



THE COMPASSIONATE FRIENDS INC.

International Organization Offering Friendship and Understanding to Bereaved Parents

MIAMI COUNTY CHAPTER NO.1870

April 2022 NEWSLETTER Vol. 31 No. 3

Facebook page "The Compassionate Friends of Miami County Ohio Chapter 1870".
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The Easter Holiday without your child

As with all Holidays now without your child on earth you must find what works best for you and your own grief journey. Here are a few suggestions:

- Spend it with your own family or extended family
- Make a new tradition for this Holiday
- Make your child's favorite dish
- Decorate an Easter egg in memory of your child
- Plant Tulips/Flowers in memory of your child
- Stay in bed or inside alone or with other family, letting the Holiday pass.
- Attend church service (give yourself permission to leave if it gets to uncomfortable.
- Make an exit plan for anywhere you plan to go giving yourself permission to leave if you feel triggers of grief.

~Jackie Glawe, TCF Miami County Ohio
Mom of Jordan Elizabeth

Meetings are now being held at:
Zion Lutheran Church
14 W Walnut St
Tipp City, OH 45371

(located on the corner of Main and Third Street, handicapped accessible, entrance by parking lot on W. Walnut St.)

Next Meeting: April 28, 2022

7:00pm

Topic: Bucket of Blooms (you will have the option of choosing a flower that reminds you of your child or a story involving your child-flowers will be provided)



Gentle Easter Hugs & Blessings to Everyone

Finding Myself: My Journey With Grief

My journey began on January 1st, 2021. I couldn't fathom such pain could exist in a mother's heart. A young man in the prime of his life made choices that would forever affect his loved ones in ways I'm sure he never could have imagined. But God was merciful and did not allow him to suffer, instantly taking him to his eternal home. Describing this grief I feel has eluded me for over a year. Now I try to put into words the pictures I see in my mind.

Imagine you have been thrown into thicket. It is so overgrown. The unkempt vines surround you, and thorns prick and poke all over your body. You try to move but the pain of the thorns tearing your skin is unbearable and all consuming. This is grief when it first hits you.

In your hand you find you hold a pair of pruning shears. Unsure of where to begin, you start to cut away the most hurtful vines so you can take a breath without the painful pricks of the thorns. Slowly and meticulously you continue to prune the vines and soon you are able to turn around inside this thicket.

As you continue to prune you notice you are able to move around much more easily and have learned just the right spots to cut so as not to get pricked. But every once in awhile you get a little too confident and accidentally scrape across a vine cutting yourself. The pain is excruciating so you stop for a time to tend to these new wounds. Soon you are back to your work.

It takes awhile but eventually you are able to stand back realizing you have been in the middle of an overgrown rose garden. You look around at the beautiful flowers and smell the fragrance they give.

The pruning shears you've been using represent your faith. You hold onto to them for dear life because without them you would be overcome by the growing bushes. The flowers represent the life you mourn, and the fragrance the memories you hold.

~Amy Trader, Miami County/Ohio TCF
In memory of her son Noah Derick Trader,
11/10/1999 - 1/1/2021
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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
Cathy Duff (auto accident)	473-5533
Jackie Glawe (auto accident)	478-3318

Prayer for Spring

Like Springtime, let me unfold and grow fresh and new from this cocoon of grief that has been spun around me. Help me face the harsh reality of sunshine and renewed life, as my bones still creak from the winter of my grief. Life has dared to go on around me as I recover from the insult of life's continuance, I readjust my focus to include recovery and growth. Give me strength to break out of the cocoon of my grief, but may I never forget it, as the place where I grew my wings – becoming a new person because of my loss.

~Janice
TCF, Vancouver, Canada

Love Soars Through Clouds of Hope
TCF 45th Annual
National Conference
Houston, TX
August 5th – 7th, 2022

*See the CompassionateFriends.org website for more information

CHAPTER NEWS**Upcoming meetings:**

****Note front page for new location of meetings****

Apr - *Buckets of Blooms*
May - *To be announced*

*Thank You
for your love gifts!*

★ *Love Gifts should be made out to:
The Compassionate Friends and mailed to **Cindy Glaser, 5255 Rudy Road Tipp City, Ohio 45371.**
Please send your donation by the 15th of the month prior to the month you want your child remembered in the newsletter.*

★ **SPECIAL MESSAGE RECEIVED WITH LOVE GIFT:**

Thank you for continuing to remember my son Clifton on Birthday and Anniversary months. He is still with me in spirit. The emotions I still feel today are not as raw, but the guilt of not being there to save him and the grief over his loss will probably be with me until the day I die.

