



THE COMPASSIONATE FRIENDS INC.

International Organization Offering Friendship and Understanding to Bereaved Parents

MIAMI COUNTY CHAPTER NO. 1870

November 2019 NEWSLETTER Vol. 35 No.10

Facebook page "The Compassionate Friends of Miami County Ohio Chapter 1870".
Chapter Leader: Kim Bundy, 1870 Westwood Rd, Troy, OH 45373/573-9877 kbundy@tcf@gmail.com
Editor: Jackie Glawe, 2445 N. Mntgmy Co. Line Rd., Tipp City, OH 45371/478-3318 im4song@aol.com

National Office - THE COMPASSIONATE FRIENDS, INC. - P.O. Box 3696 - Oak Brook, IL 60522-3696 - Ph. (630) 990-0010 or toll free (877) 969-0010 www.compassionatefriends.org - e-mail: nationaloffice@compassionatefriends.org.

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
(from TCF Ottawa County newsletter)

November meeting – Nov 21st, 2019 7:00 pm

Topic: *Does it have to be a season without joy?*

November Refreshments

Debbie Turner (memory of Leslie)
Cindy Glaser (memory of Andy)
Julie Gillespie (memory of Liam)

Thank you for October Refreshments

Pam Fortener (memory of Melissa)
Vera McLean (memory of Antonio)
Carolyn Pearson (memory of Sam)

No December Meeting – Candlelight Service **Details on page 2**

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.

"At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us."

~Albert Schweitzer



Candlelight Memorial Service
3:00 pm Sunday December 8, 2019

Zion Lutheran Church
Main and Third Street
Tipp City, Ohio

Every year anyone that has lost a child, sibling, or grandchild is invited to join in a service of remembrance. We celebrate our loved ones' lives through the lighting of candles in their names. After the candle lighting service in the church, we will have a reception dinner downstairs. Meats will be provided. Those attending are asked to bring something to share -a salad, vegetable dish, or a dessert of your choice.

Photo's for slide show and/or display

Again this year!!! We will have a slide show of our children's photos playing during the dinner. If you would like to have your child's photo in the slide show please bring the photo to the Nov chapter meeting or email the photo to Kim at kbundy.tcf@gmail.com **by December 1st**. Please include the child's name, your name, address, and phone with the photo. Pictures will be returned. (If you provided a picture last year, you do not need to submit another one unless you would like to provide a different picture for this year.) We also welcome you to bring a photograph of your child and/or other memorabilia for the display area set aside in the reception room at the dinner.

Give a new children's book in memory of your child

We are also collecting new children's books to be taken to Children's Medical Center. These books will be distributed to children while they are treated at the center. You may donate the book in memory of your child with a written note inside the book if you would like. What a great way to do something in your child's memory to help other children!

Please RSVP by sign up sheet, call or email

A sign-up sheet for the Memorial Service will be passed around at the November Compassionate Friend's meeting. If you plan to attend the Memorial Service and can't sign up at the meeting, please contact Barb at 937-836-5939 or barb.lawrence1961@gmail.com no later than **December 1st**.

Need set up help

Volunteers are needed to help set up for the Memorial Service. Set up will be held at 3:00PM on Saturday, December 7th. If you can help, please contact Deb (667-4761). Volunteers are invited to join up at Hinders for something to eat and drink after set up. We appreciate all that are able to assist in set up. Thank you.



22nd Annual Worldwide Candle Lighting - December 8, 2019 (7:00pm)

The Compassionate Friends Worldwide Candle Lighting unites family and friends around the globe in lighting candles for one hour to honor the memories of the sons, daughters, brothers, sisters, and grandchildren who left too soon. As candles are lit in homes or groups at 7:00 pm local time, hundreds of thousands of persons commemorate and honor the memory of all children gone too soon. Now believed to be the largest mass candle lighting on the globe.

I WILL LOVE YOU

As long as I can dream
As long as I can think
As long as I have memory
I will love you.

As long as I have a heart to feel,
A soul stirring within me
An imagination to hold you,
I will love you.

As long as there is time,
As long as there is love
As long as I have breath to speak your name
I will love you.

Because I love you more than anything
In all the world.

~Daniel Haughian, TCF, Memphis, TN

If Tears Could Build a Stairway

*If tears could build a stairway,
And memories were a lane,
I would walk right up to Heaven
To bring you home again.*

*No farewell words were spoken,
No time to say goodbye,
You were gone before I knew it,
And only God knows why.*

*My heart still aches in sadness
And secret tears still flow.
What it meant to lose you,
No one will ever know.*

~Author Unknown

CHAPTER NEWS

Upcoming Topics:

Nov - *Does it have to be a season without joy?*

*Note: November meeting changed to Nov 21st, 7:00pm due to the Thanksgiving Holiday.

Dec - *Candlelight Memorial Service & Dinner*

Jan - *Topic cards*

November 23rd – International Survivors of Suicide Loss Day

Each year, the American Foundation for Suicide Prevention supports hundreds of large and small Survivor Day events around the world, in which suicide loss survivors come together to find connection, understanding and hope through their shared experience. While each event is unique and offers various programming, all feature an AFSP-produced documentary that offers a message of growth, resilience and connection.

