



## NOVEMBER 2016 NEWSLETTER Vol. 25 No. 11

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**Facebook page “The Compassionate Friends of Miami County Ohio Chapter 1870”.**

[www.compassionatefriends.org](http://www.compassionatefriends.org) - e-mail: [nationaloffice@compassionatefriends.org](mailto:nationaloffice@compassionatefriends.org).

## Believing in Life and Yourself

"The good fairy isn't coming;" my mother said. She often said this, not to hurt my feelings or quell my belief in fairies, but make me responsible for myself. I learned this lesson as a child and have applied it countless times as an adult. Identifying problems, finding solutions, and doing the work were up to me. I had to be the good fairy.

The twins were 15-years-old when they moved in with us. Somehow, I had to do my grief work and raise teenagers. I didn't know if I could recover from such tragedy and feared I would never be happy again. I was scared - scared to the marrow of my bones - yet had to keep faith in life and myself. Since I had studied grief for decades, I prepared for anniversary reactions. Not to prepare would put me at risk for regression, and I might go backwards on the healing path.

## November Meeting - November 17, 2016

AA

**Nashville United Church of Christ**

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.

The symptoms of anniversary reactions are sadness, loneliness, anger, anxiety, sleeping problems, fatigue, and emotional pain. You may re-live your loved one's death, recall images you wanted to forget, fret over painful details, and grieve all over again. Grief just won't let go of you.

Therese A. Rando, PhD details anniversary reactions in *How to Go On Living When Someone You Love Dies*. Parental grief may subside in several years, Rando explains, and then intensify again. "All of us have an unconscious time clock within us that keeps track of anniversary dates whether or not we consciously recognize it," she writes. This bad news is balanced by the good news that you can prepare for these reactions.

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thought I would spend it sobbing. Thankfully, members of my extended family rallied to help us. The family dinner was held at a different location, and members created a loving, protective circle around my husband and me. I missed my daughter desperately, but love and kindness eased my pain. I continue to prepare for Thanksgiving and the anniversary of my daughter's death. What do I do? My plans may help you cope with your upsurges in grief.

**Honor your deceased child.** On the first anniversary of our daughter's death, my husband and I held a graveside ceremony. I welcomed family members and gave them a list of our daughter's values titled "Helen's Legacy." To emphasize the points I read the list aloud. Though the twins didn't say a word, I hoped the points would be "filed" in their minds. Thinking about my daughter's values comforted me then and comforts me now. You may find comfort in your child's values and interests.

**Make quiet part of each day.** Some bereaved parents avoid quiet to escape emotional pain. It doesn't work. Sooner or later, pain catches up with you. Allowing yourself to feel pain helps you to heal. So turn off the background noise and think about your child. Focus on her or his talents, personality, and happy times. Remember that pain comes from love and you may find strength in the love you still have for your child.

**Set a new goal.** Well-meaning friends told me I would have to give up writing to raise the twins. Giving up writing would be giving up on me and, since I was unwilling to do that, I ignored their advice. Instead, I got up earlier, wrote for an hour, gave the twins breakfast, and wrote after they left for school. Months passed and the focus of my work changed from health/wellness to grief healing. Having a goal energized me then and energizes me now. If you haven't set a goal recently, this may be the time to do it.

**Let yourself laugh.** People still come up to me and talk about my daughter's sense of humor. "She could have been a stand-up comic," a friend said. My multiple losses led to another loss, the loss of humor, and it made me uncomfortable. Finally, I realized my deceased loved ones, especially my daughter, would want me to enjoy life and laugh. I remember the first belly laugh I had after my daughter died. Laughing felt good and, as I was whooping loudly, I said to myself, "Helen, this one is for you." Laughter releases stress, so let yourself laugh, though you

are mourning.

**Give to others.** I live my mother's lesson: Instead of waiting to be rescued, I try to rescue myself and help others. Giving makes me feel good. I give away lots of books, donate to meaningful organizations, mentor fledgling writers, and write for free. Volunteering in memory of my loved ones is another way of giving. You may give the gift of listening at TCF Chapter meetings, grief support group meetings, and social functions.

