



THE COMPASSIONATE FRIENDS INC.

International Organization Offering Friendship and Understanding to Bereaved Parents

MIAMI COUNTY CHAPTER NO. 1870

October 2020 NEWSLETTER Vol. 34 No. 9

Facebook page "The Compassionate Friends of Miami County Ohio Chapter 1870".
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Seasons

The change of seasons is difficult. It reminds me that I must change if I am to live again. We can become stuck in our grief, full of self-pity and overwhelmed with pain. I do not believe our children would want us to live the rest of our lives in pain and misery. It is so easy to fall into the "black pit" and never have the strength or courage to crawl out – because crawl out we must...on our bellies.

We are different now, with different priorities and goals. We must find a new purpose for going on, and we must accept the changes in our lives – including ourselves, for we are different now. We cannot go backward, though there are times we yearn to. We must go forward. If we don't, we stay stuck at the point our world changed. I used to say "ended."

Change is difficult. To accept the loss of our child is the most difficult of all. Our comfort comes from believing that the love we share will go on for all eternity and that we will be reunited again – and each day brings us closer. We must learn to live again, love again, feel joy and peace again – or our survival will be without value to ourselves or others.

~Renee Little, TCF, Fort Collins, CO

NOTICE

CHANGE OF MEETING LOCATION

Due to Covid meeting inside at the Nashville UCC has been suspended. With cold weather approaching we have changed our meetings temporarily to meet

at:

Zion Lutheran Church

14 W. Walnut St., Tipp City, Ohio
Corner of Main St. and Second St.

October Meeting – Oct 22, 2020,
7:00pm

Topic: Preparing for the Holidays

Thank you for September Refreshments
Randi & Carolyn Pearson (memory of Sam)

*People must be given the
opportunity to hurt out loud.*

~LadyBird Johnson

The Shorts

Those of us who have lost children know that our child's possessions become extremely "priceless" to us. I understand this also can happen to other's grieving the loss of any loved one as well. I have many items of my daughter's that I have kept, OK, A LOT, however I have also let go of many of her items as well. I have donated some items to people or places I know meant something special to her or had keepsakes made out of some of her other items. It's usually her items that I have a hard time parting with however in this case it is an item of mine. It is a certain pair of my shorts. These shorts are nothing special and frankly they don't really fit me as well anymore. They have lingered in my drawer for 11 years. They had seen a lot of wear prior to the day of Jordan's accident and were quite useful in many cases as they have many pockets. Two on each side that zip up that I could put money in if I was somewhere I didn't want to take a purse. These shorts are jean Bermuda type shorts that had a little handy lower side pocket I stored my phone and sometime a pen or piece of paper. Jordan often said to me that they were my "boy shorts" ha ha.

The functionality of these shorts changed for me 11 years ago when I wore these shorts out to where the accident site of where my daughter's life ended on this earth. I can confirm this because family members and I took different photo's out there. That may sound strange to some however if you are a bereaved parent it probably sounds right and sacred. Even though I have confirmation of the photos out there with me in the shorts I also know because I remember the day somewhat clearly. This was after the funeral had taken place and our families were going to be heading back home. We all went out to the accident site so they could see where Jordan had went to Heaven and to pray. (Jeff could not make the trip out to the accident site for quite some time after the accident as it effected him in a different way then myself and I tried to respect his feelings as much as I could as he tried to respect mine.)

When we arrived we found the exact location where Jordan's body had laid lifeless only days before. There in the very same spot someone (we would later find out was the State Hwy Patrol Officer) had made a precious cross out of two medium sized sticks, and had it sticking up from the ground where my daughter's body and been. I can't even begin to tell you what that meant to us! That this investigating officer took the time and care to do this meaningful gesture.

...(the shorts continued)..

We had brought some of the funeral flowers with us out to the site and so we placed them over the spot where Jordan had been. We then circled up and held hands as my sister Judy gave a heartfelt emotional prayer of thanks for Jordan's life and comfort and peace for Jeff and I and all of us having to survive this loss.

I remember after the prayer and talking some I became overwhelmed with emotions and fell to the ground pulling at the dirt of where Jordan had laid. I just wanted her BACK! I was thankful our families were there to comfort me. This time at the accident site ended but soon after the shirt and shorts I had on became an uncomfortable symbol of that day for me. I never could wear the shirt again, but the shorts I continued to wear, however every time I wore them I felt uncomfortable and thought about that day. So eventually I quit wearing the shorts also, but I couldn't get rid of them. When I would open my drawer of shorts, "those" shorts would be staring right at me! For years their appearance in my drawer would hit me like a ton of bricks. Over the years this became less of an immediate pain just a click in my mind and then immediate sad emotions.

Why couldn't I just get rid of those stupid shorts!!

