon, and watching movies looks so much more attractive than savoring every moment. The good news? You're allowed those days.

5. Grief has no rules.

Grief doesn't care about you. Grief does what grief wants, and sometimes that involves very public meltdowns, or inappropriate remarks, or highly embarrassing moments. Sometimes it zaps all you have within you, and sometimes it motivates you to carry out brave and beautiful legacies. And some weeks, days, (or hours), it's a little of all of that. It can also all look different for different people.

6. Grief is just a part of you, not all of you.

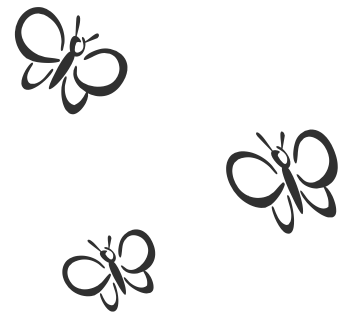
Loss happens. It's devastating, and sometimes you lose someone or something that can never, ever, ever be replaced. Sometimes it feels more like an amputation. Grief comes in full force, but it's still only a part of you. It doesn't steal your identity. It doesn't steal you. It sits on you like a fog, and it may change you in many ways, but beneath the grief, you're still you — changed, but still you.

7. Grief makes you feel isolated, but really, you are never grieving alone.

The big thing that I needed to know is this: so many have gone before me, so many are beside me, and so many will come after me. I will never be alone. I'll never be alone in the horrible pain and loss, and I'll never be alone in the surviving. If others could survive, I could survive. If others could stay sane, I could stay sane. If others could still hope and laugh and love and live fully, then you better believe I will, too.

Grief is exhausting. Every day can be a struggle for us as our emotions are on a roller coaster ride. Maybe we felt as though we were a very strong person who was quite organized and now we may feel overwhelmed with sadness at any given moment and very unorganized. You may feel like you are an alien in a foreign land. How can our surroundings be familiar to us but we don't feel the same? We want others to talk about our child, but others want us to move on and focus on something else besides the death of our child. These are the thoughts of a bereaved parent, grandparent or sibling.

~Karen Cantrell, Frankfort, KY—TCF



National TCF

The Compassionate Friends, Inc.,
P.O. Box 3696, Oak Brook, IL 60522-3696
(630) 990-0010

Toll-Free Number: 1-877-969-0010

TCF web site:

<http://www.compassionatefriends.org>

TCF Regional Coordinator for Ohio

Dean Turner

Email: Edean234@aol.com

or phone: 614-402-0004

Miami Valley TCF Chapter Leaders

Tom Gilhooly and Richard Miller

937-640-2621

<http://miamivalleytcf.com>

Tom and Dick honor their sons,
Ryan Gilhooly and Brad Miller,
through their service.

Would you like to know
how you can donate
to our chapter
while you shop at Kroger?
See page 3 inside
for new information!



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