



THE COMPASSIONATE FRIENDS INC. International Organization
Offering Friendship and Understanding to Bereaved Parents
MIAMI COUNTY CHAPTER NO. 1870
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Candlelight Memorial Service

3:00 PM Sunday December 11

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 home-made desserts.)

Special this year!!! We will have a slideshow of our children's pictures playing during the service. Provide Kim Bundy with a picture of your child by November 17. You can bring the picture to the November chapter meeting or email one to Kim at KBundy.TCF@gmail.com. Please include the child's name, your name, address, and phone with the photo. Pictures will be returned. 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

NO DECEMBER MEETING.

.Candlelight Memorial Service
3:00 PM Sunday December 11

Zion Lutheran Church
Main and Third Street
Tipp City, Ohio

Next Meeting - January 26, 2017

Topic: "Signs"

Facilitators: Don & Pam Fortener

How our children still interact in our lives and how to open our minds to the signs that they show us throughout our everyday living.

January Refreshments:
Bob & Penny Walter (Memory of Rob)
Pam Fortener (Memory of Melissa)

Thank you for November Refreshments
Deb Turner (Memory of Leslie)
Pam Carpenter (Memory of Tasha)

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 lawrences@mindspring.com. The last day to RSVP for the Memorial Service is December 6th.

Volunteers are needed to help set up for the Memorial Service. Set up will be held at 3:00PM on Saturday, December 10th. 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.

Worldwide Candle Lighting

All of our lost children, young and old,
We gather now and gently hold,
Remembering with our every breath,
That love never ends, not even in death.

A heartbroken group of fathers and mothers,
With a sorrow unimaginable to others,
Struggling to overcome the most devastating blow,
Bonded in grief we never thought to know.

With each candle that we light,
We feel our children's spirits burning bright,
Every beloved child's face we see,
Forever in our memory.

In the candles' golden glow,
Even though our tears still flow,
We cherish every moment we had with you,
Though the days were far too few.

We love you now, we'll love you forever,
As your parents we will always treasure,
The blessing of our daughters and sons,
Our dearly loved precious ones.

Copyright © C. A. Stevenson
Written in loving memory of our son,
Graham Thomson Stevenson, age 22



20th Annual Worldwide Candle Lighting Event

December 11, 2017

The Compassionate Friends 20th annual 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 p.m. local time, hundreds of thousands of persons commemorate and honor the memory of all children gone too soon. The Worldwide Candle Lighting creates a virtual 24-hour wave of light as it moves from time zone to time zone.

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.

The Worldwide Candle Lighting gives bereaved families everywhere the opportunity to remember their children so that *their lights may always shine!*

BE STILL
CLOSE YOUR EYES
BREATHE.

Listen for my footfall in your heart.

I am not gone

But merely walk within you.

Nicholas Evans

For your
Thank you
love gifts!

- ◆ Joe & Maggie Risko for the Birthday & Anniversary Love Gift in memory of their son, Bob Risko 12/1962 -- 01/1993
- ◆ Donny & Pam Fortener for the Love Gift in memory of their daughter, Melissa Fortener McLaughlin 01/1978 -- 01/2009.
- ◆ David & Julie Gillespie for the Love Gift in memory of their son, Liam Seamus Gillespie 07/2000 -- 10/2015.
- ◆ Kern & Pam Carpenter for the Birthday Love Gift in memory of their daughter, Tasha Nicolle Longyear 11/1978 -- 04/2008.

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.

To Start a New Year

If I can concentrate on the
 moral and spiritual side
 of the holidays
 I can make it through.
 If I can absorb the
 love and warmth that
 was the beginning
 I can give love back.
 If I can share the grief and
 love that is in me
 through these holidays
 I can start a new year.

Tom Spray TCF Ventura, CA

CHAPTER NEWS

Upcoming Topics

January - SIGNS

Facilitators, Don & Pam Fortener

Don & Pam will discuss the many signs that our loved ones may use to let us know that they are all right and how, if we keep our mind open, to recognize them. They will share stories of signs viewed by others as well as members sharing their own experiences.

