



THE COMPASSIONATE FRIENDS INC.

International Organization Offering Friendship and Understanding to Bereaved Parents

MIAMI COUNTY CHAPTER NO. 1870

December 2019/January 2020 NEWSLETTER Vol. 36 No.11

Facebook page "The Compassionate Friends of Miami County Ohio Chapter 1870".
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Candlelight Memorial Service
3:00 pm Sunday December 8, 2019
Zion Lutheran Church
Main and Third Street
Tipp City, Ohio

Every year anyone that has lost a child, sibling, or grandchild is invited to join 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.

Photo's for slide show and/or display

Again this year!!! We will have a slide show of our children's photos playing during the dinner. If you would like to have your child's photo in the slide show please bring the photo to the Nov chapter meeting or email the photo to Kim at kbundy.tcf@gmail.com **by December 1st**. 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 and/or other memorabilia for the display area set aside in the reception room at the dinner.

Give a new children's book in memory of your child

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 if you would like. What a great way to do something in your child's memory to help other children!

NO DECEMBER MEETING

Candlelight Memorial Service
3:00pm Sunday December 8th

Zion Lutheran Church
Main and Third Street
Tipp City, Ohio

Next meeting January 23rd – 7:00pm
Topic: Topic question cards

Thank you for November Refreshments

Debbie Turner (memory of Leslie)
Cindy Glaser (memory of Andy)

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.

Please RSVP by sign up sheet, call or email

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 no later than **December 3rd**.

Need set up help

Volunteers are needed to help set up for the Memorial Service. Set up will be held at 3:00PM on Saturday, **December 7th**. 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 in set up. Thank you.

COPING WITH HOLIDAYS AND SPECIAL DAYS

Holidays and special days present challenges even when our lives are running smoothly. These days bring us together to celebrate traditions or honor an individual and the absence of a loved one is deeply felt. Our first family gathering without a loved one can seem overwhelming. Often we aren't just dealing with one day to get through, but a whole season and all the anticipation that goes with it. Other difficult days include birthdays, anniversaries, reunions and graduations. We do have some control over what happens on these days, if we choose to take it. Let's look at the four a "Cs" of coping with the holidays and special days.

COMMUNICATE YOUR NEEDS. Communicate your needs and concerns clearly to those around you. Families that sit down together and discuss the holiday ahead of time do much better and avoid some of the fatigue, resentment and disappointment that can surface. What does each family member need to make it a special day? What can comfortably be put on hold? What changes will make things more bearable? Can the responsibility for the holiday be shared among several family members?

CHANGE YOUR ROUTINES. A few families stick exactly to traditions, but most families find it helpful to make minor, or very major changes. Having a meal at a different location or different time of day can help. Going out to eat can ease some stress. Opening gifts at a different time or location might work. Families who find worship routines too full of memories have attended a different service with a friend or neighbor. If you find yourself dreading a certain part of the holiday rituals, use your creativity to find an alternative. Sometimes, we worry that if we change or drop a tradition, we will lost it forever. It might help to be clear that we are just putting that particular piece of the holiday on hold until some time has helped with the healing.

CUT BACK ON YOUR ACTIVITIES. Grief is physically and mentally fatiguing. You may also be experiencing some disorientation or lack of motivation and disorganization. Streamlining commitments during holidays is an important self care activity. You probably won't lose friends if you skip cards or sent them more selectively the first year. Gift certificates, catalogs, internet shopping and checks can help you avoid distressing shopping trips. Limiting the time you spend at family and social gatherings can conserve precious energy. While it's important to touch base with family members and special friends, setting realistic limits is essential. If you find yourself involved in an activity that just doesn't feel good, give yourself permission to withdraw.

CELEBRATE THE MEMORY OF YOUR LOVED ONE. The word celebrate can also mean "to honor". Many families chose to set aside a special time or create a special way in which to honor the memory of those who are no longer there to share the special day. Some make a gift or donation in their loved one's name. Others light a candle or put out a picture or photo album. A time to share favorite stories or memories can be valuable. Everyone will be thinking of the person who is gone anyway, and having a constructive way to acknowledge the loss together is helpful. Each family member's presence becomes especially important after there has been a loss. You may not feel like the best of company, but your loved ones still need some time with you on special days. And remember that it's all right to have some good times. Laughter and enjoyment are still important parts of living.

