



THE COMPASSIONATE FRIENDS INC.

International Organization Offering Friendship and Understanding to Bereaved Parents

MIAMI COUNTY CHAPTER NO. 1870

September 2018 NEWSLETTER Vol. 33 No. 8

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. Mntgmry 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 -RegionalCoordinator:DeanTurner.Ph. (614) 487-1163

Choosing Life

It will never be the same. Never. As a bereaved parent, you have often heard or said these words to express grief's profound feelings of sorrow and disorientation. Your life has suddenly taken an unexpected course that appears both uncharted and endless. Bewildered, you vainly search for pathways back to your former life, until you confront the reality that there is no way back. Your child is dead forever. It is then that you may say, ... never the same. This is the aspect of grief that Simon Stephens calls The Valley of the Shadow. It is that very long time between the death of your child and your reinvestment in life. Between. It is not supposed to be a permanent resting place. Although some people do take up residence in the valley, it is a transition from the death of your child to life with renewed purpose. The key to this transition is yourself. You must choose between life and the valley. You and only you can decide. And you must make that decision again and again, each day.

Giving in to the hopelessness of the valley is tempting. Choosing to move on toward life requires a great deal of work. You must struggle with the pain of grief in order to resolve it. It is a daily struggle full of tears, anger, guilt and self-doubt, but it is the only alternative to surrendering yourself to the valley. Little by little you choose to move on. Little by little you progress toward the other side of the valley. It takes a very long time, far longer than your friends or relatives suspected. Far longer than you had believed – even prayed – that it would be.

**September Meeting – Sept 27, 2018
7:00pm**

Topic: *Remembering your child's birthday.*

September refreshments:
Roberta Steky (memory of Jessica Back)

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.

(Choosing life continued..)

When one day you find yourself able to do more than choose merely to live but also how to live, you will know you are leaving the valley of the shadow. There will still be more work to do, more struggle and choosing. The valley, however, stretches behind rather than in front of you.

When you have resolved your grief by reinvesting in life, you will be able to realize that nothing is ever the same. Life is change. We would not have it be otherwise, for that is the valley of the shadow. Change has the promise of beginning and the excitement of discovery. Life is never the same. Life is change. Choose life. ~ By Marcia F. Alig TCF, Mercer Area Chapter, New Jersey

The Grief Pit

The day my child died, I fell into the pit of grief. My friends watched me struggle through daily life, waiting for the person I once was to arise from the pit, not realizing "she" is gone forever. The pit is full of darkness, heartache and despair. It paralyzes your thoughts movements and ability to think. The pit leaves you forever changed, unable to surface the person you once were.

Some of my pre-grief friends gather around the top of the pit, waiting for the old me to appear before their eyes, not understanding what's taking me so long to emerge. After all - in their eyes I've been in the pit for quite some time. Yet in my eyes, it seems as if I fell in only yesterday.

Not all of my pre-grief friends gathered at the top of the pit. Some are helping me climb out of the darkness. They climb side by side with me from time to time, but mostly they climb ahead of me, waiting patiently at each plateau. Even with these friends I sometimes wonder if they are also waiting for the pre-grief me to magically appear before their eyes.

Then there are the casual acquaintances - you know, the ones who say, "Hi, how are you?" when they really don't care or really don't want to know. These people are the people who sighed in relief that it was my child who died and not theirs. You know, the "better you than me" attitude.

My post-grief friends are the ones who climb with me, side by side, inch by inch out of the pit of grief. They have no way of comparing the pit climber to the pre-grief person I once was. You see, they started at the bottom of the pit with me. They are able to reassure me when I need strength. They have no expectations, no memories, no recollections of how I "should" be. They want me to heal, to smile more often and find joy in life. But they've also accepted the person I've become - the person who is emerging from the pit. ~ Cindy Early

Gone, but never forgotten!

Compassionate Friends
By Rebecca Pinker

I know a group of folks
And they know me
Although I know not each name
And they know not mine.
I hear about a little boy, a little girl,
An older boy, an older girl, and
I know about them;
They all answer to the name
Child.

Dear Child,
Will you come to me?
Show me a yellow butterfly,
Stir a breeze to touch my face,
Drift a falling leaf before me?
And I will know that you are here
Not just in my heart,
But in my soul forever.

Yes, we are a special group-
Nameless, but not faceless.
We share a common identity;
We share a common love
That grows stronger when we're
Together and bonds us as survivors.

~ In Memory of Jana.

TCF Miami County Chapter

Do you have a poem, a special story or remembrance of your child that you would like to share in the newsletter? I would love to hear from you and have you share your journey.

You can send them to me at im4song@aol.com or through the mail to Jackie Glawe, 2445 N. Montgomery County Line Rd., Tipp City, Oh 45371.

Newly Bereaved...Burden of Grief

*As I struggle with words to find answers
Reading and writing my pain The pages
grow blurred before eyes that are tired From
this crushing emotional drain. The relief that
comes from the writing Parallels what I feel
when I read- To open myself to the torture of
loss Seems to soothe this unbearable need.
There's no pleasure in life at this moment
It's an effort to get through the day And I
labor to stay above water... But the
shoreline is so far away. So I pick up a pen
or a book about grief And it serves as a raft
for a while. And I hope, as my tears fall on
pages of pain That I'll learn once again how
to smile. As I swim toward the shore of
acceptance I pray for the peace of belief
That heaven's your home and you're waiting
for me Then I'll finally be free of this grief.*

~ Sally Migliaccio TCF Babylon, NY

From Tracey, An extraordinary Child

For Today,
Live your Life
FOR ME!

For ALL of Eternity,
You Will Be
WITH ME AGAIN!

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!



