



# THE COMPASSIONATE FRIENDS INC.

International Organization Offering Friendship and Understanding to Bereaved Parents

## MIAMI COUNTY CHAPTER NO. 1870

December 2018/January 2019 NEWSLETTER Vol. 36 No.11

Facebook page "The Compassionate Friends of Miami County Ohio Chapter 1870".  
Chapter Leader: Kim Bundy, 1870 Westwood Rd, Troy, OH 45373/573-9877 kbundy@tcf@gmail.com  
Editor: Jackie Glawe, 2445 N. Mntgmry Co. Line Rd., Tipp City, OH 45371/478-3318 im4song@aol.com

National Office - THE COMPASSIONATE FRIENDS, INC. - P.O. Box 3696 - Oak Brook, IL 60522-3696 - Ph. (630) 990-0010 or toll free (877) 969-0010 [www.compassionatefriends.org](http://www.compassionatefriends.org) - e-mail: [nationaloffice@compassionatefriends.org](mailto:nationaloffice@compassionatefriends.org) -RegionalCoordinator:DeanTurner.Ph. (614) 487-1163



### Candlelight Memorial Service

3:00 PM Sunday  
December 9, 2018

Zion Lutheran Church  
Main and Third Street  
Tipp City, Ohio

**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.**

After the candle lighting service in the church sanctuary, we will have a reception dinner in the fellowship hall. Meats will be provided. Those attending are asked to bring something to share -a salad, vegetable dish, or a dessert of your choice.

**Again this year!!!** We will have a slide show of our children's photos playing during the dinner. If your child's photo wasn't in last years slideshow and you want the photo in or you want a different one then the one in it from last year please provide Kim Bundy with a photo of your child by December 6<sup>th</sup> at kbundy.tcf@gmail.com. We also welcome you to bring a photograph of your child for the display area in the reception room at the dinner. Feel free to include other memorabilia, if you wish.

Please RSVP for the Memorial Service by December 2<sup>nd</sup> by calling Barb at 937-836-5939 or email [barb.lawrence1961@gmail.com](mailto:barb.lawrence1961@gmail.com).

Volunteers are needed to help set up for the Memorial Service on Saturday Dec 8<sup>th</sup> at 3:00pm. Contact Deb (667-4761) if you can help. You are also invited for dinner/drinks after wards. Thank you.

### **NO DECEMBER MEETING**

**Candlelight Memorial Service**  
**3:00pm Sunday December**  
**Zion Lutheran Church**  
Main and Third Street  
Tipp City, Ohio

**Next meeting January 24<sup>th</sup> – 7:00pm**  
**Topic:** *Randi Pearson shares thoughts on the book: Life after the Death of My Son: What I'm Learning by Dennis Apple*

**Thank you for November Refreshments**  
Deb Turner (memory of Leslie)  
Kelley Dyer (memory of Zachary)

Meetings are held at:  
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.

### **A Christmas Wish**

I'll miss you at Christmas  
When laughter's everywhere,  
When church bells chime  
In merry rhyme  
And warmth is in the air.  
I'll think of you at Christmas  
Of when you were with me,  
Of simple joys and silly toys  
And days that used to be.  
I'll miss you at Christmas  
When children's faces glow  
And gaze in childish wonderment  
At Santa and presents in a row.  
I wish a Christmas miracle  
Could bring you back this way  
And we could be together  
For one more Christmas day.

~Lily deLauder

## Getting Through the Holidays

By Cathy Duff  
TCF, Miami County, Ohio

Please know that it is okay to feel sad, depressed, and anxious during the holidays. Grievers have every right to feel this way when they are missing a loved one.

It is also okay to let yourself feel good, laugh, and have fun. You are in no way disrespectful to the memory of your child.

These are suggestions that assisted me through my first holidays without my son. I hope some of these will help those that are new to their grief.

**Shopping** – Shop online or if you have to go out to shop, choose a time when the stores are not crowded. Most often this is early in the morning when the stores first open. Ask a friend to join you if you feel it will be too difficult to be out on your own.

