



# THE COMPASSIONATE FRIENDS INC.

International Organization Offering Friendship and Understanding to Bereaved Parents

## MIAMI COUNTY CHAPTER NO. 1870

### NOVEMBER 2017 NEWSLETTER Vol. 26 No. 10

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#### MESSAGE from George Anderson May 2015

George Anderson is widely considered the world's greatest and most scientifically tested living medium.

[georgeanderson.com](http://georgeanderson.com)

When people talk about their loss, very rarely does the word "gratitude" work its way into the conversation. However, when the souls talk about their lives on earth, "gratitude" is a very important word to them. While the souls' vision is much more clear than ours at this point in our journey, we have to trust that they're on to something when they speak about how grateful they are, even in our grief.

One of the most important points the souls will make is how much they thank us for not only the time they had with us on the earth, but for being so good to them prior to their passing, and even helping to make the transition that much easier. But they go even further than that--they thank us for understanding--even if that understanding is shaky and tenuous right now. They thank us for things like loving them enough to allow them to go to their world of joy, and for having enough faith to know that they do, in fact, go ahead of us to a beautiful place, and they thank us for trying hard not to become embittered by their passing, and trying our level best to walk on without them. They have a lot to be grateful for, because they know fully well how hard it is for us, and how hard it has been. So their gratitude flows with the ease of their new-found life--with love, respect, and honor.

How can we find gratitude when we feel everything has been taken from us. It's not easy, but it is possible. It's hard to say "thank you" when you feel you've been slapped so hard by life that nothing is the same again. But that's exactly the time we have to look within and find something inside ourselves to hold onto. And it might as well be gratitude for all we have been given, even if we don't completely realize it. Yet.

We can be grateful for the amount of days -- however few--

#### \*\*\*\*\* Note Early Meeting Date \*\*\*\*\*

**November Meeting—November 16, 2017  
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: Being Thankful... Then; Now; & Going Forward**

**We will share with each other how to find those things in our life that we can be thankful for and remember through the holidays.**

#### **November Refreshments:**

*Cindy Glaser (Memory of Andy)  
Debbie Turner (Memory of Leslie)*

#### **Thank you for October Refreshments**

*Elaine Meyers (Memory of Adam)  
Pam Fortener (Memory of Melissa)*

#### **December - Candlelight Memorial Service**

we spent laughing, smiling and loving with those we hold so dear. We can be grateful for having been a force in their lives—a parent, a sibling, a teacher, friend, a student, a partner--we've both learned from and taught our loved ones well. We can be grateful for the time we helped them as they helped us in life. And we can be most grateful that we were there at the most special time--their transition to a new world.

The souls are so grateful to have us in their life. We need to find a way to be grateful for having been in theirs. The memories, the laughter, the good and bad times--they make us grateful that every moment was filled with something beautiful, and those memories will carry us the rest of our lives until we see them again--something we will be the most grateful for. Live life with gratitude and every ounce of that beauty will return to you.



## **Candlelight Memorial Service**

**3:00 PM Sunday December 10, 2017**

**Zion Lutheran Church**

*Main and Third Street*

*Tipp City, Ohio*

*Every year we invite anyone that has lost a child, sibling, or grandchild to join us 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, we will have a reception dinner downstairs. Meats will be provided. Those attending are asked to bring something to share -a salad, vegetable dish, or a dessert of your choice. (If you are going to bring a store-bought item, please consider a salad or vegetable as we generally have a good number of homemade desserts.)

**Again this year!!!** We will have a slideshow of our children's pictures playing during the dinner. Provide Kim Bundy with a picture of your child by December 7. You can bring the picture to the November chapter meeting or email one to Kim at [kbundy.tcf@gmail.com](mailto:kbundy.tcf@gmail.com). Please include the child's name, your name, address, and phone with the photo. Pictures will be returned. (If you provided a picture last year, you do not need to submit another one unless you would like to provide a different picture for this year.) We also welcome you to bring a photograph of your child for the display area set aside in the reception room at the dinner. Feel free to include other memorabilia, if you wish.

We are also collecting new children's books to be taken to Children's Medical Center. These books will be distributed to children while they are treated at the center. You may donate the book in memory of your child with a written note inside the book. What a great way to do something in your child's memory to help other children!

A sign-up sheet for the Memorial Service will be passed around at the November Compassionate Friend's meeting. If you plan to attend the Memorial Service and can't sign up at the meeting, please contact Barb at 937-836-5939 or [barb.lawrence1961@gmail.com](mailto:barb.lawrence1961@gmail.com). The last day to RSVP for the Memorial Service is December 3rd.

Volunteers are needed to help set up for the Memorial Service. Set up will be held at 3:00PM on Saturday, December 9th. If you can help, please contact Deb (667-4761). Volunteers are invited to join up at Hinders for something to eat and drink after set up. We appreciate all that are able to assist us. *Thank you.*

### **21st Annual Worldwide Candle Lighting - December 10**



The Compassionate Friends Worldwide Candle Lighting unites family and friends around the globe in lighting candles for one hour to honor the memories of the sons, daughters, brothers, sisters, and grandchildren who left too soon. As candles are lit at 7:00 pm local time, hundreds of thousands of persons commemorate and honor the memory of all children gone too soon.

