



THE COMPASSIONATE FRIENDS INC.

International Organization Offering Friendship and Understanding to Bereaved Parents

MIAMI COUNTY CHAPTER NO. 1870

April 2018 NEWSLETTER Vol. 28 No. 3

Facebook page "The Compassionate Friends of Miami County Ohio Chapter 1870".
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At the March meeting we had the honor of having the guest speaker, musician and fellow bereaved parent, Alan Pedersen, Angels Across the USA tour. He shared the journey he has been on since the death of his daughter Ashley in 2001. He shared his journey through stories and music.

Here are a couple of the things he shared in case you weren't able to make it to the meeting.

- He will always be Ashley's dad
- He has 3 children. 2 on earth and 1 in heaven
- Everyone's grief journey is different
- People are going to say stupid things to you they usually mean well
- Find the people who will support you and be there for you and stick with them
- He didn't want to go to his first meeting, but when he did he thought he would go in get fixed and never go back, however he found its an ongoing process
- In his opinion we don't get better through the years it's that our grief and how we cope becomes different
- There is a point down the road where we will change from focusing on their death to focusing on their life

Alan also shared a helpful website to check into ran by friends of his called www.opentohope.com

The Angels Across the USA Tour

The Angels Across the USA Tour 2018, is all about hope, featuring the message and music of Alan Pedersen. The Tour is supported by hundreds of families and organizations who sponsor butterfly decals bearing the names and home towns of their loved ones who have died, which adorn the Angels Across the USA van.

April Meeting—April 26, 2018
7:00 P.M.

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.

Topic: *Tools to Ease the Pain of Grief, facilitator, Cathy Duff.*

April Refreshments:

Thank you for March Refreshments
Dawn Duff (Memory of Cassie)
Barb Lawrence (Memory of Susan)
Marilyn Miller (Memory of Scott & Jeff)

Next Meeting: May 24, 2018
Topic: Sharing (bring an item or story you want to share about your child/ Pam Fortner will also share scrapbooking pages.

THOUGHT

***If ever there is tomorrow when we're not together...
There is something you must always remember.
You are braver than you believe,
Stronger than you seem,
And smarter than you think,
But the most important this is,
Even if we're apart...
I'll always be with you***

Winnie the Pooh

Notes for the First Few Weeks

This is simply the time to cope, to get by, to survive.

Treat yourself as if you were in Intensive Care

Seek Assistance a friend to help you with handling calls or daily duties

Let your body lead you. If you feel tired-sleep. If you feel like crying-cry. If you are hungry-eat. There are no "shoulds" right now, simply follow the lead of your body.

Expect to be distracted and forgetful.

These days will be long and challenging and there may seem no resolution for any of the pains that plague you. That's all right. It's all right to feel hopeless and like all has lost its purpose. These are natural and normal feelings.

Simply take care of yourself.

Taken from "I Wasn't Ready to Say Goodbye" by Brook Noel & Pamela D. Blair, PH.D.

How I found hope....

Two weeks after our beautiful nineteen year old daughter, Tiffanie, died of bacterial meningitis, my wife, Kathy, and I, were ushered into a small room feeling devastated, desperate, and totally hopeless. Ten women and three men welcomed us with kind, sympathetic words and caring hugs, as we formed a circle for the chapter's monthly Compassionate Friends meeting. Resisting our instincts to quietly leave, we listened as the group shared heartfelt experiences about their children's lives and deaths and the impact on them and their families. Our new "compassionate friends" family taught us that living a productive life was still possible after losing a child and TCF would ensure we never had to walk our grief journey alone.

Chuck Collins, TCF-Fairfax Chapter/VA , "We Need Not Walk Alone" article.

41ST TCF NATIONAL CONFERENCE
JULY 27 - JULY 29



The Compassionate Friends is pleased to announce that St. Louis, Missouri, will be the site of the 41st TCF National Conference on July 27-29, 2018. "Gateway to Hope and Healing" is the theme of this year's event, which promises more of this last's great National Conference experience. The 2018 Conference will be held at the Marriott St. Louis Grand Hotel. For additional information and registration go to <https://www.compassionatefriends.org/event/41st-national-conference/>

Several bereaved in our chapter have attended these conferences and found them to be very helpful in the grief journey

Ten Second Stress Fix

1. Place your thumb and index finger together in the okay sign. Squeeze hard for two seconds, as if you were sending all the tension from your entire body into your fingers.

