



THE COMPASSIONATE FRIENDS INC.

International Organization Offering Friendship and Understanding to Bereaved Parents

MIAMI COUNTY CHAPTER NO. 1870

July 2019 NEWSLETTER Vol. 31 No.6

Facebook page "The Compassionate Friends of Miami County Ohio Chapter 1870".
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Mark Your Calendars & Reserve a Butterfly for Your Child!

Butterfly Release & Annual Picnic
July 25, 2018
6:00pm

Nashville UCC Picnic Grounds

Come join us for a peaceful evening picnic and butterfly release. Everyone is welcome including family

and friends. Look for the balloons marking the gravel drive that will take you back to the picnic area located a short distance west of the church, on the north side of St. Rt. 571. We'll be using the covered shelter which has plenty of picnic tables and benches. For comfort, you may want to bring along folding chairs so you can sit under the trees where it might be cooler.

We provide plates, napkins, dinnerware, condiments, cups, drinks, ice and a variety of meat selections.

Please bring a salad, vegetable, fruit dish, or a dessert to share with the group and include a serving utensil.-- Don't forget to bring your child's picture for the photo table.

Please RSVP by July 7th if you will be attending the picnic to Barb Lawrence (937) 836-5939 or email barb.lawrence1961@gmail.com, so enough meat & dinnerware can be provided. (Please provide your child's name, your name, phone number, and the number attending for this child.)

For those that would like to continue with our traditional balloon release, you are most welcome to bring your own balloon and send it up to heaven with your messages after the butterflies are released.

No regular meeting in July

July 25th – Butterfly Release & Annual Picnic

July Butterfly Release & Picnic
 Please bring a dish to share

Thank you for June Refreshments
 Roberta & John Stekli (Memory of Jessica)
 Susan Cole (Memory of Jerrod)

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.

Next Meeting: No July regular meeting
 July 25th– Butterfly Release & Annual Picnic
 6:00pm, Nashville UCC Picnic Grounds



*National Compassionate Friends
 Conference*

Philadelphia, PA

July 19th – July 21st, 2019

*For more information
 and to register go to
 the national website*

Thecompassionatefriends.org

DEALING WITH GRIEF CONSTRUCTIVELY

Nancy Simon, Beaver, PA

1. RELEASE EMOTIONS AS SOON AS POSSIBLE.

Admit to yourself and to your family when you are having a hard day. Let them share your grief and cry with you. Don't bury your feelings, they won't go anywhere. Unsaid is not unexpressed. Say it and express it.

2. ACCEPT OTHERS' HELP.

Don't try to do it alone. Let friends and family come over and help with the housework, bring a meal, do the laundry. When others offer and are not sure how to help, let them do something you really need done, even if it is an hour to treat yourself to some solitude or an hour to treat yourself to something you enjoy doing.

3. KEEP A JOURNAL.

Keeping a daily record of mood swings helps you prepare for and make a positive change. Write down your thoughts and it will surprise you later to look back see the progress you are making. Try writing a letter or poem to your child.

4. EAT WISELY.

You might not have much appetite at first, but eating the right foods will help you feel better. Avoid "junk" foods substituting natural foods instead. Try eating more fresh fruits and vegetables. Be sure to include protein, milk and meat, as well for a balanced diet. Do not use food as an "escape" when you are feeling down. Drink eight glasses of water a day and avoid alcohol and caffeine.

5. EXERCISE DAILY.

Start slowly, but don't forget walking, stretching, biking, jogging and aerobics. You're the best judge of what your body needs. You may find at first that you have very little energy or endurance so pace yourself according to your physical needs.

6. FIND GOOD INFORMATION.

There are many excellent books available on all aspects of grief. Bookstores are begging to carry entire sections on grief. Your public library will also have many books available. Look for books to help and comfort you. Avoid reading "scare" literature and technical medical publications. If you still have questions seek out a medical professional, your doctor or nurse, who can provide the answers you need. (Editor's Note" Centering Corporation PO Box 45000, Omaha, NE 68104 has the most complete listing and catalog available on grief. (Editor's note:There are many books available in our chapter library).

7. REMEMBER TO REEST.

Tremendous amounts of emotional energy are used during the grieving process. Just getting through the day is a major ordeal at first. Don't feel bad about taking a quick nap or going to bed earlier than usual. Your body needs the time to regroup. Try to maintain your normal rest patterns even when you can't sleep. Try to use natural sleep aids like drinking warm milk before going to bed.

8. AVOID MAKING BIG DECISIONS OR LIFE CHANGES.

Put away the child's things in your time and in your way. If you need help, get a friend to come and be with you. Don't move, change jobs or make permanent decisions about relationships too early. Don't "write off" friends who say things you can't understand too soon. They are probably trying to help and don't know how. Good friends are hard to come by and hard to get back later. Just distance yourself temporarily if it's too difficult. Don't let others make all of your decisions, do what you can. Don't decide immediately whether to have or adopt other children. Take your time to grieve the loss of your child/children prior to making these important decisions too soon.

9. CHECK ANY PHYSICAL SYMPTOMS WITH YOUR DOCTOR.

When you are grieving and under stress-physically and emotionally – your body may react. If you need some special help don't hesitate to get it.

10. SEE GOOD SPIRITUAL ADVICE.

If you feel confused or aren't sure where God fits into your situation with your loss seek out a good spiritual counselor. It might be your pastor, priest, or a good friend who can listen and be there. Any questions or feelings are o.k. and normal. You need to find answers that you feel good about so that you can resolve them in your things. Experiencing the loss of a child is usually a crisis of faith.

The Grief Pit

The day my child died, I fell into the pit of grief. My friends watched me struggle through daily life, waiting for the person I once was to arise from the pit, not realizing “she” is gone forever. The pit is full of darkness, heartache and despair. It paralyzes your thoughts, movements and ability to think. The pit leaves you forever changed, unable to surface the person you once were.

