



THE COMPASSIONATE FRIENDS INC.
Organization *Providing Grief Support After the Death of a Child*

MIAMI COUNTY CHAPTER NO. 1870

JULY 2016 NEWSLETTER Vol. 25 No. 6

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**Annual Picnic &
25th Year Celebration
July 28th - 6:00pm**

**SPECIAL BUTTERFLY RELEASE
This is a "Don't Miss" event**

It is time, again, for our annual picnic. Come join us for a peaceful evening with family and friends. Everyone is welcome so don't come alone! Look for the balloons marking the gravel drive that will take you back to the picnic area. It is located a short distance west of the church, on the north side of St. Rt. 571. We'll be using the covered shelter where there are 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 and ice. A variety of meat selections will be provided. Everyone is asked to bring a salad, vegetable, fruit dish, or a dessert to share with the group and include a serving utensil. (If you are going to bring a store-bought item, please consider a salad or vegeta-

**July Meeting—July 28, 2016
6:00 P.M.**

PICNIC - BUTTERFLY RELEASE

Details at left.

Thank you for June Refreshments
Sandy O'Dell (Memory of Mark Kurtis)
Tammy Elam (Memory of David)

Next Meeting - August 25, 2016

Topic:

How to help employers, coworkers, & family understand the loss of a child. Guest speaker, Rev. Bobbie Predmore.

ble as we generally have a good number of homemade desserts.) -- Don't forget to bring your child's picture for the photo table.

This year will be extra special. We will celebrate our chapter's 25th year by holding a butterfly release in place of our usual balloon release. There will be one butterfly for each child that has passed for the whole family to release. Contact Kim Bundy after July 5 if you have not yet signed up to see if there are any butterflies still available. Phone 573-9877 .

*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. **SEE YOU AT THE PICNIC!!***

I Am Always With You

When I am gone, release me, let me go.
I have so many things to see and do,
You mustn't tie yourself to me with too many tears,
But be thankful we had so many good years.

I gave you my love, and you can only guess
How much you've given me in happiness.
I thank you for the love that you have shown,
But now it is time I traveled on alone.

So grieve for me a while, if grieve you must
Then let your grief be comforted by trust
That it is only for a while that we must part,
So treasure the memories within your heart.

I won't be far away for life goes on.
And if you need me, call and I will come.
Though you can't see or touch me, I will be near
And if you listen with your heart, you'll hear
All my love around you soft and clear

And then, when you come this way alone,
I'll greet you with a smile and a "Welcome Home".

Butterfly Release Poem

I'll be there
to see them soar
upon the air.

Know my spirit
is on the wing,
feel my laughter-
hear me sing.

Forever in your dreams
always in your heart.

Fran LeMasters



A Symbol of Hope

A Symbol of Hope

A butterfly lights beside us like a sunbeam
And for a brief moment its glory and beauty belong to our
world
But then it flies again
And though we wish it could have stayed...
We feel lucky to have seen it.

Unknown



While Waiting for Thee:

Don't weep at my grave, for I am not there,
I've a date with a butterfly to dance in the air.
I'll be singing in the sunshine, wild and free,
Playing tag with the wind, while I'm waiting for thee.

~ We are as the wings of a butterfly, bound together with
the love of God

Jenn, The Butterfly Box

[The following extract from an article "Dali Greets the World" by Ben Martin appeared in the N.Y. Herald Tribune's magazine Today's Living for January 24, 1960, being a report of an interview with this famous artist:]

[Free the butterflies-Dali stated]: "If you will study the entire series of cards [he had painted] you will find one theme runs through most almost all - the butterfly. The butterfly is not present only because it is in itself a thing of beauty. It is present because to one of the greatest Spanish mystics, St. Theresa of Avila, the butterfly was the symbol of the soul.

The ugly, ungainly caterpillar, our body, enters a form of the grave, the cocoon. Out of this death emerges the butterfly-- beautiful, free, no longer earthbound. To me, as to St. Theresa, the butterfly is the soul of man."