**Christmas Cards** – Shorten your list or omit sending cards this year. It will be okay.

**Holiday Decorations** – Do only what you feel you can. This can be no decorations or just a few. Invite a friend to help you decorate if you feel the need to decorate, but find you don't have the energy or heart for it on your own.

**Accepting Invitations** – Don't expect too much of yourself. Don't turn down all invitations, but do accept those that you feel you can handle most easily. You may feel comforted at the right events.

**Traditions** – If old traditions are too painful, don't be afraid to try new traditions. If you usually host a meal, ask someone else to host this year. Open gifts at a different time or location. Consider a short trip during the holidays instead of being stressed with family gatherings.

**Share your needs with other family members and friends** – It is important to be honest about your feelings. If you need time to be alone to cry, please let them know and take that time. If you need to talk about your pain, find someone you know that will listen.

**Find ways to include the memory of your child in your holidays** – Memorialize your loved one in a way that is meaningful to you. It can be an activity that your loved one would have approved of, one that the entire family can participate in, or each individual member can create a memorial activity that is personal and private to them.

### **Memorial suggestions:**

- Purchase a live tree, decorate it and replant it after Christmas in their memory.
- Light special candles each day during the holidays or one large candle each day.
- Have a special time when the family share holiday memories of your loved one.
- Offer a dinner prayer or toast to your loved one.
- Purchase a gift for your loved one and then donate it to a charity.
- Hang a special Christmas stocking in their memory.
- Give a donation in the amount you would have spent on gifts to a charity in your child's name.
- Do something special for someone in need as a tribute to your child's memory during holidays.

Although these special tributes and suggestions may cause some tears, they are usually helpful in your struggle to get through the holidays. No matter what you do, you will not feel as joyous as you did during past holidays. This doesn't mean you still cannot enjoy the day, even smile and laugh. It will take time for you to adjust – maybe years.

Remember if you try something new and it doesn't work, you do not have to keep doing it.

“Butterfly Boutique” donations needed

Our chapter members have been asked to help with donations for the “Butterfly Boutique” that will be located at the upcoming 2019 National conference, "Hope Rings in Philadelphia", that will be held in Philadelphia, PA. on July 19-21, 2019.

This letter is from the chairperson and co-chairperson of the Butterfly Boutique that will be located at the conference:

In order to be successful and raise money ... we need donations of items to sell. We would like to have new and gently used pre-owned items. We need anything: that you have purchased or were given that has angels, butterflies, hearts, hummingbirds, dragonflies or any other appropriate subject matter. It could be jewelry (pins earrings, rings necklace, ankle bracelet) or jewelry box ..maybe a scarf or a tote bag ...a candle or coasters ...could be a Christmas ornament or decoration ...kitchen or bath towel (new of course), framed pictures, artwork or handmade items ...Seraphim angels or Susan Lordi Willow Tree, Butterflies on anything ..a chair or lamp...a night light or magnet ..note paper, a pen, something you may have purchased at the national conference and never used ...even heart things...wallet, a watch. At the national convention they even sold items that did not have butterflies or hearts like Coach wallets and Vera Bradley items...so any and all items that can be sold would be greatly appreciated.

If you'd like a donation receipt, please let them know when you send your donation. TCF is a 501(c)3 tax exempt organization.

Donations may be sent to: Betty Valentine, 302 Llangollen Blvd., New Castle, DE 19720



*Speaking of the National Compassionate Friends Conference. The next conference will be held in Philadelphia on July 19 – 21, 2019.*

*Several members of our chapter have attended yearly conferences. They highly recommend attending these National conferences where you will be amongst other bereaved parents walking this child loss journey as well. You have the opportunity to attend workshops of your choice with other bereaved parents and presented by bereaved parents. Workshops are another way to obtain a tool for our survival tool belt we must carry around to journey through to the other side. You'll also hear keynote speakers and share dinner with other parents.*

*Don and Pam Fortener have been notified of a wonderful opportunity by a local sponsor to help cover costs of the conference for several people from our chapter. So please be thinking about whether this is something you would like to attend. There will be a drawing from interested members in the future. **\*More information will be coming in future newsletters and meetings.***