I guess they have this connection to the place Jordan went to Heaven even though they bring sadness to me when I look at them. It's been 11 years and a move to a new state and home and I have finally pulled them out of my drawer. As I write this they are currently in a small pile of clothes I am planning to give away. I'm not sure if they will make it out the door or if I will pull them back in. I'm hoping I can finally let them go. Just writing this out has already helped me in this process.

~Jackie Glawe, TCF Miami County Ohio
mom of Jordan Elizabeth, 3-12-91 - 8-6-09

CHAPTER NEWS

There is a light
in the world, a healing spirit,
more powerful than any darkness
we may encounter.

We sometimes lose
sight of this force,
when there is so much suffering,
too much pain.

Then suddenly,
the spirit will emerge
through the lives of
ordinary people who
care and answer in
extraordinary ways.

~Mother Teresa



We need not walk alone!
We are The Compassionate
Friends.

Upcoming meetings:

Oct - *Planning for the Holidays*
Nov - *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!

- ★ Steve & Cindy Glaser for the Anniversary Love Gift in memory of their son, Andy Glaser 12/1975 – 6/2014.
- ★ Jodi Murphy of Kentucky for the Love Gift in memory of Jerrid Younker, 06/1998 -- 03/2016, son of Susan Cole.
- ★ Sharon Lavy for the Birthday Love Gift in memory of her son, Tony Robert Lavy, 08/1966 -- 05/2007.

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.

*The presence of that
absence is everywhere*

~Edna St. Vincent Millay

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 Lightle - 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 a book review....



“Holding Onto Love, Searching for Hope When a Child Dies”

By Chuck Collins – Reviewed by Janet Sieff

Chuck Collins writes from the heart. You can feel his kind words easing the pain just a little bit as you read this book. He writes from his personal experience as a bereaved father, and addresses issues- obstacles, emotions, family matters, and working situations- that will challenge bereaved families.

The book discusses not only the time immediately after a child's death but also the years following. Chuck guides newly bereaved parents through the dreaded tasks of planning a funeral and finding a support system to get through the time that it is impossible to be emotionally unprepared for. Because he has been there, Chuck refers to his story to support bereaved parents and families on the journey through the deaths of their children, knowing they have a friend out there to guide them.

One of the unique offerings of this book is a Comfort checklist for family and friends in the back of the book. It is an excellent set of suggestions for immediately after the death, the funeral process, the first month, the first year, going back to work, and more. This is followed by examples of how other parents have memorialized their children in positive ways, such as organizing remembrance walks and creating scholarships.

HOW MY PARENTS HELPED ME

Thanks for immediately telling me about what happened and the details of how, as soon as you knew.

I needed to cry with you, and to cry alone. We all need to cry together, especially in the beginning.

Talking about memories and what it WAS like is okay; but I'm here and I'm NOW, and I need you to think about me. It's selfish, but necessary for me to feel needed, wanted, loved and near you.

When we talk, remember he was my brother and we had our sibling rivalries. He wasn't perfect, but neither am I. You helped me to not feel guilty about the fights we did have and told me he'd forgive me and I should forgive him; especially if I get mad, because he died and left us.

Don't put your deceased child up on a pedestal, while putting down your other children. Talk to your child but talk of good and bad memories – be realistic and don't think you have to make your child out to be a saint – stay in Perspective.

Hug your kids – they're going to be feeling guilty about words or arguments they've had with their deceased sibling.

Talking helped me to realize my feelings more. At first it was hard to talk but as I grew older it helped to talk. It brought us closer as a family. We realize each others feelings and try to understand each other better now. I realize the importance of being nice. We don't know what might happen in the next hour or day.

Lovingly lifted from the TCF Newark, OH Newsletter

Grief, You and Me

Grief, you are my mate
my constant companion.
wrapped around me,
close as a lover
limbs entangled
heaps of appendages
interwoven in intimacy

Some days
I try to disentangle,
disengage from you
in irritation, picking and plucking you from me
like fleas on a cat's fur.

Some days
I try to push you away
shut you out
slam shut the cellar door
and walk away into the kitchen
and cook a big meal
only to notice you sitting at the dinner table

Sometimes
I just let go completely
and fall into you
head first, heart first,
defenseless before your gigantic tsunami of
ache.
Pummeled and tumbling in directionless white
water
I cry out
Grief, you are much bigger than me
taller, stronger, fiercer,
you will outlive me, exhaust me, overpower me!
Will I ever find my way back to up?
where is the air?
which way is air, and sun, and life?

Sometimes
I wonder
will we someday merge
as old married couples do
no longer having distinct identities, you and me.
Maybe you will seep into my bones
and we will just grow older and sweeter
together

Nadine Gregg
TCF Santa Cruz, CA
In Memory of Lucian



**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.