



THE COMPASSIONATE FRIENDS INC.

International Organization Offering Friendship and Understanding to Bereaved Parents

MIAMI COUNTY CHAPTER NO. 1870

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Facebook page "The Compassionate Friends of Miami County Ohio Chapter 1870".
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There is a need to talk, without trying to give reasons. No reason is going to be acceptable when you hurt so much. A hug, the touch of a hand, expressions of concern, a willing listener was and still is the things that helped the most. The people who were the greatest help were not judgmental. It's most helpful when people understand that what is needed is to talk about it and that this is part of the grief process.



Mark Your Calendars & Reserve a Butterfly for Your Child!

Butterfly Release & Annual Picnic July 26, 2018

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.

May Meeting—May 24, 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: *Your Child's Favorites – share your child's favorite food, toy, story, awards, clothing, etc. Food items can be part of our evening refreshments. And also scrapbook page example by Pam Fortener.*

May Refreshments:

Anyone can bring their child's favorite food or snack to share

Thank you for April Refreshments

*Pam Carpenter (Memory of Tasha)
Debbie Turner (Memory of Leslie)*

Next Meeting: Jun 28, 2018

Topic: *A Mother's and Father's Perspective of their Special Day.*



The order for the butterflies need to be submitted by July 7th. Please RSVP to Barb Lawrence (937) 836-5939 or email barb.lawrence1961@gmail.com (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.

MOTHER'S DAY AND GRADUATION

MOTHERS DAY AND GRADUATION After my daughter Kyra died on November 14 of 2004, one of my first thoughts was I am no longer a mother, because Kyra was my only child. It didn't take me long to realize that that was not true; I am and always will be Kyra's mom. As I have walked my grief journey I have found myself referring to grief as labor. It then came to me that for me, losing Kyra was like giving birth in reverse. I experienced intense emotional and physical pain that I wondered if I could endure, similar to the physical pain of labor, only in grief it lasts for weeks, months and years. It took my breath away, brought me to my knees and often I found myself crying out in anguish and anger, like child birth. It has been over a year and a half since Kyra died and I have felt a break in the pain. It has started back up recently due to graduation but I know it will ease some after May. Some women experience false labor leading up to the birth of their child. I think that those intense pains that come from out of nowhere and last only a short time is something that I will forever experience. I now realize that in letting go of her death, I can embrace and carry her spirit with me always. So, I liken grief to giving birth in reverse.

I go from Mother's day to Graduation, because Kyra would have graduated from High School at the end of May. Graduation was something I knew would be hard for me to endure without her here, alive and being part of the celebration. I thought about what Kyra graduating would mean to me and it didn't take me long to come up with, it was going to be my day to celebrate. Kyra was an intelligent child with a low attention span, a need to talk, and lower than I would have liked motivation. It was a frustration that her teachers and I shared. So, homework time was a challenge and I used motivational charts, rewards and even punishment. But, I quickly found that you can't force someone to be motivated and went back to encouraging. I knew that she would come around and become motivated and I started seeing it her Junior year the year she died. I thought that graduation would be the reward for all the long nights and constantly trying to encourage and motivate. Well, it's not to be and I had to decide how will I endure graduation. I began to think about all she is missing. I believe in Heaven so I don't believe she is missing any joy or good times, because I believe she is now experiencing indescribable joy and unimaginable good times. The reality of what she is missing is, she is missing misery, pain, frustration, disappointment, a broken heart, grief, hopelessness and agony. And I am missing her incredible, joy and zest for life, her strong faith, beautiful smile and her wonderful heart. As I close I remember when I was pregnant with Kyra, I took two helpings of food because I said I'm eating for two. Now I will try my best to live life to the fullest and be all that I can because now I'm living for two. Just as her living made me want to be a better person, her dying will make me a better person if I allow it, because I now carry her with me. I will strive to do and see life the way she would have if she could have stayed here longer.

Julie Short
TCF Southeastern IL
In Memory of my daughter, Kyra

*We talk about them because we're proud.
We talk about them, because they deserve to
be remembered. We talk about them,
because even though they are not physically
with us, they are never far from our mind.
We talk about them, because they are part
of us, a part that we could never ignore or
disown. We talk about them because we
love them still and always will. Forever.*

Nothing will ever change that.

Scribbles & Crumbs

41st TCF National Conference "Gateway to Hope and Healing"

The Compassionate Friends is pleased to announce that St. Louis, Missouri, will be the site of the 41st TCF National Conference on July 27-29, 2018. "Gateway to Hope and Healing" is the theme of this year's event.

The 2018 Conference will be held at the Marriott St. Louis Grand Hotel. Plan to come and be a part of this heartwarming experience.

Adult Registration: \$115

Child Registration (9-17) \$55

Full-time College Student Registration \$55

Active Military Registration \$55

To Register:

<https://www.compassionatefriends.org/national-conference-registration>

HOTEL RESERVATIONS

TCF's discounted rate with the Marriott St. Louis Grand Hotel is \$140 per night plus tax.

Reservations can now be made online or by calling the Marriott Reservation line at 800-397-1282. Please note that each attendee will only be able to reserve two rooms. If your group needs to reserve a larger block of rooms, please contact the National Office to make arrangements for your reservations.

