



THE COMPASSIONATE FRIENDS INC.

International Organization Offering Friendship and Understanding to Bereaved Parents

MIAMI COUNTY CHAPTER NO. 1870

March 2021 NEWSLETTER Vol. 30 No. 2

Facebook page "The Compassionate Friends of Miami County Ohio Chapter 1870".
Chapter Leader: Kim Bundy, 1870 Westwood Rd, Troy, OH 45373/573-9877 kbundy@tcf@gmail.com
Editor: Jackie Glawe, 2445 N. Mntgmy Co. Line Rd., Tipp City, OH 45371/478-3318 im4song@aol.com

National Office - THE COMPASSIONATE FRIENDS, INC. - P.O. Box 3696 - Oak Brook, IL 60522-3696 - Ph. (630) 990-0010 or toll free (877) 969-0010 www.compassionatefriends.org - e-mail: nationaloffice@compassionatefriends.org.



The Easter Holiday without your child

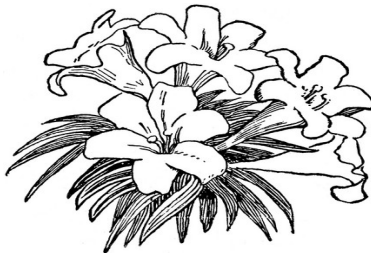
Suggestions by Jackie Glawe

As with all Holidays and Birthdays now without your child on earth you must find what works best for you and your own grief journey.

Whether it be:

- Spending it with your own family or extended family
 - Making a new tradition for this Holiday
 - Make your child's favorite dish
 - Decorate an Easter egg in memory of your child
 - Plant Tulips in memory of your child
 - Stay in bed or inside alone or with other family, letting the Holiday pass.
 - Attend church service

- Make an exit plan for anywhere you plan to go giving yourself permission to leave if you feel triggers of grief



NOTICE **CHANGE OF MEETING LOCATION**

Meetings have temporarily changed to

meet at:

Zion Lutheran Church

14 W. Walnut St., Tipp City, Ohio

Corner of Main St. and Second St.

*** Masks Required ***

March meeting: Mar 25th 7:00 pm

Topic: Show & Tell

(Members are invited to bring an item or two of their loved one to the meeting and share the story around it. It can be a picture, clothing, an award, a toy, favorite book, etc.)

*The greatest test of time,
Is having to walk on
the path of Grief every
single day of your life
and surviving despite
the pain.*

*~Narin Grewal
www.touchinsouls.com*

Dear Friends:

I get migraine headaches.

Every migraine-sufferer knows these are not the “take two” kind of headaches. They are more like the “lie-down-in-a-dark-room-and-hope-you-die” kind.

People who have never experienced migraines often cannot understand this excruciating ordeal.

If their own headaches are just the nuisance variety, they may even be impatient and unforgiving. As in most things, understanding is generally defined by personal experience. These people don’t mean to be cruel, they just can’t empathize with anything they haven’t gone through themselves.

Grief is like that too. Just as there are different kinds of physical pain, there are different degrees of grieving. People who have experienced only mild grief may be intolerant of grief that is disabling. (I won’t try to give examples of “mild grief” here or I’ll get in big trouble with somebody!) Believing that they handled their own problem, they tend to think that others should do the same, just as easily.

In my years of connection to the world of the grieving, I’ve seen a lot of people (myself included) who have spent an inordinate amount of time trying to “win over” the uninitiated.

We beg their pardons, we excuse ourselves for being a bother to them, we strain our minds and hearts trying to find ways to help them understand us, we try to follow their advice; and when it all fails, we build on our foundations of guilt, because we believe it must have been all our fault for being bereaved in the first place!

This might make sense to somebody, but when I thought it through, it seemed to me that the shoe was on the wrong foot. I’m not mad at “them” anymore. I realize now that it’s awfully difficult to describe a sunset to someone who was born blind.

On the other hand, I need to keep in mind that I have no right to expect those who do not share my suffering to automatically know my needs.

Now, when I encounter people who “brush off” grief and who are critical of those who can’t, I ask them to share with me their deepest sorrow. If the only death they’ve suffered through is that of their car battery, I simply tell them I don’t expect them to understand. If they haven’t experienced grief on a deeper level, there’s no way they can imagine it, so they needn’t even try.

I do, however, expect-even demand-that they believe me when I tell them what it’s like. I not only require that they take my word for how it is, I’ve liberated myself from being apologetic if I can’t take their advice. Never again will I permit myself to become a pitiable victim who is counseled, guided and instructed by the uninformed.

We who grieve intensely don’t need pity, we need understanding. If we can’t get that, we can at least refuse to bend our backs to the whips of pragmatism. We can grieve with dignity and self Respect.

In the end, “they” will like us better, and we will like us better too.

