



THE COMPASSIONATE FRIENDS INC.

International Organization Offering Friendship and Understanding to Bereaved Parents

MIAMI COUNTY CHAPTER NO. 1870

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Facebook page "The Compassionate Friends of Miami County Ohio Chapter 1870".
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Grief is An Emotion, Not a Disease

***Grief is an emotion, not a disease.
There is no
timetable for recovery, but there is also no
getting
around the pain.
Each of us has to experience the pain in
order to
recover from it ... Our hopes and dreams
may no longer
be possible. We may feel hopeless and want
to run away.
It takes time and effort to regain the ability
to function.
We must express our pain
and be patient
with ourselves. The Compassionate Friends
plays an
important role in this process ...
Grief is a process.
Recovery is a decision. Readjustment does
not come
overnight, but-each of us can resolve to
survive – One
moment at a time.***

*Excerpted from "A Conversation with Rabbi Grollman"
by Judy Kaplan, TCF National Newsletter Editor*

August meeting

Aug 26th, 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. Currently we are meeting
in the parking lot, please bring a
lawn chair**

Topic: Question cards

**Thank you to everyone who helped with
the Children's Memorial Picnic &
Butterfly Release**

**Watch for photos on the chapter Facebook
page [www.facebook.com/The-Compassionate-
Friends-of-Miami County](http://www.facebook.com/The-Compassionate-Friends-of-Miami-County)**

**Also, past newsletters can be found on the
chapter website at
Thecompassionatefriendsmiamicounty.com**

Count on grief to increase vulnerability.

Human beings are most comfortable when they are in control of their lives and circumstances. Death, even when it's expected, represents the ultimate "change in plans." When a loved one dies, our former safety and security no longer seem to exist. Instead, we may experience feelings of helplessness and vulnerability that are frightening, as well as disarming. Yet it is precisely this vulnerability that can break down walls of resistance to new thought processes and open the way for new perspectives.

Count on grief to create change.

Grieving is a walk through unknown territory. Familiar internal and external stabilities disappear in a whirlwind of changing thoughts, feelings, and emotional flux. We are reminded of our pain at odd times and in unexpected ways. Emotions hover near the surface and tears are hard to control. The stress of daily living taxes our protective defenses to the limit. Depression seems to slip in from nowhere, and anger erupts without warning. Because grief requires so much emotional energy, our finesse for social game-playing is greatly diminished. The bereaved meet the world at a disadvantage, continually surprising themselves and others with unpredictable responses to familiar situations.

Count on grief to change social structure.

The bereaved find their social networks changing and transforming around them. Disappointment with family and friends is a common theme. Those we expected to "be there for us" may not be able to meet our needs, and friends we didn't know we had appear "out of nowhere" to fill the void. As we come to terms with whatever limitations and expectations we have for ourselves, we also become aware of the limitations of others. Not everyone we care about will receive what they need from us while we're grieving. Not everyone who cares about us will be able to fully share our pain.

Count on grief to stress marital bonds.

Grief, like any other stress, complicates relationships. One grieving partner taxes a relationship – two grieving partners find their pain doubled. Because grieving is an unpredictable, moment-to-moment process, couples must be prepared to build flexibility into their union. Marriages are challenged when each expects too much from the other, and neither receives adequate support from social or extended family networks. Marriages are strengthened when each partner feels supported and is allowed individuality and freedom from expectations.

Count on grief to define priorities.

The bereaved often find themselves realigning their goals and objectives. For most of us, nothing is easily taken for granted after the death of a loved one. We understand that "now" is the only time there is, and that tomorrow may never come. Relationships are more precious than ever, and we are less comfortable with "unfinished business" relating to those we care about. Because the cares and concerns built into our busy lives pale in comparison to our loss, the emphasis on people versus things takes on far greater meaning.

Count on grief to increase spiritual awareness.

The pain of grief prompts spiritual investigation into both the known and the unknown. Answers we were sure of before are not always satisfying in the context of our present reality. God is questioned and religion is held up for examination. Typically, there are many stages of distancing, moving toward, and moving within old and new spiritual concepts and beliefs. Our struggle for inner peace and unity seizes many priorities. In the majority of cases, our connection to ourselves and the universe becomes far more defined.

Count on grief to strengthen compassion.

Grief tears down the boundaries between ourselves and others. Bereavement enhances our humanness and strengthens our ties to the world around us. Our loss is a life-changing event; we will never again be the people we were before. Pain somehow opens us to greater levels of awareness and a greater capacity for compassion and understanding. Bereavement provides the catalyst to become more giving, more loving, and more fully aware.

Count on grief to define the past and open doors to the future.

For the bereaved, the world is completely new. The death of a loved one becomes a reference point around which we define where we've been and how we structure a path for tomorrow. Grief provides a "crash course" in some of the most profound lessons life has to offer. As bereaved individuals, we find ourselves with fewer answers but far more insights. In time, we learn there is no loss without gain and no sorrow without joy. As death closes doors behind us, new doors open before us.

