



THE COMPASSIONATE FRIENDS INC.

International Organization Offering Friendship and Understanding to Bereaved Parents

MIAMI COUNTY CHAPTER NO. 1870

March 2020 NEWSLETTER Vol. 38 No.13

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

By Debbie Ortega
TCF Central Valley, Tracy, CA

I've heard advice for the bereaved that forgiveness is an important part of "healing." I've worked hard at that elusive forgiveness, and came to the realization today that I am actually able to forgive quite a lot.

*I forgive myself for not forgiving the people that caused my daughter's death. Some things are just not "forgivable," and she would understand.

*I forgive others for sharing their "miracles" with me, not understanding how cruelly this attacks my heart, as I wonder where my daughter's miracle was.

*I forgive others for not understanding me. I don't understand anything anymore, so I can't expect others to understand me either.

*I forgive myself for not being able to do all of the things I used to be able to do. I don't function as well as I used to, and that's okay.

*I forgive others for continuing to live in that other world where I once lived with my daughter. It's a good world, and I miss it a lot.

*I forgive myself for no longer fitting into that world and not always being able to fake it. I am different now.

*I forgive others for avoiding me. They don't know what to say and, quite frankly, that leaves me with nothing to say to them either.

*I forgive my daughter for leaving me. She loved life and she loved me. I believe she loves me still.

This is probably not what people mean when they say we need to "forgive," but it's the best I can do. It's enough that I can do anything at all, and maybe they will forgive me as well.

March Meeting – Mar 26, 2020, 7:00pm

Topic: *Show & Tell/share your child's cherished items and/or story*

February Refreshments

Kelley Dyer (memory of Zach)
Jonnie Shoemaker (memory of Justin)

Thank you for January Refreshments

Sandy O'Dell (memory of Mark)
Josh & Liz Eickman (memory of Maci)

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.

*I can do something marvelous
with my grief.*

Despite everything...I can still

love you

and I will still love others.

~Author Unknown

Companions....

My road took an unexpected turn as I traveled toward my destination. The roadside scenery now suddenly seemed less familiar than the road I had left. There seemed to be no signposts pointing toward further destinations and none of the familiar roadside markers that every traveler learns to take for granted. The sky looked ominous and darkness settled on the horizon.

Having gone some distance, I turned around longing to return to the previous road only to discover that nothing here looked familiar and that none of the landmarks I had mentally noted were still in sight. It was clear that I would I would not return to my previous road.

I saw there were other travelers on this path, though not as many as the former road. Some walked in pairs, some in small groups, many walked alone. A few stood still, gazing around as if trying to recall their destination or reason for their journey. Others looked as if they were searching for a familiar face on an unfamiliar road. Some appeared lost and uncertain of whether to proceed or turn back. Some appeared to have given up the journey and now sat motionless by the side of the road. I was undecided about what to do but felt compelled to go on.

I felt a hand tap on my shoulder, I turned to see a fellow traveler smiling at me. "You're new here, I've been on this road awhile now. Would you like company? You need not walk alone."

~Lamar Bradley, TCF, Nashville



I Never Believed...

I never believed I would see another season change with gladness. I never believed I would see the world again without the haze of tears. I never expected to actually laugh again. I never felt my smile would return and feel natural on my face. I never hoped for another day when I would not want to die. I never envisioned a world that could again be bright and full of promise. I believed that all that had passed from me the day he died and went away, never to return. But I was wrong, and I know that in the fullness of your grieving, you too will come to understand that life goes on ... that it can still have meaning ... that even joy can touch your life once more.

~Don Hackett
TCF, Hingham, MA

MESSAGE TO MY SON

Dear Zach,

It isn't fair that you are gone. I yearn for you every single moment. I have begun to learn that there is value in pain, in sadness and in sorrow. I have come to accept that nothing lasts forever, not pain and not joy. Joy cannot exist without sadness. Relief cannot exist without pain. Compassion cannot exist without cruelty. Courage cannot exist without fear. Gratitude cannot exist without deprivation. I am learning to feel the pain, to embrace it, to learn from it, to be stronger because of it. I carry your strength inside me. I am challenging myself to take this ugly tragedy and transform it into a source of beauty, love, strength, courage and wisdom. A part of you is always with me; I feel you watching over me. I believe death has made you whole and I know you are waiting for me. In the meantime I will live a life worth living. I will live thoroughly and gratefully, courageously and wisely. I have loved you forever!

Love,
Mom

*Written in loving memory of Zachary Dyer by his mom Kelley Dyer,
TCF Miami County Chapter*

I AM NOT I

*I am not I
laughing, finding right
that is not me
Me is distant from that I
I a mother she a daughter
not together on this planet
I went with she
Now I am left with me*

~Jacqueline Glawe, TCF, Miami County, OH

CHAPTER NEWS

Upcoming Topics:

- Mar** - *Share your child with us by sharing cherished items and/or stories*
Apr - *20 Questions presenter Pam Fortener*

NEED TO TALK TO SOMEONE?

A listening ear is sometimes the best medicine.