2. Continue to squeeze your fingers. Roll your eyes heavenward as you inhale deeply for two seconds.

3. Hold your breath for two seconds; let your lids close while still gazing upwards. Continue looking up even though your eyes may flutter slightly.

4. Now exhale slowly (take four seconds), allowing your fingers and eyes to relax. As you exhale, listen to the whooshing sound of your breath and silently repeat to yourself such words as “aah, peace”, or “be happy”, “don’t worry”. You should feel all the tension leaving your body.

Borrowed from Mayday, **Survivors of Suicide**,
Batavia, IL Volume 27, Issue 11 Nov 2010



Just like other aspects of life, men and women grieve differently. Neither is the right way or the wrong way. You may feel as though your partner/spouse should be grieving the same way you are. However, everyone has their own grieving process and journey even within a marriage. Try to give your partner/spouse the freedom to grieve in their own way as you remain partners in this grief process.

CHAPTER NEWS

Our Chapter Leader, Kim Bundy, has been doing a wonderful and dedicated job of keeping our Chapter strong and here for the new and old members alike for support in the pain that so many outside our Chapter think should just go away. Kim could use a Co-leader to share some of the responsibilities of this leadership position. Call Kim at 573-9877 and let her know that you are willing to keep us strong together.

Upcoming Topics:

May - Sharing something of our child, items or stories/Pam Fortner to share scrapbook pages

Jun – Surviving siblings and children

Jul - Memorial picnic

Thank You
for your love gifts!



- ★ Dawn Duff for the Anniversary Love Gift in memory of her sister, Cassandra “Cassie” Campbell 08/1970 – 03/2015.
- ★ Connie Gilhooly for the Birthday and Anniversary Love Gifts in memory of her son, Ryan Patrick Gilhooly 04/1981 – 03/2011.
- ★ Jeff & Jackie Glawe for the Birthday Love Gift in memory of their daughter Jordan Elizabeth Glawe 03/1991 – 08/2009.
- ★ Ralph & Vera McLean for the Anniversary Love Gift in memory of their son, Antonia McLean 06/1972 – 04/2003.
- ★ Kathy Russell for the Birthday and Anniversary Love Gifts in memory of her baby granddaughter, Ava Nicole Liskey 03/2002 – 04/2002.

Our Children Lovingly Remembered

April Birthdays

Child—Parent, Grandparent, Sibling

Amanda Kay Pitts - Darla Pitts

Elizabeth Flory Duff - Ann Flory

Kevin Michael Harshbarger - Kenneth & Carolyn Harshbarger

Rebecca M. "Becky" Bole - Ken & Sue Bole

Ryan Patrick Gilhooly - Constance Gilhooly

Aaron T. Duvall - Kim Duvall

Will Mohr - Valerie Mohr

March Angel-versaries

Child—Parent, Grandparent, Sibling

Amanda Kay Pitts - Darla Pitts

Antonio McLean - Vera McLean

Ava Nicole Lisky - Kathy Russell

Heather Denise Bailey - Joe & Wanda Bailey

Allison Rudy - Lora Rudy

Tasha Nicolle Longyear - Kern & Pamela Carpenter

Malachi (Mack) Bell - Mark & Lori Bell

Remembrance

In the light of day, I awake with thoughts of you.

In the dark of night, I sleep with thoughts of you.

Is it grief or disbelief?



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....

"Open to HOPE"

By Dr. Gloria Horsley, Dr. Heidi Horsley and the Open to Hope Contributors



Losing a loved one can be an intensely isolating experience. At times you may feel as if you are the only person who has ever known such anguish. Helping you find hope again is our mission in "Open to Hope: Inspirational Stories of Healing After Loss."

This book and many others are available to borrow from our chapter library.

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

Sibling Resources

"Making Lemonade - Choosing a Positive Pathway After Losing a Sibling" by Zander Sprague

"Surviving the Death of a Sibling" -by TR Wray

<https://www.compassionatefriends.org/adults-grieving-death-sibling/>

<https://www.facebook.com/siblinglosssupport/>



**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.