~Joanetta Hendel

From the TCF of Ottawa County Newsletter

A TREE MEMORIAL

Our memories endure chill
 Like the heartwood of a living tree.
 Through time and snowfalls
 The tree remains.
 Nothing is forgotten.

In the spring
 Our souls will blossom with the earth
 And bud in the leaves of this tree.
 Nothing is forgotten

We will meet again
 In the smile of a rainbow,
 In the movement of a butterfly,
 In the growth of a sapling.
 Nothing is forgotten.

Everything changes,
 But what is in the heart of the wood
 And in the heart of the soul remains,
 Nothing is forgotten –
 Nothing is ever forgotten.

~Lola Wells Woods, TCF, Baltimore, MD



CHAPTER NEWS

Upcoming meetings:

Aug - Question cards
Sept - To be announced

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 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.

An empty cradle

An infant son gone forever

Sadness comforts me.

His presence lingers

Warm tears ease my deep sorrow

He's safe and at peace.

My peace will come, too.

My heart will keep him forever

For love endures all things.

~Rebecca Wisniewski, TCF, Lowell, MA

Our Children Lovingly Remembered

August Birthdays

Child—Parent, Grandparent, Sibling

Adam Douglas Cheadle - Gary & Elaine Meyers
 Billy Ladd - Ronald Ladd
 Brian Keith Willis - Keith & Linda Willis
 Brian Patrick "Stew" Stewart - Joel & Connie Kempton
 Cassandra "Cassie" Campbell - Dawn Duff
 Chad Fisherback - Tammy Sackett
 David Allsbrooks - Brenda Slifer
 Emily Watson - Mary Watson
 Jill Myers - Sandra Saurber
 Leslie M. Turner - Randy & Debra Turner
 Lydia Herrick - Patty Herrick
 Matthew Shane Conover - Sandra Conover
 Nicole Barker - Rod & Kathy Barker
 Ryan S. Thuma - Scott & Renee Thuma
 Shaun Bradley Duff - Michael & Catherine Duff
 Tony Robert Lavy - Robert E. & Sharon Lavy



Dear John

**As I awakened this morning,
 I knew that you were near.
 I was once again surprised
 As your spirit hovered here.
 It's been awhile since I talked to you,
 Although I remember you in prayer.
 But at times like this, I know
 This warm and loving feeling
 Brings the tears again once more.
 I keep thinking that's behind me ...
 This won't happen anymore.
 And so I'm reminded once again
 That of me you're still a part,
 And I speak to you beyond the veil
 In the language of the heart.
 So thank you for the moment,
 And for gently dropping by.
 Oh, life it is a mystery -
 There is love beyond the sky!
 On unprotected eyes...
 Her lustrous life engraved my heart...
 With love that never dies.**

by Camille Anne Balla
 Lisle, Illinois

August Angel-versaries

Child—Parent, Grandparent, Sibling

Brad M. Massie - Barbara Massie
 Christine Taylo - Ann Anderson
 Denise R. Brown - Darlene N. Brown
 Emily Watson - Mary Watson
 James Hatfield - Betty White
 Jeffery L. Miller - Marilyn Miller
 Jill Myers - Sandra Saurber
 John A. Browe - Robert & Barbara Brower
 Jordan Elizabeth Glawe - Jeff & Jackie Glawe
 Samuel James Barga - Linda Barga
 Sara Krum - Faith Krum
 Stephanie Rain - Ed & Kathy Sams



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

*Bittersweet is good in chocolate ...
 Looks nice as a growing plant ...but is
 hard to take when it's a family day and
 one child is missing.*

A Sister's Prayer

Dear Lord, please hug my brother as I often long to do.

Kiss his cheek and tell him
"Your sister's missing you."

Tell him of the memories
that dominate each thought
of him and I together
and of the love that he brought.

Tell him of the tears
that pour from my heart
of the painful realization
that we'll always be apart.

Tell him that I'm trying
as hard as it may be
to move ahead, love again
and live successfully.

And tell my precious brother just how
much his short life meant.
He gave me an understanding of life
that could only be heaven sent.

And lastly, loving God, make sure
Anthony can see
how much I'll always love him
and how much he means to me.

Love forever,
Joanna

Joanna DeAngelis
In memory of her brother, Anthony
TCF, Austin, TX

What Candice Would Say

I'm sorry big sister, I can't play with you.
I'm sorry grandpa, I can't go to the zoo.
I'm sorry daddy, you can't kiss me goodnight.
I'm sorry mommy, you can't hold me tight.
No one knows why, no one can guess.
But I can't play right now,
I've gone to rest.

Mary Lingle
TCF Tyler, TX
In Memory of Candice

To Our Baby Sister

We are all here for the death of Missy.
We are here to say goodbye to Missy.
And wish her the best of luck up there
with her new home.
And her new friends too.
Some day we will be with her again.
And we will be back together again.
And this time it will be funner.

~Carolyn Richards, age 6
TCF, Southern Maryland Chapter,
Hughesville, MD





**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.