Life is tough enough without having to bear the loss of a child. My heart goes out to every person who shows up at your meetings looking for a path forward.

The only encouragement I could offer a new member is simply to soldier on and try to find something to smile about each day. If you take each day as it comes, one day at a time, eventually they get a bit easier. Life is a blessing too good to waste.

Hopefully you can use the enclosed donation to help the club.

~All the best, John Alexander

Our Children Lovingly Remembered

April Birthdays

Child—Parent, Grandparent, Sibling

*Aaron T. Duvall - Kim Duvall
Amanda Kay Pitts - Darla Pitts
Brad Allan Behymer - Linda Behymer
Elizabeth Flory Duff - Ann Flory
Kevin Michael Harshbarger - Kenneth & Carolyn
Harshbarger
Rebecca M. "Becky" Bole - Ken & Sue Bole
Ryan Patrick Gilhooly - Constance Gilhooly
Will Mohr - Valerie Mohr*



April Angel-versaries

Child—Parent, Grandparent, Sibling

*Allison Rudy - Lora Rudy
Amanda Kay Pitts - Darla Pitts
Antonio McLean - Vera McLean
Ava Nicole Lisky - Kathy Russell
Heather Denise Bailey - Joe & Wanda Bailey
Lydia Herrick - Patty Herrick
Maci Eickman - Josh & Elizabeth Eickman
Shawn Edward Smith - Marcia Nowik
Tasha Nicolle Longyea - Kern & Pamela Carpenter*



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. - Jackie Glawe/Editor

*As long as I can I will look at this world for
the both of us. As long as I can I will sing
with the birds, I will laugh with the flowers, I
will pray to the stars for both of us.*

~Sascha Wagner

*“I exist in two places,
here and where you are”*

~Margaret Atwood

FINDING HOPE

I found hope after meeting with others going through the same nightmare dealing with the loss of their sibling. They gave me the strength and courage to allow myself to be vulnerable, to accept that I did not need to go through this journey alone. I found hope when I realized I could help someone else simply by sharing what has worked for me. As well, I found hope by hearing what has worked for others.

*Keith Singer, Lori's brother
Sibling Leader for TCF Staten Island Chapter*



A Sister's Prayer

Dear Lord, please hug my brother as I often long to do.
Kiss his cheek and tell him "Your sister's missing you."
Tell him of the memories that dominate each thought, of him and I together and of the love that he once brought.
Tell him of the tears that pour from my heart, with the painful realization that we'll always be apart.
Tell him that I'm trying as hard as it may be to move ahead, love again and live successfully.
And lastly, Loving God, make sure Anthony can see how much I'll always love him
And how much he means to me.

Johanna DeAngelis, TCF, Austin, TX

To Turn Back Time

-By Rebecca Harris

Christopher Paul Cattaneo
You're not only my brother, you're my inspiration,
my hope, and my best friend,
You're my hero, buddy, and pal with your love that will never end.

I remember when we were little, repeating our ABC's,
reading a short story, and counting our 123 's.
We began to grow up, but our bond stayed tight,
we agreed on everything, had maybe one or two fights.

Finally your dream came true, and you were in a successful band,
I went to all of your shows. I was your biggest fan.
Your lyrics were amazing, and your voice was better than ever,
you were magnificent on the mic; a vision I'll always remember.

Suddenly it was time for vacation, and we were anxious to get away,
everything was perfect, until the traumatic day.
You were on one jet ski, while I was on the other,
we were having so much fun, trying to splash one another.

You were coming way to close, with a smile on your face,
and once our jet skis collided, it became a memory unable to replace.

As I saw you floating in the water, head and legs down,
my whole body became weak, and my head was spinning all around.

I would do anything to see you just for one more day,

there are so many things I want to tell you,
so many things left to say.

Dedicated to my brother, Chris; my hero and role model. I feel honored having such an amazing angel on my shoulder every day. I would also like to dedicate this poem to my mother, a strong woman who has made it through the toughest times of life and whom I look up to in every way possible. I love you both very much.



**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 OR TEXT (937) 478-3318 AND LEAVE A MESSAGE.

Thank you.