<i>Kim Bundy (suicide)</i>	<i>573-9877</i>
<i>Lori Clark (organ donation)</i>	<i>233-1924</i>
<i>Pam Fortener (cancer death)</i>	<i>254-1222</i>
<i>Sheryll Hedger (siblings)</i>	<i>997-5171</i>
<i>Lora Rudy (infant death)</i>	<i>339-0456</i>
<i>Cathy Duff (auto accident)</i>	<i>473-5533</i>

Thank You for your love gifts!

- ★ Donny & Pam Fortener for the Love Gift in memory of their daughter, Melissa Fortener McLaughlin, their son-in-law, John McLaughlin and their grandson, J. P. McLaughlin.
- ★ David & Jonnie Shoemaker for the Birthday/Anniversary Love Gift in memory of their son, Justin Shoemaker 11/1980 – 01/2018.
- ★ Jeff and Jackie Glawe for the Birthday Love Gift in memory of their daughter, Jordan Elizabeth Glawe.
- ★ Linda Holt for the Love Gift in memory of Jordan Elizabeth Glawe, the daughter of Jeff and Jackie Glawe.
- ★ Sandy Odell for the Love Gift in memory of her son, Mark Curtis Odell.

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

March Birthdays

Child—Parent, Grandparent, Sibling

Ava Nicole Lisky - Kathy Russell
 Bill Meadows - Fred & Pat Meadows
 Dominique Sims - Gina Williams
 James Hatfield Betty White
 Jordan Elizabeth Glawe - Jeff & Jackie Glawe
 Kaitlynn Ariana Yvonne Preston - David Preston
 Kyle L. Bryan - Jeanette Bryan
 Michael David Rhoades - David Rhoades
 Paul William Knisley - Kim Knisley
 Susan Eileen Lawrence - Barb Lawrence
 Taylor Davis - Barbara Davis
 Zachary James Dyer - Rod & Kelley Dyer

March Angel-versaries

Child—Parent, Grandparent, Sibling

Cassandra "Cassie" Campbell - Dawn Duff
 Erika Leigh Wetzel - Susan Wetzel-Philpot
 Jacquelyn Elizabeth "Jackie" Ahlers - Bob & Peg Ahlers
 Jerrid Younker - Susan Cole
 Jerrid Younker - Frank Younker
 Michael talbot Sharpe -Amy Kasprzak
 Paul William Knisley - Kim Knisley
 Ryan Patrick Gilhooly - Constance Gilhooly



Happy Birthday

*It is your birthday today.
 Happy Birthday!
 Can't help but think of you,
 Wishing we could talk, laugh, play
 And remember together.
 We would sing "Happy Birthday" to you,
 Watch you blowout candles and make a wish.
 We might talk of your birth, the past
 And dreams of tomorrow.
 Instead I shed tears as I smile.
 ~Sherokee Ilse*

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....

“My Glimpse of Eternity”

By Betty Malz

Experience the Beauty and Hope of Heaven

At 27 years old, Betty Malz was pronounced dead, the hospital sheet pulled over her head.

Twenty-eight minutes later she returned to her body--to the amazement of her grieving family and the stunned hospital personnel.

This is her amazing account of what she saw, felt and heard on the other side of the dividing wall we call death. And it is the moving, real-life story of how God changed a young mom who had to die to learn how to live.

This book is available to borrow from our chapter library.



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 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



I try not to ask questions without answers.
Like why and what if.
I try not to get sad when I see things that
remind me of you.
I try not to get mad when I think of what
a great time we could have had together.
But I can't.
I only had you for 6 ½ years.
But want to have you now.
I try to stay happy and look at the great memories.
But sometimes memories are not enough.
I want to have you.
Still you gave so much.
And I can't wait 'till the day I see you again.

Your loving brother,
Joey

(Poem by Joey Fisher in memory of his sister)

DEAR PARENTS OF COMPASSIONATE FRIENDS

I am writing to let you know how I feel and maybe how some of the other siblings feel. There have been times when my parents start really getting extra down about my brother. I usually leave the room. I feel that no matter how hard I try, I will say or do something that will hurt them more, or that they won't understand what I'm really trying to say. They already feel enough pain. I really love them, and I understand enough about how they hurt, but I'm just not good at saying what I feel. It seems like it never sounds right. I also hold my emotions back from them. I always hear it is best to let it out, and I do, but not in front of my parents. I'm afraid they might try to hold their emotions back in front of me, so I won't get upset. I've had rough times for the past couple of years, and I'm still having hard times. So, I'm always afraid they will hold back if they see me getting upset. I know that would just hurt them more when they try to hold it back.

I love to talk about the good times my brother and I had, but I'd just rather be alone when I cry for him. Just once in a while my sister and I can talk about him, but that's the only person I can really talk to. I hope and pray with all my heart that my parents will understand, but I just can't talk to them. I miss my brother a lot more than I think they really realize. I love and care for them too much to go and upset them even more.

Maybe I'm wrong, but please parents, understand how I feel.
May we always be close.

Love, A Sibling

Appeared in a Louisville, KY newsletter

~Melissa Barnhart
Annie Arundel County Chapter in Loveing Memory of Gary Lee Downey, Jr. October 30, 1980 – Dec 24, 2005



**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.