



THE COMPASSIONATE FRIENDS INC.

International Organization Offering Friendship and Understanding to Bereaved Parents

MIAMI COUNTY CHAPTER NO. 1870

October 2019 NEWSLETTER Vol. 34 No.9

Facebook page "The Compassionate Friends of Miami County Ohio Chapter 1870".
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We're Alike You And I

We're alike, you and I. We've never met. Our faces would be those of strangers if we met. We would barely perceive the others presence if we passed on our walk through the mists. We're unknown to each other until the terrible words have been spoken: "My child died."

We're alike, you and I. We measure time in seconds and eternities. We try to go forward to yesterday. Tomorrows are for old people, and we are incomplete now. The tears after a time turn inward to become invisible to all save you and me. Our souls are rumpled from wrestling with demons and doubts and unanswerable prayers: "Give me back my child."

We're alike, you and I. The tears that run down your face are my tears and the wound in your soul is my pain too. We need time, but time is our enemy for it carries us farther and farther from our lost child. And we cry out: "Help me."

We're alike, you and I. And we need each other. Don't turn away, but give me your hand and for a time we can cease to become strangers and become what we truly are, a family closer than blood, united by a bond that was forced upon us -but a bond that can make us stronger, still wounded to be sure, but stronger for our sorrows are shared. "We need not walk alone."

~Author Unknown



October meeting – Oct 24th, 2019 7:00 pm

Topic: *Brad Reed and Jordan Hodges from the Tri-County Board of Mental Health & Recovery will speak on the the topic of Suicide and Drug overdose*

Our Special Thanks to Marilyn Miller who has been preparing our New Member Information folders for the past ten years. She's been doing this in memory of her two sons, Jeffery L. Miller 11/1960 -- 08/2005 and Scott Miller 12/1959 -- 06/1999.

Meetings are held at:
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.

GRANDFATHER'S POEM

Author unknown

Once I saw a grown man cry
"Now there goes a man with feeling," said I

He was strong, able, quite well
Built, with muscles, gray hair
And charm to the hilt.
I moved toward him slowly and said, "What's wrong?"

The look he gave me was tearfilled and long.

"I cry for a child. My grandchild
Has died."

So I sat beside him and two
grown men cried.

Grief at Halloween

You have bittersweet memories of the past:

Annual events, traditions, and holiday are rife with memories of the past. This year inevitably reminds you of last year and years before that. You may find yourself reflecting on years when your loved one(s) were alive, years when things seemed happier or simpler, or even years when things were very difficult.

After a loss, memories of the past gain new dimension. A memory that at one point was remembered as purely happy can take on shades of sadness when it includes a person, place or time that's gone from our physical reality. So whether the memory is happy or sad, both can cause you to feel pain.

Does this mean you should avoid all memories of the past? No, definitely not. You lose far too much when you lock away all your memories, whether they're happy, sad, or mundane. Memory can be an immense source of comfort and connection, not just in grief, but in life. Happiness with a side of sadness is just something you have to get used to after a loved one dies.

Your loved one was a baby, child, or adolescent when they died:

If your loved one was a child when they died, then not only might you be struggling with memories and losses related to the past, but you may also be grieving losses related to holidays they won't get to celebrate and experiences you won't get to share. For example, you might be consumed with thoughts about how old they would be and who or what they would want to dress up as.

Unfortunately, Halloween grief triggers are very difficult to avoid. There are parties at school and work, decorations throughout your neighborhood, entire sections of your grocery store dedicated to candy and costumes, and on Halloween, the trick or treaters are out in full force.

If Halloween is proving to be especially difficult for you this year, schedule a little extra self-care time throughout the week. And if you think it will be too difficult to hand out candy on Halloween night, plan to get out of the house by going to dinner, a movie, or some other non-Halloween related activity.

Halloween symbols are bothering you or are distressing someone in your life:

Spirits, ghosts, tombstones, skeletons and other reminders of death are everywhere during October. Adults may simply find it difficult to look at these symbols in the harmless and playful way they once did. While children, especially those struggling with questions like – "What happens to you after you die?", "What happens to your body?", "Are ghosts real?" – may find these images downright scary.

