



THE COMPASSIONATE FRIENDS INC.

International Organization Offering Friendship and Understanding to Bereaved Parents

MIAMI COUNTY CHAPTER NO. 1870

August 2018 NEWSLETTER Vol. 32 No. 7

Facebook page "The Compassionate Friends of Miami County Ohio Chapter 1870".
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We're Alike You and I

We're alike, you and I. We've never met. Our faces would be those of strangers if we met. We would barely perceive the others presence if we passed on our walk through the mists. We're unknown to each other until the terrible words have been spoken: "My child died."

We're alike, you and I. We measure time in seconds and eternities. We try to go forward to yesterday. Tomorrows are for old people, and we are incomplete now. The tears after a time turn inward to become invisible to all save you and me. Our souls are rumpled from wrestling with demons and doubts and unanswerable prayers: "Give me back my child."

We're alike, you and I. The tears that run down your face are my tears and the wound in your soul is my pain too. We need time, but time is our enemy for it carries us farther and farther from our lost child. And we cry out: "Help me."

We're alike, you and I. And we need each other. Don't turn away, but give me your hand and for a time we can cease to become strangers and become what we truly are, a family closer than blood, united by a bond that was forced upon us—but a bond that can make us stronger, still wounded to be sure, but stronger for our sorrows are shared. "We need not walk alone."

August Meeting – Aug 23, 2018 7:00pm

Topic: *Supporting Surviving Siblings – ideas for helping surviving siblings deal with their grief while you are grieving.*

August refreshments: Jeff & Jackie Glawe – in memory of daughter Jordan Elizabeth Glawe.

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.



Our Special Thanks to all who helped to make the Family Gathering and Butterfly Release July 26th such a big success.

Kim Bundy for ordering the butterflies and caring for them until our gathering.

Bob & Fran Karl for donating the delicious fried chicken.

Marilyn Miller and her daughters, Sheryll and Lori for donating all the soda.

Randy and Debbie Turner for donating the bottled water.

To all who helped with setting up, and to all who stayed to help clean up.

Faded Memories

I remember the first time I realized that my sense of my son, Jeremy, was beginning to fade. I was losing his smell, the exact color of his hair, the tone of his voice when he said, "Oh, Mom," the feel of his arms around me when I got a too-seldom sixteen year-old hug. Until my son's death, it had never occurred to me that I knew him through all of my senses. I believe the profound sense of loss I've experienced results in part from this total cut-off from his being. It's not just that I can't physically see him, but the essence of who he was is gone.

Perhaps that explains why I would often go to his room when I wanted to recapture a connection with him. Some nights I would sleep in his bed. I would wear his tee shirts. I would make a cocoon of an afghan that wrapped around him many times.

Somehow, I felt his energy about me. I smelled his smell. At other times, I'd get out the Ziplock bag; the one with snippets of his hair that was cut when they had to screw the "halo" in his head to secure his neck and severed spinal cord. I'd study the color of his hair, memorizing the shades of light brown.

And the sounds? Only one. I found a cassette tape that he had recorded himself accompanying a favorite band. I listened to that for hours, eyes closed, trying to capture the vision of those moments. Although my behaviors might seem odd to some, the fear of fading memories eased.

Tom Robbins, in his book *Jitterbug Perfume*, says "Death is impatient and thoughtless. It barges into your room when you are right in the middle of something. It doesn't even bother to wipe its boots." True. I was in the middle of parenting my only child. Death not only left the dirty mess of grieving for me to clean-up, but I had no warning.

Had I had warning that a three-quarter ton pick-up truck was going to run head-on into my son's Toyota Celica, I would have long before bought a camcorder and taken hours of audio and video. Lights. Camera. Action. The opening scene is me yelling, "Can you quiet down a little? You're sounding great, but those drums are going to drive the neighbors crazy." No answer.

Next scene. In his room, head-set on, eyes closed, tongue showing, intensity high, drumsticks alive with action.

Next scene: At the soccer field. I'm feeling the pride of watching my half-back move the ball down the field, demonstrating his years of experience.

Next scene: Middle of the night. I wake up to go to the bathroom; pass by his room. I see the light from the computer screen. "Jeremy, you've got to go to school in the morning. Turn that thing off." Fade out. Regrets. I didn't have a camcorder.