*Thank you
love gifts!*

- ♦ Danny and Tammy Elam for the Love Gift in memory of their son, David Elam 02/1993 -- 10/2014.
- ♦ Steve & Cindy Glaser for the Anniversary Love Gift in memory of their son, Andy Glaser 12/1975 -- 06/2014.
- ♦ Jo Hendrix for the Anniversary Love Gift in memory of her daughter, Nan Marie Hendrix 12/1967 -- 06/2009.
- ♦ Marilyn Miller for the Anniversary Love Gift in memory of her son, Scott Miller 12/1959 -- 06/1999.

Our Special Thanks to:

The Brethren Charity Fund, Brookville, Ohio, for the generous donation they made to our Chapter.

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.

NEED A PHONE FRIEND?

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

CHAPTER NEWS

Upcoming Topics

Topics are subject to change. Refer to the month's newsletter for confirmation of meeting topic.

July - Picnic celebration & butterfly release.

August - How to help our employers, friends, and family members to understand our grief. A speaker is being invited for this topic.

September - Child's Favorite Food. Everyone will be invited to bring their child's favorite dish to share in a pot luck dinner.

October - Surviving the Holidays. Ideas and suggestions will be discussed for both including our children in the festivities and how to handle our grief through these extra difficult holiday events.

November - Topic Card Questions. Random questions will be chosen from our cards and discussed around the members.

Please let Chapter Leader, Kim Bundy, know if you have new suggestions for meeting topics. This is your chapter and your input is very welcomed.

I give you this one thought to keep -

I am with you still - I do not sleep.

I am a thousand winds that blow,

I am the diamond glints on snow,

I am the sunlight on ripened grain,

I am the gentle autumn rain.

When you awaken in the morning's
hush,

I am the swift, uplifting rush

of quiet birds in circled flight.

I am the soft stars that shine at night.

Do not think of me as gone -

I am with you still - in each new
dawn.

Native American Prayer

Hurrying Healing



I don't remember when the words first began to echo in the hollow aftermath of loss. But now it seems that every public or private death, every moment of mourning is followed by a call for "healing," a cry for "closure."

Last month, driving home in my car just 24 hours after three Kentucky students were shot to death in a school prayer meeting, I heard a Paducah minister talk about "healing." The three teenagers had yet to be buried, and he said it was time to begin the healing process, as if there were an antibiotic to be applied at the first sign of pain among the survivors.

Weeks later, at a Christmas party, a man offered up a worried sigh about a widowed mutual friend. "It's been two years," he said, "and she still hasn't achieved closure." The words pegged her as an underachiever who failed the required course in Mourning 201, who wouldn't graduate with her grief class.

This vocabulary of "healing" and "closure" has spread across the post-mortem landscape like a nail across my blackboard. It comes with an intonation of sympathy but an accent of impatience. It suggests after all, that death is something to be dealt with, that loss is something to get over – according to a prescribed emotional timetable.

It happened again when the Terry Nichols verdict came down. No sooner had the mixed counts of guilty and innocent been announced, than the usually jargon free Peter Jennings asked how it would help the "healing" for Oklahoma City. Assorted commentators and reporters asked the families whether they felt a sense of "closure."

The implicit expectation, even demand, was that the survivors of 168 deaths would traverse a similar emotional terrain and come to the finish line at the same designated time. Were two-and-a-half years too long to mourn a child blown up in a building?

It was the families themselves who set us straight with responses as persona and diverse as one young mother who said, "It's time to move on," and another who described her heart this way: "Sometimes I feel like it's bleeding."

In the Nichols sentencing trial last week, we got another rare sampling of raw grief. Laura Kennedy testified that in the wake of her son's death in 1995, "I have an emptiness inside of me that's there all the time." Diane Leonard said that since her husband's death her life "has a huge hole that can't be mended."

By the second day, however, the cameras had turned away, the microphones had turned a deaf ear, as if they had heard enough keening. Again, observers asked what effect a life-or-death sentence would have on, of course, "healing" and "closure."

I do not mean to suggest that the people who testified were "typical" mourners or the Oklahoma bombing a "typical" way of death. I mean to suggest that grief is always atypical – as individual as the death and the mourner.