If you are supporting a young child who is grieving, you may want to check in with them about how they are feeling about Halloween. There are support resources for talking to grieving kids about Halloween from the National Center for School Crisis and Bereavement and from the Dougy Center.

You're just not that into it:

Halloween is a pretty playful holiday. Some people really get into it. Maybe you even used to get into it, but this year you're feeling kind of '*meh*'. Grief takes a lot out of you and, in such times, you may find you need to conserve your limited amounts of energy and enthusiasm.

So here are the options as I see them:

Participate with simplicity and support: You may not have the option to skip Halloween because you have children in your care, your work requires you to participate, or for some other reason. If this is the case, try to keep things simple. Embrace store-bought costumes or maybe just go as a grieving person, people tend to find that very scary (I wish I were kidding) ☐ And don't forget to ask for support from family and friends.

Skip it (if you have the option): Leave the decorations in their boxes and go to a movie on Halloween instead. Take comfort in the thought that maybe next year you'll feel more up to it (or maybe not, and that's okay).

~from WTG (What's Your Grief)

Heaven's Children

Do you suppose they meet like us
To lend support and love?
As we assemble, do they gather too,
watching from above?

Do you suppose they ask our God
To Care for parents, here?
Just as we beseech Him
To hold our children dear?

Do you suppose, among themselves,
They comfort one another?
When they see deep grief consume
Their Father or their Mother?

Do you suppose, together,
They wipe away our tears?
Holding hands, as we do,
To cleanse away our fears?

Do you suppose they listen
To the breaking hearts we share?
As we tell our stories
Our tragedies laid bare?

And, do you suppose they know the Truth,
These children whom we adore?
Knowing fully that God's Love
In abundance He will outpour?

And, do you suppose they understand
Far better than we mortals?
That peace and joy and soul's content
Await us at the portals?

And, do you suppose until the day
They see us fact to face
They're tugging on God's heartstrings
To keep us in His Grace?

~Sue Smith, Los Osos, CA

Grief is a passion to endure. People can be stricken with it, victims of it, stuck in it. Or they can meet it, get through it, and become the quiet victors through the active, honest, and courageous process of grieving.

~Author unknown

CHAPTER NEWS

Upcoming Topics:

Oct - *Brad Reed and Jordan Hodges from the Tri-County Board of Mental Health & Recovery will speak on the the topic of Suicide and Drug overdose*

Nov - *Does it have to be a season without joy?*

*Note: November meeting changed to Nov 21st, 7:00pm due to the Thanksgiving Holiday.

Dec - *Candlelight Memorial Service & Dinner*

December
Mark your calendars!

Candlelight Memorial Service
Sunday, December 8, 2019
3:00 pm

Zion Lutheran Church
Main and Third Street
Tipp City, Ohio

We celebrate our loved ones' lives through the lighting of candles in their names. After the candle lighting service in the sanctuary, we have a reception dinner in the fellowship hall area.

More details of this event will be provided in the November newsletter.

Thank You
for your love gifts!



Joe and Wanda Bailey for the Birthday Love Gift in honor of their daughter, Heather Denise Bailey, whose 44th birthday would have been on September 8th. Heather Denise was 6 1/2 years old when she died.

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.

Our Children Lovingly Remembered

October Birthdays

Child—Parent, Grandparent, Sibling

Allison Rudy - Lora Rudy
 Brad M. Massie - Barbara Massie
 Gina Marie Baker - Margery Marshall
 Jessica Back - John & Roberta Back
 Joshua Matthew Lightle - Matt & Kristi Lightle
 Maci Eickman - Josh & Elizabeth Eickman
 Montgomery Alan "Monte" Mott - DeDe Mott
 Zachary O. Patrick - Mike & Tina Patrick



October Angel-versaries

Child—Parent, Grandparent, Sibling

Aaron T. Duvall - Kim Duvall
 Brent A. Snyder - Claude & Mary Snyder
 Brooklyn Renae Pope - Darin Pope
 David J. Elam - Danny & Tammy Elam
 Douglas Ray Lavy - Robert E. & Sharon Lavy
 John Patrick McLaughlin - Don & Pam Fortener
 Joshua Matthew Lightl - Matt & Kristi Lightle
 Justice Meade - Jenni Warner
 Justice Meade - Sue Brown
 Liam Seamus Gillespie - David & Julie Gillespie
 Linda Kimerling - George & Harriet Holbert
 Samuel Pearson - Randi & Carolyn Pearson

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....

