



THE COMPASSIONATE FRIENDS INC.

International Organization Offering Friendship and Understanding to Bereaved Parents

MIAMI COUNTY CHAPTER NO. 1870

MARCH 2018 NEWSLETTER Vol. 27 No. 2

Facebook page "The Compassionate Friends of Miami County Ohio Chapter 1870".
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You are invited!!
March 22, 2018
7:00pm

Special guest speaker & musician
Alan Pedersen
The Angels Across the USA Tour

Alan Pedersen is an award-winning singer, songwriter and recording artist. His inspirational messages of hope and his music have resonated deeply with those facing loss or adversity in their lives. Since the death of his 18 year old daughter Ashley in 2001, Alan has traveled to more than 1,300 cities speaking and playing his original music. Alan also successfully served four years as Executive Director of The Compassionate Friends, the largest grief organization in the world.

Alan is currently on the road with the Angels Across the USA Tour where he will speak and perform in over 100 cities in the U.S. in 2018.

Alan will make the Miami County Chapter in West Milton, part of his tour at the Thursday meeting on March 22nd , 7:00pm.

You are also invited to bring a snack to share.

We hope you have the opportunity to join us !!

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.

March Meeting—March 22, 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: Special guest speaker & musician Alan Pedersen

March Refreshments:

Dawn Duff (Memory of Cassie)
Barb Lawrence (Memory of Susan)

Thank you for February Refreshments

Jeff & Jackie Glawe (Memory of Jordan)
Cindy Glaser (Memory of Andy)

Next Meeting: April 26, 2018

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



For me music is a vehicle to bring our pain to the surface, getting it back to that humble and tender spot where, with luck, it can lose its anger and become compassion again.

-Paula Cole

SURVIVING CHILD DEMONSTRATES MEANING OF EASTER

Written by Mitch Carmody on Thursday, April 9, 2009

In December of 1987, our 9-year-old son, Kelly James, died following two arduous years of fighting brain cancer. That ensuing Christmas, we were so numb in our grief that much of it is now a faded memory. But that following Easter, we received a gift, a gift that I share it with you now.

When Kelly died, his sister Meagan was 6 years old; our only child now, she was left with two grieving parents who were in a deep funk for the most of a long Minnesota winter. We had fought so long to save her brother, tried so hard with everything we had at our disposal. We won many battles but ultimately we lost the war. We were wiped out, apathetic and at the lowest ebb in our lives. Thoughts of spring could not even penetrate the thick penumbra of grief that covered our souls.

Then our darling daughter gave us a gift, a homemade Easter card on Easter morning that not only penetrated that cocoon of sorrow but brought sunshine to our hearts. It was one of the first indications that Kelly had survived his physical death and reached out to us in our pain. And he did it through his sister Meagan.

Easter morning, Meagan was busy in the kitchen making us a breakfast that only a 6-year-old could make, while we waited patiently and tried not to intervene. On the table, she had a homemade card made from the stapled pages she had ripped out of a 3"x5" spiral notebook. On the front page, she had a crayon drawing of an angel underneath a rainbow that said "Happy Easter Mom & Dad." The text in blue crayon scrawled on the next pages read thusly:

"To Mom and Dad, Please don't be sad just for me, I hope you are happy, I love you and I am glad up in heaven, but I miss you... and Kelly said Happy Easter Mom and Dad, I make Meagan do it, but I put it in her brain. Love Kelly."

As you can see, Meagan was a very thoughtful and talented 6-year-old with keen insights into helping her very sad parents smile again. Or perhaps it was the power of her brother Kelly's undying spirit using her to communicate to us that life and love is eternal. I believe both happened. This first whisper of love penetrated our darkness and we again saw hope at Easter time.

--By Mitch Carmody

You can reach Mitch Carmody through his websites, www.proactivegrieving.com and www.heartlightstudios.net.