The American way of dealing with it however has turned grieving into a set process with rules, stages, and of course deadlines. We have, in essence, tried to make a science of grief, to tuck messy emotions under neat clinical labels – like "survivor guilt" or "detachment."

Sometimes, we confuse sadness with depression, replace comfort with Prozac. We expect, maybe insist upon an end to grief. Trauma, pain, detachment, acceptance in a year – time's up.

But in real lives, grief is a train that doesn't run on anyone else's schedule. Jimmie Holland at New York's Sloan-Kettering Hospital, who has studied the subject, knows that "normal grief may often be an ongoing lifelong process." Indeed, she says, "The expectation of healing becomes an added burden. We create a sense of failure. We hear people say, 'I can't seem to reach closure; I'm not doing it fast enough.'"

Surely it is our own anxiety in the presence of pain, our own fear of loss and death that makes us wish away another's grief or hide our own. But in every life, losses will accumulate like stones in a backpack. We will all be caught at times between remembrance and resilience.

So whatever our national passion for emotional efficiency, for quality-time parents and one-minute managers, there simply are no one-minute mourners. Hearts heal faster from surgery than from loss. And when the center of someone's life has been blown out like the core of a building, is it any wonder if it takes so long even to find a door to close? ~Ellen Goodman

This column appeared originally in the January 4, 1998 issue of The Boston Globe. Ellen Goodman is a Globe columnist. © Copyright 1998 Globe Newspaper Company

Continuing Bonds

"Despite the permanence of physical separation, the bereaved remains involved and connected to the deceased and can be emotionally sustained through continuing bonds"

(Packman, Horsley, Davies, Kramer, in press) -s, Gloria C. Horsley, Ph.D., MFT, RN, and Heidi Horsley, Psy.D, MSW, MS

"Scott IS dead!"

These are the dreaded words that no parent or sibling should ever have to hear, words that irrevocably changed our lives forever. We heard these words 23 years ago, when Scott Preston Horsley, our beloved son and brother, died in a fiery collision when the car in which he was a passenger hydroplaned and slammed into a bridge abutment. He was only 17 years old. In an instant, his life was snuffed out-our lives suddenly turned upside down, plunging us into the dark depths of grief.

As our journey of grief began, we looked to others further along in the grief process for guidance and strength. The journey was bumpy; we had no roadmap. It came in choppy, unpredictable waves, not neat, organized stages. Well-meaning people told us we would eventually move on with our lives, get over it, and find closure. These concepts were not comforting and did not make sense to us. We didn't want to "get over" Scott. To "get over" him felt somehow like we were erasing him from our lives. Scott is the only son and brother we will ever have, and we don't want to eliminate our relationships with him. To deny them would be to deny an important part of ourselves. Yes, the pain has substantially decreased over the years, but our connections remain strong. Scott will always be an important part of our lives. In the years that have passed, our connections to Scott have changed and evolved from those early days following his death. But they have not lessened, nor do we want them to. Our memories bring us comfort and emotionally sustain us. We would like to share with you what we have done over the last 23 years to honor his memory, incorporate him into our lives, and keep him forever in our hearts. We will also share with you what others, including the guests on our radio show, have done to honor and remember their deceased loved ones. It is our hope that through these ideas you will be encouraged to create your own lasting and continued bonds with those who are gone but not forgotten.

In the past, bereaved parents and siblings have been told that moving on, cutting ties, and disengaging from deceased loved ones would help them get on with their lives. In fact, many mental health professionals saw this as an important part of the grief process (Packman, Horsley, Davies, & Kramer, in press). Up until recently, the majority of grief books talked about progressing through the five Kubler-Ross stages (denial, anger, bargaining, depression, and acceptance). Acceptance was seen as the final stage, and the goal to recovery. However, these stages were originally developed for terminally ill patients and were not meant to be used with bereaved individuals. After all, how does one accept that children die before their time? How could we accept the fact that Scott's parents and even his grandparents outlived him? How could a happy, healthy 17-year-old boy suddenly die? This was not the natural order of things. In addition, there was nothing in the bereavement literature that gave us permission to continue having a relationship with Scott. The bereavement models simply did not work for us.