Often, just when I'm struggling with trying to remember the details, the minute details, I'll have one of those experiences. It's something that I'm hesitant to tell anyone about, partly because it feels so private and partly because I fear I won't be understood.

I'll be sleeping, and he'll come to me. Instantaneously my senses take in his presence; all of who he is. I feel the weight of his body against me as we hug. I see his eyebrows that almost, but not quite, meet. I smell that smell that is his alone. I hear his voice, oh so familiar. I find myself surprised that he is so real. I used to awaken disappointed that it was "only" a dream.

Today, nine years after his death, I treasure these infrequent experiences. While I don't understand it, and I have no explanations, each time it happens I believe I have spent a brief time in the presence of my son.

I thank God I don't have to rely only on faded memories. ~Judi Simmons Estes, Prairie Village, Kansas
In Memory of my son Jeremy
©2011 by TCF of Ottawa County

OLDER GRIEF

*It's about sudden tears swept in by a
strand of music.*

*It's about haunting echoes of pain on
anniversaries.*

*It's about feeling his presence for an instant
one day while dusting the room.*

*It's about early pictures that invite me to hold
him in my arms again.*

*It's about memories blown on wisps of wood
smoke and sea scents.*

*Older grief is about aching in gentler ways,
rarer longing, less engulfing fire.*

*Older grief is about searing pain wrought into
tenderness.*

Anonymous

CHAPTER NEWS

Upcoming Topics:

Sept - Remembering your child's birthday

Oct - TBA

Nov - TBA

Dec - Memorial Service and Dinner

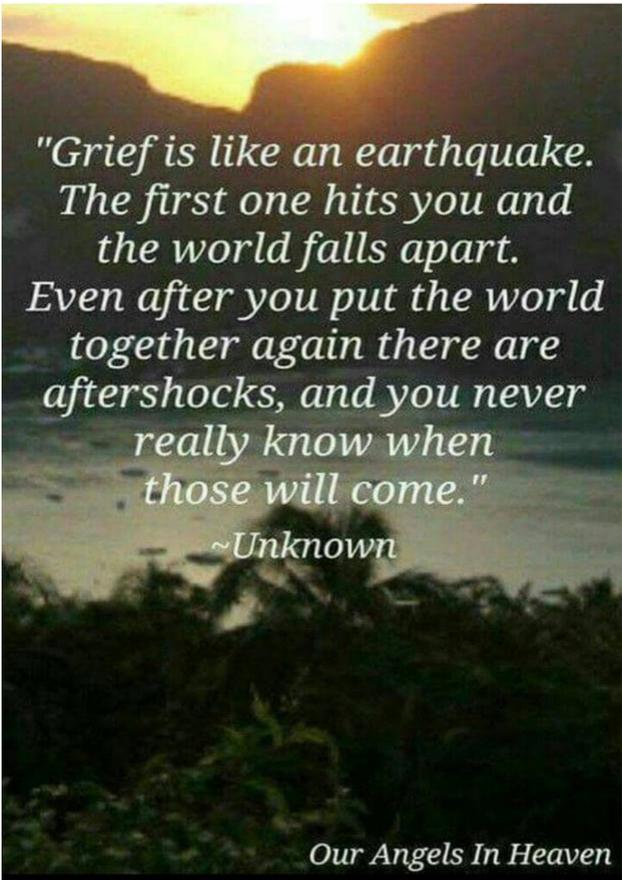
Thank You for your love gifts!

- ★ Bob & Peg Ahlers for the Birthday and Anniversary Love Gift in memory of their daughter, Jackie Ahlers, 05/1982 -- 03/2002.
- ★ Steve & Cindy Glaser for the Anniversary Love Gift in memory of their son, Andy Glaser, 12/1976 -- 06/2014.
- ★ John & Roberta Stekli for the Anniversary Love Gift in memory of their daughter, Jessica Ann Back, 10/1979 -- 06/2016.
- ★ Faith Krum for the Anniversary Love Gift in memory of her daughter Sara Cantrell, 12/1962 -- 08/2017

They Say There is a Reason

They say there is a reason,
They say that time will heal,
But neither time nor reason,
Will change the way I feel,
For no-one knows the heartache,
That lies behind our smiles,
No-one knows how many times,
We have broken down and cried,
We want to tell you something,
So there won't be any doubt,
You're so wonderful to think of,
But so hard to live without.