Now believed to be the largest mass candle lighting on the globe, the 21st annual Worldwide Candle Lighting, a gift to the bereavement community from The Compassionate Friends, creates a virtual 24-hour wave of light as it moves from time zone to time zone. TCF's WWCL started in the United States in 1997 as a small internet observance, but has since swelled in numbers as word has spread throughout the world of the remembrance. Hundreds of formal candle lighting events are held and thousands of informal candle lightings are conducted in homes as families gather in quiet remembrance of children who have died, but will never be forgotten.

The Compassionate Friends and allied organizations are joined by local bereavement groups, churches, funeral homes, hospitals, hospices, children's gardens, schools, cemeteries, and community centers. Services have ranged in size from just a few people to nearly a thousand.

Every year you are invited to post a message in the Remembrance Book which will be available, during the event, at TCF's national website. [www.compassionatefriends.org](http://www.compassionatefriends.org)

## CHAPTER NEWS

### Living Life Is Still An Effort

My husband's family held a reunion in July. We planned to attend and told the family to count on us. But when it came time to buy the tickets and make a commitment, I found I couldn't do it. I simply did not want to deal with the hassles of traveling, leaving home, getting out of my daily rhythm.


I am a different person since my child died. I am a different person than I was six months after my child died. And, I will be a different person in another year.

I find that I am evolving; my basic personality is still intact, most of my mind works well enough, my perception of life, love, people and events is probably heightened but fairly unchanged. Still I am a different person.

Now I work at living my life. I make myself do the things that I once took for granted....such as getting dressed each day, going to work, handling a number of responsibilities I have chosen to accept. I make myself laugh at silly jokes. Sometimes I even have to force myself to really listen to others. I am surprised when I laugh spontaneously, smile for no particular reason or say something "prophetic". What is going on here? Who am I? Why has the joy of life disappeared?

I believe I have found the answer to these questions and even to questions I haven't yet asked. It lies in the nature of losing one's child to death. Initially we work very hard to maintain sanity. Gradually we expand the boundaries of our lives. Carefully we add events, people, responsibilities and simple enjoyment. But our progress is measured in months and years, not days and weeks.

My awakening to this new reality came at a meeting of The Compassionate Friends. It has been rekindled at each meeting since then. I learn about myself by observing others. I note the change in their voice, their body language, their perspective. I see the sorrow in each parent. I see parents whose children have been gone for many years still weep openly and later talk about a special event they are planning. Then I see parents whose loss was recent yet they appear to be normal, controlled and sociable on many levels and they suddenly and mysteriously crumble before my eyes.

That's the journey. We set our own limits as to what is acceptable for us. Over time we shift from minimalist boundaries to a good representation of the person we once were. We have major setbacks: birthdays, holidays, death anniversaries. We have minor setbacks: a picture, a forgotten scent, a baby shoe, a poignant memory. We sob, we scream, we withdraw. But we do go on. With the help of our Compassionate Friends, we move forward and are supported when we 

*Our Chapter Leader, Kim Bundy, has been doing a wonderful and dedicated job of keeping our Chapter strong and here for the new and old members alike for support in the pain that so many outside our Chapter think should just go away. Kim could use a Co-leader to share some of the responsibilities of this leadership position. Call Kim at 573-9877 and let her know that you are willing to keep us strong together.*

#### Upcoming Topics:

**December** - Candlelight Memorial Service

**January** - Specific Secondary Loss - We will share with each other different things that we lost when we lost our child. Family, friends, activities, etc.

**February** - Scrapbook Pages, facilitator, Pam Fortener. Details in the February newsletter.

**March** - Supporting Your Surviving Siblings.

**April** - Tools to Ease the Pain of Grief, facilitator, Cathy Duff.

*Thank you  
for your love gifts!*

- ♦ Tony & Vesta Bundy for the Birthday Love Gift in memory of their son, Michael Bundy 11/1960 -- 09/2012.
- ♦ Kerry & Sarah Murphy for the Birthday Love Gift in memory of their daughter, Molly Murphy 9/2011 - /2015.
- ♦ Sandy O'Dell for the Birthday Love Gift in memory of her son, Mark Kurtis O'Dell 09/1983 -- 02/2008.

suffer a setback. We each deal with the many facets of our grief. We learn from others. We teach others. We grow from the dialogue. Our kindred spirits bring questions, answers and peace.

Who am I today? A fairly well balanced mother of one beautiful child who no longer is alive. I am where I should be. When will I stop evolving? Probably never.