The Easter Holiday without your child

Suggestions by Jackie Glawe

As with all Holidays 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

Chasing Butterflies

So many times I wonder now
How will I make it through?
As years go flitting by me
Taking memories of you
Elusive, fragile, here and there
I chase and cast my net
Tiny pieces of our long agos
I fear I might forget
Like a thousand butterflies
So many, yet too few
Each one a treasured moment
Each one a part of you
Time may bring me closer
To the day I see your smile
But time can be my enemy
Stealing from me all the while
So I will chase each memory
Seen through this Mother's eyes
Until I'm with you once again
I'll be chasing butterflies

Donna Gerrior
TCF Pasco County, FL
In Memory of Rob



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:

April - Tools to Ease the Pain of Grief, facilitator, Cathy Duff.

May - TBA



*Thank You
for your love gifts!*

- ★ John Alexander for the Birthday Love Gift in memory of his son, Clifton Alexander 02/1987 – 11/2007.
- ★ Bob and Penny Walters for the Birthday and Anniversary Love Gift in memory of their son, Rob Walters 01/1982 – 02/2009.

Prayer for Spring

Like Springtime, let me unfold and grow fresh and new from this cocoon of grief that has been spun around me. Help me face the harsh reality of sunshine and renewed life, as my bones still creak from the winter of my grief. Life has dared to go on around me as I recover from the insult of life's continuance, I readjust my focus to include recovery and growth. Give me strength to break out of the cocoon of my grief, but may I never forget it, as the place where I grew my wings – becoming a new person because of my loss.

Janice
TCF, Vancouver, Canada

Our Children Lovingly Remembered

March Birthdays

Child—Parent, Grandparent, Sibling

Ava Nicole Lisky – Kathy Russell

Bill Meadows – Fred & Pat Meadows

Kyle L. Bryan – Jeanette Bryan

Michael David Rhoades – David Rhoades

Paul William Knisley – Kim Knisley

Taylor Davis – Barbara Davis

Susan Eileen Lawrence – Barb Lawrence

Jordan Elizabeth Glawe – Jeff & Jackie Glawe

Kaitlynn Ariana Yvonne Preston – David & Michelle Preston

Claire Landis – Matt & Chelsea Landis

James Hatfield – Betty White

March Angel-versaries

Child—Parent, Grandparent, Sibling

Erika Leigh Wetzel – Susan Wetzel - Philpot

Jacqelyn Elizabeth “Jackie” Ahlers – Bob & Peg Ahlers

Paul William Knisley – Kim Knisley

Ryan Patrick Gilhooly – Contance Gilhooly

Cassandra “Cassie” Campbell – Dawn Duff

Jerrid Younker – Susan Cole

Jerrid Younker – Frank Younker

Remembering the person I have
loved

Allows me to slowly heal.

Healing doesn't mean I will forget.

Actually, it means I will remember.

-Donna Morgan



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....

"Hope for the Troubled Heart"

by Billy Graham

Stress, Loneliness, Illness, Depression, Tragedy, Death, in the midst of the pain that afflicts us all comes a promise of Hope for the Troubled Heart.

On a personal note this was one of the many books I read following the sudden death of our daughter from a car accident. This book and the words of Billy Graham gave me hope and comfort. I will always be thankful for Rev. Graham for this book and many others he has written.

This book and many others are available in our chapter library.
Book review submitted by Jackie Glawe (Jordan's mom)



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

Siblings Credo

*We are the Surviving Siblings of The Compassionate Friends
We are brought together by the deaths of our brothers and sisters.
Open your hearts to us, but have patience with us.
Sometimes we will need the support of our friends.
At other times we need our families to be there.
Sometimes we must walk alone, taking our memories with us,
continuing to become the individuals we want to be.
We cannot be our dead brother or sister.
However, a special part of them lives on with us.
When our brothers and sisters died, our lives changed.
We are living a life very different from what we envisioned,
and we feel the responsibility to be strong even when we feel weak.
Yet we can go on because we understand better than many others
the value of family and the precious gift of life.
Our goal is not to be the forgotten mourners that we sometimes are,
but to walk together to face our tomorrows as
Surviving Siblings of The Compassionate Friends.*



**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.