CHAPTER NEWS

Upcoming Topics:

Jun – A Mother's and Father's Perspective of their Special Day with breakout sessions.

Jul - Memorial picnic & Butterfly release July 26th at 6:00pm.

Aug - Supporting Surviving Siblings – ideas for helping surviving siblings deal with their grief while you are grieving.



Thank You

for your love gifts!

- ★ Claude & Mary Snyder for the Birthday Love Gift in memory of their son, Brent A. Snyder 05/1953 – 10/2002.
- ★ We extend Special Thanks to Mr. Joe Johnson of Joe Johnson, Inc. Auto Dealership of Troy, Ohio, for his generous donation to the Troy United Way and for designating our Chapter of Compassionate Friends as the recipient of his donation.
- ★ Kern & Pam Carpenter for the Love Gift in memory of Tasha Longyear 11/1978 – 04/2008.
- ★ Elaine Meyers for the Love Gift in memory of Adam Cheadle 8/1980 – 01/2012.

The friend who can be silent with us in a moment of despair or confusion, who can stay with us in an hour of grief and bereavement, who can tolerate not knowing... not healing, not curing... that is a friend who cares.
~Henri Nouwen

Our Children Lovingly Remembered

May Birthdays

Child—Parent, Grandparent, Sibling
 Blaize Mansur - Stephanie Mansur
 Brent A. Snyder - Claude & Mary Snyder
 Erika Leigh Wetzel - Susan Wetzel-Philpot
 Jacqelyn Elizabeth "Jackie" Ahlers - Bob & Peg Ahlers
 Lindsay Rose Donadio - Rick & Janell Claudy
 Michael James McGuffey - Kathy McGuffey
 Randy Lee Hess - Kimberly A. Bundy
 Jared Michael Belcher - Kelly Belcher

May Angel-versaries

Child—Parent, Grandparent, Sibling
 Bill Meadows - Fred & Pat Meadows
 Blaize Mansur - Stephanie Mansur
 Brian Swartz - Lisa Swartz
 Cody S. Pressler - Joe Miller & Tamra Pressler
 David Allsbrooks - Brenda Slifer
 Ian Wesley Clark - Neil & Lori Clark
 James C. "Jimmy" Skaggs - James & Bonnie Skaggs
 Jeremiah Lee Bubeck - Rick & Becky Bubeck
 Karen Kay Paschal - Linda Paschal
 Kyle Alexander Quinn - Ken & Betty Quinn
 Marlisa Bok - Lowell & Marilyn Bok
 Molly Murphy - Kerry & Sarah Murphy
 Nick Koleff - Bob & Linda Dils
 Ryan S. Thuma - Scott & Renee Thuma

When you turn your grief into remembrance, you are magnifying the life of the loved ones you lost and allowing other people to get to know them in some way.

~unknown



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....

"Sweeping Up the Heart" A Father's Lament for His Daughter
 By Paul W. Nisly



Nisly writes eloquently and intimately of his grief and religious and family struggles after the automobile-accident death of his daughter four months after college graduation.

His account is enhanced by a wide range of literary and biblical texts and by his honest questioning, deep anguish, gentle reflection, and obvious love as well as by the faith, hope and healing which have sustained him through this ordeal. --*Library Journal*

This is one of the books that I could greatly identify with after the loss of my daughter, also from a car accident.
 By Jackie Glawe, Jordan Elizabeth's mom

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

Haunting Memories

*I fought with him a lot,
Thinking he was going to be around forever.
Now, I regret how I treated him---
How I didn't tell him I loved him enough.
Didn't treat him like a brother, like one I loved.
For my selfish reason he's gone.
They're both gone—my brother and boyfriend.
It shouldn't have happened.
I never thought it could.
It seems unreal, a dream
I would've been a better person to both.
I wasn't able to attend their funeral or wake.
Dreams haunt me for that.
Everything is a remembrance of them.
The times we shared,
The fun we had.
Questions go unanswered.
Will I ever find the answer to why?
I guess I'll have to wait---
Wait to see them again
To make sure they know I love them.*

April Bieda, Roselle, IL

From The Sibling Newsletter, Summer 1993

Sometimes—late at night--
When the wind is perfectly still,
When the moon shines softly down
On what's supposed to be God's will,
When the moon, like me, is fragile and pale
And inside me grows a small fear,
I think of you and I ponder
The reason you're no longer here.

Carole Blanchford, TCF, Montgomery AL.

Mother of Sorrow

I hate to look at my mother
To see her in so much pain
Wrinkles hiding her countless tears
That would otherwise pour like rain.
I hate to see her hurt so much
But silently hold it in
Struggling to bear the heartbreak
When she knows that she can't win.
I hate to listen to her cries
Which she tries so hard not to show
Grasping on to everything
I wish she could let go.
I hate to watch her smile so bright
And know that it's all-fake
Sure she's "happy" every day
But she's acting for our sake.
I hate competing with the sorrow
And I can't bring back my brother
Drew is up there watching you
He's living, loving, and laughing—Mother.

Kristy Sheldon, TCF, Ashtabula, OH



**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.