



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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Such a Beautiful Day...Why Am I Crying?

By May Ehmann TCF of Valley Forge, PA

This is a question that comes up every spring, particularly from the newly bereaved. It is something we have always looked forward to, before tragedy hit. The cold, bleak winter is finally over. Somehow, we thought that magical time would be the magic that would free us from our pain. Unfortunately, not so!

Perhaps it is because we see this beauty unfolding, and our child is not here to share it. The devastating knowledge that the "magic" of spring didn't change our feelings. The fact that the world seems to go on, just as if nothing had happened, when our world seems to have stopped, seems impossible to comprehend. False expectations. What we tend to forget is that though the seasons change, where we are in our grief cycle, is what controls our feelings.

Just hold on to the fact that spring is a rebirth of what seems dead, as dead as you feel now. It is true, you will never stop missing your son or daughter, however, hold on to the hope and belief that your spring will come again, too. When it does, it will be different just as the trees and flowers aren't the same, you won't be either. But their beauty is still there, and as you start to come

April Meeting – Apr 25th, 2019 **7:00pm**

Topic: *Tattoo and memorial ideas*

April Refreshments:

Pam Fortener (Memory of Melissa)
Cathy Duff (Memory of Shaun)

Thank you for March Refreshments

Barb Lawrence (Memory of Susan)
Jackie Glawe (Memory of Jordan)

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.

back to life again, you will find different joys in life again. We each run on a different calendar, so no time frame can be put on your spring. Just know that your feelings are perfectly normal. It may seem that you are back at square one, but look back, remember what it really was like at the beginning. I think you will realize there has been progress and there will be more.

Butterflies Speak to Me

The garden is planted with flowers that will attract butterflies and they come by each day, but I know they are really you. They flit and flutter, circling around me as I weed, and I remember that you flitted and fluttered when you were alive. They are beautiful and I know how beauty filled your life. What's really fascinating is that they fly around me and up to me...I know that means it is really you trying to get my attention. You're there...you're visiting...you're saying "hello".

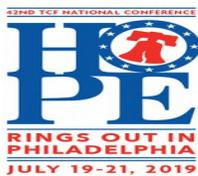
My friends at TCF understand this...they know about signs, but the rest of the world thinks I'm not quite sane. They keep asking me things like, "How can a butterfly send a message from someone who has died?" "Do you really think Chris is that butterfly or sent that butterfly?" Well, I really do think the butterflies are Chris coming by. And, you know what? That's what I think and that's what matters.

We all have things that remind us of our children...what we do with them is really up to us. Chris died in September...and that's when monarch butterflies are beginning their travels to Mexico. They travel down the east coast on their venture to the south. Tony and I went on a ferry ride across Delaware Bay with friends after Chris died...on the shoulder of one of the ferry boat workers a monarch landed and just stayed there for the longest time. No one can tell me that wasn't Chris...I know it was!!!! So, butterflies speak to me.

What speaks to you? What brings the good memories of your child to you? How can the "grief damaged you" feel the love of your child? What gives you quiet peace and happiness about your child? No matter what it is, embrace it!!! Be happy with the reminders of their life and love. And tell those who think you're crazy, "Yes, I am. Crazy for love of my child and crazy for messages of love from my child." And remember, when you see a butterfly, he or she may be saying "Hi Mom or Dad! I love you!"

Author: Bobbi Stagliano-Camden County NJ TCF
To remember Chris who was born 3/30/65 and
whose angel-versary date is 9/29/06





*National Compassionate Friends Conference
July 19th – July 21st, 2019, Philadelphia, PA*

Several members of our chapter have attended yearly conferences. They highly recommend attending these National conferences where you will be amongst other bereaved parents who are also walking this child loss journey. You have the opportunity to attend workshops of your choice with other bereaved parents and presented by bereaved parents. Workshops are another way to obtain a tool for our survival tool belt we must carry around to journey through to the other side. You'll also hear keynote speakers and share dinner with other parents.

“Butterfly Boutique” donations needed

Our chapter members have been asked to help with donations for the “Butterfly Boutique” that will be located at the upcoming 2019 National conference.

