



# THE COMPASSIONATE FRIENDS INC.

International Organization Offering Friendship and Understanding to Bereaved Parents

## MIAMI COUNTY CHAPTER NO. 1870

April 2021 NEWSLETTER Vol. 30 No. 3

Facebook page "The Compassionate Friends of Miami County Ohio Chapter 1870".  
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### ***IT'S SPRING—THE BUTTERFLIES ARE COMING***



*Many of us at TCF hold the butterfly with utmost regard, for it is a symbol of our child's life after death. We think of our children being born into a free and more beautiful existence after the drudgery of a caterpillar's life here on earth.*

*But what about us? Does the butterfly hold an even deeper meaning for bereaved parents? It seems in fact we have died also. We are never the same after the death of our child. But can we be transformed into a beautiful creature, or are we doomed to be trapped in the web of a cocoon forever? I believe it is simply a matter of choice. We can stay in the silken threads which we spun for ourselves. It's quite safe there. Perhaps if we isolate ourselves with a really tough cocoon, no one can ever reach far enough to hurt us again.*

*But if we take a chance on emerging into a new person, the light of our children's love will have a chance to shine through our newly formed wings. It won't be easy. The grief cocoon holds anger, fear, guilt and despair. But we can work through it. In fact there's no going around it. All butterflies must work their way through an ugly cocoon.*

*It's spring. The butterflies are coming.  
 Won't you join them?*

*~Kathy Slief, TCF, Tulsa, OK*

*"In the end, all we have  
 are lives we've touched"*

*Author Unknown*

### **\*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 \***

**April Meeting: April 22<sup>nd</sup> 7:00 pm**

**Topic: Question cards**

### ONE WEEK YOUNG

Seven long and lonely days have passed  
 Since you were born.  
 It is the anniversary of the day  
 You lay on my lap  
 Breathless.  
 And in your quiet beauty  
 I shall always remember  
 How perfect you were  
 And those few treasured moments  
 Of joy and pride  
 In knowing  
 That you would always be my son  
 No matter what.

*~Bonnie Rabic, TCF, Jasper, GA*



## Music Strikes a Chord

By Gloria Jordan



On May 1<sup>st</sup>, Carson's heavenly 26<sup>th</sup> birthday, I attended my grand-niece's elementary school vocal concert. Small town, small school. The concert opened with the entire K-6 school body (all 120 of them) walking in while exuberantly singing with choreographed arm motions.

All of a sudden, tears started welling. Oh geez! I didn't want to be the grand-aunt sitting in the bleachers, wiping tears away. Where did these come from, I wondered. No conscious thoughts of Carson were going through my head at the time.

After all it had been 10 years since he died (insert wry smile emoji here).

Maybe I caught in the stirring sound of the children's sweet voices. Then I couldn't help but think back to Carson's vocal concert career (mixed in with one short stint playing viola in 6<sup>th</sup> grade orchestra). More tears trickled. More memories spilled out. A couple songs later, a few pairs of jitterbugging dancers entertained us, which prompted thoughts of Carson and his partner jitterbugging in front of their 5<sup>th</sup> grade choir-mates.

I blotted the tears with a crumpled tissue mined from the bottom of a coat pocket. I put away the tissue and stored the remaining tears for another day-maybe for an episode of Dancing with the Stars, as I fondly reminisce and think of my son now dancing with the stars.

*Gloria Jordan with her husband John, joined the Minneapolis, MN TCF Chapter soon after the son and only child, died. Carson was 14 year old when he died by suicide in 2006. Gloria honors Carson by being active in their chapter, serving as newsletter editor for ten years, and recently becoming a co-leader. She found it very rewarding to participate in the 2011 National Conference as co-chair for the silent auction and raffle. Creating the Shining Stars conference quilt remains a highlight of her conference participation.*

*(taken from "We Need Not Walk Alone" Spring/Summer 2018 issue)*

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### **INTERRUPTED CYCLES**

*She wanders somewhere between if and should in the early morning hours before mist falls and when the air is poised for a breath.*

*She stares at an empty bed covered by a red spread, his favorite color, ordered from Sears catalog to go with the curtains she had sewn only weeks before his final birthday.*

*Realities instead of wishes rest on the emptiness stretching before her where his strong adolescent body used to be; where he dreamed of wishes yet to come true, before the cycles that should have been become if onlys.*

~ Susan Charles, TCF, Dallas, TX

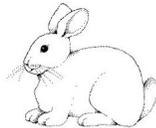
## Memories

Memories are flowers,  
 Growing in the heart.  
 Flowers picked on happy days,  
 That time arranges in bouquets,  
 To warm the heart in tender ways,  
 By feelings they impart.  
 Memories are pictures,  
 Taken through the years,  
 Pictures of a smiling face,  
 A happy time,  
 A favorite place...  
 These pleasures,  
 Time cannot erase.  
 They are kept as souvenirs.