Seven years have passed since my daughter died from the injuries she received in a car crash. During this time I accepted the cause of death, blunt force trauma, painful words to write, and more painful to say. Thanks to my mother, I didn't waste time waiting for the good fairy, and rolled up my sleeves. I researched multiple losses, secondary losses, wrote about my journey, planned for anniversary reactions, grew closer to my husband, and cherished days with my grandkids. Day-by-day, I created a new life and, while it isn't the one I thought I'd have, it is a happy life. I'm my good fairy, you are yours, and we can plan for anniversary reactions.

Harriet Hodgson, MA  
Member, Association of Health Care Journalists  
Member, Association for Death Education and Counseling  
Member, Minnesota Coalition for Death Education and Support

### *Today I Am Thankful* *by Tanya Lord*

Today I am thankful for tears  
Though an ocean I have cried  
They speak of our connection  
Reminding me that love has not died

Today I am thankful for the memories  
They brighten the road of grief  
They remind me of love shared  
And provide a small relief

Today I am thankful for love  
Felt strongly in my soul  
Love continues living forever  
Keeping us together and whole

Today I am thankful for friends  
Those who didn't walk away  
They saw my broken heart  
And chose to sit and stay

Today I am thankful for time  
For the moments that were too few  
Through the tears that are shed  
Today I am thankful for you.

*Thank you*  
*love gifts!*

- ♦ Tony and Vesta Bundy for the Birthday Love Gift in memory of their son, Mike Bundy 11/1960 -- 09/2012.
- ♦ Jo Hendrix for the Love Gift in memory of her daughter, Nan Marie Hendrix 12/1967 -- 06/2009.

### Love Gifts – A Way to Remember

There are no dues to belong to the Compassionate Friends, because we have already paid the ultimate price; the loss of our loved one(s). A **Love Gift** is a gift of money given in Honor of a child who has died from their family members or as a Memorial from friends. Your gifts are tax deductible and are used to reach out to other bereaved parents, grandparents, and siblings.

Your gifts support this newsletter, our TCF Library, Brochures and other Chapter Expenses.

### 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.

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Sometimes all we need is  
someone that understands  
and is willing to listen.

#### NEED A PHONE FRIEND?

A listening ear is sometimes the best medicine.

<b>Kim Bundy</b> (suicide)	573-9877
<b>Lori Clark</b> (organ donation)	233-1924
<b>Pam Fortener</b> (cancer death)	254-1222
<b>Sheryll Hedger</b> (siblings)	997-5171
<b>Lora Rudy</b> (infant death)	339-0456
<b>Cathy Duff</b> (auto accident)	473-5533

### WORLDWIDE CANDLE LIGHTING

December 11, 2016

7:00pm



Now believed to be the largest mass candle lighting on the globe, the 20th annual Worldwide Candle Lighting, a gift to the bereavement community from The Compassionate Friends, creates a virtual 24-hour wave of light as it moves from time zone to time zone. TCF's WWCL started in the United States in 1997 as a small internet observance, but has since swelled in numbers as word has spread throughout the world of the remembrance. Hundreds of formal candle lighting events are held and thousands of informal candle lightings are conducted in homes as families gather in quiet remembrance of children who have died, but will never be forgotten.

Chapter members are asked to join the world in this wonderful event by lighting a candle for your child at 7pm and allow it to light in their memory until 8pm to keep the light moving throughout the world for all of our loved children.

### CHAPTER NEWS Upcoming Topics

**January** - Signs: Facilitator, Don Fortener

**February** - Show-n-Tell

**March** - Stages of Grief, Tri County Mental Health Representatives.

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



## **Candlelight Memorial Service**

**3:00 PM Sunday December 11**

**Zion Lutheran Church**

*Main and Third Street*

*Tipp City, Ohio*

*Every year we invite anyone that has lost a child, sibling, or grandchild to join us 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. (If you are going to bring a store-bought item, please consider a salad or vegetable as we generally have a good number of home-made desserts.)