~Kansas City Hospice, underwritten by Prime Health Foundation

**As editor of the newspaper I would also like to add on a personal note it is also perfectly OK to not celebrate holidays and/or special days, especially your first several years. You need to do what YOU need to do for your own self-care. Everyone grieves differently and you have to find what helps you to make it through your grief moments and waves. ~Jackie Glawe*

BUTTERFLY BENCH

This beautiful Butterfly Bench has been installed in front of Zion Lutheran Church on Main St. in Tipp City, in memory of all of our children gone too soon.



Our chapter would like to thank the following people who helped make this happen:

Randy, Debbie & Russell Turner – in memory of Leslie
 Josh & Liz Eickman – in memory of Maci Grace
 Aaron Wilcox at Victory Machine & Fab, Sidney, OH for donating the plaque.

We would also like to thank Zion Lutheran Church for allowing the placement on the front lawn of the church.

A dedication ceremony will take place in the spring, date to be announced.



22nd Annual Worldwide Candle Lighting - December 8, 2019 (7:00pm)

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 in homes or groups 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.

CHAPTER NEWS

Upcoming Topics:

Dec - *Candlelight Memorial Service & Dinner*

Jan - *Topic cards*

Feb - *Celebration of Life in other cultures*
Presenter – Julie Gillespie

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

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

*Thank You
 for your love gifts!*

- ★ Kern & Pam Carpenter for the 2 Love Gifts given in October and November in memory of their daughter, Tasha Longyear, 11/1978 – 04/2008.
- ★ Tammy Elam for the Birthday Love Gift in memory of her son, David Elam, 02/1993 – 10/2014.
- ★ Randi & Carolyn Pearson for the Birthday/Anniversary Love Gift in memory of their son, Sam Pearson, 09/1979 -- 10/2007.
- ★ *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.*

Our Children Lovingly Remembered

December Birthdays

Child—Parent, Grandparent, Sibling

Andy Glaser - Steve & Cindy Glaser
Bob Risko - Joe & Maggie Risko
Camella "Cami" Kelly - Elizabeth Kelley
Jonathan Lillard - Kellie & Ralph Lillard
Josh Eversole - Steve & Valerie Thorn
Kyle Alexander Quinn - Ken & Betty Quinn
Michael Daniel Mitchell - James & Marilyn Mitchell
Michael Milton Earl Cattell II - Michael & Patricia Cattell
Nan Marie Hendrix - Jo Hendrix
Roy "Rusty" Phillips - Carol Weddington
Samuel James Barga - Linda Barga
Sara Krum - Faith Krum
Scott Miller - Marilyn Miller
Shawn Edward Smith - Marcia Nowik

December Angel-versaries

Child—Parent, Grandparent, Sibling

Brian Keith Willis -Keith & Linda Willis
Bryan Colon - Yndra & Barbara Guerra
Christian Michael Copits - Richard & Beverly Copits
Claire Landis - Matt & Chelsea Landis
Danny Gene Winchell - Sally Entingh
Jonathan Lillard - Kellie & Ralph Lillard
Kevin Michael Harshbarger - Kenneth & Carolyn Harshbarger
Matthew "Matt" Schaaf - Marlene Schaaf
Randy Lee Hess - Kimberly A. Bundy
Rebecca M. "Becky" Bole - Ken & Sue Bole

January Birthdays

Child—Parent, Grandparent, Sibling

David Alan Vollette - Dave & Cheri Vollette
Denise R. Brown - Darlene N. Brown
Justice Meade - Jenni Warner
Justice Meade - Sue Brown
Melissa Fortener McLaughlin - Don & Pam Fortener
Nicholoas Drake Duff - Jonathon & Regina Duff
Robert M. Walters III - Robert Jr. & Penelope Walters

January Angel-versaries

Child—Parent, Grandparent, Sibling

Adam Douglas Cheadle - Gary & Elaine Meyers
Bob Risko - Joe & Maggie Risko
Camella "Cami" Kelly - Elizabeth Kelley
Elizabeth Flory Duff - Ann Flory
Emillie Joyce Stapleton - Julie Martin
Harley Ludwig - Warren & April Hawkins
Jeffrey Scott Bernard - Don Bernard
Justin David Shoemaker - Dave & Jonnie Shoemaker
Kevin Frinfrock - Terry Frinfrock
Kyle L. Bryan - Jeanette Bryan
Matthew J. "Matt" Karl - Bob & Fran Karl
Melissa Fortener McLaughlin - Don & Pam Fortener
Nicholoas Drake Duff - Jonathon & Regina Duff
Nicole Barker - Rod & Kathy Barker
Shaun Bradley Duff - Michael & Catherine Duff
Stephanie Roselle - Mike & Cindy Berry
Will Mohr - Valerie Mohr



Now for a book review.... 

