



THE COMPASSIONATE FRIENDS INC.

International Organization Offering Friendship and Understanding to Bereaved Parents

MIAMI COUNTY CHAPTER NO. 1870

June 2018 NEWSLETTER Vol. 30 No. 5

Facebook page "The Compassionate Friends of Miami County Ohio Chapter 1870".
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DADS NEED HUGS TOO

When a child dies, everyone has such compassion for the mother. Months after the death, people still ask how she is doing.

There is always a shoulder available for her to lean on to release some of her pain. Let's not forget the father. The child was a part of him too. That child was his son, to play ball with, coach in sports, watch sports with or collect baseball cards.

Or she was his daughter, his princess, the most beautiful girl that ever lived. Daddy's perfect angel. Fathers hurt deeper than mothers sometimes because there is no release for their pain, no one there to listen to them say, "I feel terrible, I miss my child so much." Or "Today reminds me of when..."

"The longer fathers keep silent, the more hurt they have to keep inside, pushing it deeper and deeper to make room for more. The next time you see a father that has lost a child, don't forget to ask how he is today and give him a hug or just put your hand on his shoulder to let him know you see his pain.

Dad's need hugs too.

Kathy Hunsicker,
TCF Lehigh Valley, Penn.

FATHER'S DAY - JUNE 15TH
REMEMBER THE FATHERS WHOSE CHILDREN
ARE GONE, BECAUSE ALL TOO OFTEN THEY
GRIEVE IN HEARTBREAKING SILENCE.

June Meeting—June 28, 2018
7:00 P.M.

Nashville United Church of Christ
4540 W. St. Rt. 571, West Milton, Ohio
Meetings are held in the basement of the church. Please park in the lot on the west side of the building. Enter the building through the door facing the west parking lot.

Topic: *A Mother's and Father's Perspective of their Special Day.*

June Refreshments:
Susan Cole (Memory of Jerrid)

Thank you for May Refreshments
Kim Bundy (Memory of Randy)

Next Meeting: No July regular meeting
July 26th— Butterfly Release & Annual Picnic
6:00pm, Nashville UCC Picnic Grounds



"I was shocked that I did not die from grief. And I know now that I will not die from grief because I choose not to. I may run—or shake wildly—or lie paralyzed on the ground for a while, but I will not ultimately succumb. Whatever gives us an increase sense of control—whether it be love or faith or cognitive coping—seems to mobilize our self healing system." – C.S. Lewis

A Suicide Survivors Beatitudes

- Blessed are those who recognize our grief is compounded: that we grieve the death of a beloved person, but foremost, we grieve the cause of the death-suicide.
- Blessed are those who give us permission to mourn the loss of one dearly loved, free of judgment, censure and shame.
- Blessed are spiritual guides who relieve our concerns for the repose of our loved one's soul with the truth that God is All-Knowing, All-Loving and All-Forgiving.
- Blessed are those who don't offer the meaningless cliché, "time heals," because, for a long while, the passing of time holds no meaning or value for us.
- Blessed are those who don't say, "I know just how you feel," but instead say, "I am here for you. I will not tire of your tears or your words of sorrow and regret."
- Blessed are those who have the patience and love to listen to our repetitive obsession with "why?" without offering useless answers or explanations.
- Blessed are those who reaffirm the worth of our deceased beloved by sharing memories of his/her goodness and times of fun, laughter and happiness.
- Blessed are the mental health care providers who explain to us that, very probably, our loved one died of a terminal illness called depression.
- Blessed are those who challenge our sense of omnipotence with the reminder that no one has enough power or control over another to cause them to end their life.
- Blessed are the first responders to our loved one's suicide who try to relieve our sense of guilt and responsibility by assuring us, "This death is not your fault."
- Blessed are those who lend acceptance to the value of the relationship we shared with the one who died by allowing us to speak of them and "what might have been."
- Blessed are those that allow and encourage us to use our loved one's death in a manner that gives our loss and grief meaning and purpose.
- Blessed are those who do not expect us to find closure, "grief resolution," "recovery," or to "be healed," understanding that these terms define "grief work in progress" that will take the rest of our life.
- Blessed are community caregivers who direct us to suicide bereavement support groups where our anguish is understood, our loss validated and where we are encouraged by the example of others who have traveled this road before us.
- Blessed are long-term survivors after suicide who role model. Not only can we survive, but, in time, we can thrive, we can regain peace of mind, restored confidence, renewed productivity and revived zest for living.

LaRita Archibald

Reprinted from The Survivors Group (friends and families of suicides) newsletter, Norwell, AJA, Ajay-June, 2004

GRANDFATHER'S POEM

Once I saw a grown man cry
 "Now there goes a man with feeling," said I
 He was strong, able, quite well
 built, with muscles, gray hair
 and charm to the hilt.
 I moved toward him slowly and
 said, "What's wrong?"
 The look he gave me was tear-filled and long.
 "I cry for a child.
 My grandchild has died."
 So I sat beside him and two
 grown men cried.