Some of my pre-grief friends gather around the top of the pit, waiting for the old me to appear before their eyes, not understanding what's taking me so long to emerge. After all – in their eyes I've been in the pit for quite some time. Yet in my eyes, it seems as if I fell in only yesterday.

Not all of my pre-grief friends gathering at the top of the pit. Some are helping me climb out of the darkness. They climb side by side with me and from time to time, but mostly they climb ahead of me, waiting patiently at each plateau. Even with these friends I sometimes wonder if they are also waiting for the pre-grief me to magically appear before their eyes.

Then there are the casual acquaintances – you know, the ones who say, “Hi, how are you?” when they really don't care or really don't want to know. These people are the people who sighed in relief that it was my child who died and not theirs. You know, the “better you than me” attitude.

My post-grief friends are the ones who climb with me, side by side, inch by inch out of the pit of grief. They have no way of comparing the pit climber to the pre-grief person I once was. You see, they started at the bottom of the pit with me. They are able to reassure me when I need strength. They have no expectations, no memories, no recollections of how I “should” be. They want me to heal, to smile more often and find joy in life. But they've also accepted the person I've become – the person who is emerging from the pit.

~Cindy Early

CHAPTER NEWS

Upcoming Topics:

Jul - Memorial Picnic/Butterfly Release

Aug - Know me, Know my child
(you are encouraged to bring a picture, poem, song, favorite toy, piece of clothing, etc, of your child and share it with the group).

Sept - Bucket O' Blooms

*Thank You
for your love gifts!*

★ Ron and Pat Ladd for the Anniversary Love Gift in memory of their son, Billy Ladd 08/06/68 -- 06/22/2018

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.

*“It isn't for the moment you
are struck that you need
courage,*

*but for the long hard climb
back to sanity and faith and
security.”*

Anne Morrow Lindbergh

Our Children Lovingly Remembered

July Birthdays

Child—Parent, Grandparent, Sibling

Cody S. Pressler - Joe Miller & Tamra Pressler
Harley Ludwig - Warren & April Hawkins
Liam Seamus Gillespie - David & Julie Gillespie
Mary Herman - Mike Herman
Shannon Dyer - Denny Dyer

July Angel-versaries

Child—Parent, Grandparent, Sibling

Brandon Fox - Theresa Fox
Josh Eversole - Steve & Valerie Thorn
Mary Herman - Mike Herman

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



No book review for this month



You Will

You will live.
Although you feel like you are dying.
You will laugh once again.
Although you feel that emotion is lost forever.
You will think clearly again.
Although you feel very confused most of the time.
You will celebrate your child's life.
Although now you are enveloped in the why's and if only's of your child's death.
You will somehow work your way through this rough work called grieving.
Although today you feel you are slipping backwards.
You will find love, understanding, and caring with The Compassionate Friends.
Although today you are lonely, isolated, and withdrawn.
Choose the *You Will*.
I did, and it is helping with that large hole in my heart.

~Carol Joyce, TCF, Ft Lauderdale, FL

S i b l i n g P a g e

Ten Healing Rights For Grieving Children

Someone you love has died. You are probably having many hurtful and scary thoughts and feelings right now. Together those thoughts and feelings are called grief, which is a normal (though really difficult) thing everybody goes through after someone they love has died.

The following ten rights will help you understand your grief and eventually feel better about life again. Use the ideas that make sense to you. Post this list on your refrigerator or your bedroom door or wall. Re-reading it often will help you stay on track as you move toward healing from your loss. You might ask the grown-ups in your life to read this list so they will remember to help you in the best way they can.

I have the right to my own feelings about the death.

I may feel mad, sad or lonely. I may feel scared or relieved. I may feel numb or nothing at all. No one will feel exactly as I do.

I have the right to talk about my grief whenever I feel like talking.

When I need to talk, I will find someone who will listen to me and love me. When I don't want to talk about it, that's ok too.

I have the right to show my feelings of grief in my own way.

When they are hurting, some kids like to play so they'll feel better for a while. I can play or laugh too. I might also get mad and scream. This does not mean I am bad, it just means I have scary feelings that I need help with.

I have the right to need other people to help me with my grief, especially grown-ups who care about me.

Mostly I need them to pay attention to what I am feeling and saying and to love me no matter what.

I have the right to get upset about normal, everyday problems.

I might feel grumpy and have trouble getting along with others sometimes.

I have the right to have "griefbursts".

Griefbursts are sudden, unexpected feelings of sadness that just hit me sometimes – even long after the death. These feelings can be very strong and even scary. When this happens I may be afraid to be alone.

I have the right to use my beliefs about God to help me deal with my feelings of grief.

Praying might help me feel better and closer to the person who died.

I have the right to try to figure out why the person I loved died.

But its ok If I don't find an answer. "Why" questions about life and death are the hardest questions in the world.

I have the right to think and talk about my memories of the person who died.

Sometimes those memories will be happy and sometimes they may be sad. Either way these memories help keep alive my love for the person who died.

I have the right to move forward and feel my grief, and over time, to heal.

I'll go on to live a happy life, but the life and death of the person who died will always be a part of me. I'll always miss that special person.

Dr. Alan Wofelt, Ft Collins, CO

The Siblings

You look at me and ask me why

Your brother had to die?

Oh, little children, I wish I knew.

For I am wondering just like you.

But do I really want to see,

Or, do I just want him back with me?

In time, we'll know God's special plan.

And perhaps, someday, we'll understand.

But today, no words can ease your pain.

Yet, I know that I, too, hurt the same.

~Susan Erling from "A Rainbow After the Storm"



**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.