Thankfully, since the time of Scott's death there has been a major shift in bereavement literature. Research shows what bereaved families have always known: maintaining a connection with the deceased is actually adaptive and emotionally sustains people (Horsley & Patterson, 2006). In other words, rather than cutting ties, we are now given permission and even encouraged to maintain emotional bonds by incorporating the deceased into our lives, while simultaneously investing in new relationships and moving on in productive ways (Packman, Horsley, Davies, & Kramer, in press).

At this point you may be asking, "How do I incorporate my deceased loved one into my life and move on to new relationships?" It does take time and patience, especially with yourself. If you are in the early stages of grief or under stress, we suggest you start by first taking care of your personal welfare. Find opportunities to tell your story and talk about your deceased loved one. Grief groups like The Compassionate Friends provide a great forum for this. Talking about your child or sibling allows you to begin developing those lasting memories that will sustain you and become part of the tapestry of your life. It is our experience that as time goes on, your journey will become less painful and you will naturally begin to recognize and cherish memories or little moments that will bring you comfort and joy. In other words, the continuing bonds will become bonds of light that will help ease the fear that you will forget your loved one.

You may be beginning to think of some of the things that you have been doing to maintain your connection to your loved one. One of the projects we have undertaken in memory of Scott is to collaborate on a book, *Healing the Grieving Heart: A Message of Hope for Grieving Teens*. It is scheduled for publication later this year and is dedicated to Scott. Also, as a mother-daughter team, we host a weekly radio show called *Healing the Grieving Heart* and dedicate each show to Scott. On the show, guests discuss their journey through grief and share wonderful and creative ideas about continuing bonds with loved ones. Our guests, listeners and friends have found many creative ways to keep the connection with their loved ones:

- Chet got an extraordinary gift from his daughter, Patti: her heart. Thanks to Patti's heart, Chet is still going strong after 11 years. He honors his daughter's name by advocating organ donation.
- Dan, whose son died by suicide five years ago, is a golfer. He and his son played together often. Dan now carries his son's hat and favorite club cover with him whenever he plays the game.
- Ronda's daughter loved sunflowers. It has been two years since her daughter died of a brain tumor. This year, Ronda planted sunflower seeds in little pots and gave them to her daughter's friends for graduation. Ronda also has a garden filled with sunflowers.
- Henry and Patricia's son and Lauren and Kerri's brother was a firefighter who died in the September 11th World Trade Center attacks. The family has created a picture book that they distribute to honor his memory.

Our Children Lovingly Remembered

July Birthdays

Child—Parent, Grandparent, Sibling

Cody S. Pressler - Joe Miller & Tamra Pressler

Mary Herman - Mike Herman

Liam Seamus Gillespie - David & Julie Gillespie



July Angel-versaries

Child—Parent, Grandparent, Sibling

Mary Herman - Mike Herman

Brandon Fox - Theresa Fox

Sorry, a book review was not available at time of printing.

“Continuing Bonds”

- Heidi, Rebecca, and Heather, whose brother died in an automobile accident, each wear a gold heart on a chain with an engraving of their brother's name.
- Joyce, whose daughter died by suicide ten years ago, wears her daughter's army boots every year on her birthday.
- Cheryl and Ben, whose son was a National Guard Volunteer and died in a roadside bomb explosion in Iraq, have established a scholarship in their son's name.
- Sandy, whose son was killed when he grabbed a high-voltage line, keeps his watch, which stopped at the time of his death, in her purse.
- Darrell, whose daughter was shot and killed when two teens opened fire at Columbine High School, travels the world preaching and promoting a message of love and tolerance.
- Chad, whose big brother died in a mountain climbing accident, wears his brother's football letterman jacket on Superbowl Sunday.
- The Reed family releases environmentally friendly balloons every year on their deceased baby daughter's birthday.
- Lisa and her sister loved to listen to music. When her sister died of cancer, Lisa made a tape of their favorite songs. She and her best friend listen often and have a good cry as well as a laugh.
- Karl and Sue, with the help of their hospice nurse, Eileen, created an online memorial through The Library of Life for their son, who died of thyroid cancer.
- Mitch saved his twin sister's purse after she died in an automobile accident. He gave it to his sister's daughter on her sixteenth birthday.