February - SHOW & TELL

Members are invited to bring an item or two of their loved one to the meeting and share the story around it. It can be a picture, clothing, an award, a toy, favorite book, etc.

March - STAGES OF GRIEF

Facilitators, Tri County Mental Health

The representatives from the Tri County Health Department will be invited to share with our members the different stages of grief and how we can expect to react to them.

Please note that chapter leader, Kim Bundy has a new email address. Her current email address is"

KBundy.TCF@gmail.com

TCF Chapter 1870 wishes you Peace, Hope, and Love during the Holidays and throughout the New Year!

NEED TO TALK TO SOMEONE?

A listening ear is sometimes the best medicine.

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

NEW YEAR'S HOPE

Am I Making Progress?

With the New Year, bereaved persons hope that their fragile, hurting hearts will release more and more of the pain, feel stronger, and experience some joy as they continue their journey through the Valley of the Shadow. Needing to heal and go forward with our lives, we struggle to get our lives in order. At this time of the year, we search in our hearts and ask ourselves very timidly, "Am I making progress?"

Each January since I lost my two oldest children, 19 year old Peggy and 21 year old Denis, in the same automobile accident, I check to see if I am going forward in my grief. It only takes a few minutes to assess the status of your grief journey and it helps you to get on the right "mind" track for the new year. Do yourself a favor and see if you have any areas of the heart that need nurturing. The following "check" list will help you set some goals for your heart to feel better.

ALLOW YOURSELF

- Time to cry
- Space to think
- To remember your loved one
- Realistic goals
- To do whatever gives you a moment's peace
- To be imperfect
- To accept offers of help
- To pamper yourself

FORCE YOURSELF

- To do old routines
- To listen to your spouse and children
- To do an activity that you used to do

CONVINCE YOURSELF

- That each person grieves differently
- That you will get better

LET YOURSELF

- Off the hook
- Laugh
- Feel anger
- Tell God how you honestly feel

- Treasure a special friend
- Remember happy memories
- Select what you can handle
- "Wear out" feelings of anger, guilt and depression

TEACH YOURSELF

- To take care of yourself
- To learn everything about the grief process
- To set goals
- To turn to life
- To ignore hurtful comments of others

TALK TO YOURSELF

- About anything
- About how your loved one would like you to handle things
- Have a dialogue with your loved one

FORGIVE YOURSELF

- We make mistakes
- We're not perfect
- Our loved ones weren't perfect
- They know they were loved

FIND YOURSELF (We become different people with different needs)

- Through meditation
- Through reading
- Through singing
- Through writing
- Through talking
- Through new friends
- Through new hobbies

INDULGE YOURSELF

- Shop
- Nap
- Walk
- Daydream
- Say "I deserve that!"
- Set aside special time for yourself
- Don't rush or overwhelm yourself with activities

EXPRESS YOURSELF

- Tell the story of your loved one
- Tell the world how you feel

- Tell your spouse how you really feel
- Try new activities
- Find new ways to "reinvest" that special love you shared with your loved one

FORGET YOURSELF

- Seek out other bereaved persons
- Talk to them
- Share what you've learned-what's given you moments of peace. You'll find "helping is healing."

GIVE YOURSELF

- No deadlines
- Choose to rebuild your life in a meaningful way
- Keep memories of your loved one alive
- Make your loved one proud of you

Get busy taking care of yourself and may your efforts bring peace and joy to your heart.

Where is my child now?

So many times after our son died, I found myself asking questions. Where has he gone? Is there really life after death? Is there really a Heaven? Was his life with us worth anything?

I read. I talked to people. I prayed. I cried. I became depressed and I yelled at my God. Then I found Elizabeth Kubler Ross's book, "On Children and Death." She responded to a mother's letter and shared her wisdom and experience. She told that grieving mother (and through her, me) that out of her pain - if she chooses - comes a great amount of compassion, increased understanding and wisdom, and love for others who are in pain. It is her choice whether out of tragedy comes a blessing or a curse -- compassion or bitterness.

