



THE COMPASSIONATE FRIENDS INC.

International Organization Offering Friendship and Understanding to Bereaved Parents

MIAMI COUNTY CHAPTER NO. 1870

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Facebook page "The Compassionate Friends of Miami County Ohio Chapter 1870".
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The Compassionate Friends

The words of TCF's Founder, Simon Stephens, resonate with those who have come to The Compassionate Friends hoping to find a purpose in a life that suddenly seems so empty. Whether your family has had a child die (at any age, from any cause) or you are trying to help those who have gone through this life altering experience, The Compassionate Friends exists to provide friendship, understanding, and hope to those going through the natural grieving process.

"Those of us who have worked through our grief – and found there is a future – are the ones who must meet others in the valley of darkness and bring them to the rim of light."

~Rev. Simon Stephens, Founder of TCF



**October Meeting – Oct 25, 2018
7:00pm**

Topic: *Topic question cards*

October Refreshments

Carolyn Pearson (memory of Sam)
Pam Fortner (memory of Melissa)

Thank you for September Refreshments

Roberta Steky (memory of Jessica Back)
Debbie Turner (memory of Leslie)

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 FATHER'S FEELINGS

The wind never blew so cold
(though it was summertime)
As it did that day;

And I swayed
And stumbled,
And nearly fell.

But unseen hands caught me,
And supported me,
And gave me comfort.

But as God is my witness,
I never knew
I had so many tears.

~Don Center, TCF Abilene, KS

Top 10 Things I Learned about Grieving as a Couple

By Caroline, Mom to Jack Robinson ~Sharing,
Volume 15/Mar-Apr 2006

1. Go to grief counseling as a couple if you can. It will help you understand and accept differences in grieving at a time when you both need each other so much.

2. Know that you each have strengths, weaknesses and limitations - chances are these are different for each of you. It sounds obvious, but can be very hard to accept that both of you have suffered a great loss and one of you may not be able to give the other what you need in such a desperate time. Grief takes a lot of energy and you may not always have much to give your partner during this time. Also, you each have different ways of coping and dealing with your grief - neither of you is wrong - allow the other space to do what they need to do, whatever that is.

3. It is normal to have disagreements over nothing that turn into big blowOut fights.

4. It is normal to get frustrated with each other. Grief requires tremendous patience. Try to be as patient as you can with yourself and your partner.

5. It is normal to take things out on each other. Try to be aware of this and stop yourself from doing this as much as you can.

6. Know that no matter how good your relationship is, or how supportive your partner is, grief can make you miserable, cloud your judgment, and make you feel like you need a divorce.

7. It is usually not a good idea to make any big changes when you are grieving - and this includes leaving your relationship.

8. No matter how alike you are, each of you will have different things that upset and bother you more than other things, and different stages and time frames for your grief. Do your best to understand that you do not have to agree or be

feeling the same things at the same time to accept each others feelings and support each other.

9. No matter how much you love each other, there will be times when you will feel completely alone while grieving the loss of your child. Grief is lonely.

10. Always do your best to have a united front to family, friends and the rest of the world - no matter if you agree or not. Others judgments have a great potential during this time to pull you apart. You are much stronger as a pair than as two separate individuals. There will be times when it feels like you have no one in the world to support, listen and stand up for you. Try your very hardest to be there for each other as much as you can. NO-ONE else in the world loved your child more than each of you. Therefore, no-one else in the world shares this world of grief the same as the two of you.

TCF Miami County Chapter

Do you have a poem, a special story or remembrance of your child that you would like to share in the newsletter? I would love to hear from you and have you share your journey and/or how you found hope. Also, if you have a topic you would like to see covered at a meeting let me know.

You can send them to me at im4song@aol.com or through the mail to Jackie Glawe, 2445 N. Montgomery County Line Rd., Tipp City, Oh 45371.

Sorrow is Not Forever – Love Is!

So often, one attempts to face the whole future at once. But we will not live that period all at once, only day by day.

Don't try to face twenty years. Face today.

When that has been achieved, face tomorrow.

You will find more and more ways in which you can cope.

The Chinese have a saying that a journey of a thousand miles starts with a single step. There is no way you can take the fifteenth, or the two hundred seventh step, before you have taken the first.

It can be difficult to face going out again and resuming your regular activities. It can take more courage to face the little things than the big things in life. Going out shopping for groceries for the first time can become an ordeal.

Making the change more complete could help. Try a different store, a different day or time, and go with a friend.

When it seems very hard to decide what to do first, maybe it's not very important where you start, as long as you start. Choose a simple task and get started.

Once you've begun, it will be far easier to set your priorities, and you will have gained in confidence for already having achieved something."

Michael A. Simpson, Birmingham, Alabama TCF

"Recovering from suffering is not like recovering from a disease. People don't come out healed; they come out different."

~David Brooks, columnist w/NY Times

CHAPTER NEWS

Upcoming Topics:

Oct – Topic card questions

Nov – Surviving the Holidays (Nov 15th)

Dec – Dec 9th, Candlelight Memorial Service
3:00pm, Zion Lutheran Church, Tipp City
More details will be provided in the Nov newsletter.

Thank You for your love gifts!



Joe and Wanda Bailey for the Birthday Love Gift in memory of their daughter, Heather Denise Bailey, who would have been 43 years old on September 8th. Heather was 7 years old and has been dearly missed by her family every day for the past 36 years.

