



# THE COMPASSIONATE FRIENDS INC.

International Organization Offering Friendship and Understanding to Bereaved Parents

## MIAMI COUNTY CHAPTER NO. 1870

June 2020 NEWSLETTER Vol. 30 No. 5

Facebook page "The Compassionate Friends of Miami County Ohio Chapter 1870".  
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### **Men Do Cry**

*Ken Falk, TCF Northwest, CT*

*I hear quite often "Men don't cry"  
 Though no one ever told me why.  
 So when I fell and skinned a knee  
 No One came by to comfort me.*

*And when some bully boy at school  
 Would pull a prank so mean and cruel  
 I'd quickly learn to turn and quip  
 "It doesn't hurt" and bite my lip.*

*So as I grew to reasoned years  
 I learned to stifle any tears.  
 Though "Be a big boy" it began'  
 Quite soon I learned to "Be a Man."*

*And I could play that stoic role  
 While storm and tempest wracked my soul.  
 No pain nor setback could there be  
 Could wrest one single tear from me.*

*Then one long night I stood nearby  
 And helplessly watched my child die.  
 And quickly found to my surprise  
 That all that tearless talk was lies.*

*And still I cry and have no shame.  
 I cannot play that "big boy" game.  
 And openly without remorse  
 I let my sorrow take its course.*

### **June Meeting**

**June 25th, 7pm**

**Meeting outside in the church parking lot.  
 (weather permitting).  
Please bring your own chair.  
 Bottled water will be available.**

**Topic: Covid 19 and our grief**

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.



**Next Meeting: No July regular meeting  
 \*Tentatively Scheduled\***

**July 23rd– Butterfly Release & Annual Picnic**

**6:00pm, Nashville UCC Picnic Grounds  
 (will be determined by changes in gathering size restrictions) See Pg 3 for details.**

.... Men Do Cry ....continued...

*So those of you who can't abide  
 A man you've seen who's often cried  
 Reach out to him with all your heart  
 As one who's life's been torn apart.*

*For men do cry when they can see  
 Their loss of immortality.  
 And tears will come in endless streams  
 When mindless fate destroys their dreams.*

## Dear Bereaved Father

Dear Bereaved Father

I am very sorry about the death of your child. When my son died, I remember thinking there are no words to describe the myriad of powerful feelings. I have also learned that there are no words I can share to take the pain away or give meaning to your sense of loss. The truth is, the future will be forever different and your grief ..... well .... will be with you for-ever, though I believe eventually you'll learn to live with it. And you will go on living.

What advice do I have? First attend to your grief. Someone wrote, "The pain that is unbearable cannot be healed." After my initial outpouring of grief, I felt that I needed to be strong for my wife. I buried my son in the ground and buried myself in busy-ness. I discovered much later that my wife concluded I didn't really care about my son. I did not listen to the chaplain's advice. He said, "Who said you have to be strong to be supportive? Go have a good cry on each other's shoulder."

I discovered that grief is one of those "pay me now or pay me later" realities. Let the tears flow. Seek a healthy outlet for your anger. Share your feelings of guilt. Give your sense of helplessness and depression time and space.

Mothers and fathers grieve differently. Her grief is not better or worse, just different. Her coping style is different. Be patient with her and yourself. Grief is a roller coaster of emotions. You will not ride the ups and downs at the same time. You cannot take her grief away, but you can share it. You cannot prevent her from suffering, but you can prevent her from suffering for the wrong reasons. Be a loving listener. Share your feelings. Hold each other tenderly and often.

Men often have trouble reaching out for support. Certainly many have trouble offering support to men. I got so tired of hearing, "How's your wife do-ing?" I rarely heard, "How are you doing?" I cannot stress how important I believe it is for you to find and use one or more support persons. No one can do your grieving for you; no one grieves well alone! I urge both of you to join a bereaved parent support group. Consider reading- together-a book about grief.

Your child has died. Your dreams and memories will never die. Death demands that you let go, though that is no easy process. Letting go is not forgetting. Letting go is ultimately forgiving this tragedy, experiencing acceptance along with sad-ness and having the courage to risk living and lov-ing gain.

I wish you a healthy journey through your grief -  
from another bereaved father.

~Chaplain James Cunningham, TCF Victoria

**Mark Your Calendars & Reserve a Butterfly for Your Child!**

**(Tentatively Scheduled-based on gathering amount restriction changes)**

**Butterfly Release & Annual Picnic**

**July 23, 2020**

**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.-- You are invited to bring your child's picture for the photo table.

**Please RSVP by July 9th if you will be attending the picnic to Kim Bundy (937) 573-9877 or email kbundy.tcf@gmail.com, so enough meat & dinnerware can be provided.**  
(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.

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**TCF Regional Conference in Ohio  
Oct 2<sup>nd</sup> - 4<sup>th</sup>, 2020**

The Compassionate Friends of Ottawa County and The Compassionate Friends of NW Ohio are partnering to bring a Regional Conference for parents, grandparents and siblings to Ohio October 2<sup>nd</sup> - 4<sup>th</sup>, 2020. This will be the second Regional TCF Conference held in this area and they expect to draw participants from Ohio, Indiana, Michigan and Pennsylvania. The speakers and workshop presenters are an impressive list of bereaved parents who will be here to share their journeys and experiences with our participants. This conference will be held at Maumee Bay State Park Conference Center. The conference will include workshops, sharing sessions, a walk to remember, candle lighting ceremony and fellowship with other bereaved families.