Andrea Gambill
Reprinted from Bereavement Magazine, Mar/Apr 1990
5125 N. Union Blvd., Ste. 4
Colorado Springs CO 89018

Starry Night in the Square



Just when I don't think I need the signs, I do
And then they are there

She surprises and enlightens me
Her song in an ice cream shop

Her favorite painting on a display outside a local artist shop
On a shirt. Yes the painting on a shirt

Others that would only make sense to me
There and there, for me to see and smile

Ah, to have my heart filled with the signs
She is sneaky and lovable at the same time

I will accept these signs
For they are a hug to my heart

~Jackie Glawe
TCF Miami County Chapter, West Milton, OH
In memory of daughter Jordan

You Did Not Die

You live in the beautiful wind that blows.
You live in the sound of birds that crow.
You live in the sun that shines so bright.
You live in the peaceful dark at night.
You live in a star I see in the sky.
You live in ocean waves that come in with the tide.
You live in the smell of flowers and grass.
You live in the summer that goes so fast.
You live in my heart that hurts so much.
You did not die, we only lost touch.

Shari Swirsky
TCF Toronto, Ontario, Canada

CHAPTER NEWS

Upcoming meetings:

Mar - Show & Tell
Apr - To be announced

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

*Thank You
for your love gifts!*



Jeff & Jackie Glawe for the Birthday Love Gift in memory of their daughter, Jordan Elizabeth Glawe, 03/1991-08/2009.

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.

*There's no tragedy in life
like the death of a child.*

*Things never get back to
the way they were.*

*By Dwight D. Eisenhower
(President Eisenhower and his wife lost their
3 year old son to scarlet fever)*

Our Children Lovingly Remembered

March Birthdays

Child—Parent, Grandparent, Sibling

Ava Nicole Lisky - Kathy Russell
 Bill Meadows - Fred & Pat Meadows
 Dominique Sims - Gina Williams
 James Hatfield - Betty White
 Jordan Elizabeth Glawe - Jeff & Jackie Glawe
 Kaitlynn Ariana Yvonne Preston - David Preston
 Kyle L. Bryan - Jeanette Bryan
 Michael David Rhoades - David Rhoades
 Paul William Knisley - Kim Knisley
 Susan Eileen Lawrence - Barb Lawrence
 Taylor Davis - Barbara Davis
 Zachary James Dyer - Rod & Kelley Dyer



March Angel-versaries

Child—Parent, Grandparent, Sibling

Cassandra "Cassie" Campbell - Dawn Duff
 Erika Leigh Wetzel - Susan Wetzel-Philpot
 Jacquelyn Elizabeth "Jackie" Ahlers - Bob & Peg Ahlers
 Jerrid Younker - Susan Cole
 Jerrid Younker - Frank Younker
 Michael Talbot Sharpe - Amy Kasprzak
 Paul William Knisley - Kim Knisley
 Ryan Patrick Gilhooly - Constance Gilhooly



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

PLAN AHEAD

It helps to have a plan for some of the events that are fast approaching. Think about a plan for these next few weeks. Decide what YOU want to do and let those who are close to you know what YOU need. The decisions you make will depend on your individual circumstances.

Adult family and friends should be able to better understand your need to adjust your plans, but expect some to resist making changes.

*From the article HOLIDAYS—SURVIVAL or DEFEAT?
 By Kay Bevington, Van Wert, OH (Rhonda's mom)
 Alive Alone Newsletter*

Don't think of him as gone away--

**His journey's just begun;
 Life holds so many facets--
 This earth is only one.
 Just think of him as resting
 From the sorrows and the tears
 In a place of warmth and comfort
 Where there are no days and years.
 Think how he must be wishing
 That we could know, today,
 How nothing but our sadness
 can really pass away.
 And think of him as living
 In the hearts of those he touched...
 For nothing loved is ever lost--
 And he was loved so much.**

~Author Unknown

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.

I'm Missing You

I'm missing you—All day, every day.
 On a bright summer morning, or
 When the moon is full.
 In the golden days of fall,
 As the storm clouds build,
 And it's snowing,
 When the willows begin to turn green--
 You are always with me,
 In my mind and in my heart.
 My brother, my good friend,
 I'm missing you.

Kris Cunningham TCF, Mora, IL

I Miss You

I never put this in writing but I remember the day of
 your funeral. I was in my
 own little world. I couldn't believe what was
 happening. For the funeral
 home, we collected pictures of you and made a
 collage of your life, but I
 wanted to take more pictures of you later. I didn't
 want this to be the end.
 We had the funeral and everyone showed how much
 they loved you. I hope
 you heard my song to you. You were and are the
 "wind beneath my wings".
 When we drove to the cemetery, I got out and knew
 we would lay you next to
 dad. Nothing seemed real. When I was sitting there
 before they were going to
 bury you, I didn't hear a word anyone said. I was
 looking at the trees blowing
 in the wind. I actually felt peace at that moment in
 time. I felt the wind and
 knew you were there. A peace I knew you gave. I
 love you. And I knew you
 were safe. Thanks for that moment of peace.

Erica Herbert, TCF, Troy, MI



**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.