Author Unknown

(copied from Bereaved Parents of the USA
 newsletter)



Mark Your Calendars & Reserve a Butterfly for Your Child!

Butterfly Release & Annual Picnic

July 26, 2018

6:00pm

Nashville UCC Picnic Grounds

Come join us for a peaceful evening picnic and butterfly release. Everyone is welcome including family and friends. Look for the balloons marking the gravel drive that will take you back to the picnic area located a short distance west of the church, on the north side of St. Rt. 571. We'll be using the covered shelter which has plenty of picnic tables and benches. For comfort, you may want to bring along folding chairs so you can sit under the trees where it might be cooler.

We provide plates, napkins, dinnerware, condiments, cups, drinks, ice and a variety of meat selections. Please bring a salad, vegetable, fruit dish, or a dessert to share with the group and include a serving utensil.-- Don't forget to bring your child's picture for the photo table.

The order for the butterflies need to be submitted by July 7th. Please RSVP to Barb Lawrence (937) 836-5939 or email barb.lawrence1961@gmail.com
(Please provide your child's name, your name, phone number, and the number attending for this child.)

For those that would like to continue with our traditional balloon release, you are most welcome to bring your own balloon and send it up to heaven with your messages after the butterflies are released.

CHAPTER NEWS

Upcoming Topics:

Jun – A Mother's and Father's Perspective of their Special Day with breakout sessions.

Jul - Memorial picnic & Butterfly release July 26th at 6:00pm.

Aug - Supporting Surviving Siblings – ideas for helping surviving siblings deal with their grief while you are grieving.

Thank You

for your love gifts!

- ★ Ralph and Vera McLean for the Birthday Love Gift in memory of their son, Antonio McLean 06/1972 -- 04/2003.
- ★ Linda Paschal and her son, David, for the Birthday Love Gift in memory of Linda's daughter and David's sister, Karen Kay Paschal 06/1971 -- 05/1998.

41st TCF National Conference "Gateway to Hope and Healing"

The Compassionate Friends is pleased to announce that St. Louis, Missouri, will be the site of the 41st TCF National Conference on July 27-29, 2018. "Gateway to Hope and Healing" is the theme of this year's event.

The 2018 Conference will be held at the Marriott St. Louis Grand Hotel. Plan to come and be a part of this heartwarming experience.
Adult Registration: \$115
Child Registration (9-17) \$55
Full-time College Student Registration \$55
Active Military Registration \$55

To Register:

<https://www.compassionatefriends.org/national-conference-registration>

HOTEL RESERVATIONS

TCF's discounted rate with the Marriott St. Louis Grand Hotel is \$140 per night plus tax.

Reservations can now be made online or by calling the Marriott Reservation line at 800-397-1282. Please note that each attendee will only be able to reserve two rooms. If your group needs to reserve a larger block of rooms, please contact the National Office to make arrangements for your reservations.

Our Children Lovingly Remembered

June Birthdays

Child—Parent, Grandparent, Sibling

Antonio McLean - Vera McLean

Brandon Fox - Theresa Fox

Brooklyn Renae Pope - Darin Pope

Christian Michael Copits - Richard & Beverly Copits

Danny Gene Winchell - Sally Entingh

Jerrid Younker - Susan Cole

Jerrid Younker - Frank Younker

Karen Kay Paschal - Linda Paschal

Linda Kimerling - George & Harriet Holbert

Malachi (Mack) Bell - Mark & Lori Bell

June Angel-versaries

Child—Parent, Grandparent, Sibling

Andy Glaser - Steve & Cindy Glaser

Gina Marie Baker - Margery Marshall

Jared Michael Belcher - Kelly Belcher

Jessica Back - John & Roberta Back

Kaitlynn Ariana Yvonne Preston - David & Michelle Preston

Larry Todd Cavanaugh - Linda & Larry Cavanaugh

Matthew Shane Conover - Sandra Conover

Michael David Rhoades - David Rhoades

Michael Guerra - Terry Guerra

Nan Marie Hendrix - Jo Hendrix

Scott Miller - Marilyn Miller

Silas Carver - Mary Anne Evans

Susan Eileen Lawrence - Barb Lawrence

Taylor Davis - Barbara Davis

“The death of a child is so painful, both emotionally and spiritually, that I truly wondered if my own heart and spirit would ever heal...I soon learned that I could help myself best by helping others...It wasn't until Robin died that I truly threw myself into volunteer work. That precious little girl left our family a great legacy: I know George and I care more for every living person because of her. We learned first hand the importance of reaching out to help because others had reached out to us during that crucial time.”