~Laura Rogers, TCF, Northfield, ND

## AT LAST, THE SPRING

How is it that in the winter of my grief  
 I can notice how the seasons change  
 With their accustomed regularity?  
 Just now I cannot bear the taste of Spring,  
 yet She won't sleep forever.  
 This month She's busy pushing trees to bud,  
 and bidding flowers to raise their dormant seeds to life.  
 All life is reaching for the light.  
 And all of my own potentiality,  
 in spite of heavy winter's cloak,  
 races to embrace the good,  
 strong harbingers of joy and peace  
 and transformation.



~Shirley Cognard ottman, BP/USA of North Texas

## CHAPTER NEWS

### Upcoming meetings:

**Apr** - Question cards  
**May** - 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!*

- ★ Ralph & Vera McLean for the Anniversary Love Gift in memory of their son, Antonio McLean 06/1972 – 04/2003. Vera recalls the day that Antonio died as the worst day of her life.
- ★ Danny & Tammy Elam for the Birthday Love Gift in memory of their son, David J. Elam 02/1993 --10/2014.

*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.*

***“Grief makes one hour ten.”***

~William Shakespeare

# Our Children Lovingly Remembered

## April Birthdays

Child—Parent, Grandparent, Sibling

Aaron T. Duvall - Kim Duvall  
 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  
 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  
 Malachi (Mack) Bell - Mark & Lori Bell  
 Shawn Edward Smith - Marcia Nowik  
 Tasha Nicolle Longyear - 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. - Editor*

**Watch the Sunrise...**

**Remember the**

**laughter...**

**Celebrate what was ...**

~Sasha Wagner



## Circle

How do you bear it all?  
 The cry came from a mother  
 Whose son had died only weeks before.  
 We were in a circle, looking at her,  
 Looking around, looking away,  
 Tears in our hearts, in our eyes.  
 How do we bear it?  
 I don't know,  
 But the circle helps.

~By Eva Lager, TCF, Western Australia

# S i b l i n g P a g e

## How to Help Me Grieve

### Be there for me:

I feel alone, in pain.  
I need a friend.

### Share my sorrow:

Speak from your heart.  
I have to talk about my feelings.

### Let me grieve:

Listen to me, I need to cry.  
We all grieve in our own way and  
In different time frame.

### Keep the memory alive:

It is always on my mind.  
I have so many memories.

### I need your help:

Help me, call me, pray for me.  
Do whatever you can.

### Don't desert me:

Don't desert me after the 1<sup>st</sup> or 2<sup>nd</sup> week.  
I need you especially on holidays.

### Take care of yourself:

I need to depend on you.

### Help me heal:

Involve me, listen to me months later.  
I need your interest and invitations.

### Be my friend:

Don't be afraid of me or my grief.  
It's okay to cry.  
Lastly, please don't criticize until you've  
Walked in my shoes. Instead: **Pray for me.**

~Vivian Sager, TCF, Minitonas, Manitoba, Canada

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## 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/>

## Piece of My Heart

I lost a piece of my heart  
The night you passed away.  
But it would have been wrong of me  
To ask you to stay.

I know where you are,  
And I know that you are fine,  
But still my tears have not been tamed  
With the passing of time.

I don't think they ever will be  
Since it's been five years  
And the emptiness is still there.

I lost a piece of my heart  
And it's lost without a trace,  
But at least I have memories of you  
And those will never erase.

Allison Modras, in loving memory of  
My Big brother, Mike.



*"Grief is nature's way of healing the broken heart. There's no timetable, and emotions are as different as snowflakes or fingerprints. It depends on the relationship with the loved one, the ability to handle stress and the support received.*

*But the only cure for grief is to grieve and there's no getting around the pain."*

~Rabbi Earl Grollman, TCF, Valley Forge, PA



**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.