Annette Mennen Baldwin  
In memory of my son, Todd Mennen  
TCF, Katy, TX

# Our Children Lovingly Remembered

## November Birthdays

Child—Parent, Grandparent, Sibling

*Jeff Herman - Mike Herman*

*Jeffery L. Miller - Marilyn Miller*

*Larry Todd Cavanaugh - Linda & Larry Cavanaugh*

*Matthew J. "Matt" Karl - Bob & Fran Karl*

*Michael Bundy - Tony & Vesta Bundy*

*Stephen Anthony Freeman - Tom & Kathy Freeman*

*Tasha Nicolle Longyear - Kern & Pamela Carpenter*

*Stephanie Roselle - Mike & Cindy Berry*

*Jeffrey Scott Bernard - Don Bernard*

## November Angel-versaries

Child—Parent, Grandparent, Sibling

*Clifton Alexander - John Alexander*

*Jeff Herman - Mike Herman*

*Kathryn Trushaw - Tim & Julia Trushaw*

*Leslie M. Turner - Randy & Debra Turner*

*Patrick O'Neill - Betsy O'Neill*

*Zachary O. Patrick - Mike & Tina Patrick*

*Roy "Rusty" Phillips - Carol Weddington*

*Amelia Beeman - Peggy Beeman*

## Memories

The certain special memories  
That follow me each day,  
Cast your shadow in my life  
In a certain way.  
Sometimes the blowing wind  
Or the lyrics of a song  
Make me stop and think of you  
Sometimes all day long  
Memories are good to have  
To share and keep in my heart,  
Just knowing that you're still inside  
Makes sure we'll never part.

Collette Covington  
TCF Lake Charles, LA



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....

### "My First Christmas"

by Cathie Gray



The author has written this book to be used by anyone that has lost a loved one, however she personally is a bereaved parent with the loss of her oldest daughter. She addresses the Quest for the New Normal, Men Hurt Too, Quest For Friends and Family and S.O.S. Save our Surviving Children. From personal accounts and heavyhearted research she will do more than just help you get through the holidays with several chapters with questions for you to ask yourself and respond in a journal type manner and to help you in moving forward.

This book and many others are available in our chapter library.

Book review submitted by Jackie Glawe (Jordan's mom)



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## Our Foundational Principles

*By Debbie Rambis*

Our chapters are the core of The Compassionate Friends. Often, it is the first contact with another bereaved parent, sibling, or grandparent. It may very well be their first glimpse of potential hope.

As such, it is important to always remember our seven guiding principles. In the next series of Chapter Newsletters, I want to write to each principle as it is important to fully understand every principle individually to ensure all who need us find us, and all that find us are helped.

### 1. TCF offers friendship, understanding, and hope to bereaved parents, siblings, and grandparents.

- We have learned through our own experiences that the death of a child, sibling, or grandchild causes a pain that is often best understood by others who have also experienced such a loss.
- We focus on supporting parents, siblings, and grandparents in their journeys through the natural process of grief.
- We define the terms “parent,” “sibling,” and “grandparent” broadly, welcoming the bereaved from all family units.

This first principle allows us the opportunity to offer support to many. The relationship of the member to the child can be as parent, as sibling, and as grandparent. We have NO requirement to exclude anyone that formed these types of relationships whether by birth, by marriage, or by choice.

It is a group we do not want to belong to, but that we need to belong to. Everyone needs to feel accepted and no longer alone or isolated. We should strive to avoid inadvertently alienating anyone. There may only be a few siblings or grandparents, but it is extremely important to incorporate everyone's views, opinions, and experiences.

While the relationship with the child that died may have been different, the issues we encounter and the ways we learn to find hope are the same. We can lean on and learn from each other. We need not walk alone.

### The Sibling Credo

We are the surviving siblings of The Compassionate Friends. We are brought together by the deaths of our brothers and sisters. Open your hearts to us, but have patience with us. Sometimes we will need the support of friends. At other times we need our families to be there. Sometimes we must walk alone, taking our memories with us, continuing to become individuals we want to be. We cannot be our dead brother or sister; however, a special part of them lives on with us. When our brothers and sisters died, our lives changed. We are living a life very different from what we envisioned, and we feel the responsibility to be strong even when we feel weak. Yet we can go on because we understand better than others the value of family and the precious gift of life. Our goal is not to be the forgotten mourners that we sometimes are, but to walk together to face our tomorrow as surviving siblings of The Compassionate Friends.



**NEED TO TALK TO SOMEONE?**  
A listening ear is sometimes the best medicine.

<b>Kim Bundy</b> (suicide)	573-9877
<b>Lori Clark</b> (organ donation)	233-1924
<b>Pam Fortener</b> (cancer death)	254-1222
<b>Sheryll Hedger</b> (siblings)	997-5171
<b>Lora Rudy</b> (infant death)	339-0456
<b>Cathy Duff</b> (auto accident)	473-5533





## **The Compassionate Friends**

**Miami County Chapter**  
Supporting Family After a Child Dies

9665 W Covington Gettysburg Rd  
Covington OH 45318

RETURN SERVICE REQUESTED

### *What is The Compassionate Friends?*

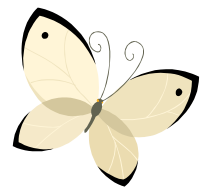
*The Compassionate Friends is a self-help organization which offers support to families who have experienced the death of a child. Only a person who has experienced the trauma of losing a child can fully understand the pain and suffering involved.*

*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) 473-5533 AND LEAVE A MESSAGE.

Thank you.