\*Registration and hotel reservations will be available soon.

## CHAPTER NEWS

### Upcoming meetings:

- Jun** - Covid 19 and our grief (outdoor meeting weather permitting)
- Jul** - Butterfly & Balloon Release/Picnic (tentatively scheduled based on gathering size restrictions)

### 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
Lora Rudy (infant death)	339-0456
Cathy Duff (auto accident)	473-5533
Jackie Glawe (auto accident)	478-3318

## Thank You for your love gifts!

- ★ Ralph and Vera McLean for the Anniversary Love Gift in memory of their son, Antonio McLean 06/1972 – 04/2003.
- ★ Our thanks to the person who a donation through the Dayton United Way.

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.

### The 2020 TCF National Conference July 24-26

The Compassionate Friends - 43rd TCF National Conference "Sharing Sweet Memories of Love" will be held in ~~Marriott Marquis, Washington, DC~~ **CANCELLED** Marriott Marquis, ~~Washington, DC~~ **CANCELLED** ~~July 24-26~~ 2020. See The Compassionate Friends National website for further details.

## Our Children Lovingly Remembered

### June Birthdays

Child—Parent, Grandparent, Sibling

Antonio McLean - Vera McLean  
 Brandon Fox - Theresa Fox  
 Brooklyn Renae Pope - Darin Pope  
 Bryan Colon - Yndra & Barbara Guerra  
 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 -  
 Stephanie Rain - Ed & Kathy Sams



### June Angel-versaries

Child—Parent, Grandparent, Sibling

Andy Glaser - Steve & Cindy Glaser  
 Billy Ladd - Ronald Ladd  
 David Alan Vollette - Dave & Cheri Vollette  
 Gina Marie Baker - Margery Marshall  
 Jared Michael Belcher - Kelly Belcher  
 Jessica Back - John & Roberta Back  
 Kaitlynn Ariana Yvonne Preston - David 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



*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 a book review...by Pam Fortener



***“Heartifacts: When a Child Dies, Love Remains***  
 by Maggie Horgan

On March 19, 2001, Maggie was plucked from planet “Life” and dumped on planet “Grief”. That was the day her nineteen-year-old son Neil, lost his battle with cancer. Maggie found herself both unable to move on, and yet needing to move forward as a single mother with three other children. Grief seemed to seep into every crevice of her being-but relief came from the most unlikely of places in the form of a heart-shaped stone. The heart would turn out to be the first of many, and Maggie knew that God and Neil were listening to her prayers.

Heartifacts shares a message of hope, compassion, and comfort for all those who grieve for a child and reflects one mother’s journey from the depths of despair to a return to life and love.

We all know how difficult those “Special Days” can be - birthdays and death anniversary days. Please remember these parents on their special days and let them know that they are not alone; someone cares about their pain and their grief. It means so much to be remembered!

**I Want to Say...**

By Lisa M. Tate

I want to say I'm sorry for may reasons left unsaid  
 I want to say I miss you and the life that we once led  
 I want to be forgiven and forgive myself as well  
 I want to hold my head up high and no longer sit and dwell  
 How do you learn to love yourself after perfecting self-hate?  
 I want to shout "I miss you so" yet knowing I'm too late  
 So much time has already passed but one thing remains  
 The thought of you brings warmth to me and that will never change  
 We all make mistakes in life, Lord knows I've made a few  
 Please know that doesn't change the fact I truly cared for you  
 The love we shared may have been brief, and now it's just our past  
 But the impact that you have left on me will forever last  
 No matter where we go from here, no matter where we've been  
 What I miss most of all, is not my lover, it's my friend

Dedication: In memory of my sister, April

**TO MY SISTER**

You touched us all  
 You loved us all  
 Forever giving, forever forgiving  
 Never wanting in return.  
 Blessed are those who shared your life,  
 Rich are those who carry your memories.  
 Please rest now, your chores we'll finish.  
 "Til we meet again...."

~Cindy Keltz, TCF, Arlington Heights, IL

**GRADUATION – A TIME TO REMEMBER**

I was driving down the road the other day, thinking of how the retail market makes any event an opportunity for revenue. Graduation seems to fall into that category, with cards and gifts for every Graduate. This time of year reminds me that my graduation from high school was a bittersweet time.

Really, it was the first time I had "surpassed" my older brother, David, in anything significant. I turned the age that he was when he died, 18, in the beginning of my senior year of high school. That year was difficult for me, as I felt that I was getting move past where he had been cut short. Graduation day was no exception. I was happy to be getting out of high school, and looking forward to that coming August when I would go to college. But why was I getting to do these things, and not David? What made me so special that I got to stay here and experience these things? I still am not quite sure of the answer to those questions.

Graduation from high school was really just the first of many events which I have gotten to experience that David never will. College graduation, my wedding, and the birth of my two children are examples. And for me, each event has been a bit bittersweet.

The good news is this: that while time does make it easier to bear day-to-day activities without your sibling, each major event in your life presents itself as a new opportunity to remember your brother or sister, as well.

For me, figuring that out was huge relief, as it meant that my fear of forgetting David was not something I needed to worry about any more. His memory is just as alive for me today, 15-1/2 years later, as it was when I took that walk across the stage to accept my high school diploma.

~Amy Baker Ferry, Heart of Florida TCF, Longwood, FL, June 2004





**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.