**Special this year!!!** We will have a slideshow of our children's pictures playing during the service. Provide Kim Bundy with a picture of your child by November 17. You can bring the picture to the November chapter meeting or email one to Kim at [Mickeycentral@woh.rr.com](mailto:Mickeycentral@woh.rr.com). Please include the child's name, your name, address, and phone with the photo. Pictures will be returned. We also welcome you to bring a photograph of your child for the display area set aside in the reception room at the dinner. Feel free to include other memorabilia, if you wish.

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

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 [lawrences@mindspring.com](mailto:lawrences@mindspring.com). The last day to RSVP for the Memorial Service is December 6<sup>th</sup>.

Volunteers are needed to help set up for the Memorial Service. Set up will be held at 3:00PM on Saturday, December 10<sup>th</sup>. 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 us. Thank you.

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## ***Gift OF LIFE***

To love someone for twenty-two years and more. One day he is the same as ever, next day dead. So many tears, they seem to wash everything out of you, they leave this emptiness.

Grief can destroy you or focus you. You can decide a relationship was all for nothing, if it had to end in death and you are alone or you can realize that every moment of it had so much more meaning, it scared you. So you just live, just took for granted the love and laughter of each day and didn't allow yourself to consider the sacredness of it all. But when it is over and you're alone you begin to see it wasn't just a movie and a dinner together, not just a football game or wrestling match or to worry over bills that can't be paid. It was everything. It was the way of life. Every event and precious moment. The answer to the mystery of existence is the love you shared, sometimes so imperfectly and when the loss wakes you to the deeper beauty of it, to the sanctity of it. You can't get off your knees, not by the weight of the loss, but by gratitude for what preceded the loss, and the ache is still there. But one day not the emptiness, because to nurture the emptiness, to take solace to it...is to disrespect the "GIFT OF LIFE".

*Racheal Belvin, Mother  
TCF, Gaylord, MI*



# Healing from Unexpected Loss

*Memorial healing event for those who have lost loved ones to suicide, overdose or other unexpected cause*

**Saturday November 19 | 10am to Noon**

Emerson Center | Edison State Community College | 1973 Edison Drive | Piqua

[www.tcbmds.org/healing](http://www.tcbmds.org/healing)

**Free to Attend | Open to All**

*No preregistration necessary*

## Program

(subject to change)

- 10:00 –10:15 Welcoming Remarks
- 10:15-10:30 Video
- 10:30-10:45 Break
- 10:45-11:30 Panel Discussion
- 11:30-11:45 Remembrance/Healing Ceremony
- 11:45-Noon Closing Remarks



## About International Survivors of Suicide Loss Day

International Survivors of Suicide Loss Day can change your life. It's the one day a year when people affected by suicide loss gather around the world at events in their local communities to find comfort and gain understanding as they share stories of healing and hope.

For many loss survivors, attending a Survivor Day event is the first time they realize they are not alone. Just hearing the stories—from people at all stages of healing—can be helpful. The gathering also provides participants with a chance to share their own stories with those who understand firsthand the challenges of living in the aftermath of a suicide or unexpected loss.

The local panel will include parents who have lost children to suicide and overdose, grief counselors and a representative of the Miami County Chapter of **The Compassionate Friends**, Supporting Family After a Child Dies:

Meets the 4th Thursday of each month 7:00 pm  
Nashville Church, 4540 W State Route 571  
West Milton, OH 45383 | Phone Kim at (937) 573-9877

[www.tcbmds.org](http://www.tcbmds.org)

[www.NAMIOFDMS.org](http://www.NAMIOFDMS.org)

[www.compassionatefriends.org](http://www.compassionatefriends.org)



# Our Children Lovingly Remembered

## November Birthdays

### Child—Parent, Grandparent, Sibling

*Jeff Herman - Mike Herman*  
*Jeffery L. Miller - Marilyn Miller*  
*Larry Todd Cavanaugh - Linda & Larry Cavanaugh*  
*Matthew J. "Matt" Karl - Bob & Fran Karl*  
*Stephen Anthony Freeman - Tom & Kathy Freeman*  
*Tasha Nicolle Longyear - Kern & Pamela Carpenter*  
*Stephanie Roselle - Mike & Cindy Berry*  
*Jeffrey Scott Bernard - Don Bernard*  
*Michael Bundy - Tony & Vesta Bundy*