## To Bereaved Grandparents at the Holidays

By Margaret Gerner

1. Know that your grief over the loss of your grandchild is legitimate. You have the need and right to grieve.
2. Learn about the grief process, not only so that you will know that what you are experiencing is normal, but it will help you know that your grieving child is not "going crazy".
3. Find someone with whom you can share your thoughts and your feelings about your grandchild's death.
4. Know that the Holidays will be difficult for you as well as your grieving child. Don't expect too much of yourself this year.
5. Your grieving child will be especially needy of you this year. Finds ways to include memories/memorabilia of your grandchild who died in your holiday ritual. You may even want to change some of your traditional holiday plans this year.
6. Know that your child who have not lost a child may be uncomfortable with whatever you do but explain to them how necessary it is to your grieving child.
7. Know that however you plan this year's holiday arrangements , it will not be as it has been in the past. The holidays will never be the same, because your grandchild will never be there again. Know to that it does get easier as the years go by. *(or at least different) emphasis by newsletter editor.*
8. Take this opportunity to cement a special relationship with your grieving child by being sensitive to their needs during this holiday season.

Margaret Gerner is a bereaved mother, grandmother, and sibling. She holds a master's degree in social work from the University of Missouri at Columbia and has worked in the field of bereavement for more than 25 years. She has written extensively for The Compassionate Friends (TCF).

The Best  
thing to Hold  
onto in Life is  
Each Other

~Audrey Hepburn

### **May I Grieve**

In the daytime, I walk and work and all;  
But at home, in the evening, I stumble and fall.  
The office says, "Function, smile, get control."  
But at home I can grieve to cleanse my soul.

Must I be two people for the rest of my life?  
Can I make it through pain and struggle and strife?  
If I could be just one person for more than one day.  
My freedom to grieve would help light the way.

Adapted From Suzanne Demars,  
The Compassionate Friends  
Hingham, MA

## CHAPTER NEWS

### *How I Found Hope.....*

#### ***Grieving Together***

*My son Daniel died before The Compassionate Friends (TCF) existed as a national organization.*

*The isolation was all encompassing and added to my grief. Four years later, however, two other couples joined my husband and me to start a local chapter. Fifteen people came to the first meeting. What a difference! We could talk to people who were going through similar struggles. We could also help those more newly bereaved, which surprisingly, also helped us. It was the community of grievers that made mourning more bearable. As our chapter grew, the togetherness also grew. I realized that grieving alone had been more difficult because it had not allowed me to experience the universality of grief—not that everyone grieves the same but that grieving with others and sharing the pain, lessens the impact of it. It gave me a perspective of my progress in the grief journey, as well. Slowly, I began to feel better until one day I realized I was able to embrace life again. That's why I love this organization!*

*~Marcia Alig, Daniels mom  
Princeton Junction, NJ*

*“For those who’ve recently lost a loved one, the holidays can seem more like something to survive than to enjoy.”*

#### **Upcoming Topics:**

**Dec** – Dec 9<sup>th</sup>, Candlelight Memorial Service  
3:00pm, Zion Lutheran Church  
14 W. Walnut St., Tipp City

**Jan** - Randi Pearson shares thoughts on Dennis Apples book: Life after the death of my son: What I'm learning.

**Feb** - Love Endures – Rituals

### *Thank You for your love gifts!*

- ★ Tony & Vesta Bundy for the Birthday Love Gift in memory of their son, Mike Bundy 11/1960 -- 09/2012.
- ★ Kern & Pam Carpenter for the Birthday Love Gift in memory of their daughter, Tasha Longyear 11/1978 – 04/2008.
- ★ Josh & Elizabeth Eickman for the Birthday Love Gift in memory of their daughter, Maci Grace Eickman 10/2015 -- 04/2018. \*
- ★ Faith Krum for the Birthday Love Gift in memory of her daughter, Sara Cantrell 12/1962 – 08/2017.
- ★ Ralph & Vera McLean for the Thanksgiving Love Gift in memory of their son, Antonia McLean 06/1972 -- 04/2003. (Thanksgiving was Antonio's favorite holiday.)
- ★ Joe & Maggie Risko for the Birthday & Anniversary Love Gift in memory of their son, Bob Risko 01/1962 – 12/1993.