Dennis & Susan Ream and their daughter, Meredith Ream, for the Anniversary Love Gift in memory of their daughter and sister, Kristen Ream 03/1974 -- 08/2011.

*Our sincere thoughts and
condolences go out to David Preston
and son Douglas in the passing of
Michelle Preston, wife of David and
mother of Douglas and the late
Kaitlynn Ariana Yvonne Preston.
Michelle passed away on Aug 4th
after a brief illness.*



Our Children Lovingly Remembered

September Birthdays

Child—Parent, Grandparent, Sibling

Douglas Ray Lavy - Robert E. & Sharon Lavy
Emillie Joyce Stapleton - Julie Martin
Heather Denise Bailey - Joe & Wanda Bailey
Kathryn Trushaw - Tim & Julia Trushaw
Mark Kurtis O'Dell - Tim & Sandy O'Dell
Mark Nordquist - Peggy & Tom Nordquist
Matthew "Matt" Schaaf - Marlene Schaaf
Michael Guerra - Terry Guerra
Molly Murphy - Kerry & Sarah Murphy
Patrick O'Neill - Betsy O'Neill
Samuel Pearson - Randi & Carolyn Pearson
Silas Carver - Mary Anne Evans
Terry A. Baker, Jr. - Candy Ullery

September Angel-versaries

Child—Parent, Grandparent, Sibling

Cameron Ferror - Chad & Tonya Ferror
Chad Fisherback - Tammy Sackett
Lindsay Rose Donadio - Rick & Janell Claudy
Matthew Cameron Ferror - Ken & Louise Ferror
Michael Bundy - Tony & Vesta Bundy
Michael Daniel Mitchell - James & Marilyn Mitchell
Michael James McGuffey - Kathy McGuffey



One more day

One more time

One more sunset, maybe I'll be satisfied

But then again

I know what it would do

Leave me wishing still, for one more day

with you.

-Diamond Rio

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....



Angel Unaware by Dale Evans Rogers (A Touching Story of Love and Loss)

In the 1950's, doctors often advised parents of disabled babies to put them away in institutions or homes. But when entertainers Roy Rogers and Dale Evans Rogers discovered their new baby, Robin, had Down's Syndrome, they were determined to take her home and give her their love.

It wasn't easy. Through countless surgeries and sleepless nights, the Rogers found themselves exhausted and worried—until they began to notice a change in their lives. Somehow the unexplainable and unexpected was happening—Robin was helping Roy and Dale draw closer to God and to each other. Robin's brief life also persuaded them to do all they could to help others in similar circumstances.

Told from Robin's point of view in heaven, *Angel Unaware* is a touching story that has inspired millions of readers around the world. Whether you are a parent of a special needs child or have experienced the loss of a loved one, Robin's story will bring you the peace and understanding you need in difficult times.

The Child That's Not There

The child that's not there
Takes up every piece of me
The child that's not there
Consumes my every thought
The child that's not there
Makes me feel like I failed
The child that's not there
Took away a main reason for being

But

The children that are there
Still somehow bring me joy
The children that are there
Still need my love
The children that are there
Don't need any more grief
The children that are there
Force me to go on.

By Tricia Palmer, TCF, Tidewater, VA
In memory of my son, Gabriel Boyer

Book recommendation for readers 18+
by Teammercy.org (supports siblings after loss)

"The Empty Room" by Elizabeth DeVita-Raeburn

Ted is Elizabeth DeVita-Raeburn's older brother, best friend, and the "ringmaster of her days." On a September morning when she is six, she wakes up and Ted is gone. Her parents explain that he went to the hospital for a while. "A while" turns out to be eight years in a plastic bubble, where he dies of a rare autoimmune disease at age seventeen. The Empty Room is DeVita-Raeburn's unflinching, often haunting recollection of life with Ted, woven into a larger exploration of the enormous -- and often unacknowledged -- impact of a sister's or brother's death on remaining siblings. With an inspired blend of life experience, journalistic acumen, and research training, DeVita-Raeburn draws on interviews of more than two hundred survivors to render a powerful portrait of the range of conditions and emotions, from withdrawal to guilt to rage, that attend such loss. Finding little in professional literature, she realizes that those who suffer are the experts. And in the end, it is DeVita-Raeburn and her experts who present a larger, more complex understanding of the sibling bond, the lifelong impact of the severing of that bond, and the tools needed to heal and move forward. The Empty Room is a fascinating literary hybrid in which Elizabeth DeVita-Raeburn seamlessly fuses deeply affecting remembrance with a pragmatic, lucidly written exploration of the healing journey.

Do I Have To?

Mom, do I have to stop loving my brother because he is not here?
Will I forget all about him because he's not near?
I remember all the things we did together, even though we were very young.
I laugh and feel warm each time I think of a particularly funny one.
Sometimes I get so angry that he's no longer here to share,
But I know he knows it's only because of how much I still care.
I miss him, so even though at times we didn't agree,
Just knowing he was there made things feel safe for me.
He always felt he had to be my strong, protective big brother,
And that's a bond we'll always share forever with each other.

He tried to protect me even when he, too, was just scared.
No, I won't stop loving that big brother of mine,
Not now, not ever, not till the end of time.
He will always be a part of what makes me be me.
And that's the part of our love that will live eternally.

By Jackie Rosen
TCF N.Dade/S. Broward, FL

To a Special Sister

A sister is one of the nicest things that can happen to anyone.
She is someone to laugh with and share with,
to work with and join in the fun.
She is someone who helps in the rough times
and knows when you need a warm smile.
She is someone who will quietly listen when you just want to talk for awhile.
A sister is dear to you always,
for she is someone who is always a part
Of all the favorite memories that you keep very close to your heart.
--Author Unknown



**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.