"How Long Will the Pain Last?" by Charlene Cole M.S.



After Charlene Cole's only child, Joe, was killed on a back country road following a Labor Day party, she didn't know if she could survive. Finding it difficult to find counselors that truly understood parental grief; or good books that actually helped, she eventually went back to school to get her Masters in Counseling Psychology, hoping to help others. Charlene was given permission to give anonymous surveys at the 1992 The Compassionate Friends National Convention, and the 1993 Alive Alone National Convention. Because the parents literally poured out their hearts on these surveys, she decided to write a book to share her findings with others. This is her first book on grief.

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

All the Things I Miss

I think about all the things I miss about my brother. There are a lot, some painful, some I never would have believed at the time that I would miss. And I find that what I miss the most are the things that should have been: I bought my first car the year he would have turned sixteen. He should have been here to ask to borrow the keys-not that I would have given them to him-but he should have been here to ask. He should have been a senior this year, getting ready to face the world with no summer vacations and deciding what to do with his life. He should be here when I fall in love to tease me and give his opinion of the man I choose. He should be here when I have a child to be godparent and uncle, friend and confidant.

My brother was my friend and my foe in a way that only a little brother can be. And as I sit here and think about my brother, what I think the most is he should be here. I love and miss you little brother.

~Shannon Odessa Steiner
TCF Lowell, IN

150 Facts about Grieving Children

By Erin Linn

Fact #24

When a child dies in a family, the adults have to deal with the death as well as the changed behavior of the other children in the family. The same is true for the bereaved siblings. They have to deal with the loss as well as the changed behavior of their parents.

Fact #27

Holidays are very hard for grieving children ... especially Halloween with its displays of ghosts, caskets, and skeletons. Many times parents try to overcompensate during holidays, and this can backfire. Let the children have input as to how the family will spend future holidays, at least for the next year or so. They will probably have some great ideas.

You were only 19

You have passed, but the pain still lives on inside of me. A young man, a tragic end, you were only 19. Waking every morning imagining that I was still 10. Wishing you were never gone, wishing your death was just pretend.

They said it would get easier and the hurt would go away.

Your pictures hang above the mantel.

I look and smile with a tear, each and every day.

I remember how hard it was, and how I always cried.

Mom and Dad were so sad, I was so angry.

I couldn't understand why you had died.

Now I am 18, trying to stand my ground.

Wondering how I got through 8 years without you around.

Times are hard, growing up is so scary.

Knowing you can't be there through college, boyfriends and parties, not even when I'm married.

It's weird to be your age, and it hurts to do all the things you missed.

Wanting to ask, if I became all that you had wished.

I was 10, but you were only 19.

Years have passed and it still hurts, but your life lives on forever, in my memory.

Dedicated to my brother Stephen Andrew Schark, Jr.

6/11/80 – 12/10/99

Written by: Alexis Noel

Where Does the Sister Come In?

My brother was killed

He was murdered for no reason at all

My pain is so sharp, so close.

But THEY think I shouldn't be suffering as much ...

As much as his wife,
who grieves for her love
and her future.

As much as his son,
who will never know his daddy.

As much as his parents,
who have lost their only son,
their first born, their child.

I have lost my closet friend,
the man I admired most in my world:
the person I spend most of my free time with – only
for the company;

the person I played Yahtzee with until 2 am,
knowing I'd beat him soon:

the boy I grew up with and followed around
constantly; the love that only a brother and a sister
can know; the respect he had for me; the talks and
the personal jokes.

I have lost my brother.

It hurts just as much.

~Bridgette Huard



**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.