--author unknown



*"Grief is like an earthquake.
The first one hits you and
the world falls apart.
Even after you put the world
together again there are
aftershocks, and you never
really know when
those will come."*

~Unknown

Our Angels In Heaven

Our Children Lovingly Remembered

August Birthdays

Child—Parent, Grandparent, Sibling

- Adam Douglas Cheadle - Gary & Elaine Meyers*
- Brian Keith Willis - Keith & Linda Willis*
- Brian Patrick "Stew" Stewart - Joel & Connie Kempton*
- Cassandra "Cassie" Campbell - Dawn Duff*
- Chad Fisherback - Tammy Sackett*
- David Allsbrooks - Brenda Slifer*
- Emily Watson - Mary Watson*
- Jill Myers - Sandra Saurber*
- Leslie M. Turner - Randy & Debra Turner*
- Matthew Shane Conover - Sandra Conover*
- Nicole Barker - Rod & Kathy Barker*
- Ryan S. Thuma - Scott & Renee Thuma*
- Shaun Bradley Duff - Michael & Catherine Duff*
- Tony Robert Lavy - Robert E. & Sharon Lavy*

August Angel-versaries

Child—Parent, Grandparent, Sibling

- Brad M. Massie - Barbara Massie*
- Denise R. Brown - Darlene N. Brown*
- Emily Watson - Mary Watson*
- James Hatfield - Betty White*
- Jeffery L. Miller - Marilyn Miller*
- Jill Myers - Sandra Saurber*
- Jordan Elizabeth Glawe - Jeff & Jackie Glawe*
- Samuel James Barga - Linda Barga*
- Sara Cantrell - Faith Krum*



"The death of a baby is like a stone cast into the stillness of a quiet pool; the concentric ripples of despair sweep out in all directions, affecting many, many people."

--John DeFrain

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....



Healing A Parent's Grieving Heart – 100 Practical Ideas After Your Child Dies

By Alan D. Wolfelt, Ph.D

Compassionate advice and simple activities that have helped thousands of grieving parents learn to live again.

More Than Surviving – Caring for Yourself While You Grieve

By Kelly Osmont

The author's 19year old son died after being kicked in the stomach by a horse. She discusses surviving the loss, stress from grief, taking care of yourself, support from others, your thoughts-healing or harmful?, and many other topics. A short read.

These and many other books are available to borrow from the chapter library. See Pam Fortener or Jackie Glawe for any questions.

Coping with Sibling Loss

Houston, Texas counselor Beryl Kaminsky shares tips for handling sibling loss during the Association for Death Education and Counseling (ADEC) conference. She wrote *Mending the Broken Heart: After Your Child Dies*, which is also an audiobook.

Working through the loss of a sibling can be traumatizing. Growing up in the shadow of sibling loss can put too much pressure on a child, which Kaminsky experienced first-hand as an adolescent. Your parents are grieving, the rest of your family is grieving, and siblings can feel pressure (imagined or not) to keep everyone together.

Then, at 27 years old, Kaminsky also lost her brother. Adult sibling loss comes with a myriad of other obstacles. Some people may think that an adult doesn't grieve as deeply. However, siblings who are close in age often assume they will have one another for life. "I know what it's like to lose a sibling, both as a child and as an adult." Kaminsky's experience has helped her to counsel others. The most common response she hears is "That must have been very hard for your parents."

Losing Your Life Partner

Losing a sibling can dramatically change the dynamics of a family. Everyone might look to one another for support. There are some families that get stronger after the loss of a sibling/child, but many others struggle. Look to other members of your extended family, professional help, or your community, suggests Kaminsky.

Recognizing your limits and knowing when you need extra support is a sign of strength. Siblings, who are meant to be the longest relationship in your life, play a big role. When they die, you lose part of your past and part of your future. Even if you're not close, they're the only person you share such a rich history with.

Written by Beryl Kaminsky on Thursday,
June 23, 2016

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Get Well Soon Poem

I know our loss is very great
but I'm sure many people can
relate
I know it's hard to say good-bye
don't hold back your tears! It's ok
to cry
Just hold my hand and we will
stand up high
We will gather strength from one
another
hugging and holding each other
we will find each other and
together we will be
once again, a family

Alyssa Flora
In Memory of my brother, Bryson





**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.