Barbara Bush

1925-2018



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

NOW for book review....



"The Butterfly Club" "Is That You?"

By Phyllis Calvey

Inspired by numerous instances of grieving people who were visited by a butterfly and understood it to be God communicating His presence in their time of need, this collection of true-life stories holds out hope and comfort in the darkest hours of your life.

The reflections from this unique group of people, known as the Butterfly Club, provide evidence that God can and does use signs to communicate His presence to us. The butterfly itself serves as a symbol of hope and a way to understand our spiritual metamorphosis—that without struggle we will never be able to fly.

This book and many others are available to borrow from our chapter library.

10 Things Everyone Should Know About Siblings & Grief

S i b l i n g P a r t e

1) Sibling grief is often misunderstood—by parents, families, friends, and counselors, even by the siblings themselves. So much focus is given to the parents of the lost child, to the children of the lost parent, to the spouse of the lost adult sibling. And, rightly so. But, what about the siblings? What about the ones who, like me, have grown up with the deceased? Who believed they would have a lifetime with their sister or brother? Who now face that lifetime alone?

2) Sibling grief “has been almost entirely overlooked in the literature on bereavement.” – It’s no wonder, therefore, that even mental health providers misunderstand sibling grief. How are families supposed to know how to help siblings through grief if even the research on the subject is lacking?

3) Common emotions siblings may feel when a brother or sister dies include:

Guilt -Abandonment - Loss of Innocence - Fallout from the Family - Somatic Symptoms -Fears and Anxiety

4) Siblings may feel “trumped” by the grief of other family members. I sure felt this way, and it’s common, since the focus is usually on the parents if a young sibling dies and on the surviving spouse or children if an older sibling dies. This may lead to minimizing a sibling’s own loss.

5) Young siblings lose innocence when a brother or sister dies, which may lead to fears and anxiety; “Survivor guilt” is also common. Experiencing death as a child becomes a lifelong experience of processing and understanding the loss. Children grow up with grief, understanding more as they get older. Fear of death or dying is common. Anxiety or worry about getting sick may become prevalent. In young siblings, guilt for provocative behavior or for unacceptable feelings (jealousy) is common. Young children may think, before the death, “I wish my brother were dead!” then believe they somehow caused it to happen. Older siblings may wonder, “Why them and not me?” Because siblings are usually similar in age, it can bring up many questions about the sibling’s own life and death, and guilt along with it.

6) Surviving children do, unfortunately, end up taking the fallout from parents’, siblings’, or other family members’ mistakes, emotional blowups, or neglect. In many ways, siblings often experience a double loss: the loss of their sister or brother, and the loss of their parents (at least for a time, but sometimes, permanently). I know this from experience. Though my parents did the best they could, after my youngest sister died, our entire family was different. My mom retreated into her own grief, staying in her room, depressed and sick for years. My dad retreated into work and anything to take his mind from his pain. Luckily, I was already on my own, in college, at the time; my younger siblings weren’t so lucky. At 9, 11, 14, and 17 years old, they grew up with a completely different set of parents than I had. I tried to step in as a “parent” figure over the years, but the separation from my parents in their time of need profoundly influenced their lives. It profoundly influenced my life. It profoundly changed our family.

7) Siblings may manifest somatic symptoms of grief, including symptoms that mimic the deceased sibling’s symptoms. Especially in young children, symptoms like stomachaches, headaches, nightmares, body pain, digestive symptoms, and trouble sleeping are common. These should be seen as symptoms of grief, and hopefully, an adult in the family can help siblings work through their feelings and show them how to grieve.

8) Having someone explain the loss to younger siblings, to be there for them and help them grieve, is ideal. Little children don’t comprehend death in the same way adults do. It is therefore important to have somebody who can walk them through the loss and the grief process, to explain it wasn’t their fault, to validate what they feel. If parents aren’t able to do so, another family member or friend may, and hopefully will, step in.

9) Even adult siblings will feel the loss deeply. The pain isn’t less simply because you’re older. In fact, in many ways, it’s harder. You understand more. You know what it means to die, and you will feel the pain of the loss in a different way than young children, who still haven’t developed abstract thinking and understanding, will. Grieve your loss. If you’re not sure how, here are some ideas.

10) My best advice for siblings in grief: Feel the loss as long as you need to, and give yourself time to heal. Because sibling loss is so misunderstood, you may receive messages that make you feel like you should be “over it by now.” They don’t know sibling loss. Now, you do. It takes time. Lots of time. It’s not about “getting over” the loss of a sibling. You don’t get over it. You create your life and move on, when you’re ready. But you will always remember your brother or sister—the missing piece of your life.



**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.