There are many books available to borrow from our chapter library located at each monthly meeting. Some of the topics include loss of a child, living as a bereaved parent, loss of a sibling, Heaven, near death experiences, grief, grieving during the holidays, how to help a grieving friend, and many more. If you have any questions regarding books available or borrowing a book you can contact Pam Fortener our chapter librarian or Jackie Glawe newsletter editor.

Thoughts from a Sibling on the TCF National Conference

By Jordon Ferber

This past summer marked the 13-year anniversary of the death of my brother Russell. He was 21 years old, and not a day goes by that I don't think of him. This year was also my 10th national TCF conference and it was easily the most impactful experience I have had at any of the conferences I have attended.

Let me just say that I was not open to the conference being something that was going to be helpful to me, let alone actual TCF local chapter meetings. As I have often said, the irony of the position I find myself in these days is not lost on me. Initially, I went to the local TCF chapter meeting because my parents kept mentioning that there was a sibling group. I figured all I would have to do is come once, and we would never have to talk about it again. The joke was most definitely on me, as my parents do not even go to TCF group anymore, and I have been running my local siblings group for the last six years!

TCF saved me because I finally had a place to talk about it and I had a need to talk. I am a comedian and a New Yorker, so I come from a long line of over-sharers. As a comedian it was surreal to be on stage presenting a version of myself to an audience that did not reflect at all what I was going through.

In 13 years, I have only written one joke about my grief, and I only wrote it just this year. I tell audiences, "I go to a support group for bereaved Siblings ... and that is a great sentence you can use if you ever want to get out of a conversation. In my experience, that should be followed by you being alone with your thoughts again."

Getting the acknowledgment and understanding that only another bereaved Sibling can provide has kept me sane. But as helpful as attending my local group has been--and it honestly has been just about the only thing that has helped--it was truly at the conference that I started to rediscover myself.

After my brother Russell died, I was lost ... I was broken. I had lost a part of myself. I literally didn't know how to be myself anymore ... not without my brother to counterbalance me. I literally had to relearn just how to be ... how to exist. It was at the national conferences that I started that learning process. And it didn't happen in any of the workshops.

It was outside the workshop that I found myself. It was in the lobby of the hotel. ... it was in the bar. ... in the butterfly boutique ... and in line to get some picture buttons of Russell made.

It was in the in-between times that I found myself in situations where I was able to be social. People who I talked to wanted to learn who I was and who my brother was. I got to talk about my life in a way where I didn't have to explain anything, and I didn't have to wonder how long before the person in front of me was going to try and change the subject. I was able to connect to other people in a way that I hadn't been allowed to do. It was in these moments that I was able to reconnect with myself again.

It's always been strange to me that when I tell people that I'm going to my bereavement conference, they seem taken aback, usually asking me something along the lines of, "Well, that sounds about as depressing as anything. Why would you want to go to a whole convention of sad people? Doesn't it make you feel sadder to be surrounded by so much grief and brutally reminded of your own?"

The truth is exactly the opposite of this kind of statement. It is more depressing to be around people who don't acknowledge my struggle ... who don't ask me about my brother ... who don't ask how I'm doing ... who don't let me express myself the way I can when I am at the conference. Being in a hotel completely populated with people who "get it" is a breath of fresh air. It is heartwarming and beautiful, and it is one of the only times all year that I get to feel as close to Russell as I want. And the moment the conference is over, I already can't wait until the next one!

~Jordon's 21-year-old brother Russell was killed in a car accident in 2002. He has been the facilitator of his sibling group at the Manhattan Chapter of TCF for the past six years and has written often for the sibling page of his Chapter's newsletter. A professional stand up comedian, he is a unique public speaker and a frequent contributor to the sibling panel for parents.



**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.