This letter is from the chairperson and co-chairperson of the Butterfly Boutique that will be located at the conference:

In order to be successful and raise money ... we need donations of items to sell. We would like to have new and gently used pre-owned items. We need anything: that you have purchased or were given that has angels, butterflies, hearts, hummingbirds, dragonflies or any other appropriate subject matter. It could be jewelry (pins earrings, rings necklace, ankle bracelet) or jewelry box ..maybe a scarf or a tote bag ...a candle or coasters ...could be a Christmas ornament or decoration ...kitchen or bath towel (new of course), framed pictures, artwork or handmade items ...Seraphim angels or Susan Lordi Willow Tree, Butterflies on anything ..a chair or lamp...a night light or magnet ..note paper, a pen, something you may have purchased at the national conference and never used ...even heart things...wallet, a watch. At the national convention they even sold items that did not have butterflies or hearts like Coach wallets and Vera Bradley items...so any and all items that can be sold would be greatly appreciated. If you'd like a donation receipt, please let them know when you send your donation. TCF is a 501(c)3 tax exempt organization.

Donations may be sent to: Betty Valentine, 302 Llangollen Blvd., New Castle, DE 19720

You are my Precious

The ice was pelting down the night you were born
 Who would have thought this would be the case
 the second week of March
 You were my precious



You came slowly and then all at once
 hair all full of darkness
 eyes black as dark chocolates
 You were my precious

Nothing like a newborn infant
 a toddler version of a baby at ten pounds
 you were beautiful and
 You were my precious

You had already stole my heart
 from within, then you were born
 and my heart exploded even more
 You were my precious

You were whimsical and talented
 fashion unique
 you sang and you danced
 You were my precious

You cared, loved and listened
 your puppy stole kisses
 you made your shoes an art
 You were my precious

your features so dainty
 your smile full of life
 an apple a meal
 You were my precious

The word precious is yours
 no longer given out
 your life was precious
 You ARE my precious forever

~By Jackie Glawe
 TCF Miami Co. Chapter West Milton, OH
 In loving memory of Jordan Elizabeth, my 18yr old daughter
 who entered Heaven on Aug 6, 2009

*Crocuses poke their heads through the crusty snow
 to let us know the long bleak winter is ending and
 spring will come again. So too the long bleak winter
 of your aching breaking heart will come to an end and
 spring will come again one day. Be Patient, but
 believe it, your spring will come again.*

Author unknown

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~

Additional Grief Support Resources

POMC - National Parents of Murdered Children <https://www.pomc.com/>

TAPS - Tragedy Assistance Program for Survivors those grieving the loss of a loved one who died while serving in our Armed Forces. <https://www.taps.org/>

SOS - Survivors of Suicide
<http://www.survivorsof suicide.com/>

Grieving Dads - <https://grievingdads.com/>

The Sweet Pea Project - for parents grieving the loss of a baby.
<http://www.sweetpeaproject.org/Home>

Grief Support - <https://griefhaven.org/>
<https://www.centerforloss.com/>

Alive Alone - support for loss of an only child/or all children -
<http://www.alivealone.org/>

GRASP - Grief Recovery After Substance Passing <http://grasphelp.org/>

Create Memorial Page -
<https://virtual-memorials.com/>

Other resources available on
<https://www.compassionatefriends.org/>

CHAPTER NEWS

Upcoming Topics:

Apr - *Sharing tattoo and memorial ideas*

May - *What's your emoji today?*

*Thank You
for your love gifts!*

- ★ Connie Gilhooly for the Birthday & Anniversary Love Gift in memory of her son, Ryan Patrick Gilhooly 04/1981 -- 03/2011.
- ★ Barb Lawrence for the Birthday Love Gift in memory of her daughter, Susan Eileen Lawrence 03/1979 -- 06/1987.
- ★ Kathy Russell for the Birthday & Anniversary Love Gift in memory of her baby granddaughter, Ava Nicole Liskey 03/2002 -- 04/2002.
- ★ Cathy Duff In loving memory of Shaun Bradley Duff 8/1985 to 1/2009.
- ★ *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.*

Time is

Too Slow for those who wait

Too swift for those who fear

Too long for those who grieve

Too short for those who rejoice

But for those who Love

Time is Eternity

~Henry Van Dyke at Yaddo Estates 1901

Our Children Lovingly Remembered

April Birthdays

Child—Parent, Grandparent, Sibling

Aaron T. Duvall - Kim Duvall
Amanda Kay Pitts - Darla Pitts
Elizabeth Flory Duff - Ann Flory
Kevin Michael Harshbarger - Kenneth & Carolyn Harshbarger
Rebecca M. "Becky" Bole - Ken & Sue Bole
Ryan Patrick Gilhooly - Constance Gilhooly
Will Mohr - Valerie Mohr

April Angel-versaries

Child—Parent, Grandparent, Sibling

Allison Rudy - Lora Rudy
Amanda Kay Pitts - Darla Pitts
Antonio McLean - Vera McLean
Ava Nicole Lisky - Kathy Russell
Heather Denise Bailey - Joe & Wanda Bailey
Maci Eickman - Josh & Elizabeth Eickman
Malachi (Mack) Bell - Mark & Lori Bell
Tasha Nicolle Longyear - Kern & Pamela Carpenter

THOUGHTS

Stay and do our grief work and leave memorials for our deceased children.