## November Angel-versaries

### Child—Parent, Grandparent, Sibling

*Clifton Alexander - John Alexander*  
*Jeff Herman - Mike Herman*  
*Kathryn Trushaw - Tim & Julia Trushaw*  
*Leslie M. Turner - Randy & Debra Turner*  
*Patrick O'Neill - Betsy O'Neill*  
*Zachary O. Patrick - Mike & Tina Patrick*  
*Roy "Rusty" Phillips - Carol Weddington*  
*Amelia Beeman - Peggy Beeman*



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!

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....

Review by Jackie Glawe (Jordan's Elizabeth's mom)

## "My Glimpse of ETERNITY"

By Betty Malz



At 27 yrs old Betty Malz was pronounced dead. Twenty-eight minutes later she returned to her body-to the amazement of her grieving family and the stunned hospital personnel. This is her amazing account of what she saw, felt and heard on the other side.

This is a short book, a nice quick read that will deliver inspiration and hope.

\*This book along with many other's is available in our chapter library.

***Just For Kids******The Language of Tears***

By Yvonne Williams, M.S.  
Muncie, Indiana

When someone you love dies, many different feelings flood into your heart, many thoughts and unanswered questions fill your head. These thoughts and feelings are hard, if not impossible, to express in words. But there is a wordless language that can pour out all these things that are so hard to speak about. This special language flows naturally when you need it - it is your tears.

The language of tears is a gift we all have that can communicate deep feelings we might not even understand, much less be able to describe with words. When we cry, our tears are like a river to carry us closer to what we need to understand about ourselves.

What do your tears seem to be telling you? Do they want you to pay attention to your painful sadness? Your loneliness? Your anger? Your fear? Your disappointment? Do your tears ever help you feel better? Can you think of some blessing that your tears have given you?

When we hold back feelings or try to hide or ignore our emotional discomfort, tears often burst forth. This is a sign that our feelings need to come out. Sometimes when we cry, it helps to talk to the person who died - like having a long distance phone call to heaven.

After a good cry we feel better. It is a relief to let out these emotions without having to talk about them if we don't want to. Our tears can say it all for us.

At times, we are embarrassed to let our tears show. However, our tears can tell others that we hurt and need comfort. Tears can be our best friend - always there when needed. Tears understand us and know what we need. It is important to honor our tears and be thankful for them.

To help you understand better the purpose and value of your tears, make copies of the

following questions so that you and every member of your family or grief group has a copy to fill out. After everyone has finished answering the questions, compare and discuss your answers with each other.

Questions About My Tears:

I think my tears want me to know ...

I think my tears want me to think more about ...

My tears help me know that I need ...

My tears make me feel better when ...

I want my tears to help me ...

*Note To Parents or Grief Facilitators:*

*According to Dr. Jeffrey Kottler, author of The Language of Tears, crying cleanses our minds and bodies and leaves us feeling relieved and refreshed. The therapeutic power of tears to heal and transform grief can be likened to the liquid inside a cocoon that transforms the worm into a butterfly. Do not be afraid to acknowledge with a child that it sometimes helps to talk to the deceased during a good cry. Children do this just as spontaneously as adults do. It does not mean that one is psychotic! This practice actually helps one to compensate for loss and accept reality; it does not encourage denial or prevent letting go of the dead as some might fear. This tool (having an imaginary conversation with a departed one) is referred to in some therapeutic settings as "active imagination." It is similar to what some therapists use and call, "guided imagery." The main difference in the two is that in "active imagination" one's inner self is a guide to conducting the conversation, rather than a therapist.*



## **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?*

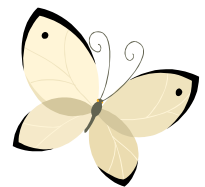
*The Compassionate Friends is a self-help organization which offers support to families who have experienced the death of a child. Only a person who has experienced the trauma of losing a child can fully understand the pain and suffering involved.*

*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.