Nov. 23, 2019
12:00 pm — 1:00 pm
Marriott at the University of Dayton
1414 S Patterson Blvd
Dayton, Ohio 45409

To register for this free event go to
https://afsp.org/survivor_day/dayton-ohio-2/

Or contact Andrew Mitakides
ajmitak@aol.com
937-356-9221
Snacks provided

Thank You
for your love gifts!



Vesta and Tony Bundy for the Birthday Love Gift in memory of Michael Alan.

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

November Birthdays

Child—Parent, Grandparent, Sibling

Brent David Corn - Susan Hartrum
 Christine Taylor - Ann Anderson
 Jeff Herman - Mike Herman
 Jeffery L. Miller - Marilyn Miller
 Jeffrey Scott Bernard - Don Bernard
 Justin David Shoemaker - Dave & Jonnie Shoemaker
 Kevin Frinfrock - Terry Frinfrock
 Larry Todd Cavanaugh - Linda & Larry Cavanaugh
 Matthew J. "Matt" Kar - Bob & Fran Karl
 Michael Bundy - Tony & Vesta Bundy
 Stephanie Roselle - Mike & Cindy Berry
 Stephen Anthony Freeman - Tom & Kathy Freeman
 Tasha Nicole Longyear - Kern & Pamela Carpenter



November Angel-versaries

Child—Parent, Grandparent, Sibling

Amelia Beeman - Peggy Beeman
 Clifton Alexander - John Alexander
 Jeff Herman - Mike Herman
 Kathryn Trushaw - Tim & Julia Trushaw
 Leslie M. Turner - Randy & Debra Turner
 Patrick O'Neill - Betsy O'Neill
 Roy "Rusty" Phillips - Carol Weddington
 Shannon Dyer - Denny Dyer
 Zachary O. Patrick - Mike & Tina Patrick

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

Healing Choices

By Margaret Brownley, Simi Valley, California



Writing about her research on the dual loss of a child and the role of a parent Kay Talbot Ph.D. reported her findings in Omega, Journal of Death and Dying. She found that mothers she studied who had survived their loss and changed in positive ways had four things in common:

1. They resolved a spiritual crisis brought on by the child's death
2. They made a conscious decision to survive
3. They reached out to others by volunteering in a helping profession
4. They integrated what they learned from surviving a child's death into a new, more compassionate identity.

In other words, these people made healthy choices. The most interesting part of her findings involved making the decision to survive. According to Dr. Talbot, three-quarters of the people in the survivor group made comments reflecting a conscious decision to survive compared to only one-third of those unable to work through their grief.

Though it might be too soon to know how or even when you will get through the dark tunnel of grief; it's not too soon to make the decision that you will do so.

Write the following affirmations on sticky notes and put them on your bathroom mirror:

- *I will survive
- *I will get through this
- *I will heal.

S i b l i n g P a g e

By Kelly Griffith

After my brother died in December 2011, I didn't know what to do when I woke up on Christmas morning. His death was still real. I didn't want to have Christmas without him. So, I didn't. The second Christmas without Sam physically here, I wanted to find a way to honor his life and still feel him near me. I wish I had read Gary Roe's book, *"Surviving the Holidays Without You: Navigating Grief During Special Seasons."*

In this easy to read book, hospice chaplain and bereavement specialist Roe shares how you can move through the holiday season with your loved one in a new way. It's so nice to read that I don't have to go on without my brother. Instead, I carry him in my heart. It's validating to read that I'm not crazy for being extra sad on those special days when he should be with my family to celebrate life with us.

Roe's book is reassuring in his relatable story of the loss of his father. With bullet points and short chapters, the book is easily digestible and will give you ideas on how to not just survive the holidays, but heal and grow through this season.

Although he writes some tough statements about reality, e.g. you have to feel the pain to get through it and no one can ever totally understand your grief because it's unique to you, he also shares hope throughout the book. Roe says your holidays don't have to revolve around your expectations or those of others. Instead, you can have grace for yourself and your family. You can include new rituals into these special days and months, and you can keep the rituals your loved one always enjoyed the most.

He also shares some general grief and life tips that are helpful. Communication and decision making as a family is healthy to your relationships. And real strength lies in knowing your own heart and being honest with yourself.

Finding "safe people" with whom to surround yourself is a good idea every day of the year – not just at the holidays. It reminded me of the safe people I have met through TAPS, those people who will listen to my journey without passing judgment or giving advice, those people who are there just to love me, those people who are "rest stops" on this long road of grief. They are gifts that grief brought me.

If you are not a believer in the Christian faith, you can skip the last chapter of the book. However, Roe does a great job of sharing God's love for the grieving. He doesn't say our losses happened for a reason. Instead, he opines that God is there to comfort us through our grief and has a plan for our future. He even mentions that God is bigger than our anger and frustration – something so many bereaved Christians struggle with as they try to find comfort in their faith after a loss.

Reviewed by Kelly Griffith, Surviving Sister of Maj. Samuel Griffith, Written by Gary Roe: Kelly Griffith is the surviving sister of Marine Corps Major Samuel Griffith, who was killed in action in Afghanistan on December 14, 2011. Raised in North Carolina, Kelly now lives in the Washington, D.C., area where she works for TAPS. Her degree in journalism and the profound impact of her older brother's life and service enable Kelly to fulfill her goal of sharing the compassion and care of TAPS with other survivors through her writing.

**Gary Roe's books are available at garyroe.com



**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.