It may take years before green shoots of hope begin to appear in your life. Be patient and keep looking for them. They will reappear after a long winter of grief.

Dennis L. Apple
Borrowed from A Journey Together Vol. XIX No.4
Fall 2014 National Bereaved Parents USA newsletter



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....



“Into the Valley & Out Again: The Story of a Father's Journey by Edler, Richard”

After the unexpected death of his son, Richard’s life seemed to stop. The next few years were spent climbing out of the bottom of a valley he had not known existed before. It is a story about what is important in life, sorrow, faith, acceptance and rebirth. Recommended by TCF. “When you grieve, you have to walk through the valley. You cannot camp there.” – Dr. Charles L. Heuser, Pilgrimage In Faith

Randi Pearson (a member of our chapter) did a wonderful sharing session about this book at our last chapter meeting. He highly recommends especially for the newly bereaved through five years.

Experiencing the Death of a Sibling as an Adolescent -

Farewell to Childhood

Adolescence has been described as the “farewell to childhood”, as the teenager lets go of his or her childhood, grieves its loss, and begins to move into adulthood. Loss of a sibling during this period intensifies the issues related to the normal tasks of adolescence.

Adolescents are capable of an adult understanding of death, but the way in which they grieve is related to both children and adults. Since they have the capacity to think like adults, adolescents may suffer more from the effects of loss than children, who are protected somewhat by their concrete or magical way of thinking.

The main difference between the grief of adults and children's grief is the amount of power or autonomy the individual holds. Powerless children who cannot survive without an adult may not be able to seek sympathy, comfort and understand from those around them. Autonomous adults can reach out for the help they need through counseling, church or support groups.

Like hermit crabs that seek a larger shell because their old shell has become too small, adolescents leave their childhood identity and seek adult identity.

Adolescents, however, are midway between the domains. On the one hand, they have a strong drive towards autonomy and independence, and they may resent being over-protected by their parents. On the other hand the loss of a sibling is so intense that they may wish to regress like a child and seek support. This conflict is critical to understanding the unique experience of grieving teenagers who have lost a sibling.

Although adolescents know and understand mentally the reality of death, what makes grieving particularly troublesome at this age is the conflict in their feelings. They are just at the point when they are moving away from their families emotionally in the normal separation/individualization process we all go through to form a unique identity. They often appear to know everything, and feel that nothing bad can happen to them.

Faced with the death of a brother or sister, the awareness of the reality of death and subsequent sense of vulnerability shakes the very foundation of their fragile identity. Not only have they lost a loved one, but they are faced with the reality that they too will die someday. So, they desperately want to regress to get the needed support.

The importance of peers

At best, this conflict in an adolescent's feelings is resolved by going to their peers for support. They can get support from their peers without having to regress to what seems to them as a childlike state when they get support from parents. However, many surviving siblings have told me that they could not go to their peers because they felt so different from them. At worst, their grief is pushed underground, and may result in disorders of conduct, such as the use of drugs and alcohol, poor school performance, loneliness, a tendency to withdraw from relationships, low self-esteem, depression, and difficulty in making long-term commitments.

There has been a great deal of research on sibling loss as an adolescent. Based on research findings, the experience of losing a sibling results in adolescents feeling different from peers, being more mature than his or her peers, and being angry and insecure in relationships. Often teenagers become protective of their parents or other siblings, and they feel guilty about feelings they have had towards the deceased brother or sister.

Reprinted with permission from The Sibling Connection
www.thesiblingconnection.com

The Sibling Creed

We are the surviving siblings of The Compassionate Friends. We are brought together by the deaths of our brothers and sisters. Open your hearts to us, but have patience with us. Sometimes we will need the support of friends. At other times we need our families to be there. Sometimes we must walk alone, taking our memories with us, continuing to become individuals we want to be. We cannot be our dead brother or sister; however, a special part of them lives on with us. When our brothers and sisters died, our lives changed. We are living a life very different from what we envisioned, and we feel the responsibility to be strong even when we feel weak. Yet we can go on because we understand better than others the value of family and the precious gift of life. Our goal is not to be the forgotten mourners that we sometimes are, but to walk together to face our tomorrow as surviving siblings of The Compassionate Friends.



**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.