She concluded her letter with these words: "I want you to know that our research in death and life after death has revealed beyond a shadow of a doubt that those who make the transition are more alive, more surrounded with unconditional love and beauty than you can ever conceive. They are not really dead. They have just preceded us in the evolutionary journey all of us are on; they are with their former playmates (as they call them), or guardian angels; they are with family members who preceded them in death and are unable to miss you as you miss them since they are unable to feel any negative feelings. The only thing that stays with them is the knowledge of love and care that they have received and of the lessons they learned in their physical life."

Claudia Waller, TCF Alexandria, VA



THAT FIRST NEW YEAR

Over and over again! I have looked at this picture of bells ringing in the New Year.

The first New Year after Tom died I remember wondering if we could survive this tragedy in our lives and ever be a normal family again. We had just muddled through Christmas - and made it - and now we were starting a new year. We were still picking up the pieces in our lives. Other people who had experienced the death of a child told us "It would get better," "Time helps heal the sorrow." At that time I didn't see how it could. I thought, "It's okay for them to talk, to tell us these things, but we're never going to really get our heads on straight again."

After that first year things DID get better. What they said really did happen - time does help the healing process. Of course, the memories will always be part of our lives because we never want to forget Tom.

Lorraine Bauman, TCF, Fairmont, MN

[illegible]

For the New Year

May the New Year bring healing.
May the New Year bring peace.
The warmth of cheerful memories,
And from pain, sweet release.

The light of your child's smile,
May guide you on your way,
With strength and consolation
Throughout the year, each day.

Wherever you may travel
On this lonely road of grief,
May you find the way grow easier,
May the times of sorrow be brief.

Your child's life continues
In the life you choose to live.
In your hands and heart, your child's love,
To yourself and others give.

*In loving memory of my son, Tim Jones 0611978 - 0111993
Ruth Gregory, TeF, Phoenix, AZ*

Our Children Lovingly Remembered

December Birthdays

Child—Parent, Grandparent, Sibling

Ian Wesley - Iark Neil & Lori Clark
 Andy Glaser - Steve & Cindy Glaser
 Michael Daniel Mitchell - James & Marilyn Mitchell
 Michael Milton Earl Cattell II - Michael & Patricia Cattell
 Nan Marie Hendrix - Jo Hendrix
 Scott Miller - Marilyn Miller
 Kyle Alexander Quinn - Ken & Betty Quinn
 Roy "Rusty" Phillips - Carol Weddington
 Johathan Lillard - Kellie & Ralph Lillard
 Samuel James Barga - Linda Barga
 Bob Risko - Joe & Maggie Risko

January Birthdays

Child—Parent, Grandparent, Sibling

Denise R. Brown - Darlene N. Brown
 Justice Meade - Jenni Warner
 - 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
 Kevin Michael Harshbarger - Kenneth & Carolyn Harshbarger
 Matthew "Matt" Schaaf - Marlene Schaaf
 Randy Lee Hess - Kimberly A. Bundy
 Rebecca M. "Becky" Bole - Ken & Sue Bole
 Danny Gene Winchell - Sally Entingh
 Claire Landis - Matt & Chelsea Landis
 Johathan Lillard - Kellie & Ralph Lillard

January Angel-versaries

Child—Parent, Grandparent, Sibling

Adam Douglas Cheadle - Gary & Elaine Meyers
 Elizabeth Flory Duff - Ann Flory
 Kyle L. Bryan - Jeanette Bryan
 Matthew J. "Matt" Karl - Bob & Fran Karl
 Melissa Fortener McLaughlin - Don & Pam Fortener
 Nicholoas Drake Duff - Jonathon & Regina Duff
 Shaun Bradley Duff - Michael & Catherine Duff
 Will Mohr - Valerie Mohr
 Stephanie Roselle - Mike & Cindy Berry
 Jeffrey Scott Bernard - Don Bernard
 Nicole Barker - Rod & Kathy Barker
 Bob Risko - Joe & Maggie Risko

NOW for book review.....Jackie Glawe

"To Heaven and Back"

by Mary C. Neal, MD



This is the true story of a Doctor's Extraordinary Account of Her Death, Heaven, Angels and Life Again.