\* Our sincere apologies to Josh & Elizabeth Eickman for failing to acknowledge in our last newsletter their Love Gift in memory of Maci's October birthday.

*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.*

# Our Children Lovingly Remembered

## December Birthdays

Child—Parent, Grandparent, Sibling

- Andy Glaser - Steve & Cindy Glaser*
- Bob Risko - Joe & Maggie Risko*
- Ian Wesley Clark - Neil & Lori Clark*
- 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 Miller - Marilyn Miller*

## January Birthdays

Child—Parent, Grandparent, Sibling

- Denise R. Brown - Darlene N. Brown*
- Justice Meade - Jenni Warner*
- Justice Meade - Sue Brown*
- Marlisa Bok - Lowell & Marilyn Bok*
- Melissa Fortener McLaughlin - Don & Pam Fortener*
- Nicholoas Drake Duff - Jonathon & Regina Duff*
- Robert M. Walters III - Robert Jr. & Penelope Walters*

## December Angel-versaries

Child—Parent, Grandparent, Sibling

- Brian Keith Willis - Keith & Linda Willis*
- Christian Michael Copits - Richard & Beverly Copits*
- Claire Landis - Matt & Chelsea Landis*
- Danny Gene Winchell -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

Child—Parent, Grandparent, Sibling

- Adam Douglas Cheadle -Gary & Elaine Meyers*
- Bob Risko -Joe & Maggie Risko*
- 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*
- Kyle L. Bryan - Jeanette Bryan*
- Matthew J. "Matt" Karl - 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*

**NOW for book review....**



### *“Roses in December”*

By Marilyn Heavilin

Marilyn Heavilin reaches out to help those who are grieving find God's comfort. Having lost three sons, Marilyn knows the tremendous sorrows, struggles, and questions that come with the death of a loved one. Yet she shares how even in the winters of our lives God provides roses—special occasions, special people, and special memories—to give us strength to preserve and draw close to him.

Roses in December will help you understand the grieving process, support family members, give insight into sibling grief, and maintain your marriage during this difficult time.

You'll discover there are roses in December.

**S  
i  
b  
l  
i  
n  
g  
P  
a  
g  
e**

***I Wish***

I wish I could watch you work on cars, preparing for race and being with our friends.

I wish I could hear Mom attempt to wake you up, pounding on the floor, hoping you're downstairs.

I wish you would ask to borrow money (and never plan to pay it back) or can me out of my car for the night.

I wish you could go up north with Dad or be with us on family vacations.

I wish you'd be there when I come home on weekends, or come and visit me when I'm at school.

I wish I could hear your dry sense of humor or see the look when you're trying to hold back a laugh.

I wish you were here to keep the stories going, so I wouldn't need to keep memories alive.

I wish I could set a place for you for Thanksgiving dinner or draw your name for Christmas.

I wish you could hold your sister's new baby or be the best man at your brother's wedding.

I wish I could see your hopes and dreams come true, and we could be there when we need each other.

I wish I could hear you say, "I love you" just one more time.

~Lisa DuBois  
TCF-Grand Rapids, MI

***Now I Know***

*My sister died. She lived only ten days. Her name is Gloria and I knew her only through my mother. She spoke of her lovingly and sadly, of her beauty and sweetness, of her illness.*

*Gloria was the third child born to our family, the first girl. Two years after that, I arrived.*

*Donald and I were told that if Gloria had lived we would not have been here. I never know whether to be happy or sad that my sister died.*

*Whenever the song, "Smoke Gets in Your Eyes" played on the radio, my mother would cry. She told me that song was very popular when Gloria was born and died. I used to think, "Why is she so sad?" Why is she crying for a baby she hardly knew?*

*Aren't we remaining children enough for her?" I never understood – until my own daughter died. Now I know.*

~Carol Silverman, TCF, Abington Chapter

*Our surviving children not  
only lost a sibling, but  
they've also lost a mother  
and father they once knew.*

*Everything is different now.*



**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.