As you can see, there are as many creative ideas as there are people. Many of these ideas take some effort, but something as simple as thinking about your loved one provides a connection. They will always be in your hearts, especially during life transitions such as graduations, birthdays, weddings, and births. Harriet Schiff, author of *The Bereaved Parent* (1977), put it well when she spoke on our radio show on June 23, 2005. She said: I don't think it's reasonable to say, well a year is up, time to go forward. Our emotions don't work that way. We love our children and they're going to be with us forever and it doesn't just all go away in a matter of 12 months when you've had so much love.

The reality is that we don't forget, move on and have closure, but rather we honor, remember, and incorporate our deceased children and siblings into our lives in a new way. In fact, keeping memories of your loved one alive in your mind and heart is an important part of your healing journey.

Although they are no longer living on this earth, we will always be their parents or siblings. Those relationships never end. Thankfully, our deceased loved ones are a continuing presence in our lives and always will be. Remember, you don't have to walk this path alone. If you've experienced a loss, there are many groups and organizations, such as The Compassionate Friends, that can help you. Some of them offer education and information, and some offer guidance, friendship, support, a listening ear, and a caring heart. We wish you peace, joy, and love on your healing journey, and may your ongoing connections with those you have loved and lost sustain you during your darkest hours.



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When You Stop Asking Why

- By Tonya Thompson

*All these emotions, change by the moment.
Stuck in time, inside my mind.
Shifting tides changed my life.
Tore me apart, and broke my heart.*

*But when you stop asking why,
Then you can start to say goodbye.
The pain will only hold you there,
And never get you anywhere .
And so I must go on with life.
That I cannot sacrifice.
And I will hold you in my heart,
As I make this brand new start.*

*Precious memories,
Can I take them with me?
Oh, they hurt, oh so deeply.
But they were true, and they were mine.
And I can't erase time.
Can't change the past to ease the pain,
And so they must always remain.*

*And when you stop asking why,
Then you can start saying goodbye.
The pain will only hold you there,
And never get you anywhere.
And so I must go on with life.
That I cannot sacrifice.
And I will hold you in my heart,
As I make this brand new start.*

*Curtains open, I step forward.
Take a breath, to see what's left.
Arms wide open,
No more trembling.
Brace my heart, for this new start.*

*And when you stop asking why,
Then you can start to say goodbye.
The pain will only hold you there,
And never get you anywhere.
And so I must go on with life.
That I cannot sacrifice.
And I will hold you in my heart,
As I make this brand new start.*

*In honor of my older brother, Randal Wagner jr.,
who passed in January, 2011, at the age of 41*

MISSING YOU

I sit here in this chair alone
Watching friends and family go
They have stopped by to pay respect
Bringing food and flowers and say hello

This situation seems so familiar
It has happened to our family before
Overwhelming love and support
Surrounding us more and more

Something tragic has happened to you
And no one knows just why
You have left this world behind you
And forgot to say goodbye

Did something call you from beyond
Or need you right now my friend
Is your pain and suffering that you felt
More than we could comprehend

You must have been so very sad
And wounded so very deep
To not remember the ones you left
Who would stay and wait and weep

I know your pain has ended now
And that your soul has been set free
But do you know how many lives you touched
And what you meant to me

Your laugh, your smile is what I will miss
And now I have to wait
To hear and see your face again
When I reach our heaven's gate

Until the day we meet again
I know you'll watch from up above
You are now a guardian angel
To protect us with your love

*-By Heather Wojciechowski, in memory of her cousin.
Jonathon (Jono) Peck*



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?

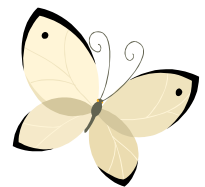
The Compassionate Friends is a self-help organization which offers support to families who have experienced the death of a child. Only a person who has experienced the trauma of losing a child can fully understand the pain and suffering involved.

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.