In 1999 in the Los Rios region of southern Chile, orthopedic surgeon, devoted wife, and loving mother Dr. Mary Neal drowned in a kayak accident. This is the story of life's spiritual journey and what happened as she moved from life to death to eternal life, and back again.

Even though we have lost our children on this earth, I find reading stories such as these give me some comfort and hope because of the account of the afterlife they are able to return and witness for others.

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

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

Why Can't I Remember...

I am a surviving sibling. Fifteen months ago I was not even familiar with the term ... now I am one! How am I doing? What are the guidelines to measure my progress? Why can't I remember when I was told of my brother's death ... or the days following the accident for that matter? Did I laugh just today when I never thought I would laugh again? What is this peaceful feeling that I feel from time to time? Is it healing?

Lee, at 29, was still my little brother. I remember trying to alternately protect or tease him, make him laugh or make him cry. He was like having a real live baby doll to play with since I was 10 years older than he (our mother said he was the cleanest little boy in the neighborhood. I guess having 3 older sisters is the reason for that!!!)

How can I explain the pain I felt on learning of his accident? I wanted to go to him right away to see that he was okay, but our cousin Judy said that wasn't possible. I guess that was when I was told that he was dead ... but I don't remember that. I *only remember screaming*.

When was it that I began to heal? Probably at the same time that I thought I was going totally, certifiably crazy! Then someone told me about The Compassionate Friends and what they did. I wondered if they could help me, but doubted that they could. After all, how could they understand how much I hurt at having lost my precious baby brother or how close we had always been and how he always helped me? But you know they did help. With the help and support of this group of wonderful caring people, I am alive today and working toward a fruitful life. I will never be the same as I was before my brother died, but I truly believe I am a better person.

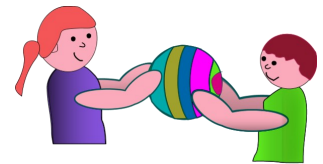
While Lee's life taught me so much, his death taught me some invaluable lessons. I have learned to become more aware of life and my own mortality and I am more attuned to the needs of others. I no longer take anything for granted. I miss him terribly, but take solace in the belief that he is happy in his new world and that one day we will be reunited.

Sibling grief takes a tremendous amount of time and work. Sometimes just thinking of my brother, looking at his picture, or hearing his favorite song, "God Bless America," reduces me to a teary mess. Sometimes these same things make me smile. But perspective on life. I am closer to and cherish my family more than ever and realize how very important they

are. I am dedicated to helping other surviving siblings work through their grief and pray daily for peace, not only for myself and my family, but for everyone making this journey through grief.

One thing that I have found to be most helpful during the past fifteen months of grief work has been to talk about and be honest about my feelings. I encourage siblings to try to hook up with a support group such as The Compassionate Friends.

Sunday Lee Stanton, TCF, Wyoming Valley Chapter, PA. (STAGES Summer, 1997)



Thank You

Thank you ...

for not telling Mom when I stayed out late,

for hiding behind the sofa when I had a date,

for letting me try to sell you for money, for being embarrassed when I called you "Honey,"

for having too many on my wedding day,

for the rotten jokes you used to play, for giving me some memorable times,

for being last in a long, long line,

for being my little, baby brother,

for my first chance at playing mother,

for being there at your beginning, for holding your hand at the ending,

for all the love I hope you knew,

was always in my heart for you.

Please dear God, thank him too for he had honest faith in you.

Give him riches, make him shine,

and show him, Lord, a real good time.

Karen, TCF, Savannah, GA



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?

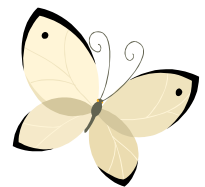
The Compassionate Friends is a self-help organization which offers support to families who have experienced the death of a child. Only a person who has experienced the trauma of losing a child can fully understand the pain and suffering involved.

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.