REMEMBERING

*Friends may think we have forgotten
When at times they see us smile.
Little do they know the heartache
That our smile hides all the while.*

*Beautiful memories are wonderful
They last till the longest day.
They never wear out, they never get
lost and can never be given away.*

*To some you may be forgotten,
To others a part of the past.
But to those who loved and lost you,
Your memory will always last.*

~Author Unknown

Our Children Lovingly Remembered

October Birthdays

Child—Parent, Grandparent, Sibling

Allison Rudy - Lora Rudy
Brad M. Massie - Barbara Massie
Gina Marie Baker - Margery Marshall
Jessica Back - John & Roberta Back
Joshua Matthew Lightle - Matt & Kristi Lightle
Maci Eickman - Josh & Elizabeth Eickman
Montgomery Alan "Monte" Mott - DeDe Mott
Zachary O. Patrick - Mike & Tina Patrick

October Angel-versaries

Child—Parent, Grandparent, Sibling

Aaron T. Duvall - Kim Duvall
Brent A. Snyder - Claude & Mary Snyder
Brooklyn Renae Pope - Darin Pope
David J. Elam - Danny & Tammy Elam
Douglas Ray Lavy - Robert E. & Sharon Lavy
John Patrick McLaughlin - Don & Pam Fortener
Joshua Matthew Lightle - Matt & Kristi Lightle
Justice Meade - Jenni Warner
Justice Meade - Sue Brown
Liam Seamus Gillespie - David & Julie Gillespie
Linda Kimerling - George & Harriet Holbert
Samuel Pearson - Randi & Carolyn Pearson

If Rain Is...

That space between sunshine
And a rainbow, then deep grief is the
Valley between what we were and who
we are becoming. Lyn Praschant says
the darkest part of grief is that
place when what we had can no longer
be ... and what will be is not yet fully
formed ... pretty good way of describing
our grief, don't you think? I am still
evolving and probably always will, but
the darkness of the valley is
subsiding."

~Alan Pedersen, Ashley's dad



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....



GRIEF ONE DAY at a TIME
(365 Meditations to help you heal after loss)
By Alan D. Wolfelt, Ph.D

After someone we love dies, each day can be a struggle. But each day, if we work to embrace our normal and necessary grief and care for ourselves, we will also take one step toward healing.

Those who grieve will find comfort and understanding in this daily companion. With one brief entry for every day of the calendar year, this gem by beloved grief counselor Dr. Alan Wolfelt offers small, one-day-at-a-time doses of guidance and healing. Each entry includes an inspiring or soothing quote followed by a short discussion of the day's theme and a succinct meditation.

(Dr. Alan Wolfelt has spoken and held workshops at several Compassionate Friends National Conferences.)

This book and many others are offered to check out of our chapters library.

IT'S A FAMILY AFFAIR

When a child dies, grief is a family affair. It hits Mom and Dad and siblings with equal despair. Mom cries and cannot get out of bed. Dad holds in emotions and leaves much unsaid. Sisters and brothers simply cannot understand why death came and dealt this kind of hand. No one acts as they should and nothing is the same. The family wants to draw together but seems to share only pain.

Someone must be responsible when a child dies. Each family member thinks in some way it's them, and cries. But no one is responsible for things we cannot control. So reach out to each other and keep the family whole. Don't let the difference in how you each grieve change the love in your family or its belief. Be strong when you can and weak when you must. Love each other with kindness and trust to keep the family love and you will all survive. We who have been there and made it through together can say that holding on to each other will make love last forever.

~Jacki Rosen, South Broward/North Dade TCF

The Compassionate Friends National website has many resources and articles for not only bereaved parents but also for bereaved siblings.

Go to the following link for a recent article titled:
THE EMPTY CHAIR: SEVEN LESSONS GAINED IN SIBLING LOSS
Posted on September 12th, 2018

<https://www.compassionatefriends.org/blog/the-empty-chair-seven-lessons-gained-in-sibling-loss/>

KENNY

It's been one year since I've seen him. Since I've touched him. Since I smelled his sweaty boy smell that I love so much. Since I hugged his warm, hard body. He wasn't supposed to leave me. At least, not yet anyway. He was supposed to grow up, and be my older brother who took care of me. He was supposed to graduate from high school and college, get married, and have kids.

Why would God take him away from me when I needed him the most? I was going to be a lowly freshman starting high school that year. Just like a fish at the bottom of the food chain. At least I would have my brother to tell me where all my classes were and to bring me lunch from Panda Express. At least, I thought I would. He was going to be the all-powerful junior. That was the year he would decide what college he wanted to go to and what major he wanted.

That also would have been his first year playing varsity football. And I would be cheering him on and screaming his name in the stands just like everybody else. He was loved and cherished by anyone who came to know him.. It was hard not to love him.

Nobody would have guessed that his life would be taken from him that fateful day in August. If only he hadn't gone to practice that day. If only we'd been on vacation instead like we were planning in the beginning. If only I had got to say something to him that morning before he left. If only ... I know that we are going to be reunited in the future. There's not one day that goes by that I don't think of him. He will never be forgotten, and I don't think of this as an end, but a beginning. So thank you, Kenny, and I love you.

~By Candice Wilson
Candice wrote this when she was a sophomore at Beckham High School in Irvine, CA. Her brother, Kenny, died of heat stroke the first day of football practice August 17, 2007. He was 16 years old.



**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.